



WELCOME TO THE SOUTHBURY SENIOR CENTER

561 Main Street South

Southbury, CT 06488

www.southbury-ct.org/seniors



(203) 262-0651 (MAIN OFFICE)

(203) 262-0652 (Transportation Line)

(203) 262-0653 (Social Services)

Monday, Tuesday, Thursday 8am-5pm

Wednesday 8am-6pm

Friday 8am-1pm

September is National Senior Center Month, a time to celebrate the important role senior centers play in helping older adults stay active, connected, and engaged in their communities. National Senior Center Month highlights the friendships, services, educational opportunities, and wellness programs that enrich the lives of older adults every day. Across the country, senior centers serve as vibrant community hubs where individuals can learn, volunteer, explore new interests, and build meaningful connections.

At the Southbury Senior Center, we are proud to provide opportunities that promote health, independence, purpose, and lifelong learning.

This month, we recognize and celebrate all of our members, volunteers, staff, and supporters who help make our center a welcoming place where older adults thrive. Together, we are strengthening our community one connection at a time.

Andrea

Program Signup
Procedure

Please Note: Sign up day for programs is the first business day of the month (unless stated differently) at 8:10am by PHONE ONLY. Do Not Leave a Message.

NEW! 2nd Tuesday of every month! Hand Refresh with Adriana Sept. 8, 10:30am - 12:00pm

Treat yourself to a soothing 15 minute hand relaxation session featuring gentle massage and hydrating hand masks. It's a simple, comforting way to brighten your day — and yes, it feels as lovely as it sounds.

Your smile is the only fee.



Limited to 6 members.

Sign-ups open the first business day of each month at 8:10 am

Stretching for Seniors Sept. 10, 11:30am

Come join us! Every second Thursday of the month at 11:30 am, please join a Doctor of Physical Therapy from Connect Physical Therapy for a guided full body stretching session. These will be seated in a chair. A floor mat can be used if capable, and modifications can be made if needed. Come gently move to start feeling better today.

Amber Hayes, PT, DPT, ITPT, CKTP
Physical Therapist, Co-owner



Sign up begins on the first business day of the month at 8:10 am

Hi Friends!

We've had a lot of fun this summer! We hosted an informative Senior Health Screening Fair in June, went on River Cruises, Yard Goat Games, ate breakfast with kittens, and enjoyed country music with a Pig Roast under our tent- what a spectacular day that was! We enjoyed the beautiful ballet dance by Isla, played Juke Box Bingo, painted with Monika, got our Fairy Hair on with Dana, decorated Southbury Shells, went to the Mystic Aquarium, learned about the Civil War and now we are ready to say so long to summer with our End of Summer Picnic on the 18th with some food and dance at the Ballantine Park Pavilion. Another fun-filled day of fun and laughs and great company. I hope you'll join us!

Warm Regards,

Kathy



Intro to Chess with Clay! Sept. 14, 1:30pm – 2:30pm



Are you interested in a fun game that challenges the mind? Have you ever considered playing chess but were never taught how to play? Play with Clay from Comfort Keepers of Bethel! He will be hosting an introduction to playing chess. Come join us for learning, games, strategy, and laughs! 2nd Monday of every month

Mini Facials With Laura 2nd Monday, 11am-2pm

Experience a skin analysis followed by a Customized, Mini Facial with licensed aesthetician Laura. Even people who have clear skin can benefit from facials - especially because clear skin doesn't always equate to healthy skin. Facials can help hydrate, plump and protect your skin for the long haul. In addition to a facial, Laura also offers brow, lip and/or chin waxing and brow design.

**Call to sign up today! Limited to 10 players.
First come, First serve. You need to sign up for EACH
Class if you want to attend.**

**30 min Facial Session - \$50
Additional cost: waxing brows \$15/Brow design \$25
Lip \$10/ Chin \$10
Sign up today! (Cash or Check Only)**

New!! Chronic Disease Self- Management (CDSM) with Tigan De Carli Aug. 12 Thru Sept. 16, 12:30pm– 3:00pm

6-week program August 12 – September 16 12:30 – 3:00 PM
This class teaches adults living with chronic conditions techniques to deal with symptoms of those conditions, such as fatigue, pain, sleeplessness, shortness of breath, and emotional struggles. The **CDSM** class will run for 6 weeks with each session being 2.5 hours. Topics include appropriate exercise for maintaining and improving strength and endurance, fall prevention, healthy eating, and much more.

Limited to 16 members

**Sign up begins on the first business day of the month
at 8:10 am**

We offer the following as a one-time 15 minute
consultation on the second Tuesday of the month:
Ask the Attorney 10:00am
Ask the Senior Advocate 1:00pm
Ask the Realtor 2:15pm

Bereavement Support Group Facilitated by Mary Silverman Once a Month—1pm 3rd Wednesday of the Month

The program will be a gently guided participant discussion once per month at the senior center. Please call to register.



Payment must be made in person at the time of sign up to secure your reservation. Lunch is served at 12pm and your place will be held until 12:15pm



(**Last Day for Reservation by 11:00am the working day before**)

This program is not a grab and go lunch. Food is to be eaten in the building.

Please remember to thank our Awesome Volunteers who serve lunch weekly.

Day/Date	Meal	
Tuesday, September 1st	Chicken Stir Fry with Rice & Veggies	Thank you Lutheran Home for the delicious cupcakes!
Thursday, September 3rd	Grilled Cheese Sandwich with Tomato Soup	
Tuesday, September 8th	No Lunch Served Today	
Thursday, September 10th	Beef Stroganoff with Green Beans	
Tuesday, September 15th	Chicken Scampi with Broccoli Over Penne	
Thursday, September 17th	No Lunch Today - End of Summer Picnic	
Tuesday, September 22nd	Chicken Caesar Salad	
Thursday, September 24th	Meatloaf w/Mashed Potatoes with Veggies-Free Lunch	
Tuesday, September 29th	Sausage, Peppers & Onions on a Hard Roll with Chips	



(THURSDAY, SEPTEMBER 24TH, FREE LUNCH FOR THE 1ST 30 MEMBERS & CUPCAKE DAY!)

Great Courses: The American Civil War September 9, 10:00am



Between 1861 and 1865, the clash of the greatest armies the Western hemisphere had ever seen turned small towns, little-known streams, and obscure meadows in the American countryside into names we will always remember. In those great battles, those streams ran red with blood-and the United States was truly born. If you've ever wanted to understand the Civil War, this series of 48 startlingly evocative lectures by a leading Civil War Historian gives a richly detailed examination of how this great conflict affected every person in America. You'll gain not only a deep knowledge of what happened, but new insights into why. You'll learn how both sides' armies were recruited, equipped and trained and about the hard lot of those they took prisoner. You'll hear how soldiers on each of those sides dealt with the rigors of camp life, campaigns, and the terror of combat. And you'll understand how slaves and their falling masters responded to the advancing war, as well as the desperate price paid by the families so many left behind. Though this series of lectures goes far beyond a simple examination of battles and generals, it also offers detailed analyses of the strategic and tactical dimensions of the Civil War's most important campaigns. At the same time, it never forgets that the conflict involved far more than pins on a map- and indeed claimed a greater cost in human lives than all other American wars combined.

"It is impossible to understand the broader sweep of the United States history, without coming to terms with the Civil War, its antecedents, and its seismic consequences."

Dr. Gary W. Gallagher is the John L. Nau III Professor in the History of the American Civil War at the University of Virginia. He graduated from Adams State College of Colorado and earned his M.A. and Ph.D. in History from The University of Texas at Austin. Prior to teaching at UVA, he was Professor of History at the Pennsylvania State University. Professor Gallagher is one of the leading historians of the Civil War.

This month we continue with lectures 8: **First Manassas or Bull Run**. Learn the details of General Winfield Scott's brilliant "Anaconda Plan" and the factors that led to the Battle of First Manassas or Bull Run, the first big clash of the war. And 9: **Contending for the Border States**. The loyalty of slaveholding states Kentucky, Maryland, Missouri, and Delaware was an object of intense competition in the summer and autumn of 1861.

We hope you'll join us. Sometimes we have popcorn...

Page Turners Sept. 9, 1:00pm-2:00pm

September's Book: Master Slave Husband Wife by Ilyon Woo. (2023)

Winner of the Pulitzer Prize in 2024 in biography, what follows is the description the members of The Pulitzer Prize team provided:

"A rich narrative of the Crafts, an enslaved couple who escaped from Georgia in 1848 with light-skinned Ellen disguised as a disabled white gentleman and William as her manservant exploiting assumptions about race, class, and disability to hide in public on their journey to the North, where they became famous abolitionists while evading bounty hunters."

Books are available at the Southbury Library behind the main desk. All are welcome to attend.

Recycled Card Making with Jeanie Sept. 16, 2:45pm-4:00pm

Give old cards a brand-new life in this creative, hands-on craft session sponsored by our member Jeanie. She's bringing everything you need — card stock, envelopes, gently used greeting cards to cut and repurpose, bits of lace, decorative trims, markers, and more. All you have to bring is your imagination.

During this first session, each participant can create up to three unique handmade cards. Whether you love crafting or just enjoy a relaxing afternoon with friends, this is a fun, low-pressure way to play with color, texture, and design. Come snip, glue, laugh, and leave with something beautiful.

Limited to 6 members

Sign up begins on the first business day of the month at 8:10 am



SEPTEMBER 2026 It's Time!

The End of Summer bash we all love is here!

Sept. 17, 11:30-2:00

Join us for burgers and hot dogs and all the delicious sides with dancing to the tunes with DJ Gary Shipp! Blame it on the Sunshine! Help us say farewell to summer and let's have the best Ballantine Park Pavilion Picnic this year! We always have a GREAT TIME!

Sign up with your payment of \$5 by 9/11 or until it fills up whichever comes first



Stroke Prevention with Lauren Henriques, MSN, RN, SCRN, ASC-BC, NVRN-BC Sept. 21, 1:00 pm

- What are the signs and symptoms of a stroke?
- Who is at risk?
- What can one do to prevent a stroke?
- What are the latest treatment options?

Sign up begins on the first business day of the month at 8:10 am

Paint Party with Monika! Sept. 21, 10 am-11:30 am

Express your creativity and paint with Monika! Have some laughs and let your inner artist out to play! You'll have a lot of fun and go home with your own masterpiece too! No experience necessary.

Limited to 14 members

Sign up begins on the first business day of the month at 8:10 am



Town Clerk Fraud Alert Service:

Fraud Alert allows property owners to sign up and receive email alerts whenever a document, such as a deed or mortgage, is recorded under their name in the Southbury Town Clerk's office.

Visit: <https://www.southbury-ct.org/fraud-alert-service> or call the Town Clerk's office at 203-262-0657 for more information.

Hospice Care with Jessica September 23 11:00 am

Regional Hospice invites you to join them for an educational presentation about hospice care and the compassionate services they provide to patients and families throughout their community. They will discuss what hospice is, who qualifies for hospice care, common misconceptions, when it's appropriate to consider hospice, and how their interdisciplinary team supports patients and their loved ones with medical, emotional, and spiritual care. Whether you're planning for the future, caring for a loved one, or simply interested in learning more, this presentation is a great opportunity to ask questions and gain valuable information in a welcoming, supportive environment.

Sign up begins on the first business day of the month at 8:10 am

Stay Safe Online

Could you spot an online scam before you become a victim?

September 23, 3:30 pm

Join local high school student Satvik Nog for a free, easy-to-follow workshop on staying safe online. You'll learn how to recognize common scams, create stronger passwords, protect your personal information, and browse the internet with more confidence. The session includes real-life examples, simple tips you can use right away, and plenty of time for questions. No technical experience is needed. Space is limited.

Sign up begins on the first business day of the month at 8:10 am



FREE DENTAL CLINIC FOR SENIORS

Register Today

Dear Community Member,

The **Western Connecticut Area Agency on Aging (WCAAA)** is proud to host a **FREE Wellness Clinic for seniors (60+)** to help you prioritize your oral health and well-being!

This clinic is open to seniors aged 60+ residing in: Waterbury, Cheshire, Prospect, Wolcott, Naugatuck, Middlebury, Southbury, Litchfield, or Watertown

Event Details:

Date: October 23rd, 2026

Time: 8:00 AM - 5:00 PM

Location: Waterbury Police Activity League (PAL)

Spots are limited, so please register as soon as possible to secure your appointment!

Register Today

Questions? Call the Western CT Area Agency on Aging at (203) 757-5449 for more information

**MARK YOUR CALENDARS...CHECK OUT
PAGE 12 FOR FUTURE PROGRAMS.**

Creative Flair with Bethel Health Care

Sept. 28, 11:00 am

Create an awesome cutting board.

I know some of our members have some experience, although no experience is necessary.



Sign up begins on the first business day of the month at 8:10 am

Coronary Artery Disease Presented by Dr. Nakhla, Waterbury Health

September 29, 2:30 pm

Learn about coronary artery disease, one of the most common forms of heart disease. This talk will cover what causes coronary artery disease, common signs and symptoms, risk factors, treatment options, and practical steps you can take to protect your heart health.

Dr. Nakhla specializes in cardiology, echocardiography, nuclear cardiology and vascular imaging interpretation. Dr. Nakhla has been practicing medicine since 2003.

Dr. Nakhla received his medical degree from the Cairo University School of Medicine in Egypt. He completed his residency in General Surgery at Police Authority Hospital in Cairo and a residency in Internal Medicine at Texas Tech University Health Science Center in Amarillo, Texas. Dr. Nakhla completed a fellowship in Cardiology at New York Presbyterian Hospital in Queens, New York.

Dr. Nakhla practices at Cardiology Associates of Greater Waterbury, Waterbury Hospital and Saint Mary's Hospital. Dr. Nakhla is board certified in Internal Medicine and echocardiography.

Sign up begins on the first business day of the month at 8:10 am

SEPTEMBER 2026

Southbury Shells

Sept. 30, 10 am-11:30 am

Decorating shells is a great way to calm the mind and create something special to share with your community. Shells and supplies will be provided! No experience needed!



Limited to 15

Sign up on the first business day of the month at 8:10am by phone only!



Senior Farmers' Market Nutrition Program

Our bus will be taking interested riders to the farmers market on Thursday September 10th and on Thursday September 24th. Call our Transportation Department to make your reservation.

Some vendors (but not all) at the Southbury Farmers' Market accept FMNP and SFMNP cards.

The Seniors Farmers Market Nutrition Program (SFMNP) is designed to provide low-income seniors with access to locally grown fruits, vegetables, honey and herbs.

The WIC Farmers Market Nutrition Program (FMNP) provides funds eligible participants purchase fresh produce from Connecticut farmers. The program is associated with the Special Supplemental Nutrition Program for Women, Infants and Children, popularly known as WIC.

The program runs from June 1st to November 30th each year. The deadline to receive a card is September 30.

Who is eligible?

Seniors over 60 (SFMNP)

Disabled individuals meeting income and housing guidelines (SFMNP)

Women, infants, and children (FMNP)

How to participate

Seniors: the SFMNP cards are issued by the Southbury Senior Services Director and Municipal Agent Andrea Corcoran. Please make appointment by calling 203-262-0651.

WIC participants: contact your local WIC agency for details to receive FMNP cards.

For more details about the programs, visit Farmers Market Nutrition Program page.

Not all farmers/vendors accept FMNP cards, and only selected items can be purchased with the cards.

Please check with the farmer/vendor before shopping.

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Southbury Senior Center, Southbury

04-0713

All closings, or class changes are shown on opposite page. Note: All members are required to register at one of our kiosks (located in front lobby and at back doors of Center), by entering their phone number and registering for each class/event they are attending and/or as a drop in if just "stopping in". All visitors are required to register at the front office. We ask that you do not pre-check in for any class or program that is taking place at a later time in the day until you are about to enter the room. This helps keep numbers for attendance of classes/programs accurate, as well as the number of people in the building at any one time.

Monday	9:00-4:00 9:30-10:30 10:45-11:45 11:00-2:00 12:15-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Mon. & Wed. of each month) Aerobics Class A Zumba Mini Facials (2nd Monday in the Month) Beginner Tap Dancing
Tuesday	8:45-9:45 10:00-11:00 10:00-11:00 11:15-12:15 11:30-12:30 1:00-2:00 1:30-4:30 2:15-3:15	Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Line Dancing Chair Yoga Ask the Senior Advocate (15-minute appointments, 2nd Tuesday of the month) Table Tennis Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
Wednesday	9:00-4:00 9:30-10:30 10:00-11:00 10:00-11:00 10:00-11:30 10:30-11:30 10:30-12:00 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15	Certified Choices Counselor (60 min. appointments) - (3rd Mon. & Wed. of each month) Aerobics B Garden Club (Seasonal) Great Courses - (2nd Wednesday of the month) Southbury Shells (check newsletter for date) Tango Lessons Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) Bereavement Support Group (3rd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed) Tai Chi
Thursday	8:45-9:45 10:00-11:00 10:30 10:30-11:00 12:30-3:30 1:00-3:15 3:00-4:00	Yoga Weight Strengthen/Tone Let's Take a Walk! Interested parties should meet at the Center to walk. Blood Pressure Screening - (2nd Thursday of the month) Mahjong Table Tennis Vitality Fitness with Karen
Friday	9:00-11:00 9:30-10:30	Game Day! (Scrabble, Rummy, Chess, Wii Bowling & Puzzles) Muscle Tone

Closings, class changes ONLY are listed below

Special Programs—Call for Reservations as noted in the program descriptions

September 7th closed - Labor Day holiday

**Aerobics 9/9 & Muscle Tone 9/11
Canceled by Instructor**

Check your voicemails! Our staff may call you regarding membership, programs/events, or in case of an emergency, so we ask that you check your voicemail to be sure it is set up and available to accept calls! We do not want you to miss out on important information!

Program Registration Procedures: Telephone call requests will begin at 8:10am for program registration on the 1st business day of each month. Due to the high volume of incoming calls we ask everyone to refrain from leaving messages. If you do not speak to someone when you call, please hang up and keep calling until we answer. We may not be able to listen to the messages until well after all programs have filled and you risk being on the waitlist rather than registered for the program you are interested in. We do our very best monthly to make the registration process as easy as we can.

If the program you have registered for has a charge, your payment is due within 2 business days of registration to secure your place. After 2 business days, if you have not made your payment, your name will be removed.

No front counter reservations will be accepted until 1pm on the 1st business day of the month.

NOTICE

We are fortunate to have dedicated volunteers who generously give their time and even purchase supplies to care for our plants and enhance our shared spaces.

Recently, some of these purchased supplies have gone missing (pots, plant liners, etc.). We want to remind everyone that items that are not clearly labeled as 'Free' are not to be taken for personal use.

Please respect the time, effort, and generosity of our volunteers by leaving all supplies in place unless you have been given permission to use them.

We appreciate everyone's cooperation in maintaining a respectful and supportive environment.

Something you should know

Regular programming will be canceled when a large event is scheduled on site or off site. Always check the newsletter for any program changes.

Sign in at the kiosk for the program or class you are attending before entering the room the class or program is being held in. Please note: If the number of attendees registered does not match the number of people in the class, the class will not begin until the number matches to ensure our records reflect the correct numbers for the following reasons:

- Statistic reporting. Programming numbers are reported to the Board of Selectmen monthly in the Director's Report. In the event of an emergency: ie: fire, accident, etc.
- To be able to contact the class to locate the owner should an item be left behind, or a lost item found. Items are not held for more than 2 weeks.



If you've arrived early for your class, please enjoy a cup of coffee in the lounge on Tuesdays & Thursdays.

Please leave the room as you have found it, returning all items where they were before the class or program starts. If you need help with your chair, please ask the staff and we will be happy to assist you.

Kayak Adventure on Lake Zoar \$20 cash payable at sign up**Thursday, September 10, 9:15 AM – 3:00 PM**

The Pomperaug River Watershed Coalition is partnering with the Southbury Senior Center to bring a wonderful experience of kayaking to our members. Pomperaug River Watershed Coalition invites seniors to join them for a leisurely, 2-hour guided paddle on Lake Zoar, launching from and returning to the Lake Zoar State Boat Launch (210 Scout Rd. Southbury, CT). Whether you have never paddled before or are looking to get back on the water, this program offers a great opportunity to enjoy the outdoors and connect with new friends in your community. Limited spaces are available. Followed by lunch on your own at the Housatonic House on the river. Please come prepared with water, proper attire for outdoor activities, and shoes that you are comfortable getting wet. They will have sunscreen and bug spray available for those who need it, along with light refreshments following the paddle. Your group will be taking a leisurely paddling route from the Lake Zoar Boat Launch toward the Pomperaug River and back to the boat launch (3 miles total).

Sign up today! Payment due at sign up.**Goodspeed Musical presents The Snow Goose****October 14, 10:15 am – 5:30 pm \$120.00 payable at sign up.**

**Includes tickets, transportation and lunch at the Gelston House
(menu choices available at sign-up, coffee and tea included.)**

On the windswept coast of England an unlikely bond forms between Philip, a reclusive artist shunned by society, and Frith, a resilient young woman, when they rescue a wounded snow goose. With World War II looming, their friendship allows her to imagine a life beyond her village, and him to confront his own humanity as he sets sail on a daring journey to save soldiers trapped at Dunkirk. Discover an unforgettable new musical with a soaring score that will fill your heart.

We've got great seats!

**Sign-up begins on the first business day of September at 8:10 am. Payment is due in 2 days.****Instructions when trips are offered**

You may reserve 2 spots for a trip and the 2nd person must also be a member. If you need to be picked up at home, you must tell us when you make the reservation. Once you have called to request your reservation for the trip and are placed into the system, your ticket will be purchased (if applicable). You will be responsible for the payment within 2 days of reserving your spot.

****Senior Center Refund Policy - Refund Policy has been amended - Please Read****

If you have paid for a program or a trip, and must cancel, we can only issue a refund if we are able to fill your seat from the wait list. Please do not offer your ticket to a friend or family member without checking with the Senior Center first. If the trip or program is canceled by the Senior Center (inclement weather, etc.) you will automatically receive a full refund. Refunds, when given, will only be by check and may take up to three weeks to be processed.



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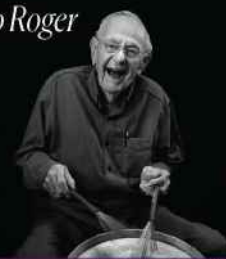


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Southbury Senior Center, Southbury

04-0713

MARK YOUR CALENDARS!

SEPTEMBER 2026

October 7th, Oktoberfest!

12pm-2pm \$10

Sign up by October 1st!

You Can Reserve Your Space Today! Come to the office with your payment!

MENU: Bratwurst, rolls, sauerkraut, pickles, German potato salad, spaetzle with mushroom gravy, warm pretzels, apple strudel, alcohol free beer, root beer, water, Laughter and Fun!

We hope you'll join us under the tent!!

Limited to 50 members.



No other programming on this day

October 29th, Halloween Costume Party!

12pm-2pm \$7

Charles Rosenay will present GHOST STORIES OF CONNECTICUT after a delicious lasagna lunch!

We expect we will have a spooktacular time.

Sign up begins the first business day of October at 8:10 am and payment is due at registration.

No other programming on this day



October 13, Vaccines

9am-11am

Housatonic Valley Health District will be here to offer your annual Flu vaccines and Stop N Shop will be here to offer Pneumonia, RSV, SHINGLES, T-DAP, and COVID vaccines as well.

Get all your shots up to date with one stop!



2026 HOLIDAY SCHEDULE

Labor Day	Monday	September 7, 2026
Columbus Day	Monday	October 12, 2026
Veterans Day	Wednesday	November 11, 2026
Thanksgiving	Thursday Friday	November 26, 2026 November 27, 2026
Holiday	Wednesday	December 23, 2026
Floating Holiday	Thursday	December 24, 2026
Christmas	Friday	December 25, 2026



Manic Monday Shopping

- For safety reasons, riders are not permitted to wander from the destination(s) offered.
- Call the transportation office if you have store suggestions.
- Note: Large purchases are not permitted (i.e. appliances, large electronics, etc.) Riders must be able to carry purchases onto and off of the bus; drivers cannot assist.
- Repeated failures to take scheduled trips, regardless of reason, are subject for review.
- You may add 1 additional member to your reservation. You must include their full name and telephone number for their reservation to be valid.

Sept 14th Post Mall (Boscov's) in Milford with lunch at The Cracker Barrel

Sept 21st *NEW* The Shops at Stone Bridge (Cheshire, CT) (Whole Foods, TJ Maxx & More!)

Sept 28th Walmart in Naugatuck with lunch at The Imperial China Buffet in Watertown

Call (203) 262-0652 for a reservation on the bus. Manic Monday Shopping Trips cost \$5.00 per person per trip. The purchase of an In-Town Transportation Punch Card (\$10 or \$20 value) or a One Time Only Purchase Voucher in advance is necessary in order to take the trip on the reserved day.

\$15.00 Dial A Ride cards are not accepted as payment for Manic Monday Shopping Trips

Reservation Requests for Manic Monday trips must go through Transportation

Trips return by approx. 3:00pm - You will receive a call the Friday before the trip with departure time. Manic Monday Shopping Trips are for Senior Center Members Only.

Transportation Fares

We have a Punch Card System for payment of transportation fares. Cards are available for purchase at the front desk in the following denominations:

In Town: \$10 and/or \$20 Card

Dial-A-Ride: \$15 Card

Drivers will not have cards available for purchase on the bus. If you need to have your cards mailed to you, please allow one week to receive your cards by return mail.

You may purchase cards at the Center Office or mail your order to:

**Transportation Division
Department of Senior Services
561 Main Street South
Southbury, CT 06488**

In Town Card (\$10 or \$20) fees are as follows:

Senior Center	No Charge
Library/Town Hall	No Charge
Medical	2 Punches
Personal Care	2 Punches
Shopping/Errands	2 Punches
Out of Town Shopping Trips	5 Punches

Out of Town Medical Appointments Dial-A-Ride Card (\$15) fees are as follows:

Waterbury, Middlebury, Woodbury	3 Punches	Mon & Thurs
Danbury	5 Punches	Tues & Wed
Newtown	3 Punches	Tues & Wed
New Haven	5 Punches	By Request

To clarify the 48 hour rule for requesting transportation, we are providing the chart below which indicates when you would call for a ride each day:

FOR A RIDE ON:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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CALL BY 10:00AM ON:

THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
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Senior Services Staff

Director of Senior Services

Andrea Corcoran
acorcoran@southbury-ct.gov

Senior Center Coordinator

Kathy Anderson
Senior2@southbury-ct.gov

Administrative Assistant

Ann Stratton
Senior3@southbury-ct.gov

Part Time Counter Clerk

Kathie Kovatch
kkovatch@southbury-ct.gov

Part Time Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov

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988 Suicide and Crisis Lifeline

Calling 988 will direct the caller to representatives specifically trained in the management of
suicide risk and other mental health crisis



Medicare Choices

Third Monday and Wednesday of the month

1st appt at 9:00am, last appt 3pm

Do you have questions about Medicare and its many insurance choices?

Come visit with an experienced, certified, Medicare counselor that has been serving the Southbury Senior Center for the past 12 years. Call the Senior Center to make an appointment. There is no fee for this service.