



TOWN OF SOUTHBURY  
**SENIOR CENTER**  
561 MAIN STREET SOUTH  
SOUTHBURY, CT 06488

## *Senior Services Staff*

### *Director of Senior Services*

Andrea Corcoran

[acorcoran@southbury-ct.gov](mailto:acorcoran@southbury-ct.gov)

### *Senior Center Coordinator*

Kathy Anderson

[Senior2@southbury-ct.gov](mailto:Senior2@southbury-ct.gov)

### *Administrative Assistant*

Ann Stratton

[Senior3@southbury-ct.gov](mailto:Senior3@southbury-ct.gov)

### *Customer Service*

### *Part Time Counter Clerk*

Kim Little

[Senior6@southbury-ct.gov](mailto:Senior6@southbury-ct.gov)

## **Town of Southbury Senior Center**



## **Program Descriptions**

### **SENIOR CENTER GUIDELINES**

- The Southbury Senior Center is open to all persons **60 years and older**.
- Annual registration fee is \$15 for Southbury residents and \$25 for non-residents.
- Membership fee allows access to programs offered at no additional cost (unless other stated) with the exception of only a few programs.
- Registrations run from January 1st through December 31st.
- Programs are for members only.
- **Guest Policy (subject to change):** Registered members may bring guests for a fee of \$2.00 per day or \$5.00 per week. **Guests must also be 60 years old or older.** (Please Note: Depending on program/event, additional fees or Membership may be required.
- Personal Aides may not actively participate in programs unless they are **60 years or older** and also pay a membership or guest fee.

SOUTHBURY-CT.ORG

ADA / AFFIRMATIVE ACTION / EQUAL OPPORTUNITY EMPLOYER  
(Updated 05/24/2023)

Like us on FaceBook: @southburyseniorcenter  
[www.southbury-ct.org](http://www.southbury-ct.org), periodically for special events.

**Aerobics A (Monday 9:30) & Aerobics B (Wednesday 9:30)**

This is a low impact senior aerobics class that works the whole body. We begin with a warm up and continue on with twenty minutes of fun aerobics done to music, next we move on to arms, legs and torso which is done standing and seated with weights. Lastly, we do a cool down. You must bring your own weights. (1-2 lbs.)

**Instructor: Laura**

**Afternoon Tea with Andrea**

Join Senior Services Director, Andrea Corcoran for an afternoon cup of tea. You will have the opportunity to talk with her about a variety of subjects and get to know her better.

Day and time varies. Please check our newsletter

**Ask the Attorney (2<sup>nd</sup> Tuesday 10:00-11:00)**

Attorney James Flaherty, Jr., volunteering once a month consultation on the 2nd Tuesday of each month. As it is with Ask the Financial Advisor, the visit is intended as a one-time, 15 minute initial consultation. Call the front desk to make an appointment.

**Ask the Financial Advisor (2<sup>nd</sup> Tuesday 1:00-2:00)**

**Martin Engstler, CFA** with Edward Jones in Southbury is volunteering once a month to take your questions on your finances on the 2nd Tuesday of each month. As it is with Ask the Attorney, the visit is intended as a one-time, 15 minute initial consultation. Call the front desk to make an appointment

**Ask the Realtor (2<sup>nd</sup> Tuesday 2:15-3:15)**

Gina Jacobs Real Estate from Woodbury will answer all your real estate questions. Call the front desk to make an appointment.

**Bingo (Thursday 12:45-2:45)**

Bring your luck and share a fun afternoon of bingo. Regular and special games played. Call office for more information.

## Notes

### **Blood Pressure Screenings (11:00-11:30 2<sup>ND</sup> Thursday)**

Housatonic Valley Health District provides free blood pressure checks. Walk-ins are welcome, no appointment needed.

### **Chair Yoga (Tuesday 11:30)**

Bend forward, backward and sideways, while practicing supported, restorative postures on a chair. We balance energetic flowing sequences guided by breath with gentle stretches, guided relaxation and healing imagery. Increasing oxygen flow, suspending time and aging. Science says people who practice yoga are 10 years younger.

**Instructor: Pam**

### **Coffee with the First Selectman**

Southbury's First Selectman Jeff Manville, will be joining us for coffee at the Senior Center to give you the opportunity to get to know him better. Jeff is eager for you to share your thoughts, hear your concerns, and answer questions about Southbury and our local government. We welcome you to join us for this casual and informal round table discussion. **Day and time varies. Check our newsletter**

### **Fit and Flex A (Tuesday 8:45) & B (10:00)**

This is a low intensity tone and flexibility class using lights weights, bands and balls. Each student uses their own Pilates stretch band with mild to moderate strength and flexibility. We also use a ball while seated and standing to work our core. This class focuses on every muscle group in the body. Comfortable clothing and sneakers are needed.

**Instructor: MaryAnn**

### **Game Day (Tuesdays 1-3)**

We have Wii Bowling and a couple of beautiful Scrabble boards, among other games you can choose. Come on by!

### **Garden Club (Seasonal - Wednesdays 10-11)**

The Garden Club meets every Wednesday to share gardening tips and tricks, water, weed and harvest plants grown in our raised bed garden.

### **Hair Cuts (2<sup>nd</sup> Wednesday of the Month 11-12)**

Local hairstylist offers haircuts at the Center on 2<sup>nd</sup> Wednesday of the month. Men's haircuts are \$10 and women's haircuts are \$15 **cash only**. Appointments are necessary. Please check monthly newsletter for schedule.

### **Healthy Chats with Heidi**

Public health nurse Heidi Bettcher, RN, BSN, from Housatonic Valley Health District holds a discussion on a variety of health related topics. Bring any other health related questions or concerns you want to discuss. See newsletter for days and time.

### **Hooks and Needles (Wednesday, 1:00-2:30)**

Join Kim Little at the center on Wednesday afternoons and bring your knitting, crocheting, embroidery and do your craft, share ideas, and chat.

### **Let's Take A Walk**

Beginning in May join Amanda and take a walk along Southbury's sidewalks with other members.

**Thursday's 11:00 am**

### **Line Dancing (Friday 10:40)**

Line dancing is a great way to exercise while having fun. It can improve balance, coordination and cardiovascular health, all while dancing to popular music. Beginner Level, No Experience Necessary.

**Instructor: Jill**

## **FIRE EVACUATION PROTOCOL**

### **SOUTHBURY COMMUNITY BUILDING EVACUATION PROTOCOL**



1. If a fire alarm sounds within our building you **MUST** take it seriously.
2. Keep calm and help others to stay calm.
3. Exit the building using marked doorways.
4. Proceed **SAFELY** to outside sidewalks and make your way to the Veteran's War Memorial Safety Location, located by the ★ on the map. When crossing the parking lot use extreme caution. Under no circumstance should anyone be congregating in the driveway or parking lot of the building. You must keep the roadways clear at all times for emergency vehicles.
5. Remain at the Safety Location until you are given clearance to return to the building by the Fire Marshal, Safety Professionals or Community Services Staff.



## Senior Center Trips - Instructions to Make Reservations

Calls for trips begin at 4:30pm (date designated in the newsletter). Please note that you **WILL** get the answering so all calls will be recorded in the order they were received. Any calls received before 4:30 will be put at the end of the call list. A call will be made within the next 2 business days telling everyone if they are on the trip or the waitlist.

Our voicemail system is able to take multiple calls at a time. If the phone keeps ringing when you call, please do not hang up. This indicates all the lines are in use and you are in the queue to be answered. If you hang up you will lose your spot. Please leave one message with your full name and telephone number, and only **ONE additional member is allowed to be added to your reservation**. You must provide their name and telephone number to validate the reservation and they must already be a member at the time of your call.

Due to an increase of members making reservations for a trip, not making the payment, and then canceling late (which makes it impossible to fill their spot), everyone will have 2 days to come to the Center to pay for their trip(s). If payment has not been received within the 2 days, the reservation will be canceled and we will turn to the waitlist to fill the spot(s).

***Trips Available for Members Only - Do not call Transportation to register for the Senior Center Trips. These trips are separate from Manic Monday Trips. Senior Center Refund.***

If you have paid for a program or a trip, and must cancel, a refund will only be issued 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 Senior Center (inclement weather, etc.) cancels the trip or program 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.

We offer trips through ***Tours of Distinction***. ***Tours of Distinction*** has the availability of larger buses and more destinations. They offer their trips to Senior Centers in Connecticut, which then allows our members more places they can plan to visit. These trips will not be replacing our own trips, they are being offered separately. If you sign up for any trips they offer, your check is payable to "Tours of Distinction" for these trips only. Check out the available trips at the office.

### **Mah Jong (Thursday 11:45-2:45)**

Come and play this ancient Chinese tile game. All skill levels are welcome.

### **Muscle Tone (Friday 9:30)**

You must be comfortable with getting onto the floor. The class starts out standing with a warm up, ten to fifteen minutes of core work and the upper half of the body and legs, then moves on to the floor to work the legs, back and stomach and then we do a cool down. You must bring weights (1-2 lbs.) and a mat. ***\*To avoid injury, please pay attention to instructor\****

**Instructor: Laura**

### **My Story Writing Group (Tuesday 12:30)**

Do you have a story you would like to write about? Come and express yourself in writing about your various life experiences. Participate in a few writing prompts to help you express your thoughts and feelings. You can ask for constructive feedback if you wish to take your writing through the process of revising and editing. If this appeals to you, we would love to have you come to the Writer's Group on the 1st and 3rd Tuesdays of the month.

### **Page Turners (2nd Wednesday of the Month 1:00)**

Our book club members nominate and select books by vote in early Fall for the following year. The chosen books are available at the Southbury Public Library each month. Book selections include historic, classic and modern novels as well as biographies, mysteries and other subjects of interest. Page Turners meet for lively discussion the second Wednesday of the month.

### **Quilting (Wednesday 9:30)**

The class works on projects throughout the year, including making things for the community. They welcome beginners and advanced students and support them as they improve their skills.

**Instructor: Marianne**

### **Swedish Massage (Tuesdays 12:30-3pm, Check with office for days)**

Enjoy a Therapeutic Massage with Andrea. State protocols will be followed to ensure a safe and relaxing experience. Massage reduces stress and circulation and lowers heart rate and blood pressure. Call office for appointment. **30 minute massage \$35      60 minute massage \$55**

### **Table Tennis (Tuesday and Thursday 1:30)**

All level players should come to the Senior Center on Tuesday & Thursdays afternoons to enjoy the game.  
Please check monthly newsletter for schedule.

### **Tai Chi (Friday 11:45)**

If you have ever wondered if Tai Chi is for you, now is a great time to try it. Tai Chi is a form of exercise that began as a Chinese tradition. It is based on martial arts, and involves slow movements and deep breaths. **Tai Chi has many physical and emotional benefits.** Some of the benefits of tai chi include decreased anxiety, depression and improvements in cognition. It can also reduce stress, promote better sleep, reduce risk of falling and more!

**Instructor: Master Yin Yan, Ph.D.**

### **Tap Dancing (Monday 12:00)**

Beginners to Intermediate Tap Dancing. All tap dancing levels welcome to join! Comfortable clothing, tap shoes and a bottle of water.

**Instructor: MaryAnn**



New to the Senior Center? Here's a few things that you might not be aware of....

We have a volunteer from the Western Connecticut Area Agency on Aging available on Mondays during Open Enrollment as well as once per month on a Monday for anyone needing help with Medicare and understand their Medicare coverage and healthcare options.

Hate to wait for the mail to see what is coming up in the next month? You can subscribe to the newsletter directly from our printing company and you will be notified as soon as the newsletter has been sent to them for publishing. Ask the office for details or type in the link below and follow the prompts:

<https://mycommunityonline.com/find/southbury-senior-center/bulletin>

or scan the QR Code.



This code brings you to the page for our newsletters. You will see an area that says "Recent Publications" and below it gives you the option to subscribe "✉ Subscribe". When you subscribe, you receive an email notification every month that a new publication is ready for viewing.

### **Something You Should Know**

Regular programming may be canceled or changed 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 have arrived early for your class, please enjoy a cup of coffee in the lounge on Tuesdays and Thursdays until it's time for your class.







**The Great Courses Presents:  
Turning Points in American History**

**2<sup>nd</sup> Wednesday of the month 10:00**

The Great Courses presents TURNING POINTS IN AMERICAN HISTORY, presented by: Professor Edward T. O'Donnell, Ph.D. College of the Holy Cross. Have you ever wondered how history really happens? Is it predetermined and inevitable or full of surprises? Does history progress by gradual evolution, or can a single person or event change its direction forever? Join us as we present a selection of lectures out of 48 possible on the Turning Points in American History. We will begin new course topics once the current topic has been completed.



**Senior Learning Network**

**Tuesdays 2:00**

The Senior Learning Network (SLN) recognizes the continuous learning needs of retired citizens by developing educational programming designed specifically for this age group. It recognizes the importance of learning to the healthy maintenance of the brain and that learning should be expansive and interactive.

The Network brings remarkable people and programs right into your world. Visit behind the scenes of the ballet and talk to dancers about their current performance or career; talk to the National Archives on research in genealogy; interact with authors to discuss their books and writing style; learn from scientists why they are trying to replicate spider silk – **anything** you can imagine can be brought to you.

**Tango Lessons (Wednesday 10:30)**

Enjoy Tango lessons here at the center with the best instructors direct from NYC! Singles are welcome and encouraged! Wear shoes that can move easily across the floor (no rubber soles).

**Instructors: Dardo and Alonso**

**Weight Strengthen and Tone (Thursday 10:00)**

This class uses light weights (1-3 lbs) to strengthen and tone your body. It is a total body work out standing and/or in chair, focusing on all the major muscle groups. Please bring your own weights.

**Instructor: MaryAnn**

**Yoga (Thursday 8:45)**

Hatha Yoga works with the body, mind and spirit. By slowing the breath, the mind & body slow down, becoming aware of thought patterns that create tension in the body. Hatha Yoga teaches one the art of deep relaxation by connecting to the breath, holding postures and meditation. A mat is required for this class.

**Instructor: Pam**

**Zumba Gold (Monday 10:45)**

Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors. Dress comfortably.

**Instructor: Amanda**

## Weekly Scheduled Classes

### Monday

|             |   |
|-------------|---|
| 9:00-4:00   | Certified Choices Counselor (In Person 60 min. appointments 3rd Mon. of each month) |
| 9:30-10:30  | Aerobics Class A  |
| 10:45-11:45 | Zumba Gold  |
| 12:00-1:00  | Tap Dancing   |

### Tuesday

|             |  |
|-------------|--|
| 8:45-9:45   | Fit & Flex A Class   |
| 10:00-11:00 | Fit & Flex B Class   |
| 10:00-11:00 | Ask the Attorney (15-minute one-time appointment 2 <sup>nd</sup> Tues of the month)          |
| 11:30-12:30 | Chair Yoga   |
| 12:30-2:00  | My Story Writing Group (1st and 3rd Tues)  |
| 1:00-2:00   | Ask the Financial Advisor (15-minute one-time appointment 2 <sup>nd</sup> Tues of the month) |
| 12:30-3:00  | Swedish Massage (Check with Office or Monthly Newsletters for days)                          |
| 2:15-3:15   | Ask the Realtor (15-minute appointment 2 <sup>nd</sup> Tues of the month)                    |
| 1:00-3:00   | Game Day   |
| 1:30-4:00   | Table Tennis   |

### Wednesday

|             |   |
|-------------|---|
| 9:30-10:30  | Aerobics Class B  |
| 9:30-11:30  | Quilting  |
| 10:00-11:00 | Garden Club <b>(Seasonal)</b>   |
| 10:00-11:00 | Great Courses (2 <sup>nd</sup> Wed. of the month)                                     |
| 10:30-11:30 | Tango Lessons   |
| 11:00       | Hair Dresser-Lucy (2 <sup>nd</sup> Wed. of the month, CASH Only \$10/men, \$15/women) |
| 1:00 2:00   | Page Turners (2 <sup>nd</sup> Wed)  |
| 3:00        | Senior Services Commission Meeting (Check Town website & calendar for dates)          |

## Weekly Scheduled Classes

### Thursday

|             |  |
|-------------|--|
| 8:45-9:45   | Yoga   |
| 10:00-11:00 | Weight Strengthen/Tone   |
| 11:00-11:30 | Blood Pressure Screening (2 <sup>nd</sup> Thursday of the Month) |
| 11:00-11:45 | Let's Take a Walk  |
| 11:45-2:45  | Mah Jong   |
| 12:45-2:45  | Bingo  |
| 1:30-4:00   | Table Tennis   |

### Friday

|             |              |
|-------------|--------------|
| 9:30-10:30  | Muscle Tone  |
| 10:40-11:40 | Line Dancing |
| 11:45-12:45 | Tai Chi      |

***Please note that these classes may be changed/corrected.***

**Please check your monthly newsletter for any cancellation of classes. If an instructor cancels after the newsletter has been published, they will announce an unplanned cancellation to their class as soon as they are able.**

### **Inclement Weather**

The Department of Senior Services will determine the need to cancel/suspend programs, and transportation at the Senior Center in the event of inclement weather. The announcement will be made on the following stations after 8am: **WFSB Channel 3 - WTNH Channel 8 - NBC 30 Channel 6. Please Check TV Stations Before Calling For Closing Information.** When the Center closes, it closes for **ALL** programs. The Senior Center **DOES NOT** follow the school closing schedule.



[SOUTHBURY-CT.ORG](http://SOUTHBURY-CT.ORG)

ADA / AFFIRMATIVE ACTION / EQUAL OPPORTUNITY EMPLOYER

(Updated 05/24/2023)

Like us on FaceBook: [@southburyseniorcenter](https://www.facebook.com/southburyseniorcenter)

[www.southbury-ct.org](http://www.southbury-ct.org), periodically for special events.