



Southbury Senior Center
Where Your Adventure Continues

Senior Center

Welcome to the
Southbury Senior Center!



April 2024

CONTACT US:



561 Main Street South
Southbury, CT 06488



www.southbury-ct.org/seniors



(203) 262-0651
(203) 262-0652 (Transportation)



Monday-Thursday: 8am-4:30pm
Friday: 8am-1pm

GREETINGS!

Happy Spring!

I am pleased to share that the Southbury Senior Center is now a collection site for the Southbury Food Bank! The collection bin will be located across from the main office. Please visit www.southburyfoodbank.org to view the current critical needs list.

The Southbury Food Bank **cannot** accept expired food. Please check the dates before dropping items into the collection bin. As always, thank you for supporting the Southbury Community!

Regards,

Andrea



Swedish Massage
Tuesdays, April 2nd, 9th
23rd and 30th
12:30pm-3:30pm

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.

30 minute massage \$35/60 minute massage \$55

Due to the popularity of Swedish Massage, we are allowing only 1 session per month per member to allow others to enjoy the program .

**Call to schedule your appointment
beginning April 1st at 8:10am.**

Grief, Trauma Support
Wednesday, April 3
12:00pm – 1:00pm



Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.

Deacon Neil Culhane currently runs a bereavement class at Waterbury Hospital. He will provide an interactive presentation combining compassion and humor with advice and resources on grief.

Sign up today. All are welcome.

ALL PROGRAMS ARE FOR SOUTHBURY SENIOR CENTER MEMBERS ONLY UNLESS OTHERWISE STATED.



April is here!

We have a month of terrific events planned for you. We have a Red Cross Blood Drive on the 9th- if you're able to, please sign up to donate by calling 800RedCross! Our new Great Courses series begins this month we'll be learning about the rise and fall of the Roman Empire over the next six months beginning with **The Dawn of the Roman Empire on the 10th at 10:00 am.** Jack Lynn will be singing the tunes of Dean Martin on the 18th and we are trying another trip to Tea with Tracy in Oxford On the 24th. Hope you have a wonderful month!

Warm Regards,

Kathy



Thank you Tom from **Compassion Home Care, LLC** for making Bingo so much fun on March 7th!



Take a Walk! Thursdays, Starting April 4, 10:00am-11:30am

New Walking Club led by Member Volunteer Rosann L.

Joining a walking club is not only fun, but it can also reduce the risk of chronic diseases such as diabetes, and heart disease. It has been shown to reduce symptoms of anxiety and depression, improve mood, and boost self-esteem. Walking is an excellent way to connect with nature. Spending time in nature has been shown to reduce stress, lower blood pressure and boost immune function. Walking through parks, trails or scenic routes with a walking club can help you explore new sites that you may not have discovered on your own. Walking with a group can help you meet new people, build friendships, and provide a sense of community. Finally, joining a walking club can help get you out of the house and break up your day!

Informational meeting in the Lounge to discuss future destinations- We hope you'll give it a go! Please bring water and wear comfortable, weather appropriate clothing.



Mini Facials With Laura Monday April 8 11:00am - 1:00pm

Experience a skin analysis followed by a Customized, Mini Facial with Laura

30 min -\$50

Also Offering Waxing

Brows \$15/ Brow design \$25/Lip \$10/ Chin \$10

Call to schedule your appointment beginning April 1st starting at 8:10am.

Southbury Senior Center Spring Blood Drive Tuesday, April 9, 9:30am - 2:30pm

Please Sign Up to Donate Today!
www.Redcross.org or call **1800REDCROSS.**

Thanks for always showing up!



Healthy Brain Series Wednesday, April 10, 12:30pm

Session 5: Lessons for living longer from people who lived the longest.

Plus, Q&A with the expert.



PRESENTER: Julie Ramia, Dementia Specialist Hartford HealthCare Center for Healthy Aging

Please call to register starting April 1st starting at 8:10am

Great Courses Wednesday April 10 10:00am

A New Course Begins! This month we embark on a new adventure! **The Roman Empire!**

From Augustus to the Fall of Rome.

Discover a true story of power as a renowned professor surveys the rise and fall of the Roman empire from 31 BC to the end of antiquity. **Presented by Gregory S. Aldrete, PhD. Gregory S. Aldrete is the Frankenthal Professor of History and Humanistic Studies at the University of Wisconsin-Green Bay.** He received his BA from Princeton University and his PhD in Ancient History from the University of Michigan. His interdisciplinary scholarship spans the fields of history, archaeology, art history, military history, and philology. Professor Aldrete has won many awards for his teaching.

This month we begin with Lecture 1: Dawn of the Roman Empire. On September 2, 31 BC, an ambitious 31-year-old Roman politician named Gaius Julius Caesar Octavianus, commonly referred to as Octavian, surveyed the chaotic aftermath of a ferocious naval battle off the western coast of Greece. The event was recorded in history as the Battle of Actium, and its outcome made Octavian the ruler of the known world.



ALL TIMES ARE TUESDAYS AT 2:00 PM AT THE SENIOR CENTER

Senior Learning Network has fantastic programs that include something for everyone! These programs will be available at the Senior Center on our big screen and you will be able to ask questions and participate in a group setting. Please be sure to read the content program before attending to avoid confusion or disappointment.

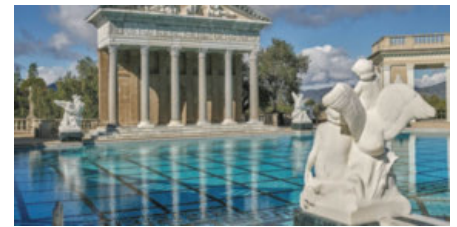
April 2: Soldiers in Skirts: Army Women in Vietnam

During the height of the Vietnam War, the first women from the Women's Army Corps (WAC) arrived overseas as part of a new program to help train Vietnamese women for their own Corps.

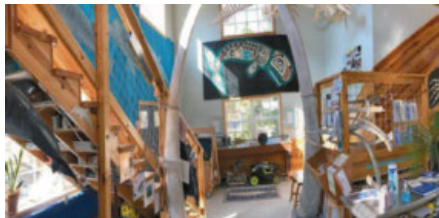
In this program the U.S. Army Women's Museum will lead us on a journey through the years of the Vietnam War, exploring women's roles as they served their country as soldiers and nurses. Exploration takes place through newspapers, photographs, and oral testimonies about this period during the Cold War.

**April 9: Connecting with Ancient Civilizations at Hearst Castle**

A long-awaited return to Hearst castle to explore the mythology, the art, and the architecture of ancient civilizations! Statues such as the Egyptian goddess Sekhmet will transport us 3000 years back in history. The Neptune Pool will provide proof that the Greeks and Romans still influence our world today. Hearst Castle preserves a collection of art and artifacts that symbolizes the traditions and beliefs of these cultures. Join us!

**April 16: The Life and Times Will Rogers**

Will Rogers was born Cherokee native American in Indian Territory (now Oklahoma), was a cowboy delivering cattle to market on his father's ranch and learned trick roping from his Dad's ranch hands. That trick rope led him into showbusiness first in Wild West shows, then vaudeville, before moving to be a headliner on Broadway's biggest pageant, the Ziegfeld Follies. His gift of Improv and telling jokes relocated him to Hollywood where he begins in silent films but eventually leapfrogs to the number one box office star in 1934 for Twentieth Century Fox studios when sound comes to the movies. His launch of a weekly and then daily newspaper column syndicated to over 500 newspapers, found everyone reading his WR remarks with their morning coffee. Come take a peek at this Hollywood Golden Age Superstar, as we explore Rogers through the 1920's and '30's, his iconic ranch home, and artifacts.

**April 23: Whales in North Carolina: Diversity, Distribution, Conservation.**

Carteret County, NC was home to a dolphin and whale hunting industry, used primarily for oil. Historical records aren't clear how large the industry was. The industry was founded because there are plenty of cetacean species off the coast. As of 2021, the whale center has documented 34 species of cetaceans (all whales, including dolphins and porpoises) along with The center hosts displays of beaked whale skeletons (Plus another being prepped for display) a 37-foot humpback whale skeleton, plus whale teeth, baleen, and whale oil. "Because of our location near ocean currents, the continental shelf, and many other reasons, North Carolina is a hotspot for cetacean diversity on a global scale and we wanted to explain that," said Keith Rittmaster, Natural Sciences Curator at the North Carolina Maritime Museum and one of the leaders in the effort to create Bonehenge Whale Center. "And quite frankly, these creatures are amazing and I get excited when people learn about them and say WOW!"



APRIL 2024 PROGRAMS OFFERED

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Wednesday April 10 1:00pm *April's book: Crooked Hallelujah by Kelli Jo Ford (2020)*

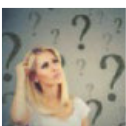
Crooked Hallelujah tells the stories of Justine—a mixed-blood Cherokee woman—and her daughter, Reney, as they move from Eastern Oklahoma's Indian Country in the hopes of starting a new, more stable life in Texas amid the oil bust of the 1980s. However, life in Texas isn't easy, and Reney feels unmoored from her family in Indian Country. Against the vivid backdrop of the Red River, we see their struggle to survive in a world—of unreliable men and near-Biblical natural forces, like wildfires and tornados—intent on stripping away their connections to one another and their very ideas of home.

Might you want to read this book (available at the Southbury Library behind the front desk) and join in our discussion on April 10th at 1pm

Healthy Chats How Do You Manage Stress? What is it Doing to Your Health? Thursday, April 11, 11:30am–12:30pm

April is National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle.

Join Public Health Nurse Heidi Bettcher from Housatonic Valley Health District to discuss how stress can impact your health and important ways to manage daily life stressors.



Hartford HealthCare Presents: Memory Screenings Monday, April 15, 1:15pm – 3:15pm

By appointment. Appointments are 30 minutes.

Free confidential memory screening done by Julianne Ramia, Dementia Specialist.



A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. This confidential memory screening averages 20 minutes and consists of 11 questions to assess memory. Memory screens do not diagnose a specific condition or illness. Their purpose is to determine if you may need further evaluation.

Call the office starting on April 1 starting at 8:10am, to schedule your appointment.

Crafting with Dana Candlewood Valley Health Monday, April 15, 10:00am

The April Craft will be **Glow in the Dark Wooden Painting Art**. Using a slice of wood as a canvas, we will create stunning masterpieces. Unleash your art skills and create magical glowing art that will leave everyone in awe!

Sign up today!

Don't Get Scammed! Presented by Officer Armeno, Southbury PD Wednesday, April 17, 1:00pm



The Southbury Police department is looking forward to meeting at the Southbury Senior Center on April 17 at 1:00pm. Officers will discuss the multitude of scams and other crimes that are prevalent in our community. The goal of this event is to prevent the financial exploitation and defrauding of older adults through education and advocacy.

Sign up today for this very important program.

Wednesday, April 17, 10:00am

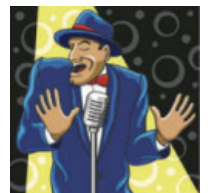
Garden Club 2024 Planning Meeting- subsequent meetings will be Wednesday mornings at 10:00am as needed.

Our center is fortunate to have some awesome waist-high planter boxes in our fenced and gated area in the back. Senior center member, George Presti has been volunteering for the past several years in organizing the Garden Club. The group meets once a week during the growing season to first plan, then plant, water, weed, and harvest in turn. Harvesting is ONLY for regular Garden Club members! If you like to garden, and be a part of a team effort, come!



That's Amoré! Thursday, April 18, 12:00pm – 1:30 pm \$10 per person

See page 6 for full details!



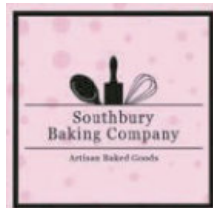


\$5 PER PERSON
PAYMENT MUST BE MADE IN PERSON AT THE TIME OF SIGN UP TO SECURE YOUR RESERVATION
Lunch is served at 12pm and your place will be held until 12:15pm



LUNCH IS NON-REFUNDABLE AND NON-TRANSFERRABLE

Day/Date	Meal	Last Day for Reservation by 11:00am
Tuesday April 2th	Chicken Piccata, Rice & Veggies	Monday, April 1st
Thursday April 4th	Meatball Grinder and Chips	Wednesday, April 3rd
Tuesday April 9th	Shepherd's Pie with Salad	Monday, April 8th
Thursday April 11th	Rueben Sandwich with Cole Slaw	Wednesday, April 10th
Tuesday, April 16th	Baked Ziti with Meatballs with Garlic Bread	Monday, April 15th
Tuesday, April 23rd	Chicken Marsala, Rice & Veggies	Monday, April 22nd
Thursday, April 25th	Sausage, Peppers & Onion on Hard Roll, Chips *Birthday Cupcake Day*	Wednesday, April 24th
Tuesday, April 30th	Beef Stroganoff with Green Beans	Monday, April 29th



Cupcakes for Birthday Month Celebration generously donated by Southbury Baking Company (located at 250 Main Street South)



THIS PROGRAM IS NOT A GRAB AND GO LUNCH. FOOD IS TO BE EATEN IN THE BUILDING.

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 and Thursdays.



Please leave the room as you have found it, returning all items where they were before the class or program starts.

ALL PROGRAMS ARE FOR SOUTHBURY SENIOR CENTER MEMBERS ONLY UNLESS OTHERWISE STATED.

APRIL 2024 - SENIOR CENTER NEWS & PROGRAMS

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CARE CALLS

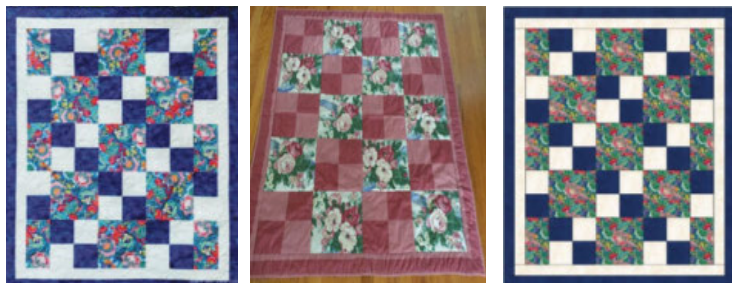
This program is designed to “check-in” with our Southbury Seniors. After completing a brief application with the office, you will receive an automated telephone call during Senior Center operating hours. If you do not answer the automated phone call after 3 attempts, a staff member will check in with your designated emergency contact(s) and/or do a wellness check at your residence. This program is free for our Southbury resident members. Call or stop by the office for more information!

Look What You Can Do! Learn to Quilt! Wednesdays, April 17, 24, May 1, 8, 15 & 22

Make one of these adorable throw quilts for yourself or to give as a gift!

Finished size is 43” X 61”. Quilting instructor Marianne Moerkens. **Cost \$45. Limit 4 members.**

No experience necessary. All materials will be provided. Space is limited. Sign up today!



Creative Flair with Bethel Health Care Monday April 22, 11:00 am

In honor of Earth Day, join Danielle from Bethel Health Care and create your own terrarium! No experience is needed, all materials will be supplied. Space is limited.

Sign up begins April 1 at 8:10 am. Limit of 12 members

 Bethel Health Care Center



Southbury Shells Wednesday April 24 10:00-11:30am

Come decorate some beautiful shells with us!
Sign up begins April 1 at 8:10 am.

Limited to 15 members.

Paint your own planter and plant an herb! Monday, April 29 10:00am

Get ready for spring! Join Connect Physical Therapy of Southbury and paint your own pot with your own herb.

No experience necessary! Enjoy getting to know our Doctors of PT as you create your masterpieces together, which will surely make for a fun morning!

Sign up begins April 1 at 8:10 am



Baking with Christine from Hartford Healthcare! Monday, April 29, 1:00pm – 2:00pm

Strawberry Pockets of Heaven

Limited to 10 members

Call starting April 1st at 8:10am

See page 13 for details



That's Amoré! Thursday, April 18, 12:00pm – 1:30pm \$10 per person

A spectacular tribute event that promises to transport you back to the golden era of crooners and cool vibes! Join us for an unforgettable afternoon filled with the smooth sounds of Jack Lynn, a sensational singer who channels the spirit of Dean Martin like no other! Get ready to be serenaded by Jack Lynn's velvety voice as he croons all your favorite Dean Martin Classics from “Everybody Loves Somebody Sometime” to “That’s Amoré”!

Let loose and groove to the rhythm because dancing is not just allowed- it's encouraged!



An assortment of hors d'oeuvres, sparkling cider to toast the good times, mouthwatering **desserts sponsored by The Lutheran Home, and freshly brewed coffee will be served.**

Seats are limited, in person sign-ups begin on April 1st at 8:10am. Payment is required at time of sign up. Join us for this journey of pure joy, love, and nostalgia! Limited to 36 members.



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WEEKLY SCHEDULED CLASSES

BELOW ARE PROGRAMS OFFERED TO OUR MEMBERS DURING THE MONTH

All closings, or class changes are shown in calendar 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". Please bring your own water as water fountains remain out of service. 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 12:00-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba Gold Tap Dancing
TUESDAY	8:45-9:45 10:00-11:00 10:00-11:00 11:30-12:30 12:30-2:00 1:00-2:00 12:30-3:00 1:30-4:00 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) Chair Yoga My Story Writing Group (1st and 3rd Tues) Ask the Financial Advisor (15-minute one-time appts) - (2nd Tuesday of the month) Swedish Massage - (Check calendar for dates) Table Tennis Ask the Realtor (15-minute appointments) - (2nd Tuesday of the month)
WEDNESDAY	9:30-10:30 9:30-11:30 10:00-11:00 10:00-11:00 10:30-11:30 10:30-12:00 1:00-2:30 1:00-2:00 3:00	Aerobics B Quilting—On hiatus Garden Club (Seasonal) Great Courses - (2nd Wednesday of the month) Tango Lessons Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) Hooks and Needles Page Turners (2nd Wed) Senior Services Commission Meeting (Check Town website & calendar for dates)
THURSDAY	8:45-9:45 10:00-11:00 11:00-11:30 12:30-3:30 12:45-2:45 1:30-4:00	Yoga Weight Strengthen/Tone Blood Pressure Screening - (2nd Thursday of the month) Mahjong Bingo Table Tennis
FRIDAY	9:30-10:30 10:40-11:40 11:45-12:45	Muscle Tone Line Dancing Tai Chi

Closings, class changes and special programs **ONLY** are listed below:

No Classes on Thursday, April 18th

* * * * *

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

MONDAY
 April 15, 10am – Crafting with Dana
 April 15th, 1:15pm-3:15pm – Memory Screenings
 April 22nd, 11am – Creative Flair with Bethel Healthcare
 April 29th, 1pm-2pm – Baking with Christine, Hartford Healthcare
 April 29th, 10am – Paint your own planter and plant an herb!

TUESDAY April 9th, 9:30am-2:30pm – Spring Blood Drive

WEDNESDAY
 April 3rd, 12pm-1pm – Grief, Trauma Support
 April 10th, 12:30pm – Healthy Brain Series #5
 April 17th, 10am – Garden Club Planning Meeting
 April 17th, 1pm – Don’t Get Scammed!



THURSDAY
 Beginning April 4th, 10am-11:30am - Take a Walk
 April 11th 11:30am-12:30pm – Healthy Talks: How Do you Manage Stress?
 April 18th, 12pm-1:30pm – That’s Amore!

* * * * *

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Class cancellations:

Line Dancing 4/5/2024, 4/26/24



WE OFFER EACH THE FOLLOWING AS A ONE-TIME 15 MINUTE CONSULATION:

- ASK THE ATTORNEY second Tuesday of the Month 10:00am
- ASK THE FINANCIAL ADVISOR Second Tuesday of the Month 1:00pm
- ASK THE REALTOR Second Tuesday of the Month 2:15pm



Tea with Tracy Wednesday, April 24, 10:00am – 2:00pm

We're going to try this again!

Enjoy Breakfast or Lunch on your own at Tea with Tracy in Oxford with Senior Center Director Andrea Corcoran.

Your choice of either menu—you can't go wrong with all the delicious choices there are to choose from! Prices start at around \$10 for breakfast and around \$15 for lunch. Have a nice casual conversation, talk about your life, the spring weather, and what a great first year it's been for Andrea!



Sign up starts April 1st. Seats are limited!

INSTRUCTIONS WHEN TRIPS ARE OFFERED

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 receive a confirmation call and you will be responsible for the payment within 2 days of notification.

Trips Available for Members Only - Do not call Transportation to register for the trip.

****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.

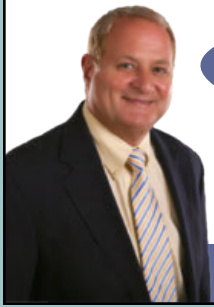
Upcoming Events!

***“Start Your Engines” Men’s Breakfast
Wednesday, May 15, 10am –11am***



Gentlemen, rev up your engines for a morning of camaraderie and classic cars at our “Start Your Engines” Men’s Breakfast. Join us as we welcome local vintage car TV personality Wayne Carini from F40 Motor Sports who will regale you with captivating stories and insights into the world of vintage automobiles. Whether you’re a seasoned enthusiast or simply appreciate the beauty of these timeless machines, this event promises to be a treat for all automotive aficionados. **Sign up begins May 1st—limited to 15 members.**





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2024 OBSERVED HOLIDAYS

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2024 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
New Year's Day	Monday	January 1, 2024
M. L. King Birthday	Monday	January 15, 2024
President's Day	Monday	February 19, 2024
Good Friday	Friday	March 29, 2024
Memorial Day	Monday	May 27, 2024
Independence Day	Thursday	July 4, 2024
Labor Day	Monday	September 2, 2024
Columbus Day	Monday	October 14, 2024
Veterans Day	Monday	November 11, 2024
Thanksgiving	Thursday Friday	November 28, 2024 November 29, 2024
Christmas Eve	Tuesday	December 24, 2024
Christmas	Wednesday	December 25, 2024

BAKING WITH CHRISTINE (HHCAH)



COME BAKE WITH ME!

COME JOIN THE FUN!!!

**AS I INTRODUCE SOME DELICIOUS,
QUICK AND EASY DESSERTS.**

BAKING FOR ONE; CAN STILL BE FUN :)

APRIL 29TH 1pm-2pm **STRAWBERRY CHEESECAKE POCKETS OF HEAVEN**

We don't need to wait until June to fall in love with these beauties! Fresh Strawberries with creamy cream cheese rolled in a soft pastry dough. These Strawberry cheesecake pockets will pop in your mouth!



TO MAKE A RESERVATION FOR MANIC MONDAY SHOPPING, CALL 203-262-0652



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.

Please Note: Shopping trips will take place weather permitting. Lunch is not included in cost of the bus.



- April 1 - Aldi's , TBS Asian Food Market in Danbury with lunch at Applebee's
- April 8 - Boscov's on Post Road in Milford with lunch at The Cracker Barrel
- April 15 - Walmart in Naugatuck with lunch at The Brookside Inn
- April 22 - LL Bean and Trader Joe's in Danbury with lunch at The Olive Garden
- April 29 - Hobby Lobby and Whole Foods on Post Road in Milford with lunch at The Noodle House



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
New Haven	5 Punches	Friday

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

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osher@uconn.edu
475-222-6261



UConn
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anyone over 50

- ✓ August 5 - Fall Open House
- ✓ August 8 - Fall registration opens
- ✓ September 6 - Fall classes start

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HOW TO CONTACT US

STAFF LISTING

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

**Customer Service,
Part Time Counter Clerk**

Kim Little
Senior6@southbury-ct.gov

Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov



IF YOU CHANGE YOUR NAME, EMAIL OR HOME ADDRESS, PLEASE LET US KNOW (203) 262-0651

All members are requested and 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 our attendance numbers for classes and programs accurate.

We have a bottle filling station in the front lobby, so bring your bottle & remember to hydrate when exercising.

Medicare Choices **Third Monday of the Month** **1st appt at 9:00am, last appt 3pm**

Our Certified CHOICES Counselor will be available at the Center by appointment ONLY every 3rd Monday of the month.

There are a total of 8 appointments at 45 minute sessions per day (as long as the time slots are filled). He will be at the Center for scheduled appointments only, walk-ins are not allowed. Please call the Senior Center to schedule your appointment (203 262 0651).