



Welcome to the Southbury Senior Center!



561 Main Street South Southbury, CT 06488

www.southbury-ct.org/seniors

2026

(203) 262-0651 (Main Office)

(203) 262-0652 (Transportation Line)

(203)-262-0653 (Social Services)

Monday, Tuesday, Thursday

Wednesday

Friday

8am-5pm

8am-6pm

8am-1pm

Did you know that you can sign up for our newsletter electronically? Visit the back page and use the QR code to sign up! You will receive the newsletter as soon as we send it to the printers – and you don't have to wait for the post office! Now that we have this electronic option, we are asking our members if they would like to opt out of receiving the paper copy. By making the switch, you will help us reduce paper waste and save on printing and postage costs, allowing us to put more resources back into serving our community. It's fast, convenient, and eco-friendly. Let us know today and we will take you off our hardcopy mailing list. Help us go green!

Andrea

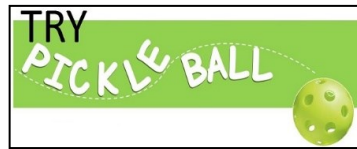
****Please Note: Sign up day for programs is the first business day of the month at 8:10am by PHONE ONLY.****



Monday, April 6th the office will be closed beginning at 12pm. The staff will not be in the office and will not be answering the phones to give us an opportunity to do a little "Spring Cleaning" and organizing of our storage areas in preparation of future programs.

We thank you in advance for your understanding.

Senior Center Staff



**Tuesdays
10am-2pm
Starting April 7th**

Pickle Ball at Ballantine Park. There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members from 10:00 am – 2:00 pm every Tuesday from April 7th through October 27!

If you would like to reserve a court, please call the office 203-262-0651. You need to get your own group to play.

**Easter Bunny Gnome Craft
with Rachael from Visiting Angels
April 7th 1pm-3pm**



**Garden Club
Wednesdays, 10am**

Beginning April 1st the Garden Club will begin meeting to plan and then plant for the year.

Fun Rachael is back with another fun craft! Make an adorable Easter Bunny Gnome in time for Spring!

No experience necessary, limited to 16 participants.



Sign up Today!

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

Hello Friends!

We have many wonderful programs and activities happening at the Center this month, and we hope you'll join us for all the fun. With spring upon us, we're excited to share that the **pickleball courts at Ballantine Park** will be available for **senior reservations on Tuesdays beginning April 7**, from **10:00 AM–2:00 PM**, and continuing through **October 27**. It's a great way to stay active and enjoy the outdoors.

We're also pleased to introduce a new class, "**Stretching for Seniors**," beginning **April 9**. This class will meet at **11:30 AM on the second Thursday of each month** and is a wonderful way to improve flexibility and feel your best.

A fan favorite returns on **April 29 at 4:30 PM—Keir White** will be back with "**Songs from the Heart**." Space will be limited, and you won't want to miss this special performance!

We're also offering **two fun spring shopping trips** this month: one to **RJ Julia Booksellers in Madison** and another to the **Bethlehem Indoor Flea Market**—perfect opportunities to browse, shop, and enjoy time together.

And that's just the beginning...there's so much more happening at the Center this month. We look forward to seeing you!
Warm regards,

Kathy



\$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

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

Day/Date	Meal
Thursday, April 2nd	Meatball Grinder with Chips
Tuesday, April 7th	Chicken Parm with Pasta
Thursday, April 9th	Sausage, Pepper & Onion on a Hard Roll with Chips
Tuesday, April 14th	Barbeque Chicken with Cole Slaw
Thursday, April 16th	Roast Pork with Roasted Potatoes and Veggies
Tuesday, April 21st	Beef Stroganoff with Green Beans
Thursday, April 23rd	Sliced Turkey with Mashed Potatoes & Veggies
Tuesday, April 28th	Stuffed Peppers with Italian Bread
Thursday, April 30th	Chicken Salad Sandwich with Chips
	(Cupcake Day! - Free Lunch on April 30th for the 1st 30 Members)

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

Thank you Lutheran Home for the delicious cupcakes!



Last Thursday of the month is Cupcake Day

Please remember to thank our Awesome Volunteers who serve lunch weekly



**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.

30 min Facial Session - \$50

Additional cost: waxing brows \$15/Brow design \$25/ Lip \$10/ Chin \$10

Sign up today! (Cash or Check Only)

**Massage Therapy
9am-12pm Tuesdays &
9:30am-12pm Wednesdays
(Excluding 2nd Wednesday of the Month)**

Enjoy a massage with licensed massage therapist Meg Dayton 25 Years Experience!

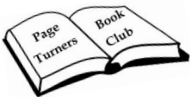
**30 min \$25
60 min \$55
90 min \$80**

Cash, Checks (payable to Cash), Venmo & Credit Cards

Choose any combinations: Swedish, Relaxation & Stress Reduction, Aromatherapy, Energy Work, Reiki, CranioSacral, Scalp &/or Neck, Jaw/TMJ, Lymphatic Drainage, Reflexology/ Feet, Neuropathy Relief, Posture Analysis, Stretching, Sports, Table Thai, Acupressure/Shiatsu, Deep Tissue, Etc.

Monthly massage can reduce your chance of illness by up to 67%! Appointments may be available last minute!

Call to schedule your appointment today.



**Page Turner's
April 8, 1:00pm-2:00pm**

March's Book: *The Book of Lost Names* by Kristin Harmel

"Inspired by an astonishingly true story from World War II, a young woman with a talent for forgery helps hundreds of Jewish children flee the Nazis in this unforgettable historical novel from..."

Kristin Harmel. A professional writer since age 16, Harmel began her career as a sportswriter in Tampa Bay, Florida. (from Good Reads, online)

All are welcome to Page Turners. Books are available at the Southbury Library at the Main Desk.

**Great Courses
April 8, 10:00 am**

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 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 continue with Lecture 24, Echoes of Rome. One of the key themes that has run throughout both this course and the Great Course *The Rise of Rome* is the many influences of Rome on the world today. These two courses have already highlighted a number of the myriad ways that our current world and our contemporary culture have been profoundly molded by Roman civilization. However, because the legacy of Rome is so vital to understanding the present, this final lecture will systematically review all of these influences and mention a few additional ones.

We hope you'll join us for this wrap of Rome. Sometimes we have popcorn!

**NEW Stretching for Seniors
April 9, 11:30 am**

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

**Bereavement Support Group
Facilitated by Mary Silverman
Twice Monthly—1pm
1st & 3rd Wednesday of the Month**



The program will be a gently guided participant discussion twice monthly at the senior center. **Please call to register.**

Paint Party with Monika April 20, 10:00am

Join Monika from CT Nursing Services for a morning of creative expression. You will enjoy a guided painting session. No experience needed! Registration required.

Seats are limited to 14 members. Sign up begins the first business day of the month at 8:10 am by phone only.

Coffee with the First Selectman April 21, 10:00 am

Southbury's First Selectman Tim O'Neill, will be joining us for coffee at the Senior Center to give you the opportunity to get to know him better. Tim is eager for you to share your thoughts, hear your concerns, and answer questions about Southbury and our local government! We hope you will join us for this casual and informal round table discussion.



Sign up on the first business day of the month at 8:10am by phone only! Limited to 15 members.



Fall Prevention April 21 1:00 pm

Join us for an informative presentation by Mary from the Lutheran Home of Southbury. This educational session will focus on fall prevention, offering practical tips, safety strategies, and insights to help older adults maintain independence and reduce the risk of falls.

Sign up today.

NEW! Multi Session Series: The Next Chapter: Planning Your Path Forward Session 3 April 22, 2:00 pm

This program is a multi-session panel discussion series designed to empower seniors *and* their adult families to make informed life decisions about aging and future care. Through conversations led by professionals in elder law, financial planning, healthcare, homecare, social services, and advocacy, we aim to provide clarity, resources, and support for those navigating important choices whether aging in place, transitioning to care facilities or planning for long-term needs.

This month **Session 3** will be about ***Home Care & Facility Options.***

Each session will include time for Q&A. At the end of the series a comprehensive resource packet will be available for pick up.

This series will be open to the adult public and **requires advance registration.**

Please call the office for more information or to register.

**Parkinson’s Disease Series
April 23 1:00 pm**

The Southbury Senior Center is pleased to introduce a new monthly educational series exploring the vital roles that **Speech Therapy, Occupational Therapy, and Physical Therapy** play in supporting individuals living with Parkinson’s disease. Each session will focus on one discipline, helping participants better understand how these therapies work together to improve communication, mobility, daily function, and overall quality of life.

In this month’s session, we explore how **Occupational Therapy (OT)** supports individuals living with Parkinson’s disease by helping them maintain independence, confidence, and safety in everyday life. While many people think OT is only for rehabilitation after injury, its role in Parkinson’s disease is much broader focusing on empowering people to live well, adapt thoughtfully, and thrive in their routines.

This program will be welcoming and informative for Parkinson’s patients, but also for any member who want to learn strategies for staying active and independent.

Presented by: **Olivia Longo ,MS, OTR/L**
Sign up begins on the first business day of the month.

**Monthly Dementia Caregivers Support Group
2nd Wednesday of the month,
11am –12pm**

Join Hartford Health Care Dementia Specialist, Julianne Ramia for a monthly Caregiver support. Program will vary each month. **Please call to register.**

**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 REALTOR 2:15pm

**Creative Flair with Bethel Health Care
April 27, 11:00 am**

It’s Silk Scarf Painting Time!

Design and create your very own silk scarf! No experience necessary! Danielle will walk you through the steps and you will go home with your creation-keep it or give it as a beautiful gift!

Class is limited to 12 members.

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



**AARP Smart Driver Course
April 27 9am – 1pm**



Keep saving on your auto insurance with AARP’s Smart Driving refresher course.

Don’t let your discount expire! If you saved on auto insurance by taking the full-length Smart Driver course, the **Smart Driving refresher course could help you extend your discount.** Plus, you’ll refresh your driving skills so you and your family can stay safe on the road. Register now.

Please arrive early to complete paperwork. Checks made payable to AARP.

**\$20 for AARP members
\$25 for Non-AARP members**



**He’s back!
Songs From the Heart with
Keir White**

**April 29 4:30 – 5:30
\$7 pp due at sign up**

A special afternoon to welcome spring! Enjoy a delicious lunch of Nardelli’s cavatelli with chicken and broccoli, cake, pink drink and coffee.

Featuring the musical talent of Kier White! Our only performer to receive a spontaneous standing ovation at our center!

Kier believes that music has the ability to lift us even higher in times of jubilation or make us reflect deeply in times of sadness and despair. He is the ninth child from a proud Polish/Irish family of twelve and often found music to be an escape. We hope you’ll enjoy his beautiful voice! (he reminds me of Josh Groban!)

Limited to 36 Sign up begins the first business day of the month at 8:10 am sign up ends 4/24 at noon.

**Southbury Shells
April 29, 10am-11:30am**

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!



🌮 Fiesta Taco Tuesday Lunch 🌮

Tuesday, May 5 • 12:00 PM

Cost: \$6 per person

Join us for a festive and flavorful **Fiesta Taco Tuesday Lunch** at the Center! Enjoy **chips and salsa on the tables** as you catch up with friends and get ready for a delicious meal.

Lunch will feature **soft tacos**, with **one beef and one chicken taco per person**, along with fresh toppings including **lettuce, cheese, tomatoes, and sour cream**.

Soda will be served with lunch, followed by a sweet treat of **warm churros dusted with cinnamon sugar** for dessert.

It's a fun, relaxed way to enjoy great food, good company, and a little south of the border flair—all for just **\$6**.

Don't miss it! Sign up by April 27th.



Mark Your Calendars.....

- May 6th** Fairy Hair \$5 per person
- May 13th** Juke Box Bingo \$5 per person
- May 21st** Lower Your Electric Bill
- May 28th** Memorial Day Picnic
- June 14th** Hartford Yard Goats
- June 17th** Health Screening Fair
- June 23rd** Special Ballet
- June 25th** Caribbean Fun in the Sun
- July 22nd** Pig Roast



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Southbury Senior Center, Southbury

04-0713

WEEKLY SCHEDULED CLASSES

Page 8

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". 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 11:00-1:00 12:15-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Mon. & Wed. of each month) Aerobics Class A Zumba Mini Facials (2 nd in the Month) - Check Newsletter for date Beginner Tap Dancing
TUESDAY	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 11:15-12:15 11:30-12:30 1:30-4:30 2:15-3:15	Massage - Appointments 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 Table Tennis Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
WEDNESDAY	9:30-12:00 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 11:00-12:00 11:45-12:45 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15	Massage - Appointments (Excluding the 2nd Wed of the Month) 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) Monthly Dementia Caregivers Support Group (2nd Wednesday of the month) Vitality Fitness with Karen Grief Support Group (1st & 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	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
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**

***Closed 4/3/26 Good Friday
P&R Camp 8am-3pm M-F
No Massage 4/15, 4/21 & 4/22***

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 box to be sure it is set up and available to accept calls! We do not want you to miss out on important information!

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

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



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.

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

Heads up: The Senior Center will be closed on May 1st. Floors are being replaced in the Park & Recreation Department on May 1st, and due to the products being used we feel it will not be in the member's and staff's best interest to be in the building at the time of the floor replacement.

Sign up for May's programs will be held on Monday, May 4th at 8:10am by phone only!

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.

Assessor: Tax Relief for Elderly and Totally Disabled Homeowners

Applications for **State and Local** tax relief for the elderly and totally disabled homeowners will be available at the Southbury Assessor's Office or online at www.southbury-ct.org/assessor from February 1, 2026 until the deadline of May 15, 2026.

Applications will be mailed to those who are already on the program and need to refile this year.

To qualify, an applicant must own and reside at the property for which tax relief is being sought. Ownership must have been established prior to October 1, 2025, and must have been 65 years of age, or totally disabled through Social Security by December 31, 2025.

The income limits for the **State Program** are \$46,300 if unmarried; \$56,500 if married. The income limits for the **Town Program** are \$53,400 if unmarried; \$61,800 if married.

Income must be taken for the year 2025. Proof of ALL income must be submitted with the application.

Town of Southbury
Assessor's Office
203-262-0674

We are pleased to announce that the Senior Center has **Free File of Life** available for pickup our office. The File of Life is a magnetic, red vinyl packet containing a medical information card. The card provides vital information that EMTs need to know about an individual's condition and/or medication. The card enables medics to obtain a quick medical history when the patient is unable to offer one. It eliminates the risk of the patient who, in a confused or incapacitated state, may forget to mention something important. The File of Life can be filled out and placed on a refrigerator or other prominent location in a home. Stop in to pick up yours today!



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!

New Property Tax Exemption for Veterans With a Permanent & Total Disability Rating: CT residents who served in the Army, Navy, Marine Corps, Coast Guard, Air Force, or Space Force and have a service-connected permanent and total disability rating, as determined by the U.S. Department of Veterans Affairs (U.S. DVA), are eligible for the exemption. We encourage all Veterans to file their DD-214 with the Town Clerks Office regardless if you are eligible for this exemption. There are other Veteran Exemptions available for those who do not meet these requirements.



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Southbury Senior Center, Southbury

04-0713

April 24

**Departure: 10:30 am • Return to the Center 4:30 pm Cost \$5
Late Breakfast/ Lunch at the Rozzi's in Thomaston on your
own and then shopping at the indoor Bethlehem Flea Market.**



The Bethlehem Indoor Flea Market, located in scenic, Bethlehem, CT, is a family-owned business, offering an array of merchandise at amazing prices. Open year round, they pride themselves on having one of the largest selection of products at the lowest prices around. There are no admission or parking fees. It's the best spot for great deals on used furniture, clothing, electronics, jewelry, and dishes. According to their website, they stock everything. If you're looking for it, chances are they have it!

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

Trip to RJ Julia Booksellers – Madison, CT**April 15**

Departure: 9:00 AM • Return to the Center: 4:00 PM Cost: \$5 per person

Join us for a delightful spring outing to **RJ Julia Booksellers**, one of Connecticut's most beloved independent bookstores. Enjoy time to browse a wonderful selection of books, gifts, and stationery at your own pace. RJ Julia also features a cozy **in-store café**, perfect for coffee, lunch, or a light snack during your visit.

After exploring the bookstore, take advantage of free time to stroll through **downtown Madison**, where several charming shops are located just a short walk away.

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

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.

2026 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
Good Friday	Friday	April 3, 2026
Memorial Day	Monday	May 25, 2026
Independence Day	Friday	July 3, 2026
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

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 6th - West farms Mall , Trader Joe's with lunch at The Olive Garden

April 13th- Walmart in Naugatuck with lunch at The Station

April 20th- Aldi's & Hobby Lobby in Danbury with lunch at Blue Colony Diner in Newtown

April 27th- Post Mall (Boscov's) in Milford with lunch at The Cracker Barrel



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

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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

Transportation Coordinator
Brenda Dionne
Transport1@southbury-ct.gov


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here




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		



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



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.

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