



# Senior Center

Welcome to the  
Southbury Senior Center!

## CONTACT US:



561 Main Street South  
Southbury, CT 06488



[www.southbury-ct.org/seniors](http://www.southbury-ct.org/seniors)



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



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



## GREETINGS!

### Zumba is Back!

Local Instructors, Karen P. & Karen M. will be showcasing their teaching styles in August for everyone to try. Karen P will be teaching Monday, August 5<sup>th</sup> and Karen M. will be teaching Monday, August 19<sup>th</sup> at 10:45am. We hope you stop in to try the classes – all fitness levels welcome! Zumba will return on Mondays in September once staff selects an instructor.

Regards,  
Andrea



**NEW**  
**Grief, Trauma Support Group**  
**Facilitated by Mary Silverman**  
**Twice Monthly**  
**1<sup>st</sup> and 3<sup>rd</sup> Mondays 11:00 – 12:00 pm**

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



**Try It! Zumba Classes**  
**8/5 and 8/19 10:45 am**

We are working to get Zumba back at the center! This month we are offering 2 “Try it” Zumba classes on the 5<sup>th</sup> and the 19<sup>th</sup> with 2 different instructors. Zumba classes are scheduled to begin again in September. Give them a try!



**Swedish Massage**  
**8/5, 8/12, 8/19, 8/26**  
**9:00 am – 12 :00 pm**

Enjoy a therapeutic massage with licensed massage therapist, Jakob!

**30 minute massage \$35, 60 min \$55, 90 minute \$100**  
**cash or credit**

State protocols will be followed to ensure a safe and relaxing experience. Massage reduces stress and increases relaxation, reduces pain, improves circulation and lowers heart rate and blood pressure.

Book your appointments starting on 8/1 at 8:10 am.

**Management of Knee Pain**  
**8/6 12:30 – 1:30 pm**

### Do you have knee pain??

Pain is not normal! Register for an educational talk with Amber of Connect Physical Therapy to learn about causes of knee pain as well as conservative management. Have your questions answered! Limited to 30 members

Call to register starting on 8/1 at 8:10 am.

**NEW!**  
**2nd Wednesday of the month**  
**11:00 am – 12:00 pm**

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

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

# AUGUST 2024 - GREETINGS AND PROGRAMS OFFERED

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Dear Friends,

Happy August! Even when it's hot outside, the Southbury Senior Center is a cool place to be! Stop in and take advantage of the cool air and awesome programs we have going on! Stay hydrated with our water bottle filler located in the front lobby! Bring your own refillable bottle and watch the count of the number of plastic bottles saved go up! This month we have a lot of fun in store for you. We have a new masseuse starting on August 6<sup>th</sup>. Jakob Antos is local and will offer 30, 60 and 90 minute massages at the center. Welcome aboard Jacob!

Warm Regards,

*Kathy*

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## Flower Arranging with Jennifer from the Lutheran Home August 7th 11:00 am

No experience required! **Space is limited to 15 members.**  
**Sign up the 1st business day of the month starting at 8:10am.**

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## Healthy Chats with Heidi August 8th 11am-12pm

Join the nurse from Housatonic Valley Health District as we discuss the staying safe in the heat wave

**All are welcome to join the conversation. Sign up today!**

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## Ice Cream Social! August 12th 1pm

Candace from Candlewood Valley will be hosting an Ice Cream Social.

**Limited to 20 members. Sign up the 1st business day of the month starting at 8:10am.**



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## Easy Cooking for One or Two, You can Do It! August 12th 1:00 pm

### Apricot Turnovers

Apricot turnovers are made quick and easy with frozen puff pastry dough and fresh apricots ~ use your favorite jam in place of fresh fruit for an even faster treat!

**Limited to 15 members. Sign up the 1st business day of the month starting at 8:10am**

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## Makeup for Mature Women August 13th 1:00 – 3:00 pm

This forum is presented by Celebrity MakeUp Artist and Educator Joby Rogers! Joby has presented his MakeUp forum at our center twice before. Even if you have attended this event before, the curriculum is consistently updated, due to the ever-changing Makeup Industry and the constant introduction of New Makeup products and Techniques.

At this event you will learn:

- Proper MakeUp Application Techniques
- Keeping your MakeUp & Brushes Clean and Sanitary
- Choosing the right Concealer and Foundation
- Grooming and Defining Eyebrows
- And so much more!!

Bringing your personal makeup is encouraged, but not required. Attending makeup free is encouraged, but not required. Space is limited. Sign up starting 8/1 at 8:10 am



## Manicures August 12<sup>th</sup>

10:30am – 11:30 am



Sponsored by Brightstar Care & River Glen Health Care Center. Come get pampered and have a relaxing manicure compliments of Nancy Kost from Brightstar Care and Heidi Sojka from River Glen Health Center. They will be offering the basics like filing, massages and polish.

**Call today to reserve your 20 Minute appointment!**

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## Mini Facials With Laura August 12th 11:00am - 2:00pm

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

**30 min session -\$50**

**Additional Cost:** Waxing Brows \$15/ Brow design \$25/  
Lip \$10/ Chin \$10

**Sign up the 1st business day of the month starting at 8:10am**

**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.

**August 6<sup>th</sup>: National Museum of the Mighty Eighth Air Force *Lost Too Soon: The Other John Gibbons and Phillips Terry***

B-17 Navigator Lt John Gibbons took off on only three missions with the 100th Bomb group in October 1943. B-17 Co-Pilot Lt Phillips Terry almost completed his tour of duty with the 95th Bomb Group from December 1943 - April 1944. They never met in life but their legacy is connected in special remembrances and family connections. Learn more about their fascinating stories!

**August 13<sup>th</sup> : Jefferson's Monticello Tour**

Join us on a virtual tour of Monticello! A guide will lead us in real-time through the first floor of Thomas Jefferson's mountaintop home. Learn about Thomas Jefferson and his ideas that helped shape a nation, Monticello as an architectural icon and the stories of the free and enslaved people who lived and labored on this plantation.

**August 20<sup>th</sup> Reconstruction Era National Park**

What does freedom mean? The Reconstruction era, 1861-1900 the historic period in which the United States grappled with the question of how to integrate millions of newly freed African Americans into social, political, economic, and labor systems, was a time of significant transformation. The people, places, and events in Beaufort County, South Carolina, reflect on the most important issues of this tumultuous time period. We will visit the places, and learn of the people who made significant contributions in SC during this time.

**August 27: Thomas Jefferson Memorial, Washington DC National Mall**

We will continue to learn more about Jefferson, and the memorial dedicated to him from National Mall and Memorial Parks for a look at the Thomas Jefferson Memorial. Dedicated on Jefferson's 200<sup>th</sup> birthday, April 13, 1943, the memorial includes a statue and excerpts from his writings. Hear about the controversy surrounding the memorial design and quotations chosen.



# AUGUST 2024 PROGRAMS OFFERED

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## Page Turner's August 14th 1:00pm The Boy in the Field by Margot Livesey (2020)

"One September afternoon in 1999, teenagers Matthew, Zoe, and Duncan Lang are walking home from school when they discover a boy lying in the field, bloody and unconscious. Thanks to their intervention the boy's life is saved. In the aftermath all three siblings are irrevocably changed. (from author's website) Per the Booklist review: "Braiding three separate views of the same incident Livesey weaves a masterful tapestry of emotion and action focused on the indelible impact of random events."

All are welcome. (Books are available behind the main circulation desk at the Southbury Library.)

## Great Courses August 14th 10:00 am

**Great Courses The Roman Empire** 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 5: The Flavian Emperors and Roman Bath Culture.** The so-called year of the four emperors had witnessed a destructive cycle of civil wars as provincial governors from every corner of the empire had abandoned their posts and marched on Rome with their armies to battle one another for supremacy. When the bloodbath ended and the final days of AD 69 brought welcome stability to the Roman Empire.

**Sign up today! Sometimes we have popcorn!**



## Take a Walk! Thursdays, 1pm 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. Finally, joining a walking club can help get you out of the house and break up your day! They do not walk on rainy days.

**We hope you'll give it a go! Please bring water and wear comfortable, weather appropriate clothing.**

## Shell Trinket Trays with Bethel Health Care August 26th 11am

Join us for this fun summer craft, decoupage scalloped shells to create beautiful trinket trays for jewelry and other small items.

This craft is a bit different from our Southbury Shells – come give it a try! No experience needed. Limited to 15. **Sign up the 1st business day of the month starting at 8:10am.**



## Southbury Shells August 28th 10:00-11:30am

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

**Sign up the 1st business day of the month starting at 8:10am. Limited to 15 members.**



## Wondering what people ask the Financial Advisor?

**Martin Engstler, CFA®/Financial Advisor offers a one time no charge 15 minute consultation for members. Some questions you July want to ask include:**

1. How can I increase my income in retirement?
2. How is my spouse impacted when I pass away?
3. Am I taking the right amount of risk?
4. How can I convert my 401k/IRA into income in retirement?
5. Am I spending too much?

**Martin will be available on August 6th 1pm-2pm. He will be back to the usual schedule of the 2nd Tuesday of the month for the remainder of the year.**



**\$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**

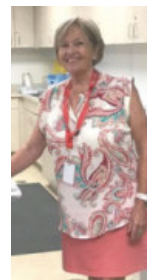
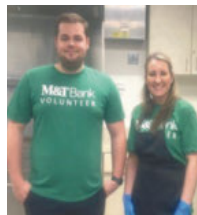
Day/Date	Meal (Last Day for Reservation by 11:00am the working day before)
Thursday Aug. 1st	Chicken Salad with Cole Slaw and Chips
Tuesday Aug. 6th	Macaroni & Cheese with Side Salad
Thursday Aug. 8th	Sausage & Peppers on a Hard Roll and Chips
Tuesday Aug. 13th	BBQ Chicken with Cole Slaw
Thursday Aug. 15th	Meatloaf with Mashed Potatoes and Veggies
Tuesday, Aug. 20th	Chicken Stir Fry with Rice and Veggies
Thursday, Aug. 22nd	Tuna Salad with Cole Slaw & Chips <b>*Birthday Cupcake Day*</b>
Tuesday, Aug. 27th	Beef Stroganoff with Green Beans
Thursday, Aug. 29th	Chicken Parm with Penne Pasta



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



**Some of Our Awesome Volunteers Who Serve Lunch Weekly**



**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.

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

# AUGUST 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!

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## 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 July take up to three weeks to be processed.

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***Program Registration Procedures:*** Telephone calls and the front counter 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 and front counter traffic received from our members registering for programs, we are asking 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, and we hope that not leaving messages will alleviate many members being disappointed that they missed out on the chance to register for the programs they wanted to participate in.

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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 and 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.**



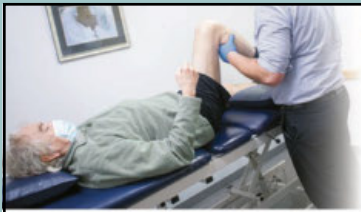
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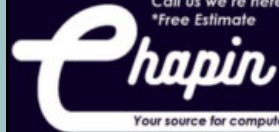


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# WEEKLY SCHEDULED CLASSES

## 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 11:00-1:00 12:00-1:00 11:00-12:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Mini Facials (Second Monday in the Month) Tap Dancing <b>Grief, Trauma Support Group (1st &amp; 3rd Monday of the month)</b>
TUESDAY	8:45-9:45 9:00-12:00 10:00-11:00 10:00-11:00 11:30-12:30 12:30-2:00 1:00-2:00 1:30-4:00 2:00-3:00 2:15-3:15	Fit & Flex A Class Massage 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) Table Tennis Senior Learning Network Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
WEDNESDAY	9:30-10:30 10:00-11:00 10:00-11:00 10:30-11:30 10:30-11:30 10:30-12:00 11:00-12:00 1:00-2:30 1:00-2:00	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) <b>Monthly Dementia Caregivers Support Group (2nd Wednesday of the month)</b> Hooks and Needles Page Turners (2nd Wed)
THURSDAY	8:45-9:45 10:00-11:00 10:30-11:00 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



# AUGUST 2024 PROGRAM CHANGES/CLOSINGS

Closings, class changes **ONLY** are listed below

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

***Class cancellations:***

**No Line Dancing 8/23 and 8/30 Canceled by instructor**



## **AUGUST 2024**

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	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	31

**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



**Please Note Our Procedure to Register for Trips: We begin taking reservations on the first business day of the month beginning at 8:10am. Do Not Leave A Message unless you are calling later in the day and are unable to speak to the staff.**

**River Cruise! \$28 pp includes Cruise and transportation  
August 15th 3:10pm – 7:30 ish**

**If you missed the first two sold out cruise trips, this one's for you!** Enjoy a One Hour tour aboard the Slipaway! Bring your binoculars, and phone/camera, you won't want to miss the wildlife! Dinner at the Grill and Chill on the water on your own! The Grill and Chill has soups, salads, lobster rolls, seafood, burgers, hotdogs, sandwiches, tacos and more! The tour is from 4:30 – 5:30 out of Rocky Hill.

**Hartford Yard Goats vs Somerset Patriots \$26 includes ticket and transportation  
August 18th 11:30 am**

**Take me out to the Ball Game!** We have **6** great seats available for this Sunday afternoon game! Although the seats should be in the shade, bring a hat, sunscreen and lots of enthusiasm! Lunch is on your own at the game.

**Raft Adventure!  
August 22nd 8:45 am – 3 pm \$50.00 pp  
Includes Transportation, rafting and lunch**

Housatonic River Trip 8 Miles Suitable for ages 4 and over! 3 hours takes you from Falls Village to West Cornwall.

Included: shuttle service, lifevest & paddle. Your Choice of Nardelli's bag lunch included. Choose from: Ham, veggie, tuna or Italian.

**Please give lunch preference and payment at sign up.**

**Page 13 has more details about the rafting trip**



**Yale Peabody Museum and Lunch at Housatonic House Trip II  
August 28, 9:00 am – 3:00 pm \$5 pp includes transportation**

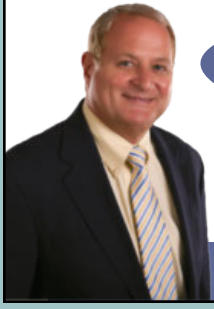
After over four years of work, they've finally come to the end of their transformative renovation, and they can't wait to celebrate with you!

The Peabody Museum of Natural History at Yale University is one of the oldest, largest, and most prolific university natural history museums in the world. It was founded by the philanthropist George Peabody in 1866.

After exploring the beautiful, exciting museum for 2 hours, you'll regroup and head over to enjoy a wonderful lunch on your own at the **Housatonic House Restaurant in Seymour**. Located directly on the Housatonic River prices start around \$14 for lunch.

**Hartford Yard Goats vs Binghamton Ponies  
\$26 includes ticket and transportation  
September 1st, 11:15 am**

**Take me out to the Ball Game Again!** We have 11 great seats available for this Sunday afternoon game! Although the seats should be in the shade, bring a hat, sunscreen and lots of enthusiasm! Lunch is on your own at the game.



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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

**Please Note Our Procedure to Register for Trips: We begin taking reservations on the first business day of the month beginning at 8:10am. Do Not Leave A Message unless you are calling later in the day and are unable to speak to the staff.**

## **Raft Adventure! August 22nd Details Below—What to Expect**

### **RAFTING**

**Paddle a six or ten mile section of the beautiful Housatonic River in Northwestern Connecticut.**

This section is a mixture of moving flatwater and easy whitewater and is suitable for novice paddlers. The famous Covered Bridge in West Cornwall marks the halfway point and is a nice spot for a picnic lunch (no glass bottles please!) or stop at one of the many scenic spots along the river.

**Please note: Trip location and duration are adjusted to suit current river conditions!**

#### **THINGS TO BRING**

- Change of Clothes to Leave in Car
- Sunscreen
- Insect Repellant
- Water Shoes
- Eyeglass strap

***Coming in September ... End of Summer Picnic***

***Coming in October ... Halloween Party***

***Coming in November ... Thanksgiving Dinner***

***Coming in December ... Epic Holiday Party***

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 July 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.**



- August 5 - Danbury Fair Mall & Trader Joe's with lunch at The Olive Garden
- August 12 - Ikea in New Haven with lunch there
- August 19 - Walmart in Naugatuck with lunch at The Station
- August 26 - Post Mall 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	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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\*See office for details.



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[osher@uconn.edu](mailto:osher@uconn.edu)  
475-222-6261



**UConn**  
WATERBURY

**Classes and events**  
in-person and online for  
anyone over 50

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

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Southbury Senior Center

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PERMIT NO. 27

## 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

Place mailing label  
here



Calling all Pickle Ball players! There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members from 10:00 am – 12:00 pm every Tuesday from April Through October! If you would like more information, please contact the office 203-262-0651.

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

### 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 6 appointments at 1 hour 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.

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### Senior Farmers' Market Nutrition Program 2024

**If you're age 60 or older and your income is:**

**\$26,973 or less for a single**  
**\$36,482 or less for a couple**

All participants must sign verifying that they meet these guidelines. Eligible seniors are entitled to one electronic benefit card which will be used for multiple seasons. Please schedule an appointment with Senior Center Director, Andrea Corcoran to be issued your electronic benefit card.



Southbury Farmers' Market opens July 13, 2024, and runs until November 21, 2024, on Thursdays from 3:00 – 6:00pm Adjacent to the Town Hall on Main Street South. Transportation will be available Thursday, August 8<sup>th</sup> & Thursday, August 29<sup>th</sup> for the Farmer's Market. Please call 203-262-0652 to reserve your ride!