



# Welcome to the Southbury Senior Center!

# August 2025

## CONTACT US:

561 Main Street South  
Southbury, CT 06488

(203) 262-0651

(203) 262-0652 (Transportation Line)

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

## 4-Day Work Week Pilot Hours:

Monday, Tuesday, Thursday	8am-5:00pm
Wednesday	8am-6pm
Friday	Closed

The Southbury Farmers' Market is producer only, meaning the farmer or specialty food maker behind the table is the person who grew or made the product. The market offers a great mix of plants, veggies, fruit, honey, jam, maple syrup, olive oil, baked goods, and wines!

Market opened **June 19, 2025 and runs until November 20, 2025** on Thursdays from **3:00 pm to 6:00 pm**. Please come join us.

**Southbury Town Hall Green**  
501 Main Street South  
Southbury, CT 06488

Transportation to the farmers market will be available 7/17 & 7/31



## Fairy Hair is Back! August 6, 4:30-5:30 \$10 pp

Join us for a magical experience where you'll have sparkly strands called Fairy Hair added to your locks! These shimmering strands will last up to 4 weeks, even through normal washing and coloring, adding a pretty shine and fun sparkle to your hair.



Add some sparkle to your life and your hair! We had Dana bring us Fairy Hair back in April. We thought it would last a few weeks at most – I don't know about anyone else, but I still have some sparkles left!

For just \$10, you can choose from a variety of colors and enjoy this enchanting makeover. We have space for up to 10 members, so don't miss out on this perfect midsummer treat!

**Call to reserve your spot on the first business day of the month at 8:10am by phone only & get ready to shine!** ✨



**Grief, Trauma 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.**

## Massage Therapy Tuesdays and Wednesdays (Excluding 2nd Wednesday of the Month) 9:00am-12:00pm

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.**

## Monthly Dementia Caregivers Support Group

**2<sup>nd</sup> Wednesday of the month, 11:00am -12:00pm**

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.**



Dear Friends,

I hope August is filled with joy and all the rays of sunshine that summer can hold. The Senior Center has plenty to do to keep you busy if you need a break from the warm rays or if the rain is driving you indoors! Senior Learning Network returns on Tuesday afternoons with four fascinating topics! Weekly Great Courses continues its series on Dinosaurs and our monthly series on The Roman Empire. Three fun summer trips- a Thimble Island Cruise, the Bridgewater Country Fair, and the Annual Holiday Hill Senior Outing will give this month a fun summer send off! I hope you are able to participate with us.

Warm Regards,

*Kathy*



## Manicures

**August 11, 10:30am-11:30am**

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!**



**Mini Facials With Laura**  
**August 11 & 18, 11:00am-2:00pm**

**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**

## Great Courses

**August 13, 10:00am**

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 16: Constantine and His Successors**

Constantine's victory at the Milvian Bridge in AD312 and his accompanying conversion to Christianity are often depicted as key transitional events in Western history, marking Christianity's rise and transformation from obscure sect to dominant religion. While there is the genuineness and completeness of Constantine's conversion. Even if it was completely sincere, there is the problematic fact that for a long time afterward, he continued to promote the worship of pagan gods.



**Sometimes we have popcorn**

We had a blast at our rescheduled Memorial Day picnic on July 10! The weather cleared up just in time for us to celebrate under the tent and enjoy the great sounds of The Fortunate Sons Band! The food was great and the company and volunteers always the BEST! A heartfelt **THANK YOU** to our sponsors!

**The Lutheran Home of Southbury**(Entertainment), **Stone Bridge Health Care**(Dessert), **Old Glory Days** (Drinks), **Candlewood Valley Health and Rehab**(Macaroni Salad), **Bethel Health Care**(Hot Dogs)! You help make our events a great success and a wonderful experience for our seniors. We appreciate all that you do!

## Tech Help is Back!

2 Pomperaug High School Students will be offering free tech help this summer! Afternoon appointments available. Bring your smartphone, tablet and/or laptop!

**Call the office to schedule your appointment!**

# AUGUST 2025 PROGRAMS & SENIOR LEARNING NETWORK

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

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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.

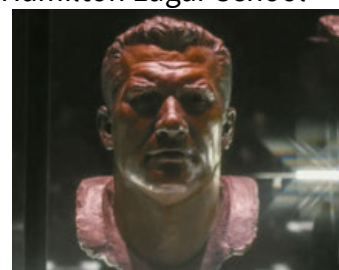
## **August 5<sup>th</sup>: “FDR and the Bomb”- FDR Presidential Library and Museum**

In the 1940s scientists in several countries were exploring the possibility of unleashing the potential power of the atom for the purposes of creating a ‘super weapon.’ Who convinced FDR that the US needed to be working on creating an atomic weapon? What might have happened if Germany had created the Bomb before we did? Truman deemed the dropping of the Bomb on the Japanese Homeland as necessary to ending the war - would FDR have come to the same conclusion? Join us as we discuss this and other relevant topics with one of our favorite presenters, Jeff Urbin from FDR Library/ Museum.



## **August 12<sup>th</sup>: “ Iran Through the Ages” Inner Asian and Uralic Center**

The Inner Asian and Uralic National Resource Center (IAUNRC) at Indiana University's Hamilton Lugar School of Global and International Studies is a U.S. Department of Education Title VI National Resource Center dedicated to raising awareness about its target area: namely the Turkic, Iranian, Mongolian, Uralic, and Tibetan cultural spheres. Some countries included are Turkey, Azerbaijan, Hungary, Uzbekistan, and Afghanistan. This presentation covers Iran from Antiquity to the 21st century, with a focus on providing historical context for events. We will cover the history of various states and empires that arose in Iran, cultural and literary developments in the country and its contributions to world culture and civilization.



## **August 19<sup>th</sup>: The Visual Arts in the Pro Football Hall of Fame**

Let's Visit the Hall of Fame! This program examines the architectural features of the museum in addition to sculptures, paintings, prints, photographs, videography and commercial/graphic art. Join us for an up close and personal look at the way these works of art help visitors understand and appreciate various aspects of historical and social contexts related to museum displays.



## **August 26<sup>th</sup>: FDR and Social Security- FDR Presidential Library and Museum**

FDR considered the creation of Social Security to be his greatest domestic achievement. This session traces the creation and passage of the Social Security Insurance Act, one of the most important pieces of social legislation in American history. Join us as we hear from Jeff once again about this very relevant topic to senior adults today, and what Social Security may look like in the future.





## Page Turner's August 13, 1:00pm-2:00pm

**Mercury Pictures Presents** by Anthony Marra

In a review by Jennifer Bort Yacovissi, the author's writing is described: "...quiet, compassionate, observational wit that he uses to highlight essentially tragic circumstances and to soothe them." The book follows a family broken up as facism gains hold in Italy in the years leading up to World War II. The father is exiled to a two kilometer square in Italy's toe and the mother takes their nine year old daughter Maria to L.A. to live with three ancient, widowed aunts. The book follows the developing stories of this separated family. Yacovissi's final words are: "**Mercury Showcase Presents** showcases imperfect people in an imperfect world groping to connect, all from an author who continues to pen perfection." As always, books are available from the Southbury Library's temporary location at the Heritage Hotel and all are welcome.

**All are welcome to join in the discussion.**

## Breakfast with the Chief and Canine Luke too! August 20, 10:00am



Chief of Police, Chris Grillo and the newest member of the station, Luke Jacob will be here for breakfast and friendly conversation with you!

Pancakes, bacon and eggs, sausages, coffee, orange juice, toast and more! Come on down and have a hearty breakfast with the chief!

All are welcome but we are **limited to 30 members**.

Call to reserve your spot on the first business day of the month at 8:10am by phone only



## Diabetes Wellness Group August 20, 12:00pm

The Diabetes Wellness Group is a supportive community designed for individuals living with diabetes. Our mission is to provide a safe and welcoming environment where members can share experiences, gain valuable information, and support each other in managing their condition.

This month's topic is: **Considerations and Management of Exercise When Living with Diabetes** presented by Amber Hayes, PT, DPT, ITPT, CKTP, Connect Physical Therapy

Call to reserve your spot on the first business day of the month at 8:10am by phone only

## JukeBox Bingo! With DJ Gary Shipp August 20, 3:00pm-5:00 pm \$5 per person

**How well do you know the music of the 50s and 60s?**

Test your knowledge and win some fun prizes while playing Jukebox Bingo with DJ Gary!

Many of you know Gary from our End of the Summer Picnics! Enjoy playing your favorite game of Bingo with a musical spin!

**Limited to 20 people, sign up today!**



## Trusts & Wills presented by Attorney James J Flaherty August 21, 1:00pm

Estate Planning 101

Learn about what a trust may (or may not) do for you



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

## AARP Smart Driver August 25, 9:00am-1:00pm

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

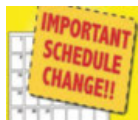
Don't let your discount expire! If you saved on auto insurance by taking the full-length Smart Driver course, the **Smart Driving refresher course could help you extend your discount.** Plus, you'll refresh your driving skills so you and your family can stay safe on the road. Register now.

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

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

**Let's Take A Walk! Thursdays 10:30am** Members interested in walking on Thursdays with fellow members can meet at the Center before 10:30 to plan where to walk before venturing out enjoying the fresh air and good company.

**Our Friday programs have been rescheduled to the following days and times (beginning in June):**



Line Dancing – Tuesdays 11:10am – 12:10pm

Tai Chi – Wednesdays 3:15 – 4:15pm

Muscle Tone – Thursdays 3:30 – 4:30pm

**The following programs have been adjusted to accommodate the Friday activities (beginning in June):**

Pilates – Tuesdays 10:00 – 11:00am

Table Tennis – Tuesdays 1:30 -4:30pm & Thursdays 1:00-3:15pm

**Transportation updates:**

- o New Office Hours: 8:00am – 2:30pm Monday through Thursday
- o Shop Rite will now be offered on Tuesdays
- o Dial A Ride to New Haven & VA Hospital in West Haven will be by request Monday – Thursday. Appointments must take place before 10:00am.



## **NEW! Join us on Wednesday Evenings 4:30 – 5:30 for a WEEKLY GREAT COURSES FUN EXPLORATION ADVENTURE SERIES!**

### **REDISCOVERING the Age of DINOSAURS**

Dinosaurs fascinate people of all ages throughout the world and are icons of our natural and ecological history. These **24** lectures take you deeply into the dinosaurs' world, through topics such as: **A Spectacular Diversity of Species** – comprising 900 dinosaur species; **Wonders of Dinosaur Discovery** - Delve deeply into the remarkable fossils that reveal the dinosaurs' world; **Remarkable Behavior and Lifestyles** - Discover how these amazing creatures ate and digested food: and so much more!

Through **Professor Curry Rogers'** thrilling commentary, enriched by stunning imagery of the creatures of the Mesozoic, **Rediscovering the Age of Dinosaurs** offers you a breathtaking view of the panorama of life on our planet.

Kristi Curry Rogers is a dinosaur paleontologist and a Professor of Biology and Geology at Macalester College. She earned her PhD in Anatomical Sciences from Stony Brook University.

**August 13 #11 Dinosaurs in Your Backyard and # 12 Marine Monsters of the Mesozoic**

**August 20 #13 Weirdest Wonders on Wings and #14 the Non-Dinosaurs in the Age of Dinosaurs**

**August 27 #15 Dissecting a T. rex and # 16 How Did Dinosaurs Get So Big?**

We will be showcasing two episodes each night and the series will continue in September. There are 24 episodes in total! We hope you will join us. Popcorn or other light refreshments may occasionally be served.

Sign up today!



## Creative Flair with Bethel Health Care August 25, 11:00am-12:00pm

Join Danielle to make these creative shell  
**SUMMER LIGHTHOUSE MAGNETS!**

Limited to 12 members, sign up begins  
the first business day of the month at  
8:10 am by phone only.



## Paint and Sip with Monika from CT Nursing Services August 25, 11:00am

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

### PAINT PARTY



Registration required. Seats are  
limited to 12 people. Sign up begins  
the first business day of the month  
at 8:10 am by phone only.



## Southbury Shells August 27, 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 by phone only. Limited to 15 members.



Calling all Pickle Ball players! There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members: 10am-12pm every Tuesday & 11am-1pm every Friday through October! If you would like more information, please contact the office 203-262-0651.

## Balance and Home Safety August 27, 4:30-5:30 pm

**Presented by:** Danielle McGuire PT, DPT,  
OCS Physical Therapist Southbury Clinic  
Manager CT Physical Therapy LLC

- 8/27 Part 1 Falls Assessment for the Home
- 9/24 Part 2 Dizziness and Vestibular Lecture
- 10/29 Part 3 Balance Self-Screening and Exercises to Complete
- 11/26 Part 4 Balance Exercises for Home (Part 2)

Limited to 25 members, signing  
up begins first business day of the  
month at 8:10 am by phone only



**September 18th, 11:30am-2:00pm:  
End of Summer Picnic \$15pp**

**September 24th, 4pm-5:30pm:  
Melodies & Memories - An Autumn Evening:**  
Join us under the tent for a delicious meal and music provided by Shawn Taylor:  
**\$20pp**

**October 7th, 9:00am-11:am:  
Flu Clinic** at the Senior Center.

**October 9th, 12:00pm-2:00pm:  
Octoberfest: \$20pp**

**October 30th, 11:30-2:00pm:  
Halloween Party: \$20pp**

**November 20th, 11:30am-1:30pm:  
Annual Thanksgiving Dinner: \$12pp**

**December 11th, 11:30am-1:30pm:  
Annual Holiday Party: \$20pp**



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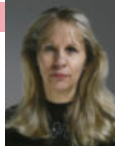
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# WEEKLY SCHEDULED CLASSES

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## 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.

<b>MONDAY</b>	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 Monday of each month) Aerobics Class A Zumba Mini Facials (2 <sup>nd</sup> & 3 <sup>rd</sup> Monday in the Month) - Check Newsletter for date Beginner Tap Dancing
<b>TUESDAY</b>	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 10:00-11:00 11:10-12:10 11:30-12:30 1:00-2:00 1:30-4:30 2:00-3:00 2:15-3:15	Massage - <b>Appointments Tues &amp; Wed (Excluding the 2nd Wed of the Month)</b> Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Pilates Line Dancing Chair Yoga 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)
<b>WEDNESDAY</b>	9:00-12:00 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 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15 4:30-5:30	Massage - <b>Appointments Tues &amp; Wed (Excluding the 2nd Wed of the Month)</b> 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) Grief, Trauma Support Group (1st & 3rd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed) Tai Chi Great Courses Weekly
<b>THURSDAY</b>	8:45-9:45 10:00-11:00 10:00-11:30 10:30 10:30-11:00 12:30-3:30 1:00-3:15 3:30-4:30	Yoga Weight Strengthen/Tone Loop Troop 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 Muscle Tone

**Closings, class changes ONLY are listed below****Special Programs—Call for Reservations as noted in the program descriptions*****Class cancellations:*****No Weight Strengthen & Tone August 21**

**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!

**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 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.

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

**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. You will not be asked if you need a pickup at home and any requests to change that status after you have paid will not be made. Request for a pick up at home IS NOT MADE THROUGH OUR TRANSPORTATION DEPARTMENT. 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.*

***The “Transportation Request Form” is not applicable for Senior Center Trips. This form is only for daily transportation. You MUST request home pick up at the time of making your reservation. You will not be asked when you make your reservation.***

**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.

**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 and Thursdays June 1st through August 31st.**

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.**


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

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






**\$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)	<i><b>Please remember to thank our Awesome Volunteers who serve lunch weekly</b></i>
Tuesday, August 5th	Tuna Salad Sandwich & Chips	
Thursday August 7th	Shepherd's Pie with Salad	
Tuesday August 12th	Macaroni & Cheese with Salad	
Thursday August 14th	Chicken Marsala with Rice & Veggies	
Tuesday August 19th	Reuben Sandwich & Chips	
Thursday, August 21st	Turkey Sandwich & Chips	
Tuesday, August 26th	Meatloaf with Mashed Potatoes & Veggies **	
Thursday, August 28th	Roast Beef Sandwich & Chips	
<b><i>**August 26th lunch is no charge for the first 30 members that sign up. It is being sponsored by Always Caring CT**</i></b>		

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

**We would like to thank Southbury Sweets, LLC for providing cupcakes to our members to celebrate July birthdays.**



**105 Luna Trail Ext Southbury CT**

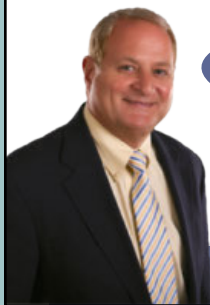


**SOMETHING YOU SHOULD KNOW**

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.



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**45-minute Thimble Island Cruise Tour  
(Lunch on your own at Guilford Lobster Pound)**

**August 14 9:45 am – 3:30 pm \$24 pp**

**The Sea Mist is a 44 ft. Carmen Boat of Chesapeake Design**

This vessel was designed for sightseeing and private cruise with large roll up windows and comfortable seating. The Sea Mist can carry 49 passengers for sightseeing. There are two decks- the lower which can be completely enclosed and heated when necessary. The upper deck is for observation under the sun or stars. The upper and lower decks are equipped with speakers for listening to the live narrated tour.

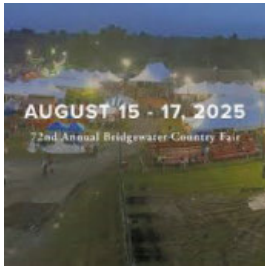
After the tour it's lunch on your own at the Guilford Lobster Pound! CT Style Lobster Rolls- Hot, buttery, and overflowing with fresh lobster meat. No mayo. No fillers.

**Limited to 12.**

**Call to register on the first business day of the month at 8:10 am.**



**All the Joys of a Summer Fair at the  
72<sup>nd</sup> Annual Bridgewater Country Fair!  
August 15 3:15 – 7:30 pm \$5**



Enjoy all the delicious fair food, rides, entertainment, animals, music & people a country fair has to offer! Please bring \$8 cash for admission.

**Limited to 12.**

**Call to register on the first business day of the month at 8:10 am.**

**Hartford Yard Goats vs Reading Fightin Phils  
September 7 10:15 am – 5 pm \$67pp** includes tickets transportation and lunch



Get ready for an exciting day as we head to Dunkin' Park to watch the Hartford Yard Goats take on their rivals! Our tickets are for the exclusive Sam Adams Party Deck, which means you'll enjoy the game in comfort with shade, an all-you-can-eat buffet of standard ballpark fare for 2.5 hours, convenient bathrooms, and great seats. The Party Deck also offers phenomenal views of Dunin' Park and the Hartford downtown Skyline. Whether you're a die-hard fan or just looking for a fun outing, this trip promises to be a memorable experience for everyone. Don't miss out on the action-grab your tickets and join us for a fantastic day at the ballpark! Buffet begins at noon. Game begins at 1:10.



**9 tickets available. Call to register on the first business day of August at 8:10 am.**

**INSTRUCTIONS WHEN TRIPS ARE OFFERED**

***See Page 9 for full instructions***

## 2025 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED
Labor Day	Monday	September 1, 2025
Columbus Day	Monday	October 13, 2025
Veterans Day	Tuesday	November 11, 2025
Thanksgiving	Thursday	November 27, 2025
	Friday	November 28, 2025
Closed	Wednesday	December 24, 2025
Christmas	Thursday	December 25, 2025
Floating Holiday	Friday	December 26, 2025

**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.

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!



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.**

August 4 Aldi's, Dollar Tree in Danbury with lunch at Pepe's Pizza

August 11 - Post Mall ( Boscov's ) in Milford with lunch at The Cracker Barrel

August 18 - The Shops at Farmington Valley in Canton eat there multiple restaurants on premises

August 28 - The Danbury Fair Mall with lunch at The Blue Colony Diner in Newtown



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



**Please note the Times to call for rides during the 4-Day Work Week Pilot**

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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

Place mailing label  
here



AUGUST 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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

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 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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