



WELCOME TO THE SOUTHBURY SENIOR CENTER

561 Main Street South

Southbury, CT 06488

www.southbury-ct.org/seniors



(203) 262-0651 (MAIN OFFICE)

(203) 262-0652 (Transportation Line)

(203) 262-0653 (Social Services)

Monday, Tuesday, Thursday 8am-5pm

Wednesday 8am-6pm

Friday 8am-1pm

Help Us Improve our Transportation Services!

Whether you currently use our transportation services or not, we want to hear from you! Your feedback is important as we evaluate community needs and explore ways to improve and expand transportation options for older adults.

Please take a few minutes to complete the **Transportation Survey on Page 12**. Your responses will help us better understand what is working well, what barriers may exist, and what services may be needed in the future.

Thank you for helping us plan for the future and ensure our transportation services meet the needs of our community.

Andrea

Program Signup
Procedure

Please Note: Sign up day for programs is the first business day of the month (unless stated differently) at 8:10am by PHONE ONLY. Do Not Leave a Message.

Fairy Hair Under the Tent!

August 5, 3:30 pm \$5

Get your Sparkles on! 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 a few times already. We thought it would last a few weeks at most – but they seem to last longer than expected.

For just \$5, you can choose from a variety of colors and enjoy this enchanting makeover. **We have limited space, so don't miss out on this perfect mid-summer treat!**

Sign up the first business day of the month at 8:10am and get ready to shine!

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)

Intro to Chess with Clay!

August 10, 1:30 – 2:30

Are you interested in a fun game that challenges the mind? Have you ever considered playing chess but were never taught how to play? Play with Clay from Comfort Keepers of Bethel! He will be hosting an introduction to playing chess. Come join us for learning, games, strategy, and laughs! 2nd Monday of every month

Call to sign up today! Limited to 10 players.

First come, First serve. You need to sign up for EACH Class if you want to attend.



Hi Friends!

Here's to an August filled with sunshine, smiles, and plenty of reasons to get together! Whether you're looking to cool off from the summer heat or brighten up a rainy day, the Senior Center has something fun waiting for you. Join us as we continue our Great Courses monthly series on The American Civil War, enjoy a sweet treat when River Glen brings an ice cream social dessert to lunch on the 6th, and get ready for a lively summer trip to the Aqua Turf Club for "Young at Heart - Feet So Smart"—a day full of dancing, delicious food, and good company. We'll wrap up the month with our Annual Holiday Hill Senior Outing, giving August a cheerful summer send-off. We hope you'll find something that makes you smile and come join the fun with us!

Warm Regards,

Kathy



A special thank you to Nicole from OrthoConnecticut for sponsoring the Kitty Breakfast last month. It was amazing!

NEW! 2nd Tuesday of every month!

10:30 -12pm

Hand Refresh with Adriana

August 11, 10:30am - 12:00pm

Treat yourself to a soothing 10-minute hand relaxation session featuring gentle massage and hydrating hand masks. It's a simple, comforting way to brighten your day — and yes, it feels as lovely as it sounds.

Enjoy a 15-minute appointment, and remember: your smile is the only fee.



Limited to 6 members. Sign-ups open the first business day of each month at 8:10 AM.

Here's a sweet reason to join us for lunch!

If you're signed up for lunch on **August 6th**, you'll enjoy a tasty meatball grinder with chips from Heritage Deli, followed by a special ice cream dessert courtesy of Adriana from River Glen Health Care Center. Lunch is served at 12 noon and is just \$5—so come hungry, bring your smile, and enjoy a delicious summer treat with friends!



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 Senior Advocate 1:00pm

Ask the Realtor 2:15pm

We make every effort to ensure the accuracy of the information in this newsletter; however, changes may occur after publication. Times and dates are subject to change, and programs may be added or canceled. Please call our office or visit our website to verify information.



\$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



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

This program is not a grab and go lunch. Food is to be eaten in the building.

Please remember to thank our Awesome Volunteers who serve lunch weekly.

Day/Date	Meal	
Tuesday, August 4th	Chicken Marsala & Rice	
Thursday, August 6th	Meatball Grinder with Chips - Ice Cream courtesy of River Glen	
Tuesday, August 11th	Reuben Sandwich w/Chips	Thank you Lutheran Home for the delicious cupcakes!
Thursday, August 13th	Macaroni & Cheese with Salad	
Tuesday, August 18th	Greek Salad w/Chicken	
Thursday, August 20th	Stuffed Peppers w/Italian Bread	
Tuesday, August 25th	Chicken Alfredo	
Thursday, August 27th	Shepherd's Pie w/Salad - Free Lunch to 1st 30 Members - Cupcake Day!	



(THURSDAY, AUGUST 27TH, FREE LUNCH FOR THE 1ST 30 MEMBERS & CUPCAKE DAY!)

Great Courses: The American Civil War

August 12, 10:00am



Between 1861 and 1865, the clash of the greatest armies the Western hemisphere had ever seen turned small towns, little-known streams, and obscure meadows in the American countryside into names we will always remember. In those great battles, those streams ran red with blood and the United States was truly born. If you've ever wanted to understand the Civil War, this series of 48 startlingly evocative lectures by a leading Civil War Historian gives a richly detailed examination of how this great conflict affected every person in America. You'll gain not only a deep knowledge of what happened, but new insights into why. You'll learn how both sides' armies were recruited, equipped and trained and about the hard lot of those they took prisoner. You'll hear how soldiers on each of those sides dealt with the rigors of camp life, campaigns, and the terror of combat. And you'll understand how slaves and their falling masters responded to the advancing war, as well as the desperate price paid by the families so many left behind. Though this series of lectures goes far beyond a simple examination of battles and generals, it also offers detailed analyses of the strategic and tactical dimensions of the Civil War's most important campaigns. At the same time, it never forgets that the conflict involved far more than pins on a map and indeed claimed a greater cost in human lives than all other American wars combined.

"It is impossible to understand the broader sweep of the United States history, without coming to terms with the Civil War, its antecedents, and its seismic consequences."

Dr. Gary W. Gallagher is the John L. Nau III Professor in the History of the American Civil War at the University of Virginia. He graduated from Adams State College of Colorado and earned his M.A. and Ph.D. in History from The University of Texas at Austin. Prior to teaching at UVA, he was Professor of History at the Pennsylvania State University. Professor Gallagher is one of the leading historians of the Civil War.

This month we continue with **lectures 6:** The Opposing Sides- Did the Confederacy have better generals? **and 7:** The Common Soldier- Why did young men join the colors of the North or the South?

We hope you'll join us. Sometimes we have popcorn...

Page Turners August 12, 1:00pm-2:00pm

August is West with Giraffes, a novel by Lynda Rutledge (2021)

(from the internet) "This is an historical novel inspired by the two giraffes transported across the USA in 1938, from New York to the San Diego Zoo, during the Great Depression. Narrated by an elderly Woodrow Wilson Nickel, the book follows his journey as a young Dust Bowl orphan who becomes involved in driving the giraffes, encountering memorable characters and overcoming challenges on the 12-day trip, exploring themes of wonder, kindness, and found family.

Books are available at the front desk of the Southbury Library and all are welcome to come to the meeting.

All are welcome to attend.

Stretching for Seniors August 13, 11:30am

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



Sign up begins on the first business day of the month at 8:10 am

Bereavement Support Group Facilitated by Mary Silverman Once a Month—1pm 3rd Wednesday of the Month

The program will be a gently guided participant discussion once per month at the senior center. Please call to register.

New!! Chronic Disease Self-Management (CDSM) with Tigan De Carli

Aug. 12 Thru Sept. 16, 12:30pm–3:00pm

6-week program August 12 – September 16 12:30 – 3:00 PM
This class teaches adults living with chronic conditions techniques to deal with symptoms of those conditions, such as fatigue, pain, sleeplessness, shortness of breath, and emotional struggles. The CDSM class will run for 6 weeks with each session being 2.5 hours. Topics include appropriate exercise for maintaining and improving strength and endurance, fall prevention, healthy eating, and much more.

Limited to 16 members

Sign up begins on the first business day of the month at 8:10 am



HVHD Presents Adult Immunizations August 13, 10:30am-11:30am

Staying up to date on adult immunizations is one of the most effective ways to protect your long-term health and independence. Join HVHD public health nurse Heidi, on an informative talk that cuts through the confusion around adult vaccine schedules for seniors, caregivers, and community members.

Sign up today!

Paint Party with Monika! August 17, 10 am-11:30 am

Express your creativity and paint with Monika! Have some laughs and let your inner artist out to play! You'll have a lot of fun and go home with your own masterpiece too! No experience necessary.



Limited to 14 members

Sign up begins on the first business day of the month at 8:10 am

TECH HELP RETURNS

We're excited to welcome two talented local high school students who are volunteering their time to provide technology assistance at the Senior Center! Whether you need help with your smartphone, tablet, laptop, email, apps, social media, or other technology questions, these tech-savvy students are here to help. Be sure to stop by and take advantage of this valuable free resource!

Wednesdays in August 3:30 – 4:30pm by appointment



New! Water Aerobics
Every Friday in August and the First
Friday in September
\$5 PER CLASS
11:00 am -12:00 pm

Come join our water aerobics class for a fun, low-impact workout at the shallow end of the Southbury Town Pool. We'll use noodles and aqua dumbbells to keep the body moving from head to toe- all at your own pace. All equipment is provided but you are welcome to bring your own if you prefer. This class is all about movement, feeling good, and having fun while listening to music. It's great for improving energy, flexibility, core strength, and overall fitness.

Water shoes and a hat are highly recommended. Bring a water bottle too!

We have 10 spots reserved for seniors at this discounted price! If you belong to the town pool there is no charge but you still must register.

You must register and pay by the Thursday prior in order to attend.
Sign up today!

Creative Flair with Bethel Health Care
August 24, 11:00 am

Create these stunning shell ornaments!

I know some of our members have some experience, although no experience is necessary.



Sign up begins on the first business day of the month at 8:10 am

MARK YOUR CALENDARS...CHECK OUT
PAGE 10 FOR FUTURE PROGRAMS.

Southbury Shells

August 26, 10 am-11:30 am

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!

The Next Chapter:

Planning Your Path Forward

August 31, 3:00 pm

Final Session, Rescheduled from February

This program is a multi-session panel discussion series designed to empower seniors and their 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 Session, originally Session 1, will introduce the services of WCAAA and will address Housing and Financial Planning.

Panelists will include a representative from the Western Connecticut Area Agency on Aging (WCAAA); Realtor Justin Bette and David Reynolds, Home Equity Retirement Originator, who will discuss selling a home, downsizing, mortgages, and housing market considerations; and financial advisors Martin Engstler and Jeff Higenyi, who will cover budgeting for long-term care and managing assets.

Please register today.

Town Clerk Fraud Alert Service:

Fraud Alert allows property owners to sign up and receive email alerts whenever a document, such as a deed or mortgage, is recorded under their name in the Southbury Town Clerk's office.

Visit: <https://www.southbury-ct.org/fraud-alert-service> or call the Town Clerk's office at 203-262-0657 for more information.



**Senior Farmers' Market
Nutrition Program**

Some vendors (but not all) at the Southbury Farmers' Market accept FMNP and SFMNP cards.

The Seniors Farmers Market Nutrition Program (SFMNP) is designed to provide low-income seniors with access to locally grown fruits, vegetables, honey and herbs.

The WIC Farmers Market Nutrition Program (FMNP) provides funds eligible participants purchase fresh produce from Connecticut farmers. The program is associated with the Special Supplemental Nutrition Program for Women, Infants and Children, popularly known as WIC.

The program runs from June 1st to November 30th each year. The deadline to receive a card is September 30.

Who is eligible?

Seniors over 60 (SFMNP)

Disabled individuals meeting income and housing guidelines (SFMNP)

Women, infants, and children (FMNP)

How to participate

Seniors: the SFMNP cards are issued by the Southbury Senior Services Director and Municipal Agent Andrea Corcoran. Please make appointment by calling 203-262-0651.

WIC participants: contact your local WIC agency for details to receive FMNP cards.

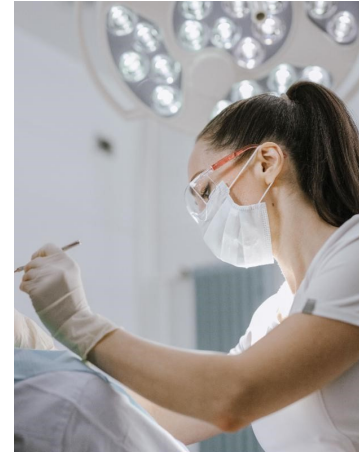
For more details about the programs, visit Farmers Market Nutrition Program page.

Not all farmers/vendors accept FMNP cards, and only selected items can be purchased with the cards.

Please check with the farmer/vendor before shopping.



**WESTERN CONNECTICUT
AREA AGENCY ON AGING**



FREE DENTAL CLINIC FOR SENIORS

Register Today

Dear Community Member,

The **Western Connecticut Area Agency on Aging (WCAAA)** is proud to host a **FREE Wellness Clinic for seniors (60+)** to help you prioritize your oral health and well-being!

This clinic is open to seniors aged 60+ residing in: Waterbury, Cheshire, Prospect, Wolcott, Naugatuck, Middlebury, Southbury, Litchfield, or Watertown

Event Details:

Date: October 23rd, 2026

Time: 8:00 AM - 5:00 PM

Location: Waterbury Police Activity League (PAL)

Spots are limited, so please register as soon as possible to secure your appointment!

Register Today

Questions? Call the Western CT Area Agency on Aging at (203) 757-5449 for more information

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Southbury Senior Center, Southbury

04-0713

All closings, or class changes are shown 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 11:00-2:00 12:15-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Mon. & Wed. of each month) Aerobics Class A Zumba Mini Facials (2nd Monday in the Month) Beginner Tap Dancing
Tuesday	8:45-9:45 10:00-11:00 10:00-11:00 11:15-12:15 11:30-12:30 1:00-2:00 1:30-4:30 2:15-3:15	Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Line Dancing Chair Yoga Ask the Senior Advocate (15-minute appointments, 2nd Tuesday of the month) Table Tennis Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
Wednesday	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 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15	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) Bereavement Support Group (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 3:00-4:00	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 Vitality Fitness with Karen
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

****No more Dementia Caregiver Support Group****

No Line Dancing 8/11/26

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 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 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.

NOTICE

We are fortunate to have dedicated volunteers who generously give their time and even purchase supplies to care for our plants and enhance our shared spaces.

Recently, some of these purchased supplies have gone missing (pots, plant liners, etc.). We want to remind everyone that items that are not clearly labeled as 'Free' are not to be taken for personal use.

Please respect the time, effort, and generosity of our volunteers by leaving all supplies in place unless you have been given permission to use them.

We appreciate everyone's cooperation in maintaining a respectful and supportive environment.

Something you should know

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

Sign in at the kiosk for the program or class you are attending before entering the room the class or program is being held in. Please note: If the number of attendees registered does not match the number of people in the class, the class will not begin until the number matches to ensure our records reflect the correct numbers for the following reasons:

- Statistic reporting. Programming numbers are reported to the Board of Selectmen monthly in the Director's Report. In the event of an emergency: ie: fire, accident, etc.
- To be able to contact the class to locate the owner should an item be left behind, or a lost item found. Items are not held for more than 2 weeks.

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



“Young at Heart - Feet so Smart”

August 11, 10:15 – 4:00 pm Aqua Turf Club \$62 pp



Are you itching to get up out of your seat and dance? From Disco to Ballroom, from Waltz to Swing, and with lots of Line Dancing, you'll be hitting the dance floor in no-time! Don't dance? Come down for some great food, great company, and great music!!

Baked Cod / Chicken Marsala will be served.



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

Coming Soon!

9/17 11:30 – 2:00

Sign up today for our End of Summer Picnic at Ballantine Park Pavilion!
It's Time! The End of Summer bash we all love is here! Join us for burgers and hot dogs and all the delicious sides with dancing to the tunes with DJ Gary Shipp! Blame it on the Sunshine! Help us say farewell to summer and let's have the best Ballantine Park Pavilion Picnic this year! We always have a GREAT TIME!
Sign up with your payment of \$5 by 9/11 or until it fills up whichever comes first!



10/07/2026 12– 2pm

You Can Reserve Your Space Today! Come to the office with your payment!
OKTOBERFEST 2026 under the tent!

Limited to 50 members

\$10 We hope you'll join us!!



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.



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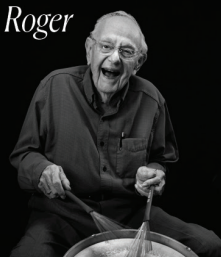


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Southbury Senior Center, Southbury

04-0713

Help Us Plan for the Future!

The Senior Center is exploring opportunities to expand transportation services to better meet the needs of our community. Your feedback is important and will help us determine what services are most needed, when they are needed, and how we can best serve residents.

Please take a few minutes to complete this survey.

Please fill out and return by August 20th.

What transportation services would you like to see expanded? (Check all that apply)

- ☐ Medical appointments
- ☐ Grocery shopping
- ☐ Pharmacy trips
- ☐ Social and recreational activities
- ☐ Restaurant outings
- ☐ Banking and errands
- ☐ Evening programs/events
- ☐ Weekend transportation
- ☐ Other: _____

Please tear out survey and drop off at office or mail it to:

Southbury Senior Center
Attention: Andrea Corcoran, Director
561 Main Street South
Southbury, CT 06488

Are there destinations or towns you would like transportation to serve?

What social/recreational destinations would you like to visit (i.e. restaurants, shopping centers, museums, theatres – please be specific)

What days would be most helpful for expanded transportation services?

- ☐ Monday Evening
- ☐ Tuesday Evening
- ☐ Wednesday Evening
- ☐ Thursday Evening
- ☐ Friday Evening
- ☐ Saturday Daytime
- ☐ Saturday Evening
- ☐ Sunday Daytime
- ☐ Sunday Evening

What is the biggest transportation challenge you currently face?

Any other comments:

2026 HOLIDAY SCHEDULE

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



Our bus will be taking interested riders to the farmers market on Thursday August 13th and on Thursday August 27th. Call our Transportation Department to make your reservation.

Our Manic Monday Shopping Trips will be taking a short summer break during July and August. While we know this weekly outing has become a favorite for many, this pause will allow our team to regroup and prepare for an even better experience moving forward.

Manic Mondays will return in September with the same fun, convenience, and great company you’ve come to enjoy!

In the meantime, we encourage you to take advantage of our other programs and transportation services throughout the summer. We look forward to seeing you and shopping together again this fall!

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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Senior Services Staff

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

Part Time Counter Clerk

Kathie Kovatch
kkovatch@southbury-ct.gov

Part Time Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov

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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.