



Southbury Senior Center  
Where Your Adventure Continues



# Senior Center

Welcome to the  
Southbury Senior Center!

## CONTACT US:



561 Main Street South  
Southbury, CT 06488



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



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



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



## GREETINGS!

Seasons Greetings,

As we approach the most beautiful time of the year, our thoughts turn to our members, instructors, volunteers and community partners who have made our year memorable. Warmest wishes for a peaceful holiday season and a happy, healthy New Year!

Cheers,

Andrea



**Manicures**  
**December 9<sup>th</sup>**  
**11am – 2pm**



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!**

**Swedish Massage**  
**Tuesday and Wednesday**  
**9:00am – 12 :00pm**

Enjoy a therapeutic massage with licensed massage therapist, Jakub!

**30 minute massage \$35**  
**60 min \$55**  
**90 minute \$100**

**Cash or credit. Please note there is a \$5 additional charge for payments made by credit card. Checks are not accepted.**

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.



**Grief, Trauma Support Group**  
**Facilitated by Mary Silverman**  
**Twice Monthly**

**1<sup>st</sup> and 3<sup>rd</sup> Mondays 11:00 – 12:00pm**

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

**Craft with Candace**  
**Sponsored by Candlewood Valley**  
**December 9th 10:00am**

There is "Gnome" place like home for the holidays! Come and join Candace Thompson, the Clinical Liaison from Candlewood Valley Health and Rehab for Holiday Gnome Painting!

**Call to register beginning the 1<sup>st</sup> business day of the month at 8:10 am**



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

# DECEMBER 2024 - GREETINGS AND PROGRAMS OFFERED



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Dear Friends,

As 2024 comes to an end, I'd like to thank all of our members for another incredible year. Together we have experienced some wonderful, new and exciting events like our first ever Oktoberfest and held our traditions close to heart such as our Thanksgiving Dinner and the Epic Holiday Celebration which we will enjoy together this month. We are all still learning and doing our best to make the most of every day and most importantly, enjoying being together as we do so.

I would like to thank my co-workers who make every day at the center the best day ever, also our wonderful instructors and volunteers who make the center such a great place to exercise, craft and learn in. Please join me in welcoming all the new members and instructors that have joined us in the last few months! If you see a new face in a class you participate in, take a moment to say hello- you may find yourself with a new friend!

Wishing you all the peace and joy of the holiday season and a happy healthy 2025!

Warm Regards,

*Kathy*



## Mini Facials With Laura December 9th 11:00am - 2:00pm

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



Laura also offers brow, lip and/or chin waxing and brow design. 30 min session - \$50, **Additional cost:** waxing brows \$15/Brow design \$25/ Lip \$10/ Chin \$10

**Sign up today!**

## New! Collette Tours! Tuesday, December 10, 1pm

Join Tracy O'Neill from Collette Tours for Travel Showcase featuring all 3 Bucket list tours for 2025! Hear all the lovely details and ask your questions.



**National Parks of America Sept. 6-17, 2025**

**Italian Vistas Sept. 27- Oct. 9, 2025**

**South Pacific Wonders Nov. 5- 19, 2025**

**Sign up required. Call the office today.**

## Flower Arranging Sponsored by The Lutheran Home December 10th 11:00am

Create a beautiful holiday arrangement to take home! No experience necessary - Jennifer will guide you through the creation.

Limited to 15 members.

**Call to register beginning the 1<sup>st</sup> business day of the month at 8:10am**



## Great Courses December 11th 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 9: Roman Literature.** Latin literature was deeply influenced by its Greek predecessor, and the first wave of literature written in Latin – starting in 240 BC, when the first recorded play written in Latin, by Livius Andronicus, was staged in Rome – seems to have consisted predominantly of imitations of Greek works, especially plays, and to have drawn its subject matter mainly from Greek mythology, such as the stories found in Homer's *Iliad* and *Odyssey*. Certainly, the Romans were composing many forms of writing prior to 240 BC, from complex formal ones to more personal and quotidian ones. Likely, there were also at least some written works that recorded Italic stories and histories. But all the way up until the last few centuries of the Roman Republic, such indigenous literary productions were not regarded very highly and remained very much in the shadow of the brilliant corpus of Greek literature.



We hope you'll join us.

## Monthly Dementia Caregivers Support Group 2nd Wednesday of the month 11:00 am – 12:00pm

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

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.

### December 3<sup>rd</sup>: “ Behind the Scenes”- National Museum of the Pacific War

Join the National Museum of the Pacific War on December 3<sup>rd</sup> at 2:00 PM EST for an exclusive virtual tour designed for the Senior Learning Network. This exclusive behind-the-scenes program will offer a glimpse into the museum's extensive collection, which includes over 55,000 3D objects and 5,000 linear feet of archival material. Discover how these remarkable artifacts contribute to telling the profound story of World War II in the Asia-Pacific region.



### December 10<sup>th</sup> : Harper’s Ferry National Park

**Harpers Ferry's Place in History:** Discover how the promise of "...a more perfect union," was defended, debated, and redefined in Harpers Ferry. Learn about the United States Armory, John Brown's Raid, the Civil War, the struggle for Civil Rights, and more!



### December 12<sup>th</sup>: **THURSDAY-** John Bunker Sands Photography Gallery

Intense flames, dramatic skies, firefighters at work, aircraft dropping fire retardant, ember trails, a “fire whirl” ascending.

A new special exhibition at the *Buffalo Bill Center of the West* shares dramatic images of wildland firefighting taken by a hotshot firefighter in the thick of the action. brave people who combat them. Photographed by Wyoming Hotshot Captain Kyle Miller, *Fire on the Mountain* provides an intimate encounter with the realities of a changing climate. Kyle began photographing wildfires in 2004 while serving on a fire crew in Montana. Over the past 20 years, he has gradually upgraded his camera equipment to better capture the fleeting moments of these intense natural events. A resident of Cody, Wyoming, Kyle joined the Wyoming Interagency Hotshot crew in 2010. Hotshots are highly trained, specialized wildland firefighters who use various ground tactics and hand tools to slow and stop fires from spreading. The work is physically strenuous, mentally taxing, and requires a high level of conditioning in both body and mind. The images in this exhibition highlight two primary themes: **Fire Ecology** and the **Human Element of Wildland Firefighting**.



### December 17<sup>th</sup>: Holidays with the Roosevelts/ FDR Presidential Library and Museum

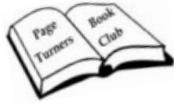
It wouldn't be the holidays without checking in with the Roosevelts! Join us with our friend, Jeff Urbin- education specialist at FDR Presidential Library and Museum for a trip down memory lane with the Roosevelt family.

We will discuss how the Roosevelts celebrated Christmas during the dark times of the Great Depression and WW2, and how it impacted the ways that Americans celebrated the holidays. Join us for this fun and informative time as we close out our year of life long learning!



# DECEMBER 2024 PROGRAMS OFFERED

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## Page Turner's No December Meeting

*Have a wonderful holiday.  
Happy New Year!*

## Epic Holiday Party Celebration! December 12, 11:45 - 2:00 \$10 pp



Join us for our annual holiday celebration!

Dinner: Glazed roast ham, scalloped potatoes au gratin, soft rolls and butter, stuffed shells (no meat), whipped sweet potatoes and butternut peas. Holiday punch, coffee and dessert too!

Entertainment by the Cartels!  
Bring your dancing shoes and your appetite too!



Sign up today! Limited space for 64 of our members!

The Senior Center follows the Region 15 School Inclement Weather Policy:

If schools are closed due to inclement weather, all meals, activities, classes, and non-medical transportation are cancelled.

Medical transportation will be cancelled on a case by case basis. All riders will be notified accordingly.

If school has a delayed opening or an early dismissal, the senior center will hold regular business hours.

An announcement will be made on: WFSB-Ch. 3, WWIT-Ch. 30, and WTNH-Ch. 8.

If the Senior Center should remain open in questionable weather, consider safety issues and remain at home.

## Holiday Makeup with Celebrity Make Up Artist Joby Rogers!

December 16, 1:00 – 3:30 pm

\$10 per person

Space is limited to 15 Members

**JOBY ROGERS**  
CELEBRITY MAKEUP ARTIST



Our favorite make-up man is back with tips and ideas to make your holiday look one you'll treasure! Enjoy some hors d'oeuvres and hot apple cider while you learn how to

create a MakeUp style that compliments their personal features & skin tone. You will explore products & tools & 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations & leave knowing that with a little practice you can perfect your personal appearance for all occasions, learning from the industry's best!

Please bring a notebook and pen.

- Participants are Encouraged, BUT NOT required, to bring their own personal MakeUp and Brushes for a professional evaluation
- Participants are Encouraged, BUT NOT required to attend MakeUp-Free



◇ FREE RAFFLE GIVEAWAY ◇

Call the first business day of the month starting at 8:10 am

## Creative Flair with Bethel Health Care December 16, 2:30 pm

Join Danielle Ramos from Bethel Health Care and make these wood slice ornaments that are so fun and festive you can give them as a gift or keep for yourself!

Space is limited to 12 members. Call the first business day of the month at 8:10am



## 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.



**\$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**



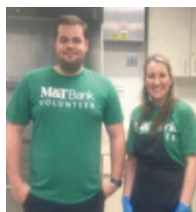
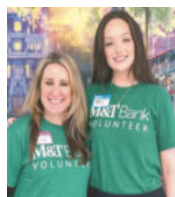
**LUNCH IS NON-REFUNDABLE AND NON-TRANSFERRABLE**

Day/Date	Meal (Last Day for Reservation by 11:00am the working day before)
Tuesday Dec. 3rd	Chicken Salad Sandwich with Chips
Thursday Dec. 5th	Rueben Sandwich with Coleslaw and Chips
Tuesday Dec. 10th	Pasta with Meat Sauce and Garlic Bread
Thursday Dec. 12th	<b>No Lunch—Epic Holiday Party—Reservations Required—see page 4</b>
Tuesday, Dec. 17th	Chicken Francase, Rice and Vegetables
Thursday, Dec. 19th	Shepherd's Pie with Salad <b>*Birthday Cupcake Day*</b>
Tuesday, Dec. 24th	CLOSED
Thursday, Dec. 26th	No Lunch
Tuesday, Dec. 31st	Stuffed Chicken with broccoli, pepper jack cheese, over mashed potatoes w/chicken gravy



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

**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.**

# DECEMBER 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!

*The Southbury Senior Services Department wishes you and your family a very happy, healthy and safe holiday season.*



## *Coming in 2025...*

**Smoothie Bar in between exercise classes on January 13, at 10:00 am courtesy of Stone-Bridge Center for Health and Rehabilitation, Newtown.**

**AARP Driver's Program January 27, 9am – 1 pm**

**Cooking with Ann and Kathy- Make your own Pizzas January 27<sup>th</sup> 1 pm**

**Lunch with Andrea at Senor Panchos January 22<sup>nd</sup> 12:00 pm**

**And more!**

### **Expand Your Skills While Giving Back**

**AARP Foundation Tax-Aide**, the nation's largest volunteer-based free tax program helping older taxpayers, is looking for compassionate and friendly people to join our volunteer team in Southbury for the upcoming tax season. Neighbors like you help prepare tax returns or serve in other ways, like greeters, tax preparers, or making sure everything runs smoothly. We'll provide training and support to help you learn new skills. The program, offered in conjunction with the IRS, has approximately 30,000 volunteers nationwide. If you're interested in growth and giving back in your community, then we need you. Please contact Marge at [marge.aarp246@gmail.com](mailto:marge.aarp246@gmail.com).



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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.

<b>MONDAY</b>	9:00-4:00 9:30-10:30 10:45-11:45 11:00-1:00 11:00-12:00 12:00-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba— <b>NEW</b> Mini Facials (Second Monday in the Month) - Check Newsletter for date Grief, Trauma Support Group (1st & 3rd Monday of the month) Tap Dancing
<b>TUESDAY</b>	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 10:30-11:30 11:30-12:30 1:00-2:00 1:30-4:00 2:00-3:00 2:15-3:15	Massage - <b>Appointments Tues &amp; Wed</b> Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Pilates— <b>NEW</b> 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 10:30-11:30 10:30-11:30 10:30-12:00 11:00-12:00 1:00-2:30 1:00-2:00	Massage - <b>Appointments Tues &amp; Wed</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) Hooks and Needles Page Turners (2nd Wed)
<b>THURSDAY</b>	8:45-9:45 10:00-11:00 10:30 10:30-11:00 12:30-3:30 12:45-2:45 1:30-4:00	Yoga Weight Strengthen/Tone Let's Take a Walk! - <b>Will resume in the Spring</b> Blood Pressure Screening - (2nd Thursday of the month) Mahjong Bingo Table Tennis
<b>FRIDAY</b>	9:30-10:30 10:40-11:40 11:45-12:45	Muscle Tone Line Dancing Tai Chi



# DECEMBER 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 Weight, Strengthen & Tone December 12th**

**No Classes on December 23rd, 24th, 25th and January 1st**

**No Pilates on December 31st**

**December 2024 – Week of Christmas  
No Programming for the entire week**

**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.**

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.**

## DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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	1	2	3	4

**Monday, December 23<sup>rd</sup>, Tuesday, December 24<sup>th</sup> & Wednesday December 25<sup>th</sup> the Senior Center will be closed so the staff may enjoy the holiday with their families. There will be no Transportation.**

**We will reopen on Thursday, December 26th.**

**Wednesday, January 1<sup>st</sup> the Senior Center will be closed and reopen on Thursday, January 2<sup>nd</sup>.**

**December 2024 – Week of Christmas  
No Programming for the entire week**

**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:** We begin taking reservations for the trips listed below 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. Phone calls ONLY will be honored. **No front counter reservations will be accepted until 1pm.**

**GLOW Hartford**  
**Friday, December 13th**  
**2:30pm -7:30pm \$27 per person**

GLOW Hartford is an indoor holiday event that brings people together to laugh, stroll and play under the twinkle of over 1,000,000 lights. Stroll through the illuminated structures and magical gardens which are the perfect backdrop for photos and selfies. Adults can kick back and enjoy an adult beverage, great food and live entertainment! Browse and shop the vendor market, ride the trackless Glo-comotive train, and more! Then it's dinner on your own at Bear's Smokehouse Grill before returning home.



**Call the first business day of the month starting at 8:10 am**

## Coming Soon to Southbury Senior Center!

*Collette Tours! Collette is an innovator in the industry, offering comprehensive destination experiences including the must-sees as well as cultural immersion and local engagement. Expect to be wowed by incredible inclusions perfectly balanced with free time, choice, and flexibility.*

*Look for updates soon!*

### INSTRUCTIONS WHEN TRIPS ARE OFFERED

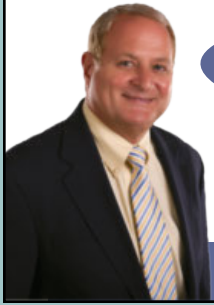
*You may reserve 2 spots for a trip and the 2nd person must also be a member. **If you need to be picked up at home, you must tell us when you make the reservation. You will not be asked if you need a pickup at home and any requests to change that status after you have paid will not be made. Request 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.





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# 2024 OBSERVED HOLIDAYS

## 2024 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
<b>Closed</b>	<b>Monday</b>	<b>December 23, 2024</b>
<b>Christmas Eve</b>	<b>Tuesday</b>	<b>December 24, 2024</b>
<b>Christmas</b>	<b>Wednesday</b>	<b>December 25, 2024</b>

**Farmers Market Cards:** For those who participated in the Farmers Market Program this year, please return your card to the Senior Center Office. The cards will be redistributed for 2025

**For all members renewing their 2025 membership:** Below is the information portion of our membership registration form. Please complete if any of your information has changed since last year, cut this page out and include it with your membership payment. Renewal fees are \$15 for Residents and \$25 for Non-Residents. We accept cash or checks only (payable to the Town of Southbury).

You may make your payment the following ways:

- Front Desk
- Drop Box
- US Post Office Mail

We look forward to seeing everyone in January 2025!

<b>Southbury Senior Center Registration</b>		<i>Veteran</i> Yes [ ] No [ ]	<i>Gender</i>	<i>Nickname</i>
<i>Last Name, First Name</i> Please Print Clearly		Resident Fee \$15 Non-Resident Fee \$25		
<i>Address</i>		<i>Date of Birth</i>		
<i>City, State Zip</i>		<i>Telephone 1</i>		
<i>Email Address</i>		<i>Telephone 2 (Optional)</i>		
<i>Emergency Contact, Relationship, Telephone No (1 Contact Required, 2<sup>nd</sup> Contact Encouraged, but optional)</i>				

**Transportation Request Form**

To better serve our Riders – we’ve developed a new procedure to help with the appointment process! Below you will find a form to fill out each month with your appointment information (i.e. medical appointments, programs at the senior center, grocery shopping, etc.) Once you complete the form – please **drop it off** at the Transportation Office or hand it to your driver. Additional blank forms are available upon request.

**\*\*Please Note: This Form is not accepted to request pick up for Senior Center Trips.\*\***

*The Transportation Request Form is not required to reserve a ride, **but strongly encouraged!***

**Transportation Request**

**Date of Request:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Request in Month of:** \_\_\_\_\_

Day/Date	Time	Destination	Notes

Entered By: \_\_\_\_\_ Confirmed By: \_\_\_\_\_

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.**



- December 2 - Target in Southington then lunch at Long Horn Steak House
- December 9 - Post Mall ( Boscov's ) then Hobby Lobby with lunch at The Cracker Barrel
- December 16 - Westfarms Mall then lunch at The Olive Garden then to Whole Foods
- December 30 - Walmart in Naugatuck then lunch at The Station

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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Partners, *Elizabeth A. Fisher (left) and Lisa E. Wnuck (right) center back row.*

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Southbury Senior Center

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## HOW TO CONTACT US

### STAFF LISTING

**Director of Senior Services**

Andrea Corcoran  
acorcoran@southbury-ct.gov

**Senior Center Coordinator**

Kathy Anderson  
Senior2@southbury-ct.gov

**Administrative Assistant**

Ann Stratton  
Senior3@southbury-ct.gov

**Customer Service,  
Part Time Counter Clerk**

Kim Little  
Senior6@southbury-ct.gov

**Transportation Coordinator**

Brenda Dionne  
Transport1@southbury-ct.gov



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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

Open Enrollment thru December 7th  
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.

**The Annual Open Enrollment Period (Oct 15 to Dec 7, 2024) is your chance to review Advantage and Prescription Drug Plans and make any necessary changes for 2025. So, act now to make an appointment because they fill-up fast.**

**Reminder: Paul returns to the 3rd Monday of the month after Open Enrollment ends.**