



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

The holiday season is a time for reflection, gratitude, and looking ahead. We hope this time brings you rest, joy, and meaningful moments with the people who matter most.

Thank you for being a valued part of our community. This year we had a goal to reach 1000 members. We are proud to say we surpassed that goal with over 1050 members and growing as this is being printed! We look forward to the year ahead and to all the possibilities that 2026 brings! Wishing you a wonderful holiday season and a prosperous, healthy New Year.

Warmest wishes

Andrea



Lower Your Electric Bill with Art Marcelynas Dec. 2, 12:30pm

Electricity Supply rates will likely increase on January 1st. So bring a copy of your electric bill and learn about the new Supply rates and how choosing an electric supplier can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain the process. Art can answer questions about the new Standard Service Supply rates, electric suppliers, the redesigned electric bill and much more.

You are encouraged to visit <https://www.mysupplymanager.com> before the presentation to learn about a service that manages the Supplier cost on your bill. A representative from My Supply Manager will be on hand to answer questions and/or you can enroll.

Art worked at PURA for 32 years and among his numerous duties was responsible for maintaining the EnergizeCT.com Rate Board and regulating licensed suppliers from 2006 until he retired in 2021. He was also involved with redesigning the electric bill and many other energy policies. As a result, he has considerable knowledge about electric rates, the energy supply market, rules surrounding switching suppliers and much more.

**You won't be disappointed with this presentation!!
Please remember to bring your bill.**

Registration is required

New! Vitality Fitness with Karen Wednesdays, 11:45am



Improve your flexibility and strength with the "new" Pilates inspired gentle and calm stretching class designed to keep us healthy, fit and strong! We will concentrate on breathing while improving our bodies, minds and souls, incorporating gentle stretching and simple repetitious movements that will have you feeling stronger and more sculpted even after the first class! Improve your vitality and feel fit! Great for beginners!

A floor mat and water are required. Wear comfortable clothes.

Bereavement and 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.**

Monthly Dementia Caregivers Support Group

2nd Wednesday of the month, 11am -12pm

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

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

Dear Friends,

As 2025 comes to an end, I'd like to thank all of our **members** for another incredible year! We welcomed our 1000th member in October! This year we have experienced some wonderful, new and exciting events like our first ever **Pig Roast** 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 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, socialize 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 program 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 2026!

Warm Regards,

Kathy



Please see Page 9 of our newsletter for Class Cancellations & Program reservation instructions



Mini Facials With Laura Dec. 8 & 15, 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)



Page Turner's

No December Meeting

*Have a wonderful holiday.
Happy New Year!*

Great Courses

Dec. 10, 10:00am

Great Courses December 10, 10:00 am Great Courses

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 20 Barbarians Overwhelm the Western Empire.

Rome had been fighting various northern barbarian groups almost since the city had been founded. During the era of the republic, figures such as Marius had combatted Germanic invaders, and Julius Caesar had conquered the Gauls. During the early empire, clashes- and sometimes full-scale wars - against innumerable barbarian nations along the Rhine and Danube frontiers had been a constant preoccupation. But the existence of the empire itself had rarely, if ever, been threatened, and no hostile barbarian had set foot in the city of Rome for eight centuries. All of this would change at the end of the 4th century, however, when the barbarians became a more serious menace.



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

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.

Sometimes we have popcorn!

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

Senior Learning Network has fantastic programs that include something for everyone! These programs will be available at the Senior Center on our big screen and you will be able to ask questions and participate in a group setting. Please be sure to read the content program before attending to avoid confusion or disappointment.

Tuesday, December 2 : Gettysburg National Military Park (tentative)

Join us at Gettysburg National Military Park, as we learn about the various monuments, and battle sites in and around them. These monuments represent "one of the largest collections of outdoor sculpture in the world." Most are listed as contributing structures within Gettysburg Battlefield Historic District, which was approved by the Keeper of the National Register of Historic Places on January 23, 2004. Join us as a park ranger takes us on a virtual tour of these monuments, and the history behind them

**THURSDAY, Dec 4: New Orleans Jazz National Historic Park**

In 1987, the 100th U.S. Congress resolved that "Jazz is hereby designated as a rare and valuable national American treasure to which we should devote our attention, support, and resources to make sure it is preserved, understood and promulgated."

The park's mission is to serve the nation as a global leader in the promulgation of New Orleans jazz by enhancing and instilling a public appreciation and understanding of the origins, early history, development and progression of this uniquely American music art form - jazz. To preserve unimpaired this cultural resource and it's core values for the enjoyment, education, and inspiration of this and future generations. Join us for this fun and unique virtual trip to New Orleans!

**Tuesday, December 9: Christmas With the Roosevelts!**

It's that time of year again- for a very special visit at the Roosevelt White House, with our favorite Santa, Jeff Urbin. We will explore the customs and traditions followed by the Roosevelt family as they celebrated Christmas, one of their favorite holidays of the year. But how did they celebrate during the dark days of the Depression, and World War II? Why did they celebrate at the White House, rather than at Hyde Park, and how did these things impact the rest of America during the holidays? Join us for these topics and more as we celebrate the holidays with the FDR and family .

**THURSDAY, December 11: Pearl Harbor National Memorial**

Discover the untold stories of some of our brave servicemembers aboard ships during a captivating Ranger-led talk! Connecting virtually from Pearl Harbor National Memorial in Honolulu, HI this event promises to be an enlightening experience as we delve into the history, memorials, challenges, and triumphs of those who served at sea.

What to expect: Engaging stories from experienced rangers, Insights into the daily lives of service members, A chance to ask questions and share your thoughts

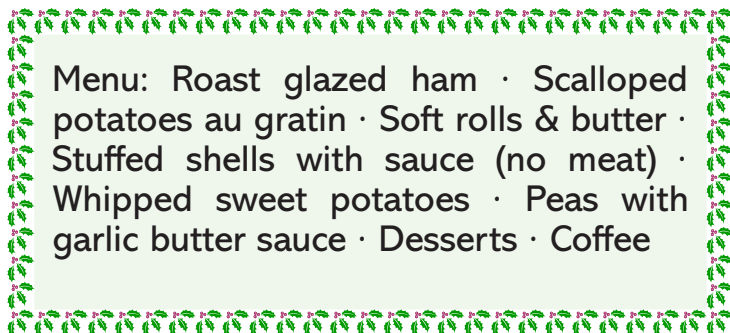


Whether you're a history buff, a military enthusiast, or simply curious about the sacrifices made by our service-members, this talk is for you. Don't miss this opportunity to honor their legacy and learn more about their vital contributions.

We look forward to seeing you there!

Epic Holiday Party! \$20pp Dec. 11, 11:45am-1:45pm

Celebrate the season with friends, music, and a festive feast! Join us at the Southbury Senior Center for our **Epic Holiday Celebration** featuring live music by **The Cartells**, our favorite holiday band! Enjoy dancing, laughter, and the joy of being together during this special time of year.



Menu: Roast glazed ham · Scalloped potatoes au gratin · Soft rolls & butter · Stuffed shells with sauce (no meat) · Whipped sweet potatoes · Peas with garlic butter sauce · Desserts · Coffee

Don't miss this wonderful opportunity to share holiday cheer, savor a delicious hot lunch, and celebrate the season with your community.

RSVP by 12/9. Space is limited.

Payment due at registration. Call today!



BINGO

sponsored by Bethel Health Care
Dec. 12, 10:00am-11:30am

Join us for a fun 1 ½ hours of BINGO with Danielle from Bethel Health Care!

She has graciously agreed to run BINGO for our members and will be calling the game and the shots! So put on your smiles and grab your good luck charms and sign up to play a few games and maybe win a prize!

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



Game Day is back on Fridays from 9am —11am. Come in and play with fellow members. We have Scrabble, Rumikub, Chess, Wii Bowling and puzzles.



Elder Financial Fraud Presentation PROTECT YOURSELF FROM SCAMMERS!

Dec. 15, 11:00am

Scams targeting elderly adults are on the rise! Come join members of the **Division of Criminal Justice** for a talk about Elder Financial Fraud. The discussion will cover different types of scams that are commonly used, how to stay safe from these scams, and what to do if you find yourself involved in a scam.

Gnome Painting & Ornament Decorating with Rachael Stowe Visiting Angels Dec. 16, 2:30pm-4:30pm



Come paint a Christmas Gnome on canvas with step by step instruction with Rachael from Visiting Angels. You can also make Holiday scrabble ornaments for your tree- adorable!

Limited space sign up the first business day of the month.

Diabetes Wellness Group Dec. 17, 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 nutritionists Carla and Maddie return.

Need assistance signing up for ArrayRX?

Join Andrea on Dec. 17th at 2:15pm for more information and to register!

Call the center to RSVP



Are you Interested In Being a Pomperaug Pal? Are you interested in having a Pen Pal? There are students next door who would like to write to you every month. You do not even have to mail your letters- they will be picked up and the return letters will be dropped off for you here. Last year's program was very successful! To make it easier to begin, they've created topic starters too. If you are interested, call the office 203-262-0651 and sign up today! We will match you with a pen pal and you can begin swapping letters!



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 FINANCIAL ADVISOR 1:00pm

ASK THE REALTOR 2:15pm



Celebrity Makeup Artist, Educator Joby Rogers is back!

\$10pp 2.5 Hour Workshop
Dec. 18, 10:00am–12:30pm

Timeless Beauty:

MakeUp for Mature Women|\$10 per person|Space is limited



Discover the art of enhancing your natural beauty in this empowering and educational workshop designed specifically for mature women. Led by renowned celebrity makeup artist Joby Rogers, this 2.5-hour class will guide you through:

Proper makeup techniques:

- Choosing the right concealer and foundation
- Grooming and defining your eyebrows
- Keeping your makeup and brushes clean and sanitary
- And so much more!

Joby encourages attendees to bring their own makeup and come makeup-free (optional) for a hands-on experience. Be sure to bring a pen and paper for notetaking! A curated selection of products may be available for purchase.

Call the center to sign up today-space is limited! (15).

Creative Flair with Bethel Health Care

Will not meet in December.

Paint and Sip with Monica Dec. 22, 10:00am

Join Monika from CT Nursing Services for a morning of creative expression! No experience necessary, **limited to 14 members.**

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



Southbury Shells Dec. 31, 10am-11:30am

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



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

Low Cost Health & Wellness Clinic



January 16, 10am–1pm

Our second Vet Care Everywhere Health & Wellness Clinic! Pre-Registration is required.

Register by January 13th to reserve your spot.

Limited to 25.

♦ **\$60 per pet for qualifying seniors and veterans**

♦ **\$100 per pet for all others**

♦ **Cash/Check Only**

Included Services:

- ♦ Wellness check, rabies vaccines, basic deworming, heartworm testing for dogs
- ♦ Free Distemper combo vaccines! Courtesy of Petco Love!

Additional Services such as nail trims and non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee)

*Please note

All cats must be in carrier and all dogs must be leashed

No litters of puppies or kittens

Prior proof of rabies required for 3 year rabies certificate

Register Online at:

VetCareEverywhere.org

or Call 203-262-0651

See poster on next page for more information



HEALTH & WELLNESS CLINIC



**Jan
16th**

10AM - 1PM

Southbury Senior Center
561 Main St. S
Southbury CT 06488

Register by Jan 13th
to Reserve Your Spot
(Limited to 25)

(Cash/Check Only)

PRE-REGISTRATION REQUIRED

**\$60 per pet for qualifying
Seniors and Veterans**

\$100 per pet for all others

Register Online at:
VetCareEverywhere.org

Or Call: 203-262-0651

INCLUDED SERVICES:

- + Wellness check
- + Rabies vaccines
- + Basic deworming
- + Heartworm testing (dogs only)
- Free** + Distemper combo vaccines

courtesy of



* Additional services such as nail trims and non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee



VETCAREEVERYWHERE.ORG



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!

ATTENTION -

- All cats must be in carrier and all dogs must be leashed
- No litters of puppies or kittens
- Prior proof of rabies required for 3 year rabies certificate



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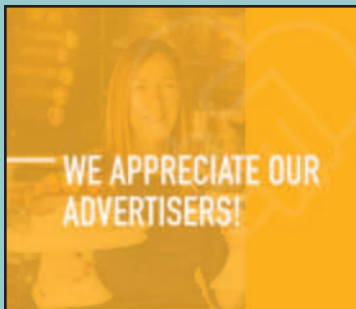
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WEEKLY SCHEDULED CLASSES

Page 8

BELOW ARE PROGRAMS OFFERED TO OUR MEMBERS DURING THE MONTH

All closings, or class changes are shown in calendar on opposite page. Note: All members are required to register at one of our kiosks (located in front lobby and at back doors of Center), by entering their phone number and registering for each class/event they are attending and/or as a drop in if just "stopping in". All visitors are required to register at the front office. We ask that you do not pre-check in for any class or program that is taking place at a later time in the day until you are about to enter the room. This helps keep numbers for attendance of classes/programs accurate, as well as the number of people in the building at any one time.

MONDAY	9:00-4:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month)	
	9:30-10:30	Aerobics Class A	December 22nd—No Exercise Classes
	10:45-11:45	Zumba	
	11:00-1:00	Mini Facials (2 nd & 3 rd Monday in the Month) - Check Newsletter for date	
	12:15-1:00	Beginner Tap Dancing	
TUESDAY	9:00-12:00	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month)	
	8:45-9:45	Fit & Flex A Class	December 23rd —No Exercise Classes
	10:00-11:00	Fit & Flex B Class	
	10:00-11:00	Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month)	
	11:15-12:15	Line Dancing	December 30th - No Line Dancing
	11:30-12:30	Chair Yoga	
	1:00-2:00	Ask the Financial Advisor (15-minute one-time appts , 2nd Tuesday of the month)	
	1:30-4:30	Table Tennis	
	2:00-3:00	Senior Learning Network	
	2:15-3:15	Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)	
WEDNESDAY	9:00-12:00	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month)	
	9:30-10:30	Aerobics B	
	10:00-11:00	Garden Club (Seasonal)	
	10:00-11:00	Great Courses - (2nd Wednesday of the month)	
	10:00-11:30	Southbury Shells (check newsletter for date)	
	10:30-11:30	Tango Lessons	
	10:30-12:00	Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women)	
	11:00-12:00	Monthly Dementia Caregivers Support Group (2nd Wednesday of the month)	
	11:45-12:45	Vitality Fitness with Karen—NEW!	
	1:00-2:00	Grief, Trauma Support Group (1st & 3rd Wednesday of the month)	
	1:00-2:30	Hooks and Needles	
	1:00-2:00	Page Turners (2nd Wed)	
	3:15-4:15	Tai Chi	
THURSDAY	8:45-9:45	Yoga	December 11th - No programs—Holiday Party
	10:00-11:00	Weight Strengthen/Tone	December 18th - No Weight Strengthen/Tone
	10:00-11:30	Crochet Group (Loop Troop)	
	10:30	Let's Take a Walk! Interested parties should meet at the Center to walk.	
	10:30-11:00 & 1:00-1:30	Blood Pressure Screening - Returning in January	
	(2nd Thursday of the month)		
	12:30-3:30	Mahjong	
	1:00-3:15	Table Tennis	
	3:30-4:30	Muscle Tone	
FRIDAY	9:00-11:00	Game Day! (Scrabble, Rummy, Chess, Wii Bowling & Puzzles)	

Closings, class changes ONLY are listed below**Special Programs—Call for Reservations as noted in the program descriptions****Class cancellations:****No Exercise Classes 12/22 and 12/23****Closed 12/24-12-26****No Line Dancing 12/30**

Check your voicemails! Our staff may call you regarding membership, programs/events, or in case of an emergency, so we ask that you check your voicemail box to be sure it is set up and available to accept calls! We do not want you to miss out on important information!

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

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

Please leave the room as you have found it, returning all items where they were before the class or program starts. **If you need help with your chair, please ask the staff and we will be happy to assist you.**



Program Registration Procedures: Telephone call requests will begin at 8:10am for program registration on the 1st business day of each month. Due to the high volume of incoming calls we ask everyone to refrain from leaving messages. If you do not speak to someone when you call, please hang up and keep calling until we answer. We may not be able to listen to the messages until well after all programs have filled and you risk being on the waitlist rather than registered for the program you are interested in. We do our very best monthly to make the registration process as easy as we can. If the program you have registered for has a charge, your payment is due within 2 business days of registration to secure your place.

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

***Inclement weather policy :*****Southbury Senior Center will follow 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 the following news stations: WFSB-Ch. 3, WVIT-Ch. 30, & WTNH-Ch. 8
- If the Senior Center should remain open in questionable weather, consider safety issues and remain at home.





\$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, December 2nd	Shepherd's Pie with Salad
Thursday, December 4th	Meatball Grinder with Chips
Tuesday, December 9th	Chicken Salad Sandwich with Salad
Thursday, December 11th	Holiday Party—Reservations Required by December 9th
Tuesday, December 16th	Chicken Marsala with Rice
Thursday, December 18th	Sausage, Peppers and Onions on a Hard Roll with Chips
Tuesday, December 23rd	No Lunch
Tuesday, December 30th	Reuben Sandwich with Coleslaw

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

We would like to thank The Lutheran Home for providing cupcakes to our members to celebrate November birthdays



Please remember to thank our Awesome Volunteers who serve lunch weekly

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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Lockwood Matthews Mansion

Lunch on your own at O'Neill's Pub & Restaurant

December 17, 8:30am – 3:15pm \$27

The Museum will usher in the Holiday Season with a new exhibition titled “enchanting Lights & Toys: Illuminating the Holiday Season at the Mansion” that will capture the magic of the holiday season with historic-era displays. Then Lunch at O’Neills. Prices range from \$12-\$30.

Signup on the first business day of the month at 8:10am



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.

The Tax-Aide site at the Southbury Senior Center is seeking a volunteer for the role of site administrator/site leader. This volunteer will ensure program operations run smoothly, manage volunteers, and maintain quality control. Tax expertise is not required. Please contact Andrea in the office for more information.

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!



2025 OBSERVED HOLIDAYS

Page 13

2025 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED
Floating Holiday	Wednesday	December 24, 2025
Christmas	Thursday	December 25, 2025
Closed	Friday	December 26, 2025



2026 Renewal

For all members renewing their 2026 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 \$20 for Residents and \$30 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, or US Post Office Mail

We look forward to seeing everyone in January 2026!

Southbury Senior Center Registration		<i>Veteran</i> Yes No	<i>Gender</i>	<i>Nickname</i>
<i>Last Name, First Name</i> Please Print Clearly			Resident Fee \$20 Non-Resident Fee \$30	
<i>Address</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, 2nd Contact Encouraged, but optional)</i>				

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	1	Aldi's in Danbury with lunch at The Blue Colony Diner in Newtown
December	8	Post Mall (Boscov's) in Milford with lunch at The Cracker Barrel.
December	15	Stew Leonard's in Danbury with lunch At Applebee's
December	22	Walmart in Naugatuck with lunch at Imperial China Buffet in Watertown
December	29	Target in Southington with lunch at 110 Grill



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

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

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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



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

Tech Help is Back!

2 Pomperaug High School Students will be offering free tech help from 4:15pm to 5pm.
Bring your smartphone, tablet and/or laptop!

Call the office for the date they will be here to schedule your appointment!

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