



Welcome to the Southbury Senior Center!



CONTACT US:



561 Main Street South
Southbury, CT 06488



www.southbury-ct.org/seniors



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



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

GREETINGS!

Cheers to 2025!

May you have a year that is filled with love, laughter, brightness and hope. Wishing you a Happy New Year!

Warm Wishes,

Andrea



New! The Loop Troop Crochet Group! The 1st, 3rd, and 4th Thursday of the month, 10 am -11:30 am

If you want to learn to crochet, brush up your skill level, or just want time to “unravel”, join us! We will be working with yarn (not crochet thread) to make easy, beginner projects. Please bring your crochet hook (size H. 5.0mm) and worsted weight (4.0) yarn in a pastel or light color.



Simple patterns and instructions are free, but you must sign up as class size is limited.

Sign up today!

Manicures January 6th 10:30am – 11:30am



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

Call today to reserve your 20 Minute appointment!

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.

New! Smoothie Bar!

2nd Monday of the month, 10:00 am.

Katie Kirdzik will be at the center each month making you a delicious smoothie in between exercise classes!

Sponsored by **Stone Bridge Center for Health and Rehabilitation.**



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

JANUARY 2025 - GREETINGS AND PROGRAMS OFFERED

Page 2



Dear Friends,

Wishing all our members a very healthy, happy New Year and I hope to see you all at the center in 2025!

Warm Regards,

Kathy



Great Courses January 8, 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 10: The Ordinary Roman Speaks: Graffiti the surviving literary sources from the ancient Roman world were authored almost exclusively by wealthy men of the upper classes, even though such men comprised far less than one half of one percent of the total population of those living in the Roman Empire. Inevitably, the works produced by this tiny group of upper-class men reflect their own specific concerns, customs, perspectives, and prejudices, yet these documents have been used as the basis for our understanding of what the entire ancient Roman world as a whole was like. This lecture and the following one look beyond the traditional primary source material written by the upper classes in order to examine two types of information that survive from nonelites-graffiti and tombstone inscriptions and how these give us a richer and more complete vision of all strata of Roman society.

We hope you'll join us.

Sometimes we have popcorn.



Grief, Trauma Support Group Facilitated by Mary Silverman Twice Monthly

1st and 3rd Mondays 11:00 – 12:00pm

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



Page Turner's January 8, 1-2pm January's book:

Still Life by Louise Penny (2005)

Canadian author Louise Penny's *Still Life* is the first in her beloved mystery series featuring Chief Inspector Armand Gamache of Quebec and the small town of Three Pines. It won an Anthony Award and was also made into a movie. A death that is first presumed to be a hunting accident turns into murder inquiry under C.I.

Gamache's investigation. Characters are well-developed and interesting.

We welcome new and returning members to Page Turners.

Healthy Chats January 9, 11am-12pm

Please join the public health nurse from the Housatonic Valley Health District as we discuss Radon. 1 in 4 homes in Connecticut test high for radon. Learn what Radon is, how it affects your health and receive a free test kit for your home.

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.

Craft with Candace Sponsored by Candlewood Valley January 13th 10:00am A New Year's Surprise! Craft to be determined!

Call to register beginning the 1st business day of the month at 8:10 am Limited to 15 members.

Tax Preparation:

Please call the office **after** January 15th for more information on appointments.

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.

January 7th: The Cold War & The Carter Administration

Carter comes to the presidency during a time of détente with the Soviet Union, but other fronts of the Cold War pose critical challenges that he and his administration confront with the powers provided by the Constitution. But every decision is a calculated risk! Was President Carter able to maintain détente with the Soviets while improving relations with their communist nemesis China? What factor did President Carter's commitment to promoting human rights play in all of this? Analysis of primary sources and facilitated dialogue will help attendees answer these questions and better understand the civic aspects of the American Presidency. **(from the Carter Presidential Library)**



January 14th: “Life on the Edge”: Rocky Mountain National Park

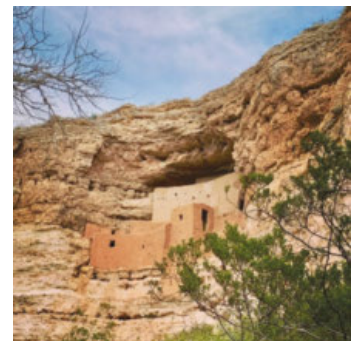
The alpine zone of Rocky Mountain National Park boasts a diverse biodiversity, including a variety of hardy plants like alpine wildflowers, low-growing shrubs, and lichen, alongside animals like bighorn sheep, mountain goats, ptarmigan birds, and small mammals adapted to the harsh, high-elevation environment with its extreme temperature fluctuations and thin air; this unique ecosystem is often referred to as alpine tundra, with a noticeable patchiness in vegetation due to the challenging conditions. Join us for this program, “Life on the Edge, where we will learn about biodiversity in the alpine and what threatens it and the research that is done to study and to mitigate those threats.



January 21: Montezuma’s Castle National Historic Monument

Located in Camp Verde, Arizona, Montezuma Castle National Monument protects the well-preserved living spaces of the Sinagua Indians.

Like an ancient five-story apartment building, Montezuma Castle towers above the desert below, a stone-and-mortar marvel of early architectural engineering. Experts have determined that the Castle was built over three centuries and provided shelter for the Sinagua Indians during flood seasons. However, contrary to the belief of the European-Americans who discovered the structure, there’s no historical connection to the Aztec emperor for whom it’s named—the structure was abandoned more than 40 years prior to his birth. Today, approximately 350,000 people per year visit the Castle, browse the museum, and stroll through the scenic sycamore grove and the towering trees offer welcome shade and a critical habitat for hundreds of native plants and animals.



January 28th : Presidential Inaugurations on the National Mall

Every presidential inauguration is a moment in our nation's history and each president has left their own legacy that shaped the country. Some presidents are honored with monuments and memorials for future generations to reflect on their life and legacy, including many iconic sites in the nation's capital. In honor of the presidential inauguration, follow the journeys of past presidents through places and stories found in national parks in D.C. and across the country. The National Park Service has been at the center of planning presidential inaugurations for more than 80 years. The National Park Service are responsible for the care, maintenance and preservation of some of the most important locations used during inaugurations, from viewing areas on the National Mall to the inaugural parade route on Pennsylvania Avenue to the site of the presidential reviewing stand near President's Park. Two administrative units of the National Park Service—National and Memorial Parks and President's Park—play an important role in planning inauguration event support in DC.



JANUARY 2025 PROGRAMS OFFERED

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Mini Facials With Laura

January 13, 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.

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!

Lyle Gal presentation

January 15, 1pm; January 21, 12:30pm;
January 30, 11:am

Lyle Gal and Brett Ciarlo, Investment Advisor Representatives with Integrity Alliance LLC and American Senior Benefits, will be here to discuss financial readiness in retirement. They will focus on the following:

Jan. 15th — How to prepare income for a long retirement

Jan. 21st — Asset Protection

Jan. 30th — Cost associated with healthcare coverage to include Long Term Care



Southbury Shells

January 16, 10:00-11:30am

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

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

AARP Smart Driver Course

January 27, 9am-1pm

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

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

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

\$20 for AARP members

\$25 for Non-AARP members

Cooking with Kathy and Ann

January 27, 1pm

Make your own Pizzas! Choose from a variety of fun toppings you prepare and personalize your very own easy to make pizza pie!

When the moon hits your eye....

Space is limited to 10 members.

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



Creative Flair with Bethel Health Care

January 27, 11am

Join Danielle Ramos from Bethel Health Care to create DIY Flannel Trees you can give 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



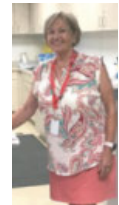
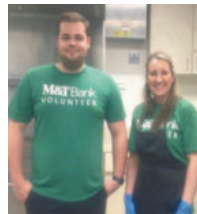
LUNCH IS NON-REFUNDABLE AND NON-TRANSFERRABLE

| Day/Date | Meal (Last Day for Reservation by 11:00am the working day before) |
|---------------------|---|
| Thursday Jan. 2nd | No Lunch |
| Tuesday Jan. 7th | Chicken Parm with Pasta |
| Thursday Jan. 9th | Beef Stroganoff with Green Beans |
| Tuesday Jan. 14th | Macaroni & Cheese with Salad |
| Thursday Jan. 16th | Roast Pork with Roasted Potatoes and Veggies |
| Tuesday, Jan. 21st | No Lunch |
| Thursday, Jan. 23rd | Meatloaf with Mashed Potatoes and Veggie |
| | *Birthday Cupcake Day* |
| Tuesday, Jan. 28th | Sausage, Peppers and Onions, Hard Roll, Chips |
| Thursday, Jan. 30th | Chicken Marsala with Rice |



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.

JANUARY 2025 - 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!

It’s time to say farewell to an exceptional coworker and friend! Kim Little has moved south to be closer to her family.

Kim has been an important part of our team and her contributions have made a lasting impact! We wish her joy and happiness as she begins the next chapter in her life!

Thank you, Kim!



We will miss you Kim!!



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.



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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". 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 11:00-1:00 11:00-12:00 12:00-1:00 | Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba— NEW Mini Facials (Second Monday in the Month) - Check Newsletter for date Grief, Trauma Support Group (1st & 3rd Monday of the month) Tap Dancing |
| TUESDAY | 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 - Appointments Tues & Wed Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Pilates— NEW 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) |
| WEDNESDAY | 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 - Appointments Tues & Wed 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) |
| THURSDAY | 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! - Will resume in the Spring Blood Pressure Screening - (2nd Thursday of the month) Mahjong Bingo Table Tennis |
| FRIDAY | 9:30-10:30 10:40-11:40 11:45-12:45 | Muscle Tone Line Dancing Tai Chi |

JANUARY 2025 PROGRAM CHANGES/CLOSINGS

Closings, class changes ONLY are listed below

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

Class cancellations:

Wednesday, January 1st we are closed

Monday, January 20th we are closed

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.**

| JANUARY 2025 | | | | | | |
|--------------|-------------------------------------|---------|---------------------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 29 | 30 | 31 | 1 New Year's Day | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 Martin Luther King Jr. Day | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

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.

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.**

Señor Panchos Southbury
with Senior Center Director Andrea Corcoran
January 22 12:00pm

Enjoy lunch with senior center director Andrea Corcoran.

For over 35 years, Señor Pancho's has taken great pride in providing Modern Mexican Cuisine to Connecticut locals. Famous for fresh food, great Margaritas and one of a kind service. Enjoy a casual lunch on your own and get to know Andrea better!

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

They Are Here!!

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 flyers in the office!



INSTRUCTIONS WHEN TRIPS ARE OFFERED

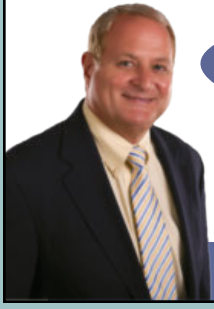
*You may reserve 2 spots for a trip and the 2nd person must also be a member. **If you need to be picked up at home, you must tell us when you make the reservation. You will not be asked if you need a pickup at home and any requests to change that status after you have paid will not be made. Request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

2025 HOLIDAY SCHEDULE

| HOLIDAY | DAY | OBSERVED |
|----------------------------|------------------|-------------------------|
| New Year's Day | Wednesday | January 1, 2025 |
| M. L. King Birthday | Monday | January 20, 2025 |
| President's Day | Monday | February 17, 2025 |
| Good Friday | Friday | April 18, 2025 |
| Memorial Day | Monday | May 26, 2025 |
| Independence Day | Friday | July 4, 2025 |
| Labor Day | Monday | September 1, 2025 |
| Columbus Day | Monday | October 13, 2025 |
| Veterans Day | Tuesday | November 11, 2025 |
| Thanksgiving | Thursday | November 27, 2025 |
| | Friday | November 28, 2025 |
| Closed | Wednesday | December 24, 2025 |
| Christmas | Thursday | December 25, 2025 |
| Floating Holiday | Friday | December 26, 2025 |

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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.

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.



January 6th- Ocean State Job Lot & Aldi's in Danbury with lunch at Rosy Tomorrow's

January 13th - Post Mall (Boscov's) with lunch at The Cracker Barrel

January 27th -Market 32 & Goodwill in Oxford with lunch at The Brookside Inn

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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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**
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 Third Monday of the month

1st appt at 9:00am, last appt 3pm

Do you have questions about Medicare and its many insurance choices?

Come visit with an experienced, certified, Medicare counselor that has been serving the Southbury Senior Center for the past 12 years. Call the Senior Center to make an appointment. There is no fee for this service.

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