



Senior Center

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!

We are pleased to announce new destinations to our Transportation schedule!

Newtown: Our Dial-A-Ride bus will now be servicing Newtown, CT on Tuesdays & Wednesdays for medical appointments!

Southbury Farmers Market: We are now offering transportation to the Southbury Farmers Market on Thursdays, July 11th and July 25th!

As always, all reservations must be requested at least 48 business hours prior to the appointment. For detailed transportation information, please see page 14 or call 203-262-0652.

Regards,

Andrea



Program Registration Procedures: Telephone calls and the front counter 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 and front counter traffic 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.



Grief, Trauma Support Group Facilitated by Mary Silverman Twice Monthly

1st and 3rd Mondays 11:00 – 12:00 pm

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



Flower Arranging with Jennifer from the Lutheran Home July 3rd 11:00 am

Just in time for Independence Day! Create a patriotic arrangement to grace your holiday table! No experience required!

Space is limited to 15 members.

Sign up the 1st business day of the month starting at 8:10am.



Mini Facials With Laura July 8th and July 22nd 11:00am - 2:00pm

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

30 min session - \$50

Additional Cost: Waxing Brows \$15/ Brow design \$25/
Lip \$10/ Chin \$10

Sign up the 1st business day of the month starting at 8:10am



NEW! 2nd Wednesday of the month 11:00 am – 12:00 pm

Monthly Dementia Caregivers Support Group

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.

JULY 2024 - GREETINGS AND PROGRAMS OFFERED



Page 2

Dear Friends,

Happy 4th of July! We have a fun month planned with 2 trips, a Fourth of July flower arranging with Jennifer from The Lutheran Home, a wonderful Broadway treat on sponsored by Bethel Health Care the 24th, you can learn about Osteoporosis from our friends at Connect PT on the 17th, and our Dementia Caregivers Support Group sponsored by Hartford Health Care at Home continues as well. We hope you'll join us.



Warm Regards,

Kathy

Great Courses July 10th 10:00 am

Great Courses The Roman Empire 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 S. Aldrete 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.

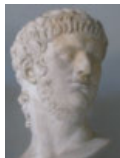
This month we continue with Lecture 4: Claudius and Nero

The events that followed the murder of the probably-mad emperor Caligula laid bare the reality of where true power now lay in the Roman Empire. Caligula was brutally hacked to death by his own Praetorian Guardsmen, a group who were notionally charged with protecting the emperor's life.

Then, while different factions of the senate ineffectually squabbled over what to do next, the Praetorian



Guard took matters into their own hands by acclaiming a new emperor of their choosing: Claudius, the 51-year-old uncle of Caligula and a brother of the popular general Germanicus.



Sign up today! Sometimes we have popcorn!



Manicures July 10th

10:30am – 11:30 am



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!



Page Turner's July 10th 1:00pm

The Story Teller by Jodi Picoult

"Sage Singer is a baker, a loner, until she befriends an old man who is particularly beloved in her community. Josef Weber is everyone's favorite retired teacher and Little League Coach. Everything changes on the day that Josef confesses a long-buried and shameful secret -one that nobody else in town would ever suspect..." (from Jodi Picoult's website)

All are welcome. (Books are available behind the main circulation desk at the Southbury Library.)

Healthy Chats with Heidi July 11th 11am-12pm

Join the nurse from Housatonic Valley Health District as we discuss the implications on substance abuse in the older adults population.

All are welcome to join the conversation. Sign up today!

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.

****Senior Learning Network is on hiatus during July and July****

Since 2012, the Senior Learning Network has been offering live virtual programs for elder adults who want to keep learning! With a myriad of topics from history, to art and the natural world, we take virtual visits to parks and museums every week! .

The Network brings remarkable people and programs right into your world. Visit behind the scenes of the ballet and talk to dancers about their current performance or career; talk to the National Archives on research in genealogy; interact with authors to discuss their books and writing style; learn from scientists why they are trying to replicate spider silk – anything you can imagine can be brought to you.

The Senior Learning Network uses live video conferencing technology to deliver life-long learning programs to groups of older adults .

Life-long learning topics include, history, art, personal growth, health and wellness, the environment and science. **Older adults are able to engage in distance learning through video conferencing** and interact with presenters live, in real time.

The Senior Learning Network provides learning opportunity for older adults such as:

- **Distance Learning:** Participating sites can connect to scientists, authors, historians, artists, museums and other professionals through videoconferencing.
- **Resources:** Links to other resources such as travel, health, nutrition, care giving communities

The Senior Learning Network (SLN) recognizes the continuous learning needs of retired citizens by developing educational programming designed specifically for this age group. It recognizes the importance of learning to the healthy maintenance of the brain and that learning should be expansive and interactive.

The Network brings remarkable people and programs right into your world. Visit behind the scenes of the ballet and talk to dancers about their current performance or career; talk to the National Archives on research in genealogy; interact with authors to discuss their books and writing style; learn from scientists why they are trying to replicate spider silk – anything you can imagine can be brought to you.

Past programs presented (Just to name a few):

- Voyageurs National Park- MN
- The Statue of Liberty- A Fresh Look
- Elephant Sanctuary
- New River Gorge National Park
- Buffalo Bill Center of the West/What's all the hoot about owls? (Yellowstone Park)
- General Grant National Memorial
- Mitchell Caverns
- Live from the Lagoon- Fun with the Dolphins!
- The Art and Architecture of Hearst Castle

JULY 2024 PROGRAMS OFFERED

Osteoporosis Education And Management class July 17 10:00 am

Connect Physical Therapy will educate on; What is osteoporosis? We will then provide some guided exercises to aid in maintaining overall bone density. Recommended for those with fair balance and ability to perform standing exercises with minimal upper body support.

Space is limited to 30 members. Sign up the 1st business day of the month starting at 8:10am.



Back to Broadway! July 24 12:00 - 1:30 PM

12:00 PM: Indulge in delicious Chicken Caesar Salads, refreshing lemonade and Ice Cream Sundaes for dessert as you mingle with fellow Broadway enthusiasts.

12:30 PM: Get ready to be serenaded by the incredible James Michael, former Broadway sensation, as he takes the spotlight to perform a mesmerizing compilation of well-known Broadway hits. From timeless classics to contemporary favorites, James Michael's captivating voice will transport you to the heart of the Big Apple's theater district.

We are thrilled to announce that this unforgettable performance is generously sponsored by Bethel Health Care, a leading provider of compassionate care in our community. Their support has made it possible for us to bring the magic of Broadway right to your doorstep.

Don't miss out on this extraordinary event! Register now to reserve your spot and experience the thrill of Broadway like never before!

(Aerobics and Tango will take place in the large room shared with Park & Recreation. In the event of rain the classes will be canceled due to Camp moving indoors.)

Space is limited to 36 members.

Cost \$5 per person due at time of sign up. Sign up the 1st business day of the month starting at 8:10am.

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.



Take a Walk! Thursdays, 1pm

New Walking Club led by Member Volunteer Rosann L. Joining a walking club is not only fun, but it can also reduce the risk of chronic diseases such as diabetes, and heart disease. It has been shown to reduce symptoms of anxiety and depression, improve mood, and boost self-esteem. Walking is an excellent way to connect with nature. Finally, joining a walking club can help get you out of the house and break up your day! They do not walk on rainy days.

Wondering what people ask the Financial Advisor?

Martin Engstler, CFA®/Financial Advisor offers a one time no charge 15 minute consultation for members. Some questions you July want to ask include:

1. How can I increase my income in retirement?
2. How is my spouse impacted when I pass away?
3. Am I taking the right amount of risk?
4. How can I convert my 401k/IRA into income in retirement?
5. Am I spending too much?
6. How can I protect against Long Term Care Expenses?



Creative Flair with Bethel Health Care July 22nd 11am

Summer crafting fun with Bethel Health Care, join us to make a crushed seashell vase, perfect for your summer table centerpiece.

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

Southbury Shells July 31st 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. Limited to 15 members.

Garden Club 2024 meetings will be Wednesday mornings at 10:00am as needed.

Our center is fortunate to have some awesome waist-high planter boxes in our fenced and gated area in the back. Senior center member, George Presti has been volunteering for the past several years in organizing the Garden Club. The group meets once a week during the growing season to first plan, then plant, water, weed, and harvest in turn. Harvesting is ONLY for regular Garden Club members! If you like to garden and be a part of a team effort, come!



\$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

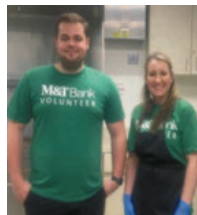
Day/Date	Meal (Last Day for Reservation by 11:00am the working day before)
Tuesday July 2nd	Meatball Grinder, Chips
Thursday July 4th	Closed—Holiday
Tuesday July 9th	Chicken Marsala & Rice
Thursday July 11th	Tuna Salad Sandwich, Coleslaw, Chips
Tuesday, July 16th	Shepherd's Pie with salad
Thursday, July 18th	Roast Beef Sandwich, Coleslaw , Chips
Tuesday, July 23rd	Meatloaf w/Mashed Potatoes & Veggies
Thursday, July 25th	Reuben Sandwich, Cole Slaw <i>*Birthday Cupcake Day*</i>
Tuesday, July 30th	Slice Turkey, Mash Potatoes & Veggies



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



Some of 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.

JULY 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!

Don't Get Scammed Thank you to Officer Armeno



That's Amore Thank you Dennis Bloom for appetizers



Start Your Engines Thank you Hartford Healthcare & Dennis Bloom for breakfast



Memorial Day Picnic



Thank you Lutheran Home for sponsoring our picnic!



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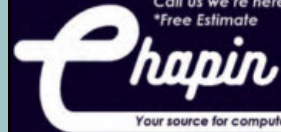
or email me at
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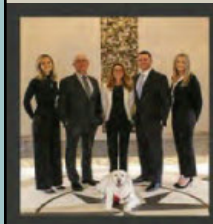
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WEEKLY SCHEDULED CLASSES

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.

MONDAY	9:00-4:00 9:30-10:30 11:00-1:00 12:00-1:00 11:00-12:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Mini Facials (Second Monday in the Month) Tap Dancing Grief, Trauma Support Group (1st & 3rd Monday of the month)
TUESDAY	8:45-9:45 10:00-11:00 10:00-11:00 11:30-12:30 12:30-2:00 1:00-2:00 1:30-4:00 2:00-3:00 2:15-3:15	Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Chair Yoga My Story Writing Group (1st and 3rd Tues) Ask the Financial Advisor (15-minute one-time appts , 2nd Tuesday of the month) Table Tennis Senior Learning Network— On Hiatus for July & July Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
WEDNESDAY	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	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 11:00-11:30 12:30-3:30 12:45-2:45 1:30-4:00	Yoga Weight Strengthen/Tone 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

JULY 2024 PROGRAM CHANGES/CLOSINGS

Closings, class changes **ONLY** are listed below

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

Class cancellations:

Senior Center is Closed on Thursday, July 4th. Enjoy the day!



JULY 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4 CLOSED	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

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

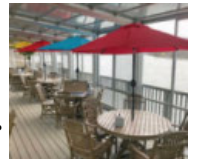


Please Note Our Procedure to Register for Trips: We begin taking reservations on the first business day of the month beginning at 8:10am. Do Not Leave A Message unless you are calling later in the day and are unable to speak to the staff.



**July 16 10:00 am – 2:30 ish \$5 pp includes transportation.
Blueberry Picking at Jones Family Farm in Shelton**

The amazing delicious Blueberry! Blueberries are one of the only foods that is truly naturally blue in color. The pigment-anthocyanin- also provides the blueberry’s amazing health benefits. The silvery sheen on the skin is naturally occurring and helps to protect the fruit. Studies have shown that blueberries may help improve memory and cognitive function, are a good source of vitamin E, and have a high-water content which can help with hydration. The Phytochemicals in blueberries may help reduce the risk of chronic diseases such as cardiovascular disease and diabetes!



Blueberry picking on your own then lunch on your own at Housatonic House Restaurant in Seymour.

2024 SENIOR OUTING

Holiday Hill
43 Candee Rd, Prospect, CT 06712
Monday, August 19, 2024

9 am – 4 pm
Rain or Shine

9:00 - 12:00 (Upon Arrival)
Assorted Donuts, Fresh Fruit, Bagels, Muffins & Danish

12:00 - 2:00 (UNLIMITED)
New England Clam Chowder and Oyster Crackers
Assorted Fresh Cheeses and Snack Crackers
Fresh Vegetable Crudités with Dip

12:00- 3:00
Cherrystone Clams on the Half Shell

11:30 - 3:30 (UNLIMITED)
Chilled Relish Tray
Freshly Baked Breads & Rolls
Grilled Hummel Hot Dogs & Sauerkraut
Grilled ¼ lb. Hamburgers, Cheeseburgers
Grilled Veggie Burgers
Tomatoes & Onions
Pickles, Relishes, Mustard and Ketchup
Baked Chicken
Italian Sausage with Onions & Peppers
Red Bliss Potatoes
New England Baked Beans & Cole Slaw
Pasta Salad
Summer Squash
Green Garden Salad
Three Cheese Baked Penne
Corn on the Cob with Butter
Chilled Watermelon Wedges
Decorated Sheetcake
Apple Pie, Blueberry Pie



FOOD

AND

FUN

NO food is to be taken off premises

All Inclusive Price - \$50 per member

AVAILABLE ALL DAY
Pepsi, Orange, Starry, Diet Pepsi, Root Beer, Gatorade, Lemonade, Iced Tea, Fruit Punch, Coffee, Tea, Milk, Ice Water, Potato Chips, Goldfish Crackers and Pretzel Budweiser Beer & Wine, Seltzers

Senior Citizens Only



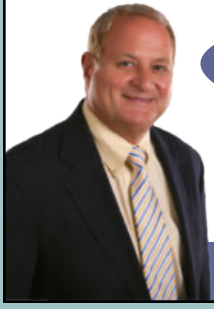
INSTRUCTIONS WHEN TRIPS ARE OFFERED

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.

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 July take up to three weeks to be processed.



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2024 OBSERVED HOLIDAYS

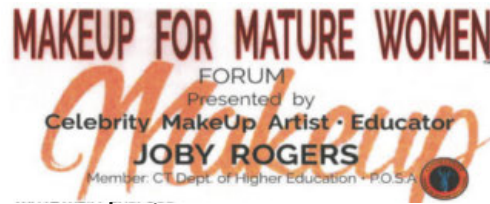
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2024 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
New Year's Day	Monday	January 1, 2024
M. L. King Birthday	Monday	January 15, 2024
President's Day	Monday	February 19, 2024
Good Friday	Friday	March 29, 2024
Memorial Day	Monday	May 27, 2024
Independence Day	Thursday	July 4, 2024
Labor Day	Monday	September 2, 2024
Columbus Day	Monday	October 14, 2024
Veterans Day	Monday	November 11, 2024
Thanksgiving	Thursday Friday	November 28, 2024 November 29, 2024
Christmas Eve	Tuesday	December 24, 2024
Christmas	Wednesday	December 25, 2024

Looking for something to do in August? Coming Soon...

Sign up begins first business day of August at 8:10 AM for August programs/trips below:



WHAT WE'LL EXPLORE

- Proper MakeUp Application Techniques
- Keeping Your MakeUp & Brushes Clean & Sanitary
- Choosing the Right Concealer & Foundation
- Grooming & Defining Eyebrows
- Natural Day & Evening MakeUp
- Contouring & Highlighting & Blushing
- Choosing the Perfect Eye & Lip Colors
- Must Have' Products & Tools for Your Kit
- Evaluation & Questions About Your Personal Makeup Concerns...& Much More

Mark your Calendars!
August 13, 1:00 – 3:30 PM



FORUM DURATION • 2.5 HOURS

BRINGING YOUR PERSONAL MAKEUP IS ENCOURAGED • But Not Required

ATTENDING MAKE-UP FREE IS ENCOURAGED • But Not Required

SPACE IS LIMITED

River Cruise Down the Connecticut River

August 15 3:10 – 7pm \$28

Enjoy a One Hour tour aboard the Slipaway! Bring your binoculars, and phone/camera, you won't want to miss the wildlife! Dinner at the Grill and Chill on the water on your own.

Yard Goats VS Somerset Patriots Baseball Game

August 18 11:00 for a 1:10 game

\$25 includes ticket and transportation

We have 6 seats available in section 112! Enjoy a Sunday game of baseball cheering for Connecticut's Yard Goats! Lunch is on your own at the park. Remember to bring your sunglasses/hat!

Clarke Outdoors Adventures Rafting Adventure!

August 22 and Lunch on the Bridge! 9am – 3 pm

\$40 includes ticket, transportation and Nardelli's lunch.

Falls Village to West Cornwall. Suitable for ages 4 and over! The Cornwall Covered Bridge section is a mixture of moving flat water and easy whitewater and is suitable for novice paddlers. Enjoy the beautiful water! Then stop at the covered bridge for a Nardelli's bag lunch. At the end a van will take you back to the bus! Choice of ham, veggie, tuna or Italian sandwich for lunch.

Peabody Museum August 28 10 am – 3 pm

Self-tour the newly renovated museum. It's one of the oldest, largest, and most prolific university natural history museums in the world. Lunch on your own at Housatonic House, Seymour.

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 July 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.



- July 1 - Walmart in Naugatuck with lunch at The Station
- July 8 - Shops at Farmington Valley in Canton with lunch on premises – several places to choose from
- July 15 -Aldi’s and Job Lot in Danbury with lunch at Olive Garden
- July 22 -Clinton Premium Outlets with lunch at Lenny & Joe’s
- July 29 -Post Mall (Boscov’s) in Milford with lunch at The Cracker Barrel



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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osher@uconn.edu
475-222-6261



UConn
WATERBURY

Classes and events
in-person and online for
anyone over 50

- ✓ August 5 - Fall Open House
- ✓ August 8 - Fall registration opens
- ✓ September 6 - Fall classes start

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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

Place mailing label
here



Calling all Pickle Ball players! There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members from 10:00 am – 12:00 pm every Tuesday from April Through October! If you would like more information, please contact the office 203-262-0651.

IF YOU CHANGE YOUR NAME, EMAIL OR HOME ADDRESS, PLEASE LET US KNOW (203) 262-0651

Medicare Choices **Third Monday of the Month** **1st appt at 9:00am, last appt 3pm**

Our Certified CHOICES Counselor will be available at the Center by appointment ONLY every 3rd Monday of the month.

There are a total of 8 appointments at 45 minute sessions per day (as long as the time slots are filled). He will be at the Center for scheduled appointments only, walk-ins are not allowed. Please call the Senior Center to schedule your appointment.

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Senior Farmers' Market Nutrition Program 2024

If you're age 60 or older and your income is:

\$26,973 or less for a single
\$36,482 or less for a couple

All participants must sign verifying that they meet these guidelines. Eligible seniors are entitled to one electronic benefit card which will be used for multiple seasons. Please schedule an appointment with Senior Center Director, Andrea Corcoran to be issued your electronic benefit card.

Southbury Farmers' Market opens July 13, 2024, and runs until November 21, 2024, on Thursdays from 3:00 – 6:00pm Adjacent to the Town Hall on Main Street South

