



Welcome to the Southbury Senior Center!

July 2025

CONTACT US:

561 Main Street South
Southbury, CT 06488

(203) 262-0651

(203) 262-0652 (Transportation Line)

www.southbury-ct.org/seniors

4-Day Work Week Pilot Hours:

Monday, Tuesday, Thursday	8am-5:00pm
Wednesday	8am-6pm
Friday	Closed

The Southbury Farmers' Market is producer only, meaning the farmer or specialty food maker behind the table is the person who grew or made the product. The market offers a great mix of plants, veggies, fruit, honey, jam, maple syrup, olive oil, baked goods, and wines!

Market opens **June 19, 2025 and runs until November 20, 2025** on Thursdays from **3:00 pm to 6:00 pm**. Please come join us.

Southbury Town Hall Green
501 Main Street South
Southbury, CT 06488

Transportation to the farmers market will be available 7/17 & 7/31



Do You Have Concerns About Falling? July 2nd, 9th, 16th, 23rd, & 30th 12:30 – 2:30 pm

Brought to you by Housatonic Valley Health District



A Matter of Balance Many older adults experience concerns about falling and restrict their activities.

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Registration is full at this time.

Grief, 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.

July Only Day Change: July 3rd & July 31st



Experience the Passion of Tango!



Join us on **Tuesday, July 2, from 10:30 to 11:30 AM** during our regularly scheduled Tango class for a special **Tango Demonstration** at the **Southbury Senior Center**. This event is open to all members who wish to explore the elegance, connection, and rhythm of this beautiful dance.

Led by our **incredible instructors, Dardo Galletto and Alonso Guzman**, this demonstration will showcase the artistry and technique that make Tango such a profoundly enriching experience. No experience or partner is required—you're welcome to participate, or simply come to enjoy the demonstration. Afterward, light refreshments will be served, offering a perfect opportunity to mingle and share in the excitement.

Step into the world of Tango—where movement speaks, and every step tells a story.

Sign up today! We look forward to seeing you

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



Dear Friends,

Happy 4th of July! We have a fun month planned with 2 trips, a rescheduled Memorial Day Picnic, a Pig Roast, an animal wellness clinic, painting with Monika, learning about birds with Tom Kosturko, A special Tango demonstration with Dardo and Alonso, and more! Even when it's hot outside, the senior center is the cool place to be! Come make some new friends and try some new adventures! We welcome you and hope you'll join us.

Warm Regards,

Kathy



Great Courses July 9, 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 15 Early Christianity and the Rise of Constantine. The dawn of

the 4th century, the history of the Roman Empire would take an unexpected turn as Christianity, hitherto a little-known religious cult, would abruptly be thrust to the forefront when the emperor himself converted. Within less than a century, Christianity not only would become accepted but would be declared the official religion of the Roman Empire, and every subsequent emperor (with one exception) would be a Christian.



Sometimes we have popcorn

Monthly Dementia Caregivers Support Group

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

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

Let's Take A Walk! Thursdays 10:30am

Members interested in walking on Thursdays with fellow members can meet at the Center before 10:30 to plan where to walk before venturing out enjoying the fresh air and good company.



Page Turner's July 9, 1:00pm-2:00pm

The Watchmaker of Filigree Street by Natasha Pulley, published in 2015

Described as "an enchanting novel that sweeps readers into a magical Victorian London, inhabited by a clockwork octopus and a mysterious watchmaker who is not at all what he first appears" to be. The year is 1883. "Thaniel Steepleton returns home to his tiny London apartment to find a gold pocket watch on his pillow. Six months later the mysterious timepiece saves his life, drawing him away from a blast that destroys Scotland Yard." (from a short summary on Amazon)

Copies of this book are available at the temporary home of The Southbury Library at The Heritage Hotel.

All are welcome to join in the discussion on July 9th.

Massage Therapy Tuesdays and Wednesdays (Excluding 2nd Wednesday of the Month) 9:00am–12:00pm

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.

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 June through August, returning in September 2025.

Manicures

July 14, 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!



**Mini Facials With Laura
July 14 & 21, 11:00am-2:00pm**

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)**

**Backyard Birds of Connecticut
July 14, 2:00–3:30pm**



Tom Kosturko from Compassion Home Care will be here to talk about the backyard birds of Connecticut including their migration, different bird seeds and the different birds they attract, and fun information on bird houses too! Find out if you have a bird-brain- play some bird trivia and share your bird stories too. Enjoy a lovely slide show and light snack and have your backyard bird questions answered too!

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

limited to 20 members

Healthy Brain Series

Session #5 July 16, 10:00am–11:00am

Participants are encouraged to attend all five sessions

- ◆ Session 5: Lessons for living longer from people who lived the longest
- ◆ Plus, Q&A with the expert



Presented by Julianne Ramia, Dementia Specialist

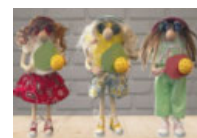
Room limit is 20 members. Please call today to reserve your spots.

**Diabetes #3 Nutrition
July 17 12:00 pm**

Presented by Madeline Souza. *Maddie holds a Bachelor's degree in Nutrition Sciences from the University of Vermont and a Master's degree in Nutrition Sciences from the University of New Haven.*

Maddie's focus has evolved into a strong commitment to helping individuals navigate the overwhelming amount of nutrition information available today. She is dedicated to empowering her patients to take control of their health and make informed decisions before health issues arise. Maddie believes in the power of preventive care and strives to support her patients in living their best lives through personalized nutrition guidance.

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



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 22nd through October! If you would like more information, please contact the office 203-262-0651.

VCE Animal Wellness Clinic July 18 10:00 AM–1:00 PM

\$60 per pet seniors and Veterans, all others \$100
Register online at vetcareeverywhere.org

Must be registered by July 14th to reserve your spot. Limited to 30.

Included Services:

Wellness Check, Rabies Vaccines, Distemper Vaccine, Basic de-worming, Heartworm testing (dogs only)
Additional Services such as: Nail trims and non-core vaccines (Lyme, Lepto, and Kennel Cough) available for add fee

*cats must be in carrier, dogs must be leashed
No litters of puppies or kittens
Prior proof of rabies required for 3-year rabies certificate.

Creative Flair with Bethel Health Care July 28 11:00am-12:00pm

Create your own Sea Glass Seascapes

Join Danielle Ramos from Bethel Health Care as she shows you how, step by step. You'll be amazed at the phenomenal results!

Sign up begins the first business day of the month at 8:10 and is limited to 12



Honkey Tonk BBQ Bash!

July 24th; Time: 4:30 – 6:30 pm

Location: Senior Center under the Tent

MEMBERS \$15/PP

GUESTS \$25/PP

CASH ONLY

What's included:

Pig Roast
Hot Dogs
All the sides
Live Music by Honky Tonk Jones

Registration Information:

Limited to 75 participants
Members are given priority until July 11th

Join us for an unforgettable evening filled with great food, fantastic music, and lots of fun! Don't miss out on this incredible first annual BBQ bash!

Tech Help is Back!

2 Pomperaug High School Students will be offering free tech help this summer!

Afternoon appointments available. Bring your smartphone, tablet and/or laptop!

Call the office to schedule your appointment!

Paint and Sip with Monika from CT Nursing Services July 28, 11:00am

Join Monika from CT Nursing Services for a morning of creative expression. You will enjoy a guided painting session. No experience needed!

PAINT PARTY



Registration required. Seats are limited to 12 people. Sign up begins the first business day of the month at 8:10 am.



Southbury Shells July 30, 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.

Music and Brain Health presented by RVNA July 31 11:00 am

Please join Sherry Platt, MA, MT-BC, RVNA health Music Therapist for a fun and interactive program outlining the benefits of music on brain health.

- How the brain responds to music stimulation
- The benefits of music on the aging process
- Group music-making activities

No previous musical experience is necessary

Sign up the 1st business day of the month starting at 8:10am by phone only. Limited to 20 members.



Watercolor Workshop August 4, 9:00am – 12:00pm

Tom Doty will be returning in August to offer our members a watercolor workshop.

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

Our Friday programs have been rescheduled to the following days and times (beginning in June):



Line Dancing – Tuesdays 11:10am – 12:10pm

Tai Chi – Wednesdays 3:15 – 4:15pm

Muscle Tone – Thursdays 3:30 – 4:30pm

The following programs have been adjusted to accommodate the Friday activities (beginning in June):

Pilates – Tuesdays 10:00 – 11:00am

Table Tennis – Tuesdays 1:30 -4:30pm & Thursdays 1:00-3:15pm

- Transportation updates:
 - o Friday Shop Rite will now be offered on Tuesdays
 - Dial A Ride to New Haven & VA Hospital in West Haven will be by request Monday – Thursday. Appointments must take place before 10:00am.



NEW! Join us on Wednesday Evenings 4:30 – 5:30 for a WEEKLY GREAT COURSES FUN EXPLORATION ADVENTURE SERIES!

Our first adventure will be **REDISCOVERING the AGE of DINOSAURS**

Dinosaurs fascinate people of all ages throughout the world and are icons of our natural and ecological history. These **24** lectures take you deeply into the dinosaurs' world, through topics such as: **A Spectacular Diversity of Species** – comprising 900 dinosaur species; **Wonders of Dinosaur Discovery** - Delve deeply into the remarkable fossils that reveal the dinosaurs' world; **Remarkable Behavior and Lifestyles** - Discover how these amazing creatures ate and digested food: and so much more!

Through **Professor Curry Rogers'** thrilling commentary, enriched by stunning imagery of the creatures of the Mesozoic, **Rediscovering the Age of Dinosaurs** offers you a breathtaking view of the panorama of life on our planet.



Kristi Curry Rogers is a dinosaur paleontologist and a Professor of Biology and Geology at Macalester College. She earned her PhD in Anatomical Sciences from Stony Brook University.

- July 2, **#1 Our Enduring Fascination with Dinosaurs**, and **#2 Finding the First Dinosaur Bones**
- July 9 **#3 The Extinction That Launched the Dinosaurs**, and **#4 The Saurischia: Sharp Teeth, Long Necks**
- July 16 **#5 The Ornithischia: Armor, Thick Heads, Horns**, and **#6 How Rocks Reveal Dinosaur Secrets**
- July 23 **#7 How Bones Become Fossils**, and **#8 A Dinosaur Mystery in Madagascar**
- July 30 **#9 Tracing the Dinosaur Evolutionary Tree**, and **#10 What Did T.rex Taste Like?**

We will be showcasing two episodes each night and the series will continue in August. There are 24 episodes in total! We hope you will join us. Popcorn or other light refreshments may occasionally be served.



Sign up today!

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

2025 STATEWIDE SENIOR OUTING

Holiday Hill

43 Candee Rd, Prospect, CT 06712

Monday, August 18, 2025

9 am – 4 pm

Rain or Shine

FOOD

AND

FUN

9:00 - 12:00 (Upon Arrival)

Assorted Donuts, 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 with Mushroom Gravy

Italian Sausage with Onions & Peppers

Red Bliss Potatoes

New England Baked Beans & Cole Slaw

Pasta Salad

Summer Mixed Vegetables

Green Garden Salad

Three Cheese Baked Penne

Corn on the Cob with Butter

Chilled Watermelon Wedges

Decorated Sheetcake

Apple Pie, Blueberry Pie



Dancing with our DJ

NO food is to be taken off premises

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

Senior Citizens Only

All Inclusive Price - \$51.00 per Guest

Purchase tickets before August 4, 2025

THIS EVENT MAY SELL OUT BEFORE THIS DATE

Make check payable to **Holiday Hill**

Mail to: Holiday Hill, P. O. Box 338, Cheshire, CT 06410

Or call our office to purchase with Visa, MasterCard, Discover or Amex

Tickets will be mailed upon receipt of payment. Tickets are Non- refundable

No admittance to Holiday Hill before 9:00 a.m.

Free Parking and On-site Shuttle Service

For more Information call 203-272-5358



Thinking of selling your house or condo?

JUSTIN BETTE is the the **#1 SELLER**
of Southbury properties since 2016



betterrealtors.com

CALL TODAY for Your Free Market Analysis **203-217-5768**



★★★★★ **Rated 5 Stars!**

Muscle & Joint Pain • Post-Op Rehab
Arthritis • Vertigo & Balance Issues
Sprains/Strains • Neck/Back Pain

www.PTforLife.com



PT For Life Southbury
760 Main Street South, Unit D
(203) 437-6155

Convenient location.
All major insurance accepted.
NO DOCTOR REFERRAL NEEDED!

Need guidance selecting the right Medicare plan?

My services are at no cost

OFFERING:
Medicare Advantage Plans
Medicare Supplement Plans
Part D Drug Plans
Contact me TODAY at
203-231-5511

or email me at
sharoncrowther59@gmail.com

Sharon Crowther
Licensed Insurance Broker
State of Connecticut

www.SharonCrowtherSeniorInsurance.com



Call us we're here to help!
*Free Estimate

Chapin

Your source for computer solutions!

Repairs, Upgrades, Data Recovery,
Instruction, Networking,
Office/Home, Windows/Mac

203.262.1869

Andy@ChapinBusiness.com
ChapinBusiness.com

Hartford HealthCare
at Home

1.800.HOMECARE

(1.800.466.3227)

- Certified Nursing
- Live-in Care
- Rehabilitation
- Companionship
- Personal Care
- Hospice
- Lifeline Emergency Response System



Serving the Local Community for Over 20 + Years!

Specializing in 24/7 Live-In Care
Homemaker/Companionship & Personal Care
Meal Preparation • Errands/Shopping
Personal Hygiene Assistance
Rewarding Companionship
Respite Care for Families
You Choose the Caregiver

A FREE In-Home Consultation

Serving Fairfield, Litchfield & New Haven Counties

Live-In & Hourly Care Available!

Visitingangels.com/brookfield • 203-740-0230

CT Reg. # HCA 0000630 • Screened, Bonded & Insured



BROOKSIDE MEMORIAL
THE ALBANI FAMILY FUNERAL HOME & CREMATORY
700 DENISON ROAD, MIDDLETOWN, CT 06457 | 203-577-5333



Simple Cremation

We believe in providing families with simple choices, affordable options, and honest pricing with no hidden costs. Most funeral homes outsource the cremation to another facility, however we are one of the very few funeral homes in CT that own and operate our own **On Site Crematory** giving you **Peace of Mind** knowing that your loved one never leaves our care. Call us today to speak with a funeral director or to schedule an appointment to discuss your needs.

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT
\$19⁹⁵ /mo.

- ✓ Ambulance
 - ✓ Police
 - ✓ Family
 - ✓ GPS & Fall Alert
- "STAY SAFE in the HOME YOU LOVE!"**



800.809.3570

md-medalert.com



Always Caring
OF CONNECTICUT

Home Care with Heart

THE BEST CARE IS ALWAYS GIVEN TO YOUR LOVED ONE

Non-medical Homecare
Providing Hourly/Live-In/24 hour Care
Registered • Insured • Bonded • HA#0001470

29 East Main Street Westport, CT 06880
203.557.4355 • www.alwayscaringct.com

Proudly Serving Fairfield and New Haven Counties



Comfort Keepers
Elevating the Human Spirit™

UPLIFTING IN-HOME SENIOR CARE

- ✓ Personal Care
- ✓ Companion & Homemaker
- ✓ Forgetfulness Assistance
- ✓ Respite Care
- ✓ Live In, 12 Hour, Hourly



Free In-Home Assessment **(203) 924-4949**

Offices in Shelton, Bethel, Westport and Southbury

©2023 CK Franchising Inc. An international network where most offices are independently owned and operated. 0223



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Southbury Senior Center, Southbury 04-0713

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 9:30-10:30 10:45-11:45 11:00-1:00 12:15-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba Mini Facials (2 nd & 3 rd Monday in the Month) - Check Newsletter for date Beginner Tap Dancing
TUESDAY	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 10:00-11:00 11:10-12:10 11:30-12:30 1:00-2:00 1:30-4:30 2:00-3:00 2:15-3:15	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Pilates Line Dancing 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 10:00-11:30 10:30-11:30 10:30-12:00 11:00-12:00 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15 4:30-5:30	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) Aerobics B Garden Club (Seasonal) Great Courses - (2nd Wednesday of the month) Southbury Shells (check newsletter for date) Tango Lessons Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) Monthly Dementia Caregivers Support Group (2nd Wednesday of the month) Grief, Trauma Support Group (1st & 3rd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed) Tai Chi Great Courses Weekly
THURSDAY	8:45-9:45 10:00-11:00 10:00-11:30 10:30 10:30-11:00 12:30-3:30 1:00-3:15 3:30-4:30	Yoga Weight Strengthen/Tone Loop Troop Let's Take a Walk! Interested parties should meet at the Center to walk. Blood Pressure Screening - (2nd Thursday of the month) Mahjong Table Tennis Muscle Tone

Closings, class changes ONLY are listed below

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

Class cancellations:

No SLN June—August

**No programs on July 10th—Rescheduled
Memorial Day Picnic**

No programs on July 24th—BBQ

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!

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 on the 1st business day of the month.

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.

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 and Thursdays June 1st through August 31st.

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.**



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





\$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 1st	Chicken Stir Fry with Rice & Veggies	
Thursday July 3rd	BBQ Chicken with Cole Slaw	
Tuesday July 8th	Meatball Grinder with Chips	
Thursday July 10th	No Lunch—Rescheduled Memorial Day Picnic	
Tuesday July 15th	Chicken Piccata with Rice & Veggies	
Thursday, July 17th	Beef Stroganoff with Green Beans	
Tuesday, July 22nd	Chicken Salad with Side Salad	
Thursday, July 24th	No Lunch—BBQ	
Tuesday, July 29th	Stuffed Peppers with Italian Bread	
Thursday, July 31st	Sausage, Peppers & Onions with Hard Roll and Chips	

Please remember to thank our Awesome Volunteers who serve lunch weekly

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



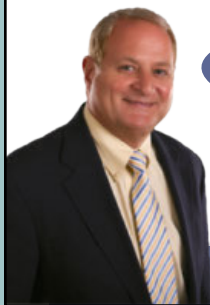
Cupcakes for Birthday Month Celebration are generously donated by Southbury Baking Company (located at 250 Main Street South)

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.



JACK ZAZZARO, D.M.D.

Reconstructive, Cosmetic & Preventive Dentistry

Dr. Zazzaro, with his extensive experience and training
can give you the smile you have always wanted.

"Comprehensive Dental Care In A Contemporary Atmosphere"

www.DrZsmile.com

- Express Whitening and Complete Implant Services
- Most Insurances Accepted
- 0% Financing Available
- Emergencies Welcome

Gentle Care for All Ages • Senior Courtesy

316 Main Street South • Southbury

(203) 264-0244



Extraordinary Caregivers, Exceptional Care

Located in Southbury | 203-636-0991

ENHANCING WELLNESS THROUGH CARE AND CONNECTION



Renovations Currently Underway!

Motif

by MONARCH
Senior Living Community

655 Main Street S.
Southbury

Schedule a Visit
203-267-7100

BURIAL OR CREMATION?

We can help you make your decision now so
your family won't have to later.



750 Main Street South
Southbury, CT 06488
(203) 264-1991
CarpinoCares.com



SCAN QR code to request your
FREE Planning Guide today!



DIAGNOSTIC IMAGING OF SOUTHBURY

*Celebrating 26 years as your
imaging provider*

YOU HAVE A CHOICE

- ✓ High Quality
- ✓ Lower Cost

SERVICES

- MRI – High Field Wide Bore
- CT Scan
- 3D Digital Mammography
- Ultrasound / Vascular Imaging
- Echocardiography
- Arthrography
- DEXA – Bone Densitometry
- X-Ray



*Accredited Nationally
Serving You Locally*

SOUTHBURY (203) 267-5800 • Union Square Plaza
www.nvrاد.com

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Ileana Vasquez

ivasquez@4lpi.com • (800) 888-4574 x3105

Accepting New Patients!



Maysoon M. Salem, O.D.
Fabian C. Villacis, O.D.

203-267-2020

1449 Old Waterbury Rd, Ste. 304
Southbury, CT 06488
www.newinsighteyecare.com

MUNSON-LOVETTERE
FUNERAL HOME &
CREMATION SERVICES,
INC.

Woodbury & Southbury

203-263-2146

www.munsonlovetterefuneralhome.com



SENIOR CENTER TRIPS

Page 12

Rocky Hill River Cruise Thursday July 17th 3:30pm-7:15pm \$26



Join Captain Bill and his Crew for a casual, informative, and entertaining trip on the beautiful Connecticut River with dinner on your own, at the Grill & Chill Restaurant located right on the river. You'll have a **one-hour river tour** aboard the "Slipaway". Enjoy the Ride!

Bring binoculars, water, a camera, you won't want to miss the wildlife! The Grill and Chill restaurant has soups, salads, lobster rolls, seafood, burgers, hot dogs, sandwiches, and tacos.

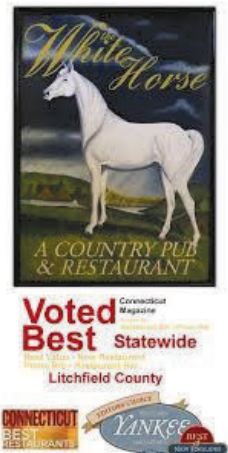
Sign up begins the first business day of the month at 8:10am
12 spots available.

Spectacular Lunch at The White Horse Country Pub & Restaurant New Preston July 30 12:00 noon – 4:00 pm in \$5 pp

Consistently rated as one of Connecticut's top restaurants! Five Stars! 82 awards- including Best Lunch!

Come for a delicious, leisurely, lunch on your own and enjoy the company of friends and make some new connections!

Sign up begins the first business day of the month at 8:10am
11 spots available.



Holiday Hill

Monday, August 18, 2025
9am-4pm (Rain or Shine)

\$51.00 per person (All Inclusive Price)

See page 6 for details

2025 STATEWIDE SENIOR OUTING



43 Candee Rd, Prospect, CT 06712
Monday, August 18, 2025

9 am – 4 pm

Rain or Shine

Sign up begins the first business
day of the month at 8:10am.
6 spots available.

FOOD

AND

FUN

INSTRUCTIONS WHEN TRIPS ARE OFFERED

See Page 9 for full instructions

2025 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED
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

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!



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.



July 7 - Post Mall (Bosco's) in Milford with lunch at The Cracker Barrel
 July 14 - LaBonnes Market in Watertown with lunch at Imperial China Buffet
 July 21 - Clinton Outlet's with Lunch at Lenny & Joe's Fish Tales
 July 28 - The Shops at Farmington Valley in Canton-have lunch in one of the multiple restaurants on premises

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:



Please note the Times to call for rides during the 4-Day Work Week Pilot

FOR A RIDE ON:

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

Life-changing
hearing care
starts **here.**

Visit us for all your
hearing-related needs.



HearingLife
formerly **HEARING AID**
Specialists of CT

1449 Old Waterbury Rd., Suite 303, Southbury, CT

203.364.5274

Mention code **AG60-12** when calling.

Call today to schedule
your **complimentary**
hearing assessment*
and personal
demonstration.

*See office for details.



Access Rehab Centers

A Waterbury Hospital & Easterns Partnership in Physical Rehabilitation

Physical Therapy

690 Main St. South Ste 5
Southbury

203-267-4060

A top rated senior living community in **Southbury!**



POMPERAUG WOODS

80 Heritage Road | Southbury, CT 06488



203-935-3735

pomperaugwoods.com

Managed by Life Care Services®



HERITAGE LAW LLC

CONNECTICUT PROBATE LAW COUNSEL



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

ESTATE PROBATE HELP

Probate and Estate
Administration, Trust Settlement

493 Heritage Road
Southbury, CT

Located in Heritage Village

203-586-1445

www.heritagelawct.com



UConn
WATERBURY



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

REGISTER TODAY!

olli.uconn.edu osher@uconn.edu 475-222-6261

OPEN MRI



THE GROUNDBREAKING
VELOCITY
TRUE OPEN MRI

Now in Southbury
(Located behind Riverview Cinemas)



WaterburyHEALTH

Your Imaging Team at Valley Imaging Partners, LLC

690 Main Street South, Suite 7LL | Southbury, CT | 203.755.OPEN (6736)



10% OFF
of your first
purchase!

ON THE MEND
MEDICAL SUPPLIES & EQUIPMENT

Providing Solutions to
Live More Independently!

Stair Lifts & Ramps
Mobility Scooters & Chairs
Reclining Lift Chairs
Portable Oxygen
Hospital Beds
Bathroom Safety
Rentals & much more!

We Deliver! Complimentary Home Safety Assessments!

385 Main St. South Ste. 102
Southbury, CT 06488

203-262-0383

280 N Bedford Rd, Ste. 101
Mt Kisco, NY 10549

914-483-3605

onthemendmedical.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Southbury Senior Center, Southbury 04-0713



PRSRT STD
U.S. POSTAGE
PAID
SOUTHURY, CT
PERMIT NO. 27

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



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.

Would you like to receive our newsletter electronically?



Subscribe to our newsletter directly to the printer LPI and you will receive an email notifying you a newsletter is available for viewing. All you need to do if you are interested in subscribing: scan the QRCode then choose the link shown below the code.

Once you have been directed to the LPI site complete the registration process .

You will receive an email notifying you that we have a new newsletter to view each time it is sent for printing.