



Senior Center

Welcome to the
Southbury Senior Center!

June 2024



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!

The Southbury Farmers' Market (located next to Town Hall) will run on Thursdays from 3:00pm – 6:00pm from June 13th through November 21st. 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 more!

More information regarding the Senior Farmers' Market Nutrition Program available on the back page.

Regards,

Andrea



Monday, June 3rd 9:30 – 11:00

Electric Bill Review with Art Marcelynas

Electric rates are changing again! Eversource Electric Supply Rates Will Change on July 1, 2024



Learn How This Change Affects Your Electric Bill and How to Lower Your Cost

Bring in a recent copy of your electric bill and learn how the July 1st Supply Rate or choosing an electric supplier can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority, (PURA), will explain how to choose a supplier and answer questions about the NEW Eversource Standard Service generation supply rate, licensed electric suppliers, the electric bill, and any questions you have about Connecticut's electric rates and policies.

Art worked at PURA for 32 years and among his numerous duties designed the EnergizeCT Rate Board in 2006. He maintained the Rate Board and regulated licensed suppliers from 2006 until he retired in 2021 and was involved with redesigning the Eversource electric bill. As a result, he has considerable knowledge about electric rates, the energy supply market, rules surrounding switching suppliers and much more. You won't be disappointed with this presentation! Don't forget to bring your bill.

Schedule your 15 minute appointment today!

Program Registration Procedures: Telephone calls and the front counter requests will **begin at 8:10am** for program registration.

We are so grateful our members are excited about the programs offered at the Center! **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 June 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.

Swedish Massage

Tuesdays, June 4th, 11th

18th & 25th from 12:30pm-3:30pm

Enjoy a THERAPEUTIC MASSAGE WITH ANDREA

30 minute massage \$35/60 minute massage \$55

Due to the popularity of Swedish Massage, we are allowing only 1 session per month per member to allow others to enjoy the program.

Call to schedule your appointment beginning June 3rd at 8:10am.

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

JUNE 2024 - GREETINGS AND PROGRAMS OFFERED



Page 2

Dear Friends,

We are thrilled to be offering some fun interactive programs this beautiful month of June. We hope you'll attend our Health Screening Fair on the 13th, and a wonderful Tango demonstration on the 18th.

And that's not all, there's so much more to do at the Southbury Senior Center this month, we have two support groups starting- one for Dementia Caregivers and another for Grief and Trauma support too. We have a fun Caribbean Rhythm program under the tent! With a vibrant community of fellow seniors and a staff dedicated to your comfort and enjoyment, we're confident that you'll find something to love here.

So come on and join us for some fun in the sun! We look forward to seeing you!

Warm Regards,

Kathy



NEW **Grief, Trauma Support Group**
Facilitated by Mary Silverman
Twice Monthly
1st and 3rd Mondays 11:00 – 12:00 pm
June 3rd and June 17th

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

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming.



You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.



Flower Arranging
Wednesday, June 5th 11:00 AM
Sponsored by the Lutheran Home

Limited to 15 participants.
Sign up begins June 3rd



Healthy Chats with Heidi
Thursday, June 6th 11am-12pm

Join Heidi Bettcher from Housatonic Valley Health District as you learn about that nasty pest the TICK.



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



Manicures
Monday, June 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!

Easy for One or Two, You Can Do It!
Mondays, June 10, 17, & 24th 1:00PM

Chef Dennis and incredible baker **Christine Vachon** from **Hartford Healthcare** have teamed up again to bring you new, fun and easy recipes for one or two! Learn how to make a part of the meal each week and you'll be given a sample to take home and instructions on how to make your own!

Limited to 10 participants. Sign up begins June 3rd

Sign up for one or all three! Signing up for the first class does not automatically place you in the rest of the classes.

June 10 Appetizer Scrumptious Phyllo Cups with Brie and Fig with Nuts

June 17 Customized Flatbread Pizzas

June 24 Lemon Cream Cheese Crescent Danish



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 June 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

JUNE 2024 PROGRAMS OFFERED

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Great Courses

Wednesday, June 12th 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 3: Tiberius and Caligula

Augustus's reign was marked by many spectacular achievements, and he became the inspiration and model for subsequent leaders. However, there was one major flaw in his settlement of the empire- the issue of succession. Because there was no official position of emperor, there was nothing concrete to transfer to the next person. There was also the vexing problem of how to select the best-qualified person. For better or worse- and many times during the next century, it would be for the worse, - Augustus settled on the principle of heredity: the next emperor would be the nearest male blood relative of the previous one.



Sign up today! Sometimes we have popcorn!



Wednesday June 12th 1:00pm

Sunflower Sisters by Martha Hall Kelly (2021)

(Written summary that follows is from online information available through Barnes & Noble.) Based on real life heroines, this book takes place during the Civil War in the USA. Georgeanna, 'Georgey,' Woolsey, who finds her place in society not conducive to her true nature, becomes a nurse and serves on battlefields in the Civil War including the battle of Gettysburg. Her path crosses with Jemma, an enslaved girl sold and conscripted into the Union army, and Anna-May, a Southern plantation owner with a spouse in the Union army and a cherished brother fighting for the Confederates. Described as "ultimately a story of hope and healing."

Available at the Page Turners/Southbury Senior Center shelf behind the front desk in the Southbury library. New readers always welcomed!

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



NEW!

Wednesdays, starting June 12th

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 .

Health Screening Fair!

Wednesday, June 13th 11:00 am – 2:00 PM

Screenings to assess your health and help keep you in your best physical and mental shape. Lots of information, a raffle, lunch available for \$2 while it lasts!

Bring your insurance information. Pulse4Pulse will be offering a non-invasive- early detection circulation test that can be submitted to your insurance. **See Page 13**

No Regular Programming on this day.

Monday, June 17th 1:15 – 3:45

Memory Screenings

with Julia Ramos HHC

Hartford HealthCare presents

Appointments are 30 minutes.

Free confidential memory screening done by Julianne Ramia, Dementia Specialist

A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills.

This confidential memory screening averages 20 minutes and consists of 11 questions to assess memory.



Memory screens do not diagnose a specific condition or illness. Their purpose is to determine if you may need further evaluation.

Call the office to **schedule your appointment starting June 3rd**

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 June 4th	Chicken Piccata with Rice
Thursday June 6th	Turkey Sandwich, Cole Slaw & Chips
Tuesday June 11th	Beef Stroganoff with Green Beans
Thursday June 13th	Health Fair 11am to 2pm—see description on page 13
Tuesday, June 18th	Stuffed Peppers with Italian Bread
Thursday, June 20th	Penne Pasta & Meatballs *Birthday Cupcake Day*
Tuesday, June 25th	Roast Pork, Potatoes & Veggies
Thursday, June 27th	Lunch is not being served today.



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.

JUNE 2024 - SENIOR CENTER NEWS, PROGRAMS & COMING SOON

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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!

Tango To Die For Tuesday, June 18th 11:00 – 11:30 am



The impact of Tango instructors Dardo and Alonso’s teaching goes beyond just imparting dance techniques; they inspire and uplift those who participate in their classes. One of the most remarkable qualities of Dardo and Alonso is their inclusive approach to teaching. They welcome participants of all levels, with or without a partner, creating a warm and supportive environment where everyone feels encouraged to learn and grow. We invite you to witness their beautiful dance demonstration, purely for your enjoyment and ours.

Sign up is required, space is limited. Sign up today!

Dardo Gulletto Studios



Fire Safety

Do You Know How To Use a Fire Extinguisher? Thursday, June 19th 10:30am—12pm

Topics will include: Smoke Detectors, Carbon Monoxide Detectors, Emergency Vehicles, Cooking Safety, Fireplace Safety, Fire Extinguishers and additional topics. Practical exercise after the class on fire extinguishers. There will be time at the end of the presentation for questions.



Sign up today!



Take a Walk!

Thursdays, Call Office for Time
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.

Creative Flair with Bethel Health Care
June 24th 11am

Join Danielle to create a beautiful pressed flower lantern, the perfect petite floral decor for spring into summer.



Southbury Shells Wednesday June 26th 10:00-11:30am

Wednesday, June 26, 10- 11:30 am

Southbury Shells 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 begins June 3at 8:10 am. Limited to 15 members.

CARIBBEAN RHYTHM

Caribbean Rhythms Under the Tent! Thursday, June 27th 12:30-2:00 pm \$5 Due at sign up



Summer Celebration! We are going to make use of our outdoor space and have a fun get together Caribbean style! Be transported to the islands with a fun lunch of Keilbasa and pineapple



kebabs over rice and a delicious, refreshing Fruit Smoothie Bar sponsored by The Commons in Newtown, and fun Steel Drum music by Chris Merwin! Wear your tropical attire and get a LEI! Join us! \$5 per person

All Afternoon Programs are Cancelled on this day. In the Event of uncooperative weather, this event will still be held indoors.

Sign up begins June 3rd Limited to 50

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 June 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?





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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	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month)	
	9:30-10:30	Aerobics Class A	
	10:45-11:45	Zumba Gold— On Hiatus until further notice	
	11:00-1:00	Mini Facials (Second Monday in the Month) - No Facials in June	
	12:00-1:00	Tap Dancing	
	 11:00-12:00	Grief, Trauma Support Group (1st & 3rd Monday of the month)	
TUESDAY	8:45-9:45	Fit & Flex A Class	
	10:00-11:00	Fit & Flex B Class	
	10:00-11:00	Ask the Attorney (15-minute one-time appointments) - (2nd Tuesday of the month)	
	11:30-12:30	Chair Yoga	
	12:30-2:00	My Story Writing Group (1st and 3rd Tues)	
	1:00-2:00	Ask the Financial Advisor (15-minute one-time appts) - (2nd Tuesday of the month)	
	12:30-3:00	Swedish Massage - (Check calendar for dates)	
	1:30-4:00	Table Tennis	
	2:00-3:00	Senior Learning Network— On Hiatus for June & July	
	2:15-3:15	Ask the Realtor (15-minute appointments) - (2nd Tuesday of the month)	
WEDNESDAY	9:30-10:30	Aerobics B	
	9:30-11:30	Quilting—On hiatus	
	10:00-11:00	Garden Club (Seasonal)	
	10:00-11:00	Great Courses - (2nd Wednesday of the month)	
	10:30-11:30	Southbury Shells (check newsletter for date)	
	10:30-11:30	Tango Lessons	
	10:30-12:00	Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women)	
	 11:00-12:00	Monthly Dementia Caregivers Support Group (2nd Wednesday of the month)	
	1:00-2:30	Hooks and Needles	
1:00-2:00	Page Turners (2nd Wed)		
THURSDAY	8:45-9:45	Yoga	
	10:00-11:00	Weight Strengthen/Tone	
	11:00-11:30	Blood Pressure Screening - (2nd Thursday of the month)	
	12:30-3:30	Mahjong	
	12:45-2:45	Bingo	
	1:30-4:00	Table Tennis	
FRIDAY	9:30-10:30	Muscle Tone	
	10:40-11:40	Line Dancing	
	11:45-12:45	Tai Chi	

Closings, class changes and special programs ONLY are listed below

Please Note Our New Procedure to Register for Trips in the Month of June: We will begin taking reservations on Monday, June 3rd 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.

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

MONDAY

June 3rd (9:30am-11am)-Electric Buill Review with Art Marcelynas
 June 10th (10:30am-11:30am)-Manicures
 June 10th 17th, 24th (1pm-2pm)-Baking with Christine, Hartford Healthcare
 June 3rd & 17th (11am-12pm)-Grief, Trauma Support Group
 June 17th (1:15pm-3:45pm)-Memory Screenings Julia Ramos HHC
 June 24th (11am)-Creative Flair with Bethel Health Care

TUESDAY

June 18th (11am-11:30am)-Tango to Die For

WEDNESDAY

June 5th (11am)-Flower Arranging
 June 12th (10am-11am)-Dementia Caregivers Group
 June 13th (11am-12pm)-Health Screening Fair
 June 26th (10am-11:30am)-Southbury Shells
 June 29th (1pm)-Memorial Day Picnic

THURSDAY

June 6th (11:30am-12:30pm)-Healthy Chats: Ticks
 June 19th (10:30am-12pm)-Fire Safety
 June 27th (12:30pm-2pm)-Caribbean Rhythms Under the Tent

Class cancellations:

Yoga 6/20/2024

Line Dancing 6/21/2024

Zumba Gold—On Hiatus until further notice

JUNE 2024



SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6



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



TRIPS

Please Note Our New Procedure to Register for Trips: We will begin taking reservations on Monday, June 3rd 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.

**Tuesday, June 25th 9:30 am – 2:30 \$15 includes Museum ticket and transportation.
American Museum of Tort Law and Lunch at Rowley Grill and Tap on your own.**



The American Museum of Tort Law offers an exciting tour that will have you wandering through history and exploring the power of law to protect one of our most important rights: trial by jury. The tour provides an opportunity to explore the laws that protect our health and safety. Tort law is truly the law of the people, by the people, and for the people. The Museum, filled with colorful exhibits, offers displays by award winning artists, photographs, engravings, a 1963



Corvaire, a jukebox, and explanatory movies. **Learn about the case of the flaming rat!**

Then your off to lunch on your own at Mario's Tuscan Grill for a delicious lunch before heading back to the senior center.

**Wednesday, June 26th 9:00 am – 3:00 pm \$5 pp includes transportation
Yale Peabody Museum and Lunch at Housatonic House**

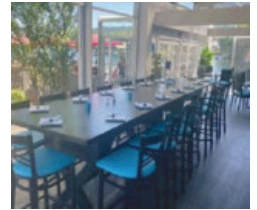
After over four years of work, they've finally come to the end of their transformative renovation, and they can't wait to celebrate with you!



The Peabody Museum of Natural History at Yale University is one of the oldest, largest, and most prolific university natural history museums in the world. It was founded by the philanthropist George Peabody in 1866.

After exploring the beautiful, exciting museum for 2 hours, you'll regroup and head over to enjoy a wonderful lunch on your own at the Housatonic

House Restaurant in Seymour. Located directly on the Housatonic River prices start around \$14 for lunch.



**Tuesday July 9th 9:00 am -5:00 pm
Slipaway River Cruise and More!**

\$32 pp Includes River Cruise, tickets to Cove Warehouse tour, Dunham House Tour, Transportation



A one hour morning cruise down the Connecticut River with Captain Bill will be a casual informative and entertaining trip! Be sure to bring binoculars and a camera -you won't want to miss the wild life! Dress appropriately for the weather. After the ride you'll have a 30 minute tour of the 1600s Cove Warehouse- an overview of Wethersfield's maritime history. Then enjoy two hours for lunch and shopping on your own in town until the next tour which is of the historical Hurlbut Dunham House.



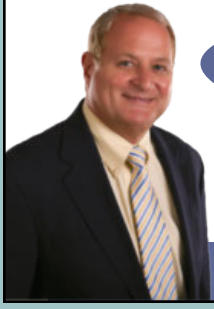
INSTRUCTIONS WHEN TRIPS ARE OFFERED

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 June take up to three weeks to be processed.



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2024 OBSERVED HOLIDAYS

2024 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
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



Now is a great time to get screened to keep yourself in your best physical and mental shape.

Take advantage of the many free screenings that will be available to assess your health.

11:00 am – 2:00 pm \$2 Lunch/Raffle

The Lutheran Home, Housatonic Valley Health District, Bethel Health, Right at Home, Pulse4Pulse, Connect PT, Hartford Health Care Center for Healthy Aging, the Commons of Newtown, Hearing Life, NCE Homecare, Hartford Healthcare at Home, RVNA Health

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 June 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.



- June 3 - Walmart in Naugatuck with lunch at The Station
- June 10 - Clinton Premium Outlets with lunch at Lenny & Joes
- June 17 - Aldi's & Job Lot in Danbury with lunch at Rosy Tomorrow's
- June 24 - 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 June 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
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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- ✓ 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.



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, after June 15, 2024, to be issued your electronic benefit card.

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

