



# Welcome to the Southbury Senior Center!



## CONTACT US:

561 Main Street South  
Southbury, CT 06488

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

[www.southbury-ct.org/seniors](http://www.southbury-ct.org/seniors)

## 4-Day Work Week Pilot Hours:

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



The Town of Southbury's 4 Day workweek pilot program will run from June 1 – August 31<sup>st</sup>.

The new hours are listed at the top of this page. Please visit page 5 for the updated programming and transportation schedule! We look forward to welcoming you during these new hours.

**NEW!**

### "Introduction to Realistic Shading"

June 9, 16, and 23, 1:00 – 3:00 pm  
\$15 per person



A two-hour, three-week course that teaches how to make your drawings come to life. In the course you will learn about Graphite Pencil grades, how they differ, their significance and how graphite is applied in layers to produce a realistic appearance. The course will also touch on the different type of erasers used while drawing and different ways to blend graphite. All this and more will be demonstrated while the students produce the Pear project seen here.

**Limited to 10 participants. Call today**



### 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.**

**NEW!**

### Do You Have Concerns About Falling?

June 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup> and July 2<sup>nd</sup>, 9<sup>th</sup>,  
16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup> 12:30 – 2:30 pm



A MATTER OF  
BALANCE  
MANAGING CONCERNS ABOUT FALLS

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, exercise to increase strength and balance.

**Registration is required and space is limited. Call today.**

### 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.

**Farmer's Market Information on Page 13**



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



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 26<sup>th</sup> and a fun **Make Your Own Charcuterie Board** on the 30<sup>th</sup>!

And that's not all, there's so much more to do at the Southbury Senior Center this month, we have fun trips going out- the **Beyond Monet and Beyond Van Gogh Experience** on the 17<sup>th</sup> and a **Rocky Hill River Cruise on the 27th**. We have another trip to the **Yard Goats Party Deck** on the 29<sup>th</sup>!

Have fun with **Welcome Summer Bingo** with Candace from Candlewood Valley Health! 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*



## Manicures

**June 9, 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!**

## Monthly Dementia Caregivers Support Group

**2<sup>nd</sup> 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.**

## 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.**



## Mini Facials With Laura

**June 16 & 23, 11:00am-2:00pm**

**Experience a skin analysis followed by a Customized, Mini Facial with certified aesthetician Laura.** Even people who have clear skin can benefit from facials - especially because clear skin doesn't always equate to healthy skin. Facials can help hydrate, plump and protect your skin for the long haul.

In addition to a facial, Laura also offers brow, lip and/or chin waxing and brow design.

**30 min Facial Session - \$50**

**Additional cost: waxing brows \$15/Brow design \$25/ Lip \$10/ Chin \$10**

**Sign up today! (Cash or Check Only)**



## Page Turner's

**June 11, 1:00pm-2:00pm**

**June's book: *The Dictionary of Lost Words* by Pip Williams**

A historical novel centered around Esme, a young girl who, while working on the Oxford English Dictionary, becomes fascinated with words and meanings that are excluded from the mainstream dictionary, particularly those related to women's experiences. Esme collects these "lost words" and builds her own alternative dictionary, reflecting the societal and linguistic biases of the time. The story intertwines Esme's life with the development of the Oxford English Dictionary, the women's suffrage movement, and the events of World War I. Copies of the book are available through the Southbury Library's temporary home at The Heritage Hotel.

## SOCIAL SERVICES UPDATE

**Change of Schedule**

**Please note:** As of April 1<sup>st</sup> Mary Silverman, of the Social Services Department, will be in the office on Tuesday, Wednesday and Thursday.

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.**

### Great Courses June 11, 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 14 Diocletian and Late 3<sup>rd</sup> Century Reforms** By the late 260s AD, the end appeared to have come for the Roman Empire. The elements that made up the so-called crisis of the 3<sup>rd</sup> century- constant civil war, political instability, incessant barbarian attacks, natural disasters, and widespread economic collapse- seemed to be too much for Rome to cope with and the empire tottered on the edge of complete dissolution. At this dark moment, however, there appeared a sequence of hard-bitten soldier emperors who managed to arrest Rome's fall and to stabilize the reeling empire.



### Sometimes we have popcorn

### Paint and Sip with Monika from CT Nursing Services June 16, 11:00am

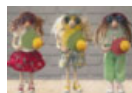


Join Monika from CT Nursing Services for this fun Paint and Sip. "I Scream, You Scream", who doesn't love ice cream?

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



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.

### Flower Arranging with Jennifer from the Lutheran Home June 18, 11:00am – 12pm

Enjoy creating a beautiful bouquet for yourself or someone you love! No experience necessary, Jennifer will guide you as you arrange a lovely floral masterpiece you can take with you courtesy of the Lutheran Home of Southbury!



**Registration required.**  
**Seats are limited to 15 people.**  
**Sign up begins the first business day of the month at 8:10 am.**

### Healthy Brain Series

#### Session #4 June 18, 10:00am–11:00am

**\*Participants are encouraged to attend all five sessions\***

- ♦ Session 4: The Importance of Sleep and Your Brain
- ♦ Plus, Q&A with the expert



**Presented by** Julianne Ramia, Dementia Specialist

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

### Welcome Summer Bingo!!

**June 19 12:45 – 2:45**

**Summertime Bingo!!**



Join Candace Thompson RN BSN from Candlewood Valley Rehabilitation Center for a summer themed Bingo! Come dressed or accessorized with summer-themed items; hats, glasses, Hawaiian shirts, whatever says summer to you!

**Sign up required starting the first business day of the month**



## Diabetes Wellness Group June 19, 12 pm

### Diabetes Wellness Group -#2 Medication Management

**The Diabetes Wellness Group is a supportive community designed for individuals living with diabetes. Our mission is to provide a safe and welcoming environment where members can share experiences, gain valuable information, and support each other in managing their condition.**

This month we welcome Candace Thompson RN BSN who will present on Medication Management

More than 25% of adults older than the age of 65 have a diagnosis of diabetes. Keeping yourself educated, diligent and compliant with treatment is the key to management. Come and join Candace Thompson RN BSN from Candlewood Valley Health and Rehabilitation Center to discuss Diabetic Medication Management. She will discuss different types of diabetic medication, safety tips on use of the medications and why it is so important to make sure that people take their medication appropriately. Join us and learn how to be as successful as possible with management of you/your loved ones diabetes.

Registration is required.

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

## Creative Flair with Bethel Health Care June 23 11:00am-12:00pm

Design and create your own silk scarf! Not even kidding, you'll be wearing your own creation - or giving it away with pride! No experience necessary. 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**



## Southbury Shells June 25, 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.**

## Senior Health Screening Fair June 26, 11:00am-2:00pm No other programming on this day

Get ready for a healthier you this summer! Our annual Spring Health Screening Fair is just around the corner, and we cannot wait to see you there. This event is the perfect opportunity to take charge of your health with a variety of free screenings and wellness activities.



### What to Expect:

**Free Health Screenings:** Blood pressure, BMI, Hearing and more.

**Wellness Workshops:** Learn about nutrition, exercise, mental health, and stress management.

**Snacks:** Enjoy delicious and nutritious snacks to keep you energized.

**Raffle Prizes:** Enter to win exciting health and wellness prizes!

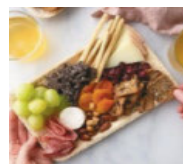
Don't miss out on this fantastic opportunity to prioritize your health and well-being. Let's make this summer the best one yet!

**A simple lunch will be available for sale.**

**RSVP Required. Reserve Today! 203-262-0651**

We look forward to seeing you at the Spring Health Screening Fair!

## Cooking with Chef Dennis \$10 pp Create Your Own Charcuterie Board! June 30 1:00 pm



Join us for an exciting culinary adventure with **Chef Dennis**! In this hands-on cooking class, you'll learn the art of crafting your very own charcuterie board. Chef Dennis will guide you through selecting and arranging an assortment of cheeses,

meats, nuts, and more to create a beautifully styled tray.

Each participant will leave with their own charcuterie board masterpiece, perfect for impressing guests at your next gathering. This class is **limited to 10 participants**, so be sure to sign up early!

**Sign-Up Begins:** The first business day of the month at 8:10 AM

Don't miss out on this delicious opportunity to enhance your culinary skills and take home a stunning charcuterie board!

**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 3:30 – 4:30pm

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:**

○ 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.

## Honky Tonk BBQ Bash!

Get ready for a sizzling good time at our Honky Tonk BBQ Bash! This event promises to be a feast for the senses with a mouth-watering pig roast, hot dogs, and all the classic BBQ sides you love.

The highlight of the evening will be a phenomenal performance by the three-piece band **Honky-Tonk Jones**, bringing their lively tunes to keep everyone dancing and toe-tapping. The event will be held outdoors under the tent at the Senior Center, and it will be a fun and festive event!

**Details:**

**Date:** July 24<sup>th</sup>

**Time:** 4:30 – 6:30 pm

**Location:** Senior Center under the Tent

**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 11<sup>th</sup>**

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!




**Members \$15/pp**

**Guests \$25/pp (Cash Only)**

**\*\*Sign up begins June 1st in person only, with payment due at sign up.  
Sign up by phone will not be accepted\*\***

DO YOU HAVE **concerns**  
**about falling?**



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

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
- exercise to increase strength and balance

**WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



**HVHD®**  
Housatonic Valley  
Health District

**Dates:** June 11, 18, 25  
July 2, 9, 16, 23, 30

**Time:** 12:30pm-2:30pm

**Location:** Southbury Senior Center

**Registration required Space Limited**

**For more information or to register**  
203-262-0651



**HEALTH & WELLNESS CLINIC**

**July 18<sup>th</sup>**

**10AM - 1PM**  
Southbury Senior Center  
561 Main St. S  
Southbury CT 06488

Register by July 14th  
to Reserve Your Spot  
(Limited to 30)  
(Cash/Check Only)

**PRE-REGISTRATION REQUIRED**

\$60 per pet for qualifying  
Seniors and Veterans  
\$100 per pet for all others

**Register Online at:**  
[vetcareeverywhere.org](http://vetcareeverywhere.org)

**Or Call: 203-262-0651**




**INCLUDED SERVICES:**

- + Wellness check
- + Rabies vaccines
- + Distemper vaccine
- + Basic deworming
- + Heartworm testing (dogs only)

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

**ATTENTION -**

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



**Southbury Senior Center**  
**JUNE 26 11:00 – 2:00 PM**



**2025**

**Senior Health  
Screening Fair**

Participating Vendors: Candlewood Valley Health  
• Open MRI of Southbury & Women's Imaging • Old Glory Days • Compassion Home Care • Right at Home  
• Hearing Life • Meg's Massage Therapy • Waterbury Health • Hartford Healthcare • CT Physical Therapy • The Lutheran Home • And More!





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# WEEKLY SCHEDULED CLASSES

Page 8

## BELOW ARE PROGRAMS OFFERED TO OUR MEMBERS DURING THE MONTH

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

<b>MONDAY</b>	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
	11:00-1:00	Mini Facials (2 <sup>nd</sup> & 3 <sup>rd</sup> Monday in the Month) - Check Newsletter for date
	12:15-1:00	Beginner Tap Dancing
<b>TUESDAY</b>	9:00-12:00	Massage - <b>Appointments Tues &amp; Wed (Excluding the 2nd Wed of the Month)</b>
	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)
	<b>10:00-11:00</b>	<b>Pilates</b>
	<b>11:10-12:10</b>	<b>Line Dancing</b>
	11:30-12:30	Chair Yoga
	1:00-2:00	Ask the Financial Advisor (15-minute one-time appts , 2nd Tuesday of the month)
	<b>1:30-4:30</b>	<b>Table Tennis</b>
	2:00-3:00	Senior Learning Network
	2:15-3:15	Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
<b>WEDNESDAY</b>	9:00-12:00	Massage - <b>Appointments Tues &amp; Wed (Excluding the 2nd Wed of the Month)</b>
	9:30-10:30	Aerobics B
	10:00-11:00	Garden Club (Seasonal)
	10:00-11:00	Great Courses - (2nd Wednesday of the month)
	10:00-11:30	Southbury Shells (check newsletter for date)
	10:30-11:30	Tango Lessons
	10:30-12:00	Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women)
	11:00-12:00	Monthly Dementia Caregivers Support Group (2nd Wednesday of the month)
	1:00-2:00	Grief, Trauma Support Group (1st & 3rd Wednesday of the month)
	1:00-2:30	Hooks and Needles
	1:00-2:00	Page Turners (2nd Wed)
	<b>3:30-4:30</b>	<b>Tai Chi</b>
<b>THURSDAY</b>	8:45-9:45	Yoga
	10:00-11:00	Weight Strengthen/Tone
	10:00-11:30	Loop Troop
	10:30	Let's Take a Walk! Interested parties should meet at the Center to walk.
	10:30-11:00	Blood Pressure Screening - (2nd Thursday of the month)
	12:30-3:30	Mahjong
	12:45-2:45	Bingo
	<b>1:00-3:15</b>	<b>Table Tennis</b>
	<b>3:30-4:30</b>	<b>Muscle Tone</b>



**Closings, class changes ONLY are listed below****Special Programs—Call for Reservations as noted in the program descriptions*****Class cancellations:***

***No Senior Learning Network June—August***

***No Pilates 6/3—Canceled by Instructor***

***No Programming 6/26—Health Screening Fair***

**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 CONSULTATION:**

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)
Thursday, June 3rd	Tuna Salad with Salad
Tuesday June 5th	Chicken Marsala, Rice & Veggies
Thursday June 10th	Roast Beef with Chips
Tuesday June 12th	Meatloaf with Mashed Potatoes & Veggies
Thursday June 17h	Chicken Salad with Salad
Thursday, June 19th	Sliced Turkey, Mashed Potatoes & Veggies <b><i>*Birthday Cupcake Day*</i></b>
Tuesday, June 24th	Roasted Pork with Roasted Potatoes & Veggies
Thursday, June 26th	No Lunch—Health Fair



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



***Our Awesome Volunteers Who Serve Lunch Weekly***



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

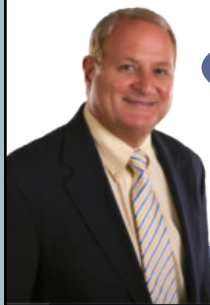


**SOMETHING YOU SHOULD KNOW**

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

Sign in at the kiosk for the program or class you are attending before entering the room the class or program is being held in. **Please note:** If the number of attendees registered does not match the number of people in the class, the class will not begin until the number matches to ensure our records reflect the correct numbers for the following reasons:

- Statistic reporting. Programming numbers are reported to the Board of Selectmen monthly in the Director's Report. In the event of an emergency: ie: fire, accident, etc.
- To be able to contact the class to locate the owner should an item be left behind, or a lost item found. Items are not held for more than 2 weeks.



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# SENIOR CENTER TRIPS

Page 12

## Beyond Monet/Beyond Van Gogh Experience

**June 17 9:00 am – 4:15 pm \$35 includes ticket and transportation**

Lunch on your own at J Timothy's Tavern prices begin at around \$15



Step into the world of two legendary artists. Join us in Hartford for Beyond Van Gogh & Beyond Monet and experience art like never before. Prepare yourself for the most immersive experience.

Get ready to be transported into the world of two iconic artists. One unforgettable experience.

Guests can become one with the paintings as projections of Monet's pieces swirl around, transforming the space into an ethereal representation of his life's work. His artwork expands beyond the framed canvases through music, sound effects and scenography that will awaken the senses and create a captivating atmosphere.

Beyond Van Gogh is projected on every surface around you, making you feel as though you have stepped directly into a Van Gogh painting. The show is accompanied with a beautiful score and includes many other surprises!



**Sign up today! 12 spots available.**

## Brunch with Andrea at Brunch House 1850

**June 24 10:15 -1:45 \$5 includes transportation. Brunch is on your own.**

Enjoy chef-inspired dishes and cocktails crafted to elevate your brunch experience. Dine with stunning views of Silo Point Golf Course in a warm inviting setting. The menu is brunch with a twist, featuring inspired dishes by Chef Igli Telo. Enjoy chatting with Senior Center Director Andrea and fellow members over a delicious meal.

**Sign up today! 12 spots available.**

## Rocky Hill River Cruise

**June 27 10:00 am–2:30 pm \$26**



Join Captain Bill and his Crew for a casual, informative, and entertaining trip on the beautiful Connecticut River with Lunch 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 today! 12 spots available.**



## Hartford Yard Goats vs New Hampshire Fisher Cats

**June 29 10:30 am – 5 pm**

**\$67 pp**



**Join Us for a Fun-Filled Day at the Hartford Yard Goats Game!**

Get ready for an exciting day as we head to Dunkin' Park to watch the Hartford Yard Goats take on their rivals! Our tickets are for the exclusive **Party Deck**, which means you'll enjoy the game in comfort with **shade, an all-you-can-eat buffet of standard ballpark fare for 2.5 hours, convenient bathrooms, and great seats. The Party Deck also offers phenomenal views of Dunkin' Park and the Hartford downtown Skyline.** Whether you're a die-hard fan or just looking for a fun outing, this trip promises to be a memorable experience for everyone. Don't miss out on the action- grab your tickets and join us for a fantastic day at the ballpark! Buffet begins at noon. Game begins at 1:10.

**9 tickets available. Call today!**

## INSTRUCTIONS WHEN TRIPS ARE OFFERED

**See Page 9 for full instructions**

# 2025 OBSERVED HOLIDAYS & IMPORTANT INFORMATION

## 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

### Senior Farmers' Market Nutrition Program 2025

**If you're age 60 or older and your income is: \$28,953 or less for a single or \$39,128 or less for a couple**

All participants must sign verifying that they meet these guidelines. Eligible seniors are entitled to one electronic benefit.

Please schedule an appointment with Senior Center Director, Andrea Corcoran, to be issued your electronic benefit card.

Southbury Farmers' Market opens June 12, and runs until November 20, on Thursdays from 3:00 – 6:00pm adjacent to the Town Hall on Main Street South.



**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.**



June 2 - Walmart in Naugatuck with lunch at The Maples Family Restaurant in Middlebury

June 9 - Post Mall (Bosco's) in Milford with lunch at The Cracker Barrel

June 16 - Target in Southington with lunch at Long Horn Steak House

June 23 - The Shops at Farmington Valley in Canton eat there multiple restaurants on premises

June 30 - Westfarms Mall in West Hartford, Trader Joe's with lunch at The Olive

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
<b>CALL BY 10:00AM ON:</b>			
WEDNESDAY	THURSDAY	MONDAY	TUESDAY



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## HOW TO CONTACT US

### STAFF LISTING

#### Director of Senior Services

Andrea Corcoran  
acorcoran@southbury-ct.gov

#### Senior Center Coordinator

Kathy Anderson  
Senior2@southbury-ct.gov

#### Administrative Assistant

Ann Stratton  
Senior3@southbury-ct.gov

#### Transportation Coordinator

Brenda Dionne  
Transport1@southbury-ct.gov

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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.

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