



Welcome to the Southbury Senior Center!

561 Main Street South Southbury, CT 06488

www.southbury-ct.org/seniors



2026

(203) 262-0651 (Main Office)

(203) 262-0652 (Transportation Line)

(203)-262-0653 (Social Services)

Monday, Tuesday, Thursday	8am-5pm
Wednesday	8am-6pm
Friday	8am-1pm

The Southbury Farmers' Market (located next to Town Hall) will run on Thursdays from 3:00pm – 6:00pm from June 18th through November 19th. 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 page 10.

Eligible participants can call and make an appointment to have SFMNP card activated. If you participated last year and still have your card, please bring it to your appointment.

Andrea

****Please Note: Sign up day for June programs is June 1st at 8:10am by PHONE ONLY.****

Thank YOU Sponsors!

We would like to extend our heartfelt thanks to our sponsors who have helped contribute to our recent events and who continue to support the Southbury Senior Center time and time again. Your generosity makes a tremendous difference in the quality of what we are able to provide for our members and in how they feel when they come together to celebrate, connect, and enjoy time with their peers.



Your ongoing support truly shows how you show up for this community, and we are so grateful. Thanks to a generous donation by **Union Savings Bank**, we were able to host our recent event, **Songs from the Heart**, which was a wonderful success and a beautiful example of what your partnership makes possible. The lunch from **Nardelli's**, sponsored by the **Southbury Senior Alliance**, was delicious and thoroughly enjoyed by all. The lovely flowers on the tables were sponsored by **BrightStar Care of Western Connecticut**—thank you, **Nancy Kost**—and added such warmth and elegance to the room. The beautiful strawberry cake for dessert, generously provided by **Danille Ramos of National Health Care Associates**, was the perfect finishing touch to a memorable afternoon.

Because of you, our members feel valued, welcomed, and excited to attend our events. Thank you for making such a meaningful difference in their lives and for your continued support of the Southbury Senior Center. We truly appreciate each and every one of you.



Mini Facials With Laura 2nd Monday, 11am-2pm

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)



Bereavement Support Group Facilitated by Mary Silverman

Once a Month—1pm—3rd Wednesday of the Month

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

**WE OFFER THE FOLLOWING AS A ONE-TIME 15 MINUTE
CONSULTATION ON THE SECOND TUESDAY OF THE MONTH:**

ASK THE ATTORNEY 10:00am
ASK THE SENIOR ADVOCATE 1:00 pm
ASK THE REALTOR 2:15pm

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 17th, and new learn to play **Chess with Clay** on the 8th!

And that's not all, there's so much more to do at the Southbury Senior Center this month, we have a fun trip going out a **Rocky Hill River Cruise on the 18th**! There's a special **Ballet Luncheon** that's close to my heart on the 23rd, and **Caribbean Fun in the Sun** returns with Chris DeCilla on the 25th!

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!!! Intro to Chess with Clay! Starting on June 8 1:30 - 2:30

Are you interested in a fun game that challenges the mind? Have you ever considered playing chess but were never taught how to play? **Play with Clay** from Comfort Keepers of Bethel! He will be hosting an introduction to playing chess. Come join us for learning, games, strategy, and laughs!

Call to sign up today!

Limited to 6

2nd Monday of every month 1:30 - 2:30



Page Turner's June 10, 1:00pm-2:00pm

The Lions of Fifth Avenue by Fiona Davis (2020)

"It's 1913, and, on the surface, Laura Lyons couldn't ask for anything more...Her husband is superintendent of the NY Public Library allowing their family to live in an apartment within the grand building and they are blessed with two children. But headstrong and passionate Laura wants more and when she...applies to the Columbia Journalism School her world is cracked open..."

The book club is open to all and books are available at the front desk of the Southbury Library.

Second Tuesday of the month starting June 9th 1:00-2:00

New!! Ask the Senior Advocate - 15 Minutes That Can Change Everything!

What if you could get clear, trusted answers to the questions most people avoid until it's too late? Participants will have the opportunity to speak directly with Tamath K Rossi, a highly experienced professional who understands the real-world complexities of aging, planning, and protecting what matters most.

- **When should I put a plan in place?**
- **What is the difference between Medicare and Medicaid?**
- **Do I need a Power of Attorney or additional legal protections?**
- **Am I truly prepared for what lies ahead?**

Call the office to book your one- time individual 15 minute complimentary session.

Sometimes, the right 15 minutes is all it takes to move forward with confidence.

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Tuesdays, 10am-2pm Started April 7th

Pickle Ball at Ballantine Park. There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members from 10:00 am - 2:00 pm every Tuesday from April 7th through October 27! If you would like to reserve a court, please call the office 203-262-0651. You need to get your own group to play.

Great Courses: The American Civil War June 10, 10:00 am

See page 4 for details.

Travel with Us in 2027! Collette Tours June 11, 11:00 am

Tropical Costa Rica- February 22- March 2, 2027

9 Days and 14 Meals included PLUS group transportation to/from airport.

Lush forests and stunning waterfalls... rumbling volcanoes and endless coastlines...

Costa Rica is a paradise teeming with exotic plants and incredible animals. Enjoy the tranquil views of Arenal Volcano from your hotel.

Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Soak in the sunshine at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. You will find a slice of paradise and so much more.

TO LEARN MORE JOIN US FOR A TRAVEL PRESENTATION:



Thursday, June 11th at 11am at the center

Please RSVP to Lynn Strawson

(860) 354-2669 • cruiseholidays@holidaycruises.com

Garden Club - Wednesdays, 10am

The Garden Club has begun meeting to plan and then plant for the year.



\$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

**** (Last Day for Reservation by 11:00am the working day before) ****

Day/Date	Meal
Tuesday, June 2nd	Chicken Francese with Rice
Thursday, June 4th	Meatball Grinder with Chips
Tuesday, June 9th	Chicken Caesar Salad
Thursday, June 11th	Greek Salad
Tuesday, June 16th	Chicken Scampi with Broccoli over Penne Paste
Thursday, June 18th	Chicken with Vodka Sauce over Penna Pasta (Free Lunch for the 1st 30 Members)
Tuesday, June 23th	“Touch of Grace” Luncheon Reservations Required \$5 Sign up by June 18th
Thursday, June 25th	Caribbean Fun! Reservations Required \$7pp Sign up by June 18th
Tuesday, June 30th	Chicken Salad Sandwich with Chips

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

Please remember to thank our Awesome Volunteers who serve lunch weekly

**Stretching for Seniors
 June 11, 11:30**

Come join us! Every second Thursday of the month at 11:30 am, please join a Doctor of Physical Therapy from Connect Physical Therapy for a guided full body stretching session. These will be seated in a chair. A floor mat can be used if capable, and modifications can be made if needed. Come gently move to start feeling better today.

**Amber Hayes, PT, DPT, ITPT, CKTP
 Physical Therapist, Co-owner**

sign up begins the first business day of the month at 8:10 am

**Paint Party with Monika!
 June 15, 10:00 am**

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

Limited to 14 members sign up begins the first business day of the month at 8:10 am

**Paint with an Angel
 June 16, 1:30 – 3:30**

Join Rachael Stowe from Visiting Angels Brookfield. Limited to 15 members. Sign up starts the first business day of the month at 8:10 am

**Health Screening Fair
 June 17, 3:00-5:00 pm**

See page 4 for details.

**Parkinson’s Disease Series
 June 18, 1:00 pm**

See page 5 for details.

**Monthly Dementia Caregivers
 Support Group
 2nd Wednesday of the month,
 11am –12pm**

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

**Creative Flair with Bethel Health Care
 June 22 11:00 am**

Another fun project with Danielle! Make these beautiful decoupage bottles that will add some sparkle and shine -they light up!

Limited to 12.
Call to register on the 1st business day of the month at 8:10 am



Great Courses: The American Civil War, June 10, 10:00 am

Between 1861 and 1865, the clash of the greatest armies the Western hemisphere had ever seen turned small towns, little-known streams, and obscure meadows in the American



countryside into names we will always remember. In those great battles, those streams ran red with blood-and the United States was truly born. **If you've ever wanted to understand the Civil War**, this series of 48 startlingly evocative lectures by a leading Civil War Historian gives a richly detailed examination of how this great conflict affected every person in America. You'll gain not only a deep knowledge of what happened, but new insights into why. You'll learn how both sides' armies were recruited, equipped and trained and about the hard lot of those they took prisoner. You'll hear how soldiers on each of those sides dealt with the rigors of camp life, campaigns, and the terror of combat. And you'll understand how slaves and their falling masters responded to the advancing war, as well as the desperate price paid by the families so many left behind. Though this series of lectures goes far beyond a simple examination of battles and generals, it also offers detailed analyses of the strategic and tactical dimensions of the Civil War's most important campaigns. At the same time, it never forgets that the conflict involved far more than pins on a map- and indeed claimed a greater cost in human lives than all other American wars combined.

"It is impossible to understand the broader sweep of the United States history, without coming to terms with the civil War, its antecedents, and its seismic consequences."

Dr. Gary W. Gallagher is the John L. Nau III Professor in the History of the American Civil War at the University of Virginia. He graduated from Adams State College of Colorado and earned his M.A. and Ph.D. in History from The University of Texas at Austin. Prior to teaching at UVA, he was Professor of History at the Pennsylvania State University. Professor Gallagher is one of the leading historians of the Civil War.

This month we continue the series with a Double Feature: Lectures 2 and 3 The Election of 1860 and The Lower South Secedes

Today we're going to shift forward and look at the presidential election of 1860, really the most momentous presidential election in US history, an election around which more was at stake than at any other time in our national past.

The presidential cavass of 1860 and Abraham Lincoln's election as the first Republican to occupy the White House precipitated the secession crisis of 1860-1861. Against a backdrop of sectional antagonism fueled by John Brown's raid on the Federal arsenal at Harpers Ferry, Virginia (now West Virginia), on October 16, 1859, voters mobilized to decide which party would hold power in Washington. There was a mixed response in the North: The majority did not approve of Brown's action, but there was some praise for it. Most white Southerners, recalling Nat Turner's earlier revolt, reacted to the raid with horror as a failed attempt to foment a slave uprising.

Then, beginning with South Carolina in December 1860, all of the Lower South states seceded by the first week of February 1861. They sent delegates to a convention in Montgomery, Alabama, that established the Confederate States of America.

We hope you'll join us for this dive into an important piece of our nation's history. Sometimes we have popcorn!

June 17, 3 - 5 pm Health Screening Fair

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, 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!

See Poster next page

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

RSVP Required. Reserve Today! 203-262-0651 We look forward to seeing you at the **Spring Health Screening Fair!**

Southbury Shells
June 24, 10 am-11:30 am

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



Limited to 15

Sign up on May 4th at 8:10am by phone only!

Parkinson's Disease Series
June 18, 1:00

The Southbury Senior Center is pleased to introduce a new monthly educational series exploring the vital roles that **Speech Therapy, Occupational Therapy, and Physical Therapy** play in supporting individuals living with Parkinson's disease. Each session will focus on one discipline, helping participants better understand how these therapies work together to improve communication, mobility, daily function, and overall quality of life.

In this month's session, we explore how **Speech Therapy (ST)** supports individuals living with Parkinson's disease by helping them maintain independence, confidence, and safety in everyday life. Starting speech therapy early helps build strong motor patterns and leads to better, sustainable outcomes in Parkinson's disease.

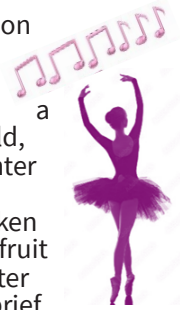
Speech therapy empowers patients and families, focusing on abilities and maintaining dignity and connection. This program will be welcoming and informative for Parkinson's patients, but also for any member who want to learn strategies for staying active and independent.

Presented by: Stefanie Guglielmo M.S., CCC-SLP
 Speech-Language Pathologist
 Nuvance Health

Sign up begins on the first business day of the month.

A Touch of Grace
Luncheon & Short Ballet Performance \$5
June 23, 12:00 pm

Join us for a charming and memorable afternoon that celebrates artistry, youth, and connections across generations. **A Touch of Grace** begins with a delightful luncheon, followed by a special ballet presentation by **Isla**, a 14-year-old, trained ballet dancer and the step-granddaughter of our coordinator, Kathy.



Guests will enjoy a relaxed meal featuring chicken salad croissant sandwiches, pasta salad, fresh fruit cups, and strawberry shortcake for dessert. After lunch, Isla will be introduced and will share a brief explanation of ballet, including a demonstration of pointe shoes and how dancers train to dance on their toes. She will then perform a short ballet piece, showcasing the grace, discipline, and beauty of classical dance.

This warm, intergenerational program is designed to offer our participants not only a pleasant social gathering, but also a unique opportunity to experience live ballet in an intimate setting. Guests will have the chance to ask questions and engage with Isla, making this both an educational and uplifting experience.

We look forward to sharing this special afternoon filled with elegance, inspiration, and applause.

Limited to 30. Payment due at sign up, Sign up by 6/18

Caribbean Fun in The Sun! \$7
June 25 2:00 – 4:00 pm

Summer Celebration! We are going to make use of our outdoor space and have fun getting together Caribbean style! Be transported to the islands with a fun lunch of Kielbasa and pineapple kebabs over rice and a delicious summer drink, and fun **Steel Drum music**



by Chris DeCilla! Wear your tropical attire and get a LEI! Join us! **All Afternoon Programs are Cancelled on this day. In the Event of uncooperative weather, this event will still be held indoors. Sign up by June 18th.**

***Seating will begin at 2:00. If you arrive before 2 please have a seat in the lounge until 2. No early birds please.**

Sign up begins the first business day of the month. Payment is due upon sign up. Limited to 35 members.

JUNE 17, 2026
3:00 - 5:00 PM

Health Screening Fair

Southbury Senior Center
165 South Main Street

- Blood Pressure
- Hearing
- Balance/Fall Risk
- Vision
- Memory
- Stroke Education
- More!

Raffle prizes, snacks too!

rsvp today! 203-262-0651

Fraud Prevention presented by Bank of America
June 30th 1:00 pm

Stopping scams is everyone's responsibility, there are scams everywhere. Together we can help keep your accounts protected. We will be having a conversation around Fraud Prevention. We are sharing a guide with everyone to learn how scammers try to trick us and how to protect ourselves from identity theft.

Sign up today.

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 22nd

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! Stopping scams is everyone's responsibility, there are scams everywhere. Together we can help keep your accounts protected. We will be having a conversation around Fraud Prevention. We are sharing a guide with everyone to learn how scammers try to trick us and how to protect ourselves from identity theft

Registration Information:

Member Price \$15

Non-Member Price \$25

Limited to 75 participants

Members are given priority until July 10th

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

Seating will begin at 4:15. No Early Birds please.

Sign up begins June 1 with payment due at sign up

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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 Mon. & Wed. of each month) Aerobics Class A Zumba Mini Facials (2 nd in the Month) - Check Newsletter for date Beginner Tap Dancing
TUESDAY	8:45-9:45 10:00-11:00 10:00-11:00 11:15-12:15 11:30-12:30 1:00-2:00 1:30-4:30 2:15-3:15	Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Line Dancing Chair Yoga Ask the Senior Advocate (15-minute appointments, 2nd Tuesday of the month) Table Tennis Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
WEDNESDAY	9:00-4:00 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	Certified Choices Counselor (60 min. appointments) - (3rd Mon. & Wed. of each 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 Support Group (1st & 3rd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed) Tai Chi
THURSDAY	8:45-9:45 10:00-11:00 10:30 10:30-11:00 12:30-3:30 1:00-3:15 3:00-4:00	Yoga Weight Strengthen/Tone 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 Vitality Fitness with Karen Note New Day & Time!
FRIDAY	9:00-11:00 9:30-10:30	Game Day! (Scrabble, Rummy, Chess, Wii Bowling & Puzzles) Muscle Tone

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

June 15th—No Aerobics, canceled by instructor
June 17th—No Programs—Health Fair
June 23rd—No Chair Yoga
June 25th—No Programs—Caribbean Fun in the Sun

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 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 we ask 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. If the program you have registered for has a charge, your payment is due within 2 business days of registration to secure your place.

No front counter reservations will be accepted until 1pm on the 1st business day of the month.

NOTICE

We are fortunate to have dedicated volunteers who generously give their time and even purchase supplies to care for our plants and enhance our shared spaces.

Recently, some of these purchased supplies have gone missing (pots, plant liners, etc.). We want to remind everyone that items that are not clearly labeled as 'Free' are not to be taken for personal use.

Please respect the time, effort, and generosity of our volunteers by leaving all supplies in place unless you have been given permission to use them.

We appreciate everyone's cooperation in maintaining a respectful and supportive environment.

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.

If you've arrived early for your class, please enjoy a cup of coffee in the lounge on Tuesdays, Wednesdays & Thursdays.

Please leave the room as you have found it, returning all items where they were before the class or program starts. **If you need help with your chair, please ask the staff and we will be happy to assist you.**





Senior Farmers' Market Nutrition Program

Senior Participant Handout

Key Dates

Apply for the Program	May 1 - September 30	Visit a distribution site to apply.
Program Start	June 1, 2026	Benefits active for redemption.
Program End	Nov. 30, 2026	Unused balance removed.

Eligibility

- 60 years or older OR under 60 and live in senior housing with a meal service.
- Your household income is at or below 185% of the federal poverty level.
- Complete the online application before receiving a card.

Household Size	Annual Income
1	\$29,526
2	\$40,034

Rights & Responsibilities

- You have the right to fair and equal treatment
- You cannot receive benefits from more than one location
- You may send a proxy if you cannot shop for yourself
- You may appeal if you are denied benefits
- How to file a complaint: www.usda.gov/non-discrimination-statement


How to Use Your Card

- Use your card at authorized farmers' markets, farm stands, or mobile markets.
- Benefits are loaded once per season. No change or cash refunds.
- Spend your benefits between June 1 and November 30, 2026.
- Keep your card for next year — it can be reused!
- Check your balance by calling 214-256-3083


What You Can Buy

- Fresh Connecticut-grown fruits and vegetables
- Fresh-cut herbs (not plants)
- Honey
- Eggs


How to Shop



Download App
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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!



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.



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Southbury Senior Center, Southbury

04-0713



Rocky Hill River Cruise \$29.00 And Lunch on your own at the Grill and Chill Thursday, June 18, 10:40 – 3:45



Join Captain Bill and his Crew for a casual, informative, and entertaining trip on the beautiful Connecticut River with a casual 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.

Payment due at sign up. Sign up begins the first business day of the month at 8:10 am

2026 STATEWIDE SENIOR OUTING

Holiday Hill

43 Candee Rd, Prospect, CT 06712
Monday, August 17, 2026

9 am – 4 pm
Rain or Shine

Holiday Hill
Monday, August 17
9:00 am – 4:00 pm
\$51pp

Payment due at sign up. Sign up begins the first business day of the month at 8:10 am

FOOD

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
Cherry Stone Clams on the Half Shell

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

AVAILABLE ALL DAY
Assorted Soda and Juices,
Coffee, Tea, Milk, Ice Water,
Potato Chips, Goldfish Crackers and Pretzels
Budweiser Beer & Wine, Seltzers

AND

FUN



Dancing with our DJ

NO food is to be taken off premises

All Inclusive Price - \$51.00 per Guest

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.** 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 be responsible for the payment within 2 days of reserving your spot.

****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.

2026 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED
Independence Day	Friday	July 3, 2026
Labor Day	Monday	September 7, 2026
Columbus Day	Monday	October 12, 2026
Veterans Day	Wednesday	November 11, 2026
Thanksgiving	Thursday Friday	November 26, 2026 November 27, 2026
Holiday	Wednesday	December 23, 2026
Floating Holiday	Thursday	December 24, 2026
Christmas	Friday	December 25, 2026



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 1st Aldi's & Target in Danbury with lunch at Pepe's Pizza
- June 8th Job Lot & Whole Foods in Danbury with lunch at Red Lobster
- June 15th Post Mall (Boscov's) in Milford with lunch at The Cracker Barrel
- June 22nd Quarry Walk Plaza in Oxford (Market 32, Goodwill Store) lunch at The Sitting Duck Tavern
- June 29th Walmart in Naugatuck with lunch at The Imperial China Buffet in Watertown



Call (203) 262-0652 for a reservation on the bus. Manic Monday Shopping Trips cost \$5.00 per person per trip. The purchase of an In-Town Transportation Punch Card (\$10 or \$20 value) or a One Time Only Purchase Voucher in advance is necessary in order to take the trip on the reserved day.

\$15.00 Dial A Ride cards are not accepted as payment for Manic Monday Shopping Trips
Reservation Requests for Manic Monday trips must go through Transportation

Trips return by approx. 3:00pm - You will receive a call the Friday before the trip with departure time. Manic Monday Shopping Trips are for Senior Center Members Only.

Transportation Fares

We have a Punch Card System for payment of transportation fares. Cards are available for purchase at the front desk in the following denominations:

In Town: \$10 and/or \$20 Card
Dial-A-Ride: \$15 Card

Drivers will not have cards available for purchase on the bus. If you need to have your cards mailed to you, please allow one week to receive your cards by return mail.

You may purchase cards at the Center Office or mail your order to:

Transportation Division
Department of Senior Services
561 Main Street South
Southbury, CT 06488

In Town Card (\$10 or \$20) fees are as follows:

Senior Center	No Charge
Library/Town Hall	No Charge
Medical	2 Punches
Personal Care	2 Punches
Shopping/Errands	2 Punches
Out of Town Shopping Trips	5 Punches

Out of Town Medical Appointments Dial-A-Ride Card (\$15) fees are as follows:

Waterbury, Middlebury, Woodbury	3 Punches	Mon & Thurs
Danbury	5 Punches	Tues & Wed
Newtown	3 Punches	Tues & Wed
New Haven	5 Punches	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:

FOR A RIDE ON:

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

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Southbury Senior Center, Southbury

04-0713

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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

Part Time Counter Clerk
Kathie Kovatch
Kkovatch@southbury-ct.gov


Part Time 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 and Wednesday 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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