

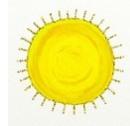
**Spring Ahead!
Hello Friends!**



Spring arrives this month and hopefully with it the warmer weather! Daylight Saving time in CT will start at 2:00 am on Sunday, March 8th, giving us longer days. Remember to turn your clocks ahead one hour!

We have some great programming in store for you this month. A trip to the Aqua Turf St. Patrick's Celebration, a fun morning of bowling on the 18th too! We have some fun crafting that's sure to put a spring in your step and if that doesn't do it for you, think of this- the sun won't set until 7:10 pm on the 31st!

Warm Regards,



Kathy



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)

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.**



Bereavement 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.**

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

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.

St. Patrick's Day Gnome Craft with Rachael from Visiting Angels Mar. 10, 1pm-3pm

Fun Rachael is back with another fun craft! Make an adorable St Pat's gnome just in time to celebrate your Irish! (no Irish necessary to participate! Lol) limited to 16 participants.



Sign up on the first business day of the month at 8:10am by phone only!

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 REALTOR 2:15pm

Great Courses
Mar. 11, 10:00 am

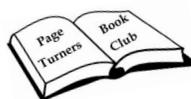
Discover a true story of power as a renowned professor surveys the rise and fall of the Roman Empire from 31 BC to the end of antiquity. **Presented by Gregory S. Aldrete, PhD. Gregory is the Frankenthal Professor of History and Humanistic Studies at the University of Wisconsin-Green Bay.** He received 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 23, Late Antiquity: A New Historical Era

Prior to the 1970's, the messy span of centuries between approximately AD 200 and 600 had often been regarded with less interest than the plainly identifiable Roman age that preceded it and the medieval one that followed. This era was not even known by a clear designation; some stretched medieval period backward and called it the "early" Middle Ages, while others lumped it in with the Roman period and labeled it the "later" Roman Empire. In 1971, the historian Peter Brown published *The World of Late Antiquity* which argued that these centuries formed a distinct and vital time period that deserved to be treated on its own and not merely as a gloomy postscript to the classical world or as an untidy prelude to the Middle Ages.



Sometimes we have popcorn!



Page Turner's
Mar. 11, 1:00pm-2:00pm

March's Book: THE MAID by Nita Prose (2022)

"Nita Prose's debut novel, *The Maid*, is a cozy detective mystery. It is an international bestseller, a Good Morning America Club pick, and received the Ned Kelly Award for International Crime Fiction.

25 year old Molly Gray is a little out of step with the world but she loves her job at the Regency Hotel. One Monday Molly walks into Mr. and Mrs. Black's suite and finds Mr. Black dead. Molly phones the front desk for help then glances in the mirror. She sees the presumed murderer behind her and passes out." (from SuperSummary)

Books are available at the Southbury Library on the holds shelf. All are welcome to attend.

NEW!

Multi Session Series:
The Next Chapter: Planning Your Path Forward March 12, 2:00 pm

Session 2

See page 5 for complete details

Bingo with Rachael
Visiting Angels
March 13, 10:30 - 11:30

Limited to 15.

Sign up on the first business day of the month at 8:10am by phone only!



Paint Party with Monika
CT Nursing Servies
Mar. 16, 10:00 am

Limited to 14.

Sign up on the first business day of the month at 8:10am by phone only!

Coffee with the First Selectman

Mar. 17, 10:00 am

Southbury's First Selectman Tim O'Neill, will be joining us for coffee at the Senior Center to give you the opportunity to get to know him better. Tim is eager for you to share your thoughts, hear your concerns, and answer questions about Southbury and our local government! We hope you will join us for this casual and informal round table discussion.



Sign up on the first business day of the month at 8:10am by phone only! Limited to 15 members.

St. Patrick's Day Lunch!
Mar. 17, 12:00 pm \$5 per person

It wouldn't be St. Patrick's Day without delicious Corned Beef and Cabbage! Cooked by our very own Chef Dennis, served with potatoes, carrots, Irish Soda bread and butter, green non-alcoholic beer, and dessert!



Call today! Last day to sign up is March 12th at 3 pm. Limited to 36!



Diabetes Wellness Group
March 18, 12:00 pm

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 Nutritionist Maddie Souza will join the group. Please call to register.

Creative Flair with Bethel Health Care
Mar. 23, 11:00 am

Create a beautiful, dried flower masterpiece with Danielle!

No experience necessary, Danielle will guide you through the process!

Limited to 12

Sign up on the first business day of the month at 8:10am by phone only!



Southbury Shells
Mar. 25, 10am-11:30am

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 the first business day of the month at 8:10am by phone only!

Parkinsons Disease Series
March 26, 1:00 pm

Understanding Therapy Support for Parkinson's Disease – Monthly Series

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.

March Session: The Role of Speech Therapy in Parkinson's Disease

We begin in **March** with an in-depth look at how **Speech Therapy** supports those with Parkinson's. Individuals with Parkinson's often experience changes in voice volume, speech clarity, swallowing, and cognitive-linguistic function. Speech therapy can help strengthen communication skills, improve vocal loudness, enhance swallowing safety, and support cognitive engagement.

This kickoff session will highlight practical strategies, therapy techniques, and community resources that can make a meaningful difference.

About the Presenter

Stephanie Guglielmo, M.S., CCC-SLP

Speech-Language Pathologist

Nuvance Health – Southbury Outpatient Clinic

Danbury Hospital

Please call the office for more information and to register.

NEW!
Multi Session Series:
The Next Chapter: Planning Your Path Forward March 12, 2:00 pm

Session 2

This program is a multi-session panel discussion series designed to empower seniors *and* their adult families to make informed life decisions about aging and future care. Through conversations led by professionals in elder law, financial planning, healthcare, homecare, social services, and advocacy, we aim to provide clarity, resources, and support for those navigating important choices whether aging in place, transitioning to care facilities or planning for long-term needs.

This month **Session 2** will be about **Senior Planning & Healthcare**. Panelists for this session will include **Tamath Rossi**, founder of Supporting Our Seniors, a Paralegal with over 35 years of experience, a Certified Dementia Practitioner, and an active Conservator in the Connecticut Probate Court system, to discuss assessing needs and coordinating care options and **Heidi Bettcher**, RN, BSN, a-IPC, the Community Health Nursing Supervisor for Housatonic Valley Health District on planning for medical transitions to care facilities or for long term needs.

Each session will include time for Q & A . At the end of the series, comprehensive resource packets will be made available for pick up. The series *will be open to the adult public* and **requires advance registration**.

Please call the office for more information and to register.

1/21/2026 - Assessor: Tax Relief for Elderly and Totally Disabled Homeowners

Applications for **State and Local** tax relief for the elderly and totally disabled homeowners will be available at the Southbury Assessor's Office or online at www.southbury-ct.org/assessor from February 1, 2026 until the deadline of May 15, 2026.

Applications will be mailed to those who are already on the program and need to refile this year.

To qualify, an applicant must own and reside at the property for which tax relief is being sought. Ownership must have been established prior to October 1, 2025, and must have been 65 years of age, or totally disabled through Social Security by December 31, 2025.

The income limits for the **State Program** are \$46,300 if unmarried; \$56,500 if married.
The income limits for the **Town Program** are \$53,400 if unmarried; \$61,800 if married.

Income must be taken for the year 2025. Proof of ALL income must be submitted with the application.

Town of Southbury
Assessor's Office
203-262-0674

MISSED THE DECEMBER 7 DEADLINE?

Special Enrollment Period (SEP) Reminder for 2026

Not everyone is "locked in" after December 7. Certain situations give you extra opportunities to change your coverage.

1

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD (MA-OEP)

If you're already enrolled in a Medicare Advantage plan, you can make one change:

- Switch to a different Medicare Advantage plan, OR
- Go back to Original Medicare.

Your change becomes effective the first day of the next month.

JAN. 1 TO
MARCH 31.

2

MSP/LIS (EXTRA HELP) BENEFICIARIES

If you have the Medicare Savings Program (MSP) or Extra Help/LIS, you may:

- Switch Part D plans once per month
- Switch from Medicare Advantage to Original Medicare

! This SEP cannot be used to switch between Medicare Advantage plans or to go into Medicare Advantage. Changes take effect the first of the following month.

ONCE PER
MONTH

3

IF YOUR PLAN ENDED FOR 2026

If your Medicare Advantage or Part D plan did not renew, you may make a change through February 28. Your new plan starts the first of the next month.

THROUGH
FEB. 28,
2026

Other Special Enrollment Periods May Apply
Life changes such as moving, losing other coverage, or major plan errors may qualify you for additional SEPs.



Need Help? We're Here for You!
The SHIP/CHOICES department at the Western CT Area Agency on Aging is here to answer your questions. For unbiased, and free assistance call us at: 203-757-5449, Option 4.
SHIP/CHOICES - Local Medicare Assistance



YOU MAY
STILL HAVE A
CHANCE TO
MAKE
MEDICARE
CHANGES!



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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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 & 3 rd Monday in the Month) - Check Newsletter for date Beginner Tap Dancing <i>Tap, Fit & Flex and Weight Strengthen/Tone Returns March 9th</i>
TUESDAY	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 11:15-12:15 11:30-12:30 1:30-4:30 2:15-3:15	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Line Dancing Chair Yoga Table Tennis Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
WEDNESDAY	9:00-12:00 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 11:45-12:45 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) 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) Vitality Fitness with Karen 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	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 <i>3/12: No Table Tennis</i> <i>Tap, Fit & Flex and Weight Strengthen/Tone Returns March 9th</i>
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****Class cancellations:****3/12: No Table Tennis****Tap, Fit & Flex and Wt Strengthen & Tone Returns March 9th**

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!

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 & 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.**



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.

***Inclement weather policy :*****Southbury Senior Center will follow the Region 15 School Inclement Weather Policy:**

- **If schools are closed due to inclement weather, all meals, activities, classes, and non-medical transportation are cancelled.**
- **Medical transportation will be cancelled on a case by case basis. All riders will be notified accordingly.**
- **If school has a delayed opening or an early dismissal, the senior center will hold regular business hours.**
- **An announcement will be made on the following news stations: WFSB-Ch. 3, WVIT-Ch. 30, & WTNH-Ch. 8**
- **If the Senior Center should remain open in questionable weather, consider safety issues and remain at home.**





\$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, March 3rd	No Lunch
Thursday, March 5th	1/2 Reuben Sandwich with Soup
Tuesday, March 10th	Chicken Stir Fry with Rice & Veggies
Thursday, March 12th	1/2 Chicken Salad Sandwich with Soup
Tuesday, March 17th	St. Patrick's Day Lunch!
Thursday, March 19th	1/2 Roast Beef Sandwich with Soup
Tuesday, March 24th	Shepherd's Pie with Salad—Free Lunch Day for the 1st 30 Members
Thursday, March 26th	1/2 Tuna Salad Sandwich with soup— Cupcake Day!
Tuesday, March 31st	Meatloaf with Mashed Potatoes & Veggies

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

Thank you Lutheran Home for the delicious cupcakes!



Last Thursday of the month is Cupcake Day

Please remember to thank our Awesome Volunteers who serve lunch weekly

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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Southbury Senior Center, Southbury

04-0713

Putts, and Pizza! Fun! March 18, Pins, \$20 pp

Spend a lively morning at Lessard Lanes in Plainville, where the fun kicks off with two exciting games of bowling—cheers and laughter filling the air with every strike and spare. After testing your skills on the lanes, head over to the mini-golf course for a round of friendly competition, navigating colorful obstacles and tricky putts. Once the games are done, unwind with two delicious slices of pizza and a refreshing soft drink, the perfect way to refuel after a morning of friendly rivalry and non-stop fun!



Call the center to sign up beginning the first business day of the month at 8:15 am

**Waitlist
Only**

AquaTurf Club McClean Avenue Band & Irish Step Dancers

March 10th, 10am-4:15pm \$62pp



The Mclean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of pop, rock, and folk songs, intertwined with traditional Irish tunes and upbeat melodies! Dinner included: Corned Beef & Cabbage/ Baked Cod All Entrees Served Family Style Complimentary Coffee & Donuts / Complimentary Glass of Beer or Wine / Complimentary Door Prizes



Sign up was February 2nd.

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.

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.

2026 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
Good Friday	Friday	April 3, 2026
Memorial Day	Monday	May 25, 2026
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.

- March 2 - Danbury Fair Mall with lunch at The Cheesecake Factory
- March 9 - Post Mall (Boscov's) in Milford with lunch at The Outback Steak House
- March 16 - Walmart in Naugatuck with lunch at The Imperial China Buffet in Watertown
- March 23 - Kohl's and Aldi's in Danbury with lunch at Rosy Tomorrow's
- March 30 - Target in Southington with lunch at 110 Grill



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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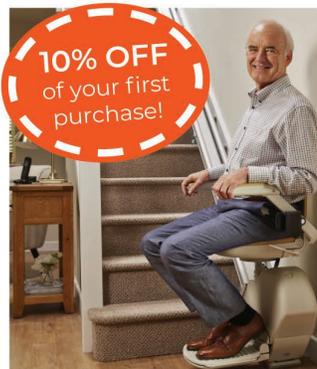
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HOW TO CONTACT US

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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March 2026

S	M	T	W	T	F	S
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	31				



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



988 Suicide and Crisis Lifeline

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