



# Senior Center

Welcome to the  
**Southbury Senior Center!**



## CONTACT US:



**561 Main Street South  
Southbury, CT 06488**



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



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



**Monday-Thursday: 8am-4:30pm  
Friday: 8am-1pm**



## GREETINGS!

Every year in May, we commemorate **Older Americans Month** to encourage and recognize the countless contributions that older adults make to our communities. The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Staying connected plays a vital role in supporting independence and aging in place by combating isolation, loneliness, and other issues. We encourage you to add more connections into your life by finding a new passion, joining a special program, taking a class, or trying new activities here at the Senior Center!

Regards,

Andrea



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

We are so grateful our members are excited about the programs offered at the Center! Due to the high volume of incoming calls and front counter traffic received from our members registering for programs, we are asking everyone to refrain from leaving messages. If you do not speak to someone when you call, please hang up and keep calling until we answer. We 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.

**Garden Club 2024 meetings will be Wednesday mornings at 10:00am as needed.**

Our center is fortunate to have some awesome waist-high planter boxes in our fenced and gated area in the back. Senior center member, George Presti has been volunteering for the past several years in organizing the Garden Club. The group meets once a week during the growing season to first plan, then plant, water, weed, and harvest in turn. Harvesting is **ONLY** for regular Garden Club members! If you like to garden, and be a part of a team effort, come!

**Swedish Massage  
Tuesdays, May 7th, 14th  
21st & 28th from 12:30pm-3:30pm**

Enjoy a THERAPEUTIC MASSAGE WITH ANDREA

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

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

**Call to schedule your appointment beginning May 1st at 8:10am.**

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

# MAY 2024 - GREETINGS AND PROGRAMS OFFERED

Page 2



**May is here!**

Dear Friends,

As we welcome the beautiful month of May, we have some exciting events to share with you. We hope this letter finds you well and in good spirits. We are thrilled to announce that on May 29th, we will be hosting our Memorial Day picnic when we remember and honor our heroes. I expect it to be a day with delicious food, music, and plenty of opportunities to dance, play some ladder golf, and socialize with your friends and neighbors. We hope you will join us in honoring the brave men and women who have served our country. On the 2nd Thursday of the month, the HV Health District's "Healthy Chats with Heidi" will be focusing on **Suicide Prevention**. Join Heidi Bettcher from Housatonic Valley Health District as you learn three steps to help save a life. Q (question)P(persuade)R(refer) is a 60-90-minute course that anyone can learn to help save a life from suicide.

As always, we encourage you to participate in our events and activities. Our center is a vibrant and welcoming community, and we're thrilled to have you as a part of it. We hope to see you soon!

Warm Regards,

*Kathy*



## Healthy Chats with Heidi Suicide Prevention

**You Can Help Save a Life**

**Thursday, May 9 10:30am – 12:00pm**

Join Heidi Bettcher from Housatonic Valley Health District as you learn three steps to help save a life. Q (question)P (persuade)R(refer) is a 60-90 minute course that anyone can learn to help save a life from suicide.

As a QPR-trained Gatekeeper you will learn to:

- **Recognize the warning signs of suicide**
- **Know how to offer hope**
- **Know how to get help and save a life**

**Sign up today. All are welcome.**



**Wednesday May 8 1:00pm**

**What Unites Us** by Dan Rather and Elliot Kirschner (2017); paper back copy issued in 2020 with an afterword added

"...What Unites Us is not so much a work of political analysis or journalistic reportage but rather a mixture of memoir and meditation by a citizen who has lived in this country for 88 years from the Great Depression to the Trump presidency and covid-19 pandemic. ...he sees only too clearly all that divides us (- but -) is generally optimistic that we can remember, practice, and reinvigorate the things that unite us."

**Might you want to read this book (available at the Southbury Library behind the front desk) and join in our discussion on May 8th at 1pm**

## Great Courses Wednesday May 8 10:00am

### The Roman Empire

Discover a true story of power as a renowned professor surveys the rise and fall of the Roman empire from 31 BC to the end of antiquity. Presented by Gregory S. Aldrete, PhD. Gregory S. Aldrete is the Frankenthal Professor of History and Humanistic Studies at the University of Wisconsin-Green Bay. He received his BA from Princeton University and his PhD in Ancient History from the University of Michigan. His interdisciplinary scholarship spans the fields of history, archaeology, art history, military history, and philology. Professor Aldrete has won many awards for his teaching.

This month we continue with Lecture 2: Augustus, The First Emperor. Once Gaius Julius Caesar Octavianus had defeated all rivals to become the sole ruler of the Roman world, he would go on to become the first Roman emperor under the name Augustus. The greatest challenge he faced now was how to permanently consolidate power in a way that would be palatable to the Romans.



**Call to register today.**



## Mini Facials With Laura Monday May 13 11:00am - 1:00pm

Experience a skin analysis followed by a Customized, Mini Facial with Laura

30 min - \$50

Also Offering Waxing

Brows \$15/ Brow design \$25/Lip \$10/ Chin \$10

**Call to schedule your appointment beginning May 1st starting at 8:10am.**

## Crafting with Dana Candlewood Valley Health Monday, May 13, 10:00am

**"Upcycled Greeting Cards"** - The prices of greeting cards are through the roof! Join us as we create our own meaningful greeting cards with using recycled greeting cards and other materials! Bring out your creative side!

**Sign up today!**

**ALL TIMES ARE TUESDAYS AT 2:00 PM AT THE SENIOR CENTER**

Senior Learning Network has fantastic programs that include something for everyone! These programs will be available at the Senior Center on our big screen and you will be able to ask questions and participate in a group setting. Please be sure to read the content program before attending to avoid confusion or disappointment.

***\*\*Senior Learning Network is on hiatus during June and July\*\****

**May 7: Star Lore of the Ojibwe- Treworgy Planetarium Mystic Seaport**

(Includes a NIGHT SKY UPDATE with Brian! ( an SLN favorite! ) This show will explore the star lore of the Ojibwe, a First Nations tribe living in the Great Lakes Region of southern Canada and the Midwestern United States. We will discover the elements that make up the traditional ecological knowledge of the Ojibwe, to see how they incorporate their cultural values into creating an understanding of the world around them.

**May 14: Great Basin National Park Foundation**

The Great Basin National Park Foundation passionately works to enhance, preserve, and interpret the starry night skies, wide-open scenery, cultural heritage, and diverse native ecosystems of Great Basin National Park. Our presenters will share an overview of the diverse aspects of this stunning park, as well as a glimpse into the Dark Skies!

**May 21: FDR the Hobbyist! FDR Presidential Library and Museum**

"I owe my life to my hobbies—especially stamp collecting"—Franklin D. Roosevelt

Let's join another one of our favorite presenters, Jeff, as he shares a new topic with us about FDR!

FDR was a man with many interests and the means to pursue them. He loved to hunt, fish, plant trees, sail and he collected stamps, books, and birds! We will be looking at reproductions of some of his ship models, naval prints, book collection, and photos of the original "Oddities" exhibit, as well as a map of FDR's tree farm .

**May 28: Plaza of Presidents at the National Museum of the Pacific War**

The massive scale of World War II is illustrated at the Plaza of Presidents, a stunning tribute to the 10 American presidents who served in various ways during WW II. We will be joining our friend Bryan,( yet another favorite! ) at The Plaza of the Presidents outside the museum, which features ten monuments honoring these presidents: President Franklin D. Roosevelt and Harry S Truman ( Commanders-in-Chief) Presidents Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Gerald R. Ford, James E. Carter, Jr., Ronald Reagan, and George H. W. Bush who served in uniform. Join us as we learn about their different connections to WWII.





# MAY 2024 PROGRAMS OFFERED

Page 4



## Manicures Monday, May 13<sup>th</sup> 10:30am – 11:30 am



Sponsored by Brightstar Care & River Glen Health Care Center. Come get pampered and have a relaxing manicure compliments of Nancy Kost from Brightstar Care and Heidi Sojka from River Glen Health Center. They will be offering the basics like filing, massages and polish.

**Call today to reserve your 20 Minute appointment!**

## Beginner's Watercolor Class Tuesdays, May 14, 21, and 28<sup>th</sup> 1:00 – 3:00 pm

Beginners Watercolor Class taught by Tom Doty, award winning artist, member of the Ridgefield Artist Guild, and lifetime member of S.C.A.N.

This class will be an introduction to a basic background development through the use of washes. The class will also teach you how to develop a watercolor by doing a study first. The project is simple and should be able to be accomplished by someone who is new to watercolor. You will do a watercolor study of the photo on watercolor paper first to get the color and the technique right, then do a larger finished piece. Set your inner artist free.

**Limited to 10 participants. This class is currently full.** Thank you to the participants for making this class a success!



## Start Your Engines! Men's Breakfast Wednesday, May 15 10:00 am – 11:00 am



**Gentlemen, rev up your engines for a morning of camaraderie and classic cars at our "Start Your Engines" Men's Breakfast.**

Join us as we welcome local vintage car expert Wayne Carini from F40 Motor Sports who will regale you with captivating stories and insights into the world of vintage auto mobiles.

Whether you're a seasoned enthusiast or simply appreciate the beauty of these timeless machines, this event promises to be a treat for all automotive aficionados.



Enjoy a delicious breakfast sponsored and prepared by Christine Vachon LPN, Transitional Care Coordinator with Hartford Health Care.

**Sign up begins May 1st at 8:10am  
Limited to 15 members.**



## Take a Walk! Thursdays, 10:00am–11:30am

**New Walking Club led by Member Volunteer Rosann L.**

Joining a walking club is not only fun, but it can also reduce the risk of chronic diseases such as diabetes, and heart disease. It has been shown to reduce symptoms of anxiety and depression, improve mood, and boost self-esteem. Walking is an excellent way to connect with nature. Finally, joining a walking club can help get you out of the house and break up your day! They do not walk on rainy days.

**We hope you'll give it a go! Please bring water and wear comfortable, weather appropriate clothing.**

## Monday, May 20, 1:00 – 2:00 pm Baking with Christine!

You don't need to be angels to make this dessert! But You will be in Heaven with just one bite! Fresh berries, the sweetness of angel food cake and the creaminess of cream cheese and cool whip in a graham cracker crust! HEAVEN!!!

**Limited to 10 members**

**Call to sign up starting May 1st at 8:10 am**



## Monday, May 20, 10:00 am Connect with Amber!

**Craft your own recipe keepsake box!** Join Amber from Connect Physical Therapy.

Bring your favorite recipes and craft with us! Create a pretty organizational recipe holder that doubles as a great family gift! We can make copies of everyone's recipes to share too.  
**Limited to 30 members. Call May 1st 8:10am**

## Wondering what people ask the Financial Advisor?

**Martin Engstler, CFA®/Financial Advisor offers a one time no charge 15 minute consultation for members.**  
**Some questions you may want to ask include:**

1. How can I increase my income in retirement?
2. How is my spouse impacted when I pass away?
3. Am I taking the right amount of risk?
4. How can I convert my 401k/IRA into income in retirement?
5. Am I spending too much?
6. How can I protect against Long Term Care Expenses?





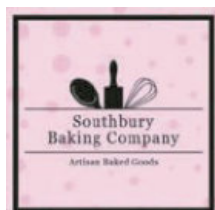
**\$5 PER PERSON**  
**PAYMENT MUST BE MADE IN PERSON AT THE**  
**TIME OF SIGN UP TO SECURE YOUR**  
**RESERVATION**

***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 May 2th	Chicken Salad Sandwich, Cole Slaw and Chips
Tuesday May 7th	Macaroni & Cheese with Salad
Thursday May 9th	Meatloaf, Potato and Veggies
Tuesday May 14th	Barbeque Chicken with Potato Salad or Cole Slaw
Thursday, May 16th	Stuffed Chicken with Broccoli & Pepper Jack Cheese
Tuesday, May 21st	Roast Beef, Cole Slaw and Chips
Thursday, May 23rd	Chicken Stir Fry and Veggies
	*Birthday Cupcake Day*
<b>Tuesday, May 29th</b>	<b>Lunch is not being served today.</b>
Thursday, May 30th	Ham & Cheese Sandwich, Cole Slaw, Chips



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



**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.

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



Please leave the room as you have found it, returning all items where they were before the class or program starts.

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

# MAY 2024 - SENIOR CENTER NEWS, PROGRAMS & COMING SOON

Page 6

## 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!



Calling all Pickle Ball players! There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members from 10:00 am – 12:00 pm every Tuesday from April Through October! If you would like more information, please contact the office 203-262-0651.

## Southbury Shells

**Wednesday May 22**

**10:00-11:30am**

**Come decorate some beautiful shells with us!**

**Sign up begins April 1 at 8:10 am.**

**Limited to 15 members. Call May 1st at 8:10am**

**Wednesday, May 29, 12:00-2:00**

## Memorial Day Picnic Ballantine Park \$5

Join us for this Memorial Day picnic as we remember and honor our heroes.

Music by The Elderly Brothers! Dancing by all of us!

Hot Dogs, Burgers, Cole Slaw, and Chips sponsored by The Lutheran Home!

But wait, there's more! We'll have Baked Beans, Macaroni Salad, Potato Salad, Dessert, Coffee, and Drinks too!

Let's hope the weather is nice- if not we'll be at the center and we'll still have a blast!



**Sign up in person starting May 1, at 8:10 am**

**Payment due at time of sign up.**

**Last day of sign up is Tuesday, May 21st.**

## Grief, Trauma Support Group facilitated by Mary Silverman

The program will be a gently guided participant discussion meeting twice monthly at the senior center for our members. We are excited to offer this in house program for our seniors. All are welcome.



## Coming Attractions!

### Senior Health Screening Fair

**Thursday June 13**

**11:00am -2:00pm**

### Health Screenings

#### Complimentary and Paid

Balance/Fall Risk

Posture

UTI

Hearing

More!

#### Education/Information

Heart Health

Meditation/ Breathing

Ask the Nurse

More!

#### Raffle Prizes

*Dardo Galletto Studios*

We're thrilled to announce a mesmerizing Tango demonstration for our members!

Mark your calendars for June 18<sup>th</sup> from 11:00 to 11:30, as we celebrate our two incredibly accomplished and talented Argentine dance instructors, Dardo Galletto and Alonso Guzmán, to showcase their mastery of this iconic dance form.



Prepare to be swept off your feet as these genuine experts take center stage to present a beautiful example of the Tango. With their years of experience and passion for the dance, Dardo and Alonso promise to deliver a performance that will leave you captivated and inspired.

Don't miss this exclusive opportunity to witness the grace, elegance and emotion of the Tango, brought to life by instructors who embody its spirit. Join us for this half-hour event and immerse yourself in the magic of this timeless dance.

Tango is taught on Wednesday mornings at the center at 10:30 am. All levels are welcome and no partner is needed!

**Sign up today!**







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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". Please bring your own water as water fountains remain out of service. All visitors are required to register at the front office. We ask that you do not pre-check in for any class or program that is taking place at a later time in the day until you are about to enter the room. This helps keep numbers for attendance of classes/programs accurate, as well as the number of people in the building at any one time.

MONDAY	9:00-4:00 9:30-10:30 10:45-11:45 11:00-1:00 12:00-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba Gold Mini Facials (Second Monday in the Month) Tap Dancing
TUESDAY	8:45-9:45 10:00-11:00 10:00-11:00 11:30-12:30 12:30-2:00 1:00-2:00 12:30-3:00 1:30-4:00 2:00-3:00 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) Chair Yoga My Story Writing Group (1st and 3rd Tues) Ask the Financial Advisor (15-minute one-time appts) - (2nd Tuesday of the month) Swedish Massage - (Check calendar for dates) Table Tennis Senior Learning Network Ask the Realtor (15-minute appointments) - (2nd Tuesday of the month)
WEDNESDAY	9:30-10:30 9:30-11:30 10:00-11:00 10:00-11:00 10:30-11:30 10:30-11:30 10:30-12:00 1:00-2:30 1:00-2:00 3:00	Aerobics B Quilting—On hiatus 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) Hooks and Needles Page Turners (2nd Wed) Senior Services Commission Meeting (Check Town website & calendar for dates)
THURSDAY	8:45-9:45 10:00-11:00 11:00-11:30 12:30-3:30 12:45-2:45 1:30-4:00	Yoga Weight Strengthen/Tone Blood Pressure Screening - (2nd Thursday of the month) Mahjong Bingo Table Tennis
FRIDAY	9:30-10:30 10:40-11:40 11:45-12:45	Muscle Tone Line Dancing Tai Chi



**Closings, class changes and special programs ONLY are listed below:**

***No Classes on Thursday, May 27th***

\* \* \* \* \*

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

## MONDAY

May 13<sup>th</sup>, 10am – Crafting with Dana  
 May 13<sup>th</sup>, 10:30am-11:30am—Manicures  
 May 20<sup>th</sup>, 10am – Connect with Amber  
 May 20<sup>th</sup>, 1pm-2pm – Baking with Christine, Hartford Healthcare

## TUESDAY

May 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>—Beginner's Watercolor Class (*full*)

## WEDNESDAY

May 15<sup>th</sup>, 10am-11am – Start your Engine  
 May 22<sup>nd</sup>, 10am-11:30am – Southbury Shells  
 May 29<sup>th</sup>, 1pm – Memorial Day Picnic



## THURSDAY

May 9<sup>th</sup> 11:30am-12:30pm – Healthy Talks: Suicide Prevention

\* \* \* \* \*

***Class cancellations:***

**Fit & Flex 5/28/2024**

**Line Dancing 5/31/2024**



MAY 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	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 <i>Holiday Closed</i>	28	29	30	31	1

**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

## USS Nautilus Museum and Mystic Seaport Museum



Thursday, May 23 8:00 am – 4:15 pm

\$40.00 (Includes transportation, donation to USS Nautilus Museum, Tickets to Mystic, Coffee and Donuts for the ride there!)

The Submarine Force Museum, located on the Thames River in Groton, CT, maintains the world's finest collection of submarine artifacts. It is the only submarine museum operated by the United States Navy, and as such is the primary repository for artifacts, documents and photographs relating to U.S. Submarine Force history. You'll spend approximately 90 minutes exploring the museum and the USS Nautilus submarine! The USS Nautilus was the first nuclear powered ship and the first vessel to go to the North Pole. Then it's off to the Mystic Seaport Museum. Stroll through the recreated seaport village! The buildings you see aren't replications. They're trade shops and businesses from the 1800s that were transported to Mystic Seaport Museum from locations around New England. The Seaport Village is made up of many bustling maritime trades. From ship smiths and coopers to woodcarvers and riggers, discover now America's maritime past shaped life today.



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

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## River Cruise! \$28 includes transportation and ticket.

Thursday, June 20, 10:00 am – around 3:30 pm

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, hotdogs, sandwiches, and tacos.

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



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## INSTRUCTIONS WHEN TRIPS ARE OFFERED

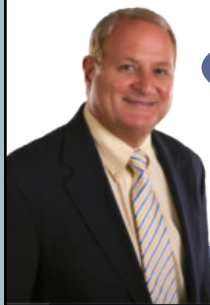
***Once you have called to request your reservation for the trip and are placed into the system, your ticket will be purchased (if applicable). You will receive a confirmation call and you will be responsible for the payment within 2 days of notification.***

**Trips Available for Members Only - Do not call Transportation to register for the trip.**

**\*\*Senior Center Refund Policy - Refund Policy has been amended - Please Read\*\***

If you have paid for a program or a trip, and must cancel, we can only issue a refund if we are able to fill your seat from the wait list. Please do not offer your ticket to a friend or family member without checking with the Senior Center first. If the trip or program is canceled by the Senior Center (inclement weather, etc.) you will automatically receive a full refund. Refunds, when given, will only be by check and may take up to three weeks to be processed.

---



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## ENHANCING WELLNESS THROUGH CARE AND CONNECTION



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## BURIAL OR CREMATION?

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*your family won't have to later.*



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2024 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
New Year’s Day	Monday	January 1, 2024
M. L. King Birthday	Monday	January 15, 2024
President’s Day	Monday	February 19, 2024
Good Friday	Friday	March 29, 2024
<b>Memorial Day</b>	<b>Monday</b>	<b>May 27, 2024</b>
Independence Day	Thursday	July 4, 2024
Labor Day	Monday	September 2, 2024
Columbus Day	Monday	October 14, 2024
Veterans Day	Monday	November 11, 2024
Thanksgiving	Thursday Friday	November 28, 2024 November 29, 2024
Christmas Eve	Tuesday	December 24, 2024
Christmas	Wednesday	December 25, 2024

## BAKING WITH CHRISTINE (HHCAH)



**COME BAKE WITH ME!**

**COME JOIN THE FUN!!!**

**AS I INTRODUCE SOME DELICIOUS, QUICK  
AND EASY DESSERTS.**

**BAKING FOR ONE; CAN STILL BE FUN :)**

MAY 20<sup>TH</sup> 1pm-2pm **BERRY ANGEL FOOD CHEESECAKE**

We don't need to be angels to make this dessert! But we will be in Heaven with just one bite! Fresh berries, the sweetness of angel food cake and the creaminess of cream cheese and cool whip in a graham cracker crust! HEAVEN!!!



TO MAKE A RESERVATION FOR MANIC MONDAY SHOPPING, CALL 203-262-0652



Where Your Adventure Continues

## 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.**



May 6 -Shops At Farmington Valley in Canton with lunch on the premises- several restaurants to choose from  
May 13 -Walmart in Naugatuck with lunch at Imperial China Buffet in Watertown  
May 20 -Post Mall ( Boscov's ) with lunch at The Cracker Barrel



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

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

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

### Transportation Fares

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

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

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

You 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
New Haven	5 Punches	Friday

To clarify the 48 hour rule for requesting transportation, we are providing the chart below which indicates when you would call for a ride each day:

### FOR A RIDE ON:

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



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\*See office for details.



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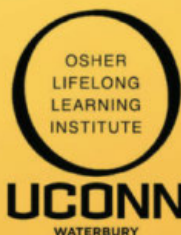
**203-263-2146**

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Contact us:  
[osher@uconn.edu](mailto:osher@uconn.edu)  
475-222-6261



**Classes and events**  
in-person and online for  
anyone over 50

- ✓ August 5 - Fall Open House
- ✓ August 8 - Fall registration opens
- ✓ September 6 - Fall classes start

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Southbury Senior Center

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## HOW TO CONTACT US

### STAFF LISTING

**Director of Senior Services**

Andrea Corcoran  
acorcoran@southbury-ct.gov

**Senior Center Coordinator**

Kathy Anderson  
Senior2@southbury-ct.gov

**Administrative Assistant**

Ann Stratton  
Senior3@southbury-ct.gov

**Customer Service,  
Part Time Counter Clerk**

Kim Little  
Senior6@southbury-ct.gov

**Transportation Coordinator**

Brenda Dionne  
Transport1@southbury-ct.gov

Place mailing label  
here



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

### ***Medicare Choices*** **Third Monday of the Month** **1st appt at 9:00am, last appt 3pm**

Our Certified CHOICES Counselor will be available at the Center by appointment ONLY every 3rd Monday of the month.

There are a total of 8 appointments at 45 minute sessions per day (as long as the time slots are filled). He will be at the Center for scheduled appointments only, walk-ins are not allowed. Please call the Senior Center to schedule your appointment.

### **Senior Farmers' Market Nutrition Program 2024**

**If you're age 60 or older and your income is:**

**\$26,973 or less for a single**

**\$36,482 or less for a couple**

All participants must sign verifying that they meet these guidelines. Eligible seniors are entitled to one electronic benefit card which will be used for multiple seasons. Please schedule an appointment with Senior Center Director, Andrea Corcoran, after May 15, 2024, to be issued your electronic benefit card.

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

