



# Welcome to the Southbury Senior Center!



561 Main Street South Southbury, CT 06488

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

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

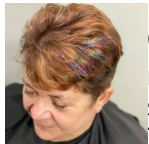
From exercise classes to a game a Mah Jong, from blood pressure screenings to transportation opportunities, and so much more, the Southbury Senior Center is here for you year round. Our services support your health, independence, and well-being.

Andrea

**\*\*Please Note: Sign up day for May programs is May 4th at 8:10am by PHONE ONLY.\*\***

## Fairy Hair May 6, 3:45

**\$5 per person due at signup**



**Get your Sparkles on!** Join us for a magical experience where you'll have sparkly strands called Fairy Hair added to your locks! These shimmering strands will last up to 4 weeks, even through normal washing and coloring, adding a pretty shine and fun sparkle to your hair.

Add some sparkle to your life and your hair! We had Dana bring us Fairy Hair a few times already. We thought it would last a few weeks at most – but they seem to last longer than expected.

**For just \$5**, you can choose from a variety of colors and enjoy this enchanting makeover. We have space for up to 7 members, so don't miss out on this perfect midwinter treat!

**Call today & get ready to shine!** ✨

## Mother's Day Potting Craft May 7, 10:30am

Join Elizabeth from the Lutheran Home of Southbury for a fun Mother's Day craft!

Celebrating the amazing women in our community with something special as they are. A little paint, a little creativity, and whole lot of personality. We will be decorating clay pots and turning them into adorable (and slightly sassy!) planters just in time for Mother's Day - decorated with love, laughter, and a little bit of attitude.

Each one telling its own story... just like the incredible women making them.



**Limited to 15 people**

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

**Welcome** 🌸 We would like to take this opportunity to welcome our new front counter clerk, Kathie Kovatch. Kathie will look very familiar to many of you from her many hours of volunteering at our programs. We are so happy to have her join us, and we encourage you to stop at the office, introduce yourself and welcome her to the Senior Center!



**Fiesta Taco Tuesday Lunch**  
Tuesday, May 5 • 12:00 PM

**Lunch reservations are now full! Thank you**

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

## Greetings 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. I am happy to share that on May 28th, 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, exciting music, with plenty of opportunities to dance and sing along, and socialize with your friends. We hope you will join us in honoring the brave men and women who have served our country. There's a Juke Box Bingo with DJ Gary Shipp, Art Marcelynas is returning to help you lower your electric bill on the 21st, Session 4 of our Series Next Chapter will be on the 19th, and more!

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*



### 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)***



### Page Turner's May 13, 1:00pm-2:00pm

**The Five Wishes of Mr. Murray McBride (2018)**  
by Joe Siple

(from the internet) This book is described as a "heartwarming 'coming-of-old-age' novel about a lonely 100-year old retired baseball player who finds new purpose by helping a 10-year old boy with a terminal heart defect fulfill his bucket list of five final wishes. The story follows their race against time as they complete the wishes, exploring themes of friendship, legacy, and finding meaning in life." (The person who suggested this book said it is more upbeat than you might imagine!)

All are welcome to our meeting. Books are available at The Southbury Public Library behind the main circulation desk.

### Massage Therapy 9am-12pm Tuesdays & 9:30am-12pm Wednesdays (Excluding 2nd Wednesday of the Month)

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.**

### Garden Club - Wednesdays, 10am

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



**With DJ Gary Shipp!  
May 13 4:30 pm JUKE  
\$5 per person due at signup**

### How well do you know your music?

Test your knowledge and win some fun prizes while playing Jukebox Bingo with DJ Gary! Many of you know Gary from our End of the Summer Picnics! Enjoy playing your favorite game of Bingo with a musical spin!



**Sign up today!**



**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.**



**\$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) \*\***

<b>Day/Date</b>	<b>Meal</b>	
Tuesday, May 5th	Taco Tuesday—Full	<p><b>Thank you Lutheran Home for the delicious cupcakes!</b></p> 
Thursday, May 7th	Tuna Sandwich with Chips	
Tuesday, May 12th	Chicken Piccatta with Rice	
Thursday, May 14th	Reuben Sandwich with Cole Slaw	
Tuesday, May 19th	Chicken Alfredo	
Thursday, May 21st	Chicken Stir Fry, Rice and Veggies ( <b>Free Lunch for the 1st 30 Members</b> ) & Cupcake Day	
Tuesday, May 26th	Shepherd's Pie with Salad	
Thursday, May 28th	Memorial Day Picnic	

**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*

**Great Courses  
 May 13, 10am**

**Great Courses: The American Civil War**

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 begin the series with Lecture 1 Prelude to War**

Between 1788 and 1860, the North developed into a society that embraced the idea of modern capitalism. The population grew rapidly and was more urban, with more immigrants than the South. The economy was diversified: It was about 40 percent small-farm agricultural with strong industrial and merchant sectors. Religion helped to encourage economic growth. Yankee Protestantism was dominant; the political and economic leadership largely came from this segment. A Catholic minority stood somewhat out of the mainstream.

**We hope you'll join us for this dive into an important piece of our nation's history.**

**Sometimes we have popcorn!**

**NEW**

## Stretching for Seniors May 14, 11:30 am

**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. **Pre-registration Required. Call Today!**



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

## Paint Party with Monika! May 18 10am

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

## Monthly Dementia Caregivers Support Group 2<sup>nd</sup> 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.**



**Tuesdays  
10am-2pm  
Started April 7<sup>th</sup>**

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 7<sup>th</sup> 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.

**NEW!**

## Multi Session Series: The Next Chapter: Planning Your Path Forward Session 4 May 19, 2pm

*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 4 will be about Legal & Community Resources.*

*Topics to be covered:*

*Wills, Power of Attorney, Advance Directives, HIPPA Releases*

*Long-term care planning & Medicaid basics*

*Avoiding guardianship through early planning*

*Preventing elder financial exploitation*

*Local programs for transportation, food, housing & care navigation*

*Crisis support & benefits screening*

*Grief support and caregiver well being*

*Who to contact for help and when*

*Each session will include time for Q&A. At the end of the series a comprehensive resource packet will be available for pick up. This series will be open to the adult public and requires advance registration. Please call the office for more information or to register.*

## Paint with an Angel May 20, 3pm-5pm

Join Rachael Stowe from Visiting Angels Brookfield. April Showers bring May flowers!

Limited to 15 members. **Sign up on May 4th 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

## Art Marcelynas May 21, 1pm

**Electricity Supply rates will change on July 1st, so let's make sure you're paying the lowest Supply rate! Bring a recent copy of your electric bill** and learn how choosing an electric supplier can lower your bill.

Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), can review your bill, explain how to choose a supplier and answer questions about the Standard Service Generation Supply and rates, licensed electric suppliers, the redesigned electric bill, discounts for Hardship Customers and any question you have about Connecticut's electric rates and policies.

You are encouraged to visit <https://www.mysupplymanager.com> before the presentation to learn about a service that manages the Supplier cost on your bill. A representative from My Supply Manager will be available to answer any questions.

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

Please register for this event by calling the office.

## Parkinson's Disease Series May 21, 1pm

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 **Occupational Therapy (OT)** supports individuals living with Parkinson's disease by helping them maintain independence, confidence, and safety in everyday life. While many people think OT is only for rehabilitation after injury, its role in Parkinson's disease is much broader focusing on empowering people to live well, adapt thoughtfully, and thrive in their routines.

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: **Olivia Longo ,MS, OTR/L**

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

## Coffee with the First Selectman May 26, 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 May 4th at 8:10am by phone only!  
Limited to 15 members.**

## Southbury Shells May 27, 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 May 4th at 8:10am by phone only!**

## Memorial Day Picnic May 28, 12-2pm Cost: \$5 per person Payment is due at sign up Location: **Senior Center under the tent**

**Join us as we come together to honor Memorial Day with a relaxing and festive picnic. This special gathering is a time to remember and pay tribute to the men and women who made the ultimate sacrifice in service to our country, while also enjoying the companionship of good friends.**

Enjoy classic picnic fare, refreshing beverages, and live entertainment by the **Fortunate Sons Band** in a welcoming atmosphere filled with patriotic spirit. Whether you're dancing or tapping your toes to the music or simply enjoying the afternoon, this picnic is a wonderful way to mark the start of summer and reflect on the true meaning of Memorial Day.

**Sign up ends: May 21 at noon**  
**Limited to 50 members**

★★★★★  
**MEMORIAL DAY**  
REMEMBER AND HONOR





## **Tribury Rotary Shred Event Sunday, May 31st, 9am-12pm**

Bring your documents and electronic devices for secure disposal, and we'll start shredding!

Once again this year the Tribury Rotary is sponsoring a "Shred Day" in the communities it serves. This is an opportunity for all residents to get rid of old tax documents and papers no longer needed.

This is an opportunity for all residents to get rid of old tax documents and papers no longer needed to be retained. This year, we will provide a secure way to safely destroy unwanted electronic devices such as computers, tablets, cell phones

\$5 for one bag of paper

\$10 for a banker's box

\$20 per electronic item

We'll accommodate bulk quantities of small items

The Woodbury- Southbury -Middlebury (Tribury) Rotary will be donating all proceeds to supporting community service activities in all our local communities.

Tribury Club Website: [www.tributyrotaryclub.org](http://www.tributyrotaryclub.org)

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## **Travel with Us in 2027! Collette Tours 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 river-boat 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 11<sup>th</sup> at 11am at the center**

Please RSVP to Lynn Strawson (860)354-2669  
[cruiseholidays@holidaycruises.com](mailto:cruiseholidays@holidaycruises.com)

# SENIOR CENTER PROGRAMS

## **Travel with Us in 2027! Collette Tours Canyon Country Sept. 15-22, 2027**

8 Days and 10 Meals included PLUS group transportation to/from airport.

Experience America's canyons and venture through a world of colorful vistas and the neon-lit spectacle of Las Vegas. Take time to shop in Sedona's marketplace and travel through Kaibab National Forest. Relax in the stillness and natural beauty of nature at Lake Powell Resort for 2 nights. Enjoy a rafting adventure, floating down Colorado River with stops at some of its most awe-inspiring sights, including Horseshoe Bend. Climb aboard Zion's open-air tram and wind your way alongside Virgin River. Enjoy a night on the lively Las Vegas strip. From the legendary Grand Canyon to the vibrant valleys of Zion, take in America's most beautiful landscapes.



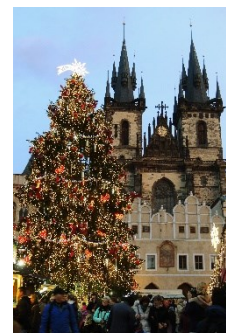
Cruise Holidays: Lynn Strawson(860)354-2669  
[cruiseholidays@holidaycruises.com](mailto:cruiseholidays@holidaycruises.com)

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## **Travel with Us in 2027! Collette Tours European Christmas Markets Dec. 2027**

Full details of date and pricing have not been released yet but this tour will feature Prague, Vienna and Budapest during the holiday season! More info to come- call Lynn to be put on a list for when info becomes available.

Cruise Holidays: Lynn Strawson(860)354-2669  
[cruiseholidays@holidaycruises.com](mailto:cruiseholidays@holidaycruises.com)





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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.

<b>MONDAY</b>	9:00-4:00 9:30-10:30 10:45-11:45 11:00-1:00 12:15-1:00	Certified Choices Counselor ( <b>60 min. appointments</b> ) - ( <b>3rd Mon. &amp; Wed. of each month</b> ) Aerobics Class A Zumba Mini Facials (2 <sup>nd</sup> in the Month) - Check Newsletter for date Beginner Tap Dancing
<b>TUESDAY</b>	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 - <b>Appointments</b> 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)
<b>WEDNESDAY</b>	9:30-12:00 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 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15	Massage - <b>Appointments (Excluding the 2nd Wed of the Month)</b> Certified Choices Counselor ( <b>60 min. appointments</b> ) - ( <b>3rd Mon. &amp; Wed. of each month</b> ) 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
<b>THURSDAY</b>	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 <b>Note New Day &amp; Time!</b>
<b>FRIDAY</b>	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**

**Closed on May 1st—Flooring Installation**

**No Chair Yoga on May 5**

**Table Tennis starts at 2:00 on 5/5**

**Check your voicemails!** Our staff may call you regarding membership, programs/events, or in case of an emergency, so we ask that you check your voicemail box to be sure it is set up and available to accept calls! We do not want you to miss out on important information!

**Program Registration Procedures:** Telephone call requests will begin at 8:10am for program registration on the 1st business day of each month. Due to the high volume of incoming calls 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.**

***Heads up: The Senior Center will be closed on May 1st. Floors are being replaced in the Park & Recreation Department on May 1st, and due to the products being used we feel it will not be in the member's and staff's best interest to be in the building at the time of the floor replacement.***

***Sign up for May's programs will be held on Monday, May 4th at 8:10am by phone only!***

## **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.**



**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](http://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

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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!

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**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

## Trips

**May 20 11:00 am – 5:30 pm \$30 pp**

### **A Piano Concert by Fairfield University Music Professor Joanna Chang and a Late Lunch/Early Dinner at Archie Moore's on your own**

**Joanna Chang**, Assistant Professor of Music at Fairfield University, teaches music history and theory and is a classically trained pianist with doctorates in piano performance and musicology. Her research explores late nineteenth-century composers influenced by Brahms, as well as the presence and interpretation of symphonic works in Hollywood and East Asian film soundtracks.

**This concert brings that scholarship to life**, celebrating the piano's dual identity on the concert stage and in cinema. At once, it is musically satisfying and intellectually engaging, the program reveals how classical music shapes film storytelling—creating emotional depth, dramatic tension, and unforgettable moments on screen. Audiences will leave with a renewed appreciation for the piano's cinematic power and its enduring role in how we experience stories through sound.



**Call today!**



### **Hartford Yard Goats vs New Hampshire Fisher Cats!**

**June 14, 10:15 am – 5:00 pm \$67pp**

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

Get ready for an exciting day as we head to Dunkin' Park to watch the Hartford Yard Goats take on their rivals! Our tickets are for the exclusive **Party Deck**, which means you'll enjoy the game in comfort with **shade, an all-you-can-eat buffet of standard ballpark fare for 2.5 hours, convenient bathrooms, and great seats. The Party Deck also offers PHENOMENAL views of Dunkin' Park and the Hartford downtown Skyline.**

Whether you're a die-hard fan or just looking for a fun outing, this trip promises to be a memorable experience for everyone. Don't miss out on the action- grab your tickets and join us for a fantastic day at the ballpark!

Buffet begins at noon. Game begins at 1:10.

**9 tickets available. Call today!**



### **INSTRUCTIONS WHEN TRIPS ARE OFFERED**

*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.**

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**2026 HOLIDAY SCHEDULE**

<b><u>HOLIDAY</u></b>	<b><u>DAY</u></b>	<b><u>OBSERVED</u></b>
<b>Memorial Day</b>	<b>Monday</b>	<b>May 25, 2026</b>
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.**

May 4th - West Farms Mall with lunch at The Olive Garden

May 11th - Post Mall ( Boscov's ) with lunch at The Cracker Barrel

May 18th - The Shops at Farmington Valley in Canton with lunch there ( multiple restaurants on premises )



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:

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

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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  
Senior@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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