



Southbury Senior Center
Where Your Adventure Continues



November 2024

Senior Center

**Welcome to the
Southbury Senior Center!**

CONTACT US:



561 Main Street South
Southbury, CT 06488



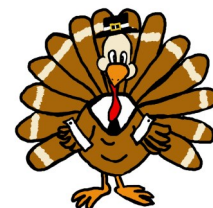
www.southbury-ct.org/seniors



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



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



GREETINGS!

The Southbury Farmers Market runs through Thursday, November 14th. Participants should use all funds on Farmer's Market Card on or before 11/14. Please return the card to the Senior Center Office after the program ends. Cards will be reloaded for the 2025 season.

The Southbury Senior Center is gearing up for the holiday season! We are looking forward to our annual programs: Thanksgiving Dinner, Epic Holiday Celebration and Holiday Cheer Program. These programs rely heavily upon the generous donations from the community. If interested in making a donation to one or more of these programs, please stop by the office to pick up a list of requested items! The kindness of neighbors and friends like you is truly the best part of the holiday season.

With Gratitude,

Andrea



**Manicures
November 4th
10:30am - 11:30am**



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

Call today to reserve your 20 Minute appointment!

**Swedish Massage
Tuesday and Wednesday
9:00am - 12 :00pm**

Enjoy a therapeutic massage with licensed massage therapist, Jakub!

**30 minute massage \$35
60 min \$55
90 minute \$100**

Cash or credit. Please note there is a \$5 additional charge for payments made by credit card. Checks are not accepted.

**Let's Take a Walk will resume again
in the Spring.**

State protocols will be followed to ensure a safe and relaxing experience. Massage reduces stress and increases relaxation, reduces pain, improves circulation and lowers heart rate and blood pressure.



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

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

NOVEMBER 2024 - GREETINGS AND PROGRAMS OFFERED



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Dear Friends,

November is here and with it the season of gratitude. We have so much to be thankful for at our wonderful center! I know I am always grateful to see your smiling faces throughout the day. We are looking forward to our second annual Thanksgiving Dinner! This year we are holding space for 100 members to attend and we have the wonderful addition of the Noreen Mola Jazz Quartet. Thank you to all of our volunteers who help make this special event possible. We hope you'll join us for this beautiful tradition. A heartfelt thank you to our Veterans for their service, and a very happy Thanksgiving to you all.

Warm Regards,
Kathy



Fall Related Injuries November 6th 11:00am

Sponsored by Waterbury Hospital

More than one in four people aged 65 years or older fall each year. The risk of falling — and fall-related problems — rises with age. Common injuries due to fall are orthopedic related. Dr. Erik Carlson, and Dr. James Aglio orthopedic surgeons, talk about what happens when you get an orthopedic related injury due to fall, treatment for such injuries, and ways to prevent falls.

Call to register today!

Holiday Wreath Making November 7th 10:30am

Join Jennifer Fernandez from the Lutheran Home of Southbury to make a fun holiday wreath to welcome the season.

Limited to 15 members, call to sign up beginning the first business day of the month starting at 8:10 am.



Page Turner's November 13th 1:00pm

A Spool of Blue Thread by Anne Tyler
(published in 2016)

"A brilliantly observed, joyful and wrenching, funny and true novel that reveals as only she (Anne Tyler) can - the very nature of a family's life." The novel covers a period of time in the family's life from the couple coming together and having four children, into the adult children's lives.

As you who are reading this newsletter know, our Southbury Library was badly hit during the "one in a thousand storm" on August 18, 2024.

Rebecca at the library is getting books for November's meeting and already has some. She asks that anyone interested should either email her at Rebecca.Randall@biblio.org, or call her at 203-262-0626 ext. 1 to make arrangements.

Great Courses

November 13th 10:00am

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

This month we continue with Lecture 8: Roman Art and Architecture. Prior to the 3rd century BC, the greatest influence on Roman art and architecture was the indigenous Italian civilization of the Etruscans. The Romans imitated many aspects of Etruscan art and architecture, and in turn, the cosmopolitan Etruscans were in contact with the Greeks and were influenced by them. But it was really the sack of Syracuse in 212 BC by the Roman general Marcus Claudius Marcellus and his men — who returned to Rome with a rich trove of Greek art — that marked the moment when Greek art was introduced to Rome on a massive scale. The exposure of Romans to Greek culture and art through these artworks would fundamentally transform all of Roman culture and civilization. We hope you'll join us.

Sometimes we have popcorn.

Monthly Dementia Caregivers Support Group 2nd Wednesday of the month 11:00 am – 12:00pm

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



Grief, Trauma Support Group Facilitated by Mary Silverman Twice Monthly

1st and 3rd Mondays 11:00 – 12:00pm

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



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.

November 5: Ford's Theatre and the Lincoln Assassination

Join us at Ford's Theatre, as we visit the story of Lincoln's assassination from the place where it happened! Explore the world of Civil War Washington, D.C., the events leading up to the night of the assassination and consider its lasting legacies. During this program, we will look closely at historical and contemporary images including maps, photographs and illustrations.

**November 12th : The Roosevelt Children: FDR Presidential Library and Museum**

In past programs, we have had the opportunity to learn so much about Franklin and Eleanor Roosevelt and their contributions to our country and the world in which they lived. Often overshadowed by their incredibly accomplished and famous parents, we will take this time to get to know the Roosevelt children. We will discover some of the successes and failures of the family, and how they may compare to other presidential offspring. How was being the child of such important and famous parents a drawback? Was it a hindrance or a help? Join us as we explore these and other fascinating facts by one of our favorite presenters, Jeff Urbin, from the FDR Presidential Library and Museum.

**November 19:Chimney Rock Museum: The Oregon Trail: Chance, Choice and Chimney Rock!**

Experience the Oregon Trail like never before at Chimney Rock! Discover the importance of choice, chance, and opportunity as our expert shares real stories of those affected by the historic trail. Feel the awe and curiosity the pioneers experienced when they saw the most famous landmark on the Oregon, California, and Mormon Trails. Designated as a National Historic Site on August 9, 1956, Chimney Rock and the Ethel and Christopher J. Abbott Visitor Center are maintained and operated by the Nebraska State Historical Society.

**November 26: Virtual Tour of the Wyoming Veterans Museum**

In honor of Veterans Day this month, we will visit the Wyoming Veterans Museum, located in the heart of the World War II Casper Army Air Base. The Wyoming Veterans Memorial Museum honors and shares the contributions made by generations of Wyoming veterans. Explore the individual experiences of soldiers, sailors, airmen, and marines who protected our nation around the globe. Learn more about military history and genealogy in our small research library. Step outside and take a tour of the WWII Casper Army Air Base. Learn more about the base, built after Pearl Harbor, which trained bomber crews for service above Europe and the Pacific. It's always a good day to honor our Veterans!



NOVEMBER 2024 PROGRAMS OFFERED

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2nd Annual Thanksgiving Dinner November 14th 11:30am-1:30pm

The Senior Center staff hopes you will join us as we serve a delicious traditional Thanksgiving dinner on Thursday, November 14th from 11:30 am-1:30pm. Thanksgiving is a time you reflect on what you are thankful for. We are thankful to be able to have you back to enjoying sit down meals at the center with fellow members, enjoying the food and one another's company. This will mark our second year celebrating the Thanksgiving holiday together here. We had a wonderful time last year! This year we are adding a little music to our celebration to jazz things up a bit.

We hope you are able to join us!

\$10 per person payable at sign up.

Limited to 100 Members

Sign up today!
Bring your appetite!



Healthy Chats—Memory & Aging November 14th 10am – 11am

What is normal memory as we age, what does dementia mean, and what can you do for your brain health as you live longer?

Dr. Matthew Imperioli is a neurologist, board certified by the American Board of Psychiatry and Neurology. He offers tailored treatment plans for disorders like migraines, muscle disorders, myasthenia gravis and neuropathies.



Mini Facials With Laura November 25th 11:00am - 2:00pm

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

Even people who have clear skin can benefit from facials - especially because clear skin doesn't always equate to healthy skin. Facials can help hydrate, plump and protect your skin for the long haul.



Laura also offers brow, lip and/or chin waxing and brow design. 30 min session - \$50, **Additional cost:** waxing brows \$15/Brow design \$25/ Lip \$10/ Chin \$10

Sign up today!

Lower Your Electric Bills! November 18, 2:00pm Art Marcelynas Returns!

Eversource Electric Supply Rates Will Change on January 1, 2025

Learn How This Change Affects Your Electric Bill and How to Lower Your Cost

Bring a recent copy of your electric bill and learn how the January 1st Supply Rate or choosing an electric supplier can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain how to choose a supplier and answer questions about the NEW Eversource Standard Service generation supply rate, licensed electric suppliers, the electric bill, and any question you have about Connecticut's electric rates and policies.

Art worked at PURA for 32 years and among his numerous duties designed the EnergizeCT Rate Board in 2006. He maintained the Rate Board and regulated licensed suppliers from 2006 until he retired in 2021 and was involved with redesigning the Eversource 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!! Don't forget to bring your bill.

Sign up today!

Aphasia

November 20th, 10:30am—12:00pm Presented by Speech Pathology Group and Rehab Services

Join an engaging presentation on Aphasia by Tegan Famiglietti-M.S., CCC-SLP. Aphasia, a condition affecting communication abilities, can have a significant impact on daily life. Tegan, an experienced Speech-Language Pathologist, will provide valuable insights into understanding Aphasia and offer free screenings during the session.

This presentation is an excellent opportunity to learn more about Aphasia, its effects, and available resources.

Limit of 35. Sign up today!





\$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 before)

Meal (Last Day for Reservation by 11:00am the working day

Tuesday Nov. 5th

Tuna Salad Sandwich with Chips



Thursday Nov. 7th

Meatloaf, Mashed Potatoes with Veggies

Tuesday Nov. 12th

No Lunch

Thursday Nov. 14th

No Lunch—2nd Annual Thanksgiving Dinner (Reservations Required in Advance)

Tuesday, Nov. 19th

Stuffed Peppers with Italian Bread

Thursday, Nov. 21st

Meatball Grinder with Chips



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

Tuesday, Nov. 26th

No Lunch Served—Holiday Week

Thursday, Nov. 28th

No Lunch—Holiday



Our Awesome Volunteers Who Serve Lunch Weekly



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

SOMETHING YOU SHOULD KNOW

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

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

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

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

NOVEMBER 2024 - SENIOR CENTER NEWS, PROGRAMS

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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!

Creative Flair with Bethel Health Care November 25th 11:00am

Join Danielle Ramos in making these fun fall candle holders! The glow of the candlelight shining through the colorful leaves will give you that warm cozy feeling. No experience necessary! Limited to 12 members.



Sign up the first business day of the month starting at 8:10 am.

Limited to 12 members



Southbury Shells November 20th 10:00-11:30am

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

Sign up the 1st business day of the month starting at 8:10am by phone only. Limited to 15 members.

Living with Diabetes November 25th 1:00pm

Sponsored by the Southbury Community Lions Club

Join medical professionals for 15 minute presentations on:

- Improving food choices,
- Importance of activity,
- Foot care and living with neuropathy
- Taking care of your vision

Sign up today!

Thankful

November is the time to be thankful, a time to remember, and to embrace those who enrich our lives.

Thanksgiving is a time of reflection for all our blessings. Our members count for so much.

Our wish for all of our members is a joyous Thanksgiving.

Expand Your Skills While Giving Back

AARP Foundation Tax-Aide, the nation’s largest volunteer-based free tax program helping older taxpayers, is looking for compassionate and friendly people to join our volunteer team in Southbury for the upcoming tax season. Neighbors like you help prepare tax returns or serve in other ways, like greeters, tax preparers, or making sure everything runs smoothly. We’ll provide training and support to help you learn new skills. The program, offered in conjunction with the IRS, has approximately 30,000 volunteers nationwide. If you’re interested in growth and giving back in your community, then we need you. Please contact Marge at marge.aarp246@gmail.com.

Details will be in the December Newsletter...

December 12th - Holiday Party 12:00-2:00—Entertainment by The Cartells

WEEKLY SCHEDULED CLASSES

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	9:00-12:00	Massage - Appointments Monday through Friday *Tues & Wed Nov ONLY
	9:00-4:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month)
	9:30-10:30	Aerobics Class A
	10:45-11:45	Zumba— NEW
	11:00-1:00	Mini Facials (Second Monday in the Month) - Check Newsletter for date
	11:00-12:00	Grief, Trauma Support Group (1st & 3rd Monday of the month)
	12:00-1:00	Tap Dancing
TUESDAY	8:45-9:45	Fit & Flex A Class
	10:00-11:00	Fit & Flex B Class
	10:00-11:00	Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month)
	10:30-11:30	Pilates— NEW
	11:30-12:30	Chair Yoga
	1:00-2:00	Ask the Financial Advisor (15-minute one-time appts , 2nd Tuesday of the month)
	1:30-4:00	Table Tennis
	2:00-3:00	Senior Learning Network
2:15-3:15	Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)	
WEDNESDAY	9:30-10:30	Aerobics B
	10:00-11:00	Garden Club (Seasonal)
	10:00-11:00	Great Courses - (2nd Wednesday of the month)
	10:30-11:30	Southbury Shells (check newsletter for date)
	10:30-11:30	Tango Lessons
	10:30-12:00	Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women)
	11:00-12:00	Monthly Dementia Caregivers Support Group (2nd Wednesday of the month)
	1:00-2:30	Hooks and Needles
	1:00-2:00	Page Turners (2nd Wed)
THURSDAY	8:45-9:45	Yoga
	10:00-11:00	Weight Strengthen/Tone
	10:30	Let's Take a Walk! - Will resume in the Spring
	10:30-11:00	Blood Pressure Screening - (2nd Thursday of the month)
	12:30-3:30	Mahjong
	12:45-2:45	Bingo
	1:30-4:00	Table Tennis
FRIDAY	9:30-10:30	Muscle Tone
	10:40-11:40	Line Dancing
	11:45-12:45	Tai Chi

Blood Pressure Screening Canceled in October and November

NOVEMBER 2024 PROGRAM CHANGES/CLOSINGS

Closings, class changes ONLY are listed below

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

Class cancellations:

No Pilates 11/5 Election Day

No Line Dancing 11/8 Canceled by instructor

No Afternoon Classes on Wednesday, November 13th & November 27th

No Weight Strengthen & Tone Thursday, November 7th Canceled by instructor

Program Registration Procedures: Telephone call requests will begin at 8:10am for program registration on the 1st business day of each month. Due to the high volume of incoming calls received from our members registering for programs, we are asking everyone to refrain from leaving messages. If you do not speak to someone when you call, please hang up and keep calling until we answer. We may not be able to listen to the messages until well after all programs have filled and you risk being on the waitlist rather than registered for the program you are interested in. We do our very best monthly to make the registration process as easy as we can, and we hope that not leaving messages will alleviate many members being disappointed that they missed out on the chance to register for the programs they wanted to participate in.

No front counter reservations will be accepted until 1pm.

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 and 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.**

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	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

Tuesday, November 5th Election Day

Monday, November 11th

The Center is Closed - Veteran's Day

Thursday, November 14th

No Programming. We will be hosting Thanksgiving Dinner 11:30-1:30pm

November 28th & November 29th

The Center will be closed to celebrate Thanksgiving with our families.

WE OFFER EACH THE FOLLOWING AS A ONE-TIME 15 MINUTE CONSULATION:

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



Please Note: We begin taking reservations for the trips listed below on the first business day of the month beginning at 8:10am. Do Not Leave A Message unless you are calling later in the day and are unable to speak to the staff. Phone calls ONLY will be honored.

No front counter reservations will be accepted until 1pm.

Trip #2

New York Botanical Garden Train Show! Bronx, NY
November 20th, 8 :00 am -5:00 pm
\$39.00 pp



Enter a winter wonderland unlike any other at the **Holiday Train Show**, where cherished seasonal traditions find a home in the enchanting train displays. The timeless holiday magic of rail travel fills the Garden with nostalgia as model locomotives and trolleys trundle through picture-perfect outdoor lawn displays and bring the Haupt Conservatory to life with the busy sounds of the season. In the warmth of the landmark glasshouse, you'll find twinkling, plant-based replicas of famed local architecture creating a cityscape in miniature—a meticulously crafted world brimming with the lively energy of New York City during the holidays. **After it's lunch on your own at Rosy Tomorrows in Danbury.**

Limited spaces available.

Coming Soon to Southbury Senior Center!

Collette Tours! Collette is an innovator in the industry, offering comprehensive destination experiences including the must-sees as well as cultural immersion and local engagement. Expect to be wowed by incredible inclusions perfectly balanced with free time, choice, and flexibility.

Look for updates soon!

collette

INSTRUCTIONS WHEN TRIPS ARE OFFERED

You may reserve 2 spots for a trip and the 2nd person must also be a member. **If you need to be picked up at home, you must tell us when you make the reservation. You will not be asked if you need a pickup at home and any requests to change that status after you have paid will not be made. Request for a pick up at home IS NOT MADE THROUGH OUR TRANSPORTATION DEPARTMENT.** Once you have called to request your reservation for the trip and are placed into the system, your ticket will be purchased (if applicable). You will receive a confirmation call and you will be responsible for the payment within 2 days of notification.

The “Transportation Request Form” is not applicable for Senior Center Trips. This form is only for daily transportation. You MUST request home pick up at the time of making your reservation. You will not be asked when you make your reservation.

Trips Available for Members Only - Do not call Transportation to register for the trip.
****Senior Center Refund Policy - Refund Policy has been amended - Please Read****

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



2024 OBSERVED HOLIDAYS

2024 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
Veterans Day	Monday	November 11, 2024
Thanksgiving	Thursday	November 28, 2024
	Friday	November 29, 2024
Christmas Eve	Tuesday	December 24, 2024
Christmas	Wednesday	December 25, 2024

For all members renewing their 2025 membership: Below is the information portion of our membership registration form. Please complete if any of your information has changed since last year, cut this page out and include it with your membership payment. Renewal fees are \$15 for Residents and \$25 for Non-Residents. We accept cash or checks only (payable to the Town of Southbury).

You may make your payment the following ways:

- Front Desk
- Drop Box
- US Post Office Mail

We look forward to seeing everyone in January 2025!

Southbury Senior Center Registration	<i>Veteran</i>	<i>Gender</i>	<i>Nickname</i>
	Yes [] No []		
<i>Last Name, First Name</i>	Please Print Clearly		Resident Fee \$15 Non-Resident Fee \$25
<i>Address</i>			<i>Date of Birth</i>
<i>City, State Zip</i>			<i>Telephone 1</i>
<i>Email Address</i>			<i>Telephone 2 (Optional)</i>
<i>Emergency Contact, Relationship, Telephone No (1 Contact Required, 2nd Contact Encouraged, but optional)</i>			

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.



- November 4 - Post Mall (Boscov's) & Whole Foods in Milford with lunch at The Cracker Barrel
- November 18 - Danbury Fair Mall & Stew Leonard's with lunch at The Cheesecake Factory
- November 25 - Westfarms Mall & Trader Joe's with lunch at The Olive Garden

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	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



Southbury Senior Center

Where Your Adventure Continues

PRSR STD
U.S. POSTAGE
PAID
SOUTHURY, CT
PERMIT NO. 27

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

Would you like to receive our newsletter electronically?



Subscribe to our newsletter directly to the printer LPI and you will receive an email notifying you a newsletter is available for viewing. All you need to do if you are interested in subscribing: scan the QRCode then choose the link shown below the code. Once you have been directed to the LPI site complete the registration process.

You will receive an email notifying you that we have a new newsletter to view each time it is sent for printing.

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

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 to be issued your electronic benefit card. **Once your card has a balance of \$0, please return to the Senior Center Office.**

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



Medicare Choices
Open Enrollment October 15th thru December 7th
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.

The Annual Open Enrollment Period (Oct 15 to Dec 7, 2024) is your chance to review Advantage and Prescription Drug Plans and make any necessary changes for 2025. So, act now to make an appointment because they fill-up fast.