



Southbury Senior Center

Where Your Adventure Continues



# Senior Center

Welcome to the  
Southbury Senior Center!

## CONTACT US:



561 Main Street South  
Southbury, CT 06488



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



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



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



## GREETINGS!

We **KNEAD** volunteers!

The **Panera Bread Dough-Nation** Program is back – and the only way we can keep this program running is through the kindness of our volunteers!

We are looking for volunteer(s) to pick up the bread at Panera in Southbury Monday evenings at closing time. Please contact the Office at 203-262-0651 if you are interested or for more information.

We thank you for **RISING** to the occasion!

Free bread from Panera is available most Tuesday mornings on a first come, first serve basis. We ask that you only take **one** item per week to spread out the donation fairly!

With Gratitude,

Andrea

**Election Day is Tuesday, November 5<sup>th</sup>**

If you need a ride to your polling place, please call 203-262-0652 by **Thursday, October 31<sup>st</sup>**. Reserve your ride today!

### Zumba Classes Mondays, 10:45 am



It's been decided and we are happy to announce that Zumba has resumed! We hope you join us for the class!



### Swedish Massage Monday –Friday 9:00 am – 12 :00 pm

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.*

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.

*Book your appointments starting on the 1st business day of the month at 8:10am by phone only.*



### Take a Walk! Thursdays, 10:30am

**New Walking Club led by Member Volunteer Rosann L. Meet at the Center to join Rosann. (They do not walk on rainy days.)**

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



## 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.

# OCTOBER 2024 - GREETINGS AND PROGRAMS OFFERED



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Dear Friends,

Welcome to all our new members! We have a busy month at the center! The 10<sup>th</sup> kicks off the month with our first annual Oktoberfest under the tent! Bratwurst and apple strudel, polka music too! We have flu shots, what to do after you've got the diagnosis, and Birds of Prey on the 17<sup>th</sup>, a Red Cross Blood Drive on the 29<sup>th</sup>, a Glass Blowing trip and our annual Halloween Costume Party with magician/ mentalist Jim Sisti on the 31<sup>st</sup> and so much more! Come join us!

Warm Regards,

*Kathy*



## NEW! PILATES Tuesdays Starting October 1st 10:30 – 11:30



Pilates exercises are suitable for everyone, beginners, seniors, athletes, people with limited mobility and conditions such as osteoporosis and more. Pilates focuses on building strength, flexibility, balance, core control and correct breathing technique.

Please bring the following to class: thick mat (not a yoga mat), "squishy" ball, a deflated 12" ball, I can help you deflate your ball, (or a Pilates ball from Amazon), exercise band, about 5' long, medium strength (from Amazon), small hand towel and don't forget to bring a water bottle.



## Page Turner's October 9th 1:00pm

*A Burning* by Megha Majundar (2020)

**Please Note: This may be canceled due to the damage at the library from the storm and the delay of the library opening.**



## Grief, Trauma Support Group Facilitated by Mary Silverman Twice Monthly

**1<sup>st</sup> and 3<sup>rd</sup> Mondays 11:00 – 12:00 pm**

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

## Healthy Chats

### Breast Health During your Golden Years October 10th 11:00am -12:00pm

Breast cancer screening guidelines and recommendations for women over 70



## October Fest! (Under the Tent) October 10th 12:00 – 2:00 pm

Join us for a festive afternoon at our October Fest on October 10, 2024, from 12:00 PM to 2:00 PM under the outdoor tent (weather permitting). Immerse yourself in the flavors of autumn with a delectable spread of traditional German fare, including juicy brats with tangy sauerkraut, creamy potato salad, and other classic treats.

Get into the spirit of the season as accordion virtuoso David Gocłowski serenades us with lively tunes and timeless melodies, adding a touch of authentic charm to the celebration.

Space is limited, so be sure to secure your spot!

Thank you to our incredible **sponsors!**

**The Key** – for the delicious warm pretzels! Say hello to Lilian!

**Candlewood Valley Health & Rehabilitation Center** – for the delicious Apple Strudel!

A **\$10 payment** is due at sign-up. Don't miss out on this delightful afternoon of food, music, and merriment!



**Limited to 50. Sign up today!**



**Afternoon programming is canceled.**

**Morning classes will be canceled only in the event of rain, so we are able to bring the event inside.**

## 2nd Wednesday of the month

### Monthly Dementia Caregivers Support Group 11:00 am – 12:00 pm

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

### October 8<sup>th</sup> - LaBelle: Mr. Adams Goes to Philadelphia

#### John Adams National Historic Park

It has been 250 years since John Adams departed his home in Massachusetts for the First Continental Congress in Philadelphia. In June 1774, Adams was elected to go to Philadelphia as a delegate to the First Continental Congress. Here, representatives from the American colonies met to discuss their opposition to England's colonial government. John was an active participant at this meeting and the subsequent Second Continental Congress. During the course of his attendance at these sessions, Adams proposed George Washington as commander-in-chief of the Continental Army, and argued forcefully for and helped his friend Thomas Jefferson draft the Declaration of Independence. Join us as we take a step back into history celebrating this important anniversary.



### October 15<sup>th</sup> - Cabinet of Curiosities: Mystic Seaport Museum

We have enjoyed several wonderful programs with Mystic but this time we will go “down under” into the vault! We will learn about the vast collections of artifacts, documents, photography, rare books, boats, ship’s plans and film and video at the Museum! This program will take you on an adventure behind locked doors into the “vault” that stores the Museum collections. Within the collection are many unusual and surprising artifacts. Virtual visitors will have a chance to see everything from unusual animal parts and strange furniture, to a curious secret ingredient used in some perfumes! Join us for this special program with one of our favorite providers!



### October 22<sup>nd</sup> - Upset!- Truman Presidential Library

“Down in the polls and under fire within his own party, Truman alone remained confident of his victory. On the morning after the election, Americans rose to news of the most surprising comeback in presidential election history. In Missouri, Truman learned of his victory at 4:00am, when a Secret Service agent woke him. Later that day 40,000 people jammed the town square in Independence to salute their native son. How did he do it? The election was a cliffhanger; the President won without getting a majority of the popular vote, pulling together just enough of the old New Deal coalition to squeak through.” - Truman Library



Join us with the new Education Director of the Truman Presidential Library as she takes us through this important moment in history as we are in the midst of our own history making election season!

### October 29<sup>th</sup> - Historic Cemeteries

#### Spooky History: What Cemeteries Can Teach Us About our Past

Ghosts, specters, and haunts, oh my! While cemeteries are usually places that we associate with scary and creepy things, there's a lot more we can find when we take a moment to look at the how and why we memorialize those who are no longer with us. Come learn what makes a cemetery "historic", how burial practices have changed over time, why cemeteries are important places in our community to preserve, and the clues they give us about our history and ancestors.





# OCTOBER 2024 PROGRAMS OFFERED

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## Great Courses October 9th 10:00 am

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

**This month we continue with Lecture 7: Hazards of Life in Ancient Rome: the Five Fs** The ancient Rome of our imaginations is one of glory, power, and wealth. And while it was indeed a city of magnificent public structures and profligate spectacles, this is not the whole story. There was a darker, grittier side to life in ancient Rome. It was a crowded, noisy, smelly, and dangerous place to live. For the overwhelming majority of ordinary Romans, daily existence in the great capital was a grim struggle in which they were constantly menaced with an array of deadly threats that could strike without warning at any time. In particular, there were five major hazards that characterized life in ancient Rome and often played a far greater role in the lives of the city's inhabitants than the city's glories: floods, fires, famines, filth and fevers.

**Sign up today! Sometimes we have popcorn!**

## Flu Shots by HVHD October 17th 9-11 am

Housatonic Valley Health District (HVHD) will be hosting a Flu Clinic at Southbury Senior Center on **Thursday, October 17th from 9:00 am - 11:00 am.**

Appointments are recommended but not required.

Visit <https://hvhd.as.me/SouthburySC-Flu> to schedule an appointment. Bring your completed Flu Questionnaire (located at <https://hvhdct.gov/immunizations/flu-vaccinations/>) and insurance card to your scheduled appointment time.

Contact HVHD via email ([cht@hvhdct.gov](mailto:cht@hvhdct.gov)) or phone (203-264-9616) with any questions.



## Management of Knee Pain presented by Amber Hayes CT Physical Therapy (Rescheduled from August ) October 15th 12:30 – 1:30 pm

**Do you have knee pain??:** Pain is not normal! Register for an educational talk with Amber of Connect Physical Therapy to learn about causes of knee pain as well as conservative management. Have your questions answered! Sign up today!



## You've Got The Diagnosis, Now what? October 17th 11am-12pm

Presented by Tamath Rossi,  
Support Our Seniors



Join Tamath Rossi, Certified Dementia Practitioner, Senior Advocate, Geriatric Case Manager and Director/Owner of Supporting Our Seniors, LLC, as she guides attendees through the process of coming to terms with a diagnosis of Dementia or Alzheimer's and the next steps to take post diagnosis. An often scary and overwhelming time for the diagnosed individual as well as the family, Tamath provides guidance and resources of support gained through her 6 years as a trained and experienced Certified Dementia Practitioner successfully working with and supporting hundreds of seniors and their families through this challenging period. The program will include a question and answer period to address specific concerns of participants and Tamath will be providing a few raffles to keep it fun!

**Space is limited, sign up 1<sup>st</sup> business day of the month starting at 8:10 am**



## Birds of Prey, Horizon Wings October 17th 1pm-2pm

Ever wish you could experience the thrill of being up close to a magnificent eagle, hawk, falcon, or owl? You will have your chance at this presentation by Horizon Wings of Ashford.

**Space is limited, sign up 1<sup>st</sup> business day of the month starting at 8:10 am**

## Dimensions of Wellness with Julia Ramia October 24th 12:45 – 1:45 7 Dimensions of Wellness

In our fast-paced world, wellness is more important than ever. People are looking for ways to achieve a healthy, balanced lifestyle that helps them flourish in every way. Come learn about the Seven Dimensions of Wellness: a holistic approach that considers the many aspects of well-being that are all connected. This perspective goes beyond just staying fit or eating right; it's about nurturing every area of our lives for overall wellness. We will explore each dimension and offer practical tips for bringing balance and harmony into your life.

**PRESENTER:** Julianne Ramia, Dementia Specialist; Hartford HealthCare Center for Healthy Aging  
**REGISTRATION REQUIRED**



**\$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**

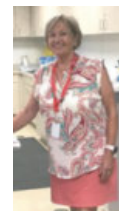
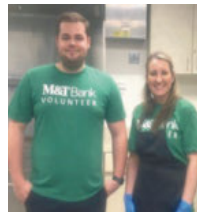
| Day/Date            | Meal (Last Day for Reservation by 11:00am the working day before)  |
|---------------------|--|
| Tuesday Oct. 1st    | Macaroni & Cheese with Salad                                       |
| Thursday Oct. 3rd   | Chicken Marsala with Rice  |
| Tuesday Oct. 8th    | Shepherd's Pie with Salad  |
| Thursday Oct. 10h   | No Lunch   |
| Tuesday, Oct. 15th  | Baked Ziti with Salad  |
| Thursday, Oct. 17th | Beef Stroganoff with Green Beans                                   |
| Tuesday, Oct. 22nd  | Sausage & Peppers w/chips  |
| Thursday, Oct. 24th | Sliced Turkey, Mashed Potatoes with Veggies                        |
| Tuesday, Oct. 29th  | Chicken Salad Sandwich with Salad<br><b>*Birthday Cupcake Day*</b> |
| Thursday, Oct. 31st | No Lunch—Happy Halloween!!   |



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



**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.**

# OCTOBER 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!

### Mini Facials With Laura October 28th 11:00am - 2:00pm

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

**30 min session -\$50**

**Additional Cost:** Waxing Brows \$15/ Brow design \$25/  
Lip \$10/ Chin \$10

**Sign up the 1st business day of the month starting at 8:10am by phone only.**



### Southbury Shells October 30th 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.**

### Creative Flair with Bethel Health Care October 28th 11:00

Join Danielle to create an adorable button pumpkin!

**Sign up the 1st business day of the month starting at 8:10am by phone only.**

**Limited to 12 members**



### Halloween Party! October 31st 11:30am - 1:30pm



Get your imagination gear running and plan your costume! Our Halloween Party is going to be frighteningly fun! We'll have a hot lasagna and garlic bread lunch followed by top entertainment from Jim Sisti the Comedic, Magician Mentalist whom many of you enjoyed last year, and more!

**Limited to 50. Sign up today!**

### Red Cross Blood Drive October 29th 10:00 - 2:00 pm



**Sign up to give the gift of life. See the front desk for forms.**



### 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](mailto:marge.aarp246@gmail.com).

**November 14th - Thanksgiving Dinner 11:30-1:30- Entertainment by Noreen Mola (Jazz) Quartet)**  
**December 12th - Holiday Party 12:00-2:00-Entertainment by The Cartells**





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# 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.

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

**Ask the Financial Advisor will be on October 1st (this month only)**

**Blood Pressure Screening Canceled in October and November**



# OCTOBER 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 Line Dancing 10/25 Canceled by instructor**

**No Pilates 10/29 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.**

## OCTOBER 2024

| SUN | MON                 | TUE | WED | THU | FRI | SAT |
|-----|---------------------|-----|-----|-----|-----|-----|
| 29  | 30                  | 1   | 2   | 3   | 4   | 5   |
| 6   | 7                   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14<br><b>CLOSED</b> | 15  | 16  | 17  | 18  | 19  |
| 20  | 21                  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28                  | 29  | 30  | 31  | 1   | 2   |

**October 10th**

Morning Programs will be held in the large shared room, afternoon programming canceled.

**October 31st**

All programming is canceled for the day at the Center.

**Check the November Newsletter for 2025 renewal information**

**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



# TRIPS

# OCTOBER 2024

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**Please Note:** We begin taking reservations 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.**



## Peter Greenwood Studio Glassblowing Riverton, CT October 23rd 9 am -4pm \$85 pp



Unique 1 hour of Peter Greenwood Studio, Gallery, & School located inside the Historic Union Church 1829 in charming Riverton Connecticut. Glassblowing demonstration and lecture. After the lecture and demonstration, you'll each have a chance to make your own beautiful blown glass paperweight! A beautiful one-of-a-kind creation to keep or to give as a gift.

Then it's off to lunch at Mario's Tuscany Grill & Bar for a lovely lunch on your own .

## Mohegan Sun New England Christmas Festival! Uncasville, CT November 8th, 8:00 am – approx. 5:30 pm \$25 pp



38<sup>th</sup> Annual New England Christmas Festival! Enjoy 350+ pop up shops- seasonal décor, distinctive home accessories, fashion finds, dazzling fine jewelry, tantalizing specialty foods, luxurious spa products and so much more! Something for everyone on your list - even your furry pals! Lunch will be on your own at the event.

## New York Botanical Garden Train Show! Bronx, NY December 3rd, 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.**

### INSTRUCTIONS WHEN TRIPS ARE OFFERED

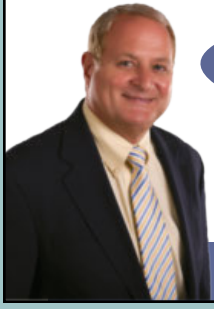
*You may reserve 2 spots for a trip and the 2nd person must also be a member. If you need to be picked up at home, you must tell us when you make the reservation. You will not be asked if you need a pickup at home and any requests to change that status after you have paid will not be made. Request for 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.





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# 2024 OBSERVED HOLIDAYS

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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                         |
| Memorial Day        | Monday             | May 27, 2024                           |
| Independence Day    | Thursday           | July 4, 2024                           |
| <i>Labor Day</i>    | <i>Monday</i>      | <i>September 2, 2024</i>               |
| <b>Columbus Day</b> | <b>Monday</b>      | <b>October 14, 2024</b>                |
| Veterans Day        | Monday             | November 11, 2024                      |
| Thanksgiving        | Thursday<br>Friday | November 28, 2024<br>November 29, 2024 |
| Christmas Eve       | Tuesday            | December 24, 2024                      |
| Christmas           | Wednesday          | December 25, 2024                      |

## Transportation Request Form

To better serve our Riders – we’ve developed a new procedure to help with the appointment process! Below you will find a form to fill out each month with your appointment information (i.e. medical appointments, programs at the senior center, grocery shopping, etc.) Once you complete the form – please **drop it off** at the Transportation Office or hand it to your driver. Additional blank forms are available upon request.

**\*\*Please Note: This Form is not accepted to request pick up for Senior Center Trips.\*\***

*The Transportation Request Form is not required to reserve a ride, **but strongly encouraged!***

## Transportation Request

**Date of Request:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Request in Month of:** \_\_\_\_\_

| Day/Date | Time | Destination | Notes |
|----------|------|-------------|-------|
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Entered By: \_\_\_\_\_ Confirmed By: \_\_\_\_\_

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 July 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.**



- Oct. 7 - Westfarms Mall in Farmington, Whole Foods with lunch at The Olive Garden
- Oct. 21 - Post Mall ( Boscov's ) with lunch at TGI Fridays
- Oct. 28 - Walmart in Wallingford with lunch at Pacific Buffet & Grill

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

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

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

### Transportation Fares

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

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

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

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

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

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

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

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

|                                 |           |             |
|---------------------------------|-----------|-------------|
| Waterbury, Middlebury, Woodbury | 3 Punches | Mon & Thurs |
| Danbury                         | 5 Punches | Tues & Wed  |
| Newtown                         | 3 Punches | Tues & Wed  |
| New Haven                       | 5 Punches | 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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- ✓ August 8 - Fall registration opens
- ✓ September 6 - Fall classes start

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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

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**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. Transportation will be available **Oct. 10th & Sept. 24th** for the Farmer's Market. Please call 203-262-0652 to reserve your ride!



**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.**