



Welcome to the Southbury Senior Center!

October
2025

CONTACT US:

561 Main Street South
Southbury, CT 06488

(203) 262-0651

(203) 262-0652 (Transportation Line)

www.southbury-ct.org/seniors

Monday, Tuesday, Thursday 8am-5:00pm

Wednesday 8am-6pm

Friday 8am-1pm

Our local Lions Club recognizes the urgent need for corrective lenses and collects usable glasses in their communities to support the Lions Recycle for Sight Program. Their eyeglasses donation program aims to collect used glasses from donors, refurbish them if necessary, and distribute them to those in need. This initiative addresses a critical health issue—uncorrected vision problems—that can hinder education, employment, and overall quality of life. Your used eye glasses & hearing aids could make a difference in someone's life. The Southbury Senior Center now has a yellow collection mailbox located in the back of the Senior Center building.

I'd also like to introduce, Devyn, who will be helping out in the main office. Be sure to stop by and say hello!"
Happy Fall,

Andrea



MEDICARE Open Enrollment Appointments

Schedule your appointment with our experienced, certified, Medicare counselor at the Southbury Senior Center. Please, call the Senior Center to make your appointment. There is no fee for this service.

Oct 15 to Dec 7, 2025 is the **Annual Open Enrollment Period** for reviewing and making changes to your Advantage or Prescription Drug Plan for 2026. Act now to make a one hour appointment between 9:00am and 3:00pm, because they fill-up fast. Any and all Medicare questions will be addressed and clarified for the many Medicare insurance choices available. **Available dates will be: Oct. 15th, 20th & 27th; November 3rd, 10th, 17th & 24th; December 1st.**

Bereavement and Trauma Support Group
Facilitated by Mary Silverman
Twice Monthly—1pm
1st & 3rd Wednesday of the Month



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

Massage Therapy Tuesdays and Wednesdays (Excluding 2nd Wednesday of the Month) 9:00am–12:00pm

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.

Monthly Dementia Caregivers Support Group

2nd Wednesday of the month, 11:00am –12:00pm

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

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

Dear Friends,

Welcome to all our new members! We have a busy month at the center! The 9th kicks off the month with our second annual **Oktoberfest** under the tent! Bratwurst and apple strudel, polka music too! We have flu shots on the 7th, a **Red Cross Blood Drive** on the 20th, a trip to Blue Jay Orchards and Fusion 25 Hibachi on the 14th, our annual **Halloween Costume** Party with Master Illusionist Lyn Dillies on the 30th and so much more! Come join us!

Warm Regards,

Kathy

Mini Facials With Laura Will Return in November

Watercolor with Tom October 6th, 20th, 27th

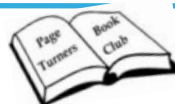
1:00 – 3:00 pm

**\$28 per person includes instruction
and all materials**

Limited to 10.

Continue your Watercolor experience!

*Sign up 1st business day of the month be-
ginning at 8:10 am*



Page Turner's Oct. 8, 1:00pm-2:00pm

The Secret Life of Sunflowers by Marta Molnar

(from SuperSummary) "This novel alternates between the story line of Emsley Wilson, an auctioneer living in present day Los Angeles and Johanna Bonger van Gogh, sister-in-law of Vincent van Gogh who live in the Netherlands in the later 19th century. (The present day) Emsley is given a diary and a stack of old letters by her ailing grandmother Violet. After reading the first diary entry Emsley finds it is the diary of a woman named Johanna Bonger." ...and the plot continues...

Page Turners welcomes new members all the time and books are available at the newly-opened Southbury Library in the "holds" section under Pager Turners.

Great Courses Oct. 8, 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 18 Chariot Racing, Spectacles, and Theater. The most common, most popular, and most traditional form of public entertainment in ancient Rome was not gladiator games, but began this custom in the 8th century BC by staging spectacular games featuring chariot races, inviting all the neighboring tribes and then using the games as an opportunity to kidnap the visitors' women. Later in Roman history, the largest stadium in Rome was not the Colosseum, but rather the Circus Maximus, the site of chariot racing, which became the favorite entertainment of the average citizen of Rome.



Housatonic Valley Health District Flu Vaccine-Beat the Flu, Get your shot! October 7th, 9:00 – 11:00 am



To schedule your flu shot appointment, call
Housatonic Valley Health District 203-264-9616

Please bring the following to your appointment:

- **Completed Flu Questionnaire** (located on the HVHD website www.hvhdct.gov also blank copies will be available at the clinic)
- **ID card**
- **Insurance Card**



Tech Help is Back!

2 Pomperaug High School Students will be offering free tech help the 3rd Wednesday from 4:15pm-5:00PM. Bring your smartphone, tablet and/or laptop!

Call the office to schedule your appointment!

Sometimes we have popcorn

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 7th: The Monuments of Gettysburg

Join us at Gettysburg National Military Park, as we learn about the various monuments, and battle sites in and around them. These monuments represent "one of the largest collections of outdoor sculpture in the world." Most are listed as contributing structures within Gettysburg Battlefield Historic District, which was approved by the Keeper of the National Register of Historic Places on January 23, 2004. Join us as a park ranger takes us on a virtual tour of these monuments, and the history behind them.



October 14th: The Wonders of Yellowstone Park

Yellowstone National Park is a wonder to see and experience. The wildlife is unbelievable, but the geology is even more spectacular. Yellowstone geology is tied to a process that began in deep time and continues to the present. It has shaped the surface of the western United States. Spend an hour with Outreach Educator George Miller from the Buffalo Bill Center of the West and explore the forces that have shaped Yellowstone and the West.



October 21: Lincoln at Ford's Theatre

On the morning of April 14, 1865 (Good Friday), actor John Wilkes Booth learned President Abraham Lincoln would attend a performance of the comedy *Our American Cousin* that night at Ford's Theatre—a theatre Booth frequently performed at. He realized his moment had arrived.

By 10:15 that evening, the comedy was well into its last act. In the Presidential Box, President and Mrs. Lincoln and their guests, Major Henry Rathbone and his fiancée, Clara Harris, laughed at the show along with the audience—not knowing that Booth was just outside the door. Join us as visit once again this event that changed history- and maybe learn something we never knew before !



October 28: Historic Train Travel with the Durham Museum

Hop aboard our passenger cars, steam engine, and caboose for an authentic look at train travel and how it shaped our country!

Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890s steam engine and 1950s caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits!



OKTOBERFEST!

October 9, 12:00 – 2:00 pm \$20 pp



Join us for a festive afternoon at our Oktoberfest under the tent. 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 Goclowski** 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!** **Candlewood Valley Health & Rehabilitation Center** – for the delicious Apple Strudel -say hello to Candace! **Amedisys Inc. Home Health Care** for the beautiful Pumpkins and Mums! Say hello to Megan!

A **\$20 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!

Healthy Chats with Heidi from HVHD October 16 11-12

Breast Cancer Awareness with Nuvance Health



Red Cross Blood Drive October 20, 9:30 – 2:30 pm Blood Drive Sponsored by the Southbury Knights of Columbus

Save a life. Donate Blood.

Please call 1-800-RED CROSS (1-800-733-2767) **or** visit RedCrossBlood.org and enter: Southbury to schedule an appointment.



Come to give blood Oct. 20-Nov. 16 for a \$10 e-gift card + chance at \$5K prize!

Game Day is Back!

Game Day is back on Fridays from 9am –11am. Come in and play with fellow members. We have Scrabble, Rummikub, Chess, Wii Bowling and puzzles.



Paint and Sip with Monika from CT Nursing Services Oct. 20, 10:00am



Join Monika from CT Nursing Services for a morning of creative expression. You will enjoy a guided painting session. No experience needed!

Registration required. Seats are limited to 12 people. Sign up begins the first business day of the month at 8:10 am by phone only.

Long-Term Care Planning for Single People October 21, 3:30 – 4:30 pm



There's a lot of information out there about married couples planning for long-term care costs. But what if you (or a loved one) is single? There are some differences you should know about. **Join Attorney Lynda Lee Arnold** who will explain what you need to know about long-term care planning for single people.

Attend and you'll understand how Medicaid works in Connecticut, find out what happens to your home if you go on Medicaid, learn how Medicaid pays for either care at home or nursing home care, how an irrevocable trust protects assets, and what can be done to protect assets if you don't plan ahead.

Sign up 1st business day of the month beginning at 8:10 am

Creative Flair with Bethel Health Care Oct. 27, 11:00am-12:00pm

Join Danielle to make these creative Pumpkins!



Limited to 12 members, sign up begins the first business day of the month at 8:10 am by phone only.

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

ASK THE ATTORNEY second Tuesday of the Month 10:00am

ASK THE FINANCIAL ADVISOR Second Tuesday of the Month 1:00pm

ASK THE REALTOR Second Tuesday of the Month 2:15pm





**Join us on Wednesday Evenings 4:30 – 5:30 for a WEEKLY
GREAT COURSES FUN EXPLORATION ADVENTURE SERIES!**

REDISCOVERING the Age of DINOSAURS

Dinosaurs fascinate people of all ages throughout the world and are icons of our natural and ecological history. These **24** lectures take you deeply into the dinosaurs' world, through topics such as: **A Spectacular Diversity of Species** – comprising 900 dinosaur species; **Wonders of Dinosaur Discovery** - Delve deeply into the remarkable fossils that reveal the dinosaurs' world; **Remarkable Behavior and Lifestyles** - Discover how these amazing creatures ate and digested food: and so much more!

Through **Professor Curry Rogers'** thrilling commentary, enriched by the stunning imagery of the creatures of the Mesozoic, **Rediscovering the Age of Dinosaurs** offers you a breathtaking view of the panorama of life on our planet.

Kristi Curry Rogers is a dinosaur paleontologist and a Professor of Biology and Geology at Macalester College. She earned her PhD in Anatomical Sciences from Stony Brook University.

October 1st wraps up the last two in the Dinosaur series. #s 23 & 24 .

#23 The Extinction that Ended the Dinosaurs and #24 Dinosaur Resurrection

We hope you enjoyed this fascinating series!

Our next series will begin in the Spring: The Real Ancient Egypt

Popcorn or other light refreshments may occasionally be served.



The Tax-Aide site at the Southbury Senior Center is seeking a volunteer for the role of site administrator/site leader. This volunteer will ensure program operations run smoothly, manage volunteers, and maintain quality control. Tax expertise is not required. Please contact Andrea in the office for more information.

CARE CALLS: This program is designed to “check-in” with our Southbury Seniors. After completing a brief application with the office, you will receive an automated telephone call during Senior Center operating hours. If you do not answer the automated phone call after 3 attempts, a staff member will check in with your designated emergency contact(s) and/or do a wellness check at your residence. This program is free for our Southbury resident members. Call or stop by the office for more information!

New Property Tax Exemption for Veterans With a Permanent & Total Disability Rating: CT residents who served in the Army, Navy, Marine Corps, Coast Guard, Air Force, or Space Force and have a service-connected permanent and total disability rating, as determined by the U.S. Department of Veterans Affairs (U.S. DVA), are eligible for the exemption. We encourage all Veterans to file their DD-214 with the Town Clerks Office regardless if you are eligible for this exemption. There are other Veteran Exemptions available for those who do not meet these requirements.

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!



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



Southbury Shells Sept. 29, 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.

Balance and Home Safety October 29, 4:30 – 5:30

Presented by Danielle McGuire PT, DPT, OCS Physical Therapist Southbury Clinic Manager CT Physical Therapy LLC

Part 3: Balance Self-Screening and Exercises to Complete.

Limited to 25 members, signing up begins first business day of the month at 8:10 am by phone only



Need assistance signing up for ArrayRx? Join Andrea on, October 22nd at 2:15pm for more information and to register! Call the center to RSVP



Save money at the pharmacy!

ArrayRx offers affordable prescription drugs to everyone in Connecticut, no matter their income, age, insurance status, or immigration status.

No computer? No problem.
Follow the steps below to sign up:

1 Call **800-913-4146** to sign up for the discount card.



You're Invited to Our Spooktacular Halloween Party!

October 30, 11:30 -1:30

\$20 pp

Join us for a frightfully fun afternoon filled with delicious food, dazzling entertainment, and ghoulishly good times! Feast on hot and hearty lasagna and garlic bread lunch that's sure to satisfy even the hungriest of monsters.

Be amazed by the spellbinding talents of Master Illusionist Lyn Dillies, whose magical performance will leave you bewitched and bedazzled!

Come dressed to impress in your most creative, creepy, or comical costume, there will be plenty of surprises and maybe even a prize or two!

And that's not all! Expect more spooky fun and festive flair throughout the event! Don't miss this fang-tastic celebration, it's going to be a scream!

Get your imagination gear running and plan your costume!

Limited to 48. Sign up today!



Are you Interested In Being a Pomperaug Pal?

Are you interested in having a Pen Pal? There are students next door who would like to write to you every month. You do not even have to mail your letters- they will be picked up and the return letters will be dropped off for you here. Last year's program was very successful!

To make it easier to begin, they've created topic starters too. If you are interested, call the office 203-262-0651 and sign up today! We will match you with a pen pal and you can begin swapping letters!





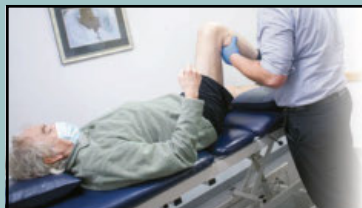
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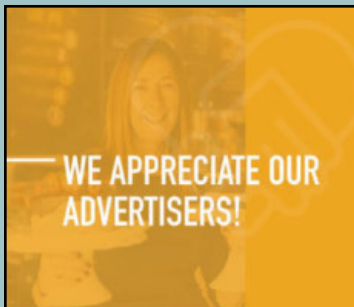
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WEEKLY SCHEDULED CLASSES

Page 8

BELOW ARE PROGRAMS OFFERED TO OUR MEMBERS DURING THE MONTH

All closings, or class changes are shown in calendar on opposite page. Note: All members are required to register at one of our kiosks (located in front lobby and at back doors of Center), by entering their phone number and registering for each class/event they are attending and/or as a drop in if just "stopping in". All visitors are required to register at the front office. We ask that you do not pre-check in for any class or program that is taking place at a later time in the day until you are about to enter the room. This helps keep numbers for attendance of classes/programs accurate, as well as the number of people in the building at any one time.

MONDAY	9:00-4:00 9:30-10:30 10:45-11:45 11:00-1:00 12:15-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba Mini Facials (2 nd & 3 rd Monday in the Month) - Check Newsletter for date Beginner Tap Dancing
TUESDAY	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 11:15-12:15 11:30-12:30 1:00-2:00 1:30-4:30 2:00-3:00 2:15-3:15	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Line Dancing— Note the New Start Time Chair Yoga Ask the Financial Advisor (15-minute one-time appts , 2nd Tuesday of the month) Table Tennis Senior Learning Network Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
WEDNESDAY	9:00-12:00 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 4:30-5:30	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) Aerobics B Garden Club (Seasonal) Great Courses - (2nd Wednesday of the month) Southbury Shells (check newsletter for date) Tango Lessons Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) Monthly Dementia Caregivers Support Group (2nd Wednesday of the month) Grief, Trauma Support Group (1st & 3rd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed) Tai Chi Great Courses Weekly
THURSDAY	8:45-9:45 10:00-11:00 10:00-11:30 10:30 10:30-11:00 & 1:00-1:30 12:30-3:30 1:00-3:15 3:30-4:30	Yoga Weight Strengthen/Tone Crochet Group (Loop Troop) 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 Muscle Tone
FRIDAY	9:00-11:00	Game Day! (Scrabble, Rummy, Chess, Wii Bowling & Puzzles)

GAME DAY

Closings, class changes ONLY are listed below

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

Class cancellations:

No Programs 10/9/25—Oktoberfest!

No Programs 10/30/25— Halloween Party!

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 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 on the 1st business day of the month.

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

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

Please leave the room as you have found it, returning all items where they were before the class or program starts. **If you need help with your chair, please ask the staff and we will be happy to assist you.**




Coming in the Next Couple Months...

**November 3rd, 3:30pm-4:30pm:
Fairy Hair: \$10pp**

**November 6th, 12:45pm-3:15pm:
Makeup for Mature Women: \$10pp**

**November 20th, 11:30am-1:30pm:
Annual Thanksgiving Dinner: \$12pp**

**November 25th, 2:30pm-4:30pm:
Pat Griffin, Psychic Medium: \$20pp**

**December 11th, 11:30am-1:30pm:
Annual Holiday Party: \$20pp**

Connecticut Seniors Top 4 Ways to Outsmart Scammers

Pause • Verify • Protect • Report

1. Hang Up, Slow Down

If a call, text, or email feels urgent or scary, stop. Delete it or hang up, then check with a trusted friend before acting.

2. Guard the Numbers

Never give your Social Security, Medicare, or bank info to anyone who contacts you first—no matter what they claim.

3. Spot the Telltale Signs

Misspellings, "act now" language, generic greetings, odd links—these are classic phishing clues. When in doubt, delete.

4. Act Fast if Something's Wrong

- Call your bank to freeze accounts.
- Place a free credit freeze:
Equifax: 888-766-0008
Experian: 888-397-3742
TransUnion: 888-909-8872
- Need help? CT Elder Justice Hotline 860-808-5555 or visit IdentityTheft.gov.

Keep this handy, share it with friends, and remember: *Pause, verify, protect, report.*
For emergencies, dial **911**.



\$5 PER PERSON
PAYMENT MUST BE MADE IN PERSON AT THE TIME OF SIGN UP TO SECURE YOUR RESERVATION
Lunch is served at 12pm and your place will be held until 12:15pm



LUNCH IS NON-REFUNDABLE AND NON-TRANSFERRABLE

Day/Date	Meal (Last Day for Reservation by 11:00am the working day before)	
Thursday October 2nd	Barbeque Chicken with Cole Slaw	
Tuesday, October 7th	Shepherd's Pie with Salad	
Thursday October 9th	No Lunch—Oktoberfest	
Tuesday October 14th	No Lunch – Day After Holiday	
Thursday October 16th	Reuben Sandwith with Cole Slaw	
Tuesday October 21st	Beef Stroganoff with Green Beans	
Thursday, October 23rd	Chicken Francaise with Rice	
Tuesday, October 28th	Chicken Salad Sandwich with Chips	
Thursday, October 30th	No Lunch—Halloween Party	

Please remember to thank our Awesome Volunteers who serve lunch weekly

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

We would like to thank Southbury Sweets, LLC for providing cupcakes to our members to celebrate September birthdays.



105 Luna Trail Ext Southbury CT

SOMETHING YOU SHOULD KNOW

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

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

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



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Fall Fun at Blue Jay Orchards & Hibachi Lunch at Fusion 25 October 14, 10:45am-3:30pm

\$5 pp

Celebrate the season with a festive fall outing to Blue Jay Orchards in Bethel! Enjoy the crisp autumn air as you explore the orchard and, if you choose, go apple picking. Pumpkins will be available for purchase, along with a visit to their charming farm market, featuring:

- Jams & Jellies
- Fresh Apple Cider & Cider Donuts
- Honey & Maple Syrup
- Maple Candy
- Dessert Loaves and More!



Afterward, we'll head to **Fusion 25 in Newtown** for a fun and delicious Hibachi lunch, where chefs cook right at your table for an entertaining dining experience. Lunch prices range from \$13 - \$20, depending on your selection.

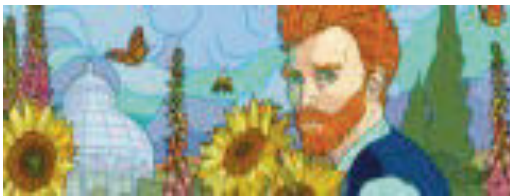
Apple picking and purchases at the orchard and restaurant are on your own.

We hope you'll join us for this lovely fall outing filled with fresh air, good food and great company!

Call to register on the first business day of the month at 8:10 am.

New York Botanical Gardens October 23 8:15 am – 4:45 pm

\$30 pp



Enjoy a light breakfast on the bus sponsored by the Southbury Jun-iorettes, then NYBG becomes the canvas for the colorful brush strokes of one of the world's most revered artists during **Van Gogh's Flowers**, where you'll revel in the beauty of the flowers that inspired his iconic paintings—by day, and by night. Find yourself immersed in **botanical displays and large-scale art** as you wander through a breathtaking lawn of monumental sunflowers, and see the expressive masterpieces bloom in recreations made of living flowers. Enjoy the gardens until 12:30 pm then it's off to a late lunch at **Rosy Tomorrow's** in Danbury on your own.

Call to register on the first business day of the month at 8:10 am.



Ivoryton Playhouse Holiday Show (2pm show) December 4, 10:45am-5:30pm Lunch on your own at the Ivoryton Tavern (prices average \$10-\$20)

\$55 pp

PLAYHOUSE HOLIDAY JAMBOREE - Created by Katie Barton and Ben Hope—Celebrate the holiday season with a lively, festive evening of music and storytelling! This joyous show, an homage to live radio events like the Grand Ole Opry, features a captivating selection of classic and contemporary holiday favorites performed by world-class entertainers. The Playhouse Holiday Jamboree continues the Playhouse tradition of a homegrown show with a different twist that will fill audiences with warmth and holiday joy.



9 tickets available

Call to register on the first business day of the month at 8:10 am.

2025 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED
Columbus Day	Monday	October 13, 2025
Veterans Day	Tuesday	November 11, 2025
Thanksgiving	Thursday	November 27, 2025
	Friday	November 28, 2025
Floating Holiday	Wednesday	December 24, 2025
Christmas	Thursday	December 25, 2025
Closed	Friday	December 26, 2025



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 be responsible for the payment within 2 days of reserving your spot.*

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.

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.

- October 6 - Post Mall (Boscov's) with lunch at The Cracker Barrel in Milford
- October 20 - Clinton Premium Outlets with lunch at Lenny & Joe's Fish Tales in Westbrook
- October 27 - Target in Southington with lunch at 110 Grill then a quick stop at Roger's Orchard Store



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 Thursday before the trip with departure time. Manic Monday Shopping Trips are for Senior Center Members Only.

Transportation Fares

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

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

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

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

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

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

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

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

Waterbury, Middlebury, Woodbury	3 Punches	Mon & Thurs
Danbury	5 Punches	Tues & Wed
Newtown	3 Punches	Tues & Wed
New Haven	5 Punches	By Request

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

FOR A RIDE ON:

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

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Lisa E. Wnuck (right) center back row.

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HOW TO CONTACT US

STAFF LISTING

Director of Senior Services

Andrea Corcoran
acorcoran@southbury-ct.gov

Senior Center Coordinator

Kathy Anderson
Senior2@southbury-ct.gov

Administrative Assistant

Ann Stratton
Senior3@southbury-ct.gov

Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov

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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



Calling all Pickle Ball players! There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members: 10am–12pm every Tuesday & 11am–1pm every Friday through October! If you would like more information, please contact the office 203-262-0651.

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