



WELCOME TO THE SOUTHBURY SENIOR CENTER

561 Main Street South

Southbury, CT 06488

www.southbury-ct.org/seniors



(203) 262-0651 (MAIN OFFICE)

(203) 262-0652 (Transportation Line)

(203) 262-0653 (Social Services)

Monday, Tuesday, Thursday 8am-5pm

Wednesday 8am-6pm

Friday 8am-1pm

- Friday, October 9th, there will be no transportation 8:00am – 10:00am due to staff training. Please plan accordingly.
- Reserve Your Election Day Transportation Early. If you need transportation to your designated polling site, please reserve your ride by Friday, October 30th. Calling early allows us to plan accordingly, as demand for transit services on Election Day is exceptionally high.
- See Page 6 for Details on 2 programs of interest:
Take Back Drugs
Be A Human Book

Program Signup
Procedure

Please Note: Sign up day for programs is the first business day of the month (unless stated differently) at 8:10am by PHONE ONLY. Do Not Leave a Message.

Recycled Card Making with Jeanie

Oct. 5, 1pm-2pm

Give old cards a brand-new life in this creative, hands-on craft session sponsored by our member Jeanie. She's bringing everything you need — card stock, envelopes, gently used greeting cards to cut and repurpose, bits of lace, decorative trims, markers, and more. All you have to bring is your imagination.

During each session participants can create up to three unique handmade cards. Whether you love crafting or just enjoy a relaxing afternoon with friends, this is a fun, low-pressure way to play with color, texture, and design. Come snip, glue, laugh, and leave with something beautiful.

Limited to 6 members

Sign up begins on the first business day of the month at 8:10 am



October 7th, Oktoberfest!

12pm-2pm \$10

Sign up by October 1st!

MENU: Bratwurst, rolls, sauerkraut, pickles, German potato salad, spaetzel with mushroom gravy, warm pretzels, apple strudel, alcohol free beer, root beer, water, Laughter and Fun!

We hope you're joining us under the tent!!

Limited to 50 members.



No other programming on this day

Stretching for Seniors

Oct. 8, 11:30am

Come join us! Every second Thursday of the month at 11:30 am, please join a Doctor of Physical Therapy from **Connect Physical Therapy** for a guided full body stretching session. These will be seated in a chair. A floor mat can be used if capable, and modifications can be made if needed. Come gently move to start feeling better today.

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



Sign up begins on the first business day of the month at 8:10 am

Dear Friends,

Welcome to all our new members! We have a busy month at the center! The 7th kicks off the month with our third annual Oktoberfest under the tent! Bratwurst and apple strudel, polka music too! We have flu shots, A trip to The GoodSpeed , a Red Cross Blood Drive on the 14th, and our Annual Halloween Costume Party with Ghost story teller Charles Rosenay and so much more! Come join us!

Warm Regards,

Kathy



Immunization Day! Oct. 13, 9am – 11am

Housatonic Valley Health District will be here to offer your annual Flu vaccines and Stop N Shop will be here to offer Pneumonia, RSV, SHINGLES, T-DAP, and COVID vaccines as well. Get all your shots up to date with one stop!

Please pick up your Stop n Shop consent form at the center ahead of time. Sign up today!



NEW! 2nd Tuesday of every month! Hand Refresh with Adriana Oct. 13, 10:30am - 12:00pm

Treat yourself to a soothing 15 minute hand relaxation session featuring gentle massage and hydrating hand masks. It's a simple, comforting way to brighten your day — and yes, it feels as lovely as it sounds.

Your smile is the only fee.



Limited to 6 members.

Sign-ups open the first business day of each month at 8:10 am

We offer the following as a one-time 15 minute consultation on the second Tuesday of the month:

Ask the Attorney 10:00am

Ask the Senior Advocate 1:00pm

Ask the Realtor 2:15pm



**Senior Farmers' Market
Nutrition Program**

Our bus will be taking interested riders to the farmers market on Thursday October 8th and on Thursday October 22nd. Call our Transportation Department to make your reservation.

Page Turners Oct. 14, 1:00pm-2:00pm

October's Book: The Woman in Cabin 10 by Ruth Ware (2016)

This is a psychological thriller by British author Ruth Ware. It follows Laura (Lo) Blacklock, a travel journalist, who witnesses what appears to be a murder on a luxury cruise trip. However her claim is met with disbelief as all passengers are accounted for. And Lo has a history of alcohol abuse and it is suggested that she is hallucinating... And so the story continues!

We meet on the second Wednesday of the month at 1 o'clock; all are welcome to attend. Books are available at the Southbury Public Library behind the front desk.

Paint Party with Monika! Oct. 19, 10 am-11:30 am

Express your creativity and paint with Monika! Have some laughs and let your inner artist out to play! You'll have a lot of fun and go home with your own masterpiece too! No experience necessary.

Limited to 14 members



Sign up begins on the first business day of the month at 8:10 am

Intro to Chess with Clay! Oct. 19, 1:30pm – 2:30pm



Are you interested in a fun game that challenges the mind? Have you ever considered playing chess but were never taught how to play? Play with Clay from **Comfort Keepers of Bethel!** He will be hosting an introduction to playing chess. Come join us for learning games, strategy, and laughs! 2nd Monday of every month unless it falls on a holiday, then it will be changed accordingly.

**Call to sign up today! Limited to 10 players.
First come, First serve. You need to sign up for EACH Class if you want to attend.**



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



(Last Day for Reservation by 11:00am the working day before**)**

This program is not a grab and go lunch. Food is to be eaten in the building.

Please remember to thank our Awesome Volunteers who serve lunch weekly.

Day/Date	Meal
Thursday, October 1st	BBQ Chicken with Cole Slaw
Tuesday, October 6th	Reuben Sandwich with Cole Slaw
Thursday, October 8th	Chicken Salad Sandwich with Chips
Tuesday, October 13th	No Lunch Served Today
Thursday, October 15th	Chicken Francese with Rice
Tuesday, October 20th	Stuffed Peppers with Italian Bread
Thursday, October 22nd	Chicken Picatta with Rice
Tuesday, October 27th	Roast Beef Sandwich with Chips
Tuesday, October 29th	No Lunch Served Today - Halloween Costume Party

Thank you Lutheran Home for the delicious cupcakes!



(THURSDAY, OCTOBER 22ND, FREE LUNCH FOR THE 1ST 30 MEMBERS & CUPCAKE DAY!)

Great Courses: The American Civil War October 14, 10:00am



Between 1861 and 1865, the clash of the greatest armies the Western hemisphere had ever seen turned small towns, little-known streams, and obscure meadows in the American countryside into names we will always remember. In those great battles, those streams ran red with blood-and the United States was truly born. If you've ever wanted to understand the Civil War, this series of 48 startlingly evocative lectures by a leading Civil War Historian gives a richly detailed examination of how this great conflict affected every person in America. You'll gain not only a deep knowledge of what happened, but new insights into why. You'll learn how both sides' armies were recruited, equipped and trained and about the hard lot of those they took prisoner. You'll hear how soldiers on each of those sides dealt with the rigors of camp life, campaigns, and the terror of combat. And you'll understand how slaves and their falling masters responded to the advancing war, as well as the desperate price paid by the families so many left behind. Though this series of lectures goes far beyond a simple examination of battles and generals, it also offers detailed analyses of the strategic and tactical dimensions of the Civil War's most important campaigns. At the same time, it never forgets that the conflict involved far more than pins on a map- and indeed claimed a greater cost in human lives that all other American wars combined.

"It is impossible to understand the broader sweep of the United States history, without coming to terms with the Civil War, its antecedents, and its seismic consequences."

Dr. Gary W. Gallagher is the John L. Nau III Professor in the History of the American Civil War at the University of Virginia. He graduated from Adams State College of Colorado and earned his M.A. and Ph.D. in History from The University of Texas at Austin. Prior to teaching at UVA, he was Professor of History at the Pennsylvania State University. Professor Gallagher is one of the leading historians of the Civil War. **This month we continue with lectures 9: Contending for the Border States** The loyalty of slaveholding states Kentucky, Maryland, Missouri, and Delaware was an object of intense competition in the summer and autumn of 1861. **And 10: Early Union Triumphs** In the West most people looked to Virginia to be the critical military arena, but many leaders on both sides believed the war would be decided in the vast area between the Appalachians and the Mississippi River.

We hope you'll join us. Sometimes we have popcorn...

Bereavement Support Group

Facilitated by Mary Silverman

\$5 per person October 21, 11am-3pm

This month will be a Fall trip to Blue Jay Orchards in Bethel and Lunch on your own at Fusion 25 Hibachi in Newtown. For over seventy years, Blue Jay Orchards raised delicious, top-grade, fruit for the community. They are proud to be one of New England's seasonal traditions for families to visit their Farm and shop at their Market, to buy apples, cider, pumpkins, pies, and donuts. Enjoy a Fall excursion, browse the Market together, maybe get some donuts and cider and then head out for a fun Hibachi lunch at Fusion 25 in Newtown.

You must register by October 14 in order to attend.

Please call 203-262-0651 to register. Space is Limited.

Senior Legal Access Clinic October 21, 12 pm – 3pm

Do you have a burning legal issue that you need advice on? Are you unsure how to proceed? If so, you'll want to attend the free pro bono legal clinic on October 21, 2026, from 12:00 to 3:00.

This clinic is made possible by local Southbury attorneys generously volunteering their time to serve their own community, meeting privately with seniors to answer questions, review concerns, and provide guidance at absolutely no cost. It's a wonderful example of neighbors helping neighbors and reflects the spirit of community that makes Southbury such a special place to call home.

This clinic is offered as a service and is not a substitute for ongoing legal representation.

To sign up, please get your preliminary intake form from the office and complete it by October 14, 2026.

New Technologies in Hip and Knee Replacement Seminar

Oct. 22, 1:00 pm

Join OrthoConnecticut & Jennifer H. Wood, M.D., FAAOS Hip & Knee Replacement Specialist & Anterior Hip Replacement Expert as she teaches you about robotic assisted knee and hip surgery benefits such as improved precision during procedures which can lead to less pain, faster recovery, and better long-term joint function.



Sign up today



SHOULD YOU TAKE THE AARP SMART DRIVER COURSE?

Oct. 26, 9am-1pm

\$20 AARP Members \$25 Non Members



SHOULD YOU TAKE THE AARP SMART DRIVER COURSE?

Cars have changed, and so have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills.

The AARP Smart Driver course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking newly updated AARP Smart Driver course, you'll learn the most current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. In addition, you'll learn:

- How to minimize the effects of dangerous blind spots.
- How to maintain the proper following distance behind another car.
- The safest ways to change lanes and make turns at busy intersections.
- Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars.

Limited to 20 members.

Sign up begins the first business of the month at 8:10am

Creative Flair with Bethel Health Care Oct. 26, 11:00 am

Create this framed pumpkin, just in time for Halloween and Thanksgiving too! It's cute as a button! No experience necessary. Danielle will supply all that's necessary to have you create your own sweet masterpiece.

Space is limited to 12 members.

Sign up begins on the first business day of the month at 8:10 am



Southbury Shells

Oct. 28, 10 am-11:30 am

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



Limited to 15

Sign up on the first business day of the month at 8:10am by phone only!

Halloween Costume Party!

Oct. 29th, 12pm-2pm \$7

**Charles Rosenay will present
GHOST STORIES OF CONNECTICUT
(after a delicious lasagna lunch!)**

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 Storyteller Charles Rosenay who will present Ghost Stories of Connecticut, whose magical tales 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! 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!

Sign up begins the first business day of the month at 8:10 am. Sign up ends 10/26 or when it's full.

No other programming on this day



Town Clerk Fraud Alert Service:

Fraud Alert allows property owners to sign up and receive email alerts whenever a document, such as a deed or mortgage, is recorded under their name in the Southbury Town Clerk's office.

Visit: <https://www.southbury-ct.org/fraud-alert-service> or call the Town Clerk's office at 203-262-0657 for more information.

Grief, Healing and the Holidays

November 4, 1:00 pm

The Holiday season can be especially difficult for those grieving the loss of a loved one. While traditions are meant to bring comfort and joy, they often stir memories and emotions that can lead to sorrow and heartache. Join us for a compassionate conversation on navigating grief during the holidays. Special guest speaker Garrett Walkup, RVNA health Spiritual Care and Bereavement Coordinator, will share insights and strategies to help you manage your emotions, find meaningful ways to honor your loved one, and care for yourself during this challenging time. Let's come together and support one another and find hope in the season.

Sign up today



FREE DENTAL CLINIC FOR SENIORS

Questions? Call the Western CT Area Agency on Aging at (203) 757-5449 for more information

The Western Connecticut Area Agency on Aging (WCAAA) is proud to host a **FREE Wellness Clinic for seniors (60+)** to help you prioritize your oral health and well-being!

This clinic is open to seniors aged 60+ residing in: Waterbury, Cheshire, Prospect, Wolcott, Naugatuck, Middlebury, Southbury, Litchfield, or Watertown

Event Details:

Date: October 23rd, 2026

Time: 8:00 AM - 5:00 PM

Location: Waterbury Police Activity League (PAL)

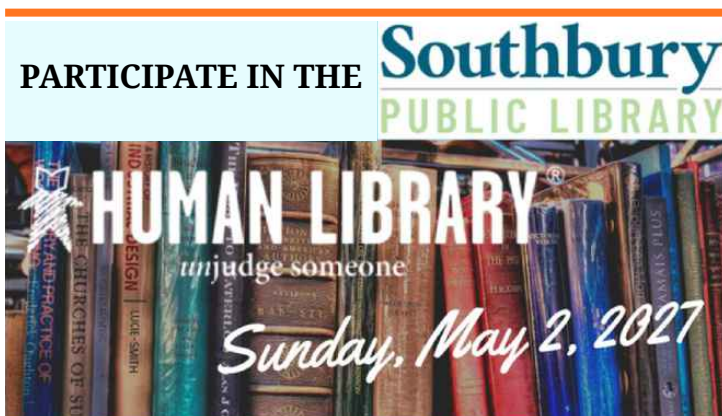
Spots are limited, so please register as soon as possible to secure your appointment!

Prescription Drug Take Back Day

Saturday, October 24, 2025 10:00 a.m. - 2:00 p.m.

The Southbury Police Department and the Drug Enforcement Administration (DEA) will give the public another opportunity to prevent pill abuse and theft by ridding their homes of potentially dangerous, expired, unused, and unwanted prescription drugs. Bring your medications for disposal to the Southbury Police Department, located at 421 Main Street South, Southbury CT. UNACCEPTABLE ITEMS - No intravenous solutions, injectables, needles or thermometers will be accepted. No illicit substances such as marijuana or methamphetamine. They are not part of this initiative.

The service is free and anonymous; no questions asked.



Don't judge a book by its cover

Do you have a story to tell?

Do you defy stereotypes?

Do you have a unique experience that readers could benefit from learning about?

Volunteer to be a *human book*!

For information:

www.southburylibrary.org

Heather Aronson haronson@biblio

203-262-0626 x 140

WWW.SOUTHBURYLIBRARY.ORG

OUR MISSION: TRANSFORMING LIVES BY EDUCATING, INSPIRING, AND CONNECTING

OCTOBER 2026

The Human Library at Southbury Public Library

Seeking Volunteer Applicants to Participate as Human Books

Tuesday, September 1, 2026, Southbury, CT – The Human Library is coming to the Southbury Public Library on Sunday, May 2, 2027. We are currently looking for individuals that would like to participate as human books in this event.

What is the Human Library?

The Human Library is a way for people to connect with individuals in their community that they might not normally engage with. Visitors will have an opportunity to “borrow” a Human Book and engage in conversation in a safe and structured environment. The Human Library promotes tolerance, celebrates differences and encourages understanding of people from varied backgrounds.

What is a Human Book?

A person with a story to share.

- Do you have a story to tell? Do you defy stereotypes? Do you have a unique experience that readers could benefit from learning about? Visit <https://humanlibrary.org/meet-our-human-books/> for ideas.
- Are you willing to tell your story? Human books will participate in repeated, one-on-one dialogue as readers “borrow” you to hear your story in a safe environment. You’ll be engaged in 15-minute conversations with a variety of individuals.
- Are you available Sunday, May 2, 2027?

How to participate?

- Fill out the application
- Or contact Heather Aronson at the Southbury Public Library:

haronson@biblio.org

203-262-0626 x 140

Contact: Heather Aronson

Head Librarian

Southbury Public Library

haronson@biblio.org

Web: www.southburylibrary.org

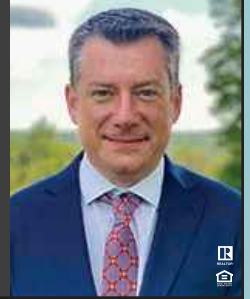
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Southbury Senior Center, Southbury

04-0713

All closings, or class changes are shown 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 11:00-2:00 12:15-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Mon. & Wed. of each month) Aerobics Class A Zumba Mini Facials (2nd Monday in the Month) Beginner Tap Dancing
Tuesday	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 2:15-3:15	Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Line Dancing Chair Yoga Ask the Senior Advocate (15-minute appointments, 2nd Tuesday of the month) Table Tennis Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
Wednesday	9:00-4:00 9:30-10:30 10:00-11:00 10:00-11:00 10:00-11:30 10:30-11:30 10:30-12:00 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15	Certified Choices Counselor (60 min. appointments) - (3rd Mon. & Wed. of each 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) Bereavement Support Group (3rd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed) Tai Chi
Thursday	8:45-9:45 10:00-11:00 10:30 10:30-11:00 12:30-3:30 1:00-3:15 3:00-4:00	Yoga Weight Strengthen/Tone Let's Take a Walk! Interested parties should meet at the Center to walk. Blood Pressure Screening - (2nd Thursday of the month) Mahjong Table Tennis Vitality Fitness with Karen
Friday	9:00-11:00 9:30-10:30	Game Day! (Scrabble, Rummy, Chess, Wii Bowling & Puzzles) Muscle Tone

Closings, class changes ONLY are listed below Special Programs—Call for Reservations as noted in the program descriptions

October 7, 12pm – 2pm Oktoberfest 2026! No other Programming on this day

Closed October 12, Columbus Day/Indigenous Peoples Day

October 20, No Chair Yoga - canceled by instructor

October 29, Halloween Party: No other Programming on this day



Friday, October 9th, there will be no transportation 8:00am – 10:00am due to staff training. Please plan accordingly. Thank you.

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 to be sure it is set up and available to accept calls! We do not want you to miss out on important information!

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

If the program you have registered for has a charge, your payment is due within 2 business days of registration to secure your place. After 2 business days, if you have not made your payment, your name will be removed.

No front counter reservations will be accepted until 1pm on the 1st business day of the month.

NOTICE

We are fortunate to have dedicated volunteers who generously give their time and even purchase supplies to care for our plants and enhance our shared spaces.

Recently, some of these purchased supplies have gone missing (pots, plant liners, etc.). We want to remind everyone that items that are not clearly labeled as 'Free' are not to be taken for personal use.

Please respect the time, effort, and generosity of our volunteers by leaving all supplies in place unless you have been given permission to use them.

We appreciate everyone's cooperation in maintaining a respectful and supportive environment.

Something you should know

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

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

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

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

ECOTOPIA!**October 15, 10-2 \$ 80.00**

Nature, connection, and meaningful experiences for older adults. At Ecotopia members will experience gentle animal interactions, seasonal farm activities, nature walks and mindfulness, creative arts, music, storytelling, social connection and team building.

Sign up today!

Nature, connection, and meaningful experiences for older adults. Ecotopia offers enriching farm-based programs that support well-being, social connection, creativity, and healthy aging.

PROGRAM HIGHLIGHTS	BENEFITS FOR SENIORS
Gentle animal interactions	Reduces stress and anxiety
Gardening and seasonal farm activities	Eases loneliness and social isolation
Nature walks and mindfulness	Encourages movement and sensory engagement
Creative arts, music, and storytelling	Supports memory, attention, and cognitive stimulation
Social connection and team building	Builds joy, purpose, and community connection
Customized visits for senior center groups	Provides a calm, restorative outdoor experience

THE ECOTOPIA 4 A'S			
Animals	Agriculture	Adventure	Arts
Experiential activities can be adapted for all comfort and mobility levels.			

IDEAL FOR
Senior centers, active older adults, assisted living groups, caregivers, and intergenerational programs.

**East Side Restaurant for Authentic German Dining!****October 23, 10:30 -2:00 \$34**

Join us for a delightful afternoon at the renowned East Side Restaurant in New Britain, Connecticut, known for its authentic German cuisine and warm hospitality. Enjoy a festive atmosphere complete with live accordion music while dining on traditional German favorites.

Your luncheon includes soup, your choice of entrée from an assortment of delicious German specialties such as German Pot Roast, Sauerbraten, Jäger Schnitzel with Mushroom Gravy, and more. Finish your meal with a scrumptious serving of apple strudel for dessert. Beverages include coffee, tea, soda, lemonade, or iced tea.

Cost: \$34 per person which includes: Transportation, Lunch, Tax and Tip**Sign up begins the first business day of the month beginning at 8:10 am****Litchfield Law School and Tapping Reeve House Museum****Lunch on your own at the White Horse Country Pub****October 24, 10:15 am -3 pm \$5**

The Tapping Reeve House and Litchfield Law School takes visitors on a journey through the 19th century life of a real student who came to Litchfield for an education at the Litchfield Law school or the Litchfield Female Academy. Through role-playing hands-on areas, and interpretive exhibits, each visitor explores timeless issues of travel, communication, education and community. The Litchfield Law School is the Nation's first law school.

An incredible piece of history in our own backyard you won't want to miss! Then enjoy a delicious lunch on your own at the White Horse Country Pub & Restaurant. Good Honest Food at Affordable Prices! Award winning restaurant with 67 awards over 10 years. **Sign up today!**

Instructions when trips are offered

You may reserve 2 spots for a trip and the 2nd person must also be a member. If you need to be picked up at home, you must tell us when you make the reservation. Once you have called to request your reservation for the trip and are placed into the system, your ticket will be purchased (if applicable). You will be responsible for the payment within 2 days of reserving your spot.

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

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



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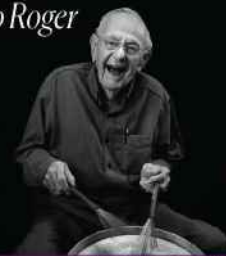


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COMING ATTRACTIONS

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Learn professional techniques tailored to mature skin.

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Topics Include:

- Foundation & Concealer Tips
- Color & Skin Tone Matching
- Contouring, Highlighting, Blushing
- Eye Shadow, Brows & Lashes
- Lip Color & Reshaping Tips
- Brush & Tool Know-How
- Product Recommendations & So Much More!

Monday, November 17
11:00 AM – 1:30 PM

\$5 FEE PER PERSON

Join us for an inspiring, hands-on beauty experience designed especially for mature women!

HANDS-ON DEMONSTRATIONS
Learn by watching and participating.

PERSONAL EVALUATION
Bring your makeup & brushes for professional tips.

FREE RAFFLE GIVEAWAY
Fun prizes and surprises!

MAKEUP COLLECTION REVIEW
Get expert feedback on your products.

- Pen & Paper are recommended.
- Participants are Encouraged, BUT NOT required, to bring their personal Makeup and Brushes for a professional evaluation.
- Participants are Encouraged, BUT NOT required, to attend Makeup-free.
- A selection of product purchase opportunities will be available, if applicable.

Space is Limited! ♥ Reserve Your Spot Today!

Save the Date! November 19th 12:00 – 2:00

Let Us Give Thanks!

Mark your calendar and join us on November 19 from 12:00–2:00 p.m. for a traditional sit-down Thanksgiving dinner created especially for our members. We will gather around the table to enjoy turkey, stuffing, mashed potatoes, sweet potatoes, cranberry sauce, gravy, green bean casserole, rolls and butter, and delicious pumpkin and apple pies. The beautiful sounds of the Noreen Mola Jazz Quartet will fill the room as we share good food and warm companionship with fellow members.

Please join us in giving thanks for our wonderful community, our beautiful Senior Center, and the meaningful relationships that have grown here. We are also deeply grateful to our generous sponsors, whose support helps us create such wonderful programming, and to our town officials for their continued encouragement and support. We look forward to celebrating this special season of gratitude together!



2026 HOLIDAY SCHEDULE

Columbus Day	Monday	October 12, 2026
Veterans Day	Wednesday	November 11, 2026
Thanksgiving	Thursday Friday	November 26, 2026 November 27, 2026
Holiday	Wednesday	December 23, 2026
Floating Holiday	Thursday	December 24, 2026
Christmas	Friday	December 25, 2026



Friday, October 9th, there will be no transportation 8:00am – 10:00am due to staff training. Please plan accordingly. Thank you.



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

- 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.

October 5th – Dollar Tree & Aldis in Danbury with lunch at Texas Roadhouse

October 19th – Ocean Job Lot & Hobby Lobby in Danbury with lunch at Red Lobster

October 26th – Target in Southington with lunch at 110 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.



Friday, October 9th, there will be no transportation 8:00am – 10:00am due to staff training.
 Please plan accordingly. Thank you.

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
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CALL BY 10:00AM ON:

THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
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Senior Services Staff

Director of Senior Services

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acorcoran@southbury-ct.gov

Senior Center Coordinator

Kathy Anderson
Senior2@southbury-ct.gov

Administrative Assistant

Ann Stratton
Senior3@southbury-ct.gov

Part Time Counter Clerk

Kathie Kovatch
kkovatch@southbury-ct.gov

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AREA AGENCY ON AGING

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, 2026 is the Annual Open Enrollment Period for reviewing and making changes to your Advantage or Prescription Drug Plan for 2027.** 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. 19th, 21st, 26th & 28th; November 2nd, 4th, 9th, 16th, 18th & 23rd, 25th & 30th; December 2nd & 7th.**