



Senior Center

Welcome to the
Southbury Senior Center!

CONTACT US:



561 Main Street South
Southbury, CT 06488



www.southbury-ct.org/seniors



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



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



GREETINGS!

The holiday season is quickly approaching! The Southbury Senior Center is gearing up for its **2nd Annual Thanksgiving Dinner** and **Annual Holiday Cheer Drive!** These programs rely heavily upon the generous donations from our community. More information will be available in the coming months, but a detailed list of donation opportunities is available for pick up at the office!

Thanksgiving Dinner – Thursday, November 14th.

All donations must be dropped off by Wednesday, November 13th by 10:00am. We ask that you notify the office of your donation plans to avoid any excess. We are looking for donations of whole turkeys, boxed stuffing, canned green beans, fresh potatoes, sweet potatoes, rolls, & pies.

Holiday Cheer Drive

All donations must be dropped off by Wednesday, December 4th by 4:00pm. A list of basket theme ideas/items available upon request. Monetary donations are also accepted. Make checks payable to the Town of Southbury, and please include *Holiday Cheer* in the memo line.

With Gratitude,

Andrea

*Thank You
for your support*

NEW! PILATES Wednesdays Starting September 4th 10:30 – 11:30

Pilates can help with a variety of things, including: pain relief, posture, flexibility, balance, coordination, body awareness, stress relief, and overall mental well-being. Pilates can be suitable for a wide range of people, including beginners, elite athletes, people with limited mobility, and people with health conditions like arthritis or diabetes. The exercises can be adapted to provide either gentle strength training for rehabilitation or a more strenuous workout. Pilates focuses more on improving muscle tone than building muscles, and can help cultivate a longer, leaner look. It can also lay a strong physical foundation for muscle-building activities and may even reduce the likelihood of injury.



Swedish Massage 9/10, 9/17, 9/24 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**

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.



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

Zumba Classes Mondays, 10:45 am



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

SEPTEMBER 2024 - GREETINGS AND PROGRAMS OFFERED

Page 2



Dear Friends,

May this September be filled with answered prayers, growth, strength, health, financial stability, new opportunities, new beginnings, positivity and happiness.

We've had a lot of fun this summer! We hosted an informative Senior Health Screening Fair in June, went on River Cruises, Yard Goat Games, Museum trips, talked cars and ate breakfast with Wayne Carini, enjoyed Caribbean music with a cookout under our tent- what a spectacular day that was! We enjoyed the beautiful voice of James Michael who sang songs from his Broadway career while enjoying ice-cream sundaes, and now we are ready to say so long to summer with our End of Summer Picnic on the 19th at Ballantine Park Pavilion. Another fun filled day of food and dancing and great company. We have a new Pilates class starting on the Wednesdays- please give instructor, Katherine Smith a warm Southbury welcome!

Warm Regards,

Kathy



Manicures September 9th 10:30am - 11:30am

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



Call today to reserve your 20 Minute appointment!

Mini Facials With Laura September 9th 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.

Candace from Candlewood Valley September 9th 10:00 am



It's Fall Y'all!! Come craft with Candace from Candlewood Valley Health and Rehab! We will be making beautiful pumpkin Fall signs to welcome in this beautiful time of

year! Join us for a morning of crafting with a sweet treat on the side!

Space is limited to 15 members.

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

Pizza Party Under the Tent! September 11th 12:00 - 2:00 pm



\$3.⁰⁰

Let's get together just for fun and enjoy each other's company outdoors under our tent while we can! We'll have Pizza and soda to drink. The corn hole boards will be out and the lawn chairs will be spread about too! Have a bite, sit for a bit or maybe throw a few bean bags. Summer-time, and the living is easy..... We hope you'll join us!

Limited to 30

(Rain Date Monday, September 16th)

Office will be closed but programming is not canceled during this event.

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

Last day to sign up is September 9th!



Page Turner's September 11th 1:00pm The Violin Conspiracy by Brendan Slocumb (2/2022)

The Violin Conspiracy by Brendan Slocumb (published in 2022)

A riveting story of a young Black musician who discovers that his old family fiddle is actually a priceless Stradivarius. When it is stolen on the eve of the world's most prestigious classical music competition, he risks everything to get it back. Much of the story mirrors the author's own life. (from the internet) Author Chris Bohjailan said, "...a surprising, beautifully rendered underdog hero...and a fascinating cutthroat world I knew nothing about...classical music."

All are welcome. (Books are available behind the main circulation desk at the Southbury Library.)

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.

September 3rd - LaBelle: The Ship that Changed History

You know the 17th Century French explorer LaSalle, but do you know why the sinking of his ship, LaBelle, changed history? What were the technological innovations used to excavate and conserve this 300 yr old ship and it's artifacts? Discover the answers to these questions and more as we examine the artifacts found on the ship with a Museum Educator from The Texas State History Museum.

**September 10th - Spies & Disguise: American Women During the American Revolution/ Army Women's Museum**

From the beginning of our country, women fought right alongside their male counterparts, helping to create the United States of America.

Follow the journey of American women in a variety of different roles from early camp followers, to spies for the Army, to even dressing up and impersonating as a man to help fight in our original war for independence. Join us as the U.S. Army Women's Museum will lead us through our early beginnings as a nation by examining photographs and artifacts to discover women's contributions throughout our history.

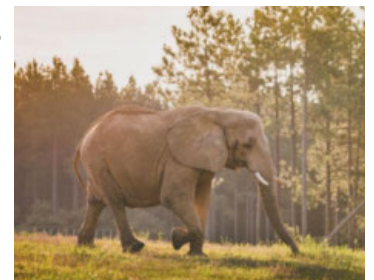
**September 17th - Supernatural Stories from Japan: National Museum of Asian Art**

Explore—if you dare—the roles that ghosts and spirits play in the retelling of Japanese legends and real events. Join our expert educators in this interactive program to investigate artwork from Japan and discover stories of scary ghosts, powerful demons, and funny monsters you won't soon forget. Join us for this fun and whimsical program from our friends at the Museum!

**September 24th - Elephant Update! Elephant Sanctuary, TENN**

It's time to visit our friends at the Elephant Sanctuary! Join us as we see what is new, and WHO is new in this very special home for these intelligent creatures with complex physical and social needs.

Since 1995, The Elephant Sanctuary in Tennessee has provided home and care to 33 elephants. Currently, there are 12 elephant residents, with space to welcome more. The Sanctuary initially began on 110 acres and has since expanded to encompass multiple separate and protected, diverse habitats, spanning over 3,060 acres. The Sanctuary is honored to provide lifelong care for elephants. The changing needs of elephants as they age require lifetime care plans. The shared commitment to each elephant's health and well-being often leads to beneficial collaboration with other elephant facilities and owners.



SEPTEMBER 2024 PROGRAMS OFFERED

Healthy Chats September 12th 10:30am– 12:00pm

Osteoporosis and Bone Health, What does it mean for you? Diagnosis, Lifestyle, Medication Management.

Join Rick Pope, PA-C for this Healthy Chat while Heidi is busy with Flu Shots this month!

Great Courses September 11th 10:00 am

Great Courses The Roman Empire 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 6: The Five Good Emperors

In AD 96, after the death of the emperor Domitian, the Roman Empire was forced to confront a fundamental defect in the structure of the principate” the hereditary method of selecting future emperors, established with a disproportionate number of leaders—such as Caligula, Nero and Domitian— who were despotic, insane, or both. Roman culture was highly conservative and resistant to change, but the havoc caused by these rulers had been so extreme that even the Romans were ready to contemplate adjusting their ideas about picking emperors.



Sign up today! Sometimes we have popcorn!



Grief, Trauma Support Group Facilitated by Mary Silverman Twice Monthly



1st and 3rd 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.



NEW!

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

Monthly Dementia Caregivers Support Group

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

Senior Safety with Southbury PD September 18th 10:00 am

Officer Armeno will be visiting the Southbury Senior Center to help increase awareness of safety issues within the senior community. She will present a Senior Safety program designed to equip you with the knowledge and skills needed to protect yourself from crime and ensure your safety both at home and in the community. This program will focus on practical, actionable strategies tailored to the unique needs of older adults.

1. Community Safety: Navigating Your Environment with Confidence

- **Awareness and Prevention:** Learn to identify and respond to potential risks in your surroundings, from scams to suspicious behavior. Understand how to stay vigilant without feeling overwhelmed.
- **Safety Protocols:** Discover best practices for safe transportation, whether walking, driving, or using other transportation. Learn about safe routes and how to keep personal belongings secure.
- **Emergency Contacts and Resources:** Get to know local resources and support networks. Create a personal safety plan that includes emergency contacts and procedures for various scenarios.

2. Home Safety: Creating a Secure Sanctuary

- **Home Security Measures:** Explore simple and effective ways to enhance your home’s security, from installing locks and alarms to using smart technology. Learn how to safeguard entry points and maintain a secure environment.
- **Safe Practices:** Understand how to manage household risks such as falls and fire hazards. Get tips on maintaining a clutter-free, well-lit, and accessible living space.

During this time Officer Armeno will take the time to answer any questions and to provide guidance as well as resources to concerns seniors may have.

**No
Programming
At Center
On This Day**

End of Summer Picnic! September 19th 11:30 am – 2:00 pm \$5 Due at sign up

It’s Time! The End of Summer bash we all love is here! Join us for burgers and hot dogs and all the delicious sides with dancing to the tunes with DJ Gary Shipp! Blame it on the Sunshine! There will be Ladder Golf too! Help us say farewell to summer and let’s enjoy one more Ballantine Park Pavilion Picnic this year! We always have a **GREAT TIME!** Thank you to The Lutheran Home of Southbury for co-sponsoring this wonderful event with us!

Limit of 50. Sign up today. Don’t miss the fun!



**(Last day to sign up is
9/12/24)**

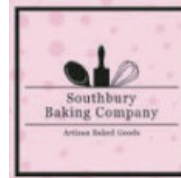


\$5 PER PERSON
PAYMENT MUST BE MADE IN PERSON AT THE TIME OF SIGN UP TO SECURE YOUR RESERVATION
Lunch is served at 12pm and your place will be held until 12:15pm



LUNCH IS NON-REFUNDABLE AND NON-TRANSFERRABLE

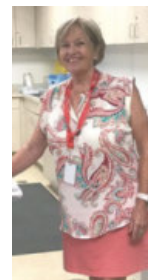
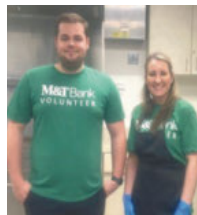
Day/Date	Meal (Last Day for Reservation by 11:00am the working day before)
Thursday Sept. 5th	Stuffed Peppers with Italian Bread
Tuesday Sept. 10th	Chicken Piccata with Rice
Thursday Sept. 12th	Meatball Grinder with Chips
Tuesday Sept. 17th	Stuffed Chicken with Broccoli, Pepper Jack Cheese, Mashed Potatoes, Gravy
Thursday Sept. 19th	No Lunch— End of Summer Picnic reservations must be made by Sept. 12th
Tuesday, Sept. 24th	Meatloaf with Mashed Potatoes and Veggies
Thursday, Sept. 26th	Reuben Sandwich with Coleslaw *Birthday Cupcake Day*



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



Some of 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.

SEPTEMBER 2024 - SENIOR CENTER NEWS, PROGRAMS

Page 6

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!

It's Fall! Pumpkin Pancake Breakfast! September 23rd 10:00 am

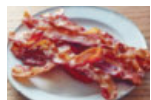


\$5pp

Enjoy Chocolate Chip Pumpkin Pancakes, crispy bacon, delicious cinnamon coffee with whipped cream topping, savory sausages, orange juice, maple syrup and great company!



Space is limited to 30, payment due at sign up beginning on the first business day of the month at 8:10am by phone only.



Final day to sign up is 9/16.



Creative Flair with Bethel Health Care September 23rd 11:00

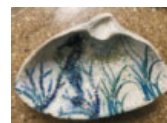
Join Danielle and make a fun sunflower door hanger!

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

Limited to 12 members



Southbury Shells September 25th 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.

Cooking with Christine September 30th 1:00 pm



Apple Dumplings!

You know what they say!
"An Apple A Day Keeps the Dr Away!"
Let's Welcome Fall with delicious Apple Dumplings and keep your Dr's visits to the minimum!



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

Don't Lose Your House: Protecting Assets from the Costs of Long-Term Care September 24th 12:45pm

Connecticut's long-term care costs are the 2nd highest in the nation. You've likely heard horror stories of people losing their homes to pay for care. Attend this session with Attorney Lynda Lee Arnold to learn how you can protect assets with a carefully orchestrated plan.

You'll walk away understanding how you can properly protect your life savings. You'll also learn about Medicaid and how it can help you pay for long-term care costs, Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be discussed. We'll also cover strategies to protect your money if an unforeseen crisis arises.

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

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.

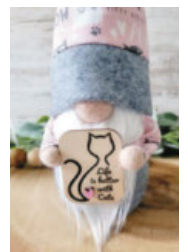
October 10th - October Fest Under the Tent (Brats, Soft Pretzels, Accordion Music & Fun)

October 17th - Flu Shots

October - Horizon Wings Birds of Prey

October 29th - Red Cross Blood Drive

October 31st - Halloween Party (Featuring Illusionist Jim Sisti)





Thinking of selling your house or condo?

JUSTIN BETTE is the #1 SELLER of Southbury properties since 2016



betterrealtors.com

CALL TODAY for Your Free Market Analysis 203-217-5768



★★★★★ Rated 5 Stars!

Muscle & Joint Pain • Post-Op Rehab
Arthritis • Vertigo & Balance Issues
Sprains/Strains • Neck/Back Pain

www.PTforLife.com



PT For Life Southbury
760 Main Street South, Unit D
(203) 437-6155

Convenient location.
All major insurance accepted.
NO DOCTOR REFERRAL NEEDED!

Need guidance selecting the right Medicare plan?

My services are at no cost

OFFERING:
Medicare Advantage Plans
Medicare Supplement Plans
Part D Drug Plans
Contact me TODAY at
203-231-5511

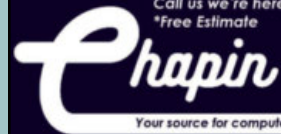
or email me at
sharoncrowther59@gmail.com



Sharon Crowther
Licensed Insurance Broker
State of Connecticut

www.SharonCrowtherSeniorInsurance.com

Call us we're here to help!
*Free Estimate



Your source for computer solutions!

Repairs, Upgrades, Data Recovery,
Instruction, Networking,
Office/Home, Windows/Mac

203.262.1869

Andy@ChapinBusiness.com
ChapinBusiness.com

Accepting New Patients!



Maysoon M. Salem, O.D.
Fabian C. Villacis, O.D.

203-267-2020

1449 Old Waterbury Rd, Ste. 304
Southbury, CT 06488
www.newinsighteyecare.com

SUPPORT OUR
ADVERTISERS!



Our Angels Care Every
Day...In Your Home

Specializing in non-medical live-in
care, hospital/rehab or post-operative
discharge care & daily living
care for those with memory loss,
or under hospice care.

Brookfield Office 203-740-0230
Serving Fairfield, Litchfield &
New Haven Counties for over 20 years

CT Reg. # HCA 0000630
Screened, Bonded and Insured
www.visitingangels.com

Hartford
HealthCare
at Home

1.800.
HOMECARE

(1.800.466.3227)

- Certified Nursing
- Live-in Care
- Rehabilitation
- Companionship
- Personal Care
- Hospice
- Lifeline Emergency Response System



BROOKSIDE MEMORIAL

THE ALBINI FAMILY FUNERAL HOME & CREMATORY

200 BENSON ROAD, MIDDLEBURY, CT 06762 | 203-577-3333



WWW.BROOKSIDEMEMORIAL.COM

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Bill Humphreys

bhumphreys@lpicommunities.com
(800) 477-4574 x6634



WEEKLY SCHEDULED CLASSES

BELOW ARE PROGRAMS OFFERED TO OUR MEMBERS DURING THE MONTH

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

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

SEPTEMBER 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 9/6 Canceled by instructor

No Muscle Tone 9/13 Canceled by instructor

No Aerobics 9/16 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.**



September 16th
Morning Programs will be held in the large shared room

SEPTEMBER 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5



September 19th
All programming is canceled for the day at the Center

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

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

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

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



Please Note: We begin taking reservations 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.**

FOUR TOWN FAIR!

September 14th 8 am -? (to be decided by attendees)
\$5 includes transportation. You'll need to bring a \$10 Admission Fee



The Four Town Fair is considered the oldest continuous Agricultural Fair in Connecticut. A variety of your typical country fair events from Oxen pulling to Dairy Cattle judging, there's frog jumping and pie eating contests, great food, crafts and more!

Discovery Planetarium and Hibachi Lunch on your own
September 17th 12 pm—4:30 pm
\$35 includes Planetarium ticket and transportation

First you'll have a delicious hibachi lunch at Fusion 25 in Newtown. Prices range from \$13 - \$20. Then it's off to see the stars! Tour the Solar System from planets and dwarf planets to moons and more- you'll see some of the major bodies in our solar system and learn about how our understanding of our place in the universe develops with each new discovery.



Fascia's Chocolates Tour
Lunch on your own at San Marino's in Waterbury
September 25th 10:15 am - 2:45

\$18 pp includes Fascia Tour and transportation

YUM! Yes, you get to sample! Make a chocolate bar, view the factory process via cameras, get an informational presentation and learn Fascia's 60-year family history! Then it's off to a scrumptious lunch at San Marino's Italian restaurant.



A Christmas Story, The Musical at The Goodspeed
Lunch on your own at Morina Restaurant in Haddam
November 6th \$77 pp includes Show Ticket and Transportation
(Time to be Determined Closer to Trip Date)

Goodspeed unwraps a glittering musical version of the beloved movie classic just in time for the holidays. The only thing little Ralphie wants for Christmas is a BB gun. But to get it, he must navigate all the obstacles of the yuletide season. Will a neighborhood bully, a strict school teacher, a distracted dad and a department store Santa thwart his quest? There's something for everyone in this hilarious love letter to Christmas past. A package of naughty and nice nostalgia to warm your winter!

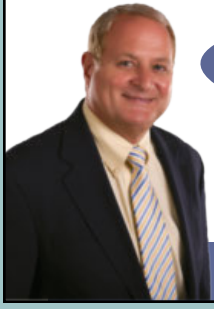
INSTRUCTIONS WHEN TRIPS ARE OFFERED

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.

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 July take up to three weeks to be processed.





JACK ZAZZARO, D.M.D.

Reconstructive, Cosmetic & Preventive Dentistry

Dr. Zazzaro, with his extensive experience and training can give you the smile you have always wanted.

"Comprehensive Dental Care In A Contemporary Atmosphere"

www.DrZsmile.com

- Express Whitening and Complete Implant Services
- Most Insurances Accepted
- 0% Financing Available
- Emergencies Welcome

Gentle Care for All Ages • Senior Courtesy

316 Main Street South • Southbury

(203) 264-0244



Extraordinary Caregivers, Exceptional Care
Located in Southbury | 203-636-0991

ENHANCING WELLNESS THROUGH CARE AND CONNECTION



Renovations Currently Underway!

Motif

by MONARCH
Senior Living Community

655 Main Street S.
Southbury

Schedule a Visit
203-267-7100

BURIAL OR CREMATION?

We can help you make your decision now so *your family won't have to later.*



750 Main Street South
Southbury, CT 06488
(203) 264-1991
CarpinoCares.com



SCAN QR code to request your FREE Planning Guide today!



DIAGNOSTIC IMAGING OF SOUTHURY

Celebrating 25 years as your imaging provider

YOU HAVE A CHOICE

- ✓ High Quality
- ✓ Lower Cost

SERVICES

- MRI – High Field Wide Bore
- CT Scan
- 3D Digital Mammography
- Ultrasound / Vascular Imaging
- Echocardiography
- Arthrography
- DEXA – Bone Densitometry
- X-Ray



Accredited Nationally
Serving You Locally

SOUTHURY (203) 267-5800 • Union Square Plaza
www.imagingofsouthbury.com

SUPPORT OUR ADVERTISERS!



2024 OBSERVED HOLIDAYS

Page 12

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
Labor Day	Monday	September 2, 2024
Columbus Day	Monday	October 14, 2024
Veterans Day	Monday	November 11, 2024
Thanksgiving	Thursday Friday	November 28, 2024 November 29, 2024
Christmas Eve	Tuesday	December 24, 2024
Christmas	Wednesday	December 25, 2024

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.



- Sept. 9 - Walmart in Wallingford with lunch at Archie Moore's and a special stop at Neil's Donuts
- Sept. 16 - Stew Leonard's and Kohl's in Danbury with lunch at Pepe's Pizza
- Sept. 23 - Post Mall (Boscov's) in Milford with lunch at The Cracker Barrel
- Sept. 30 - Early lunch at Underground Records in Oakville then Aldi's in Waterbury on Chase Ave

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

Life-changing
hearing care
starts **here.**

Visit us for all your
hearing-related needs.



HearingLife
formerly **HEARING AID**
Specialists of CT

1449 Old Waterbury Rd., Suite 303, Southbury, CT
203.364.5274

Mention code **AG60-12** when calling.

Call today to schedule
your **complimentary**
hearing assessment*
and personal
demonstration.

*See office for details.



Access Rehab Centers

A Waterbury Hospital & Easterseals Partnership in Physical Rehabilitation

Physical Therapy

690 Main St. South Ste 5
Southbury

203-267-4060



**POMPERAUG
WOODS**

Managed by Life Care Services

IT'S MORE THAN A PLACE TO LIVE.
IT'S A WAY OF LIFE.

Southbury's only not-for-profit Life Plan community offering:

Independent Living • Assisted Living
Memory Care • Skilled Nursing

Call **203-262-6555** to learn more about The Art of Living.

80 HERITAGE ROAD • SOUTHURY, CT 06488

POMPERAUGWOODS.COM



**MUNSON-LOVETERE
FUNERAL HOME &
CREMATION SERVICES,**

INC.

Woodbury & Southbury

203-263-2146

www.munsonloveterefuneralhome.com



Register for courses
at olli.uconn.edu

Contact us:
osher@uconn.edu
475-222-6261



UConn
WATERBURY

Classes and events
in-person and online for
anyone over 50

- ✓ August 5 - Fall Open House
- ✓ August 8 - Fall registration opens
- ✓ September 6 - Fall classes start

In-home senior care

Home is where the heart is and
Comfort Keepers® provides dedicated
professional assistance by *Elevating the
Human Spirit* through our Interactive
Caregiving each and every day.



Elevating the
Human Spirit®

Call for your Free Assessment (203) 924-4949

385 Main St South, Suite 212, Southbury, CT 06488

License: HCA.0001196

OPEN MRI



THE GROUNDBREAKING
VELOCITY
TRUE OPEN MRI

Now in Southbury
(Located behind Riverview Cinemas)



WaterburyHEALTH

Your Imaging Team at Valley Imaging Partners, LLC

690 Main Street South, Suite 7LL | Southbury, CT | 203.755.OPEN (6736)



10% OFF
of your first
purchase!



Providing Solutions to
Live More Independently!

- Stair Lifts & Ramps
- Mobility Scooters & Chairs
- Reclining Lift Chairs
- Portable Oxygen
- Hospital Beds
- Bathroom Safety
- Rentals & much more!

We Deliver! Complimentary Home Safety Assessments!

385 Main St. South Ste. 102
Southbury, CT 06488

203-262-0383

280 N Bedford Rd, Ste. 101
Mt Kisco, NY 10549

914-483-3605

onthemendmedical.com





Southbury Senior Center

Where Your Adventure Continues

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

HOW TO CONTACT US

STAFF LISTING

Director of Senior Services

Andrea Corcoran
acorcoran@southbury-ct.gov

Senior Center Coordinator

Kathy Anderson
Senior2@southbury-ct.gov

Administrative Assistant

Ann Stratton
Senior3@southbury-ct.gov

Customer Service, Part Time Counter Clerk

Kim Little
Senior6@southbury-ct.gov

Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov

Place mailing label
here

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.

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 **Sept. 12th & Sept. 26th** for the Farmer's Market. Please call 203-262-0652 to reserve your ride!

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

Medicare Choices

**Third Monday of the Month
1st appt at 9:00am, last appt 3pm**

Our Certified CHOICES Counselor will be available at the Center by appointment ONLY every 3rd Monday of the month.

There are a total of 6 appointments at 1 hour sessions per day (as long as the time slots are filled). He will be at the Center for scheduled appointments only, walk-ins are not allowed. Please call the Senior Center to schedule your appointment.

Would you like to receive our newsletter electronically?

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



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



Calling all Pickle Ball players! There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members from 10:00 am – 12:00 pm every Tuesday from April Through October! If you would like more information, please contact the office 203-262-0651.



**Take a Walk!
Thursdays, 1pm**

New Walking Club led by Member Volunteer Rosann L.

Meet at the Center for 1pm 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.