



# Senior Center

**561 MAIN STREET SOUTH  
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**FEBRUARY 2022**

**WELCOME TO THE SOUTHBURY  
SENIOR CENTER!**



## **CONTACT US**



561 Main Street South  
Southbury, CT 06488



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



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

February unveils our new newsletter format! We have been busy behind the scenes working with our newsletter publisher to transition to a new platform that will afford us better opportunity to stay in touch with all of you and to create a more efficient manner to prepare our monthly newsletter. There will be updates on our progress in the coming months!

I am very excited to announce a special collaboration with The Art of Yum for two luncheons in February. The Art of Yum has been popular with so many for their great food and we are hoping this will come as exciting news in these especially dark and dreary winter days. We will have in person dining for a limited number (per Pomperaug Health District guidelines) as well as a Grab n' Go feature. Meals will be \$10.00 payable on the day of the meal and those participating in the Grab and Go option will be required to come at a designated time for pick up to ensure food safety. The menus for Thursday, February 10 and Monday February 14 can be found on page 5! The Art of Yum will not disappoint!

I have continued working with the VITA (Volunteer Income Tax Assistance) program, a division of the State of Connecticut Department of Human Services, to have Southbury Senior Center again be a site for free tax preparation. I am grateful and pleased to inform you that VITA will return for this tax prep year! All calls and appointments are being handled by the State of Connecticut 211 line. If you are interested in securing an appointment please do not call the Senior Center as we do not handle these calls. Dial 211 (State of CT info line) and they will schedule your appointment.

We thank all of you for your patience and assistance with continued compliance with the guidelines mandated by the Town of Southbury Emergency Management Director and the Pomperaug Health District. We know it has been a long exhausting journey! We are looking forward to continued progress to healthier and less restrictive times! Meanwhile, we remain ready to assist and serve you within the restrictions we are required to follow and truly look forward to seeing you and hearing from you.

Stay warm and well!


*Tamath*

# UPCOMING EVENTS

Page 02



## FROM KATHY

Love is in the air... Happy Valentine's Day! We have a lot of fun to look forward to this month, I hope you'll find something you'll enjoy. We have a busy Monday of crafting on the 7th, a wine and chocolate pairing on the 10th, A Valentine Tea with Tamath on the 14th, a talk on food waste with Sustainable Southbury on the 16th, Heart Health on the 23rd and so much more! I'm also looking ahead a couple of months and anticipating the warmer weather. Is anyone interested in joining a walking group? See details inside. And in case no one has told you yet today, I love you 

### CENTER CREATIONS

**02/07 10:00AM**

A new name for our monthly creativity class! Whether we are painting with Wendy or making an in-house craft, it will all fall under Center Creations. I have Wendy scheduled to paint with us but she will not have a class when she needs to wear a mask. If we are still mandated to wear a mask at this time, instead we will be decorating birthday cards for our peers. You likely have received a birthday card from your friends at the senior center this past year or two. Now we will be making a few hand decorated ones to add into the mix! You never know who will get one of yours!

Sign up begins February 1. Let us know if you are interested in one or either of these projects! Come create with us!

### Create a Candy Tree with Deb Coniglio from Motif by Monarch!

**02/07 11:15 am**

Create a Candy Tree with Deb and Jillian from Motif by Monarch. While you're crafting we'll discuss ideas on how to make it through these isolating winter months. Come create, conversate and contemplate with us!

Limited to 10 participants. Sign up today!

### PAGE TURNERS

**02/09 1:00PM**

This month's book: The Orphan Keeper by Camron Wright. This is a novel, based on a true story, of a 7 year old boy kidnapped from his village in India, sold to a Christian orphanage, and then adopted by an unsuspecting couple living in the United States. Please call the office to sign up starting on February 1st.

*"Southbury Senior Center Programs are excellent. We are members of the Southbury Senior Center and participate in a number of their programs. This group selects one book a month to read and then meet to discuss their opinions on the author and the book. It is a wonderful opportunity to socialize with a group of interesting people and share quality time together.." A note from members Susan and John Monteleone*

### WINE AND CHOCOLATE PAIRING

**02/10 2:00 pm**

Sponsored by Bethel Health Care Center, Presented by Danielle Ramos and Dana Christos.

In Honor of Valentine's Day, join us for a Wine & Chocolate Pairing Event. Paint your own wine glass while learning about the health benefits of chocolate and the proper pairings of chocolate and wine.

Limited to 10 participants. Sign up today!

### TEA WITH TAMATH LOVE IS IN THE AIR!

**02/14 1:30PM**

Come celebrate the LOVEliest day of the year with sweets and stories! We are asking you to bring an item to share that relates to LOVE. A love letter from a sweetheart? A picture of your fur-baby? A ring from the one that got away? A poem from when your child was in 3rd grade? The choice is yours! Come prepared to tell a little about your choice and enjoy a cup of tea and a sweet treat with our director, Tamath, who will bring her own item to share. Limited to 10 participants, sign up starting February 1.

## **GREAT COURSES PRESENTS: Turning Points in American History 02/9 10am - 11am**

This month we will be offering Great Courses Turning Points in American History #18: **1844 What's New? The Communication Revolution.** The lecture by Professor Edward T. O'Donnell, Associate Professor of History at the College of the Holy Cross in Worcester, Mass lasts around 30 minutes and a question and answer session led by Tamath Rossi will follow.

Please call the office to sign up starting on February 1. NO walk-ins.

*"Southbury Senior Center Programs are excellent. We are members of the Southbury Senior Center and participate in a number of their programs. The Senior Center has purchased these courses for the benefit of its members. The courses we have attended are **FREE** and excellent. When you consider how much people spend on higher education, seeing the Great Courses at the Senior Center is a great opportunity to enjoy a wide variety of high quality, college-style lecture courses. This is a great value when you consider that the individual courses, if acquired by an individual can reach the price range of around \$500. A number of the programs are made in partnership with National Geographic and The History Channel". A note from members Susan and John Monteleone*

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## **ASK THE ATTORNEY**

Second Tuesday of the Month 10am

Attorney James Flaherty, Jr. will be volunteering his time to see members for a one-time, 15-minute consultation by appointment only.

Please call the office to sign up starting for your one-time appointment starting on January 1st. NO walk-ins.

## **SUSTAINABLE SOUTHBURY:WHAT YOU MAY NOT KNOW ABOUT FOOD SHOPPING AND FOOD WASTE**

**02/16 1:00 – 2:00 pm**

You can save money and shopping time when you understand expiration dates, utilize meal planning tools, learn tips to extend the shelf life of the food you have purchased, and use proper storage techniques. Join Helana Hoover-Litty from Sustainable Southbury for a 45-minute course that will have you thinking about food in a completely new way.

Sustainable Southbury is a local non-profit devoted to making Southbury a more sustainable and resilient community. For more information about our group, visit our website at [www.sustainablesouthbury.org](http://www.sustainablesouthbury.org).

Limited to 12 participants. Sign up starting February 1. NO walk-ins.

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## **WINTER BODY SCRUB MAKING**

**02/ 28 11:00 am**

Sponsored by Candlewood Valley Health and Rehabilitation Center A great winter program for seniors to fight winter dehydration inside and out! Create moisturizing body scrub and learn how to increase your water intake with gourmet infused water recipes.

Limited to 12 participants Sign up starts February 1

## **HEART HEALTH 02/23 1:00PM**

Learn simple nutrition and exercise plans that support healthy aging in this dynamic seminar presented by Dr. Kolwicz from Candlewood Valley Health & Rehabilitation. Maintaining a healthy lifestyle is important at all stages of life, but especially for seniors. The benefits of maintaining a healthy weight after the age of 70 include increased mobility, lower chances of a heart attack or stroke, less inflammation and lower rates of depression. Seniors should aim to eat a nutritionally balanced diet that incorporates protein, healthy fats, carbs and fiber. Creating a balanced meal with a variety of ingredients is key to maintaining a healthy lifestyle. Seniors who exercise have increased bone density, reduced risk of heart attack or stroke, reduced risk of developing dementia, and more confidence and independence. Limited to 12 participants sign up starts February 1

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## **ASK THE FINANCIAL ADVISOR**

Second Tuesday of the Month 1pm

Join Martin Engstler, CFA with Edward Jones in Southbury for a one time, 15-minute consultation about your finances.

Please call the office to sign up for your one-time appointment starting on January 1st . NO walk-ins.

# SENIOR LEARNING NETWORK

Page 04

**ALL TIMES ARE 1:00PM (CENTRAL) / 2:00PM (EST) AT THE SENIOR CENTER**

Senior Learning Network is back with 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. Pre-registration is required. Sign up starting January 1st! Limited to 12 people per program. NO walk-ins.

*"Southbury Senior Center Programs are excellent. We are members of the Southbury Senior Center and participate in a number of their programs. This program meets every Tuesday and has presentations from around the country on a wide range of subjects from Presidential Libraries, our National Parks and to the development of frontier communities across the country. This personal tour presented by experts is not easily available in other venues and provides the opportunity to learn about subjects most people would never seek out on their own." A note from members Susan and John Monteleone*

## **Tues., Feb.1: Ulysses S. Grant National Historic Site**

Will the real Ulysses S. Grant please stand up? As the nation celebrates Ulysses S. Grant's 200th birthday in 2022, popular interest in the Civil War general and two-term president is at an all-time high. However, popular stereotypes about Grant's personal characteristics and life experiences remain within popular memory. Was Grant an uncaring general who had no regard for his troops? Was he an alcoholic who engaged in destructive behavior? In this presentation, Park Ranger Nick Sacco (Ulysses S. Grant National Historic Site) looks to address various claims about Grant and uncover the characteristics of a deeply complex person who faced serious challenges during his lifetime.



## **Tues., February 8th : National Portrait Gallery- It's Presidents' Month! Presidential Portraits**

In honor of Presidents' Month, we will once again visit the National Portrait Gallery! The nation's only complete collection of presidential portraits outside the White House, this exhibition lies at the heart of the Portrait Gallery's mission to tell the American story through the individuals who have shaped it. Having designed a fresh exhibition layout for "America's Presidents," the Portrait Gallery has grouped the portraits into six historical chapters. Each of the first five sections is organized around a historical era and leads off with a presidential figure: Washington, Andrew Jackson, Abraham Lincoln, Theodore Roosevelt and Franklin Delano Roosevelt, While a sixth section examines the more recent history of the presidency. Updated content provides visitors with improved ways to understand historical events—both national and international—that coincided with the respective President's time in office.



## **Tues., Feb. 15: Andrew Johnson National Historic Site**

Nestled in a valley of eastern Tennessee sits a quaint town, Greeneville. This town was named after Nathanael Greene a Revolutionary War hero. The county took the same "Greene" name. Years later another famous soldier was born into these same hills, Davy Crockett was his name. Andrew Johnson our 17th president, born in North Carolina, moved to Greeneville when he was only a teenager and made this his home. Join us as we learn about this little known politician, who assumed the presidency upon the assassination of Abraham Lincoln.



## **Tues., Feb. 22: Agate Fossil Beds National Monument ( Nebraska)**

### **No Dinosaurs Here, Only Mammals!**

Join an Education Ranger as they introduce students to several species of mammals that once roamed the Nebraska plains during the Miocene epoch some 26-15 Million Years ago. Learn about how climate change, geology and other environmental factors contributed to the evolution and extinction of these species. And some other fun facts as well!



## FEBRUARY SPECIAL MEALS

We will have in person dining for a limited number (per Pomperaug Health District guidelines) as well as a Grab n' Go feature. Meals will be \$10.00 payable on the day of the meal and those participating in the Grab and Go option will be required to come at a designated time for pick up to ensure food safety. Reservations can be made starting January 24th.

### THURSDAY, FEBRUARY 10TH

(\$10 per person) **Sign up deadline 2/7 @ 10am**

Herbed Pan Seared Chicken Breast, Sherry Cream  
Red Bliss Whipped Potatoes  
Stewed Green Beans  
Raspberry Crumb Cake

### MONDAY, FEBRUARY 14TH

(\$10 per person) **Sign up deadline 2/7 @ 10am**

Sage Roasted Pork Loin, Traditional Pan Gravy  
Roasted Sweet Potatoes  
Winter Vegetable Medley  
Chocolate Chip Cookies

### Every Wednesday at 11:30AM

New Opportunities of Waterbury along with Annoula's Restaurant of Woodbury have been providing Grab & Go lunches. All meals are served with Multigrain Bread, Fruit and Low Fat Yogurt. New Opportunities will invoice you directly.

**Feb 3: Chicken Gyro, Roasted Potato, Veg. or Spinach Salad Plate**

**Feb 9: Baked Macaroni & Cheese, Small Salad or Meatloaf, Roasted Potato, Veg.**

**Feb 16: Mediterranean Chicken, Roasted Potato, Veg. or Meatloaf, Roasted Potato, Veg.**

**Feb 23: American Chop Suey, Small Salad or Greek Salad Plate**

Register by calling the Senior Center (203)262-0651. Please note: Your reservation must be made by Monday, the week of the Grab & Go Lunch before 11am. No Exceptions can be made. We must reserve the meals with the restaurant on a timely fashion to ensure availability. Thank you for your cooperation and understanding.

## VITA TAX PREPARATION

The VITA (Volunteer Income Tax Assistance) program, a division of the State of Connecticut Department of Human Services, will have Southbury Senior Center again be a site for free tax preparation. VITA will return for this tax prep year! All calls and appointments are being handled by the State of Connecticut 211 line.

If you are interested in securing an appointment please do not call the Senior Center as we do not handle these calls. Dial 211 (State of CT info line) and they will schedule your appointment.

## Martin Engstler Presents: OUTLOOK & OPPORTUNITIES 02/22 11:00am

Outlook and Opportunities is a 40-minute seminar that discusses the economy and actions to take today. After another year of strong market returns in 2021, the program explores the economy, interest rates and our outlook; current market trends; and the importance of portfolio balance. Martin Engstler, CFA Financial Advisor, Edward Jones Limited to 12 participants. Sign up starting Feb 1

## Walk With Me

Are you interested in getting together with other members to walk? Walking is a wonderful way for older adults to be social and physically active. It's easy, it's free, and it's relatively risk-free. In fact, according to the [Centers for Disease Control and Prevention](#), more people than ever are walking for physical activity. As the warm weather returns, members could meet at the center for 9:00 am. There are lots of sidewalks here on Main Street and if anyone has an idea for a place to go for a walk- let us know and we could look into a bus ride. Fairfield Hills has nice paths, and we are sure there are others.

If you are interested in joining or even being the coordinator, let us know. We can get a walk in the books for May!

# WEEKLY SCHEDULED CLASSES

Page 06

## BELOW ARE PROGRAMS OFFERED DURING THE MONTH

All closings, or Class Changes are shown in calendar on opposite page. Note: Pre-registration is require for all programs. NO walk-ins. Please call the day before the class to register. Bring your own water, no food allowed.. When registering for a class, please be sure to speak to one of the staff members by phone - Voice messages not accepted for registration in order to avoid any confusion

Mon	9:00-4:00	Certified Choices Counselor (In Person 60 min. appointments 3rd Mon. of each month)
	9:30-10:30	Aerobics Class (Zoom & In Person) (In Person limit 25 people)
	12:00-1:00	Tap Dancing (In Person) (In Person limit 25 people)
Tue	8:45-9:45	Fit & Flex A Class (Zoom & In Person) (In Person limit 25 people)
	10:00-11:00	Fit & Flex B Class (Zoom & In Person) (In Person limit 25 people)
	10:00-11:00	Ask the Attorney (15-minute one-time appointments)
	11:30-12:30	Chair Yoga (Zoom & In Person) (In Person limit 25 people)
	12:30-1:30	My Story Writing Group (1st and 3rd Tues) (In Person) (In Person limit 12 people) (My Story Writing Group will be on hiatus until Spring)
	1:00-2:00	Ask the Financial Advisor (15-minute one-time appointments)
	1:00-3:00	Game Day (Limit 13 people)
	1:00-3:00	Rummikub (In Person) (Limit 12 people)
	1:30-4:00	Table Tennis (In Person) (Limit 13 people)
Wed	9:30-11:30	Quilting (In Person) (Limit 12 people)
	10:00-11:00	Great Courses (In Person) (2nd Wed. of the month) (Limit 13 people)
	10:00-11:00	Veteran's Hour (In Person) (Last Wed. of the month)
	11:30	Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women)
	1:00-2:00	Page Turners (2nd Wed) (In Person) (Limit 12 people)
	3:00	Senior Services Commission Meeting (Check Town website & calendar for dates)
Thu	8:45-9:45	Yoga (Zoom & In Person) (In Person limit 25 people)
	10:00-11:00	Weight Strengthen/Tone (Zoom & In Person) (In Person limit 25 people)
	12:00-1:00	Blood Pressure Screening (2nd or 3rd Thursday check newsletter calendar)
	12:30-3:30	Mahjong (In Person) (Limit 12 people)
	12:45-3:00	Bingo (In Person) (Limit 12 people)
	1:30-4:00	Table Tennis (In Person) (Limit 13 people)
Fri	9:30-10:30	Muscle Tone (Zoom & In Person) (In Person limit 25 people)
	11:30-12:30	Tai Chi (In Person) (Limit 25 people)



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Executive Care Manager Cheri Panzica cpanzica@abc-seniors.com

# FEBRUARY 2022 PROGRAMS

MON	TUE	WED	THU	FRI
	02	03	04	05
	Senior Learning Network Ulysses Grant 2pm			
07	08	09	10	11
Center Creations 10am Candy Tree 11:15am	Ask the Attorney 10am Financial Advisor 1pm Senior Learning Network National Portrait Gallery 2pm <b>CALL AT 4:30PM FOR CT FLOWER SHOW</b>	Great Courses 10am	Lunch Wine & Chocolate 2pm	
14	15	16	17	18
Choices Counselor 8am Lunch Love is in the air! Tea with Tamath 1:30	 Senior Learning Network Andrew Johnson 2pm	Sustainable Southbury 1pm-2pm Senior Services Commission Meeting 3pm		
21	22	23	24	25
<b>Closed</b> <b>Holiday</b>	Outlook & Opportunities 11am Senior Learning Network Agate Fossil Beds 2pm	Veteran's Hour 10am Heart Health 1pm	<b>CALL AT 4:30PM ON THURSDAY FEB 24TH FOR NY BOTANICAL GARDEN SHOW</b>	<b>CALL AT 4:30PM ON FRIDAY FEB 25TH FOR ST PATRICK'S DAY CELEBRATION</b>
28				
Winter Body Scrub Making 11am				



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MENTION CODE AG60-1 WHEN CALLING

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## TRIPS

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### **The 40th Annual Connecticut Flower and Garden Show**

*Call on Tuesday,  
February 8th at 4:30pm  
to reserve your spot*

Thursday, February 24, 2022 9:00 am – 4:00 pm

Cost **\$19** includes transportation, tickets (Lunch on your own at the Convention Center)

The Connecticut Convention Center, Hartford. Spring arrives at the Connecticut Flower and Garden Show! Explore over 200 exhibits overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment and much more! View beautifully landscaped gardens and stop by the Federated Garden Clubs of CT design and Horticulture competition. The colorful, fragrant show covers almost three acres with the 2022 theme, “Rhythm & Blues”, with creative and practical ideas for house, apartment and condo dwellers alike. Over 80 hours of seminars and demonstrations on a variety of topics!

Some of Thursday’s Presentation Schedule:

11am Paul Split Organic Container Gardening Room 12

12:30 pm Jeffrey Eleveld How to Kill a House Plant Room 12

2pm How to create a Healthy Monarch Butterfly Habitat at Home Room 13

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### **New York Botanical Gardens: The Orchid Show**

*Call on Thursday,  
February 24th at  
4:30pm to reserve your  
spot*

Thursday, March 10, 2022 8:30 am – 3:00 pm

Cost **\$35** includes Ticket, transportation and lunch sponsored by The Lutheran Home of Southbury

#### **Proof of Vaccination required for entry to the gardens.**

New York Botanical Gardens: The Orchid Show- Jeff Leatham’s Kaleidoscope

Enjoy a walking tour of the 19th Annual Orchid Show featuring the dramatic creations of Jeff Leatham. Marvel at the orchid towers of orange, yellow and green, undulating fields of white and overhead plumes of purple and a kaleidoscopic tunnel of lights.

Brown bag lunch sponsored by the Lutheran Home of Southbury is included.

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### **St. Patrick’s Day Celebration at the Aqua Turf!**

*Call on Friday,  
February 25th at  
4:30pm to reserve your  
spot*

Tuesday, March 15, 2022 10:15 – 4:15

Cost **\$52** per person includes transportation, lunch, tax and tip

Padraig Allen and The Mclean Avenue Band have their very own sound with old Irish Celtic folklore and rock pop Celtic music of today!

Enjoy complimentary coffee and donuts upon arrival, a delicious lunch served family style with entrees of corned beef & cabbage and baked scrod, a complimentary glass of beer or wine and door prizes.



# Manic Monday Shopping

FEBRUARY 2022 - \$5/TRIP

**Please Note: Shopping trips will take place weather permitting.  
Lunch is not included in cost of the bus.**

- Mon., Feb. 7 Quarry Plaza/Market 32 in Oxford, lunch choice of Tea w/Tracy or The Sitting Duck Tavern
- Mon., Feb. 14 Ocean State Job Lot/ Christmas Tree Shop in Danbury / lunch at Olive Garden
- Tues., Feb. 22 Target/ Home Goods/ Michaels in Southington/ lunch at Long Horn Steak House
- Mon., Feb. 28 Hobby Lobby in Milford/ lunch at Gusto

**Note: 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 begin at 10am and return by approx. 3pm  
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 Cards
- 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 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
Dial-A-Ride Card (\$15) fees are as follows:	
Waterbury (Medical)	3 Punches
Danbury (Medical)	5 Punches
New Haven (Medical)	5 Punches



PRSR STD  
U.S. POSTAGE  
**PAID**  
Southbury, CT  
Permit No. 27

## HOW TO CONTACT US

### STAFF LISTING

Director of Senior Services  
Tamath K. Rossi  
Senior@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

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

### TRANSPORTATION NOTES

TO CLARIFY THE 48 HOURS RULE FOR REQUESTING TRANSPORTATION, THE FOLLOWING SHOWS 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

HAVE YOU BEEN CALLED BY THE FOLLOWING TELEPHONE NUMBER:  
203-802-6374?

This will be the number that comes across your Caller ID when we are trying to reach our members for early closing/delayed opening, cancellation of programs, trip information, etc. Please make note of this number so you won't miss out on receiving any important information from your Center.