

VISIT US AT 293 MAIN STREET•DERBY, CT 06418
PHONE US AT (203) 736-1484
EMAIL US AT SENIORCENTER@DERBYCT.GOV

DERBY SENIOR CENTER NEWS

APRIL 2019

Hi Everyone. This month is going to be a busy month with Life Line screening here on the 5th, Bed Bug Presentation on the 11th, Easter Luncheon on the 18th and our Easter Breakfast on the 25th.

The entire staff would like to say thank you to the Elderly Commission for helping the Center get the toaster, microwave and 2 difibulators. We have put the toaster and microwave to use at our last breakfast.

April is Public Health month and we would like to raise awareness of the importance of this.

According to the American Public Health Association's website, "every year chronic diseases such as heart disease, cancer and diabetes are responsible for millions of premature deaths...Catching and preventing these illnesses and incidents before they develop is the key to improving our nation's health."

At Derby Senior Center we agree. This is why we are hosting Life Line Screening, the nation's leading provider of preventive health screenings on Friday, April 5, 2019.

Screenings are fast, painless and affordable. Three key tests check for blocked carotid arteries, an irregular heart rhythm called atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Strokes are the fifth leading cause of death in the U.S. yet, with preventive strategies, 80% of strokes can be prevented.

Other tests check for abdominal aortic aneurysms and hardening of the arteries in the legs. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women. Many events also offer blood tests including cholesterol, glucose and c-reactive protein screenings, as well as take home colon cancer early detection tests.

Screening packages start at \$139.00. Single tests cost around \$70.00.

For more information or to schedule an appointment, call 1-888-653-6441. Pre-registration is required.

The Naugatuck Valley Health District will be hosting a Bed Bug Awareness Presentation on Thursday, April 11th from 11:30 am to Noon. Refreshments will be served.

We will be having our election for the Executive Board in June. Date will be posted in Mays Newsletter. Please note the slate posted on the bulletin board in the dining hall. If anyone is interested in running or nominating anyone please contact me.

Members that are running for Office::

President: Brenda Bazyluk

Vice President: Mary Jo Cheverealla

Secretary: Open

Financial Secretary: Linda Joyce

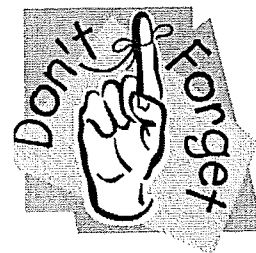
Executive Director, Susan Churchill

SPECIAL POINTS OF INTEREST:

- The Elderly Commission meeting is on Monday, April 1, 2019 at 3:00PM.
- The Executive Board will meet on Tuesday April 9, 2019 at 10:00 AM.
- The Activities Committee will meet on Tuesday, April 9, 2019 at 11:00AM.
- Parish Nurse from Griffin Hospital will be here on Tuesday, April 2, 2019 from 11:00AM to 2:00PM.
- Counseling is available for those of you who have any questions on Medicare. Please call the Center at (203) 736-1484 to schedule an appointment.
- **The Center will be closed on Friday, April 19, 2019 in observance of Good Friday.**



MONTHLY REMINDERS



- ♦ **HAIRCUTS** will be on Monday, April 8, 2019 from 10:00 AM-12:00 PM. Please call 203-736-1484 for an appointment. Price is \$10.00.
- ♦ **BIRTHDAY BINGO** will be held on Tuesday, April 23, 2019 at 1:00 PM. Thank you to Gardener Heights for hosting this event with prizes and treats.
- ♦ Visit us online at www.facebook.com/derbyseniorcenter.
- ♦ **Every Friday Veterans Services and Benefits: Contact Gabor Kautzner @ 203-736-1484. Hours are from 9:00AM to 12:00 Noon.**
- ♦ We will be having a trip going to **Portugal in 2019** sponsored by **Collette Tours**.
- ♦ **Other trips: Canadian Rockies, and Albuquerque Balloon Fiesta.**

FOR YOUR INFORMATION

**Please remember to send a self addressed, stamped envelope with your membership dues. We will mail your new membership card to you. Please pay and pick up tickets in advance of function.*

Please no registrations before April 1, for in house functions.

Check dates for registration for trips.

In Loving Memory

Donald Struwas

Evelyn Zavednak

Frank Cervero

Current Trip Schedule 2019

Creative Cuisine at the Culinary Institute of American	Reg 2/8	April 9 , 2019
MGM Springfield Casino	Reg 2/5	April 17, 2019
Westchester Theatre Newsies	Reg 1/30	April 25, 2019
Daffy Daffodils Festival	Reg 1/15	April 26-28, 2019
Warner Theatre Mamma Mia!	Reg 3/5	May 5, 2019
Lancaster "JESUS"	Reg 3/12	May 1-3, 2019
Dean Martin Tribute Show	Reg 3/19	May 20, 2019
Broadway "Kiss Me Kate" or The Cher Show (your choice	Reg 1/25	May 29, 2019
South Coast Maine Coast & Coves Tour	Reg 2/26	May 29-31, 2019
Newport Playhouse featuring "Clothes Encounters"	Reg 3/26	May 23, 2019
CT Sun Vs Seattle Storm WNBA Basketball Mohegan Sun	Reg 4/2	June 16, 2019
Boston Pops at Tanglewood Music of John Williams	Reg 5/7	July 7, 2019
Coins & Claws Lobster & Mohegan Sun Casino	Reg 5/21	July 12, 2019
Niagara Falls	Reg 5/7	July 16-19, 2019
Essex Dinner Train & Riverboat Ride	Reg 5/14	July 25, 2019

Easter Luncheon

Thursday, April 18, 2019 12:00 Noon

Price \$ 7.00

Limit of 80 Seats Available

First course of appetizers including the following:

Shrimp Cocktail, Deviled Eggs

Swedish Meatballs, Stuffed Celery

Entrée will include Ham, Scalloped Potatoes, Carrots

And a Special Dessert

Easter Breakfast

Thursday, April 25, 2019 9:00 AM

Price \$4.00

Chefs Surprise (But Scrambled Eggs will be included)



Registrations for April & May 2019

CT Sun Vs. Seattle Storm WNBA Basketball at Mohegan Sun Arena

Sunday, June 6, 2019

Reg Date 4/2/2019, Price \$55.00

Enjoy a WNBA professional women's basketball game between the CT Sun and the Seattle Storm. Come out and support some of your favorite former UCONN Basketball Stars!

Game time is 3:30 PM. We will arrive at Mohegan Sun early so that you may enjoy lunch and the gaming tables before the game.

Price includes transportation, ticket to the CT Sun game, Food Voucher and Casino Bonus to be used during your free time at the Casino and drivers Gratuity.

The Boston Pops At Tanglewood

Across the Stars: Music of John Williams

Sunday, July 7, 2019, Reg Date 5/7/2019, Price \$145.00

First we will stop for lunch at one of the fabulous local restaurant the Cork Hearth or the Red Lion, with a choice of a chicken, beef or fish entrée.

After lunch, we will head over to the Tanglewood to enjoy The Boston Pops, who are celebrating the art of world-renowned John Williams. The program includes music from Star Wars and Memoirs of a Geisha, as well as the haunting melodies of Schindler's list.

Coins & Claws Lobster & Casino

Friday, July 12, 2019, Reg Date 5/21/2019, Price \$77.00

Come and join us at Abbott's Lobster In The Rough in Noank which was voted as one of the best lobster shacks in New England. Your entrée will include a choice of steamed lobster or herb roasted chicken, served complete with all the trimmings. After that we will head over to Mohegan Sun Casino. On your arrival you will receive a casino package including a food credit. Enjoy several hours of gaming.


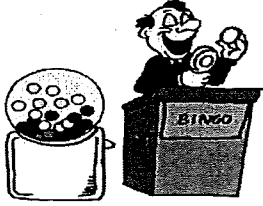




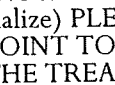







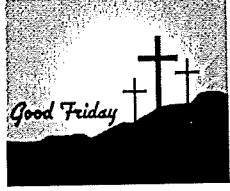
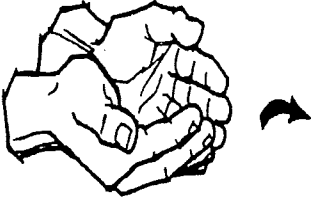


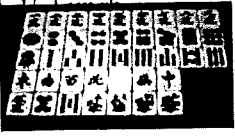



Essex Dinner Train & Riverboat Ride

Thursday, July 25, 2019, Reg Date 5/14/2019, Price \$97.00

Enjoy a 3 course meal in a restored 1920's Pullman dining car with a choice of either beef or chicken entrée. After lunch we will cruise the CT River.

Price includes Luncheon aboard Steam Train and Riverboat Ride, Transportation and Driver's Gratuity

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) 10:00 Chair Yoga 11:15 Strength Training 3:00 Elderly Commission Meeting</p> 	<p>2) Reg for WNBA Basketball Mohegan Sun 11:45 Senior Café 1:00 Bingo</p> 	<p>3) 9:30 Computer Class 9:30 Yoga Class 11:00 Painting 11:30 Strength Training 12:30 Zumba</p> 	<p>4) 9:30 Mahjongg 9:30 Pinochle 10:00 Knitting & Crocheting 11:45 Senior Café 1:00 Craft Class</p> 	<p>5) 10:00 Tai Chi 10:00 Shopping 12:30 Zumba Gold 1:00 Quilting Class</p> 
<p>8) 10:00 Haircuts 10:00 Chair Yoga 11:15 Strength Training 12:15 Sign Language</p> 	<p>9) 10:00 Executive Brd Meeting 11:45 Senior Cafe 1:00 Bingo 3:00-4:30 HRC Group (students from Derby & Ansonia High come in with treats and would just love to sit around and socialize) PLEASE MAKE A POINT TO STOP IN THE TREATS ARE AWESOME.</p> 	<p>10) 9:30 Computer Class 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba Gold</p> 	<p>11) 9:30 Mahjongg 9:30 Pinochle 10:00 Knitting & Crocheting 11:45 Senior Cafe 1:00-3:00 Craft Class Reiki session by appointments</p> 	<p>12) 10:00 Tai Chi 10:00 Shopping 11:30 Tap Class 12:30 Zumba 1:00 Quilting Class</p> 
<p>15) 10:00 Chair Yoga 11:15 Strength Training</p> 	<p>16) 11:45 Senior Café 1:00 Bingo</p> 	<p>17) 9:30 Computer Class 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba Gold</p> 	<p>18) 9:30 Mahjongg 9:30 Pinochle 10:00 Knitting & Crocheting 12:00 Easter Luncheon 12:00 12:30 Pinochle 1:00-3:00 Craft Class Reiki session by appointments</p> 	<p>19) Closed for Good Friday</p> 
<p>22) 10:00 Chair Yoga 11:15 Strength Training 12:15 Sign Language</p> 	<p>23) 11:45 Senior Café 1:00 Birthday Bingo</p> 	<p>24) 9:30 Computer Class 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba</p> 	<p>25) 9:00 Easter Breakfast 9:30 Mahjongg 9:30 Pinochle 10:00 Knitting & Crocheting</p> 	<p>26) 10:00 Tai Chi 10:00 Shopping 11:30 Tap Class 12:30 Zumba 1:00 Quilting</p> 
<p>29) 10:00 Chair Yoga Class 11:15 Strength Training</p> 	<p>30) 11:45 Senior Cafe 1:00 Bingo</p> 			

APRIL BIRTHDAYS



Marie	Adams	Walter	Oko
Palma	Bowers	Joseph	O'Leary
Larry	Bussell	Margaret	Oraziotti
Mary Ann	Cacchillo	Ellen	Ottoson
Earlane	Cavallaro	Carmen	Palumbo
Anna	Ceremano	Janet	Petrucelli
Gloria	Chiarella	Frances	Pochy
Eleanor	DeFelice	Jaime	Puruncajas, Sr.
Patricia	DeGeorge	Claire	Rahael
Perry	DeGeorge	May	Rice
Margaret	Duggan	Patricia	Robarge
Joseph	Dzikas	Dolores	Rose
Theresa	Erikson	Anthony	Santangelo
Frank	Esposito	Selina	Scott
Helen	Filo	Walter	Scott
Suzanne	Foster	Mary	Sexton
Frank	Franco	Lynne	Shampnois
Henrietta	Fritz	Bernard	Shaw
Thomas	Gaetano	Rita	Sheehy
Barbara Jean	Garofalo	Stanley	Smalec
Roberta	Getlein	Lola	Smith
Rita	Glenn	Mary	Sosenko
Marion	Gorzelany	Anna	Spardone
John R.	Granatie	Victor	Stasonis
Carmen	Guarascio	Linda	Sullivan
Beverly	Kamaltis	William	Susko
Camme	Kemp	Joan	Svetz
Patricia	Kennedy	Florence	Szelligowski
Nancy	Kuczynski	Laura	Thomas
Theresa	La Rocque	John	Tilki
Janet	Lanci	Barbara	Toni
Alice	LaRovera	Jennie	Tuccio
Dolores	Lepage	John	Vitka Jr.
Helen	Marczak	Joseph	Volduro
Jeanne	Markut	Patricia	Walsh
Maria	Marulli	Carol	Witteman
Linda	Matysowszky		
Peggy	McEnerney		
Carol	McGovern		
Juanita	McLean		
Diane	Melecsinski		
Rissa	Mendlestein		
Diana	Musante		





APRIL 2019 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheeseburger Potato Salad Broccoli Slaw Ketchup Wheat Burger Roll Mandarin Oranges Margarine	2 Apple Juice Arroz con Pollo (Chicken w/ Rice) Spinach Corn Bread Fruited Jello Margarine	3 Sliced Turkey w/ Gravy Stuffing Tuscan Blend Veggies Cranberry Sauce Wheat Bread Fresh Fruit Margarine	4 Vegetable Barley Soup w/ Crackers Hungarian Goulash Egg Noodles Peas Wheat Dinner Roll Peaches Margarine	5 Grape Juice Spaghetti w/ Clam Sauce Broccoli & Cauliflower Italian Bread Marble Cake Margarine
8 Beef & Bean Chili Baked Potato Half Mexicali Corn Corn Bread Pineapple Margarine	9 Grape Juice Pot Roast w/ Gravy Smashed Potato Broccoli Wheat Bread Lemon Cake Margarine	10 Cream of Zucchini Soup w/ Crackers Stuffed Salmon Wild & Brown Rice Pilaf Scandinavian Blend Pumpernickel Dinner Roll Baked Apples Slices Margarine	11 Herb Baked Chicken Quarter Cut Sweet Potato Bean Blend Rye Bread Fruit Cocktail Margarine	12 Vegetable Lasagna Roll-up Roasted Squash Zucchini Parmesan Cheese Italian Bread Fresh Fruit Margarine
15 Chicken Parmesan Penne Pasta Tossed Salad w/ Tomato & Italian Dressing Parmesan Cheese Garlic Breadstick Fresh Fruit Margarine	16 Lentil Soup w/ Crackers Chef Salad w/ Turkey, Ham, Cheese, Hard Cooked Egg w/ Romaine Lettuce & Cucumber French Dressing Multi Grain Bread Tropical Fruit Margarine	17 Salisbury Steak w/ Gravy Mashed Potato Peas & Mushrooms Wheat Dinner Roll Peaches Margarine	18 Easter Lunch: Glazed Ham Sweet Potato Pone Whole Green Beans Rye Bread Hot Cross Buns	19 Office Closed  Good Friday
22 Tomato Florentine Soup w/ Crackers Tuna Salad Plate w/ Lettuce & Tomato Beet Salad Wheat Sandwich Roll Pears Margarine	23 Sweet & Sour Pork Brown Rice Oriental Blend Veggies Dinner Roll Margarine Oranges Margarine	24 Swedish Meatballs Bowtie Pasta Carrots Multi Grain Bread Fresh Fruit Margarine	25 Fruit Juice Hot Open Turkey Sandwich on Wheat Steak Fries Green Beans Cranberry Sauce Fruit Strudel	26 Cheese Baked Ziti Tossed Salad w/ Cucumber & Ranch Dressing Parmesan Cheese Garlic Bread Fresh Fruit
29 Orange Juice Unstuffed Cabbage over Rice Glazed Carrots Wheat Dinner Roll Chocolate Chip Cookie Margarine	30 Fish Sticks w/ Tartar Sauce Macaroni Salad Red Cabbage Slaw Biscuit Fresh Fruit Margarine	 <p>“Our spring has come at last with the soft laughter of April suns and shadow of April showers.” ~ Byron Caldwell Smith ~</p>		

The entrée may be substituted for a BAKED CHICKEN QUARTER on the following days: April 18 & 23



30 ELIZABETH STREET, DERBY, CT 06418 - 736-5420

MENUS SUBJECT TO CHANGE DUE TO AVAILABILITY - All meals include milk.

Free Printable Word Search Puzzles

Spring

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.

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T L E M W O N S S S A R G L A
G C Y C L A M E N S A L I L P
G N G R O W T H R L L L L R S
O Y I I D L S A R A I E S N N
L A L N K A I E B E R R O H E
F M L O A N F E S G M I P W W
E N A E E E S F I U L R R A L
I O B Q R A L E O E C S A B E
R S T U B E S C D D F O S W A
I A F I G R N N G L I N R H V
S E O N N R A E O N I L C C E
E S S O I D E W W B I R S B S
S I N X R G E E O A A R M E G
A Y F L P R O R N M L W P E O
E T E W S S P I L U T R S S R
R E T S A E P L A N T I N G F

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ALLERGIES	FROGS	RAIN
APRIL	GOLF	RENEWAL
BASEBALL	GRASS	ROBINS
BÉES	GREEN	SEASON
CROCUSES	GROWTH	SNOWMELT
CYCLAMENS	IRISES	SOFTBALL
DAFFODILS	LILIES	SPRING BREAK
DANDELIONS	MARCH	SPRING CLEANING
EASTER	MAY	TULIPS
EQUINOX	NEW LEAVES	WARMER
FLOWERS	PLANTING	WET

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

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