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EMAIL US AT SENIORCENTER@DERBYCT.GOV

DERBY SENIOR CENTER NEWS

MARCH 2019

Happy St Patrick's Day.!

Spring arrives on March 20th. I'm sure everyone is looking forward to this! This seasons electric bills and oil bills are affecting everyone. It would be nice to just open the windows and let in the fresh air without heat or air conditioning.

We will be having our St Patrick's Day Luncheon on Thursday the 14th. The meal will consist of Corned Beef and Cabbage, Carrots, Potatoes, Soda Bread and Bread Pudding for dessert. The cost is \$5.00 per person.

Don't forget to sign up for our St Patrick's Day Breakfast which will be held on Thursday the 28th. The Leprechaun will leave something green on your plate.

Life Line Screening, a leading provider of community based preventive health screenings, will be in our Community on Friday, April 5, 2019 at the Derby Senior Center. Ultra Sound Screenings to identify risk factors for cardiovascular disease include: Carotid Artery (plaque buildup-a leading cause of stroke), Abdominal, Aortic Aneurysm (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body), Peripheral Arterial Disease (hardening of the arteries in the legs), Heart rhythm screening (an EKG to detect Atrial Fibrillation-irregular heart beat) and an Osteoporosis Risk Assessment for men and woman. Being proactive about your health by knowing your risks helps you and your Doctor address problems early.

Complete Wellness Pkg 1 all 4 cost \$129.00

Complete Wellness Pkg with Osteo all 5 cost \$ 139.00.

Please call the Center for further information.

Respectfully,

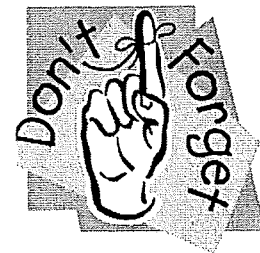
Executive Director, Susan Churchill

SPECIAL POINTS OF INTEREST:

- The Elderly Commission meeting is on Monday, March 4, 2019 at 3:00PM.
- The Executive Board will meet on Tuesday, March 12, 2019 at 10:00 AM.
- The Activities Committee will meet on Tuesday, March 12, 2019 at 11:00AM.
- Parish Nurse from Griffin Hospital will be here on Tuesday, March 5, 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.
- **Don't forget to turn your clocks ahead one hour on Sunday, March 10th for Daylight savings time.**



MONTHLY REMINDERS



- ♦ **HAIRCUTS** will be on Monday, March 11, 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, March 26, 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.*

In Loving Memory

**Helen Paul
Dolores Pascale**

*Please no registrations before
March 1, for in house functions.
Check dates for registration for trips.*

Current Trip Schedule 2019

2019 AAC Women's Basketball Tournament @ Mohegan	Reg 2/5	March 10, 2019
Westchester Theatre—Rhythm of the Dance	Reg 12/18	March 12, 2019
St. Patrick's Celebration at Aqua Turf	Reg 1/9	March 19, 2019
Broadway "Kiss Me Kate" or The Cher Show (your Choice)	Reg 1/25	May 29, 2019
Myrtle Beach, SC	Reg 2/19	April 6-12, 2019
Creative Cuisine at the Culinary Institute of American	Reg 2/8	April 9, 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
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

Registrations for March 2019



The Sights, Sounds and Tastes of Lancaster

Including the show "JESUS"

Wednesday-Friday, May 1-3, 2019, Reg 3/12/2019

Price Double \$505.00 Single \$ 621.00 Triple \$485.00

Trip includes 2 evenings at the Eden Resort. Dinner and the musical "Sister Act," at the Dutch Apple Dinner Theatre.

Several stops at Farmers Market, Amish Farmlands.

The Sight and Sound's Millennium Theater for the performance of "JESUS".

Travel to Kitchen Kettle Village where shopping and lunch is on your own. Stroll thru 42 shops and restaurants.

Includes: Roundtrip Transportation, Hotel Accommodations, Admission to sites, 4 Meals, 2 Shows Taxes and Baggage Handling, Bus Driver and Tour Guide.



Warner Theatre Presents Mamma Mia

Sunday, May 5, 2019 Reg 3/5/2019

Price \$ 105.00

Lunch at San Marino restaurant, You will enjoy a choice of Veal Parm, Stuffed Sole, or Chicken Marsala, with all the trimmings.

This heartwarming, upbeat comedy is sure to have you laughing in your seat!

Includes: Transportation, Lunch at San Marino, Matinee Performance and Drivers Gratuity

"Everybody Loves Somebody-The Dean Martin Tribute Show"



Monday, May 20, 2019 Reg 3/19/2019

Price \$115.00

Lunch at the Brownstone in Patterson N.J. Lunch is served family style that includes Chicken Marsala, Sausage and Peppers and Zita Marinara served with Salad, Vegetables and Dessert. Also enjoy complimentary drinks, coffee and tea served with lunch and soda will be on the table all day.

Musical Getaway trip you would not want to miss!

Includes: Transportation, Luncheon and show at the Brownstone and Drivers Gratuity.

Newport Playhouse & Cabaret Restaurant Featuring "Clothes Encounters"



Thursday, May 23, 2019 Reg Date 3/26/2019

Price \$114.00

When you arrive you will enjoy a hearty buffet. They offer a large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts.

After lunch enjoy a comedy where the plot thickens with a bumbling handyman, double-meanings mistaken identities, and sexual innuendos, resulting in riotous fun! After that you will enjoy music and laughter in the Cabaret before heading home.



St. Patrick's Day Luncheon

Thursday, March 14, 2019 Time 12:00 Noon

Price \$5.00

The Menu includes: Irish Soda Bread, Corned Beef with Cabbage
Carrots & Potatoes.

Bread Pudding, Unlimited Coffee and Tea

Entertainment will be provided



St. Patrick's Day Breakfast

Thursday, March 28, 2019 Time 9:00AM

Price \$4.00

Juice, Yogurt Parfait, Plain French Toast, Scrambled Eggs

Bacon, Potatoes, Pastry and More

Unlimited Coffee and Tea

Free Prizes



March

Monday	Tuesday	Wednesday	Thursday	Friday
				1) 10:00 Tai Chi 10:00 Shopping 12:30 Zumba Gold 1:00 Quilting Class 
4) 10:00 Chair Yoga 11:15 Strength Training 	5) Reg for Warner Theatre Mamma Mia! 11:45 Senior Cafe 1:00 Bingo 	6) 9:30 Computer Class 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba Gold 	7) 9:30 Mahjogg 9:30 Pinochle 10:00 Knitting & Crocheting 11:45 Senior Cafe 1:00-3:00 Craft Class Reiki session by appointments 	8) 10:00 Tai Chi 10:00 Shopping 11:30 Tap Class 12:30 Zumba 1:00 Quilting Class 
11) 10:00 Chair Yoga 11:15 Strength Training 12:15 Sign Language 	12) Reg for Lancaster "Jesus" 11:45 Senior Cafe 1:00 Bingo Don't forget to stop in at 2:45 for conversation and treats from the students from the Human Relations Club	13) 9:30 Computer Class 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba Gold 	14) 9:30 Mahjogg 9:30 Pinochle 10:00 Knitting & Crocheting 12:00 St Patrick's Day Lunch 12:30 Pinochle 1:00-3:00 Craft Class Reiki session by appointments	15) 10:00 Tai Chi 10:00 Shopping 11:30 Tap Class 12:30 Zumba Gold 1:00 Quilting Class 
18) 10:00 Chair Yoga 11:15 Strength Training 	19) Reg for Ace in the Hole The Dean Martin Tribute Show 11:45 Senior Cafe 1:00 Bingo 	20) 9:30 Computer Class 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba 	21) 9:30 Mahjogg 9:30 Pinochle 10:00 Knitting & Crocheting 11:45 Lunch 	22) 10:00 Tai Chi 10:00 Shopping 11:30 Tap Class 12:30 Zumba 1:00 Quilting 
25) 10:00 Chair Yoga Class 11:15 Strength Training 12:15 Sign Language 	26) Reg for Newport Playhouse & Cabaret Restaurant Featuring "Clothes Encounters" 11:45 Senior Cafe 1:00 Birthday Bingo 	27) Computer Class 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba 	28) 9:00 St Patrick's Day Breakfast 9:30 Mahjogg 9:30 Pinochle 10:00 Knitting & Crocheting 11:45 Senior Luncheon	29) 10:00 Tai Chi 10:00 Shopping 11:30 Tap Class 12:30 Zumba 1:00 Quilting Class

March Birthdays

Ellen	Amodeo
Patricia	Barrett
Biagio	Bartone
Gloria	Biagioni
Mary Lou	Boroski
Mary Ann	Bossio
Bertrude	Carreri
Florence	Carroll
Jacqueline	Cayer
Marilyn	Chey
Janet	Clarke
Eleanor	Cooke
Donald	Dains
Vary	D'Alessio
Audrey	Danilowicz
Vary Ann	DellaRocco
Judith	Dicicco
Anna	DiLisio
Donna	Doherty
Sharon	Domurad
Lillian	Droniak
Judith	Dunne
David	Erhardt
Rosemarie	Fablano
Earle	Falvey, Jr.
Hilda	Feducia
John	Garbien
Catherine	Garris
Joseph	Grammatico
Sally	Halsley
Nellie	Hapak
Olive	Harlow
Agnes	Hausser
Mary	Holden
Irene	Hudak
Susan	Johnson
Winnifred	Jordan
Pamela	Karlins
Elizabeth	Kiehl
Joycelyn	Koch
Mary	LaBranche
Constance	Lenhart

Jessie	Lepeska
Clara	Lesnick
Thomas	Lesnick
German	Lozada
Margaret	Macciocca
Louis	Macero
Vivian	Macero
Janet	Mansfield-Scaglia
Gail	Mas
Francis	McGarry
Diane	Millan
Lucille	Moir
Carman	Moran
Cheryl	Morgan
Janice	Napoletano
Nancy	Nimons
Marilyn	Noe
Georgia	Oko
Irma	Palko
Cheryle	Parker
Joan	Pastore
Frank	Persico
Joseph	Persico
Susan	Radcliffe
John	Rak
Joseph	Rak
Dale	Ranno
Nancy	Rich
James	Riordan
Diane	Robbins
Juan	Roldan
Lucille	Roog
Beverlee	Schroeter
Ruth	Schuessler
Elaine	Selling
Ronald	Sill
John	Simich
Nilza	Simoes
Esther	Smidowicz
Henry	Smidowicz
Karen	Smith
Jeanette	Sojka

Robert	Supp
Joyce	Sweeney
Rose	Sydorko
Lajos	Szabo
Vivian	Tabone
Eve	Tarini
Gracinda	Teixeira
Nina	Telep
Sharon	Thompson
Mary	Tokarz
Verna	Totilo
Peter	Vaccaro
Amelia	Valente
Jean	Viens
Janet	Vinson
Kathleen	Voss
John	Walania





MARCH 2019 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Wishin' you a pot o' gold, and all the joy your heart can hold.</i></p>				1 Butternut Squash Soup w/ Crackers Grandioli w/ Sauce & Cheese Mixed Vegetables Garlic Breadstick Applesauce
4 Beef & Bean Chili Baked Potato Half Mexicali Corn Corn Bread Pineapple Margarine	5 Mardi Gras: Cajun Pork Louisiana Rice Spinach Biscuit Sweet Potato Pie Margarine	6 Cream of Zucchini Soup w/ Crackers Stuffed Salmon Wild & Brown Rice Pilaf Scandinavian Blend Pumpernickel Dinner Roll Baked Apple Slices Margarine		8 Vegetable Lasagna Roll-up Roasted Squash Zucchini Parmesan Cheese Italian Bread Fresh Fruit Margarine
11 Chicken Parmesan Penne Pasta Tossed Salad w/ Tomato & Italian Dressing Parmesan Cheese Garlic Breadstick Fresh Fruit Margarine	12 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	13 Salisbury Steak w/ Gravy Mashed Potato Peas & Mushrooms Wheat Dinner Roll Peaches Margarine	14 St. Patty's Day: Corned Beef & Cabbage Boiled Potatoes Carrots Irish Soda Bread Bread Pudding w/ Topping	15 Apple Juice Ratatouille w/ Chick Peas Brown Rice Spinach Salad w/ Mushrooms & Raspberry Vinaigrette Dressing Wheat Breadstick Brownie
18 Tomato Florentine Soup w/ Crackers Tuna Salad Plate w/ Lettuce & Tomato Beet Salad Wheat Sandwich Roll Pears Margarine	19 Sweet & Sour Pork Brown Rice Oriental Blend Veggies Dinner Roll Margarine Oranges Margarine	20 Swedish Meatballs Bowtie Pasta Carrots Multi Grain Bread Fresh Fruit Margarine	21 Fruit Juice Hot Open Turkey Sandwich on Wheat Steak Fries Green Beans Cranberry Sauce Fruit Strudel	22 Cheese Baked Ziti Tossed Salad w/ Cucumber & Ranch Dressing Parmesan Cheese Garlic Bread Fresh Fruit
25 Orange Juice Unstuffed Cabbage over Rice Glazed Carrots Wheat Dinner Roll Chocolate Chip Cookie Margarine	26 Fish Sticks w/ Tartar Sauce Macaroni Salad Red Cabbage Slaw Biscuit Fresh Fruit Margarine	27 Pork Loin w/ Gravy Mashed Potato Broccoli Rye Bread Applesauce Margarine	28 Chicken Cordon Bleu Barley Green Beans Dinner Roll Fresh Fruit Margarine	29 Cream of Carrot Soup w/ Crackers Broccoli Quiche Broiled Tomato Fresh Zucchini Wheat Bread Apricots Margarine

The entrée may be substituted for a BAKED CHICKEN QUARTER on the following days: March 5, 19 & 27



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

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

Free Printable Word Search Puzzles

Basketball

Find and circle all of the words that are hidden in the grid.
The remaining 39 letters spell a piece of Basketball trivia.

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

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ASSIST	FOUL	PASSING	SHOOTING GUARD
BACKBOARD	FREE THROW	PLAYER	SHOT
BALL	GAME	POINT GUARD	SLAM DUNK
BASKET	HALF-TIME	POINTS	SMALL FORWARD
BENCH	HOOP	POWER FORWARD	SNEAKERS
BLOCK	JERSEY	QUARTER	SUBSTITUTIONS
CENTER	LAY-UP	REBOUND	TEAM
CLOCK	NET	REFEREE	THREE POINTER
COACH	OUT OF BOUNDS	RIM	TIME-OUT
COURT	OVERTIME	SCOREBOARD	TRAVELING
DRIBBLING			

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

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