

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

DERBY SENIOR CENTER NEWS

JANUARY 2019

The staff and I would like to wish everyone a Healthy and Happy New Year.

Have you chosen a New Years' Resolution? If you plan on exercising more we can help you with that .

We offer different classes on Monday, Wednesday and Fridays such as Chair Yoga, Strength Training, Regular Yoga, Zumba, Tai Chi and Tap. We also have Gym equipment that you can use.

It is time again for the Executive Board to have election of officers. It would be greatly appreciated that all members that are able come on Thursday, March 28th and cast your vote at approximately 10:15AM.

A Free 6 week Diabetes Self-Management Workshop will be starting on Thursdays from 1-3:30pm on February 21 & 28, March 7, 21, & 28 (skipping March 14) & April 4, 2019 (Snow Date April 11th). Flyers available.

Hello members and friends of the Derby Senior Center

For many years the Senior Center proudly sponsored two choral groups, The Glee Club and the Melodeers. However, in the last year or so, both groups have sadly ceased to function for the most part. As the Musical Director of the Melodeers, I invite anyone interested in singing to join us on Thursday, January 17th at 1:30PM at the Center in an attempt to revitalize the Melodeers. If we can revive the Melodeers we will be able to brighten the lives of many residents of area convalescent homes and members of Senior Centers, including our own here in Derby, by bringing an hour or so of music to them on a regular basis.

The Melodeers sing popular music of the past while encouraging our listeners to join in. If you are interested in meeting and singing with us, please let me know by e-mail or phone listed below or contact Susan at the Center. I look forward to hearing from many of you.

Cordially in song,

Joe O'Leary

Jpoleary38@gmail.com.

203-668-9546

Sincerely,

Executive Director, Susan Churchill

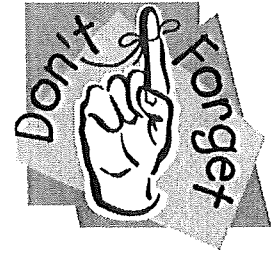


SPECIAL POINTS OF INTEREST:

- The Elderly Commission meeting is on Monday, January 7, 2019 at 3:00PM
- The Executive Board will be on winter break this month.
- The Activities Committee will be on winter break this month.
- Parish Nurse from Griffin Hospital will not be here this month due to the Holiday.
- 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.
- **Closed Tuesday, January 1, 2019 for New Year's Day**
- **We will also be closed on Monday, January 21, 2019 in observance of Martin Luther King, Jr Day**



MONTHLY REMINDERS



- ♦ **HAIRCUTS** will be on Monday, January 14, 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, January 29, 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

In Loving Memory

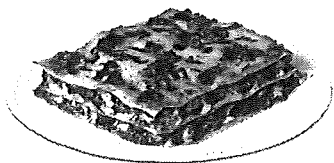
Temetra "Evelyn" Lindsey
 Louise Mascolo, Ida Scaife
 Pasquale Campolattano

**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 January 2, for in house functions. Check dates for registration for trips.

Current Trip Schedule 2019

Escape the Cold Enjoy Mohegan Sun	Reg 11/6	January 23-24, 2019
The 38th Annual Flower & Garden Show	Reg 12/11	February 21, 2019
Sleigh Ride At Adams Farm	Reg 1/8	March 7, 2019
2019 AAC Women's Basketball Tournament @ Mohegan	Reg 1/15	March 10, 2019
UConn Huskies at Mohegan Sun	Reg TBA	March 11-12, 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 TBA	April 3, 2019
Myrtle Beach, SC	Reg TBA	April 6-12, 2019
Creative Cuisine at the Culinary Institute of American	Reg TBA	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 TBA	May 5, 2019
Lancaster "JESUS"	Reg TBA	May 1-3, 2019
Dean Martin Tribute Show	Reg TBA	May 20, 2019



WINTER WONDERLAND LUNCHEON

THURSDAY, JANUARY 24, 2019, 12:00 NOON

SPONSORED BY SHELTON LAKES

PLACE: DERBY SENIOR CENTER

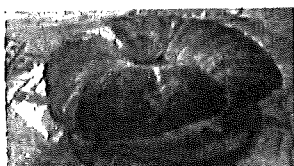
CATERED BY MATTEI'S DELI, NO CHARGE

SIGN UP DATE STARTS JANUARY 2ND NO EXCEPTIONS

LIMIT OF 80 SEATS AVAILABLE

MENU CONSISTS OF: SALAD, LASAGNA. BREAD

COOKIES FOR DESSERT, UNLIMITED COFFEE AND TEA



WINTER BREAKFAST

THURSDAY, JANUARY 31, 2019, 9:00 AM

PRICE \$ 4.00 PP

IT'S TIME FOR ONE OF YOUR FAVORITES:

JUICE, FRUIT

BACON/EGG/CHEESE ON A CROISSANT

POTATO'S , PASTRY

ENDLESS CUP OF COFFEE OR TEA

FREE RAFFLE AND MORE

Registrations for January 2019



Westchester Broadway Theatre Presents

Rhythm Of The Dance

Tuesday, March 12, 2019, Reg Date 12/18/2018

Price \$ 107.00 PP

Today we will watch a performance at the Westchester Broadway Theatre, where lunch is included. You will receive a choice of entrée upon arrival.

After lunch, sit back and relax as you watch Rhythm of the Dance, With a wonderful, gifted young cast of dancers, musicians, 3 Irish tenors and live performances from the entire troupe. Rhythm is an inspiring epic, reliving the journey of the Irish Celts throughout history.

Be sure to sign up early for this is a very popular show!!



St. Patrick's Celebration at the Aqua Turf

Tuesday, March 19, 2019, Reg Date 1/9/2019

Price \$82.00 PP

This morning we will head to the Aqua Turf where we will enjoy a real St. Patrick's Day Celebration!. Lunch will include Corned Beef & Cabbage, Baked Scrod, and all the fixings, including dessert. You will also receive a complimentary glass of wine or beer with your meal.

After lunch, sit back and enjoy live Irish entertainment. Singing and dancing is encouraged, so put on your dancing shoes!

Creative Cuisine at The Culinary Institute of America

Tuesday, April 9, 2019, Reg Date 1/16/2019




Price \$ 130.00 PP



Today we will travel to the school that has been a leader in culinary education for over four decades since its founding in New Haven in 1946. Ninety chefs and instructors from 18 countries conduct courses in the fundamentals of cooking and baking, wines, table service, purchasing, nutrition, and sanitation and safety. The students staff these restaurants as part of their curriculum. You will dine today at the Caterina De Medici Ristorante. This is the final graduating course of the school's program. Your three course meal will include Risotto with tomato, basil and goat cheese, Pan fried chicken with fontina, mozzarella, mushrooms and Mediterranean potato salad and cream puff with chocolate-hazelnut sauce. There will be no menu substitutions.

After our luncheon, we will head over to the Millbrook Winery for a five-star wine experience with an educational tour and tastings of their award-winning wine. Millbrook Winery has been voted "Best Winery" in the Hudson River Valley for the last 20 consecutive years and has been written up in the New York Times and the Wall Street Journal.

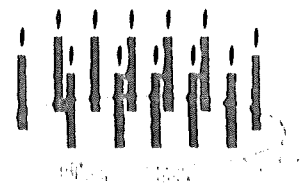
JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1) Closed for New Year's Day</p> 	<p>2) Reg for Westchester Broadway Theatre Rhythym Of The Dance</p> <p>9:30-11:00 Yoga</p> <p>11:00 Painting</p> <p>11:L30 Strength Training</p> <p>12:30 Zumba</p>	<p>3) 9:30 Mahjongg</p> <p>9:30 Pinochle</p> <p>10:00 Knitting & Crocheting</p> <p>11:45 Senior Café</p> <p>12:30 Pinochle</p> <p>1:00-3:00 Craft Class</p> <p>Reiki session by appointments</p>	<p>4) 10:00 Tai Chi</p> <p>10:00 Shopping</p> <p>11:30 Tap Class</p> <p>12:30 Zumba Gold</p> <p>1:00 Quilting Class</p> 
<p>7)10:00 Chair Yoga</p> <p>11:15-12:00Strength Training Class</p> <p>12:15-1:45SignLanguage Class</p> 	<p>8) Reg for Sleigh Ride at Adams Farm</p> <p>9:30 Computer cancelled for this month</p> <p>11:45 Senior Café</p> <p>1:00 Bingo</p> <p>2:50 HRC Group (Children from Derby & Ansonia High School come in with treats and would just love to sit around and socialize) PLEASE MAKE A POINT TO STOP IN.</p>	<p>9) Reg for St. Patrick's Celebration at the Aqua Turf</p> <p>9:30-11:00 Yoga</p> <p>11:00 Painting</p> <p>11:30 Strength Training</p> <p>12:30 Zumba Gold</p>	<p>10) 9:30 Mahjongg</p> <p>9:30 Pinochle</p> <p>10:00 Knitting & Crocheting</p> <p>11:45 Senior Cafe</p> <p>1:00-3:00 Craft Class</p> <p>Reiki session by appointments</p> 	<p>11) 10:00 Tai Chi</p> <p>10:00 Shopping</p> <p>11:30 Tap Class</p> <p>12:30 Zumba</p> <p>1:00 Quilting Class</p> 
<p>14) 10:00 Chair Yoga</p> <p>11:15-12:00 Strength Training</p> 	<p>15) Reg for Daffy Daffodils Festival</p> <p>9:30 Computer cancelled this month</p> <p>11:45 Senior Café</p> <p>1:00 Bingo</p> 	<p>16) 9:30-11:00 Yoga</p> <p>11:00 Painting</p> <p>11:30 Strength Training</p> <p>12:30 Zumba Gold</p> 	<p>17) 9:30 Mahjongg</p> <p>9:30 Pinochle</p> <p>10:00 Knitting & Crocheting</p> <p>11:45 Senior Cafe</p> <p>12:30 Pinochle</p> <p>1:00-3:00 Craft Class</p> <p>Reiki session by appointments</p>	<p>18) 10:00 Tai Chi</p> <p>10:00 Shopping</p> <p>11:30 Tap Class</p> <p>12:30 Zumba Gold</p> <p>1:00 Quilting Class</p> 
<p>21) Closed for Martin Luther King Jr Day</p> 	<p>22) 9:30 Computer cancelled for this month</p> <p>11:45 Senior Café</p> <p>1:00 Birthday Bingo sponsored by Gardner Heights with Prizes and Treats</p> 	<p>23) 9:30-11:00 Yoga</p> <p>11:00 Painting</p> <p>11:30 Strength Training</p> <p>12:30 Zumba</p>  <p>shutterstock 57170181</p>	<p>24) 9:30 Mahjongg</p> <p>9:30 Pinochle</p> <p>10:00 Knitting & Crocheting</p> <p>12:00 Winter Wonderland Luncheon sponsored by Shelton Lakes at the Center and Catered by Matties Deli</p>	<p>25) 10:00 Tai Chi</p> <p>10:00 Shopping</p> <p>11:30 Tap Class</p> <p>12:30 Zumba</p> <p>1:00 Quilting</p> 
<p>28) 10:00 Chair Yoga Class</p> <p>11:15-12:00 Strength Training</p> <p>12:15 Sign Language</p> 	<p>29) 9:30 Computer class cancelled for this month.</p> <p>11:45 Senior Cafe</p> <p>1:00 Bingo</p> 	<p>30) Reg for Westchester Theatre Newsies The Musical</p> <p>9:30-11:00 Yoga</p> <p>11:00 Painting</p> <p>11:30 Strength Training</p> <p>12:30 Zumba</p>	<p>31) 9:00 Winter Breakfast</p> <p>9:30 Mahjongg</p> <p>9:30 Pinochle</p> <p>10:00 Knitting & Crocheting</p> <p>11:45 Senior Luncheon</p>	

JANUARY BIRTHDAYS

FIRST_NAME	LAST_NAME	FIRST_NAME	LAST_NAME	FIRST_NAME	LAST_NAME
Marilyn	Anderson	Mary	Fanning	Joanne	Scollin
Joseph	Andrus	Charlotte	Flaherty	Robert	Skirkanich
Justine	Arcano	Margaret	Gaetano	John	Sosenko
Stacia	Balko	Renee	Gambino	Sandra	Stebar
Maria	Battaglino	Marylou	Grillo	Joan	Student
Catherine	Bedini	Charles	Guliuza	Francesco	Tabacco
Rose	Belotti	Patricia	Hammer	Claude	Traver
Ingeborg	Bennett	Lorraine	Hasbrouck	David	Tynan
Mary	Blewett	Rose	Hawks	John	Vacovelli
Frances	Bonitatebus	Amy	Hinkson	Patricia	Walania
Martha	Bova	Jan	Iantorno	Joan	Waldorf
Gladys	Buckley	Shengqiang	Jin	Nancy	Walton
Carol	Burbank	Catherine	Kane	Lillian	Wannagot
Mary	Burleigh	Albert	Kovalick	Dorothy	Wardzala
Peter	Cacchillo Jr.	Mary Ann	Kubilus	Erwin	Williams
Rosemary	Capece	Barbara	Lewis	Dorothy	Yeager
Gloria	Caragan	Joan	Livolsi	Helen	Zielinski
Art	Cartenuto	Hennetta	Matejek		
Betty	Cascone	Michael	McFarland		
Lynn	Casini	Andrew	Miganl		
Edna	Casolino	Anne	Morlin		
John	Cavagnuolo	Patricia	Murphy		
Nanda	Checkley	Patricia	Najjar		
Shirley	Chen	Aldo	Napoletano		
Lynda	Cherney	Ralph	Nicholas		
Carmen	Chevarella	Monserate	O'Keefe		
Mary	Cirillo	Santa	Oliveras		
Colleen	Comunale	Loulse	Oplela		
Corrine	Conroy	William	Ostrowski		
Pat	Corda	Robert	Palko		
Cecilia	Cramp	Joyce	Parent		
Barbara	Davis	James	Pastore		
Margaret	Day-Francesco	Josephine	Pedevillano		
Lucille	Deane	Richard	Petit Sr.		
Irene	DeGeorge	Robert	Post		
Carol	DellaRocco	Evelyn	Provost		
Patricia	Diglio	Ann	Pullen		
Janice	Dobson	Walter	Roog		
Rosemary	Drennan	Anne	Samodel		
Irene	Dzladik	Adeline	Santamarla		
Georgeann	Erhardt	Stefania	Savoyeki		
Joseph	Fabozzi	Stephanla	Savoyeki		

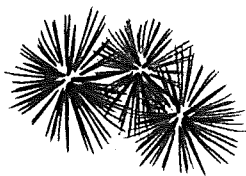


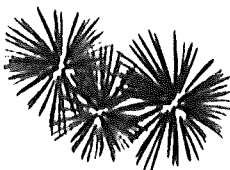
Happy Birthday!





JANUARY 2019 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  Office Closed	2 Roasted Turkey w/ Gravy Mashed Squash Beets Cranberry Sauce Wheat Bread Fresh Fruit Margarine	3 Sloppy Joe Potato Tots Carrots Wheat Sandwich Bun Pineapple Margarine	4 Apple Juice Mushroom Quiche Roasted Sweet Potato Spinach Wheat Bread Fruited Jell-O Margarine
7 Chicken Parmesan Bowtie Pasta Zucchini & Tomato Parmesan Cheese Italian Bread Peaches Margarine	8 Beef Teriyaki Brown Rice w/ Pineapple Oriental Blend Wheat Roll Mandarin Oranges Margarine	9 Grape Juice Italian Wedding Soup w/ Crackers Turkey Salad Sandwich on Wheat Bread Macaroni Salad Broccoli Slaw Chocolate Pudding	10 Garlic Chicken Quarter Baked Potato Green Beans Wheat Dinner Roll Fresh Fruit Margarine	11 Mixed Fruit Juice Tuna Casserole Italian Blend Veggies Spinach Garlic Breadstick Carrot Cake Margarine
14 Orange Juice Pulled Pork Two Potato Mash Country Style Veg Wheat Bread Fruit Pie Margarine	15 Chicken Pot Pie w/ Biscuit Beets Green Beans Baked Apple Slices Margarine	16 Meatloaf w/ Gravy Acorn Squash Peas & Carrots Pumpnickel Dinner Roll Fresh Fruit Margarine	17 French Onion Soup w/ Crackers Stuffed Salmon w/ Lemon Butter Sauce Wild Rice Pilaf Broccoli Wheat Dinner Roll Fresh Fruit Margarine	18 Veggie Wedge w/ Mozzarella Cheese & Roasted Veggies, Pesto Sauce on Whole Grain Grinder Roll Beet Salad Fruit Cocktail
21 Office Closed  Martin Luther King Jr. Day	22 Special Lunch: Fried Chicken Qtr Collard Greens Corn & Okra Biscuits Bread Pudding w/ Topping Margarine	23 Chicken Florentine Penne Pasta Stewed Tomato Parmesan Cheese Italian Bread Apricots Margarine	24 Mixed Fruit Juice Roast Beef w/ Gravy Open Sandwich on Wheat Smashed Potato Glazed Carrots Brownie	25 Butternut Squash Soup w/ Crackers Grandioli w/ Sauce & Cheese Mixed Vegetables Garlic Breadstick Applesauce
28 Meatballs w/ Sauce Spaghetti Cauliflower & Red Pepper Parmesan Cheese Herb Bread Stick Pears Margarine	29 Vegetable Soup w/ Crackers Herb Crusted Fish w/ Lemon & Tartar Sauce Roasted Squash Peas Marble Bread Fresh Fruit Margarine	30 Mixed Fruit Juice Roast Pork w/ Gravy Mashed Potato Bean Blend Rye Bread Pound Cake w/ Berries Margarine	31 Chicken Puttanesca Bowtie Pasta Zucchini Garlic Bread Fresh Fruit Margarine	

The entrée may be substituted for a BAKED CHICKEN QUARTER on the following days: January 14 & 30



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

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

Free Printable Word Search Puzzles

Happy New Year

Find and circle all of the words that are hidden in the grid.

The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS	DECORATIONS	HATS	PARADES
BABIES	END OF DECEMBER	HOLIDAY	PARTY
BALLOONS	EVENTS	HORNS	PUNCH
BANNERS	FAMILY	KISS	RESOLUTIONS
BUFFET	FATHER TIME	MIDNIGHT	SINGING
CELEBRATE	FEAST	MUSIC	STREAMERS
CHAMPAGNE	FESTIVITIES	NEW YEARS DAY	THIRTY FIRST
CONFETTI	FIREWORKS	NEW YEARS EVE	TIARAS
DANCE	FIRST OF JANUARY	NOISEMAKERS	WINE
DAY ONE	FRIENDS	OCCASION	YEAR IN REVIEW

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

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