

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

JUNE 2019

It's hard to believe that we are already in the month of June.
Let's hope the weather turns around and we get warm temperatures.

We will be having our Father's Day luncheon on June 13th with Marc Garofalo making his famous Pasta Fagioli. Also included will be Italian Bread, Salad and a Special Dessert.

The breakfast will be held on June 27th. This is the first one without Suzanne. I hope we can keep up with her traditions. She will truly be missed. The menu will consist of: Tomato Juice, Yogurt Parfait pancakes with strawberry or blueberry toppings, scrambled eggs, sausage and potato. Just a note that we will continue doing the free raffle.

Valley Health will be doing a workshop for 8 weeks on Fall Prevention A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The Derby Senior Center is offering A Matter of Balance: Managing Concerns About Falls from June 18th, 2019 through August 6th, 2019 from 9:00-11:00 AM. This class is held once per week. A workbook is provided free of charge and refreshments and snacks will be provided at each class. Space is limited! Please call Jamie Lockhart, Health Educator, from the Naugatuck Valley Health District at 203-881-3255 to register.

Tips for Seniors

The following places give discounts for seniors. Note: age varies from 55 to 65 years young. Also, discounts only apply in select locations.

Outback 10%

Lens Crafters 30% if you are an AARP member.

Rite Aid First Wednesday of every month 20%

Consumer Cellular special discounts to AARP members.

Goodwill 10%. Days may vary at different locations

Dunkin Donuts 5%

Big Y offers a discount on Tuesday which varies from week to week.

Wendy's free drink

Burger King 10%

Golden Corral

KFC free small drink with any meal.

Taco Bell 5% also free breakfast.

Sincerely,

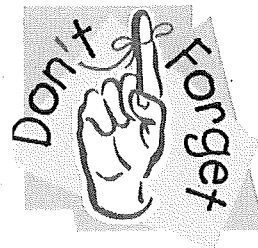
Susan Churchill, Interim Director

SPECIAL POINTS OF INTEREST:

- The Elderly Commission meets on Monday June 3, 2019 at 3:00PM.
- The Executive Board meets is on Tuesday, June 11, 2019 at 10:00 AM.
- The Activities Committee meets on Tuesday, June 11, 2019 at 11:00AM.
- Parish Nurse from Griffin Hospital will be here on Tuesday, June 4, 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.
- Father's Day, June 16th.

**HAPPY
FATHER'S
DAY!**

MONTHLY REMINDERS



- ♦ **HAIRCUTS** will be on Monday June 10, 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, June 25, 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..**
- **Other trips: Canadian Rockies, and Albuquerque Balloon Fiesta.**

*****FOR YOUR INFORMATION*****

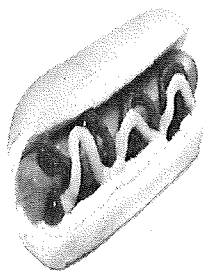
****Please remember to send a self addressed, stamped envelope with your membership dues. We will mail your new membership card to you. Please pay and pick up tickets in advance of function.***

***Please no registrations before
June 1st for in house functions.***

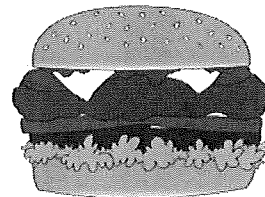
Check dates for registration for trips.

Current Trip Schedule 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
Saratoga	Reg 6/11	August 8, 2019
Block Island	Reg 6/11	August 15, 2019
Lake George & Saratoga	Reg 5/28	August 21-23, 2019
Westchester Mambo Italiano	Reg 6/11	August 29, 2019
911 Memorial & Museum	Reg 7/9	September 5, 2019
Trains of New England	Reg 6/25	Sept 30-Oct 6, 2019
Friesians of Majesty	Reg 8/20	October 10, 2019
Naugatuck Valley Railroad & Mystery Destination	Reg 8/6	October 15, 2019
Dover Downs Casino	Reg 8/20	Oct 23-25, 2019
A Spellbinding Day in Salem, Mass	Reg 8/20	October 29, 2019



Human Relation Club
Ansonia High School
Summer Picnic



Tuesday, June 4, 2019

Time 5:00-8:00PM

Price \$5.00

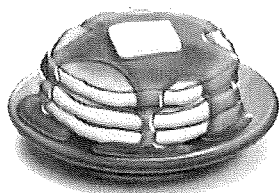


Father's Day Luncheon
Thursday, June 13, 2019

Price \$6.00



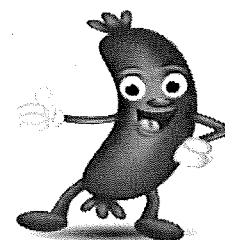
Pasta Fagioli, Salad, Italian Bread
Dessert



Father's Day Breakfast
Thursday, June 27, 2019

Price \$4.00

Time 9:00AM



*Menu Consists of: Tomato Juice, Yogurt Parfait,
Pancakes with Strawberry or Blueberry Toppings,
Scrambled Eggs, Sausage and Potato
Unlimited Coffee & Tea
Free Raffle*



Trips for September & October

911 Memorial and Museum

Thursday, September 5, Reg 7/9/2019

Cost \$117.00 Per Person

The Memorial is a national tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center, the Pentagon, and United Flight 93 that crashed near Shanksville PA.

The Memorial design is defined by two reflecting pools, a grove of trees and the names of the victims inscribed in bronze panels edging the Memorial pools,

After the museum, we will enjoy a late-afternoon lunch at the famous Italian restaurant CARMINE'S. The meal will be served family style. The platters will include Rigatoni Bolognese, Penne ala Vodka, and Chicken Marsala served complete with all the trimmings, including e dessert.



Trains of New England

Monday-Sunday September 30-October 6, Reg 6/25/2019

Cost \$1719.00 PP Double \$2319.00PP Single \$1669.00 Triple PP

This 7 Day Excursions will take us to Boston, Maine, New Hampshire, Vermont and MA

Tour includes : Round trip transportation, 6 nights accommodations ,13 meals, 3 railroad excursions, Mount Washington Cruise on Lake Winnepesaukee, Tour guide with narrations in Boston, Maine and New Hampshire, Taxes and Baggage handling and Driver's and Tour Director's Gratuities



Friesians of Majesty



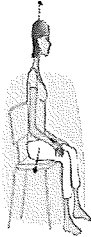

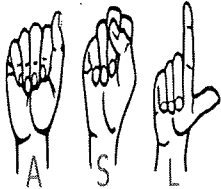





Thursday, October 10, 2019 Reg Date 8/20/2019

Cost \$119.00 per Person

This trip is nestled in the hills of Vermont, this is an amazing fall foliage tour!

The trip includes: Motorcoach Transportation, Lunch at the New England House, Friesians of Majesty Horse Farm and Drivers Gratuity.

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3)10:00 Chair Yoga 11:15 Strength Training 12:15 Sign Language 3:00 Elderly Commission Meeting</p> 	<p>4)11:45 Senior Café 1:00 Bingo 5:00-8:00PM Ansonia High School HRC Group Summer Picnic Come and enjoy food, games and socialization with these great group of students.</p>	<p>5)9:30 Computer Class off until September 9:30 Yoga Class 11:00 Painting 11:30 Strength Training 12:30 Zumba Gold</p>	<p>6) 9:30 Mahjongg 9:30 Pinochle 10:00 Knitting & Crocheting 11:45 Senior Café 1:00 Pinochle 1:00 Craft Class Reiki session by appointment</p>	<p>7) 10:00 Tai Chi 10:00 Shopping 12:30 Zumba Gold 1:00 Quilting Class</p> 
<p>10)10:00 Chair Yoga 10:00-12:00 Haircuts 11:15 Strength Training</p> 	<p>11) Reg for Saratoga Reg for Block Island Reg for Westchester Mambo Italiano 10:00 Executive Brd Meeting 11:45 Senior Cafe 1:00 Bingo 3:00 HRC Group Don't forget to stop in for treats</p>	<p>12) 9:30 Computer Class off until September 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba Gold</p>	<p>13) 9:30 Mahjongg 9:30 Pinochle 10:00 Knitting & Crocheting 12:00 Father's Day Luncheon 1:00 Pinochle 1:00 Craft Class Reiki session by appointments</p>	<p>14) 10:00 Tai Chi 10:00 Shopping 11:30 Tap Class 12:30 Zumba Gold 1:00 Quilting Class</p> 
<p>17) 10:00 Chair Yoga 11:15 Strength Training 12:15 Sign Language</p> 	<p>18 11:45 Senior Café 1:00 Bingo</p> 	<p>19)9:30 Computer Class off until September 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba Gold</p>	<p>20) 9:30 Mahjongg 9:30 Pinochle 10:00 Knitting & Crocheting 11:45 Senior Cafe 12:00 Pinochle 1:00 Craft Class Reiki session by appointments</p>	<p>21) 10:00 Tai Chi 10:00 Shopping 11:30 Tap Class 12:30 Zumba Gold 1:00 Quilting Class</p> 
<p>24) 10:00 Chair Yoga 11:15 Strength Training</p>  <p>shutterstock - 94056907</p>	<p>25) 11:45 Senior Café 1:00 Birthday Bingo</p> 	<p>26) 9:30 Computer Class off until September 9:30-11:00 Yoga 11:00 Painting 11:30 Strength Training 12:30 Zumba Gold</p>	<p>27)9:00 Breakfast 9:30 Mahjongg 9:30 Pinochle 10:00 Knitting & Crocheting 11:45 Senior 1:00 Pinochle 1:00 Craft Class Reiki session by appointment</p>	<p>28) 10:00 Tai Chi 10:00 Shopping 11:30 Tap Class 12:30 Zumba Gold 1:00 Quilting</p> 

JUNE BIRTHDAYS

Genevieve Adamczyk

Anthony Alusik

Alice Bertola

Antonio Bizzotto

Lillian Blankfeld

Margrerite Bondi

Barbara Bukowski

Joyce Bulinski

Jacqueline Bush

Elaine Cacchillo

Joan Camputaro

Teresa Casa

Helen Cavallaro

Edmund Chow

Margaret Coates

Florence Coolidge

Virginia Costigan

Brigitte Crowe

Elaine D'Amore

Jackalyn DeMarco

Carol Devitt

Irene Dicaprio

Helen Dinyovszky

Anita Dugatto

Ilona Eisler

Robert Ellis

Ruth Ewaskio

Pat Garofolo

Marilyn Geci

Olga Giulietti

Betty Goddard

Robert Golias

Joseph Horesco

Cecelia Jack

Anne Jemiotto

Eva Kershner

Donald Klischer

Frank Kowarik

Shirley Kurdy

Eleanor Kurdy

Julia LaBonte

Joseph LeMay

Nancy Lucas

Michelina Maida

Tsi Mao

Judy Marcucio

Kenneth Marcucio Sr.

Sybil Martin

Joan Merrill

Jack Miketta

Charlotte Milek

Jane Miller

Serina Mills

Lauretta Miskowicz

Stanley Muzyk, Jr.

Virginia Norton

Dolores Ostrowski

Rose Pertoso

Robert Pew

Susan Porto

Lillian Quedenfeldt

Gerald Rasmussen

William Renz

Charlotte Ritter

Richard Rivelli

Rose Marie Roller

Paul Roy

Charlene Santangelo

Patricia Saranich

Jeanne Shuster

Martha Skrovanek

Delores Smith

Eugene Soukup

Barbara Stewart

Charles Strengowski

Bronislawa Strzelec

Irene Telep

Kathleen Tilki

Greta C. Turecek

Justine Tuz

Michael Vasicko

Tina Velleco

Maria Vicencio

Barbara Villecco

Raphaline Voccia

Linder West

Gordon Wheeler

Andrew Wysowski


Mary Yonaskas

Emil Zullo



JUNE 2019 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4 Vegetable Gumbo Soup w/ LS Crackers Egg Salad Plate Three Bean Salad Lettuce, Cucumber Herb Breadstick Fresh Fruit Margarine		6 Cheeseburger Baked Beans Ketchup Lettuce, Tomato & Pickle Hamburger Bun Peaches	
	11 Apple Juice Veal Parmesan Penne Pasta w/ Sauce Parmesan Cheese Caesar Salad w/ Caesar Dressing Italian Bread Fruited Jello w/ Whipped Topping Margarine		13 Father's Day: BBQ Chicken Quarter Corn on the Cob Broccoli Slaw Dinner Roll Watermelon Margarine	
	18 Herb Baked Chicken Sweet Potato Pone Bean Blend Wheat Dinner Roll Fresh Fruit Margarine		20 Apple Juice Potato Crusted Fish Macaroni Salad Beet Salad Pumpernickel Dinner Roll Berry Strudel Margarine	
	25 Grape Juice Tortellini w/ Ham, Tomato & Pepper Broccoli Herb Breadstick Italian Ice Margarine		27 Beef & Bean Burrito Rice & Beans Fiesta Corn Corn Bread Fresh Fruit Margarine	
<div>  <p>Thank you...</p> <p>For all the times you kept on talking, even when we wouldn't listen.</p> <p>For all the things you showed us, even when we wouldn't look.</p> <p>For believing in us enough to keep on trying, and loving us enough to make us grow.</p> </div>				

The entrée may be substituted for a BAKED CHICKEN QUARTER on the following days: June 10



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

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

Free Printable Word Search Puzzles

The Beach

Find and circle all of the beach words that are hidden in the grid.
The remaining letters spell an additional beach word.

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

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BARE FEET	SAILING	SURFBOARD
BEACH BALL	SAND	SURFING
BOAT	SEAGULL	SWIMMING
CLOUDS	SEASHELL	SWIMSUIT
DRIFTWOOD	SEASHORE	T SHIRT
HAT	SKY	TOWEL
KITE	STARFISH	VOLLEYBALL
LIFEGUARD	SUNGLASSES	WADING
OCEAN	SUNSCREEN	WATER
PAIL	SUNSHINE	WAVES
PIER		

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