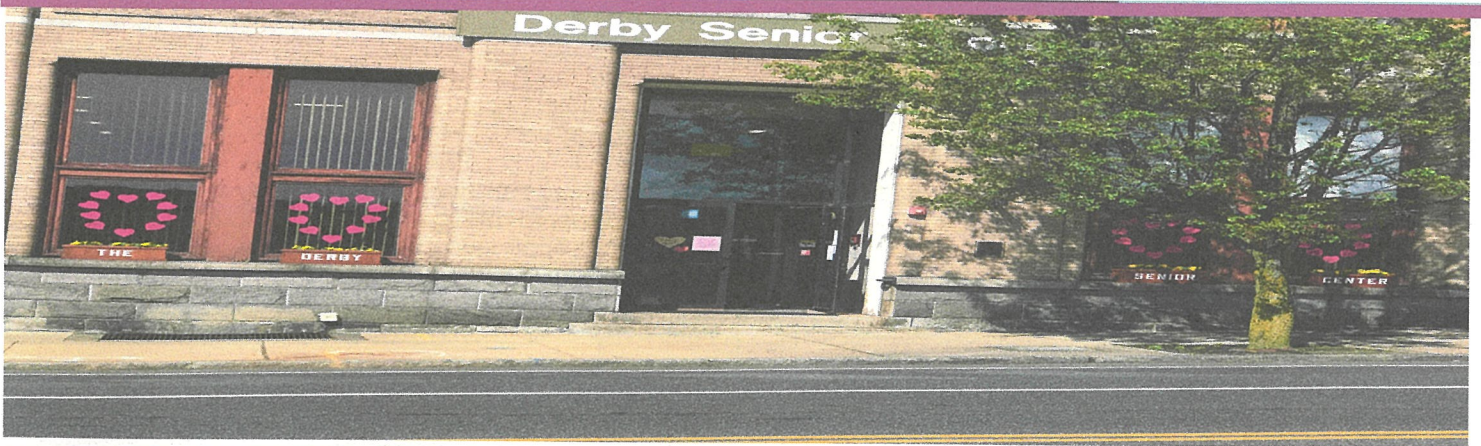


# DERBY SENIOR CENTER NEWS

Visit us at 293 Main Street, Derby, CT 06418 • Call us at 203.736.1484 • Email us at [seniorcenter@derbyct.gov](mailto:seniorcenter@derbyct.gov)

## December 2021



Did you Know? Derby is the smallest city in CT by area at 5.3 square miles.

### CENTER INFO

#### Hours of Operation:

Monday -Friday: 8:30 am - 4:30 pm  
Any changes will be posted.

#### Our Staff

Christine Sonsini | Executive Director

Phone: 203-736-1485

Fax: 203-736-1486


Email: [csonsini@derbyct.gov](mailto:csonsini@derbyct.gov)

Dawn Hebert Assistant Director

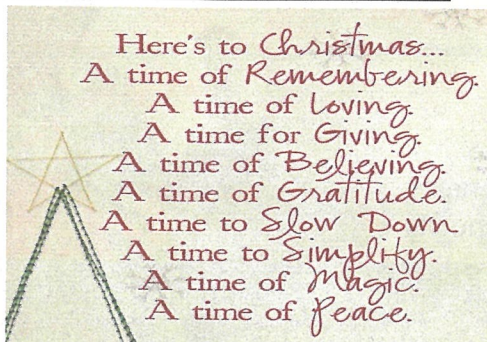
Phone: 203-736-1484

Fax: 203-736-1486

Email: [dhebert@derbyct.gov](mailto:dhebert@derbyct.gov)

 In the case of inclement weather the center will follow the Derby school system for center closings. Any questions please call the center.

### QUOTE OF THE MONTH:



### POINTS OF INTEREST

- The Elderly Commission meeting will be held on Monday, December 6th at 3:00pm
- The Executive Board will meet on Tuesday, December 14th at 10:00am
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on Tuesday, Dec. 14th, 12:30-2:30pm
- Counseling is available for those of you who have questions on Medicare. Please call the center at (203)736-1484 to schedule an appointment
- Membership- Reminder: If your last name begins with A-N your renewal is due in Jan. If sending in your membership please include a self addressed stamped envelope. Going forward if your membership is 6 months overdue you will no longer receive a newsletter until your membership is brought up to date. This will be enforced beginning Jan 2022.

#### Volunteers:

We are looking for Volunteers to call Bingo on Tuesdays from 1pm—3pm sign up in main office. And assist with other tasks, If interested please contact the office.

Facebook page—The Derby Senior Center's Facebook page is up and running . Please stop by and like our page.

Email—If you have an email address, please kindly call the office so we can add it to our records. This will make communication easier in times like these.

CLOSED The Center will be closed on Friday, December 24th in observance of Christmas Eve and Monday, December 27th in observance of Christmas. Also on Friday, December 31st we will be closing at 10:30am. Happy Holidays to you and yours!







## WELCOME TO THE DERBY SENIOR CENTER

The Centers purpose is to serve as a resource center providing a broad range of services and activities to meet the diverse social, physical, and intellectual needs of older adults.

## NEW INFORMATION

\* AARP is looking for tax preparer volunteers to assist in income tax prep. See center for more info

\* St Vincent DePaul—237 Roosevelt Dr., Derby is looking for volunteers to fill a variety of openings. Please stop by if you are interested.

\* Toys 4 Kids drive—we will be collecting \$10 gift cards to Amazon, Target or Walmart to donate to TEAM for the Toys 4 Kids drive all donations due to the center by Friday, Dec. 10th

\* Sock Drive for Veterans

We will be collecting packages of new men's white tube socks for the Veterans. Or if you choose you can donate \$22 which will purchase 1 pair of boots for a homeless Veteran. All donations made to the center. We will be donating early Dec.

\* The local Food Pantries are running very low. They are in need of: powered milk, pancake mix, peanut butter & jelly, canned fruit, applesauce, black, garbanzo, kidney & navy beans, chicken or tuna, oatmeal & other cereal, pasta and sauce or any other non perishable food items. There is a collection box by the elevator.

\* The Knitting & Crocheting Group is asking for yarn donations. Any donations would be greatly appreciated.

\* All donations can be dropped off at the center during business hours. I thank you all in advance for helping out our local causes.

# APPLE REHAB

**SHORT TERM REHABILITATION • ORTHOPEDIC / SURGERY REHABILITATION  
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Rita Carrier - Dir. Of Admissions • 203-922-3679 • rcarrier@apple-rehab.com

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[www.4lpi.com/careers](http://www.4lpi.com/careers)

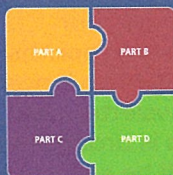
### Puzzled about Medicare?

Medicare options can be confusing.  
Let me help you put the pieces together.

I specialize in helping people better understand their Medicare benefits. My approach is simple: We discuss your individual goals and needs, and then I help you understand your choices and select the plan that's right for you. Contact me today to schedule your free consultation.

**Tyler Machie-Marsh Insurance Agent**

Direct: 203-693-7030 Cell: 203-535-7428  
[tyler.machie-marsh@bankerslife.com](mailto:tyler.machie-marsh@bankerslife.com)



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## MONTHLY REMINDERS

### Haircuts

Haircuts will now be offered on the second Monday of the month (check calendar for dates) Price is \$10.00 Please call office for appointment

### Veterans Services & Benefits

Please contact Gabor Kautzner at (203)736-1484 to set up appointment on Fridays

**Parish Nurse Blood Pressure Screenings**—Tuesday, December 14th, 12:30—2:30pm

**Reiki**—Thursdays by appointment only. Please contact the center to schedule **Sign In**

PLEASE remember to sign into the building when you enter. There are sign in sheets on desks in both entrances Please fill in all sections.

### Special Events Meals

Please note that special events meals need to be paid for by the Friday prior to the event.

## MEALS

### Ugly Sweater Christmas Party

Thursday, December 16th

12 noon

\$10.00

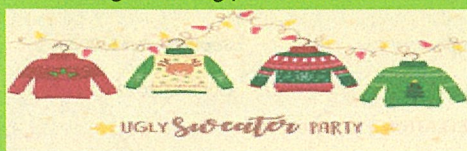
Pork Tenderloin, mashed potato, mixed vegetables, dinner rolls with butter and dessert

Meal provided by David Grant

Catering

Raffles!

RSVP with payment by Friday, Dec. 10th



## DECEMBER CENTER UPDATES

**Volunteer sign in book**—on desk at entrance—please sign in if volunteering.

### AARP Safe Driving Course

Online option:

[www.aarpdriversafety.org](http://www.aarpdriversafety.org) We are scheduled to begin in-person classes in March. Watch newsletter for details

**Volunteers** We are still in need of bingo callers. We ultimately would like to have 4 so that everyone who would like to play can, people only have to commit to calling 1 time a month and we have coverage for vacations, etc.

**HOURS**—Monday—Friday 8:30–4:30pm

### ANNOUNCEMENTS

—Please read From the Director's desk below for new information.

-If you use Valley Transit for shopping on Fridays, please call the center as we are trying to compile a

list of riders. Thank you for your help.

**Crafts/Events Group** — We are looking for members to join our Crafts/Events group. The group meets on Thursdays and assists with special events, menu planning, new program ideas, event decorating, crafts, etc. If interested or have questions please contact the center or stop into a meeting. All are welcome.

**Knitting & Crochet Group**— is in need of donations of yarn for their group. Please drop off donations at the center during business hours.



## DECEMBER ANNOUNCEMENTS

### From the Director's desk:

Hello Everyone!

I cannot believe that we are already closing in on the end of another year!! How quickly time flies by! I want to thank you all for everything you have done to make this very difficult year a success!

Unfortunately, we are still in a pandemic so therefore we still have some rules to follow. The CDC is currently **recommending** that you wear masks indoors even if you have been fully vaccinated. If you are NOT vaccinated, you **WILL** have to wear a mask at all times while in the center. This is for the safety of all (both vaccinated and unvaccinated). If you have not already done so, please stop by the center and show us your vaccine card so we can add you to the list.

**VERY IMPORTANT INFORMATION:** If you park in the parking garage for programs you must have a parking sticker on your car or you will be ticketed. If you currently do not have a parking sticker please stop by the office with your car info and license plate number and we will give you one. We have many upcoming fundraisers coming up in the next few months to assist those who are less fortunate

especially during the holiday season.

We will be collecting for Toys 4 Kids, Veterans and the food bank. See details further on in the newsletter and thank you in advance for anything you can do to support these causes.

We recently had a set of 8 crocheted coffee cup coasters for sale upstairs on the display case. It seems that they are missing. If anyone inadvertently took them if you could please return them or come and pay for them. Thank you.

We are here daily if you have any questions, concerns or just would like to chat for a few minutes. Please stay healthy and safe. And have a wonderful holiday!

Best regards,  
Christine Sonsini

**PLEASE NOTE:** The Center will be **CLOSED** on Friday, December 24th & Monday, December 27th in observance of Christmas. We will be closing at 10:30 on Friday, Dec 31st and be closed on Monday, January 3rd, 2022 in observance of the New Year.

**In Memory Of:** Please keep all those who have passed in your thoughts and prayers.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) 9:30 Gentle Yoga 11:00 Painting 11:45 Strength Training with Bobbi	2)9:30 Mahjongg 9:30/ 12:30 Pinochle 10:00 What Does the Library have to offer you? 10:00 Knitting & Crocheting 1:00—Crafts/Events group	3) 10:00 Grocery Shopping w/ VTD  11:00 Quilting Class
6) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 3:00—ELDERLY COMMISSION	7) 11:00 Tai Chi  1:00-3:00 Bingo	8) 9:30 Gentle Yoga 11:00 Painting 11:45 Strength Training with Bobbi	9) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 1:00-Cupcake decorating class	10) 10:00 Grocery Shopping w/ VTD  11:00 Quilting Class
13) 10:00-12:00 Haircuts 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	14) 10:00 - EXECUTIVE BRD. MTG. 11:00—Tai Chi 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo	15) 9:30-Gentle Yoga 11:00Painting 11:45—Strength Training with Bobbi	16) 9:30 Mahjongg 9:30 /12:30 Pinochle 10:00 Knitting & Crocheting 12:00 UGLY SWEATER CHRISTMAS PARTY	17) 10:00 Grocery Shopping with VTD  11:00 Quilting Class
20) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	21) 11:00—Tai Chi  1:00-3:00 Bingo	22) 9:30— Gentle Yoga 11:00Painting 11:45— Strength Training with Bobbi	23) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 1:00—Crafts/Events Group	24) CENTER CLOSED IN OBSERVANCE OF CHRISTMAS! MERRY CHRISTMAS TO ALL!
27) CENTER CLOSED IN OBSERVANCE OF CHRISTMAS! MERRY CHRISTMAS TO ALL!	28) 11:00—Tai Chi  1:00-3:00—Birthday Bingo	29) 9:30-Gentle Yoga 11:00 Painting 11:45— Strength Training with Bobbi	30) RED CROSS BLOOD DRIVE 9-2pm 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 1:00—Crafts/Events Group	31) 10:00 Grocery Shopping w/ VTD  CENTER WILL CLOSE AT 10:30am IN OBSERVANCE OF NEW YEARS—Happy New Year to ALL!!

# SUPPORT OUR ADVERTISERS!





# DERBY SENIOR CENTER

293 Main Street  
Derby, CT 06418-1938



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Address: 293 Main Street Derby, CT  
06418  
Phone: (203) 736-1484  
Email: [seniorcenter@derbyct.gov](mailto:seniorcenter@derbyct.gov)  
Fax: (203) 736-1486

## CURRENT TRIP SCHEDULES—CALL DAWN FOR SIGN UP OR INFO

*Transportation for seniors is available 5 days a week from Valley Transit District (VTD) For more information or to schedule a pick up call 735-6408 Free transportation to & from the center on Tuesdays—call VTD 24 hour in advance for pick up*

Atlantic City—2 nights	Price \$299/dbl, \$379/single bus only \$175	Dec. 1-3, 2021
Foxwoods—"Manheim Steamroller Christmas show"	Price \$129/PP / \$49 Casino only	Dec. 5, 2021
UConn Women & Men Games	Price \$129/PP	Dec. 11, 2021
"Wicked" on Broadway	Price \$229	Dec. 11, 2021
Bronx Zoo Forest of Lights	Price \$129	Dec. 18, 2021
Super Bowl Sunday & Valentine's Day with your Sweetheart—Atlantic City	Price \$\$429dbl, \$629Sgl and bus only option	Feb. 13-15, 2022
Love, Sex & the IRS at the Thomaston Opera House	Price \$107	Feb. 20, 2022
St. Patrick's Festival, Silver Birches Resort, PA	Price \$125	March 17, 2022
Luncheon Show at Chowder Pot featuring Rich Wilson	Price \$95	April 26, 2022
Lunch at Storowtown Tavern & Matinee Show at Majestic Theater (9 to 5 The Musical)	Price \$109	May 5, 2022
Lunch at The Aqua Turf with a performance by Dancing Dream—ABBA Tribute Band	Price \$106	May 18, 2022

**\*\* some trips may depart from Stratford if not enough people for p/u in Derby\*\***

Colorado Rockies (9 days)	Price \$2999pp/dbl \$3699 single	May 20-28, 2022
Alaska Discovery Land & Cruise (12 days)	Price \$5499 pp/dbl \$8399 single	June 28-July 9, 2022
Danube River Cruise (11 days) \$99 R/T air fare	Price \$4498 pp/dbl \$6648 single	Sept. 25- Oct 5, 2022
Irish Splendor (8 days)	Price \$2899pp/dbl \$3249 single	Oct 5-12, 2022

Please see center for flyers or call for further information

ALL TRIPS SUBJECT TO CANCELLATION - If minimums are not met

Address: 293 Main Street Derby, CT Phone: (203) 736-1484 Email: [seniorcenter@derbyct.gov](mailto:seniorcenter@derbyct.gov) Fax: (203) 736-1486



## DECEMBER ANNOUNCEMENTS

Some of our collections will be coming to an end soon:

- Veterans Sock drive – last day for donations, Friday December 3<sup>rd</sup>
- Toys 4 Kids – last day for donations Monday, December 6<sup>th</sup>
- Food Pantry donations will be dropped off by December 17<sup>th</sup> except the remainder of what gets donated from the Reverse Advent Calendar donations. Those will be dropped off on December 22<sup>nd</sup>.

THANK TO ALL WHO HAVE DONATED TO ALL OF THESE  
WONDERFUL CAUSES!

## UGLY SWEATER & WHITE ELEPHANT CHRISTMAS PARTY

PLEASE JOIN US ON THURSDAY, DEC 16<sup>TH</sup> AT 12 NOON, MEAL  
PROVIDED BY DAVID GRANT CATERING

ROAST PORK TENDERLOIN, MASHED POTATOES, MIXED VEGGIES,  
DINNER ROLL AND DESSERT

\$10

WE WILL BE HAVING A WHITE ELEPHANT: PLEASE BRING IN A  
WRAPPED \$5 GIFT AND YOU WILL RECEIVE A NUMBER TO PICK  
YOUR PRIZE

THERE WILL ALSO BE PRIZES FOR TOP 3 UGLY SWEATERS AND  
RAFFLES

## WHAT DOES THE LIBRARY HAVE TO OFFER TO SENIORS – PRESENTATION BY DERBY NECK LIBRARY.

THURSDAY, DECEMBER 2ND, 10AM

COME SEE WHAT OTHER SERVICES THE LIBRARY HAS TO OFFER  
BESIDES JUST BOOKS. Call center to sign up.

## CUPCAKE DECORATING CLASS

December 9<sup>th</sup> at 1pm cost \$8. Flyer and sign up at the center







PLEASE COME JOIN US FOR AN UGLY SWEATER AND  
WHITE ELEPHANT CHRISTMAS PARTY

WHEN: THURSDAY, DECEMBER 16<sup>TH</sup>

TIME: 12:00 NOON

WHERE: MAIN DINING ROOM

COST: \$10.00

RSVP WITH PAYMENT BY: FRIDAY, DECEMBER 10<sup>TH</sup>  
AT 3PM

LIMITED SEATING PLEASE BOOK EARLY

IF YOU WOULD LIKE TO PARTICIPATE IN THE WHITE  
ELEPHANT, PLEASE BRING A WRAPPED \$5.00 ITEM  
AND YOU WILL RECEIVE A TICKET

UGLY SWEATER CONTEST

RAFFLES AND 50/50

PLEASE COME AND ENJOY

AND

HAVE A WONDERFUL HOLIDAY!!



# REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.

ON CHRISTMAS EVE DONATE THE CONTENTS TO A  
FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans

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# **Derby Senior Center**

**ALL TRIPS ARE OPEN TO THE PUBLIC**

## **Day/Overnight Trips 2021**

November 27	Christmas Spectacular Radio City Music Hall	\$171
December 1-3	Atlantic City 2 NIGHTS	\$299 double/\$379 single
December 5	Foxwoods Resort & Casino "Manheim Steamroller Christmas"	\$129 (\$49 casino only)
December 11	UCONN Women & Men	\$129
December 11	"Wicked" on Broadway	\$229
December 18	Bronx Zoo Forest of Lights	\$129 adult \$99 children
December 31	New Year's Eve Dinner Cruise-Boston MA	\$349

## **Long Trips 2021-2022**

May 20, 2022	Colorado Rockies (9 days)	\$2999 double	\$3699 single
June 28, 2022	Alaska Discovery Land & Cruise (12 days)	\$5499 double	\$8399 single
October 5, 2022	Irish Splendor (8 days)	\$2899 double	\$3249 single

**Please call Derby Senior Center for further information and sign ups**

**203-736-1484**