



# 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)

## March 2022



**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

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Dawn Hebert Assistant Director

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**i** In the case of inclement weather please check WTNH Ch 8 news for updates on closings or delays.. Any questions please call the center.

### QUOTE OF THE MONTH:

MAY YOUR TROUBLES  
BE LESS  
and your  
Blessings  
be MORE  
AND NOTHING BUT  
**HAPPINESS**  
come through your  
door

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### POINTS OF INTEREST

- The Elderly Commission meeting will be held on Monday, March 7th at 3:00pm
- The Executive Board will meet on Tuesday, February 8th at 10:00am
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on Tuesday, March 8th, 12:30-2:30pm
- Medicare 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 was 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.







## 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

- ◆ We have availability of a limited supply of Covid 19 at home test kits and N95 mask for Derby resident members . Please contact the center if you are in need of 1 and we can arrange pick up.
- ◆ You can obtain 4 at home test kits per household for free by going to covidtests.gov and entering your information. If you need any assistance please contact the center.
- ◆ TAX PREPARATION provided by AARP will continue through April 14th from 9-11 with appointments available each Thursday. Please call the center for an appointment and see insert for further information needed.
- ◆ AARP is looking for tax preparer volunteers to assist in income tax prep. See center for more info.
- ◆ We had a donation of incontinent supplies. If anyone needs some please contact the center.
- ◆ **PINOCLE PLAYERS WANTED**— Group meets Thursdays 9:30– 12:00.
- ◆ **KITCHEN STAFF HELPERS** needed to assist in the kitchen for food prep and on the day of our special luncheons. Please contact the center if interested.
- ◆ If your parking sticker is faded and difficult to read please stop by the center for a new one.
- ◆ The Knitting & Crocheting Group is asking for yarn donations. Any donations would be greatly appreciated.
- ◆ St Vincent DePaul—237 Roosevelt Dr., Derby is looking for volunteers to fill a variety of openings. Please stop by if you are interested.

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



**MONTHLY REMINDERS****Haircuts**

Haircuts will now be offered on the second Monday of the month (check calendar for dates changes due to holidays) **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, March 8th, 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. You may mail in a check if you prefer. **NO refunds**

**MEALS****FREE LUNCH & LEARN  
SENIOR FINANCIAL SAFETY**

Provided by PEOPLES BANK

Thursday, MARCH 3RD  
12:30—1:30pm

RSVP required for lunch by  
Tuesday, MARCH 1ST

**ST. PATRICK'S DAY LUNCHEON  
PROVIDED BY DAVID GRANT  
CATERING**

THURSDAY, MARCH 17TH  
CORNED BEEF, POTATOES,  
CARROTS, DINNER ROLL AND  
DESSERT  
\$12.00

RSVP WITH PAYMENT BY  
FRIDAY, MARCH 11TH

**MARCH 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 31. Cost is \$20 for AARP members and \$25 for non members. Please note that discount applies to CT licensed drivers only. Out of state drivers please check with your insurance carrier. Please contact the center to sign up.

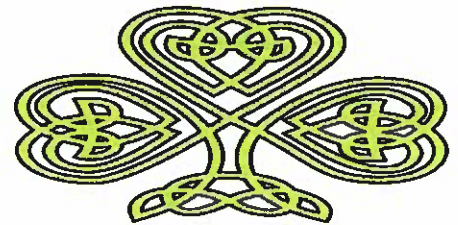
**Volunteers** We are still in need of bingo callers. We ultimately would like to have 4 so that everyone who would like to play can, people only have to commit to calling 1 time a month and we have coverage for vacations, etc.

**HOURS**—Monday—Friday 8:30—4:30pm

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

**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.

**MARCH ANNOUNCEMENTS****From the Director's desk:**

Hello Everyone!

Spring is upon us and we are one step closer to warmer weather. Unfortunately, we are still in a pandemic so therefore we still have some rules to follow. Currently the covid numbers are trending downwards. Please watch signs at the center for mask wearing guidance. This will ensure the safety of all and assist us in remaining open. 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.

Tax season is fast approaching. AARP will be providing tax preparation here on Thursdays starting Feb 3 thru April 14th. This is by appointment only on Thursday. Call the center to reserve your space. There will be another **FREE Lunch & Learn** presented by PEOPLES BANK on **SENIOR FINANCIAL SAFETY-Thursday, March 3rd at 12:30pm. YOU**

**MUST RSVP FOR THIS PROGRAM BY TUESDAY, MARCH 1st**

We have been given a limited amount of Covid 19 at home test kits and N95 masks for Derby resident members. If you are unable to get one and need one please call the center to arrange a pick up. 1 kit & mask per person.

AARP safe driving class scheduled to be held on March 31st. See details above. 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:** Please check your parking sticker in your car. If it faded and difficult to read please stop by the office and get a new sticker. This is to insure that you do not receive a parking ticket in the garage. Thank you.

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

# DERBY SENIOR CENTER

293 Main Street  
Derby, CT 06418-1938



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**Address:** 293 Main Street Derby, CT  
06418

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**Email:** 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*

Resorts Casino Atlantic City	Price \$309 dbl, \$419 sgl,	April 24-26, 2022,
Luncheon Show at Chowder Pot featuring Rich Wilson	Price \$94	April 26, 2022
Lunch at Storrowtown 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, tickets only \$86	May 18, 2022
St. Clement's Castle - "I Write the Songs" The Music of Barry Manilow	Price \$109	June 14, 2022
1/4 Lobsters at the Log Cabin - Lou Villano - Paul Anka	Price \$125	July 20, 2022
Lunch at The Aqua Turf with performance by The Jersey Tengors + Four Seasons	Price \$109, tickets only \$86	August 10, 2022
Essex Steam Train & Riverboat	Price \$128	August 25, 2022
Amarante's Sounds of Summer music of Frankie Valle & The Four Seasons with Jimmy Russo	Price \$97, tickets only \$77	September 8, 2022

### LONG TRIPS

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:** derbyctseniorcenter@gmail.com **Fax:** (203) 736-1486

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAYS
	1) 11:00 Tai Chi  1:00-3:00 Bingo  Lunch & Learn RSVP needed	2) 9:30 Gentle Yoga 11:00 Painting 11:45 Strength Training with Bobbi	3)9-11- Tax Preparation 9:30 Mahjongg 9:30/ 12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 12:30 FREE LUNCH & LEARN— SENIOR FINANCIAL SAFETY Sponsored by Peoples Bank—RSVP NEEDED	4) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class
7) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 3:00—ELDERLY COMMISSION	8) 10:00 - EXECUTIVE BRD. MTG.S 11:00 Tai Chi 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo	9) 9:30 Gentle Yoga 11:00 Painting 11:45 Strength Training with Bobbi	10) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki 9by appt)	11) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class LAST DAY TO RSVP for ST. PATRICK'S DAY LUNCHEON
14) 10:00 Haircuts 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	15) 11:00—Tai Chi 1:00-3:00 Bingo	16) 9:30-Gentle Yoga 11:00Painting— 11:45—Strength Training with Bobbi	17) 9:30 Mahjongg 9:30 /12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki 9by appt) 12:30 ST. PATRICK'S DAY LUNCHEON	18) 10:00 Grocery Shopping with VTD  11:00 Quilting Class
21) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	22) 11:00—Tai Chi  1:00-3:00 Bingo	23) 9:30- Gentle Yoga 11:00 Painting 11:45- Strength Training with Bobbi 1:00—Wreath Making Class \$35 Space limited to 10—sign up with payment required	24) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 1:00—Crafts/Events Group 10:30 Reiki (by appt)	25) 10:00 Grocery Shopping with VTD  11:00 Quilting Class
28) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	29) 11:00—Tai Chi  1:00-3:00—Birthday Bingo	30) 9:30-Gentle Yoga 11:00 Painting call ahead 11:45- Strength Training with Bobbi	31) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 1:00—Crafts/Events Group 10:30 Reiki (by appt)	1) APRIL 10:00 Grocery Shopping w/ VTD  11:00 Quilting Class

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