



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

May 2022

MEMORIAL DAY

REMEMBER
AND
HONOR

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

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Dawn Hebert Assistant Director

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 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:

Patriotism is
supporting your
country all the
time, and your
government when
it deserves it.

Happy Memorial Day

—Betsy Jensen

POINTS OF INTEREST

- **The Elderly Commission** meeting will be held on Monday, May 2nd at 3:00pm
- **The Executive Board** will meet on Tuesday, May 10th at 10:00am
- **Parish Nurse** from Griffin Hospital will be here for blood pressure checks on Tuesday, May 17th, 12:30-2:30pm (note date change)
- **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 M-Z your renewal is due in June. 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.

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 members . Please stop by the center to 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.
- ◆ 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.
- ◆ Colorado Rockies trip final meeting—May 4th 1:00pm
- ◆ UPCOMING LUNCH & LEARN - NORMAL AGING or MEMORY LOSS presented by Bridges—May 12th 12:30pm must RSVP
- ◆ Patriotic Wreath Class by Peggy—May 19th 1pm—\$25 must RSVP



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



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Contact us at careers@4lpi.com
www.4lpi.com/careers



MONTHLY REMINDERS

Haircuts

Haircuts will be the second Monday of the month \$10 cash. Please call center 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, May 17th, 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. Also sign in on program attendance sheets.

Special Events Meals

Please note that the cost of catered special events meals was increased due to the increased cost of food. 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

MOTHER'S DAY LUNCHEON

Thursday, May 5th

12 noon

Catering by: David Grant Catering

Chicken Francaise,
Mashed potatoes, veggie, salad,
dinner roll and dessert
\$15.00

RSVP WITH PAYMENT BY:
Monday, May 2nd

MEMORIAL DAY PICNIC

Thursday, May 26th

12 noon

Hamburgers, hot dogs, assorted
salads and dessert
\$12.00

RSVP with payment by:
Tuesday, May 24th

MAY CENTER UPDATES

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

AARP Safe Driving Course

Online option:

www.aarpdriversafety.org We are scheduled to begin in-person classes in September 29th. 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.



MAY ANNOUNCEMENTS

From the Director's desk:

Hello Everyone!

Spring is upon us and we are one step closer to warmer weather. Even though we are still in a pandemic, masks are currently optional at the center if you are fully vaccinated. If you are not vaccinated we are asking that you continue to wear a mask while inside the center. 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. Thank you all for your cooperation and understanding during the last 2 years

VERY IMPORTANT INFORMATION:

We will be holding a Covid booster clinic at the center on May 12th 1-3pm. Please call the center to sign up. 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. **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.

I have a limited amount of Covid 19 at home test kits and N95 masks for members. If you need one please call the center to arrange a pick up.

Please make sure that you are signing in when you come into the center as well as for each program that you attend. We need this information for our records. Thank you for your cooperation.

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. Happy Mother's Day to all of our Mother's and Happy Memorial Day! Enjoy! **REMINDER:** the center will be closed on Monday, May 30th in observance of the Memorial Day holiday.

Best regards,
Christine Sonsini

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

Phone: (203) 736-1484

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

St. Clement's Castle - "I Write the Songs" The Music of Barry Manilow	Price \$109	June 14, 2022
1 1/4 lb Lobsters at the Log Cabin—Lou Villano & Paul Anka	Price \$125	July 20, 2022
Lunch at The Aqua Turf with performance by The Jersey Tenors & 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 with Jimmy Russo	Price \$97 , tickets only \$77	September 8, 2022
Krucker's "Octoberfest" - Pomona, NY	Price \$126	October 13, 2022
"America The Beautiful" - dinner with music by Ray Guillemette, Jr and his band at the Grand Oak Villa	Price \$106	November 10, 2022
"In The Christmas Mood" at the Aqua Turf with lunch & music provided by the world famous Glen Miller Orchestra	Price \$114	December 7, 2022
"David" - Sight & Sound Theatre, 2 nights at Bird in Hand resort with Meals, tour and casino—Lancaster, PA	Price \$485dbl, \$465 tpi, \$599 sgl	Sept., 27-29, 2022
Caesars in Atlantic City includes 2 show, slot bonus and meal vouchers	Price \$280 dbl, \$270 tpi, \$380 sgl	October 25-27, 2022

LONG TRIPS

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	FRIDAY
2) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 3:00—ELDERLY COMMISSION	3) 11:00—Tai Chi 1:00-3:00 Bingo Caregiver Homes— Adult Family Living Program information	4) 9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi 1:00—Colorado Rockies Final Meeting	5) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 12:00 MOTHER'S DAY LUNCHEON	6) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class
9) 10:00 Haircuts 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	10) 11:00—Tai Chi 10:00 - EXECUTIVE BRD. MTG. with VALLEY INDY 1:00-3:00 Bingo	11) 9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi	12) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 12:30 LUNCH & LEARN—NORMAL AGING OR MEMORY LOSS—RSVP Needed 1-3 Covid Booster Clinic sign up at center	13) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class
16) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	17) 11:00 Tai Chi 12:30 Parish Nurse BP Screening (note date change) 1:00-3:00 Bingo	18) 9:30-Gentle Yoga 10:00 Painting 11:45—Strength Training with Bobbi	19) 9:30 Mahjongg 9:30 /12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 1:00 Patriotic Wreath class by Peggy	20) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class
23) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	24) 11:00—Tai Chi 1:00-3:00 Bingo	25) 9:30- Gentle Yoga 10:00 Painting 11:45- Strength Training with Bobbi	26) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 12:00—MEMORIAL DAY PICNIC	27) 10:00 Grocery Shopping with VTD 11:00 Quilting Class
30) CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY HOLIDAY!	31) 11:00—Tai Chi 1:00-3:00—Birthday Bingo	1) JUNE 9:30-Gentle Yoga 10:00 Painting 11:45- Strength Training with Bobbi	2) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt)	3) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class

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Derby Senior Center, Derby, CT

06-5354

UPCOMING IMPORTANT EVENTS

- **April 29th** - 9:30am – Craft Corner & Coffee with Ansonia High School Human Resources Club (RSVP needed)
- **May 3rd** – Representative from Caregiver Homes will be available during Bingo to provide information on the Adult Family Living Program.
- **May 4th** – Colorado Rockies trip final meeting 1pm
- **May 5th** – Mother's Day Luncheon – Catered by David Grant Caterers \$15 includes Chicken Francaise, mashed potatoes, veggie, salad, dinner roll and dessert. (RSVP needed)
- **May 10th** – 10 am – The Executive Board members invited the Valley Independent Sentinel to the center to talk about the potential Senior Center merger. Everyone is welcome to attend.
- **May 10th** – 1-3:30pm – FREE Diabetes Self-management workshop presented by NVHD. Open to All. Sign up at NVHD office 203-881-3255 ext. 107 (this workshop runs weekly through June 14th) information on back
- **May 12th** – Lunch & Learn – “Is it Normal Aging or Memory Loss?” Presented by Bridges 12:30 (RSVP needed)
- **May 12th** – Free Covid Booster Clinic 1-3pm (sign up needed) Open to All
- **May 19th** – Patriotic wreath class with Peggy - \$20 (RSVP needed)
- **May 26th** – Memorial Day Cookout – hamburgers, hotdogs, assorted salads, dessert. \$10 (RSVP needed)
- **May 27th** – 1pm – Marshmallow Cupcake Class - \$5- Sign up at the center by Wednesday, May 25th
- **June 2nd** – 12pm - Free Lunch & Learn – “Benefits of Chiropractic Services As You Age”, presented by Dr. Peter Roccio of Southern CT Chiropractic, Derby (RSVP needed)
- **June 9th** – 12:00 - Father's Day Luncheon - \$15 (RSVP needed)
- **June 30th** – 12:30 – Free Lunch & Learn – “How to Simplify Your Finances” Presented by Steve Archer of AARP (RSVP needed)

Take
Control

Feel
Better

Energize

Live

Enjoy



DIABETES WORKSHOP

"It's Your Life...Live it Well"

FREE DIABETES SELF-MANAGEMENT WORKSHOP

Learn about diabetes & pre-diabetes including

- What to eat
- Foot care
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals



**These are just some of the topics covered!
We meet weekly for 2.5 hours. Class size is
limited, so register early!**

Derby Senior Center, 293 Main St., Derby, CT
Tuesdays, May 10 – June 14, 2022
from 1-3:30 pm

To register, please call our Office 203-881-3255 ext. 107
Free books for all & \$25 gift cards for workshop completers!

Live Well is an evidence based self-management workshop developed at Stanford University. This program is supported by funds made available for the Centers for Disease Control and Prevention, Office of State, Tribal, Local and Territorial Support under grant DP13-105. **Generous support is also provided by the Connecticut Community Foundation.**

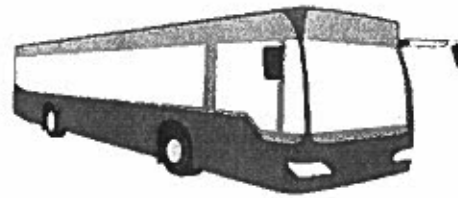


Sponsored by the
CT State Unit on Aging & CT Department of Public Health

Derby Senior Center

UPCOMING DAY TRIPS

Call Dawn 203-736-1484 to Reserve



Saint Clements Castle

"I Write the Songs"

Come enjoy the music of Barry Manilow and have lunch in the Prince Edward Ballroom of the castle which sits on 82 scenic acres alongside the Connecticut River in Portland, CT.

June 14 Depart 10:30 \$109

The Log Cabin

Excellent menu and show! Join us for a 1 ¼ Lb. Lobster OR Prime Rib, Potato Salad, Cole Slaw, Crab Cakes, BBQ Chicken, and Dessert along with a Welcome tray of Cheese and Vegetables and a Shrimp Cocktail platter. Enjoy "The Best of Paul Anka" presented by Lou Villano.

July 20 Depart 9:45 \$125

Aqua Turf

"The Jersey Tenors"

A Musical Tribute to Frankie Valli & the Four Seasons. Enjoy a delicious family-style lunch and a crowd-pleaser show!

August 10 Depart 11:30 \$109

Essex

Steam Train and Riverboat

Step back in time as you board the Dining Car at the historic Essex Station and savor your choice of 3 entrees. Next, travel aboard the train along the Lower CT River Valley. At Deep River Landing, board the Becky Thatcher Riverboat and cruise the CT River taking in the sights including Gillette Castle.

August 25 Depart 9:15 \$128

Amarante's Sea Cliff

"Sounds of Summer" Enjoy this beautiful waterfront property and the music of Jimmy Russo as he performs your favorites from the 60's and 70's while having a fabulous dinner with choice of entrée.

September 8 Depart 10:45 \$97

Krucker's

"Octoberfest" Enjoy a full day of Entertainment, Food, Fun, Music, and Dancing at The Krucker's Resort in Pomona, NY.

October 13 Depart 8:00 \$126

Grand Oak Villa

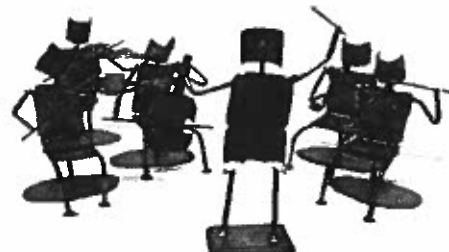
"America The Beautiful" Celebrate the music of America with Ray Guillemette, Jr. and his live band along with a fantastic Family-Style dinner.

November 10 depart 10:45 \$106

Aqua Turf

"In The Christmas Mood" The popular Swing Band, and World-Famous Glenn Miller Orchestra will provide a fun and lively Holiday show. Family-Style Lunch will be served.

December 7 depart 10:45 \$114



Derby Senior Center

UPCOMING OVERNIGHT TRIPS & EXCURSIONS

Lancaster, PA

Come see "David" at Sight and Sound Theatre with reserved Orchestra seats up front. Package includes 2 nights at the "Bird in Hand" resort, 2 breakfast buffets, 2 meals, Amish tour, CASINO visit, and more!

September 27-29 \$485 dbl \$465 tpl \$599 single

Atlantic City

Spend 3 Days/2 Nights at Caesars in Atlantic City, NJ. Great package deal, includes \$50 in Slot Bonus, \$50 in 3 Meal Vouchers, 2 Shows: "Abba Dancing Dream" and "Patsy Cline Country Classics Show"

October 25-27 \$280 dbl \$270 tpl \$380 single



BROCHURES ARE AVAILABLE AT THE CENTER

Alaska Discovery Land & Cruise

(12 days) June 28, 2022

\$5,499 double \$8,399 single

Danube River Cruise

(11 days) September 25, 2022

\$99 R/T air fare \$4,498 double \$6,648 single

Irish Splendor

(8 days) October 5, 2022

\$2,899 double \$3,249 single

CALL DAWN 203-736-1484 FOR FURTHER INFORMATION & TO BOOK