



# 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)

## JUNE 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

**Phone:** 203-736-1485

**Fax:** 203-736-1486


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

Dawn Hebert Assistant Director

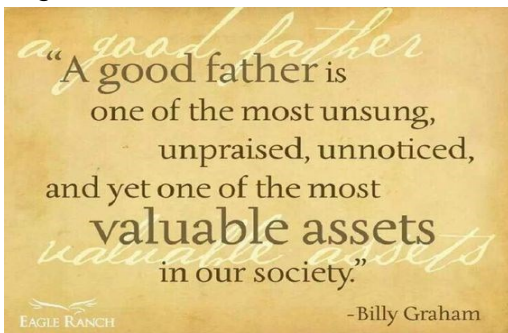
**Phone:** 203-736-1484

**Fax:** 203-736-1486

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

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

### QUOTE OF THE MONTH:



### POINTS OF INTEREST

- The Elderly Commission meeting will be held on Monday, June 6th at 3:00pm
- The Executive Board will meet on Tuesday, June 14th at 10:00am
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on Tuesday, June 21, 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 was 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 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.

# HAPPY FATHER'S DAY



## 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.
- ◆ 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.
- ◆ **UPCOMING LUNCH & LEARN - Benefits of Chiropractic Services—June 2nd and Simplify Your Finances—June 30th** both start at 12:30 and you must **RSVP** by the Tuesday morning prior.
- ◆ **Patriotic Wreath Class by Kathy—June 17th 10am–12pm —\$20 must RSVP class limited to 10 ppl**
- ◆ **Zentangle Class—Friday, June 17th 1-3pm—class limited to 10 ppl**

## 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, June 21st, 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

### FATHER'S DAY LUNCHEON

Thursday, JUNE 9th

12 noon

Catering by: Mattei's deli

Pulled pork sandwiches, baked beans coleslaw, ice cream sandwich bars

\$15.00

RSVP WITH PAYMENT BY:

Monday, June 6th

### JULY FOURTH PICNIC

Thursday, JULY 7th

12 noon

Hamburgers, hot dogs, baked beans, assorted salads, chips and dessert

\$15.00

RSVP with payment by :

Friday, July 1st

## JUNE 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 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: if interested in volunteering please contact the center for opportunities**

**HOURS**—Monday—Friday 8:30–4:30pm

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

**Events Planning Group**— We are looking for members to join our Events planning group. The group will meet on the 2nd Tuesday of the month following the Executive Board meeting (approximately 11am). This group assists with special events, menu planning, new program ideas, event decorating, 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.



## JUNE 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. I know that the numbers seem to be on the rise but I am currently following the CDC guidelines at this time. If you feel more comfortable wearing a mask in the center please do so. Also, If you have any type of cold symptoms please stay home. This new variant is very contagious and presents much like a cold. Thank you all for your cooperation and understanding during the last 2+ years

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 Father's Day to all of our Father's Day, Enjoy! Best regards,  
Christine Sonsini

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30) <b>MAY</b></p> <p><b>CENTER CLOSED FOR MEMORIAL DAY</b></p>	<p>31)</p> <p>11:00—Tai Chi 1:00-3:00 Bingo</p>	<p>1)</p> <p>9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi</p>	<p>2) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting &amp; Crocheting 10:30 Reiki (by appt) <b>12:30—LUNCH &amp; LEARN—BENEFITS OF CHIROPRACTIC SERVICES FOR THE ELDERLY by Dr. Roccio—RSVP needed</b></p>	<p>3)</p> <p>10:00 Grocery Shopping w/ VTD 11:00 Quilting Class</p>
<p>6)</p> <p>10:00 Haircuts 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi</p> <p><b>3:00—ELDERLY COMMISSION</b></p>	<p>7)</p> <p>11:00—Tai Chi 1:00-3:00 Bingo</p>	<p>8)</p> <p>9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi</p>	<p>9) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting &amp; Crocheting 10:30 Reiki (by appt)</p>	<p>10)</p> <p>10:00 Grocery Shopping w/ VTD 11:00 Quilting Class</p>
<p>13)</p> <p>10:00 Chair Yoga 11:45- Strength Training Class with Bobbi</p>	<p>14)</p> <p>11:00—Tai Chi <b>10:00 - EXECUTIVE BRD. MTG.</b> <b>11:00 EVENTS PLANNING COMMITTEE *** please note change</b> 1:00-3:00 Bingo</p>	<p>15)</p> <p>9:30-Gentle Yoga 10:00 Painting 11:45—Strength Training with Bobbi</p>	<p>16) 9:30 Mahjongg 9:30 /12:30 Pinochle 10:00 Knitting &amp; Crocheting 10:30 Reiki (by appt) <b>11-4—RED CROSS BLOOD DRIVE</b></p>	<p>17) 10:00 Grocery Shopping w/ VTD <b>10:00— PATRIOTIC WREATH CLASS (Class limited to 10 ppl) \$20</b> 11:00 Quilting Class <b>1:00-3:00—ZENTANGLE CLASS (limited to 10 ppl)</b></p>
<p>20)</p> <p>10:00 Chair Yoga 11:45- Strength Training Class with Bobbi</p>	<p>21)</p> <p>11:00 Tai Chi 12:30 Parish Nurse BP Screening (<b>note date change</b>) 1:00-3:00 Bingo</p>	<p>22)</p> <p>9:30– Gentle Yoga 10:00 Painting 11:45– Strength Training with Bobbi</p>	<p>23)</p> <p>9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting &amp; Crocheting 10:30 Reiki (by appt)</p>	<p>24)</p> <p>10:00 Grocery Shopping with VTD 11:00 Quilting Class</p>
<p>27)</p> <p>10:00 Chair Yoga 11:45- Strength Training Class with Bobbi</p>	<p>28)</p> <p>11:00—Tai Chi 1:00-3:00—Birthday Bingo</p>	<p>29)</p> <p>9:30-Gentle Yoga 10:00 Painting 11:45– Strength Training with Bobbi</p>	<p>30)</p> <p>9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting &amp; Crocheting 10:30 Reiki (by appt) <b>12:30—LUNCH &amp; LEARN—SIMPLIFY YOUR FINANCES with Steve Archer- RSVP needed</b></p>	<p>1) <b>JULY</b></p> <p>10:00 Grocery Shopping w/ VTD 11:00 Quilting Class</p>

# DERBY SENIOR CENTER

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Derby, CT 06418-1938



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U.S. POSTAGE  
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SHELTON, CT  
PERMIT NO. 727

**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*

Mohegan Sun (Share trip with Shelton)	Price \$28	June 14, 2022
11/4 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 tpl, \$599 sgl	Sept., 27-29, 2022
Caesars in Atlantic City includes 2 shows, slot bonus and meal vouchers	Price \$280 dbl, \$270 tpl, \$380 sgl	October 25-27, 2022

### LONG TRIPS

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
Iceland's Northern Lights (11 days)	Price: \$2999pp/dbl,	March 5-11, 2023

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