



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

January 2023

Happy New Year

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: 203-736-1484

Fax: 203-736-1486

Email: csonsini@derbyct.gov

Dawn Hebert Assistant Director

Phone: 203-736-1484

Fax: 203-736-1486

Email: dhebert@derbyct.gov

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:

New Years is all about getting another chance. A chance to forgive, to do better, to do more, to give more, to love more. And stop worrying about 'what if' and **start embracing** what would be.

WWW.LIVELIFEHAPPY.COM

POINTS OF INTEREST

- The Elderly Commission meeting will be held on Monday, January 9th at 3:00pm.
- The Executive Board will meet on Tuesday, January 10th at 10:00am followed by Events Planning Committee
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on Tuesday, January 17th, 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 is due in January. 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. Derby residents—\$6, non residents - \$8

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

- ♦ AGE WELL Program - moved to Derby Neck Library
- ♦ PINOCLE PLAYERS WANTED— Group meets Thursdays - please call to reserve your spot.
- ♦ Rummikub and dominos players wanted. Call the center to sign up if interested.
- ♦ 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.
- ♦ Senior Café has started! Tuesdays & Thursdays at 11:45pm. \$3 donation suggested. You must call by

noon the day before. Come and have a good, nutritious lunch and chat with friends!

- ♦ 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.
- ♦ If anyone is not able to get out and would like to get your hair cut. Our hairdresser Donna is available to help out. Please contact the center.

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



Underwritten by Colonial Penn Life Insurance Company
BANKERSLIFE



GRIFFIN PHARMACY & GIFTS

PHONE: 203-732-1490 • FAX: 203-732-1452
MONDAY-FRIDAY 9AM-7PM • SATURDAY 9AM-3PM

FREE PRESCRIPTION DELIVERY available throughout the Lower Naugatuck Valley



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you every week.



Visit www.mycommunityonline.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

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,

January 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**LUNCHEON**

Thurs., January 19th

Menu:

**Assorted sandwiches,
Soups: Chicken noodle,
vegetable soup and
pea soup, salad &
dessert**

\$10 per person

**MUST RSVP & PAY FOR
BOTH BY THE
MONDAY PRIOR**

JANUARY CENTER UPDATES

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

Senior Café—this meal will be held Tuesdays & Thursdays from 11:45– 12:30pm. Suggested min. donation is \$3/meal. Must sign up the Monday before by noon.

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.

IMPORTANT: All paid trips **MUST** be paid within 5 days of booking trip otherwise we will have to release your spot. Special craft programs **MUST** be paid for by the Friday prior to the class. 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.

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

HAPPY NEW YEAR!! I cannot believe how quickly the year flew by! We have many things to be thankful for over the last year and many new things to look forward to in the coming year.

We are currently looking for a van driver if anyone knows anyone who may be interested please have them contact the center. We started our congregate meals again on Tuesdays & Thursdays. Everyone is welcome but you must sign up the day before by 12 noon and there is a minimum \$3 donation.

We are continuing to collect socks, hats, gloves and money for boots through mid- January for the homeless Veterans. Every little bit helps the community. Thank you in advance!

We have the Drazen Law Firm Lunch & Learn on Jan 12th at 12:30— Topic: How to keep long term care from becoming a long term financial crisis. Please call the center to sign up by Tuesday, Jan

10th.

If anyone has program ideas that they would like us to bring to the center please let us know.

Watch for another Matter of Balance class and Diabetes Management class coming in the spring.

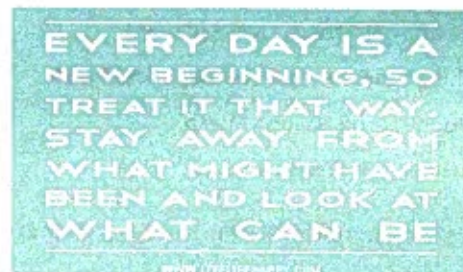
I still have some Covid 19 at home test kits and N95 masks for members. If you need one please call the center to arrange a pick up. We are here daily if you have any questions, concerns or just would like to chat for a few minutes.

Please stay healthy and safe.

Best regards,

Christine Sonsini

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) CENTER CLOSED IN OBSERVANCE OF NEW YEAR	3) 10:00—Tai Chi 11:45—Senior Café 1:00-3:00 Bingo	4)9:30 Gentle Yoga 11:45 Strength Training with Bobbi	5) 9:30 Mahjongg 9:30 Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café	6) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Rummikub
9) 10:00 Haircuts 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes 3:00—ELDERLY COMMISSION MEETING	10) 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE 10:00—Tai Chi 11:45—Senior Café 1:00-3:00 Bingo	11) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi	12)9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 12:30—LUNCH & LEARN—"How to keep long term care from becoming a long term financial crisis" presented by Drazen Law Firm—sign up required— Free	13) 9:00—2pm—RED CROSS BLOOD DRIVE 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— cancelled 1:00—Rummikub
16) CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY	17) 10:00—Tai Chi 11:45—Senior Café 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo	18) 9:30-Gentle Yoga 11:45—Strength Training with Bobbi	19) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:30—LUNCHEON— Comfort food. \$10—sign up required	20) 10—Snowflake Wreath Class (previously scheduled) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Rummikub
23) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	24) 10:00 Tai Chi 11:45—Senior Café 1:00-3:00 - Bingo	25)9:30- Gentle Yoga 11:45- Strength Training with Bobbi	26) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café—	27) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Rummikub
30) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	31) 11:00—Tai Chi 11:45—Senior Café 1:00-3:00- Birthday Bingo	1) FEBRUARY 9:30-Gentle Yoga 11:45- Strength Training with Bobbi	2) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café	3)10:00 Grocery Shopping with VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Rummikub

SUPPORT OUR ADVERTISERS!



DERBY SENIOR CENTER

293 Main Street
Derby, CT 06418-1938



PRST MKT.
U.S. POSTAGE
PAID
SHELTON, CT
PERMIT NO. 727

Phone: (203) 736-1484

Email:

DerbyCTSeniorCenter@gmail.com

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

"It Takes Two" Love Songs at The Carriage House	Price \$106	February 14, 2023
Atlantic City- Caesars with Simon & Garfunkel & The Carpenters Tribute Shows + slot bonus and meal vouchers	Price \$285 dbl, \$385 sgl, \$275 tpl	February 21-23, 2023
Irish Show with Andy Cooney at the Log Cabin	Price \$115	March 13th, 2023
"Cher" at The Carriage House	Price \$96	April 6, 2023
"The Buddy Holly Story"	Price \$118	April 22, 2023
Stayin' Alive—Bee Gees at The Aqua Turf	Price \$118	May 22, 2023
America's Sweethearts - "The Andrew Sisters"	Price \$125	May 24, 2023

LONG TRIPS

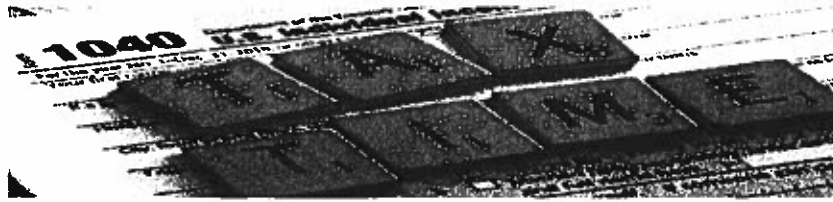
Iceland's Northern Lights (11 days)	Price \$2999 pp/dbl \$3499 single	March 5-11, 2023
Bluegrass Country & Smokey Mountains	Price \$3149pp/dbl, \$4049 single	April 27- May 5, 2023
Albuquerque Balloon Fiesta	Price \$3249 pp/dbl, \$4249pp/single	Oct. 10-15, 2023
Tuscany & Italian Riviera	Price: \$3899pp/dbl, \$4399 single	Oct 20-28, 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

Updates:



It's that time of year again...TAX TIME!

AARP Tax Preparers will be here starting on Thursday Feb 2nd to provide FREE tax preparation to members.

Sign ups will begin in Mid -January

Call the center to sign up or for further information.

Sign ups required and on a first come first served basis.

SENIOR CENTER MERGER UPDATE:

We will not be merging with the Ansonia Senior Center

Now that we know where we will be "laying our hats", if anyone has any program ideas (groups, speakers, trips, etc.) please feel free to call me and let me know. This is your center and I want to provide you with programs that you will enjoy.

UPCOMING SPECIAL PROGRAMS:

- Tuesday, December 27th, 12pm – Nutrition Discussion
- Thursday, January 12th, 12pm – FREE Lunch & Learn – "How to keep long term care from becoming a long-term financial crisis" presented by Drazen Law Firm. Sign up needed by Tuesday prior.
- Snowflake Wreath class rescheduled to January 20th at 10am

REMINDER:

Please make sure that you are signing in when you come into the building. This gives us an account of who is in the building and what programs that they are attending.

Red Cross Blood Drives – December 29th – 9am- 2pm & January 13th – 9am- 2pm

HOLIDAY SCHEDULE:

- Friday, December 23rd – **Closed** – Christmas Eve
- Monday, December 26th – **Closed** – Christmas Observed
 - Friday, December 30th – Open – 8:30-10:30am
- Monday, January 2nd, 2023 – **Closed** – New Year's Observed

I hope that you all have a very Merry Christmas and Hanukkah and a Happy New Year!




Best,

Christine



JANUARY 2023 - SENIOR COMMUNITY CAFE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  OFFICE CLOSED	3 3 oz Florentine Chicken 1/2 c Bow Tie Pasta 1/2 c Green Beans 1 Garlic Breadstick 1/2 c Mandarin Oranges	4 3 oz Pork Roast w/ Gravy 1/2 c Yams 1/2 c Collard Greens 1 Dinner Roll 1 Fresh Fruit	5 6 oz Mushroom Barley Soup w/ Crackers 1 Lasagna Roll 1/2 c Mixed Veggies 1 sl Italian Bread 1/2 c Applesauce	6 1 sl Cheese Quiche 1/2 c Tater Tots 1/2 c Spinach 1 sl Wheat Bread 4 oz Assorted Fruit Juice 1 Sugar Cookie
9 3 oz Sweet & Sour Pork 1/2 c Confetti Rice 1/2 c Green Beans 1 sl Wheat Bread 1/2 c Pineapple	10 3 oz Meatloaf w/ Gravy 1/2 c Mashed Potatoes 1/2 c Cauliflower 1 Wheat Roll 1/2 c Applesauce	11 3 oz Chicken Parmesan 1/2 c Penne Noodles 1/2 c Spinach 1 Garlic Breadstick 4 oz Assorted Fruit Juice 1/2 c Vanilla Pudding	12 Special Lunch: 1 BBQ Chicken Quarter 1/2 c Collard Greens 1/2 c Corn & Okra 1 Biscuits 1 Oatmeal Cookie 1/2 c Applesauce	13 1 c Vegetarian Chili 1/2 c Green Peas 1/2 c Mixed Veggies 1 Cornbread 1/2 c Pears
16 MLK BIRTHDAY  OFFICE CLOSED	17 3 oz Turkey w/ Gravy 1/2 c Mashed Potatoes 1/2 c Green Beans 1 Dinner Roll 1/2 c Applesauce	18 3 oz Chicken Picatta 1/2 c Seasoned Orzo 1/2 c Carrots 1 sl Rye Bread 4 oz Assorted Fruit Juice 1 Sugar Cookie	19 6 oz Vegetable Barley Soup w/ Crackers 3 oz BBQ Pork 1/2 c Mixed Greens 1 sl Wheat Bread 1 Fresh Fruit	20 1 c Pinto Beans 1/2 c Spinach Rice 1/2 c Broccoli Florets 1 sl Wheat Bread 1/2 c Mandarin Oranges
23 1 Herbed Chicken Quarter 1/2 c Baked Sweet Potatoes 1/2 c California Veggie Blend 1 Dinner Roll 1/2 c Pineapple	24 1 c Cheese Baked Ziti 1/2 c Broccoli 1/2 c Carrots 1 sl Italian Bread 1/2 c Peaches	25 1 Hamburger 1/2 c Baked Beans 1/2 Cauliflower 1 Hamburger Bun 4 oz Assorted Fruit Juice 1/2 c Vanilla Pudding	26 6 oz Lentil Soup w/ Crackers 1 c Chicken Stir Fry 1/2 c Green Beans 1 sl Wheat Bread 1 Fresh Fruit	27 1 sl Spinach Quiche 1/2 c Paprika Potatoes 1/2 c Stewed Tomatoes 1 sl Rye Bread 1/2 c Mandarin Oranges
30 3 oz Glazed Ham 1/2 c Whipped Yams 1/2 c California Veggie Blend 1 sl Wheat Bread 1/2 c Applesauce	31 3 oz Teriyaki Chicken 1/2 Brown Rice 1/2 c Green Beans 1 sl Rye Bread 1/2 c Pears			

* suggested \$3.00 Donation



30 Elizabeth Street, Derby, CT 06418 - 736-5420

Menus subject to change due to availability - All meals include milk and margarine.