



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, 2024



HAPPY NEW YEAR!

CENTER INFO

Hours of Operation:

Monday-Friday: 8:30 am - 4:30 pm

Office Hours: 9:00 am—4:00 pm

Any changes will be posted.

Phone: 203-736-1484

Fax: 203-736-1486

Our Staff:

Executive Director:

Dawn Hebert, MSW

Email: dhebert@derbyct.gov

Assistant Director:

Olga Capristo, BSW

Email: ocapristo@derbyct.gov

Kitchen Manager:

Olga Capristo, BSW

Email: ocapristo@derbyct.gov

Tuesday & Thursday 10:00am—2:00pm

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

*****Please note:** We will be closed on January 1st and January 16th in observance of the holidays***



POINTS OF INTEREST

- The **Elderly Commission** meeting will be held on Tuesday, January 2nd at 3:00pm.
- The **Executive Board Meeting** will be on Tuesday, January 9th at 10:00am.
- The **Events Planning Committee** will follow at 11:00am.
- **Medicare Counseling** is available for those who have questions or are looking for information. Please call the center at (203)736-1484 to schedule an appointment.
- **Veteran's Services & Benefits** Please contact us at 203-736-1484 to set up an appointment with our Veteran's Counselor.
- **Volunteers Needed:** We are looking for members to help out with Meal Planning, Shopping/Cooking, Serving, Cleaning Up and Decorating as well as taking down decorations. We hope to give our "Regulars" a break. Let us know if you could help out. Thanks in advance!
- A **Gentle reminder that Membership Renewals** are due in January for last names that start with A-N Please renew if you have not already done so.
Derby Residents \$6.00
Non-residents \$8.00.
- **SPECIAL:** **Half-price Membership** for those who refer others to our center when they join! Why not share all that the Derby Senior Center has to offer and get a discount on your fee? Many seniors make New Year Resolutions to get more active, and with free classes and exercise equipment to use, our center can help them to keep their resolutions!
- **Looking Ahead:** Our **Valentine's Day Party** will be on Thursday, February 8th at 12:00. Ziti and Meatballs, Salad, Bread, and Red Velvet Cake for Dessert. **Music provided by Paula Pettinella.**



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

- ♦ **ZUMBA GOLD** is underway with a New time, and a New Instructor! Mary Rose is here on Fridays at 10:00am. Come check out this fun form of Exercise!
- ♦ **"Bridge", "Pinochle", "Chess" and "Mexican Dominoes" Lessons--** Interested in learning how to play? We have Instructors ready to teach! Please call if interested!
- ♦ **Birthday Bingo**—January 30th at 1:00pm—sponsored by **"Wesley Village"**. Come take a shot and win some great prizes in addition to cash!
- ♦ **Play Pool!** Let's shoot some pool! The pool table is located on the lower level and is available by request or you can join our **Pool League** on **Tuesdays at 1:00pm.**
- ♦ **Aluminum Tab Collection & Recycling Project**—We are collecting aluminum can tabs for The Shriners Hospitals for Children. The funds received are used to purchase patient care items. Collection can is located in the upstairs lobby. Thank you in advance for any donations you can make.
- ♦ **Donations Needed!** Please help us to defray the costs of our events by donating items such as: decaf coffee, cookies, brownie mix, snack packs, water bottles, paper goods, dish detergent, etc. Food donations are welcome as well, such as bacon, eggs, butter, condiments, and items based on upcoming Breakfast and Luncheon menus. Every little bit helps and keeps member's cost down! Thank you in advance!

MONTHLY REMINDERS

Membership Renewals are due in January for last names that start with A-N and June for M-Z. Please renew if you have not already done so. Derby Residents \$6.00, non-resident \$8.00.

NOTE:

If you know of anyone interested in learning more about what the Center has to offer, they are welcome to come to any activities and/or events as your guest or they are welcome to come on their own for a free week trial. Just check in at the office.

Haircuts

Haircuts will be on the **2nd Monday of the month**—\$10 cash. Please call center for an appointment.

Blood Pressure Screenings with Parish Nurse, Maggie Sessa—Tues, **January 9th-12:30-2:30pm.** **enter.**

MEALS

Suzanne's Breakfast

Thursday, January 11th

10:00am

\$5.00

Bacon, Egg & Cheese on a Croissant

Hashbrowns

Mini Muffins

Fruit & Beverage

Free Gift for Everyone!

Pizza Bingo

Thursday, January 18th

4 cards for \$5.00

Pizza \$1.00 per slice

MUST SPECIFY HOW MANY SLICES AHEAD OF TIME

Senior Café

Tuesdays & Thursdays at 11:45

\$3.00

****Please Call Ahead by 10:00am the day before****

DIRECTOR'S CORNER

Dear friends,

I wish you all good blessings, health, and happiness in this New Year! Last year was a year of many changes. There were many months that I ran the center solo, but thankfully my volunteers stepped up and were a tremendous help! I thank you all from the bottom of my heart! New programs were launched last year, based on answers to surveys in February such as Monthly Matinees, new Craft Classes, Cooking Demo's, Cardio-Drumming, and Educational Events, along with others! We are working on more new programs for this year, so stay tuned! As always, if you have ideas or suggestions, please let me know! My door is always open.

We had our first 4th of July Fried Dough Fundraiser that was so well-received we hope to make it a yearly tradition. We participated in Derby Day and had many special lunches along with bringing back Breakfasts. We were

able to get a long awaited overdue new stove as well! Speaking of breakfasts, our very own Suzanne Foster will be here on January 11th to make a special breakfast with gifts for everyone!

There were a lot of new trips last year also. Many of them were sold out! More trips are in the works so be sure to check out a few that are planned thus far on the back page. Please note: We have a new policy for 2024. All Day Trips require a non-refundable \$20.00 deposit within 5 days of signing up and must be paid in full 5 weeks before the trip date. If by chance you must cancel within the 5-week period, we can only give a refund if someone takes your place. We are responsible for paying the tour companies once the count is turned in whether you attend or not. Please note that Overnight Trips require a larger deposit. Thanks for understanding.

Once again, Happy New Year! See you soon! *Dawn*

DECEMBER ANNOUNCEMENTS

Monthly Matinee— "Moving On"

Wednesday, January 10th—starring Jane Fonda, Lily Tomlin, and Malcolm McDowell. A melodrama with comedic elements; a story of Two old friends who reconnect at a funeral and decide to get revenge on the widower who messed with them.

Diamond Art with Sue—January 25th, 1:00pm—limited to 10—\$8.00

Birthday BINGO—Tuesday, Jan. 30th— 1:00 - 3:00—Sponsored by Wesley Heights

New Trips are scheduled! Check them out on the last page of the newsletter.

ATTENTION: Day trips now require a non-refundable \$20.00 deposit within 5 days of signing up and they must be paid in full 5 weeks before the trip date unless otherwise posted. If by chance you must cancel within the 5-week period, we can only give a refund if someone takes your place.

"Living with Chronic Illness"—

Sponsored by Griffin Health—This is a six-week class designed to help you find better ways to deal with pain and fatigue, discover easy exercises to maintain strength and energy, Improve nutrition, understand new treatment options, and feel better about life.

Just a reminder, it is Cold, Flu, RSV and COVID season so please do not come into the Center if you are experiencing any symptoms or not feeling well. This is the time of year that you are the most contagious. Please stay home and get better before returning! We have free cloth masks, at the center if needed. Once again, Happy New Year!

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed 	2 10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League 3:00—ELDERLY COMMISSION MEETING	3 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 1:00—Wii Sports & More	4 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café call to sign up.	5 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 11:00 Quilting Class 1:30—Coffee Chat Social Call to sign up
8 10:00 Chair Yoga 11:45- Strength Training with Bobbi 10:00-12:00 Haircuts by Donna	9 10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo 12:30 Blood Pressure Checks 1:00 Pool Billiards League 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE	10 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 1:00—Wii Sports & More 1:00 Monthly Matinee—“Moving On” call to sign up.	11 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Suzanne's Breakfast \$5.00 Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café call to sign up.	12 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 11:00 Quilting Class 1:30—Coffee Chat Social Call to sign up
15 Center Closed 	16 10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League	17 9:30-Gentle Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More	18 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:00—Pizza-Bingo Lunch — 4 cards \$5.00 \$1.00 per Pizza Slice ***Must order prior to***	19 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 10:00—Zumba Gold with Maryrose 1:00 Zentangle Art Class
22 10:00 Chair Yoga 11:45- Strength Training with Bobbi—on hold 1:00-Cardio Drumming	23 10:00—Tai Chi —Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League	24 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 1:00—3:00 “Living with Chronic Illness” sponsored by Griffin Health	25 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café— 1:00—Diamond Art	26 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 11:00 Quilting Class 1:30—Coffee Chat Social Call to sign up
29 10:00 Chair Yoga 11:45- Strength Training with Bobbi—on hold 1:00-Cardio Drumming	30 10:00—Tai Chi —Qigong 11:45—Senior Café 1:00 Pool Billiards League 1:00-3:00 Birthday Bingo sponsored by Wesley Heights	31 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More 1:00—3:00 “Living with Chronic Illness” sponsored by Griffin Health		MONDAY—FRIDAY 9:00-3:30 Self-Led Ping Pong Pool Billiards Darts Poker Open Exercise

Joke of the Month: Youth is when you're allowed to stay up for New Year's.

Middle age is when you're forced to.



DERBY SENIOR CENTER

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Derby, CT 06418-1938



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CURRENT TRIP SCHEDULES — — — CALL THE CENTER FOR SIGN UP OR INFO

Transportation for seniors is available 5 days a week from Valley Transit District call 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 at The Resorts-\$40 slot bonus, \$50 meal voucher, 2 Shows—Garth Brooks & Comedy Legend YAKOV Smirnoff	Price \$329 Dbl, \$319 triple, \$459 sgl	February 27-29, 2024
Botanical Gardens Orchid Flower Show	Price \$124	March 27, 2024
Elton John Tribute, Bolton, CT	Price:\$116	April 25, 2024
Neil Diamond-Aqua Turf	Price \$124	May 14, 2024

LONG TRIPS —

Southern Charm—Collette	Price: \$2999pp/double \$3999 single	April 15-21, 2024
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Stay Tuned-More New Trips Coming Soon!

Address: 293 Main Street Derby, CT **Phone:** (203) 736-1484 **Email:** derbyctseniorcenter@gmail.com **Fax:** (203) 736-1486

*So much fun at our Christmas Party!
We had 20 baskets/gifts to give away!
Thanks to all who helped and/or donated items! You're the best!
Happy, Healthy, New Year to You All!*



Best Regards, Dawn, Olga, & Aldo

Classes start January 24th and every Wednesday through February 28th 1:00–3:00
Call Derby Senior Center at 203-736-1484 to sign up



Take Control of Your Health

“I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn’t do. **With the help of this program my health problems no longer control me.** I’ve taken control and now, I have the energy to do the things that matter.”

Don’t let an ongoing health condition like pain, fatigue, diabetes, obesity, CHF or COPD get the best of you. Take your life back by signing up for Griffin Hospital’s free **Live Well Health Condition Self-Management Workshop!**

Along with clinical care, you will learn ways to:

- Deal with difficult emotions, depression, stress/anxiety
- Reduce pain
- Improve mobility, increase energy
- Increase physical activity
- Eat healthier
- Use medications appropriately
- Solve everyday problems and communicate effectively with family and healthcare providers

Join a FREE 6-week “Live Well” Workshop today at Griffin Hospital and other convenient locations in the community.

Derby Senior Center Classes starting on 1/24/23, 1pm to 3pm, Please register with Dawn (203)736-1484



GRIFFIN HEALTH





**AARP Foundation Tax-Aide volunteers will be here on
Thursdays from February 1st through April 11th**

AARP Foundation Tax-Aide offers free tax assistance to middle and low-income taxpayers. Special attention is given to those age 50 and older. Appointments are required. For more information or to schedule an appointment, call the

Derby Senior Center at 203-736-1484




What to bring:

- **For a married couple filing jointly, both spouses must be present**
- **Photo ID for you and your spouse if married**
- **Proof of Social Security numbers for all household members**
- **Birth dates for you, spouse, and dependents**
- **Complete copy of last year's tax return, including all source papers.**
- **All tax forms, including but not limited to: W-2, 1098, and 1099**
- **Information for other income**
- **Information for all deductions/credits**
- **Personal check showing bank account and routing numbers (if direct deposit or debit is requested).**



JANUARY 2024 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  OFFICE CLOSED	2 3 oz Sweet & Sour Diced Chicken ½ c Brown Rice Pilaf ½ c Green Beans 1 White Bread ½ c Mandarin Oranges	3	4 6 oz Cream of Tomato Soup w/ Saltine Crackers 1 c Turkey Tetrazzini ½ Carrots 1 sl Italian Bread ½ c Applesauce	5 1
8	9 1 Meatloaf w/ Gravy ½ c Mashed Potatoes ½ c Green Beans 1 Dinner Roll 4 oz Fruit Juice ½ c Vanilla Pudding	10 6	11 1 Potato Crusted Pollock ½ c Brown Rice ½ c Parslied Carrots 1 sl Rye Bread 1 pkt Tartar Sauce 1 Fresh Fruit Pineapple Tidbits	12
15 MLK BIRTHDAY  OFFICE CLOSED	16 3 oz Turkey w/ Gravy ½ c Mashed Yams ½ c Lima Beans 1 Dinner Roll ½ c Applesauce	17	18 Special Lunch: Pizza Bingo Lunch 4 cards \$5.00 \$1.00 per slice	19
22	23 1 c Cheese Baked Ziti ½ c Carrots ½ c Spinach 1 sl Italian Bread ½ c Pineapple Tidbits	24	25 1 c Crustless Turkey Pot Pie ½ c Brown Rice ½ c Green Beans 1 sl White Bread 1 Fresh Fruit	26
29	30 3 oz Curried Chicken Breast ½ c Brown Rice ½ c Broccoli 1 sl Wheat Bread ½ c Diced Pears	31		



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

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