

# 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)

## January 2025

Happy  
New Year

**Did you know?** January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.

### 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](mailto:dhebert@derbyct.gov)

##### Assistant Director/

##### Kitchen Manager:

Olga Capristo, BSW

Email: [ocapristo@derbyct.gov](mailto:ocapristo@derbyct.gov)

We will be closed on  
Wednesday, January 1st  
in observance of  
New Year's Day

And

Monday, January 20th  
in observance of  
Martin Luther King Day

### POINTS OF INTEREST

- The **Elderly Commission meeting** is held on the 1st Monday of every month at 3:00.
  - **Events Planning Committee** is on the 2nd Tuesday of every month at 9:00am (on hold).
  - The **Executive Board Meeting** is the 2nd Tuesday of the month immediately after the Events Planning Meeting at 10:00am.
  - **Medicare Counseling**—We have a trained CHOICES counselor available to assist you. Call the center to set up an appointment.
  - **Veteran's Services & Benefits** Please contact us at 203-736-1484 to set up an appointment with our Veteran's Counselor.
  - **Volunteers:** There are many opportunities available here at the center. Please let us know if anything is of interest to you. Your help is greatly appreciated.
- **ATTENTION:** When signing up for paid events, please write a separate check for each event or pay by cash. It is becoming increasingly difficult to track payments clumped together. Thank you in advance.
- **ATTENTION:** A Gentle reminder that Membership Renewals are due in January for last names that start with A-M Please renew if you have not already done so. Derby Residents \$6.00 Non-residents \$8.00.
- LOOKING AHEAD:** (more info to follow in future Newsletters).
- Our Valentine's Day Party** will be on Thursday, February 13th-- \$12.00pm—Pasta Fagioli or Chicken Orzo Soup, Tossed Salad, Bread, and Dessert. Entertainment by Paula Pettinella.





## WELCOME TO THE DERBY SENIOR CENTER

The Center's 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

**NEW! Creative Writing Workshop**—We have a member who will be leading this group on Fridays at 10:00am. Writing stimulates your imagination, thinking, and can heal your heart—So come join John & check out his class! Call to sign up.

**Lunch & Learn: "Makeup for Mature Women"**—Thursday, January 23rd 1:00pm—3:00pm Join Celebrity Make-up artist and educator, Joby Rogers, as he presents a 2.5-hour forum for women to experience and learn how to create a makeup style that compliments their personal features and skin tone. Participants will explore products and tools and 'must haves' for their personal makeup collection. There will be hands-on makeup demonstrations. Joby will not disappoint! Fee \$10.

**Noon Year's Hot Dog Bingo**—Tuesday, January 7th—12:00pm—\$2.00—Hot Dog, Sauerkraut, Baked Beans, Dessert /Beverage. Call to sign up. Space is limited. Registration required.

**ATTENTION:** Just a reminder, please do not come into the Center if you are experiencing any cold or flu symptoms or simply not feeling well. Please stay home and get better before returning!

**Please Note:** In the case of inclement weather please check WTNH Ch 8 news for updates on closings or delays. If Derby Schools are closed, we are closed. Any questions please call the center.



## MONTHLY REMINDERS

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

### NOTE:

If you know of anyone interested in learning more about what the Center has to offer, he/she is welcome to come to any of our activities and/or events as your 1-time guest or he/she may come on their own for a free week trial. Just check in at the office.

### Haircuts

Haircuts are on the 2nd Monday of the month—\$10 cash. Please call for an appointment.

Blood Pressure Screenings with Parish Nurse, Maggie Sessa, is on the 2nd Tuesday of the month.

Please remember to sign into the building when you enter.  
Thanks!

## MEALS / EVENTS

### "Noon" Year's Hot Dog Bingo

Tuesday, January 7th  
12:00pm  
\$2.00  
Hot Dog  
Sauerkraut  
Baked Beans  
Dessert & Beverage

\*\*\*Please note: Meals/Events must be signed up for by the Thursday before for an accurate count\*\*\*

### Senior Café

Tuesdays & Thursdays at 11:45  
\$3.00

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

## DIRECTOR'S CORNER

Hello friends,

I can't believe another year has come and gone! As we step into 2025, I extend my heartfelt appreciation for the support and kind words you have given us throughout the year. To our volunteers, you are the backbone of the Senior Center. Please know that we could not do this without your hard work. We are forever thankful for the time you have given us. You have made an unforgettable difference.

With the new year comes the time to make resolutions and set goals. For many people, health and fitness are at the top of the list. We have solutions to help you achieve that goal! There is a variety of FREE exercise classes to help increase stamina, strength and even promote balance to help prevent falls and potential injuries. We also have workout equipment for your

use on our lower level, free of cost, so there is no excuse not to try! We encourage you to attend one or more classes and see if it might be something you could incorporate into your weekly routine this New Year.

This month we are having a special "Noon Year's Hot Dog Bingo on January 7th". Array Rx will be here on January 16th, to explain a state discount drug program and help you to see if you can save money! A FREE lunch will be served. Our movie matinee will be on January 9th— "My Old Lady". On January 23rd, Joby Rogers will return for a new "Make-up for Mature Women" class. The cost is \$10.00 and will include lunch

On behalf of myself and the staff, we wish you all good blessings, health, and happiness in this New Year! See you soon!

*Best Regards, Dawn*

## ANNOUNCEMENTS

Movie Matinee—"My Old Lady"—Thursday, January 9th-1:00pm. A New Yorker (Kevin Kline) discovers that the vast Paris apartment he inherited from his estranged father is already occupied by a refined retiree (Maggie Smith) and her protective daughter (Kristin Scott-Thomas) who are not required to leave according to an ancient French Real Estate law.  
ArrayRx Discount Prescription Enrollment Event—January 16th, 1:00-3:00. A specialist will be here to help you compare costs at local pharmacies and show you how to maximize your savings.

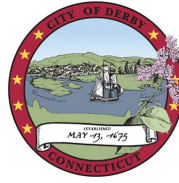
**ATTENTION:** Due to disruption, the Bingo group will not accept any admittance after 1:00pm. Also, please keep voices down during number calling so that everyone can hear the numbers. Thank you for your cooperation.

AARP Tax-Aide Program begins on February 6, 2025 and will be held every Thursday 9:00am-12:00pm BY APPOINTMENT ONLY—NO WALK-INS. Please pick up and fill out an Intake Sheet PRIOR to your appointment. You will be required to bring the following items to your scheduled appointment: a completed Intake Sheet, last year's income tax forms (i.e., 1099s, W-2s, etc.), a copy of last year's tax return, mortgage interest, charitable donations, medical and dental expenses, income or property taxes, your photo ID and Social Security card. Please see insert for further information.  
**Registration for appointments begins at 9:00 am on Monday, January 6th.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 <b>CLOSED</b></p>  <p><b>Happy New Year!</b></p>	<p>2</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café 1:00 CRAFT CLASS</p>	<p>3</p> <p>10:00 Grocery Shopping w/ VTD <b>10:00—NEW—Creative Writing Workshop</b> Call to sign up</p>
<p>6</p> <p>10:00 Chair Yoga 10:00-12:00 Haircuts 11:45– Strength Training with Bobbi</p>	<p>7</p> <p>10:00—Line Dancing 11:45—Senior Café <b>12:00-3:00 NOON YEAR'S HOT DOG BINGO</b> 1:00 Pool Billiards <b>10:00 - EXECUTIVE BRD. MTG.</b> 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>8</p> <p>9:30 Gentle Yoga 11:45– Strength Training with Bobbi</p> 	<p>9</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café <b>1:00—Movie Matinee—"My Old Lady"</b> 1:00 CRAFT CLASS</p>	<p>10</p> <p>10:00 Grocery Shopping w/ VTD <b>10:00—NEW—Creative Writing Workshop</b> Call to sign up</p>
<p>13</p> <p>10:00 Chair Yoga 11:45– Strength Training with Bobbi <b>1:00-Cardio Drumming-</b></p> 	<p>14</p> <p>10:00-12:00 Haircuts by Donna 10:00—Line Dancing 11:45—Senior Café <b>12:30 Blood Pressure Checks</b> 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>15</p> <p>9:30 Gentle Yoga 11:45– Strength Training with Bobbi</p>	<p>16</p> <p>9:30 Mahjongg 9:30 - Pinochle 10:00 Hook &amp; Needle Grp 10:30 Reiki (by appt)1:00 CRAFT CLASS 11:45—Senior Café <b>1:00 ArrayRX Enrollment</b></p>	<p>17</p> <p>10:00 Grocery Shopping w/ VTD <b>10:00—NEW—Creative Writing Workshop</b> Call to sign up</p>
<p>20</p> <p><b>CLOSED</b></p>  <p><b>MARTIN LUTHER KING DAY</b></p>	<p>21</p> <p>10:00-12:00 Haircuts by Donna 10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>22</p> <p>9:30 Gentle Yoga</p>  <p>11:45– Strength Training with Bobbi</p>	<p>23</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp <b>12:00 Lunch &amp; Learn—Joby Rogers—"Make-up for Mature Women"</b> 1:00 CRAFT CLASS</p>	<p>24</p> <p>10:00 Grocery Shopping w/ VTD <b>10:00—NEW—Creative Writing Workshop</b> Call to sign up</p>
<p>27</p> <p>10:00 Chair Yoga 11:45– Strength Training with Bobbi <b>1:00-Cardio Drumming</b></p>	<p>28</p> <p>10:00—Line Dancing 11:45—Senior Café— <b>1:00-3:00 Birthday Bingo—Oak Street Health</b> 1:00 Pool Billiards</p>	<p>29</p> <p>9:30 Gentle Yoga 11:45– Strength Training with Bobbi</p>	<p>30</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café 1:00 CRAFT CLASS</p>	<p>31</p> <p>10:00 Grocery Shopping w/ VTD <b>10:00—NEW—Creative Writing Workshop</b> Call to sign up</p>

# DERBY SENIOR CENTER

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Derby, CT 06418-1938



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SHELTON, CT  
PERMIT NO. 727

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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*

<b>"Tropicana Atlantic City"—2 shows and \$100 value back</b>	<b>Price \$331 pp dbl</b>	<b>February 18-20, 2025</b>
<b>"Irish Celebration, Andy Cooney</b>	<b>Price \$137</b>	<b>March 11, 2025</b>
<b>"Better in the Bronx"—Arthur Ave</b>	<b>Price: \$139</b>	<b>Date TBD</b>
<b>"Noah" in Lancaster—3 Day Tour</b>	<b>Price \$569 pp dbl</b>	<b>June 3-5, 2025</b>
<b>"Summer Breeze" Amarante's</b>	<b>Price \$85 Drive on Own</b>	<b>June 26, 2025</b>
<b>"The Beatles, Ticket to Ride" at Log Cabin</b>	<b>Price \$140</b>	<b>July 16, 2025</b>
<b>"Simon &amp; Garfunkel" at MGM</b>	<b>Price \$89</b>	<b>August 14, 2025</b>
<b>"Yesterday Once More" Carpenters</b>	<b>Price \$129</b>	<b>September 11, 2025</b>

**\*\*\*Stay tuned... more trips to come!\*\*\***