



DERBY SENIOR CENTER NEWS

Visit us at 293 Main Street, Derby, CT 06418 • Call us at 203.736.1484 • derbyctseniorcenter@gmail.com

February 2023

Happy Valentine's Day!



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

Dawn Hebert| Interim Director

Phone: 203-736-1484

Fax: 203-736-1486

Email: dhebert@derbyct.gov

Assistant Director

Phone: 203-736-1484

Fax: 203-736-1486

Email:



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:

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

JennsBlahBlahBlog.com

POINTS OF INTEREST

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

- ◆ 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.
- ◆ Valley Transit is offering Free Transportation through March 31st. If anyone is interested, please call Valley Transit the day before at 203-735-6408.

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

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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, February 21st - 12:30—2:30pm

Reiki—Thursdays by appointment only. Currently on hold.

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

VALENTINE'S LUNCHEON

Thurs., February 9th
Menu:

Penne, Meatballs,
Salad, Rolls & Dessert

\$10 per person

MUST RSVP & PAY BY
THE MONDAY PRIOR

FEBRUARY 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.

FEBRUARY ANNOUNCEMENTS

From the Director's desk:

Well the first month of 2023 is in the books and with the start of a new year comes new beginnings. So it is with a very heavy heart that I write that I am leaving Derby Senior Center on February 3rd. The timing wasn't the best because I would have liked more time to have said goodbye. It has truly been my pleasure to meet and work with you all! You are all like a second family to me, which made the decision even more difficult! Every single person has touched my heart in one way or another during our short time together. I will forever cherish the memories. I know that you will be in good hands and we will be working together in the future. I wish you all the best. Please stay happy and healthy and remember to always be kind! Hugs! Christine

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. Especially Helen Ploski who passed away on New Years Day at 103 years old. May God Bless her and her family!



DERBY SENIOR CENTER

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Derby, CT 06418-1938



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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

Atlantic City—Caesars with Simon & Garfunkel & The Carpenters Tribute Shows + slot bonus and meal vouchers	Price \$285 dbl, \$385 sgl, \$275 tpi	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
Italian Festival featuring "The Jersey Tenors"	Price \$114	April 13, 2023
"The Buddy Holly Story"	Price \$118	April 22, 2023
Stayin' Alive—Bee Gees at The Aqua Turf	Price \$118	May 22, 2023
"Moses" in Lancaster, PA	Price \$527 dbl, \$667 sgl, \$517 triple	May 23-25, 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi	2) 9:30 Mahjongg 9:30 Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café	3) 10:00 Grocery Shopping w/ VTD 10:00 Valentine Wreath Class (limited to 10) 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Rummikub
6) 10:00 Haircuts 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes 3:00—ELDERLY COMMISSION MEETING	7) 10:00—Tai Chi 11:45—Senior Café 1:00-3:00 Bingo	8) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi	9) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 12:00 —Valentine's Luncheon—Penne, Meatballs, \$10—sign up required	10) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Rummikub
13) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	14) 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE 10:00—Tai Chi 11:45—Senior Café 1:00-3:00 Bingo	15) 9:30-Gentle Yoga 11:45—Strength Training with Bobbi	16) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café—	17) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Rummikub
20) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	21) 10:00—Tai Chi 11:45—Senior Café 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo	22) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi	23) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:00-12:00 Heart Health Month 11:45—Senior Café—	24) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Rummikub
27) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	28) 11:00—Tai Chi 11:45—Senior Café 1:00-3:00- Birthday Bingo	1) MARCH 9:30-Gentle Yoga 11:45- Strength Training with Bobbi	2) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café	3) 10:00 Grocery Shopping with VTD 10:00 Shamrock Wreath Class (limited to 10) 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Rummikub

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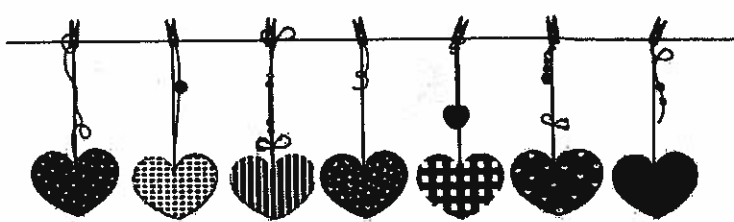
Derby Senior Center, Derby, CT

06-5354



FEBRUARY 2023 - SENIOR COMMUNITY CAFE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
♥HAPPY Valentine's DAY♥		1 1 c Macaroni & Cheese 1/2 c Mixed Greens 1/2 c Stewed Tomatoes 1 Dinner Roll 4 oz Assorted Fruit Juice 1 sl Pound Cake	2 6 oz Vegetable Soup w/ Crackers 3 oz Turkey w/ Gravy 1/2 c Butternut Squash 1 sl Wheat Bread 1 Fresh Fruit	3 8 ea Ravioli w/ Sauce 1/2 c Cauliflower 1/2 c Broccoli 1 sl Italian Bread 1/2 c Pineapple
6 6 ea Meatballs w/ Brown Gravy 1/2 c Whipped Potatoes 1/2 c Carrots 1 Rye Bread 1/2 c Peaches	7 3 oz Florentine Chicken 1/2 c Bow Tie Pasta 1/2 c Green Beans 1 Garlic Breadstick 1/2 c Mandarin Oranges	8 3 oz Pork Roast w/ Gravy 1/2 c Yams 1/2 c Collard Greens 1 Dinner Roll 1 Fresh Fruit	9 6 oz Mushroom Barley Soup w/ Crackers 1 Lasagna Roll 1/2 c Mixed Veggies 1 sl Italian Bread 1/2 c Applesauce	10 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
13 3 oz Sweet & Sour Pork 1/2 c Confetti Rice 1/2 c Green Beans 1 sl Wheat Bread 1/2 c Pineapple	14 Special Lunch: 3 oz Chicken Kiev 1/2 c Mashed Potatoes 1/2 c Green Beans 1 Dinner Roll 1 sl Red Velvet Cake 1/2 c Pears	15 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	16 6 oz Cream of Broccoli Soup w/ Crackers 4 ea Pollock Nuggets 1/2 Parslled Carrots 1 ea Tartar Sauce 1 sl Rye Bread 1 Fresh Fruit	17 1 c Vegetarian Chili 1/2 c Green Beans 1/2 c Mixed Veggies 1 Cornbread 1/2 c Pears
20  HAPPY PRESIDENT'S DAY Office Closed	21 3 oz Turkey w/ Gravy 1/2 c Mashed Potatoes 1/2 c Green Beans 1 Dinner Roll 1/2 c Applesauce	22 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	23 6 oz Vegetable Barley Soup w/ Crackers 3 oz BBQ Pork 1/2 c Mixed Greens 1 sl Wheat Bread 1 Fresh Fruit	24 2 ea Stuffed Shells 1/2 c Cauliflower 1/2 c Broccoli Florets 1 sl White Bread 1/2 c Mandarin Oranges
27 1 Herbed Chicken Quarter 1/2 c Baked Sweet Potatoes 1/2 c California Veggie Blend 1 Dinner Roll 1/2 c Pineapple	28 1 c Cheese Baked Ziti 1/2 c Broccoli 1/2 c Carrots 1 sl Italian Bread 1/2 c Peaches			

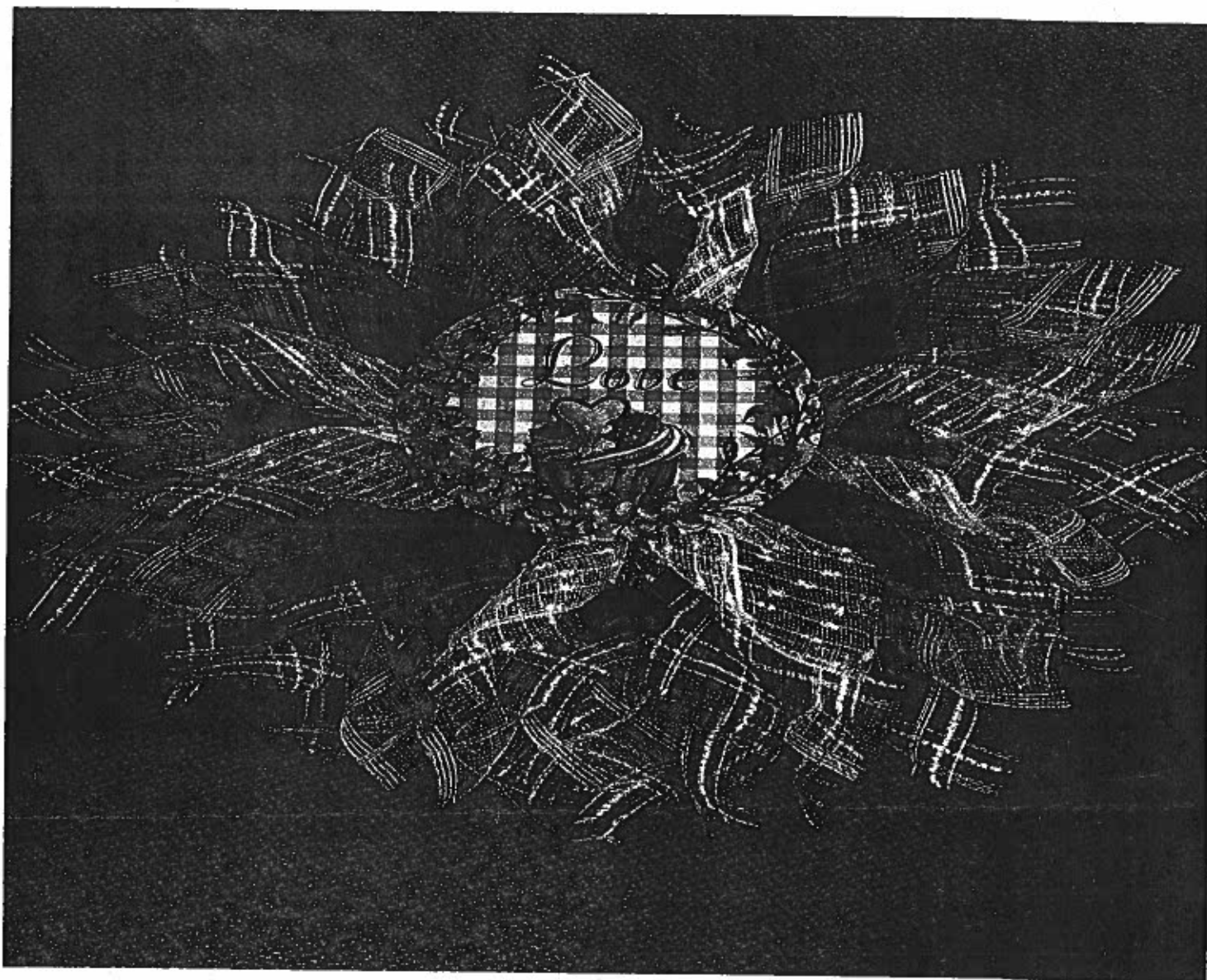
*****February is Heart Health Month*****

Please join us for an informational session and Blood Pressure check
provided by Naugatuck Valley Health Department on February 23rd from 10:00 – 12:00



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

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



VALENTINE'S WREATH CLASS WITH KATHY

WHEN: Friday, February 3rd

TIME: 10:00am

WHERE: Main room

COST: \$25.00 for supplies

RSVP: REQUIRED WITH PAYMENT TO RESERVE SPOT

*** Limited to 10 people***