



# 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)

## February, 2024



### HAPPY Valentine's Day!

#### 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:

**Olga Capristo, BSW**

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

##### Kitchen Manager:

**Olga Capristo, BSW**

**Email:** [ocapristo@derbyct.gov](mailto: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. If Derby schools are closed, we are closed.**

**\*\*\*Please note:** We will be closed on February 19th in observance of:



#### POINTS OF INTEREST

- The **Elderly Commission meeting** will be held on Monday, February 5th at 3:00.
- The **Executive Board Meeting** will be on Tuesday, February 13th 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** were 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:** Our **St. Patrick's Day Party** will be on Thursday, March 7th-Corned Beef & Cabbage, Potatoes, Carrots, Irish Soda Bread, & Dessert. \$12.00.
- **Tax season is upon us—AARP will once again be doing taxes** on Thursdays from 9:00am-12:00pm. Please call for an appointment.
- **TEAM is also doing taxes** through their VITA program. They are in need of volunteer greeter on Mondays, Tuesdays, and Wednesdays from 1:00pm-5:00pm. Please call 203-736-5420 if interested.



## 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

- ♦ **Cardio Drumming**—Join Cary and Maggie as they facilitate a drumming class utilizing an exercise ball, basket, and drumsticks. Participants will perform gentle warm-ups, learn basic drumming rhythms, and experience many health benefits such as, improved coordination, increased physical and mental fitness, reduce tension and anxiety, and strengthen your immune system. Classes are the 2nd, 3rd, & 4th Monday of each month from 1-2 pm. See insert for further 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 exciting, fun class!
- ♦ **Birthday Bingo**—February 27th at 1:00pm—sponsored by “Lord Chamberlain”. Come take a shot and win some great prizes in addition to cash!
- ♦ **Live Well Workshop: Living with Chronic Illness** sponsored by Griffin Health started 1/24 and occurs every Wednesday from 1-3 pm for 6 weeks. We still have some spots left so please call if you are interested in this FREE Health Management Class.
- ♦ **Quilting Class** has been changed from 11:00am on Fridays to 1:00pm. Come join Betty to learn the art of Quilting!
- ♦ **ZENTANGLE CLASS**—Friday, February 16th-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 cans are located in the upstairs and downstairs lobby.

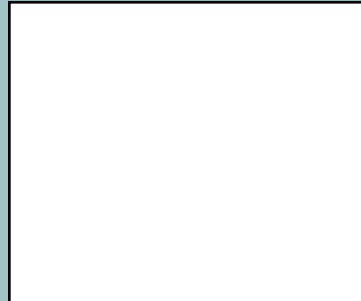
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## MONTHLY REMINDERS

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-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 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 center for an appointment.

Blood Pressure Screenings with Parish Nurse, Maggie Sessa—Tues, February 13th 12:30-2:30pm.

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

## DIRECTOR'S CORNER

Dear friends,

February is a time to recognize the special bonds we share with each other and our loved ones. We are so fortunate here at Derby Senior Center to have such wonderful, friendly, and welcoming members! Let's continue to celebrate the warmth and love that surrounds us by sharing a warm meal with friends, participating in an activity, learning something new, or simply supporting each other with a kind word or smile.

In celebration of Valentine's Day, we have some fun, festive activities planned! On Thursday, February 8th, we are having a Love Bug Luncheon & Bake Sale with Ziti, Homemade Meatballs and Sauce made by Marc Garofalo, Salad, Garlic Bread, Beverage and Dessert. Entertainment will be provided by Paula Pettinella. On Friday,

February 9th, we are having a special "Coffee And..." for a Creative Coloring Valentine Project. Come try something new but sign up early as space is limited! On Tuesday, February 13th, we have a Valentine Bingo with something special for everyone who wears red or pink and additional prizes for our winners. We wrap up Valentine's Day with our Movie Matinee on Thursday, February 15th—"Valentine's Day"! Hope to see all of you at all or some of these fun events!

Just a reminder, if Derby Schools are closed, we are closed to the public. The staff is here if you need to call us, unless if the City of Derby closes. See you soon!

Warmest Regards, *Dawn*



## MEALS

### Love Bug Luncheon & Bake Sale

Thursday, February 8th  
12:00pm—\$12.00

Ziti & Meatballs  
Salad, Garlic Bread  
Beverage & Dessert

Entertainment by  
**Paula Pettinella**

Marc's Sauce-to-go \$7.00



### Senior Café

Tuesdays & Thursdays at 11:45  
\$3.00

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

## FEBRUARY ANNOUNCEMENTS

### NEW! Creative Coloring Valentine Project—February 9th—Come

enjoy a relaxing social pastime while having "Coffee and..."

Valentine BINGO—February 13th—Receive a special Valentine Gift if you wear pink or red and additional prizes for winners!

Monthly Matinee—"Valentine's Day" Thursday, February 15th—An endearing ensemble comedy chronicling the ups, downs and unlikely situations encountered by a diverse group of Angelenos over the course of one Valentine's Day.

Diamond Art with Sue—held the last Friday of each month—February 29th, 1:00pm-limited to 10—\$8.00

Birthday BINGO—Tuesday, Feb. 27th — 1:00 - 3:00—Sponsored by Lord Chamberlain.

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.

**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.

**\*\*Please note:** We will be closed on February 19th in observance of President's Day.

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



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your Medicare Coverage?**

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MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM

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Derby Senior Center, Derby, CT

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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>Please Note:</b></p> <p>Strength Training with Bobbi is on hold this month and will return Monday &amp; Wednesdays in March.</p>	<p>The DSC staff will be facilitating a <b>Special Workout</b> (a DVD-based Program to keep you fit during Bobbi's absence).</p> <p><b>YOU MUST CALL THE CENTER TO SIGN UP FOR THIS EXERCISE PROGRAM.</b></p>	<p><b>Stronger Seniors Stretch &amp; Strength Chair Exercises</b> A DVD-based program to increase mobility, strength, and endurance that will enhance your ability to function in daily life. Call to Sign Up.</p>	<p><b>1</b> 9:00-12:00 AARP Tax Prep 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 11:45—Senior Café call to sign up.</p>	<p><b>2</b> 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 1:00 Quilting Class <b>*NEW TIME</b> 1:30—Coffee Chat Social Call to sign up</p>
<p><b>5</b> 10:00 Chair Yoga 11:45— Stronger Seniors <u>Stretch Workout</u>-Call to sign up  10:00-12:00 Haircuts by Donna  3:00—ELDERLY COMMISSION MEETING</p>	<p><b>6</b> 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</p>	<p><b>7</b> 9:30 Gentle Yoga 11:45— Stronger Seniors <u>Strength Workout</u>-Call to sign up 1:00—Wii Sports &amp; More 1:00—3:00 “Living with Chronic Illness” sponsored by Griffin Health</p>	<p><b>8</b> 9:00-12:00 AARP Tax Prep 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 12:00 Love Bug Lunch-Ziti &amp; Meatballs \$12.00—Entertainment by Paula Pettinella</p>	<p><b>9</b> 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose—<b>CANCELLED</b> 10:00—Coffee And...Creative Coloring Valentine Project— Call early—limited to 12 1:00 Quilting Class <b>*NEW TIME</b></p>
<p><b>12</b> 10:00 Chair Yoga 11:45— Stronger Seniors <u>Stretch Workout</u>-Call to sign up  1:00-Cardio Drumming</p>	<p><b>13</b> 10:00—Tai Chi—Qigong 11:45—Senior Café 12:30-2:30—Blood Pressure Check 1:00-3:00 Valentine Bingo 1:00 Pool Billiards League</p>	<p><b>14</b> 9:30 Gentle Yoga 11:45— Stronger Seniors <u>Strength Workout</u>-Call to sign up 1:00—Wii Sports &amp; More 1:00—3:00 “Living with Chronic Illness” sponsored by Griffin Health</p>	<p><b>15</b> 9:00-12:00 AARP Tax Prep 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 10:30 Reiki (by appt) 1:00 Monthly Matinee— “Valentine’s Day”</p>	<p><b>16</b> 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Maryrose 1:00—Zentangle 1:00 Quilting Class <b>*NEW TIME</b></p>
<p><b>19</b> </p>	<p><b>20</b> 10:00—Tai Chi —Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League</p>	<p><b>21</b> 9:30 Gentle Yoga 11:45— Stronger Seniors <u>Strength Workout</u>-Call to sign up 1:00—Wii Sports &amp; More 1:00—3:00 “Living with Chronic Illness” sponsored by Griffin Health</p>	<p><b>22</b> 9:00-12:00 AARP Tax Prep 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 11:45—Senior Café—</p>	<p><b>23</b> 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 1:00 Quilting Class <b>*NEW TIME</b> 1:30—Coffee Chat Social Call to sign up</p>
<p><b>26</b> 10:00 Chair Yoga 11:45— Stronger Seniors <u>Stretch Workout</u>-Call to sign up  1:00-Cardio Drumming</p>	<p><b>27</b> 10:00—Tai Chi —Qigong 11:45—Senior Café 1:00 Pool Billiards League  1:00-3:00 Birthday Bingo sponsored by Lord Chamberlain  ATLANTIC CITY TRIP</p>	<p><b>28</b> 9:30 Gentle Yoga 11:45— Stronger Seniors <u>Strength Workout</u>-Call to sign up 1:00—Wii Sports &amp; More 1:00—3:00 “Living with Chronic Illness” sponsored by Griffin Health</p>	<p><b>29</b> 9:00-12:00 AARP Tax Prep 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 11:45—Senior Café— 1:00—Diamond Art</p>	<p><b>MONDAY—FRIDAY</b> 9:00-3:30 Self-Led Ping Pong Pool Billiards Darts Open Exercise</p>

**Did you know? President's Day never falls on the actual birthday of any American President. Four chief executives—George Washington, William Henry Harrison, Abraham Lincoln, and Ronald Reagan were born in February, but their birthdays all come either too early or late to coincide with Presidents' Day, which is always celebrated on the third Monday of the month.**

# DERBY SENIOR CENTER

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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	Feb 27-29, 2024
Botanical Gardens Orchid Flower Show	Price \$124	March 27, 2024
Newport Playhouse & Cabaret "The Ladies Foursome"	Price \$129	April 3, 2024
Elton John Tribute, Bolton, CT	Price:\$116	April 25, 2024
Neil Diamond-Aqua Turf	Price \$124	May 14, 2024
Jimmy Buffet Tribute / Lobster at Log Cabin or Prime Rib	Price \$129	July 10, 2024

### LONG TRIPS —

Southern Charm—Collette

Price: \$2999pp/double \$3999 single April 15-21, 2024

Please Check our Facebook Page for New Trips To Come!



# February is **Heart Health** Month

**The Naugatuck Valley Health District  
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**Tuesday, February 13th 12-1:30 pm**

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## Join Our Senior Citizen Drumming Class

Connect with other seniors and drum your way to better health at the Senior Citizen Drumming Class!

Participants will perform gentle warm-ups, learn basic drumming rhythms, and experience the health benefits of:

- **Improved coordination**
- **Increased physical and mental fitness**
- **Reduced tension and anxiety**
- **Strengthened immune system**

**Classes are the second, third and fourth Monday of each month.**

**TIME: 1pm – 2pm**

**LOCATION: Derby Senior Center 293 Main St, Derby, CT 06418**

To sign up or for more information,  
contact Dawn at the Derby Senior Center  
Phone: (203) 736-1484





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

**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).



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**Thursday March 21, 2024**

**1:30-3:30 pm**

**Derby Senior Center**

**This 2 year certifying course teaches the basics of CPR for Adults, Children and Infants, Use of an Automated External Defibrillator and Relief of a Foreign Body/Choking.**

**Participants will receive a book and 2 year certification.**

**Registration required through Dawn Hebert at the Senior Center**

**Cost: \$35 per person**

**\*\*\*In order to complete the course, participants must be able to demonstrate skills on the manikin on the floor.**



This program made possible through the support from Griffin Hospital and  
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**February 16-25**

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- Special ticket pricing for groups of 10 or more: \$31/person
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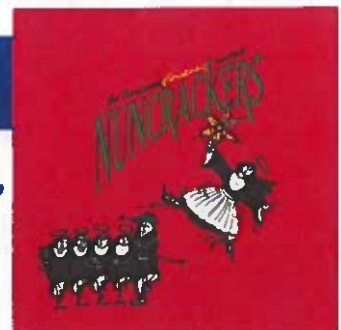
Visit our website at [centerstageshelton.org](http://centerstageshelton.org), email [colleen@centerstageshelton.org](mailto:colleen@centerstageshelton.org) or call [203-225-6079](tel:203-225-6079) to purchase tickets

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# FEBRUARY 2024 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>To love abundantly is to live abundantly, and to love forever is to live forever.</i></p> <p>~ Henry Drummond ~</p> <p><b>HAPPY VALENTINE'S DAY</b></p>			<p><b>1</b></p> <p><i>Team Lunch Cancelled</i></p>	<p><b>2</b></p>
<p><b>5</b></p>	<p><b>6</b></p> <p><i>Team Lunch Cancelled</i></p>	<p><b>7</b></p>	<p><b>8</b></p> <p><i>Love Bug Lunch Ziti/meatballs \$12.00 Entertainment by Paul Pettinella</i></p>	<p><b>9</b></p>
<p><b>12</b></p>	<p><b>13</b></p> <p>1 Meatloaf w/ Gravy ½ c Mashed Potatoes ½ c Green Beans 1 Dinner Roll 4 oz Fruit Juice ½ c Vanilla Pudding</p>	<p><b>14</b></p>	<p><b>15 Special Lunch:</b> 6 Beef/Chicken Sweet &amp; Sour Meatballs ½ c Mashed Potatoes ½ c Sliced Carrots 1 Wheat Roll 4 oz Fruit Juice ½ c Vanilla Pudding</p>	<p><b>16</b></p>
<p><b>19</b></p> <p><b>OFFICE CLOSED</b></p>  <p><b>PRESIDENT'S DAY</b></p>	<p><b>20</b></p> <p>3 oz Turkey w/ Gravy ½ c Mashed Yams ½ c Lima Beans 1 Dinner Roll ½ c Applesauce</p>	<p><b>21</b></p>	<p><b>22</b></p> <p>6 oz Navy Bean Soup w/ Saltine Crackers 3 oz BBQ Pork ½ c Corn O'Brien 1 Dinner Roll 1 Fresh Fruit</p>	<p><b>23</b></p>
<p><b>26</b></p>	<p><b>27</b></p> <p>1 c Cheese Baked Ziti ½ c Carrots ½ c Spinach 1 sl Italian Bread ½ c Pineapple Tidbits</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>1 c Crustless Turkey Pot Pie ½ c Brown Rice ½ c Green Beans 1 sl White Bread 1 Fresh Fruit</p>	



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

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