



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

February 2025



Did you know? In the Middle Ages, it was believed that February 14 was the start of birds' mating season. Geoffrey Chaucer cemented the connection between Valentine's Day, birds and romance with his 1375 poem "Parliament of Foules," writing, "For this was on Seynt Valentynes day, / Whan every foul cometh ther to chese his make."

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/

Kitchen Manager:

Olga Capristo, BSW

Email: ocapristo@derbyct.gov

We will be closed on
Monday, February 17th
in observance of



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 10:00am (on hold till March).
 - 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 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. If you do not wish to renew, please contact us to be removed from our mailing list. Thank you.
- LOOKING AHEAD:** (more info to follow in future Newsletter).
St. Patrick's Day Luncheon—catered by Matteis Deli. Thursday, March 13th, 12:00pm. \$15.00—**sign-ups start 2/10/25.**
Vet Care Everywhere—March 14th low-cost wellness checks & more!



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—Fridays at 10:30am. Writing stimulates your imagination, thinking, and can heal your heart—So come join John & check out his class! Call to sign up.

Heart Health with Naugatuck Valley Health Department—Tuesday, February 4th 11:00am-1:00pm. Blood pressure checks, recipes, free resources and more!

Zentangle—Join Rose Marie to nourish your creativity—Friday, February 7th—1:00pm.

Oakley Home Access will be here on Tuesday, February 18th to pass out pamphlets and answer any questions you have about Home Accommodations that will help keep you in your home as you age.

Collette Trip Presentation—Thursday, February 27th FREE Lunch—join Tracy and Rosemarie as they present *California Dreamin'*—September 15-22, 2025—Monterey, Yosemite & Napa Valley as well as *Southern Italy & Sicily*—November 7-19-2025—Taormina, Matera, and the Amalfi Coast.

Movie Matinee—"Letters to Juliet"—Thursday, February 20th-1:00pm—While visiting Verona, Italy, with her busy fiancé, a young woman, Sophie, visits a wall where the heartbroken leave notes to Shakespeare's tragic heroine, Juliet Capulet. Finding one such letter from 1957, Sophie decides to write to its now elderly author, Claire.

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Come join our worship services during the Lenten Season

WORSHIP AT 10AM

**Special service on Palm Sunday and Maudy Thursday*



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Fellowship and coffee after all services



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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-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!

DIRECTOR'S CORNER

Hello friends,

Happy Valentine's Day! As we celebrate love and affection, please welcome our new members, and help them navigate the senior center and/or any programs or events that they attend. A friendly smile and a little kindness go a long way.

We have some fun, festive activities planned for you! On Thursday, February 13th, we celebrate Valentine's Day by sharing hot soup made by Marc Garofalo at our **Love Bug Luncheon**. Entertainment will be provided by Paula Pettinella.

On Tuesday, February 11th, we have a **Valentine Bingo** with a Special Free Raffle for everyone who wears red or pink.

We wrap up Valentine's Day with our **Movie Matinee**, "**Letters to Juliet**", a romantic comedy-drama, on Thursday, February 20th.

On Thursday, February 27th, **Collette Travel** will be here to

present upcoming trips for this year. There is a **FREE Lunch** for anyone who wishes to attend.

Next month on March 14th, Vet Care Everywhere will be here to offer low-cost pet wellness checks, vaccines, and other services. The deadline to register is March 10th but spots go quickly so please register early.

Reminder: AARP is here to do taxes free of charge on Thursdays from 9:00am-12:00pm. We still have some spots left so call the center if you would like to make an appointment.

Check out the rest of this newsletter for all our events and activities. We hope to see you attend those that interest you.

Just a reminder, if Derby Schools are closed, we are closed to the public. The staff is here if you need to call us. If the City of Derby closes, staff will not be here. See you soon!

Warmest Regards, Dawn

MEALS / EVENTS

Love Bug Luncheon

Thursday, February 13th, 2025
At noon

Pasta Fagioli Soup
Chicken Orzo Soup
Salad
Italian Bread/Butter
Coffee/Dessert

\$12.00

Entertainment provided by
Paula Pettinella

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

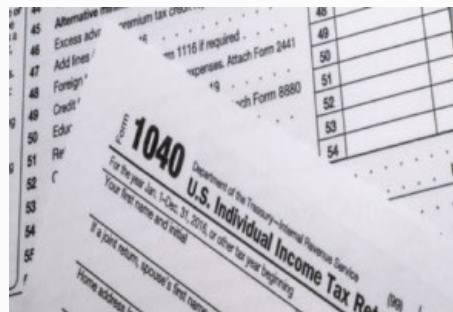
Senior Café

Tuesdays & Thursdays at 11:45
\$3.00

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

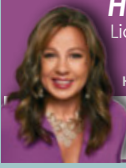
ANNOUNCEMENTS

- Valentine BINGO**—Tuesday, February 11th—Wear Red or Pink to be entered into a Special Raffle.
- Birthday BINGO**—sponsored by Lord Chamberlain—February 25th—1:00-3:00
- Tax season is upon us**—AARP will once again be doing taxes on Thursdays from 9:00-12:00 pm. Please call for an appointment.



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! **We have Free Cloth Masks, and Free Covid Test Kits**—thanks to the Naugatuck Valley Health Department. Stop by the office while supplies last.

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your Medicare Coverage?**
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- Chronic Pain

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- Balance
- Core Health
- Mobility
- Independent Living
- Pain
- Urinary Incontinence
- Physical Rehabilitation

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

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Derby Senior Center, Derby, CT

06-5354

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Chair Yoga 11:45- Strength Training with Bobbi 3:00—ELDERLY COMMISSION MEETING	4 10:00 CRAFT CLASS 10:00—Line Dancing 11:00-1:00-NVHD Heart Health Month 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards	5 9:30 Gentle Yoga 11:45- Strength Training with Bobbi	6 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café	7 10:00 Grocery Shopping w/ VTD 10:30—NEW—Creative Writing Workshop Call to sign up 1:00—Zentangle
10 10:00 Chair Yoga 10:00-12:00 Haircuts 11:45- Strength Training with Bobbi 1:00-Cardio Drumming- 	11 10:00 CRAFT CLASS 10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Valentine Bingo 1:00 Pool Billiards 10:00 - EXECUTIVE BRD. MTG.-ON HOLD 12:30 Blood Pressure Checks 1:00-3:00 Bingo 1:00 Pool Billiards 	12 9:30 Gentle Yoga 11:45- Strength Training with Bobbi  1:00—Decorating Club Set up for luncheon	13 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-Love Bug Valentine's Day Luncheon	14 10:00 Grocery Shopping w/ VTD 1:30—Coffee Chat Social Call to sign up 10:30—NEW—Creative Writing Workshop Call to sign up 
17 CLOSED 	18 10:00 CRAFT CLASS 10:00—Line Dancing 11:00-1:00-Oakly Home Access 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards ATLANTIC CITY	19 9:30 Gentle Yoga 11:45- Strength Training with Bobbi ATLANTIC CITY	20 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café 1:00—Movie Matinee ATLANTIC CITY	21 10:00 Grocery Shopping w/ VTD 10:30—NEW—Creative Writing Workshop Call to sign up
24 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming	25 10:00-12:00 Haircuts by Donna 10:00 CRAFT CLASS 10:00—Line Dancing 11:45—Senior Café 12:00-TEAM Nutrition Class 1:00-3:00 Birthday Bingo—Lord Chamberlain 1:00 Pool Billiards	26 9:30 Gentle Yoga  11:45- Strength Training with Bobbi	27 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45-Senior Café FREE for attendees to below: 12:30—Collette Tours—Trip Presentations 	28 10:00 Grocery Shopping w/ VTD 10:30—NEW—Creative Writing Workshop Call to sign up



California Dreamin' Featuring Monterey, Yosemite & Napa- September 15-22, 2025—8 Days, 12 Meals

Southern Italy and Sicily- November 7-19, 2025 13 Days, 20 Meals

Also- SNEAK PEEK AT 2026- Spain and Portugal for April 2026 and British Landscapes featuring Edinburgh, York and Wales for Sept. 2026

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

"Harrah's Atlantic City"—2 shows and \$100 value back	Price \$331 pp dbl	February 18-20, 2025
"Irish Celebration, Andy Cooney	Price \$137	March 11, 2025
"Noah" in Lancaster—3 Day Tour	Price \$569 pp dbl	June 3-5, 2025
"Summer Breeze" Amarante's	Price \$85 Drive on Own	June 26, 2025
"The Beatles, Ticket to Ride" at Log Cabin	Price \$140	July 16, 2025
"Simon & Garfunkel" at MGM	Price \$89	August 14, 2025
"Yesterday Once More" Carpenters	Price \$129	September 11, 2025
"Better in the Bronx"-Arthur Ave	Price: \$139	September 23, 2025
"California Dreamin'"	Price \$3,999 Double	September 15-22, 2025
"Southern Italy & Sicily"	Price \$4,979 Double	November 7-19, 2025

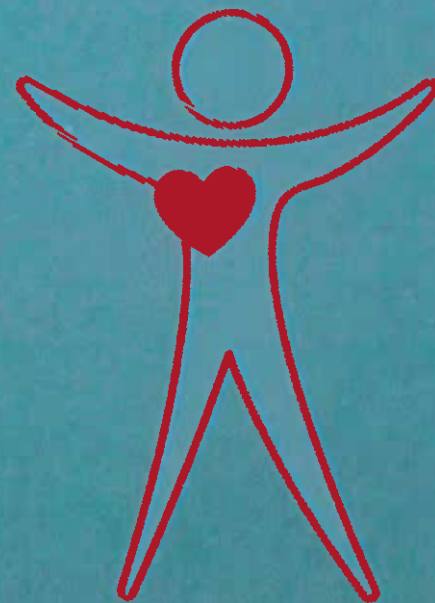
February is Heart Health Month



**The Naugatuck Valley
Health District
will be here!**

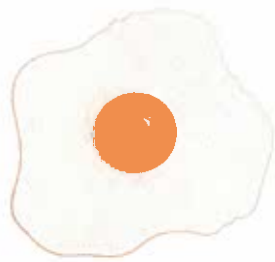
Derby Senior Center
Tuesday, February 4th from 11am-1pm

***Blood pressure readings,
recipes, free resources and
more!***



The Power of Protein

Join us to discuss ways of incorporating protein into your diet



When: Tuesday February 25, 2025

Time: 12:00pm

Place: Derby Senior Center

Derby Senior Center

2025 Day / Overnight Trips

NEW "Guys and Dolls" at Center Stage	\$34	February 28, 2025
Price based on 15 sign-ups. May be higher if minimum not met.		
"Irish Celebration", Andy Cooney-Log Cabin	\$137	March 11, 2025
NEW Neil Meets the Eagles and MGM Springfield	\$89	May 22, 2025
50% off all meals at MGM Food Court (age 50 or older)		
"Noah" in Lancaster—3 Day Tour	\$569 pp dbl	June 3-5, 2025
"Summer Breeze" Amarante's--Drive on Own	\$85	June 26, 2025
"The Beatles, Ticket to Ride" at Log Cabin	\$140	July 16, 2025
"Simon & Garfunkel"-Church Theatre & MGM	\$89	August 14, 2025
50% off all meals at MGM Food Court (age 50 or older)		
"Yesterday Once More" Carpenters-Farmington Polo Club	\$129	September 11, 2025
"Better in the Bronx"-Arthur Ave	\$139	September 23, 2025
"Tropicana Atlantic City"	\$343	October 28-30, 2025
\$50 slot bonus/\$50 meal voucher/2 shows		
"Rock This Town Orchestra" Christmas Show-Aqua Turf	\$89 drive on own	December 8, 2025



Presents



GUYS AND DOLLS

February 15-March 2

Music and Lyrics by Frank Loesser

Book by Jo Swerling and Abe Burrows

Set in Damon Runyon's mythical New York City, *Guys and Dolls* is an oddball romantic comedy. Gambler, Nathan Detroit, tries to find the cash to set up the biggest craps game in town while the authorities breathe down his neck; meanwhile, his girlfriend and nightclub performer, Adelaide, laments that they've been engaged for fourteen years. Nathan turns to fellow gambler, Sky Masterson, for the dough, and Sky ends up chasing the straight-laced missionary, Sarah Brown, as a result. *Guys and Dolls* takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City, but eventually everyone ends up right where they belong.

\$34 Group Rate (based on 15 minimum)

**Contact Derby Senior Center for tickets and further
information. 203-736-1484**

Derby Senior Center

2025 TOURS



For more information or for a detailed itinerary please contact Rose Marie Travel at (203)446-9150 or stop by the center to pick up a brochure.

California Dreamin' Featuring Monterey, Yosemite & Napa- September 15-22, 2025

8 Days, 12 Meals

This is the essence of Northern California, from fine wine and freshly caught seafood to vibrant cities and nature on an epic scale. Discover Monterey's Fisherman's Wharf, Old Sacramento and Pier 39 in San Francisco. Witness the stunning views along 17-Mile Drive. Meet a local farmer and visit an almond orchard. Enjoy an olive oil tasting and lunch during an informative presentation. Marvel at the unspoiled beauty of Yosemite National Park. Glide on the pristine waters of Lake Tahoe on a classic yacht. Sip local wines in Napa Valley and enjoy a farm-to-table lunch. Embrace the laid-back life of the Golden State.

Go to <https://gateway.gocollette.com/link/1322029> to see the full details!

Southern Italy and Sicily- November 7-19, 2025

13 Days, 20 Meals

Journey through a crossroads of civilizations in Sicily and on to the spectacular coastlines of Southern Italy. Uncover Sicily's capital Palermo and its Moorish and Norman influences. Explore Agrigento's ancient Valley of the Temples and the Ancient Roman mosaics of Piazza Armerina. Travel to the historic hilltop town of Taormina. Visit a local winery for a wine tasting and agriturismo dinner. Venture to the ancient cave dwellings of Sassi di Matera. Explore Sorrento and stunning Positano, the pearl of the Amalfi Coast. Walk in the footsteps of ancient Romans in the excavated Pompeii. Allow the unique culture to capture your heart and get a glimpse into an age-old heritage composed of ancient monuments and cultivated lands. Go to <https://gateway.gocollette.com/link/1274301> to see full details!

Also- SNEAK PEEK AT 2026- Spain and Portugal for April 2026 and British Landscapes featuring Edinburgh, York and Wales for Sept. 2026, more details and presentations TBA.



FEBRUARY 2025 - SENIOR COMMUNITY CAFÉ



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

♥ Happy Valentines Day ♥

"All you need is love. But a little chocolate now and then doesn't hurt."

—CHARLES M. SCHULZ

3

4 1 Herbed Chicken Leg Quarter
½ c. Confetti Brown Rice
½ c. Capri Vegetables
1 sl. Rye Bread
½ c. Diced Pears

5

6 6 oz Split Pea Soup
1 each Meatloaf w/Tomato Gravy
½ c. Whipped Potatoes
1 Dinner Roll
½ c. Pineapple Tidbits

7

10

11 3 oz Sweet & Sour Breaded Chicken
½ c. Confetti Brown Rice
½ c. Broccoli
1 Sl. Wheat Bread
½ c. Pineapple Tidbits

12

13 Special Love Bug Luncheon
Pasta Fagioli Soup
Chicken Orzo Soup
Salad
Italian Bread/Butter
Coffee/Dessert
\$12.00

14

17

OFFICE CLOSED



PRESIDENT'S DAY

18 3 oz Honey Mustard Pork
½ c. Baked Pinto Beans
½ c. Cabbage
1 Sl. Wheat Bread
1 Fudge Brownie

19

20 1 c. Turkey Chili
½ c. Corn O'Brien
½ c. Mixed Greens
1 Cornbread Muffin
½ c. Diced Pears
1:00 Movie Matinee
"Letters to Juliet"

21

24

25 6 Beef/Chicken Meatballs (.5oz)
½ c. Bowtie Noodles
½ c. Tossed Salad
1 Sl. Wheat Bread
Fresh Seasonal Fruit

26

27 6 oz Cream of Broccoli Soup
1 Hamburger Patty
1 Sl. American Cheese
½ c. Crinkle Cut Fries
1 Hamburger Bun
Fresh Seasonal Fruit
12:30-Collette Travel Presentation

28



30 ELIZABETH STREET, DERBY, CT 06418 - 736-5420

MENUS SUBJECT TO CHANGE DUE TO AVAILABILITY - All meals include milk and margarine.