



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

March 2023

HAPPY ST. PATRICK'S DAY!

Did you Know? Derby's Population was 12,325 at the 2020 Census?

CENTER INFO

Hours of Operation:

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

Any changes will be posted.

Our Staff:

Dawn Hebert, L-MSW |

Interim Executive Director

Phone: 203-736-1484

Fax: 203-736-1486


Email: dhebert@derbyct.gov

Daniel Sexton

Assistant Director

Phone: 203-736-1484

Fax: 203-736-1486

 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:

MAY YOUR TROUBLES
BE LESS
AND YOUR
Blessings
BE MORE
AND NOTHING BUT
HAPPINESS
COME THROUGH YOUR
door

POINTS OF INTEREST

- The **Elderly Commission** meeting will be held on Monday, March 6th at 3:00pm.
- The **Executive Board Meeting** is on Tuesday, March 14th at 10:00am followed by **Events Planning Committee**
- Maggie, our **Parish Nurse** from Griffin Hospital will be here for blood pressure checks on Tuesday, March 21st, 12:30-2:30pm
- **Medicare Counseling** is available for those of you who have questions about 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. Please pay your membership dues

in order to continue to receive the newsletter.

Residents—\$6,
non residents —\$8

Volunteers: There are many opportunities available here at the center. Please see the insert and let us know if anything is of interest to you. Your help would be greatly appreciated.

Survey: I have included a survey on the insert to find out what may be of interest to our members so that we can offer new programs at our center. It is anonymous, but it would really help with future planning.





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

- ◆ There have been a lot of changes here at the center. Sadly, Christine has left her Director position in Derby. She will be missed but we wish her well as the Director of The Ansonia Senior Center.
- ◆ Dawn Hebert, the previous Assistant Director, is now the Interim Director and Daniel Sexton is the Assistant Director. We look forward to our new roles and to being of service to our members.
- ◆ We have a variety of games at the center, such as , Monopoly, Chess, Dominoes, and more. Call your friends and join us for "Game Time" on Mondays and/or Fridays at 1:00! Call the center to sign up.
- ◆ **Nutrition Ed**—Tues, 3/21/23—Join us for an inform-

ative class to learn more about good nutrition.

- ◆ **"Reiki Healing"** is back on Thursdays beginning at 10:30am. Reiki is used to reduce stress, promote relaxation, and restore physical, mental, and emotional health. Call the center for an appointment.
- ◆ **Events Planning Group**--We are looking for members to join our Events planning group. The group meets on the 2nd Tuesday of the month following the Executive Board meeting (app. 11am). This group assists with special events, menu planning, new program ideas, event decorating, etc. If interested, please contact the center or stop into a meeting. All are welcome.

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

Direct: 203-693-7030 Cell: 203-535-7428

tyler.machie-marsh@bankerslife.com



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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 at (203)736-1484 to set up an appointment with our Veteran Counselor, Gabor Kautzneron.

Parish Nurse Blood Pressure Screenings—Tuesday,

March 21st - 12:30—2:30pm

Reiki is Back!—Thursdays by appointment only.

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

LEPRECHAN LUNCHEON

Thurs., March 16th
Menu:

Corned Beef, Cabbage,
Potatoes, Carrots, Salad
& Crème de Menthe
Brownie for Dessert

\$15 per person

MUST RSVP & PAY BY
THE MONDAY PRIOR

MARCH CENTER UPDATES

Gardening Group—We are in need of forming a garden group to vamp up our court yard. If interested in leading this group or joining, please call the center.

Collette Tours Presentation—"Tuscany" and "Cowboy Country"—Wed. March 8th at 12:30

Lunch & Learn—Drazen Law Firm—"Empowerment Through Planning" Thursday, 3/23/23 at 12:30.

"Slime Birthday Bingo" — Thursday, 3/28 1:00—Come enjoy Sensory Play and Bingo hosted by "The Vault Slime Lab" in Seymour. You will experience the therapeutic world of slime with its crackling, popping, stretching & bubble making techniques! Participants receive a free sample of slime to keep, and the Bingo winners receive a \$20 Walmart Gift Card!

AARP Safe Driving Course—Thursday, March 30th, 12:30-4:30

Volunteers: if interested in volunteering please see the insert for opportunities

PINOCLE—We have members interested in playing but we are in need of a few more—Group meets Thursdays—please call if interested in joining them.

The Knitting & Crochet Group can always use donations of yarn for special projects that they are working on. Please drop off donations at the center during business hours.

IMPORTANT:

Trips MUST be paid within 5 days of booking unless otherwise stated.

Special Craft Programs MUST be paid for by the Friday prior to the class.

MARCH ANNOUNCEMENTS

From the Interim Director's desk:

Wow, The New Year has started off with many changes, beginning with our Director, Christine leaving us to take a position at the Ansonia Senior Center. We had a nice send-off party for her. I thank everyone who brought something, Brenda for the beautiful cake, and everyone for keeping it a secret. She was so Surprised! We will miss her but wish her all the best in her new position.

Picking up where she left off, as she was asking for suggestions for new activity programs, I have enclosed an anonymous survey in which I have listed some ideas I have, along with suggestions I have received. Please take a few minutes to fill this out and send it back to the center or you may bring it in and put it in our suggestion box in the upstairs lobby. You may also add any recommendations you may have that are not on the list. It is my hope that with nicer weather coming, more members will be out and about and want to try

something new.

Speaking of something new, did you know that we have many volunteer opportunities here at the center? You can donate your time in exchange for a healthy boost to your self-esteem and life satisfaction? Volunteering also improves physical and mental well-being while warding off loneliness. It provides a natural sense of accomplishment and can also help you meet new friends! Please see the insert for a list of opportunities and contact us if anything interests you!

Best Regards,
Dawn Hebert

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



**WE MAKE A LIVING
BY WHAT WE GET.
BUT WE MAKE A LIFE
BY WHAT WE GIVE.**

- WINSTON CHURCHILL

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 St. Patrick's Day Wreath Class (limited to 10) 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Game Time
6) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Game Time 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 12:30 Collette Tours Presentation—Tuscany and "Cowboy Country"	9) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp	10) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Game Time *Daylight Savings Time Sunday March 12th
13) 10:00 Haircuts 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Game Time	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) 12:00 —Leprechaun Luncheon—Corned Beef Dinner \$15—David Grant Catering—sign up is required	17) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:00—Game Time
20) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Game Time	21) 10:00—Tai Chi 11:45—Senior Café 12:00—Nutrition Ed 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo	22) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 12:30 Lunch & Learn with Drazen Law Firm	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—Game Time
27) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Game Time	28) 11:00—Tai Chi 11:45—Senior Café NEW! 1:00—Slime Birthday Bingo	29) 9:30-Gentle Yoga 11:45- Strength Training with Bobbi	30) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café 12:30-4:30—AARP Safe Driving Course	31) 10:00 Grocery Shopping with VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Game Time

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DERBY SENIOR CENTER

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Derby, CT 06418-1938



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Email:

DerbyCTSeniorCenter@gmail.com

Fax: (203) 736-1486

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

Irish Show with Andy Cooney at the Log Cabin	Price \$115	March 13th, 2023
"Cher" at The Carriage House	Price \$96	April 6, 2023
"The Jersey Tenors" Italian Festival	Price \$114	April 13, 2023
"The Buddy Holly Story"	Price \$118	April 22, 2003
Ocean City Maryland; 4 Days - 3 Nights Shared Trip with Shelton	Price \$669 dbl	May 14-17, 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
"Boston with Spirit" Luncheon Cruise *NEW*	Price \$154	June 15, 2023

LONG TRIPS

Bluegrass Country & Smokey Mountains	Price \$3149pp/dbl, \$4049 single	April 27– May 5, 2023
America's Cowboy Country *NEW*	Price \$3699pp/dbl, \$4699 pp/single	Sept. 21-28, 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

Derby Senior Center Survey

Please take a few minutes to complete this survey.

It will help us to better serve you in future programming. You can mail it back to us at 293 Main Street, Derby, CT 06418, or place it in the suggestion box in the lobby.

Thank you

ARTS/CRAFTS/CLASSES

CUPCAKE DECORATING _____

JEWELRY MAKING _____

FLOWER ARRANGING _____

PAINTING CLASS _____

CARD MAKING _____

SCRAPBOOKING _____

EXERCISE

WALKING CLUB _____

NATURE WALKS/HIKING _____

LINE / BALLROOM DANCING _____

TAP / JAZZ DANCING _____

SALSA LESSONS _____

DISCUSSION GROUPS

CURRENT EVENTS _____

HISTORY _____

VETERAN'S _____

BOOK CLUB _____

OTHER SUGGESTIONS

COMPUTER/PHONE/IPAD

INTERNET _____

EMAIL BASICS _____

SOCIAL MEDIA _____

GENEOLOGY _____

DIGITAL PHOTOS _____

HEALTH SUPPORT

LOW VISION SUPPORT GRP _____

HEARING LOSS _____

BEREAVEMENT SUPPORT GRP _____

FOOTCARE _____

CHAIR MASSAGE _____

ACTIVITIES

MOVIE DAY _____

CORN HOLE _____

WII BOWLING _____

SING-A-LONGS / KARAOKE _____

LAUGHTER YOGA _____

TRIVIA / BRAIN GAMES _____

Derby Senior Center

Are you looking for volunteer opportunities or do you simply just want to help make the Derby Senior Center a better place? We are looking to gather new and returning Senior Center Volunteers. We are so grateful for all our volunteers and want to say **THANK YOU** to all of you who are wholeheartedly serving our senior community! Please consider donating your time and talents. It will be greatly appreciated!

Let us know if anything interests you by calling 203-736-1484 or stopping in. Thank you!

VOLUNTEER OPPORTUNITIES

- Desk (2nd Floor) – greeting, directing members, guests, etc.
- Clerical – type lists for trips, events, etc., create flyers, tickets as needed
- Entertainment – have a special talent you would like to share?
- Grounds beautification – clean-up, gardening
- Shopping – snacks, desserts, coffee, paper goods, etc.
- Outreach Assistants – reach out to local businesses, civic groups, etc. for sponsorship
- Movie Planner – Choose movie, prepare drinks, popcorn, run the movie, clean-up
- Class Instructor/Leader – Chess, Bridge, Corn Hole, etc. Crafts, Computers, jewelry making, etc.
- Transportation Coordinator (once driver is hired)

CURRENT & ONGOING OPPORTUNITIES

- Monthly Parties – set tables, prepare refreshments, serve, clean-up
- Food Service Helpers (to assist on a rotating basis)
- Shopping Assistants – check flyers, purchase lunch items (get reimbursement)
- Decorating Assistants (seasonal changes in lobbies, and special events)
- Bingo – calling numbers, distribute prizes, prepare refreshments, clean up
- Newsletter Assemblers
- Greeting Card Organizers
- Coupon Collector's and Organizers
- Raffle Sales – sell tickets at functions

OTHER VOLUNTEER IDEAS

_____	_____
_____	_____
_____	_____

Updates

Wednesday March 8 th	12:30 Collette Tours will present upcoming trips, "Tuscany" and "Cowboy Country"
Thursday, March 16 th	12:00 Leprechaun Luncheon
Tuesday, March 21 st	12:00 Nutrition Ed
Thursday, March 23 rd	12:30 – Lunch & Learn with Drazen Law Firm, "Empowerment Through Planning"
Thursday, March 30 th	12:30-4:30 AARP Safe Driving Course

Join us for "Slime Birthday Bingo" hosted by "The Vault Slime Lab" of Seymour

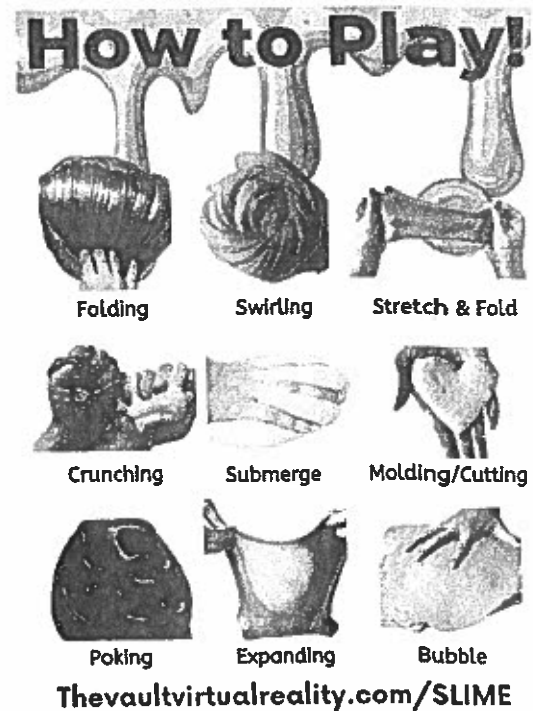
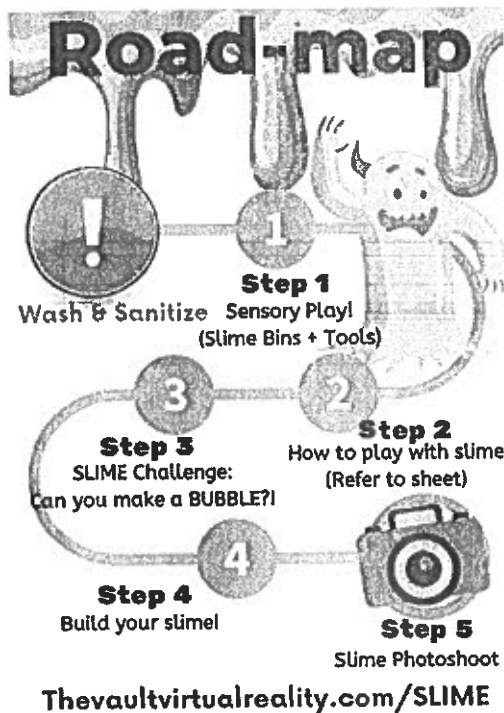
TUESDAY, MARCH 28, 2023 1:00

This is a FREE event will be so much fun!

The winners of Bingo will receive \$20 gift cards to Walmart!

Call to Reserve your Spot Today!



203-736-1484





MARCH 2023 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Wishin' you a pot o' gold, and all the joy your heart can hold.</i></p> 		 1 1 Hamburger 1/2 c Baked Beans 1/2 Cauliflower 1 Hamburger Bun 4 oz Assorted Fruit Juice 1/2 c Vanilla Pudding 	 2 6 oz Lentil Soup w/ Crackers 1 c Chicken Stir Fry 1/2 c Green Beans 1 sl Wheat Bread 1 Fresh Fruit 	 3 1 sl Spinach Quiche 1/2 c Paprika Potatoes 1/2 c Stewed Tomatoes 1 sl Rye Bread 1/2 c Mandarin Oranges
 6 3 oz Glazed Ham 1/2 c Whipped Yams 1/2 c California Veggie Blend 1 sl Wheat Bread 1/2 c Applesauce 	 7 3 oz Teriyaki Chicken 1/2 Brown Rice 1/2 c Green Beans 1 sl Rye Bread 1/2 c Pears 	 8 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 	 9 6 oz Vegetable Soup w/ Crackers 3 oz Turkey w/ Gravy 1/2 c Butternut Squash 1 sl Wheat Bread 1 Fresh Fruit 	 10 8 ea Ravioli w/ Sauce 1/2 c Cauliflower 1/2 c Broccoli 1 sl Italian Bread 1/2 c Pineapple
 13 6 ea Meatballs w/ Brown Gravy 1/2 c Whipped Potatoes 1/2 c Carrots 1 Rye Bread 1/2 c Peaches 	 14 3 oz Florentine Chicken 1/2 c Bow Tie Pasta 1/2 c Green Beans 1 Garlic Breadstick 1/2 c Mandarin Oranges 	 15 3 oz Pork Roast w/ Gravy 1/2 c Yams 1/2 c Collard Greens 1 Dinner Roll 1 Fresh Fruit 	 16 6 oz Mushroom Barley Soup w/ Crackers 1 Lasagna Roll 1/2 c Mixed Veggies 1 sl Italian Bread 1/2 c Applesauce 	 17 Special Lunch: 3 oz Corned Beef & Cabbage 1/2 c Boiled Potatoes 1/2 c Carrots 1 sl. Rye Bread 1/2 c Bread Pudding 1/2 c Applesauce
 20 3 oz Sweet & Sour Pork 1/2 c Confetti Rice 1/2 c Green Beans 1 sl Wheat Bread 1/2 c Pineapple 	 21 3 oz Meatloaf w/ Gravy 1/2 c Mashed Potatoes 1/2 c Cauliflower 1 Wheat Roll 1/2 c Applesauce Nutrition Ed 12:00 	 22 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 	 23 6 oz Cream of Broccoli Soup w/ Crackers 4 ea Pollock Nuggets 1/2 Parslied Carrots 1 ea Tartar Sauce 1 sl Rye Bread 1 Fresh Fruit 	 24 Office Closed 
 27 6 Meatballs w/ Marinara Sauce 1/2 c Spaghetti 1/2 c Green Peas 1 sl. Italian Bread 1/2 c Diced Peaches 	 28 3 oz Turkey w/ Gravy 1/2 c Mashed Potatoes 1/2 c Green Beans 1 Dinner Roll 1/2 c Applesauce 	 29 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 	 30 6 oz Vegetable Barley Soup w/ Crackers 3 oz BBQ Pork 1/2 c Mixed Greens 1 sl Wheat Bread 1 Fresh Fruit 	 31 2 ea Stuffed Shells 1/2 c Cauliflower 1/2 c Broccoli Florets 1 sl White Bread 1/2 c Mandarin Oranges



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

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