



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 2025

Happy
St. Patrick
Day



Did you know? The shamrock, a three-leaf clover, has been associated with Ireland for centuries. It was called the “seamroy” by the Celts and was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism.

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

Reminder:

If Derby Schools are closed, we are closed to the public.
The staff is here if you need to speak to us.

If the City of Derby closes, staff will not be here.

POINTS OF INTEREST

- The **Elderly Commission meeting** is held on the 1st Monday of every month at 3:00.
 - The **Executive Board Meeting** is the 2nd Tuesday of the month at 10:00am.
 - The **Events Planning Committee** is on the 2nd Tuesday of every month at 11:00 immediately following the Executive Board Meeting.
 - **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 Paul Lutson or Andy Cota at 203-736-8882 with questions or for an appointment. They are available on Wednesdays, 9:00am-1:00pm.
 - **Volunteers:** There are many opportunities available here at the center. Please call if interested. 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. This will save us from having to make numerous phone calls. 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:**
- **Easter Luncheon**—catered by Mattei’s—Thursday, April 17th \$15.00. Sign-ups begin Monday, March 17th.



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—We will be starting a **“Family Tree Club”** program on Fridays at 12:30. Susan Shroeder will provide an Orientation on **March 28th** to explain what it's all about. There is FREE Lunch at noon. Come see what this new program entails!

NEW! Creative Writing Workshop—Fridays at 10:30am. This group is working on putting together a pilot that they will submit for a sitcom. So come join John & check out his class! Computer skills a plus! Call to sign up.

Mocktail Sip-n-Share Expressive Arts Social—Friday, 3/21—join Barbara from WholePerson Therapeutics—to create an expression of art and share your unique values and opinions with others. Light refreshments will be served.



Pizza & Bingo sponsored by First Light Home Care—join Jennifer Porcu Zinzi (former receptionist, Terry Porcu's, daughter) on March 4th from 12:00-3:00 for FREE pizza! She will call bingo following lunch and give out special prizes. Bingo costs are \$3.00 for 4 cards, \$5.00 for 6 cards, & \$6.00 for 8 cards. FirstLight Home Care of CT has been serving Fairfield, Litchfield and New Haven Counties for nearly a decade. With more than a million hours of care under their belt, they understand the importance of ensuring a safe and nurturing environment.

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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 (3/12 this month only)

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.

DIRECTOR’S CORNER

Hello friends,

I can’t believe March is here already. I hope Spring and nice weather is just around the corner!

This month we have many enjoyable events. There is a Free Pizza Bingo on 3/4, a delicious Irish Luncheon on 3/13, a “Sip-n-Share” on 3/21, and Birthday Bingo on 3/25. Author Marty Gitlin will be back on 3/27 to present “Funniest Moments in Film”. We also have an orientation for a new program, “Family Tree Club” on 3/28. On 3/14, Vet Care Everywhere will be here to offer Low-Cost Veterinary Services. See the insert for further information.

I have some great news to share... soon we will be utilizing a new, automated check-in system called MySeniorCenter. It will be installed in both lobbies and is specifically designed to help our staff members manage the various sign-ups and sign-ins and

improve the way we track our services. You will have the capability of signing in with a key tag swipe on a kiosk. All the activities that you can participate in will appear on the screen. Furthermore, you will be able to sign up online through MY ACTIVE SENIOR CENTER and pay online with a credit card for a small fee. More info to come in future newsletters as we get the system up and running. There will be information sessions to demonstrate how to use it, so stay tuned!

I’d like to take a moment to thank all those who donate to our center. Whether it’s paper goods, coffee, food, condiments, raffle items, desserts, or monetary donations, your generosity means the world to us! Every little bit helps lower our expenses so that we can continue to offer free or low-cost events and activities. Thank you so very much!

Warmest Regards, Dawn

MEALS / EVENTS

Luck of the Irish Luncheon

Thursday, March 13th, 2025
At noon

Corned Beef, Cabbage,
Potatoes, Carrots,
Rye Bread/Butter
Coffee/Dessert

Catered by Mattei’s
\$15.00

Entertainment provided by Marc Garofalo

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

Senior Café

Tuesdays & Thursdays at 11:45
\$3.00

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

ANNOUNCEMENTS

NEW—We will be starting a “**FAMILY TREE CLUB**” program on Fridays at 12:30. Susan Lanzaro-Schroeder will provide an Orientation after a **FREE Lunch** on March 28th (at noon). Call to sign up if you would like to come and see what this new program entails! The purpose of the Family Tree Club is to foster and encourage an interest in the research and development of your own family tree and/or develop and write your own family tree anecdotes. You will review vintage pictures to include for your family keepsake and learn about online research. The beauty of this is that you can lay the foundation and then work at your own leisure, checking in with the group also! At the end, you will have a written document with pictures, however small or large, to share with family and friends!!

- **Movie Matinee—“Finding You”-3/20**—After an ill-fated audition at a prestigious New York music conservatory, violinist Finley Sinclair travels to an Irish coastal village to begin her semester studying abroad. At the B&B run by her host family she encounters heartthrob movie star Beckett Rush. As romance sparks between the unlikely pair, Beckett ignites a journey of discovery for Finley that transforms her heart, her music, and her outlook on life. But when forces surrounding Beckett’s stardom threaten to crush their dreams, Finley must decide what she is willing to risk for love.
- **Birthday BINGO**—sponsored by “My Strength Homecare”—March 25th—1:00-3:00.

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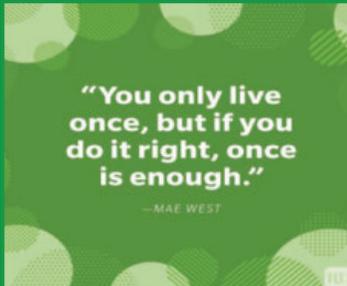
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10:00 Chair Yoga 11:45- Strength Training with Bobbi 3:00—ELDERLY COMMISSION MEETING</p>	<p>4 10:00 CRAFT CLASS 10:00—Line Dancing 12:00—PIZZA BINGO sponsored by First Light Homecare 9:00-3:00—Open Exercise 9:00-3:00—Pool Billiards</p>	<p>5 9:30 Gentle Yoga 11:45- Strength Training with Bobbi</p>	<p>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</p>	<p>7 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop Call to sign up</p>
<p>10 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming</p> 	<p>11 10:00 CRAFT CLASS 10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards 10:00 - EXECUTIVE BRD. Meeting 11:00-Events Planning Committee Meeting 12:30 Blood Pressure Checks 1:00-3:00 Bingo 1:00 Pool Billiards "Irish Celebration"—Andy Cooney-Log Cabin</p>	<p>12 9:30 Gentle Yoga 10:00-12:00 Haircuts 11:45- Strength Training with Bobbi</p>  <p>1:00—Decorating Club Set up for luncheon</p>	<p>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-Luck of the Irish Luncheon</p> 	<p>14 10:00 Grocery Shopping w/ VTD 1:30—Coffee Chat Social Call to sign up 10:30—Creative Writing Workshop-Call to sign up 10:00-1:00—VET CARE EVERYWHERE</p> 
<p>17 10:00 Chair Yoga 10:00-12:00 Haircuts 11:45- Strength Training with Bobbi 1:00-Cardio Drumming</p> 	<p>18 10:00 CRAFT CLASS 10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p> 	<p>19 9:30 Gentle Yoga</p>  <p>11:45- Strength Training with Bobbi</p>	<p>20 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up</p>  <p>10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café 1:00—Movie Matinee- "Finding You"</p>	<p>21 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop Call to sign up</p>  <p>12:30-Sip-n-Share with Barbara from Wholesale Therapeutics</p>
<p>24 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming</p>	<p>25 10:00 CRAFT CLASS 10:00—Line Dancing 11:45—Senior Café 1:00-3:00—Birthday Bingo—My Strength Homecare 1:00 Pool Billiards</p>	<p>26 9:30 Gentle Yoga 11:45- Strength Training with Bobbi</p>	<p>27 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45-Senior Café 12:30-Funniest Moments in Film- Marty Gitlin</p> 	<p>28 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop Call to sign up 12:00—FREE Lunch for attendees to below: 12:30—FAMILY TREE CLUB ORIENTATION</p>
<p>31 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming</p>				

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

"Irish Celebration"— Andy Cooney	Price \$137	March 11, 2025
"Neil Diamond Meets the Eagles" Show & MGM	Price: \$89	May 22, 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
"CT Lighthouse Cruise" lunch in Old Mystic Village	Price: \$156	July 8, 2025
"The Beatles, Ticket to Ride" at Log Cabin	Price \$140	July 16, 2025
"Simon & Garfunkel" Show & MGM	Price \$89	August 14, 2025
"Yesterday Once More" Carpenters	Price \$129	September 11, 2025
"Margaritaville on CAPE COD"—3 DAY TOUR	Price: \$599	September 22-24, 2025
"Better in the Bronx"—Arthur Ave	Price: \$139	September 23, 2025
"Tropicana Atlantic City"	Price: \$343	October 28-30, 2025
"Back Home Again"—Tribute to John Denver	Price: \$97	November 12, 2025
"California Dreamin'" —Collette	Price \$3,999 Double	September 15-22, 2025
"Southern Italy & Sicily"—Collette	Price \$4,979 Double	November 7-19, 2025

Address: 293 Main Street Derby, CT **Phone:** (203) 736-1484 **Email:** derbyctseniorcenter@gmail.com **Fax:** (203) 736-1486