



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

April 2025

Did you know? It is speculated that the custom of April Fools began in France during the 16th century, after the New year calendar was moved from April 1st to January 1st. Those who continued to celebrate the April new year were considered fools, and often the victims of practical jokes. Today we just like to have a little fun with our friends!

CENTER INFO

Hours of Operation:

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

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

Coordinator/Assistant Director:

Olga Capristo, BSW

Email: ocapristo@derbyct.gov

Office Clerk:

Kathy Gerwien, BA in Business Admin

Email: kgerwien@derbyct.gov

Kitchen Manager:

Christine Turecek, AA In Culinary Arts

Reminder:

**We will be closed on
Friday, April 18th in observance
of Good Friday**



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:**
Mother's Day Tea—Thursday, May 8th. \$12:00. Sign-ups start April 14th.
AARP Safe Driving Class—May 29th



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

"Scams Targeting Seniors"—join Attorney General Tong as he presents how to avoid getting scammed and the latest ways hackers are trying to get your information.

NEW—"Family Tree Club" program on Fridays at 12:30. Join Susan to learn how to research and develop your own family tree and/or write your own family tree anecdotes.

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! Call to sign up.

"Reducing Risks to Cardiovascular Disease" presented by SCSU Nursing Students—Wednesday, April 23rd, 2:00 Learn about this important topic with a focus on Blood Pressure and Cholesterol.

"The Silent Signs of Stroke" presented by SCSU Nursing Students—Wednesday, April 30th, 2:00pm—with a focus on the BEFAST acronym.

Pool Billiard Lessons available. Call to set up a time with our instructor.

Attention! Haircuts are on Thursday, April 3rd, 10:00 to 12:00pm for this month. Please call for an appointment.

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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 (4/3 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.

MEALS / EVENTS

Easter Luncheon

Thursday, April 17th, 2025
12:00pm

Ham, Scalloped Potatoes,
Carrots, Green Bean/
Mushroom Medley
Rolls/Butter
Coffee/Dessert

Catered by Mattei's
\$15.00

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****

DIRECTOR'S CORNER

Hello friends,

Happy Spring! The months are flying by! I have exciting news to share with you! In the next few weeks we will be rolling out our new Kiosk sign-in system. This will enable you to use a keytag to sign in to the center and check into classes and events. Eventually you will be able to make payments by credit card. The Kiosks are located in both lobbies for your convenience. Staff members and volunteers will be available in the 1st floor and 2nd floor lobbies prior to and following classes and events for the first couple of weeks, as well as in the office at any time. They will assign key tags and help people operate the new check-in system. This automated system will eliminate multiple paper sheets and make tracking more efficient.

More good news...We are now fully-staffed! I have hired an

Office Clerk who will be here Tuesdays, Thursdays, and Fridays. Kathy Gerwien comes with many years of experience in Accounts Receivables, Payables, Office Management and Financial Services. She has a B.A. in Business Administration and an A.S. in Office Administration.

We also have a new Kitchen Manager! Christine Turecek has many years of experience in production and serving of food with degrees in Culinary Arts and Dietary. Don't worry, Olga is not leaving us! She is now the Coordinator/Assistant and will be in the office Monday-Thursday. She has done an outstanding job in the kitchen and is greatly appreciated for her effort, dedication and hard work!

So please drop by to meet and introduce yourself to Kathy and Christine and give them a warm welcome! See you soon!

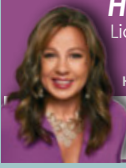
Warmest Regards, Dawn

ANNOUNCEMENTS

- Movie Matinee—Thursday, 4/21-1:00pm—"Five Flights Up"- Over one crazy weekend a long-time married couple discover that finding a new apartment is not about winding down but starting a new adventure.
- What is Renters' Rebate? It is a reimbursement program for CT renters age 65 or older or totally disabled, or whose income does not exceed certain limits. Renters' rebate can be \$150 up to \$1,000. The program runs April 1st through September 30th. You can call the Assessor's Office for further information. The number for Derby residents is 203-736-1455.
- Birthday BINGO—sponsored by "Wesley Village"—April 29th—1:00-3:00.
- NEW! Book Club! The Derby Public Library will be starting a book club on June 4th and it will be the first Wednesday of every month. Please call to sign up. The books chosen are as follows: The Kitchen Front by Jennifer Ryan (June 4), How to Solve Your Own Murder by Kristen Perrin (July 2), The Invisible Husband of Frick Island by Colleen Oakley (August 6). The books will be available at the library on May 1st.
- Quilting—We are trying to get a quilting group together—Both seasoned quilters and beginners are welcome. If interested in joining, please call the center.



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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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>10:00 CRAFT CLASS</p> <p>10:00—Line Dancing</p> <p>11:45—Senior Café</p> <p>12:00—Bingo</p> <p>9:00-3:00—Open Exercise</p> <p>9:00-3:00—Pool Billiards</p>	<p>2</p> <p>9:30 Gentle Yoga</p>  <p>11:45— Strength Training with Bobbi</p>	<p>3</p> <p>9:30 Mahjongg</p> <p>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up</p> <p>10:00-12:00 Haircuts</p> <p>10:00 Hook & Needle Grp</p> <p>10:30 Reiki (by appt)</p> <p>11:45—Senior Café</p>	<p>4</p> <p>10:00 Grocery Shopping w/ VTD</p> <p>10:30—Creative Writing Workshop</p> <p>Call to sign up</p> <p>12:30—FAMILY TREE CLUB</p>
<p>7</p> <p>10:00 Chair Yoga</p> <p>11:45— Strength Training with Bobbi</p>	<p>8</p> <p>10:00 CRAFT CLASS</p> <p>10:00—Line Dancing</p> <p>11:45—Senior Café</p> <p>1:00-3:00 Bingo</p> <p>1:00 Pool Billiards</p> <p>10:00 - EXECUTIVE BRD. Meeting</p> <p>11:00-Events Planning Committee Meeting</p> <p>12:30 Blood Pressure Checks</p> <p>1:00-3:00 Bingo</p> <p>1:00 Pool Billiards</p>	<p>9</p> <p>9:30 Gentle Yoga</p> <p>11:45— Strength Training with Bobbi</p> 	<p>10</p> <p>9:30 Mahjongg</p> <p>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up</p> <p>10:00 Hook & Needle Grp</p> <p>10:30 Reiki (by appt)</p> <p>11:45—Senior Café</p> <p>12:30—Attorney General Tong— "Scams Targeting Seniors"</p>	<p>11</p> <p>10:00 Grocery Shopping w/ VTD</p> <p>10:30—Creative Writing Workshop</p> <p>Call to sign up</p>  <p>12:30—FAMILY TREE CLUB</p>
<p>14</p> <p>10:00 Chair Yoga</p> <p>10:00-12:00 Haircuts</p> <p>11:45— Strength Training with Bobbi</p> <p>1:00-Cardio Drumming</p> 	<p>15</p> <p>10:00 CRAFT CLASS</p> <p>10:00—Line Dancing</p> <p>11:45—Senior Café</p> <p>1:00-3:00 Bingo</p> <p>1:00 Pool Billiards</p> 	<p>16</p> <p>9:30 Gentle Yoga</p> <p>11:45— Strength Training with Bobbi</p> <p>1:00—Decorating Club Set up for luncheon</p>	<p>17</p> <p>9:30 Mahjongg</p> <p>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up</p> <p>10:00 Hook & Needle Grp</p> <p>10:30 Reiki (by appt)</p> <p>12:00— Easter Luncheon-catered by Matteis'</p>	<p>18</p> <p>Our office is CLOSED in observance of</p> <p>Good Friday</p> 
<p>21</p> <p>10:00 Chair Yoga</p> <p>11:45— Strength Training with Bobbi</p> <p>1:00-Cardio Drumming</p>	<p>22</p> <p>10:00 CRAFT CLASS</p> <p>10:00—Line Dancing</p> <p>11:45—Senior Café</p> <p>1:00-3:00 Bingo</p> <p>1:00 Pool Billiards</p>	<p>23</p> <p>9:30 Gentle Yoga</p> <p>11:45— Strength Training with Bobbi</p> <p>2:00—SCSU Nursing Students present "Reducing Risks to Cardiovascular Disease"</p>	<p>24</p> <p>9:30 Mahjongg</p> <p>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up</p> <p>10:00 Hook & Needle Grp</p> <p>11:45-Senior Café</p> <p>1:00—Movie Matinee— "Five Flights Up"</p>	<p>25</p> <p>10:00 Grocery Shopping w/ VTD</p> <p>10:30—Creative Writing Workshop</p> <p>Call to sign up</p> <p>12:30—FAMILY TREE CLUB</p>
<p>28</p> <p>10:00 Chair Yoga</p> <p>10:00-12:00 Haircuts</p> <p>11:45— Strength Training with Bobbi</p> <p>1:00-Cardio Drumming</p>	<p>29</p> <p>10:00 CRAFT CLASS</p> <p>10:00—Line Dancing</p> <p>11:45—Senior Café</p> <p>1:00-3:00—Birthday Bingo—My Strength Homecare</p> <p>1:00 Pool Billiards</p>	<p>30</p> <p>9:30 Gentle Yoga</p> <p>11:45— Strength Training with Bobbi</p> <p>2:00—SCSU Nursing Students present "The Silent Signs of Stroke"</p>	<p>My Family Tree</p> 	

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"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