



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

MAY 2023

MEMORIAL DAY

★ REMEMBER AND HONOR ★

Did you Know? The city was incorporated in 1675 and was named after Derbyshire, England?

CENTER INFO

Hours of Operation:

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

Any changes will be posted.

Phone: 203-736-1484

Fax: 203-736-1486

Our Staff:

Dawn Hebert, MSW

Interim Executive Director

Email: dhebert@derbyct.gov

Assistant Director: Open

Olga Capristo

Kitchen Manager

Tuesday & Thursday 10:00am—2:00pm



POINTS OF INTEREST

- The Elderly Commission meeting will be held on Monday, May 1st at 3:00pm.
 - The Executive Board Meeting is on Tuesday, May 9th at 10:00am followed by Events Planning Committee
 - Medicare Counseling is available for those of you 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: 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!
 - Senior Community Café offered by TEAM Tuesdays & Thursdays \$3.00 donation.
- ATTENTION:**
- **VAN DRIVER WANTED!** Attention: Do you, or someone you know, need some extra cash? Do you like to go to shows and take day trips? We are in need of someone to drive our 12 passenger van for local trips. Must have good driving record. \$20 per hour, plus travel perks! Please contact Dawn Hebert at 203-736-1484 or email at dhebert@derbyct.gov for more information.
- Please Note:**
- There will be no Strength Training on May 15th or 17th due to instructor's vacation.
 - Zumba Gold class is cancelled on Friday due to Memorial Day Weekend.
 - Lunch & Learn—Drazen Law Firm will be here on June 1st "Empowerment Through Planning" Call by May 24th to reserve your spot.

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



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

- ♦ **Monthly Movie Matinee**—Join us on May 10th at 1:00 for a movie and complimentary refreshments. This month's movie is **"80 for Brady"**! Call to sign up and get further information.
- ♦ **Stitch, & Fix Class**—Have something that needs mending? Buttons need replacing? Interested in learning to sew either by hand or with a machine? Join Joan on Wednesdays at 12:30 for basic instructions and guidance to mend clothes or start a simple project. Call to sign up.
- ♦ **Coffee Chat Social**—a new group that will meet on Fridays to discuss topics of interest, current events, Life Stories, etc. Light refreshments will be served.
- ♦ **Cupcake Decorating Class**—Join Sue on May 18th to make "High-Heel" cupcakes \$8 for 3.
- ♦ **Wreath Class**—Patriotic Wreath—Friday, May 19th
- ♦ **Ping Pong**—Looking for players; bring a friend for an exciting game of Ping Pong!
- ♦ **Play Pool!** Let's shoot some pool! The pool table is located on the lower level and is available by request. Bring some competition or practice on your own! Pool sticks, balls, and chalk are available. Let's see those pool sharks!
- ♦ **Exercise Equipment**—Come work those muscles with our weight machine or do some cardio with an exercise bike or the elliptical. These are available on the lower level for your use.
- ♦ **"Reiki Healing"** is used to reduce stress, promote relaxation, and restore physical, mental, and emotional health. Call for an appointment.

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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Derby Senior Center, Derby, CT

06-5354

MONTHLY REMINDERS

Membership Renewals are due in January for last names that start with A-N and June for M-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 are welcome to come on their own for a free week trial.

Haircuts

Haircuts will be on the **third Monday this month** due to vacation—\$10 cash. Please call center for appointment.

Parish Nurse Blood Pressure Screenings with Maggie Sessa—
Tuesday, April 18th-12:30-2:30pm.

Sign In

PLEASE remember to sign into the building when you enter.

MAY CENTER UPDATES

Dear members,

Wow, what a great time everyone had at our Easter luncheon! Thanks to all who donated decorations, raffle items, gift cards, paper goods, cooked items, and most importantly, their time. The volunteerism received at the Derby Senior Center never ceases to amaze me! I am very grateful to all of you for your help!

Also, a huge thank you to the anonymous person who gave a very generous yarn donation to our knitting and crocheting group! It is so appreciated! With rising costs, every little bit helps. Please consider donating to keep our costs down. We could always use raffle items, food, and beverages, especially coffee (regular and decaf), and creamer. Thank you in advance for all your help.

I'd like to wish all the moms out there a very Happy Mother's Day and I hope that you can join us for our Mother's Day Celebration on May 11th. We will have a great time and there will be lots of wonderful raffle prizes!

Our Memorial Day cookout will be on May 28th. Call early to reserve your spot for these events as spaces are limited.

I look forward to seeing you soon!

Warm regards, Dawn

MOTHERHOOD
IS A CHOICE YOU MAKE EVERYDAY
to put someone else's happiness and well-being
ahead of your own
to teach the hard lessons
to do the right thing
even when you're not sure what the right thing is
and to forgive yourself
over and over again
FOR DOING EVERYTHING WRONG

Donna Bell

MEALS

Mother's Day Tea

Thursday, May 11th

Finger Sandwiches, Fresh Fruit,
Pastries, Cookies, Tea

\$10.00

Bring Your Tea Cup to be in a
Special Raffle Drawing!

Memorial Day Cookout

Friday, May 26th

Hot Dogs, Hamburgers, Macaroni
Salad, Potato Salad, Baked Beans &
Dessert

\$12.00

MUST RSVP & PAY BY THE FRIDAY PRIOR

Senior Café—Tuesdays &
Thursdays at 11:45 \$3.00

MAY ANNOUNCEMENTS

Corn Hole—According to the surveys, we have a lot of interest in playing Corn Hole! We now have a Corn Hole Game Set just waiting to be used! It can be set up indoors or in our Court Yard on nice days. Bring your friends and come try your hand at this fun, active, bean bag toss game! Monday—Friday 9:00—3:00



Ping-Pong—We also have a couple of people interested in playing Ping-Pong who are looking to form teams. Please call the center if interested.

Tap / Jazz Class—Due to popular demand, I have a Tap and/or Jazz Instructor ready to start! Please call the center to express your interest. If there are enough members who call, it will be put on the calendar!



Monthly Movie Matinee—Join us on Wednesday, May 10th at 1:00 to see "80 For Brady"! The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to the Super Bowl to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country. Starring: Jane Fonda, Sally Field, Lily Tomlin, Rita Moreno and Tom Brady.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Game Time 3:00—ELDERLY COMMISSION MEETING	2) 10:00—Tai Chi—QiGong 11:45—Senior Café 1:00-3:00 Bingo	3) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up	4) 9:30 Mahjongg 9:30 Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café	5) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:30—Coffee Chat Social Call to sign up
8) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Game Time	9) 10:00—Tai Chi—QiGong 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE 11:45—Senior Café 1:00-3:00 Bingo	10) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00 Monthly Matinee— "80 for Brady"—call to sign up and for more info.	11) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 12:00 Mother's Day Tea— Bring your Tea Cup!	12) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:30—Coffee Chat Social Call to sign up 5/14/23 Mother's Day
15) 10:00 -12:00—Haircuts 10:00 Chair Yoga 11:45- Strength Training with Bobbi- cancelled 1:00—Game Time	16) 10:00—Tai Chi—QiGong 11:45—Senior Café 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo	17) 9:30-Gentle Yoga 11:45- Strength Training with Bobbi- cancelled 12:30 Stitch & Fix Call to sign up	18) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café 1:00—Cupcake Class	19) 10:00 Patriotic Wreath with Kathy-call to reserve 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:30—Coffee Chat Social Call to sign up
22) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Game Time	23) 10:00—Tai Chi—QiGong 11:45—Senior Café 1:00-3:00 Bingo	24) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 12:30 Stitch & Fix Deadline to Sign-up for Lunch & Learn-June 1st	25) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café—	26) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:00 Memorial Day Cookout 12:30—Zumba Gold with Amanda— cancelled
29) Center Closed 	30) 10:00—Tai Chi—QiGong 11:45—Senior Café 1:00-3:00 Birthday Bingo	31) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up	JUNE 1, 2023 Lunch & Learn Empowerment through Planning— Drazen Law Firm How to Make Sure Your Wishes are Carried Out Exactly as You Want	MONDAY—FRIDAY 9:00-3:00 Corn Hole Ping Pong Pool Billiards Open Exercise

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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

"Moses" in Lancaster, PA	Price \$527 double, \$667 single, \$517 triple	May 23-25, 2023
America's Sweethearts - "The Andrew Sisters"	Price \$125	May 24, 2023
"Boston with Spirit" Luncheon Cruise	Price \$154	June 15, 2023
Essex Steam Train & River Boat	Price \$132	August 3, 2023
Elderly Brothers at Amarante's	Price \$99	September 6, 2023
A Taste of Italy—New York	Price \$134	September 27, 2023
Atlantic City at Caesars-\$50 Slot Bonus-\$50 Food Voucher-2 Shows Kenny & Dolly tribute and Doo Wop Revue	Price \$295	October 10-12, 2023
Culinary Institute of America	Price \$148	November 7, 2023
Christmas with the King-Elvis Tribute	Price TBD	December 1, 2023
Silver Bells	Price \$118	December 5, 2023
White Mountain Resort, NH	Price \$599 double	December 13-15, 2023

LONG TRIPS — Collette Tours

America's Cowboy Country	Price \$3699pp/double, \$4699 pp/single	Sept. 21-28, 2023
Tuscany & Italian Riviera	Price: \$3899pp/dbl, \$4399 single	Oct 20-28, 2023

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