



# 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](mailto:seniorcenter@derbyct.gov)

## June 2023



**Did you Know?** During the 19th century, Derby was known for its factories and manufacturing industries, including the production of corsets, hats, and silverware.

### 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](mailto:dhebert@derbyct.gov)

Assistant Director: Vacant

Olga Capristo

Kitchen Manager

Tuesday & Thursday 10:00am—2:00pm

**Please Note:** I will be on vacation June 19th—June 23rd. Olga will be filling in. Please refrain from doing business with the office on Tuesday and Thursday of that week from 10:00-2:00 as she will be in the kitchen. Programs will not be affected.



### POINTS OF INTEREST

- **The Elderly Commission meeting** will be held on Monday, June 5th at 3:00pm.
- **The Executive Board Meeting** is on Tuesday, June 13th at 10:00am followed by **Events Planning Committee** at 11:00am.
- **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.
- **Wii Sports**—Bring a friend and enjoy a game of baseball, tennis, bowling, boxing, and golf games! See calendar for time slots.
- **Catan Game**—Use your brain to develop the uninhabited island called "Catan". Join Sandra after the Father's Day Luncheon to learn this strategic game.
- **FIREWORKS**—We will close on June 30th at 2:00pm and reopen at 7:00pm for the Fireworks. There will be reserved seating for members in front of the building. Snacks & water will be available inside the lobby. You must call to reserve your spot as seating is limited. Rain Date is July 2nd.







## 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 **June 14th** at 1:00 for a movie and complimentary refreshments. This month's movie is **"The Book Club" (the original)**. Call to sign up.
- ♦ **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**—The group meets on Fridays to discuss topics of interest, current events, Life Stories, etc. Light refreshments will be served.
- ♦ **Ping Pong**—Looking for players; bring a friend for an exciting game of Ping Pong!
- ♦ **"You Are Sweet Enough"**—Join Christine Koval from TEAM for an informative Diabetes Presentation on Tuesday, **June 6th** during lunch.
- ♦ **Wreath Class**—Bird Wreath—Friday, **June 9th**
- ♦ **Cupcake Decorating Class**—Join Sue on **June 29th** to make "Father's Day Cupcakes" \$8 for 3.
- ♦ **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.

### 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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& GIFTS**

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Naugatuck Valley



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## 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**. Just check in at the office.

### Haircuts

Haircuts will be on the **2nd Monday of the month**—\$10 cash. Please call center for an appointment.

**Blood Pressure Screenings with Parish Nurse, Maggie Sessa—Tues, June 27th 12:30-2:30pm.**

**PLEASE remember to sign into the building when you enter.**

## JUNE CENTER UPDATES

Dear members,

A huge thank you to all who helped make our Mother's Day Tea a success! Whether you baked, decorated, set up, cleaned up, or donated items, it is very much appreciated!

This month we will be honoring fathers with a luncheon catered by Twisted Vine. Join us for fun and games and a delicious meal! We have a variety of board games including "Catan". We also have a Wii Sport for your enjoyment, as well as a Corn Hole game and cards. So, come and have some fun! Women are welcome to attend!

We have 2 special Bingos this month. One is being sponsored by "A Better Life Home Care" and the other, our Birthday Bingo, is being sponsored by Lord Chamberlain. So try your luck and win some awesome prizes in addition to cash!

We have a little of every thing here at the center so come try out

an exercise class, learn how to decorate Cupcakes, make a special wreath, play Bingo or choose a game, learn something new at a Lunch & Learn, or join us on movie day! There's something for everyone!

Please note, the center will close on Friday, June 30th at 2:00pm and reopen at 7:00pm for the Fireworks. We will have reserved seating for members in front of the building. Snacks & water will be available inside the lobby. You must call to reserve your spot as seating is limited. Rain Date is July 2nd.

Reminder: June is membership renewal time for those whose last names are M—Z. All members must renew their membership even if their information has not changed. If anyone has let their renewals lapse, please come in to renew and get an updated membership card.

I look forward to seeing you soon!  
Warm regards, Dawn

## MEALS

### Father's Day Lunch & Games

Thursday, June 15th

12:00 pm

\$12.00

Catered by Twisted Vine  
Pulled Pork, Fried Chicken,  
Baked Beans, Cole Slaw,  
Dessert

Bring a Mug to be in a  
Special Raffle Drawing!

**MUST RSVP & PAY BY THE FRIDAY PRIOR**

### Membership Meeting

Review Bylaws

Thursday, July 6th

12:00 pm

"FREE-WILL" LUNCH

Meatball Grinders, Salad,  
Dessert—donations accepted

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

## JUNE ANNOUNCEMENTS

**Lunch & Learn—Free!** Drazen Law Firm will be here on June 1st "Empowerment Through Planning" Elder Abuse, Neglect, & Exploitation Friday, June 16th at 10:00am- join Liberty Bank for an informative presentation. Coffee and donuts provided.

**Monthly Movie Matinee**—Join us on Wednesday, June 14th at 1:00 to see the original movie, "The Book Club"

**Ping-Pong**—We have a couple of people interested in playing Ping-Pong who are looking to form teams. Please call the center if interested. Monday—Friday 9:00—3:00

**June 13th Bingo** will be sponsored by "A Better Life Home Care" with special prizes!

**June 27th Birthday Bingo** will be sponsored by "Lord Chamberlain" with gift card prizes!

**Wii Sports**—Bring a friend and enjoy a game of baseball, tennis, bowling, boxing, and golf games!  
**Catan Game**—Use your brain to develop the uninhabited Island called "Catan". Join Sandra after the Father's Day Lunch to learn this strategic game.

**Corn Hole**—Bring your friends and come try your hand at this fun, active, bean bag toss game!  
**Monday—Friday 9:00—3:00**

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY—FRIDAY 9:00-3:00 Corn Hole Ping Pong Pool Billiards Open Exercise	JUNE 18-FATHER'S DAY 		1) 9:30 Mahjongg 9:30 Pinochle 10:00 Hook & Needle Grp 12:30 Lunch & Learn- Drazen Law Firm 1:00—Wii Sports	2) 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) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports  3:00—ELDERLY COMMISSION MEETING	6) 10:00—Tai Chi—QiGong 11:45—Senior Café 12:00—Diabetes presentation by TEAM 1:00-3:00 Bingo	7) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports	8) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café 1:00—Wii Sports	9) 10:00 Peacock or Hummingbird Wreath Class 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
12) 10:00 –12:00—Haircuts 10:00 Chair Yoga 11:45- Strength Training with Bobbi- 1:00—Wii Sports	13) 10:00—Tai Chi—QiGong 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE 11:45—Senior Café 1:00-3:00 Bingo sponsored by "A Better Life Home Care"	14) 9:30-Gentle Yoga 11:45- Strength Training with Bobbi- 12:30 Stitch & Fix Call to sign up 1:00 Monthly Matinee— "The Book Club" call to sign up.	15) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:00 Father's Day Lunch & Games	16) 10:00 Grocery Shopping w/ VTD 10:00 Elder Abuse, Neglect, & Exploitation sponsored by Liberty Bank 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:30—Coffee Chat Social
19) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports  Juneteenth	20) 10:00—Tai Chi —QiGong 11:45—Senior Café 1:00-3:00 Bingo	21) 9:30– Gentle Yoga 11:45– Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports	22) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café— 1:00—Wii Sports	23) 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
26) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports	27) 10:00—Tai Chi —QiGong 11:45—Senior Café 12:30 Parish Nurse BP Screening 1:00-3:00 Birthday Bingo sponsored by Lord Chamberlain	28) 9:30– Gentle Yoga 11:45– Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports	29) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café— 1:00—Cupcake Decorating Class	30) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— CLOSING AT 2:00 pm 7:00-10:00 Fireworks-call to reserve seating in front of the building.

# DERBY SENIOR CENTER

293 Main Street  
Derby, CT 06418-1938



PRST MKT.  
U.S. POSTAGE  
PAID  
SHELTON, CT  
PERMIT NO. 727

Phone: (203) 736-1484

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 up call 735-6408 Free transportation to & from the center on Tuesdays—call VTD 24 hour in advance for pick up*

"Boston with Spirit" Luncheon Cruise only 6 spots left	Price \$154	June 15, 2023
Hudson River Cruise	Price \$133	July 16, 2023
Essex Steam Train & River Boat	Price \$132	August 3, 2023
Elderly Brothers at Amarante's	Price \$99	September 6, 2023
A Taste of Italian New York only 7 spots left	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
Ellis Island & Statue of Liberty	Price \$104	October 25, 2023
Culinary Institute of America	Price \$148	November 7, 2023
Christmas with the King-Elvis Tribute	Price \$135	December 1, 2023
Silver Bells & Diamonds Holiday Show at Aqua Turf	Price \$118	December 5, 2023
White Mountain Resort, NH	Price \$599 double	December 13-15, 2023
<b>LONG TRIPS — Collette Tours</b>		
America's Cowboy Country	Price \$3699pp/double, \$4699 single	Sept. 21-28, 2023
Tuscany & Italian Riviera	Price: \$3899pp/double \$4399 single	Oct 20-28, 2023
Southern Charm	Price: \$2999pp/double \$3999 single	April 15-21, 2024

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



## *Hummingbird or Peacock Wreath Class*

*Friday, June 9<sup>th</sup>, 2023 10:00 am \$25.00 Limited to 10*  
*Call to sign up and choose Hummingbird or Peacock*



## *Monthly Matinee "Book Club" Wednesday, June 14<sup>th</sup> 1:00 pm*

*The film stars Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen as four friends who read "Fifty Shades of Grey" as part of their monthly book club and subsequently begin to change how they view their personal relationships. Come watch the original "Book Club" before seeing the newly released sequel, "Book Club: The Next Chapter".*



## *Father's Day Cupcake Class*

*Thursday, June 29<sup>th</sup>, 2023 1:00 pm \$8.00 for all three*



# You Are Sweet Enough!

Join us to discuss:

Diabetes



We will talk about the role of diet  
in preventing and managing Diabetes



**Date: Thursday 6/6/23**

**Time: 11:45am (during lunch)**

**Place: Derby Senior Center**

With Christine Koval, RDN, CDN, from Team







# JUNE 2023 - SENIOR COMMUNITY CAFÉ



DERBY

DERBY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Thank you...</p> <p>For all the times you kept on talking, even when we wouldn't listen.</p> <p>For all the things you showed us, even when we wouldn't look.</p> <p>For believing in us enough to keep on trying, and loving us enough to make us grow.</p>			<p><b>1</b> 3 oz General Tso's Chicken 1/2 c Brown Rice 1/2 c Carrots 1 Multigrain Bread 1/2 c Pineapple</p>	<p><b>2</b> 1 c Cheese Baked Ziti 1/2 c Cannellini Beans 1/2 c Zucchini 1 Italian Bread 1/2 c Applesauce</p>
<p><b>5</b> 3 oz Honey Ginger Chicken 1/2 c Cilantro Lime Rice 1/2 c Glazed Carrots 1 sl Rye Bread 1/2 c Pineapple</p>	<p><b>6</b> 3 oz Pork w/ Mushroom Gravy 1/2 c Ranch Whipped Potatoes 1/2 c Broccoli 1sl Multigrain Bread 4 oz Fruit Juice 1 ea Chocolate Chip Cookie</p>	<p><b>7</b> 3 oz Eggplant Parmesan 1/2 c Penne Pasta 1/2 c Spinach 1 sl Italian Bread 1 Fresh Fruit</p>	<p><b>8</b> 6 oz Tomato Basil Soup w/ 1 pkt Crackers 3 oz Salisbury Steak 1/2 c Mashed Potato 1/2 c Mixed Vegetables 1 Wheat Dinner Roll 1/2 c Applesauce</p>	<p><b>9</b> 3/4 c Crustless Turkey Pot Pie 1/2 c Brown Rice 1/2 c Zucchini w/ Peppers 1 Biscuit 1/2 c Peaches</p>
<p><b>12</b> 3 oz Herbed Chicken Leg Quarter 1/2 c Confetti Rice 1/2 c California Veggie Blend 1 Wheat Dinner Roll 1/2 c Applesauce</p>	<p><b>13</b></p>  <p><b>Office Closed</b></p>	<p><b>14</b> 3 oz Potato Crusted Pollock 1/2 c White Rice 1/2 c Spinach 1 pkt Tartar Sauce 1 sl Wheat Bread 4 oz Fruit Juice 1 Sugar Cookie</p>	<p><b>15</b> 3 oz BBQ Pork Roast 1/2 c Yams 1/2 c Broccoli 1 Cornbread Muffin 1/2 c Peaches</p> <p><i>Father's Day Luncheon</i></p>	<p><b>16 Father's Day:</b> 3 oz Sausage w/ Onions &amp; Peppers 1/2 c Baked Potato 1/2 c Roasted Vegetables 1 Grinder Roll 1 sl Holiday Cake</p>
<p><b>19</b> 3 oz Swiss Steak w/ Gravy 1/2 c Whipped Potatoes 1/2 c Mixed Vegetables 1 Dinner Roll 1/2 c Peaches</p>	<p><b>20</b> 1 c Macaroni &amp; Cheese 1/2 c Peas 1/2 c Cauliflower 1 Italian Bread 1/2 c Applesauce</p>	<p><b>21</b> 1 Hamburger Patty 1/2 c Steak Fries 1/2 c Carrots 1 pkt of Ketchup 1 WG Hamburger Bun 4 oz Apple Juice 1 Chocolate Chip Cookie</p>	<p><b>22</b> 6 oz Minestrone Soup w/ Crackers 3 oz Chicken Parmesan 1/2 c Penne Pasta 1 Garlic Breadstick 1/2 c Mixed Fruit</p>	<p><b>23</b> 3 oz Sweet &amp; Sour Pork 1/2 c Vegetable Lo Mein 1/2 c Broccoli 1 sl Wheat Bread 1 Fresh Fruit</p>
<p><b>26</b> 3 oz Meatballs w/ Sauce 1/2 c WG Spaghetti 1/2 c Green Beans 1 Garlic Breadstick 1 Fresh Fruit</p>	<p><b>27</b> 3 oz BBQ Pork Rib Patty 1/2 c Corn O'Brien 1/2 c Collard Greens 1 Hamburger Bun 1/2 c Pears</p>	<p><b>28</b> 3 oz Chicken Caesar Salad w/ (Chicken, Lettuce, Parmesan Cheese &amp; Caesar Dressing) 1/2 c Three Bean Salad 1 White Bread 1 Fresh Fruit</p>	<p><b>29</b> 3/4 c Turkey a la King 1/2 c White Rice 1/2 c Zucchini 1 Biscuit 1/2 c Pineapple</p>	<p><b>30</b> 1 sl Spinach Quiche 1/2 c Potato Tots 1/2 c Peppers &amp; Onions 1 Wheat Bread 4 oz Fruit Juice 1/2 c Vanilla Pudding</p>



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

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



# *Bake Sale*

## **CALLING ALL BAKERS**

**We are having a bake sale  
for the membership meeting  
July 6th**

**We ask anyone who wishes  
to help us make something  
and bring it that day.  
All baked good are welcome.**

**pageborders.org**

