



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

June 2025



Did you know? Derby, CT was settled as an Indian trading post named Paugasset in 1642. It was officially named Derby, Connecticut and admitted as a township in 1675.

HAPPY 350TH ANNIVERSARY DERBY!

CENTER INFO

Hours of Operation:

Monday-Friday: 9:00am-4:00pm

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 Business Admin.

Email: kgerwien@derbyct.gov

Kitchen Manager:

Christine Turecek, AA In Culinary

Reminder:

Please Note:

We will be closed on Wednesday, June 19th in observance of



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-10:30am.
- The **Events Planning Committee** is on the 2nd Tuesday of every month at 10:30 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 Andy Cota at 203-736-8882 with questions or for an appointment. He is 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: Membership is due one year from the date that you pay going forward.

LOOKING AHEAD:

- **Fried Dough & Fireworks Fundraiser**— On July 3rd, we will be doing our "Fried Dough Fundraiser" and are in need of volunteers to take orders, collect money, etc. as we transform our "Courtyard" into a "Food Court"!

Breakfast—Suzanne's Sandwiches Thursday, July 24th—\$10.00—Bacon, Egg, and Cheese on a Croissant, Hash Browns, fruit, Coffee/Tea. Sign-ups start July 1st.



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

Blind/Low Vision Presentation—Thursday, June 5th—12:30—Join UR Community Cares and learn about the resources available to help with vision problems.

Bingo—Representative Kara Rochelle will be here on Tuesday, **June 17th** to call Bingo.

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.

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

Therapeutic Pain Management Lunch & Learn—Thursday, June 18th—presented by Barbara Belicia from Wholesale Therapeutics.

Movie Matinee—DUMPLIN'—Wednesday, June 25th — An outspoken plus-sized teenage girl who's known as Dumplin' to her mother (Jennifer Aniston), a former beauty queen who now runs the local Miss Teen Blue Bonnet pageant. Dumplin' confidently ignores comments about her weight and listens to Dolly Parton songs obsessively. But when she decides to enter her mother's pageant in protest, her bold move encourages other contestants to follow in her footsteps, redefining the town's traditions in the process.



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MONTHLY REMINDERS

Membership Renewals are due in June for last names N-Z. Please renew if you have not already done so. Derby residents \$6.00, non-residents \$8.00. **Going forward, your renewal date will be one year from the date that you pay.**

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

Blood Pressure Screenings with Parish Nurse, Maggie Sessa, is on the 2nd Tuesday of the month.

Please remember to sign into the KIOSK when you enter.

MEALS / EVENTS

Father's Day Luncheon

Thursday, June 12th, 2025
12:00pm

Marc's Meatball Grinders
Salad, Chips
Coffee/Dessert
\$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****

Senior Café is an elderly nutrition program that provides nutritionally balanced meals for a small donation to Help offset the cost.

DIRECTOR'S CORNER

Hello friends,

We had our Mother's Day Tea last month and everyone had a lovely time. I'd like to give a huge thank you to Bigelow Tea for donating tea bags for our members! Also thank you to Home Depot and Lowes for their generous Plant Donations! I would be remiss if I didn't mention my appreciation to my staff and volunteers who solicited donations and all those who donated/sold raffle items, baked, and/or helped to set up and cleanup! Our events would not be possible without all of you. Thank you so much!

This month we celebrate all the important men in our lives, both past and present at our Father's Day Luncheon! We are having Meatball Grinders made by Marc Garofalo There will be a free raffle for anyone who wears a silly tie or hat.

Great news, our kiosk is up and running. You must come to the

office to receive your keytag. This will have your own unique bar code and will replace your membership card. It is best to place it on your keychain immediately after receiving it to prevent it from getting lost. Please scan your card every time you come to the center and tap the activity that you are there for. Even if you are just running in, tap the "just visiting" icon. We need to track everyone coming to our center for various reasons. Keep in mind, the system will remind you of your membership renewal 30 days before, so if your membership is due in June, you would have started getting a reminder May 1st. You can still use the kiosk to check in, just follow the prompts. Going forward, the system will automatically set your renewal date one-year from the date that you pay.

I look forward to seeing you soon! *Warmest Regards, Dawn*

ANNOUNCEMENTS

- **FYI: The Atlantic Hurricane Season** officially arrives June 1 and ends November 30. It is essential to be prepared. If you are under a hurricane warning, find safe shelter immediately. Keep an emergency preparedness kit to include food, water, medications, flashlight, batteries, cash, and a first aid kit. See insert for other tips.
- **NEW! Book Club!** The Derby Public Library book club is 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).
- **Derby's 350th Birthday Anniversary**—The City of Derby is celebrating with many activities this year for Derby's Anniversary. Please see insert for details.
- **BINGO**—sponsored by "Lord Chamberlain"—June 24th—1:00-3:00.
- **DONATION REQUEST** — Monetary donations are welcome to offset the cost of coffee, creamer, desserts, and snacks. As you know the cost of everything has gone up and we like to serve coffee and snacks to our members for many of our events at no charge. This gets quite expensive. So, please, if you are able, consider leaving a donation in our locked donation box in the all-purpose room. We greatly appreciate your generosity.

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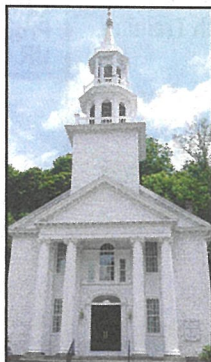
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Chair Yoga 11:45– Strength Training with Bobbi 3:00—ELDERLY COMMISSION MEETING	3 10:00 Crafts 10:00—Line Dancing 11:45—Senior Café 12:00—Bingo 9:00-3:00—Open Exercise 9:00-3:00—Pool Billiards	4 9:30 Gentle Yoga  11:45– Strength Training with Bobbi 1:00—Library Book Club— “The Kitchen Front” Large Print Books available at the Derby Public Library	5 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 12:30—Blind/Low Vision Program sponsored by UR Community Cares	6 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop 12:30—FAMILY TREE CLUB
9 10:00 Chair Yoga 10:00-12:00 Haircuts by Donna 11:45– Strength Training with Bobbi 1:00-Cardio Drumming	10 10:00 Crafts 10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards 10:00 - EXECUTIVE BRD. Meeting 10:30-NEW TIME- Events Planning Committee Meeting 11:30—Shop Rite Dietician 12:30 Blood Pressure Checks 1:00-3:00 Bingo 1:00 Pool Billiards	11 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 1:00—Decorating Club Set up for luncheon	12 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 12:00 Father's Day Luncheon—Marc's Meatball Grinders	13 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop 12:30—FAMILY TREE CLUB
16 10:00 Chair Yoga 11:45– Strength Training with Bobbi 1:00-Cardio Drumming	17 10:00 Crafts 10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo & Goodies with State Representative Kara Rochelle 1:00 Pool Billiards	18 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 12:30—Therapeutic Pain Management with Whole Person Therapeutics	19 CENTER CLOSED 	20 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop 12:30—FAMILY TREE CLUB
23 10:00 Chair Yoga 11:45– Strength Training with Bobbi 1:00-Cardio Drumming	24 10:00 Crafts 10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Birthday Bingo-- sponsored by Lord Chamberlain 1:00 Pool Billiards	25 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 1:00—Monthly Movie Matinee—"Dumplin'"	26 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café— 12:30—Dental Hygiene Bingo “Summer Breeze” Amarantes	27 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop 12:30—FAMILY TREE CLUB Captain's Cove
30 10:00 Chair Yoga 11:45– Strength Training with Bobbi 1:00-Cardio Drumming	CORN HOLE IS BACK! 	MONDAY—FRIDAY 9:00-3:30 Self-Led CORN HOLE Ping Pong Pool Billiards Darts Open Exercise		

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

"Summer Breeze" Amarante's	Price: \$85 Drive on Own	June 26, 2025
Captain's Cove-Free transportation 1st 12 sign-ups	Price: FREE Drive on Own	6/27—7/18—8/15/2025
"CT Lighthouse Cruise" lunch in Old Mystic Village	Lunch on Own Price: \$156— FULL	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
"Holiday Hill" Free transportation 1st 12 sign-ups	Price: \$46 all-inclusive	August 18, 2025
"Yesterday Once More" Carpenters—Polo Club	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
"Spain's Classics & Portugal" —Collette	Price \$5999 Double	April 7 — 21, 2026

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