



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

JULY 2022



Did you Know? Derby is the smallest city in CT by area at 5.3 square miles.

CENTER INFO

Hours of Operation:

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

Any changes will be posted.

Our Staff

Christine Sonsini | Executive Director

Phone: 203-736-1485

Fax: 203-736-1486

Email: csonsini@derbyct.gov

Dawn Hebert Assistant Director

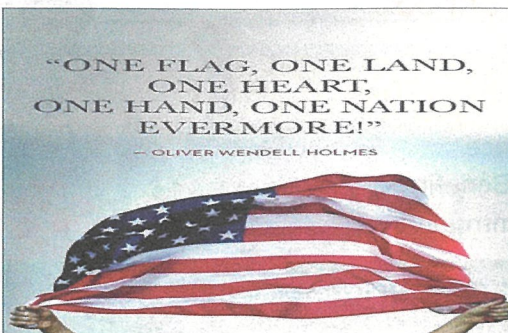
Phone: 203-736-1484

Fax: 203-736-1486

Email: dhebert@derbyct.gov

i In the case of inclement weather please check WTNH Ch 8 news for updates on closings or delays.. Any questions please call the center.

QUOTE OF THE MONTH:



POINTS OF INTEREST

- The Elderly Commission meeting will be held on Monday, September 5th at 3:00pm Enjoy your summer break!
- The Executive Board will meet on Tuesday, July 12th at 10:00am
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on Tuesday, July 19th 12:30-2:30pm (**note date change**)
- Medicare Counseling is available for those of you who have questions on Medicare. Please call the center at (203)736-1484 to schedule an appointment
- Membership- Reminder: If your last name begins with M-Z your renewal was due in June. If sending in your membership please include a self addressed stamped envelope. Going forward if your membership is 6 months overdue you will no longer receive newsletter

until your membership is brought up to date.

Volunteers:

We are looking for Volunteers to call Bingo on Tuesdays from 1pm—3pm sign up in main office. And assist with other tasks, If interested please contact the office.

Facebook page—The Derby Senior Center's Facebook page is up and running . Please stop by and like our page.

Email—If you have an email address, please kindly call the office so we can add it to our records. This will make communication easier in times like these.

May we never forget
freedom isn't free....





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

- ◆ We have availability of a limited supply of Covid 19 at home test kits and N95 mask for members . Please stop by the center to pick up.
- ◆ We had a donation of incontinent supplies. If anyone needs some please contact the center.
- ◆ **PINOCLE PLAYERS WANTED—** Group meets Thursdays 9:30– 12:00. Please call to reserve your spot.
- ◆ **KITCHEN STAFF HELPERS** needed to assist in the kitchen for food prep and on the day of our special luncheons. Please contact the center if interested.
- ◆ If your parking sticker is faded and difficult to read please stop by the center for a new one.
- ◆ The Knitting & Crocheting Group is asking for yarn donations. Any donations would be greatly appreciated.
- ◆ St Vincent DePaul—237 Roosevelt Dr., Derby is looking for volunteers to fill a variety of openings. Please stop by if you are interested.
- ◆ **EXECUTIVE BOARD NOMINATIONS**—If anyone is interested in running for the Executive Board please reach out to the center. I will be collecting names until July 22nd for the Nomination Committee.
- ◆ **New Hairdresser** beginning in July. Many years experience in Senior Centers and Nursing homes.

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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Contact us at careers@4lpi.com
www.4lpi.com/careers



MONTHLY REMINDERS

Haircuts

Haircuts will be the second Monday of the month \$10 cash. Please call center for appointment.

Veterans Services & Benefits

Please contact Gabor Kautzner at (203) 736-1484 to set up appointment on Fridays

Parish Nurse Blood Pressure

Screenings—Tuesday, July 19th, 12:30—2:30pm

Reiki—Thursdays by appointment only. Please contact the center to schedule

Sign In
PLEASE remember to sign into the building when you enter. There are sign in sheets on desks in both entrances. Please fill in all sections. Also sign in on program attendance sheets.

Special Events Meals

Please note that the cost of catered special events meals was increased due to the increased cost of food. Meals need to be paid for by the **Friday** prior to the event. You may mail in a check if you prefer. **NO refunds**

MEALS

JULY PICNIC

Thursday, JULY 21st
12 noon

Hamburgers, hot dogs,
baked beans, assorted
salads, chips and
dessert
\$15.00

Music provided by
Paula Pettinella

RSVP with payment by:
Tuesday, July 19th

JULY CENTER UPDATES

Volunteer sign in book—on desk at entrance—please sign in if volunteering.

AARP Safe Driving Course

Online option:
www.aarpdriversafety.org We are scheduled to begin in-person classes in September 29th. Cost is \$20 for AARP members and \$25 for non members. Please note that discount applies to CT licensed drivers only. Out of state drivers please check with your insurance carrier. Please contact the center to sign up.

Volunteers: if interested in volunteering please contact the center for opportunities

HOURS—Monday—Friday 8:30—4:30pm

ANNOUNCEMENTS—Please read From the Director's desk below for new information.

Events Planning Group— We are looking for members to join our Events planning group. The group will meet on the 2nd Tuesday of the month following the Executive Board meeting (approximately 11am). This group assists with special events, menu planning, new program ideas, event decorating, etc. If interested or have questions please contact the center or stop into a meeting. All are welcome.

Knitting & Crochet Group— is in need of donations of yarn for their group. Please drop off donations at the center during business hours.



JULY ANNOUNCEMENTS

From the Director's desk:

Hello Everyone!

Happy July!! Even though we are still in a pandemic, masks are currently optional at the center if you are fully vaccinated. If you are not vaccinated we are asking that you continue to wear a mask while inside the center. Also, if you have any type of cold symptoms please stay home. This will ensure the safety of all and assist us in remaining open.

If you are interested in being on the Executive Board please call the office or stop by the center to throw your hat in the ring. All interested parties need to have their names into the Nomination committee by July 22nd. Names of those running for the board will be posted for the month of August and voting will be held at the Sept. 8th Membership/Election luncheon.

We are offering 2 trips to Captain's Cove this month. Space is limited to the first 12 people who sign up. Trips will leave the center at 11 and pick up will be at 3pm at Captain's Cove. Lunch and shopping on your own.

IMPORTANT: All paid trips **MUST** be paid within 5 days of booking trip otherwise we will have to release your spot. Special craft programs **MUST** be

paid for by the Friday prior to the class. We will be assisting NVHD in a Community Give Back Program. Every month we will be collecting for a different non profit organization. For July we will be collecting for the diaper bank. They are in need of diapers (all sizes), wipes and pull ups. Every little bit helps the community. Thank you in advance!

I have a limited amount of Covid 19 at home test kits and N95 masks for members. If you need one please call the center to arrange a pick up.

Please make sure that you are signing in when you come into the center as well as for each program that you attend. We need this information for our records. Thank you for your cooperation.

We are here daily if you have any questions, concerns or just would like to chat for a few minutes. Please stay healthy and safe. Happy Fourth of July to all! Enjoy! Best regards,
Christine Sonsini



In Memory Of: Please keep all those who have passed in your thoughts and prayers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*** Pinoche players— please call the center to reserve your spot ***				1) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class
4) CLOSED IN OBSERVANCE OF FOURTH OF JULY	5) 11:00—Tai Chi 1:00-3:00 Bingo	6) 9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi	7)9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt)	8) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class
11) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	12) 11:00—Tai Chi 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE *** please note change 1:00-3:00 Bingo	13) 9:30-Gentle Yoga 10:00 Painting 11:45—Strength Training with Bobbi	14)9:30 Mahjongg 9:30 /12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 9-2pm—RED CROSS BLOOD DRIVE 11:00– 3pm—Captains Cove Trip (limited to 12ppl) lunch on own	15) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class
18) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	19) 11:00 Tai Chi 12:30 Parish Nurse BP Screening (note date change) 1:00-3:00 Bingo	20) 9:30– Gentle Yoga 10:00 Painting 11:45– Strength Training with Bobbi	21) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 12:00—PICNIC WITH MUSIC BY PAULA PETTINELLA	22) 10:00 Grocery Shopping with VTD 11:00 Quilting Class
25) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi	26) 11:00—Tai Chi 1:00-3:00—Birthday Bingo	27) 9:30-Gentle Yoga 10:00 Painting 11:45– Strength Training with Bobbi	28) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting10:30 Reiki (by appt) 11:00– 3pm—Captains Cove Trip (limited to 12ppl) lunch on own	29) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class

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DERBY SENIOR CENTER

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Derby, CT 06418-1938



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Address: 293 Main Street Derby, CT
06418

Phone: (203) 736-1484

Email: seniorcenter@derbyct.gov

Fax: (203) 736-1486

CURRENT TRIP SCHEDULES—CALL DAWN FOR SIGN UP OR INFO

Transportation for seniors is available 5 days a week from Valley Transit District (VTD) 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

1 1/4 lb Lobsters at the Log Cabin—Lou Villano & Paul Anka (1 spot left)	Price \$125	July 20, 2022
Lunch at The Aqua Turf with performance by The Jersey Tenors & Four Seasons	Price \$109 ,tickets only \$86 (3 spots)	August 10, 2022
Holiday Hill Senior Picnic (payment due by July 29th)	Price \$40— 9am—4pm—Self Drive	August 22, 2022
Essex Steam Train & Riverboat	Price \$128 Sold out	August 25, 2022
Amarante's Sounds of Summer music with Jimmy Russo (2 spots left)	Price \$97 , tickets only \$77	September 8, 2022
Krucker's "Octoberfest" - Pomona, NY	Price \$126	October 13, 2022
"America The Beautiful" - dinner with music by Ray Guillemette, Jr and his band at the Grand Oak Villa	Price \$106	November 10, 2022
"In The Christmas Mood" at the Aqua Turf with lunch & music provided by the world famous Glen Miller Orchestra	Price \$114	December 7, 2022
"David" - Sight & Sound Theatre, 2 nights at Bird in Hand resort with Meals, tour and casino—Lancaster, PA	Price \$485dbl, \$465 tpl, \$599 sgl	Sept., 27-29, 2022
Caesars in Atlantic City includes 2 shows, slot bonus and meal vouchers	Price \$280 dbl, \$270 tpl, \$380 sgl	October 25-27, 2022

LONG TRIPS

Danube River Cruise (11 days) \$99 R/T air fare	Price \$4498 pp/dbl \$6648 single	Sept. 25– Oct 5, 2022
Irish Splendor (8 days)	Price \$2899pp/dbl \$3249 single	Oct 5-12, 2022
Iceland's Northern Lights (11 days)	Price: \$2999pp/dbl, \$3499 single	March 5-11, 2023

Please see center for flyers or call for further information

ALL TRIPS SUBJECT TO CANCELLATION - If
minimums are not met

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