



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 2023



Did you Know? From the first water-powered gristmill in 1681 to the opening of the Housatonic Dam in 1870, *Derby* was a successful manufacturing town.

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

Olga Capristo, BSW

Assistant Director

Kitchen Manager

Please note: We will be closed on Tuesday, July 4th in observance of Independence Day



POINTS OF INTEREST

- The **Elderly Commission meeting** will be held on Tuesday, September 5th at 3:00pm. Due to Summer Break.
- The **Executive Board Meeting** will be on Tuesday, August 15th 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. **Call to reserve by 10:00am the day before.**
- **Wii Sports and More**—Bring a friend and enjoy a game of baseball, tennis, bowling, boxing, golf games, dancing and more! See calendar for time slots.
- **Captain's Cove**—July 21st and August 18th. Call early to reserve as there are only 12 spots available each day. **Please Note:** There will be no Zumba on Friday, July 21st due to instructor's vacation.
- **Reminder:** Members with last names starting M-Z, your membership was due to renew last month, even if your information has not changed. If you have not renewed or your membership has lapsed, please come in to renew and get an updated membership card. **This will save us the time of having to call you.**



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 **July 12th** at 1:00 for a movie and complimentary refreshments. This month's movie is "**Last Chance Harvey**"— In London for his daughter's wedding, a struggling jingle-writer, Harvey Shine (Dustin Hoffman), misses his plane to New York, and thus loses his job. While drowning his sorrows in the airport pub, Harvey meets Kate (Emma Thompson), a British government worker stuck in an endless cycle of work, phone calls from her mother, and blind dates. A connection forms between the unhappy pair, who soon find themselves falling in love. 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.
- ♦ **Cupcake Decorating Class**—Join Sue on **July 27th** to make "Beach Day" Cupcakes \$8 for 3.
- ♦ **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.

- ♦ **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! Let's see those pool sharks!
- ♦ **Ping Pong**—Looking for players; bring a friend for an exciting game of Ping Pong!
- ♦ **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.

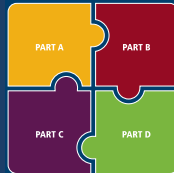
Puzzled about Medicare?

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

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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**. 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, **July 18th 12:30-2:30pm**. **PLEASE remember to sign into the building when you enter.**

JULY CENTER UPDATES

Dear members,

I'd like to share some wonderful news... Olga Capristo, our kitchen manager, has been hired for the Assistant job for 20 hours per week! In addition, she will still do the kitchen job on Tuesdays and Thursdays. She has been volunteering in the office and filling in for me on days off, therefore she is familiar with the responsibilities of the position. Olga will be an asset in the Assistant position as she has a BA in Social Work with a concentration in Gerontology. She also has a wealth of experience working with the senior population. Please, if you have not met her, introduce yourself and give her a nice welcome!

Other good news... The Board of Alderman and Alderwomen lifted the hiring freeze for the bus drivers. I have recommended 2 applicants who have their CDL licenses to our Human Resource Consultant. She is

in the process of onboarding them. I know many of you are looking forward to taking day trips this summer as well as receiving rides to and from the center if you are unable to get here. Stay tuned for further information.

We had a wonderful Father's Day Luncheon last month! Thanks to our wonderful volunteers and Mike from Twisted Vine! The food was delicious!

This month we will be having our **Membership Meeting Luncheon** to review our By-Laws on Thursday, July 13th. There will be a Bake Sale and a free-will lunch. Donations of baked goods are welcome! Come meet our Special Guest, Melody Lee Martin who was just crowned **Ms. CT Senior America 2023**. Please call to sign up and/or to donate.

I look forward to seeing you soon!

Warm regards,
Dawn

MEALS

Membership Meeting Luncheon

Review Bylaws and meet Ms. CT Senior America 2023 Bake Sale

Thursday, July 13th
12:00 pm

"FREE-WILL" LUNCH

Meatball Grinders, Salad,
Dessert—donations welcome

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

ATTENTION! Please be sure to call the day before by 10:00am to attend the Senior Café Lunch! We only order enough lunches for the number of people signed up; otherwise, if we order extra based on a guess and it is not purchased, we lose money.

JULY ANNOUNCEMENTS

Lunch & Learn—Free! July 20th—"Retirement Considerations-Things to Know (especially taxes!)" join AARP's Steve Archer as he discusses topics such as ***Understanding Annuities *Required Minimum Distributions (RMD's) *Qualified Charitable Contributions *Traditional IRA vs Roth IRA *Taxes on Social Security *Sale of Home Tax *Income Strategies.**

"Coffee and...." July 14th. We welcome UR Community Cares as they present **Blind/Low Vision Directory Program.**

Monthly Movie Matinee—Join us on **Wednesday, July 12th at 1:00** to see **"Last Chance Harvey".**

July 25th Birthday Bingo will be sponsored by **"Ebenezer Home Care"** Come take a shot and win some great prizes in addition to cash!

Wii Sports & Dance—Bring a friend and enjoy a game of baseball, tennis, bowling, boxing, and golf games!

Corn Hole—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 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**

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





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Derby Senior Center, Derby, CT

06-5354

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More	4) Center Closed 	5) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More	6) 9:30 Mahjongg 9:30 Pinochle 10:00 Hook & Needle Grp 1:00—Wii Sports & More	7) 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
10) 10:00 –12:00—Haircuts 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More	11) 10:00—Tai Chi—QiGong 11:45—Senior Café 1:00-3:00 Bingo	12) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00 Monthly Matinee— "Last Chance Harvey" call to sign up.	13) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 12:00 Membership Luncheon 11:45—Senior Café 1:00—Wii Sports & More	14) 10:00 Coffee and... "Blind/Low Vision Directory Program" sponsored by UR Community Cares 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 7/16, Hudson River Cruise
17) 10:00 Chair Yoga 11:45- Strength Training with Bobbi- 1:00—Wii Sports & More	18) 10:00—Tai Chi—QiGong 11:45—Senior Café 1:00-3:00 Bingo	19) 9:30-Gentle Yoga 11:45- Strength Training with Bobbi- 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More	20) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:30 Lunch & Learn— Retirement Considerations with AARP	21) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:30—Coffee Chat Social 11:00 Captains Cove (limited to 12)
24) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More	25) 10:00—Tai Chi —QiGong 11:45—Senior Café 1:00-3:00 Birthday Bingo sponsored by Ebenezer Home Care	26) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More	27) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café— 1:00—Cupcake Decorating Class— "Beach Days"	28) 10:00 Zentangle with Rosemarie 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda Canceled 1:30—Coffee Chat Social Call to sign up
31) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More				MONDAY—FRIDAY 9:00-3:00 Corn Hole Ping Pong Pool Billiards Open Exercise

Joke of the Month:

What do cast iron pans and seniors have in common? They're both well-seasoned.



DERBY SENIOR CENTER

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Derby, CT 06418-1938



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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

Hudson River Cruise Sold Out	Price \$133	July 16, 2023
Captain's Cove (limited to 12)	Lunch on Own	July 21, 2023
Essex Steam Train & River Boat	Price \$132	August 3, 2023
Captain's Cove (limited to 12)	Lunch on Own	August 18, 2023
Holiday Hill (limited to 12 for the bus or Self-Drive)	Price \$42	August 21, 2023
Elderly Brothers at Amarante's	Price \$99	September 6, 2023
A Taste of Italian New York Sold Out	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
LONG TRIPS — Collette Tours		
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