



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

AUGUST 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

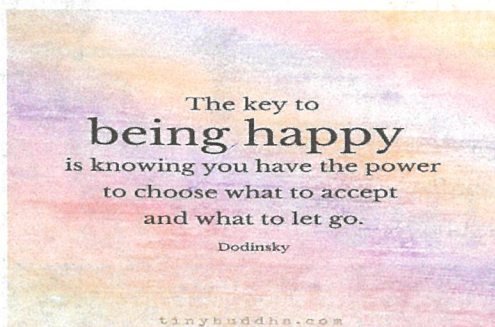
Fax: 203-736-1486

Email: dhebert@derbyct.gov



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, August 9th at 10:00am followed by Events Planning Committee
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on Tuesday, August 16th 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. Derby residents—\$6, non residents - \$8

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.
- ◆ **PINOCLE PLAYERS WANTED—** Group meets Thursdays 12:30—2:30 please call to reserve your spot.
- ◆ Rummikub and dominos players wanted. Call the center to sign up.
- ◆ **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—**Please look over the enclosed list of nominees for the Executive Board. Voting will be held at our “FREE WILL” Membership Luncheon held on September 8th
- ◆ **New Hairdresser** started in July. Many years experience in Senior Centers and Nursing homes.

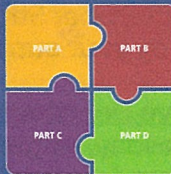
Puzzled about Medicare?

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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& GIFTS**

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Naugatuck Valley



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senior market



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- Full-Time with Benefits
- Serve Your Community



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,

August 16th, 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

AUGUST LUNCHEON

Thursday, August 11th

12 noon

Ziti, meatballs, salad and dessert

\$10.00

Musical performance provided by Elvis

RSVP with payment by: Tuesday, August 9th

AUGUST 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.

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. Please make sure that you are signing in when you come into the center as well

AUGUST ANNOUNCEMENTS

From the Director's desk:

Hello Everyone! I cannot believe how quickly the summer is flying by! Our July luncheon has been changed until Thursday, July 28th if anyone is interested. For those of you who have not heard, despite all of our efforts, the merger with the Ansonia Senior Center was voted down by the Board of Alderman. I know that many of you are very disappointed by this news as are we. But we must move forward and make our center the thriving center that it was prior to covid. We are currently looking for a van driver, kitchen manager and Zumba instructor if anyone knows anyone who may be interested please have them contact the center.

It is Election time for the Executive Board. Names of those running for the board are included in this newsletter and voting will be held at the Sept. 8th Membership/Election Free Will luncheon.

We will be offering another trip with Valley Transit on Aug 18th. Please call the center for details.

We will be assisting NVHD in a Community Give Back Program. Every month we will be collecting for a different non profit organization. See

flyer at center for information 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. Masks are still required for those who are unvaccinated. Also, if you are experiencing any type of cold symptoms please do not come to the center until you are symptom free. This will help us to stay open.

We will be offering an 8 week Matter of Balance Class hosted by NVHD. Classes begin Aug. 17th and end Oct 5th. Call center to register. Class limited to 12 people. We will also be having a Lyme disease awareness and prevention lunch & learn on Monday, August 22nd. Sign up at the center. Collette travel presentation on upcoming trips long trips—Thurs., Aug. 25th at 1pm.—sign up at center.

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.

Best regards,
Christine Sonsini

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Rummikub 1:00—Dominoes	2) 11:00—Tai Chi 1:00-3:00 Bingo	3) 9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi	4) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt)	5) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 1:00—Rummikub
8) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	9) 11:00—Tai Chi 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE *** please note change 1:00-3:00 Bingo	10) 9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi	11)9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 12:00 LUNCHEON WITH MUSIC BY ELVIS	12) 10:00 Grocery Shopping w/ VTD 10:00 Wreath Class with Kathy (limit 10 people) 11:00 Quilting Class 1:00—Rummikub
15) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	16) 11:00 Tai Chi 12:30 Parish Nurse BP Screening (note date change) 1:00-3:00 Bingo	17) 9:30-Gentle Yoga 10:00 Painting 11:45—Strength Training with Bobbi 1:30—3:30 MATTER OF BALANCE (thru Oct 5th - Limited to 12 people call to sign up)	18)9:30 Mahjongg 9:30 /12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 11:30 Day Trip -TBA— Call center for details (limit to 12)	19) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 1:00—Game Day and Ice Cream Social— (sign up needed)
22)10:00 Chair Yoga 10:00 Haircuts with Donna (date change for August only) 11:45- Strength Training Class with Bobbi 1:00—Dominoes 1:00 Lyme Disease Awareness/Prevention Lunch & Learn presented by NVHD (call to sign up)	23) 11:00—Tai Chi 1:00-3:00 Bingo	24) 9:30- Gentle Yoga 10:00 Painting 11:45- Strength Training with Bobbi 1:30—3:30 Matter of Balance Program. Registered people only	25) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 1:00 Travel Presentation by Collette Travel (Iceland, Bluegrass country and Tuscany and the Italian Riviera)	26) 10:00 Grocery Shopping with VTD 11:00 Quilting Class 1:00—Rummikub
29) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	30) 11:00—Tai Chi 1:00-3:00—Birthday Bingo	31) 9:30-Gentle Yoga 10:00 Painting 11:45- Strength Training with Bobbi 1:30- 3:30—Matter of Balance Program	1) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt)	*** Rummikub, Dominoes & Pinocle players—please call the center to reserve your spot ***

SUPPORT OUR ADVERTISERS!



DERBY SENIOR CENTER

293 Main Street
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

Lunch at The Aqua Turf with performance by The Jersey Tenors & Four Seasons

Price \$109 ,tickets only \$86

August 10, 2022

Holiday Hill Senior Picnic (**payment due by August 5th**)

Price \$40— 9am—4pm—**Self Drive**

August 22, 2022

Essex Steam Train & Riverboat

Price \$128 pp **Sold out**

August 25, 2022

Amarante's Sounds of Summer music with Jimmy Russo

Price \$97 , tickets only \$77 **Sold out**

September 8, 2022

Big E (depart Derby at 8:30am depart Big E 6:00pm after the parade

Price \$57.00 pp

September 21, 2022

Krucker's "Octoberfest" - Pomona, NY

Price \$126 pp

October 13, 2022

"America The Beautiful" - dinner with music by Ray Guillemette, Jr and his band at the Grand Oak Villa

Price \$106 pp

November 10, 2022

"In The Christmas Mood" at the Aqua Turf with lunch & music provided by the world famous Glen Miller Orchestra

Price \$114 pp

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

Iceland's Northern Lights (11 days)

Price \$2999 pp/dbl \$3499 single

March 5-11, 2023

Bluegrass Country & Smokey Mountains

Price \$3149pp/dbl,\$4049 single

April 27– May 5, 2023

Tuscany & Italian Riviera

Price: \$3899pp/dbl, \$4399 single

Oct 20-28, 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



Fall Wreath Class with Kathy

Friday, August 12th

10am

Main room

\$20

Class limited to 10 people

Payment needed to reserve spot

DO YOU HAVE **concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**This FREE program teaches
ways to prevent and
manage falls.**

YOU WILL LEARN TO:

- exercise to increase strength and balance
- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

The program is open to anyone over 60 years old who is ambulatory and can problem-solve.

There is **no cost** for this program!

**Presented by the
Naugatuck Valley Health District**

**Wednesdays, August 17th – October 5th
1:30 – 3:30pm
at the
Derby Senior Center
293 Main St., Derby CT**

Classes are held once a week for 8 weeks.

***Refreshments and snacks provided at every class.**

**Registration is required!
Register by calling the Derby Senior Center
203-736-1484**

**Only 12 spots available!
Register as soon as possible.**