



# 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)

## August 2023



**Did you Know?** Derby is also home to the Sterling Opera House, a historic theater that was built in 1889 and has hosted many famous performers, including Harry Houdini.

### 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)

Olga Capristo, BSW  
Assistant Director  
Kitchen Manager  
**Email:** [ocapristo@derbyct.gov](mailto:ocapristo@derbyct.gov)

- ♦ **Please Note:** There will be no Zumba on Friday, August 18th due to instructor's vacation.
- ♦ **Please Note:** There will be no Strength Training on 8/14, 8/16, 8/21, or 8/23 due to instructor's vacation.



### 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 8th at 10:00am.
  - The **Events Planning Committee** will follow at 11:00am.
  - **Medicare Counseling** is available for those 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!
- **Pizza Dinner Dance—** August 17th with Home-Made Pizza and music performed by "Paula Pettinella" \$10.00
- 
- **Labor Day Ice Cream Social Sundae Bar** August 31, \$2.00
- 
- NEW:** Summer Concerts Under the Stars—Tuesdays at 7:00pm on the Historical Green, Elizabeth St. Derby. See Calendar for schedule.
- ATTENTION!** The Cultural Commission is looking for Volunteers for Derby Day, September 9th, 2023. Please call the center if interested.



## 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

- ♦ **Diamond Art Class**—Join Sue to learn this new fun craft on August 10th to make “Sunflower Keychains”. Cost: \$8.00. Limited to 12.
- ♦ **Monthly Movie Matinee**—Join us on August 9th at 1:00 for a movie and complimentary refreshments. This month’s movie is “A Man Named Otto”. Enraged by the world, and hardened by grief, a cranky retiree plots his own demise but is foiled when a lovely young family bursts into his life. Starring Tom Hanks, Mariana Trevino, and Rachel Keller. Call to sign up.
- ♦ **ATTENTION!** The Cultural Commission is looking for Volunteers for Derby Day, September 9th, 2023. Please call the center if interested.
- ♦ If interested in joining a Chess Club, please call.
- ♦ **Coffee Chat Social**—The group meets on Fridays to discuss topics of interest, current events, Life Stories, etc. Light refreshments will be served.
- ♦ **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!



## 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, **August 15th 12:30-2:30pm**.

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

## AUGUST CENTER UPDATES

Dear members,

I'd like to say a special thank you to Ms. Senior Connecticut, Ms. Melody Lee Martin, who greeted members and spoke at our July Luncheon. It was a pleasure to have her here! She will be teaching a Jazz Dancing Class on Mondays at 1:00pm from September 11th — October 2nd. Please call to sign up. It is sure to be a lot of fun!

This month, Town Clerk Marc Garafalo, and other volunteers will be making Home-Made Pizza for our Pizza Dance Party! Entertainment will be provided by Paula Petinella. Join us and dance to the Classics, Oldies, Country, Disco, Do-Wop, and of course some Italian songs!

Join us on August 31st for our Labor Day Ice Cream Social. with a Sundae Bar, Only \$2.! This will be after the Senior Café so if you'd like to have lunch first, call to sign up.

Whether you like dancing or just listening to great music, come enjoy

Summer Concerts Under the Stars—Tuesdays at 7:00pm on the Historical Green, Elizabeth St. Derby. See calendar for schedule.

Now that we have our Brand-New Stove, I am looking to start a breakfast club to provide a breakfast for our members once or twice per month. This would involve meal planning, shopping, setting up, cooking, baking, and cleaning up. If interested, please call the center.

I am also looking for a volunteer, or a group of rotating volunteers to lead a craft group. Looking ahead, it would be nice if we could start making items for our future luncheons (Halloween, Thanksgiving, Christmas). If interested, please call the center. Your help would be greatly appreciated!

Thank you all for your support and I look forward to seeing you soon! Warm regards, Dawn

## MEALS

### Pizza Dinner Dance

Thursday, August 17th

12:00 pm

**\$10.00**

Home-Made Pizza, Salad, Dessert

**Entertainment:**

Paula Pettinella

### 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.

## AUGUST ANNOUNCEMENTS

### We got our New Stove!



### Hygiene Drive

This month we are taking donations of Hygiene products to benefit "Traveler on a Mission" through NVHD. Your donations will go to help homeless individuals and others who are struggling. Please consider donating to help improve the health and self esteem of those in need.

### Stay tuned...




**Ms. CT Senior America will be starting a 4 week Jazz Class next month! Call to sign up.**

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

**Corn Hole (Bean Bag Toss)**—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
	1) 10:00—Tai Chi—QiGong 11:45—Senior Café 1:00-3:00 Bingo  <u>Concert Under the Stars—</u> Tony Susi with special guest Jr. Palmieri of AG3	2) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More	3) 9:30 Mahjongg 9:30 Pinochle 10:00 Hook & Needle Grp 1:00—Wii Sports & More  <b>Essex Steam Train</b>	4) 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) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More	8) 10:00—Tai Chi—QiGong 11:45—Senior Café 1:00-3:00 Bingo  <u>Concert Under the Stars—</u> Paula Pettinella	9) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00 Monthly Matinee—"A Man Named Otto" call to sign up.	10) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café  <b>1:00—NEW CLASS!</b> <b>Diamond Art</b> call to sign up.	11) 10:00 <b>Coffee and...</b> 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
14) 10:00 –12:00—Haircuts 10:00 Chair Yoga 11:45- Strength Training with Bobbi- <b>Cancelled</b>	15) 10:00—Tai Chi—QiGong 11:45—Senior Café 12:30 <b>Blood Pressure</b> <b>Checks</b> 1:00-3:00 Bingo  <u>Concert Under the Stars—</u> Larry Ayce	16) 9:30-Gentle Yoga 11:45- Strength Training with Bobbi- <b>Cancelled</b> 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More	17) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt)  <b>12:00 Pizza Dance Party</b> 	18) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— <b>Cancelled</b> 1:30—Coffee Chat Social  <b>Captain's Cove</b>
21) 10:00 Chair Yoga 11:45- Strength Training with Bobbi— <b>Cancelled</b> 1:00—Wii Sports & More  <b>Holiday Hill</b>	22) 10:00—Tai Chi —QiGong 11:45—Senior Café  <u>Concert Under the Stars—</u> Shameless	23) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi- <b>Cancelled</b> 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More	24) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café—	25) 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
28) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More	29) 10:00—Tai Chi —QiGong 11:45—Senior Café 1:00-3:00 <b>Birthday Bingo</b> sponsored by Juniper Homecare  <u>Concert Under the Stars—</u> Mark Lanzieri	30) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More	31) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café—  <b>1:00—Labor Day Ice</b> <b>Cream Social</b>	<b>MONDAY—FRIDAY</b> <b>9:00-3:00</b> <b>Bean Bag Toss</b> <b>(Corn Hole)</b> <b>Ping Pong</b> <b>Pool Billiards</b> <b>Open Exercise</b>

**Joke of the Month:**

A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything!"



# 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*

Essex Steam Train & River Boat	Price \$132	August 3, 2023
Captain's Cove (6 Spots Left)	Lunch on Own	August 18, 2023
Holiday Hill (Self-Drive Only)	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

# **Derby Senior Center**

## **August 2023**

### **UPCOMING EVENTS**

**Wednesday, August 9, 1:00pm**

**Monthly Matinee & Complimentary Refreshments**

#### **"A Man Called Otto"**

Enraged by the world, and hardened by grief, a cranky retiree plots his own demise but is foiled when a lovely young family bursts into his life.  
Starring Tom Hanks, Mariana Trevino, and Rachel Keller.

**Thursday, August 10, 1:00pm**

**NEW CLASS: Diamond Art**

Join Sue to learn this new fun craft on August 10th to make "Sunflower Keychains".

Cost: \$8.00. Limited to 12.

**Thursday, August 17, 12:00**

**Pizza Dance Party**

Homemade Pizza, Salad, & Dessert

**\$10.00**



Entertainment provided by Paula Pettinella  
Performing Classics, Oldies, Country, Disco, Do Wop, & Italian Songs

**Thursday, August 31, 1:00**

**Labor Day Ice Cream Social**



Create your own Ice Cream Sundaes with all the fixings!

**\$2.00**





# AUGUST 2023 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 1 c Beef Stroganoff ½ c Cauliflower ½ c Green Beans w/ Peppers 1 sl Marbled Rye Breadc ½ c Diced Pears	<b>2</b> 1 sl Spinach Quiche ½ c Tater Tots ½ c Broccoli Florets 1 sl WW Bread ½ c Cinnamon Applesauce	<b>3</b> 6 oz Mushroom Barley Soup w/ Crackers 1 Greek Chicken Breast ½ c Spinach Salad w/ Italian Dressing 1 Dinner Roll 4 oz Fruit Juice 1 sl Pound Cake	<b>4</b> 1 c Taco Salad (beef, cheese) ½ c Black Bean & Corn Salad 1 Flour Tortilla ½ c Pineapple Tidbits
<b>7</b> 1 c Chicken Stir Fry ½ c Brown Rice ½ c Carrots 1 sl White Bread 4 oz Fruit Juice 1 Oatmeal Cookie	<b>8</b> 1 Hamburger Patty 1 sl American Cheese ½ c Steak Fries ½ c Broccoli 1 Ketchup 1 WG Hamburger Bun 1 Seasonal Fruit	<b>9</b> 1c Cheese Baked Ziti ½ c Mixed Green Salad ½ c Green Beans 1 Italian Dressing 1 sl Italian Bread ½ c Applesauce	<b>10</b> 6 oz Orzo Vegetable Soup w/ Crackers 1 c Chef Salad (Ham, Turkey, Egg, Cheese) ½ c Kidney Bean Salad 1 Ranch Dressing 1 sl Multigrain Bread ½ c Diced Pears	<b>11</b> 1 Cheese Omelet ½ c Tarter Tots ½ c Stewed Tomatoes 1 sl Whole Wheat Bread 1 Seasonal Fruit
<b>14</b> 1 Chicken Paprika ½ c Confetti Brown Rice ½ c Whole Kernel Corn 1 sl Rye Bread 1 Seasonal Fruit	<b>15</b> 1 Potato Crusted Pollock ½ c Roasted Sweet Potatoes ½ c Green Peas 1 Tartar Sauce 1 sl White Bread ½ c Diced Peaches	<b>16</b> 3 oz Pork Roast w/ Dijon Herb Sauce ½ c Whipped Potatoes ½ c Mixed Veggies 1 Biscuit 4 oz Fruit Juice 1 Chocolate Chip Cookie	<b>17</b> 6 oz Minestrone Soup w/ Crackers 2 Eggplant Parmesan ½ c Penne Pasta 1 sl Italian Bread 1 Seasonal Fruit	<b>18</b> 1 Salisbury Beef w/ Gravy ½ c Rice Pilaf ½ c Carrots 1 Dinner Roll ½ c Diced Pears
<b>21</b> 6 Beef/Pork Meatballs w/ Marinara Sauce ½ c WG Penne ½ c Green Peas 1 Italian Bread 1 Seasonal Fruit	<b>22</b> 3 oz Turkey Breast w/ Poultry Gravy ½ c Whipped Potatoes ½ c Mixed Veggies 1 sl Multigrain Bread ½ c Mandarin Oranges	<b>23</b> 1 c Beef Chili w/ Beans ½ c Brown Rice ½ c Carrot 1 Cornbread Muffin ½ c Pineapple Tidbits	<b>24</b> 6 oz Orzo Vegetable Soup w/ Crackers ½ c Tuna Salad ½ c Lettuce & Cucumbers 1 Dinner Roll ½ c Diced Peaches	<b>25</b> 5 oz Sweet & Sour Pork ½ c Brown Rice ½ c Oriental Veggie Blend 1 Whole Wheat Bread 4 oz Fruit Juice ½ c Fruited Gelatin
<b>28</b> 1 Hamburger Patty w/ 1 Cheese ½ c Baked Beans ½ c Carrots 1 Ketchup 1 WG Hamburger Bun ½ c Mandarin Oranges	<b>29</b> 8 Cheese Ravioli w/ Marinara Sauce ½ c Italian Veggie Blend ½ c Mixed Greens 1 sl Italian Bread 1 Seasonal Fruit	<b>30</b> 3 oz Honey Mustard Pork Loin ½ c Rice Pilaf ½ c Broccoli 1 sl WW Bread 4 oz Fruit Juice ½ c Chocolate Pudding	<b>31</b> 6 oz Florentine Soup w/ Crackers 1 c Chicken Caesar Salad (Chicken, Cheese) ½ c Chickpea Salad 1 sl Marble Rye bread 1 Seasonal Fruit	



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

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