



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 2025



Did you know? August is known for being the last month of summer in the Northern Hemisphere and has 31 days. It's named after the first Roman emperor, Augustus Caesar. August also marks the beginning of the harvest season for some crops.

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

Administrative Office Clerk:

Kathy Gerwien, BA Business Admin.

Email: kgerwien@derbyct.gov

Kitchen Manager:

Christine Turecek, AA In Culinary Arts



POINTS OF INTEREST

- The **Elderly Commission meeting** is on hold for the summer and will resume on Monday, September 8th.
 - The **Executive Board Meeting** is on hold for the summer and will resume on Tuesday, September 9th..
 - The **Events Planning Committee** is on hold for July. The next meeting is at 10:30 on August 5th.
 - **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 very difficult to separate payments that are clumped together. Thank you in advance.
- **ATTENTION:** Membership is due one year from the date that you pay going forward.
- LOOKING AHEAD:**
Vet Care Everywhere Health & Wellness Clinic--September 5th, 10:00-1:00—Register Online at vetcareeverywhere.org for low-cost wellness checks, rabies vaccines, distemper vaccines, basic deworming and heartworm testing (dogs only). \$60.00 for qualifying seniors. \$100 all others
Apple Festival—September 15th—Pork Tenderloin dinner \$15.00 sign ups start 8/25.



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

- **Diamond Art**—Join Sue the first Tuesday of every month for this fun craft activity.
- **Sewing/Quilting**—We have a beautiful area with sewing machines and all the essentials that we would love to utilize. If interested in getting paid an instructor's fee to teach quilting and/or sewing, please call the center. This class would be for both seasoned sewers & quilters as well as beginners.
- **Pool Billiard Lessons** available. Call to set up a time with our instructor.
- **Arts & Crafts**—We are looking for an Arts and Crafts instructor to run a class. This group meets to make items to take home as well as centerpieces for our meal functions and favors for the attendees. You will be paid an instructor's fee.
- **FAMILY TREE CLUB**—One-on-One Research with Susan--This is offered by appointment only. Call the center to sign up.

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MONTHLY REMINDERS

Membership Renewals are due one year from last renewal date. Please renew if you have not already done so. Derby residents \$6.00, non-residents \$8.00.

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 swipe your keytag at the KIOSK when you enter. See the staff if you do not have one or need assistance.

MEALS / EVENTS

End of the Summer Cookout Thursday, August 21st

Hamburgers / Hot Dogs
Pasta Salad
Baked Beans
Dessert
Beverages
\$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.

DIRECTOR'S CORNER

Hello friends,

We had our Fried Dough Fundraiser last month with a great turnout despite starting with rain. I would like to express my deepest gratitude to Town Clerk Marc Garofalo and the many volunteers from the community who helped, along with our staff and member volunteers. I am truly blessed to have so many volunteers who dedicate their time for various activities at the center! Thank you!

This month we have a lot of events for you to enjoy. There is an Ice Cream Social on August 7th where you can make your own Sundaes-\$5.00. Author Gary Scarpa will be here on August 14th to review his latest novel, "Still Life". We are having our End of The Summer Cookout on August 21st here at the center due to the heat. Birthday Bingo will be on August 26th. Ebenezer Home Care is sponsoring it. Carefree Homes will be back to do a free craft making drink coasters. We will have a free

light lunch for the attendees. This is limited to 20. So, call early.

Looking ahead to next month, Vet Care Everywhere Health & Wellness Clinic will be here on September 5th, from 10:00-1:00. You must register online at vetcareeverywhere.org for low-cost wellness checks, rabies vaccines, distemper vaccines, basic deworming, and heartworm testing (dogs only). \$60.00 for qualifying seniors. \$100 all others

Next month, The Big E kicks off, and we're excited to partner with the Elderly Commission to offer a special, affordable bus trip for "CT Day" on September 17th. The trip costs just \$30 and includes tickets, transportation, and the driver's gratuity. Sign-ups start on August 1st, but are only open to Derby resident members at first. Non-Resident members can sign up starting August 13th. We hope you'll join us for this fun day!

Best Regards, Dawn

ANNOUNCEMENTS

- Book Club—The Derby Public Library Book Club is meeting on August 6th to review The Invisible Husband of Frick Island by Colleen Oakley.

- Birthday BINGO sponsored by "Ebenezer Home Care" is on August 26th—1:00-3:00.

- Attention Volunteers—You must use the kiosk to check in. The "Volunteer Icon" is on the left side of the screen. It will ask you to enter the duration of your time in hours and minutes.

- CORN HOLE is back and will be set up in the Courtyard upon request, so bring your friends and enjoy the game!

To Inflamm or Not to Inflamm—That is the question! Join dietician, Dana, for this very informative presentation on August 5th.

Movie Matinee—

The Fundamentals of Caring

A writer retires after a personal tragedy and becomes a disabled teen's caregiver. When the two embark on an impromptu road trip, their ability to cope is tested as they start to understand the importance of hope and friendship.

FREE LUNCH—FREE CLASS—

Join Paul from Carefree Home Pros and create a Drink Coaster with Paint. Lunch for attendees only.

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MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM

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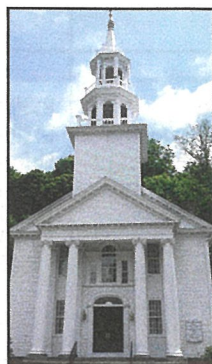
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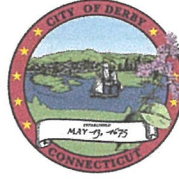
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop—On Hold 12:30—Family Tree Club by appointment only 9:00-3:00—Pool Billiards
4 10:00 Chair Yoga 11:45– Strength Training with Bobbi 3:00 Elderly Commission Meeting—ON HOLD 9:00-3:00—Pool Billiards	5 10:00—Line Dancing 10:30-Events Planning Committee Meeting 11:00—Diamond Art 11:45—Senior Café 12:00—Inflammation presentation 1:00-3:00 Bingo 1:00 Pool Billiards	6 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 1:00—Library Book Club—“The Invisible Husband of Frick Island” by Colleen Oakley. Large Print Books available at the Derby Public Library 1:00—Decorating Club Set up for Grandparent’s Ice Cream Social 9:00-3:00—Pool Billiards	7 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 1:00 Grandparent’s Ice Cream Social 9:00-3:00—Pool Billiards	8 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop—On Hold 12:30—Family Tree Club by appointment only 9:00-3:00—Pool Billiards
11 10:00 Chair Yoga 10:00-12:00 Haircuts 11:45– Strength Training with Bobbi 9:00-3:00—Pool Billiards 1:00-Cardio Drumming 9:00-3:00—Pool Billiards	12 10:00—Line Dancing 10:00—Board Meeting—ON HOLD 11:45—Senior Café 12:30 Blood Pressure Checks 1:00-3:00 Bingo 1:00 Pool Billiards	13 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 9:00-3:00—Pool Billiards	14 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 9:00-3:00—Pool Billiards 12:30-Book Review-by Author Gary Scarpa Simon & Garfunkel	15 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop—On Hold 12:30—Family Tree Club by appointment only 9:00-3:00—Pool Billiards Captain’s Cove
18 10:00 Chair Yoga-- Cancelled 11:45– Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards Holiday Hill	10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards	20 9:30 Gentle Yoga— Cancelled 11:45– Strength Training with Bobbi 1:00—Decorating Club Set up for Cookout 9:00-3:00—Pool Billiards	21 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes—Call to sign up 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 9:00-3:00—Pool Billiards 12:00—End of the Summer Cookout	22 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop—On Hold 12:30—Family Tree Club by appointment only 9:00-3:00—Pool Billiards
25 10:00 Chair Yoga— Cancelled 11:45– Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards	26 10:00—Line Dancing 11:45—Senior Café— 1:00-3:00 Birthday Bingo—Ebenezer Home Care 1:00 Pool Billiards	27 9:30 Gentle Yoga— Cancelled 11:45– Strength Training with Bobbi 12:30-FREE lunch for Craft attendees 1:00—Drink Coaster Painting Craft sponsored by Carefree Home Pros 9:00-3:00—Pool Billiards	28 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 1:00-Movie Matinee-The Fundamentals of Caring	29 10:00 Grocery Shopping w/ VTD 10:30—Creative Writing Workshop—On Hold 12:30—Family Tree Club by appointment only 9:00-3:00—Pool Billiards

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

Captain's Cove-Free transportation 1st 12 sign-ups	Price: \$ Lunch on Own	August 15, 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
"The Big E"—Derby resident members sign up 8/1, All other members sign up 8/13.	Price: \$30.00	September 17, 2025
"Margaritaville on CAPE COD"— SOLD OUT	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
"Rock This Town" Christmas Show at Aqua Turf	Price: \$131	December 8, 2025
"Southern Italy & Sicily"—Collette	Prices start at \$4979 Double	November 7-19, 2025
"Spain's Classics & Portugal"—Collette	Prices start at \$5999 Double	April 7 — 21, 2026
"National Parks of America"—Collette — NEW	Prices start at \$5999 Double	July 13 -- 24, 2026
"British Landscapes"—Collette — NEW	Prices start at \$4999 Double	October 11 — 20, 2026

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