



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

SEPTEMBER 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

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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:

FEELING
GRATITUDE
AND NOT
EXPRESSING IT
IS LIKE
WRAPPING A
PRESENT
AND NOT
GIVING IT.
—WILLIAM ARTHUR WARD—

POINTS OF INTEREST

- The Elderly Commission meeting will be held on **Monday, September 12th at 3:00pm.**
- The Executive Board will meet on **Tuesday, September 13th at 10:00am** followed by Events Planning Committee
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on **Tuesday, September 20th 12:30-2:30pm**
- 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





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

- ♦ If you are a Veteran please call the office so we can update our records before Veteran's Day. We do not want to miss anyone. Thank you!
- ♦ **PINOCLE PLAYERS WANTED**—Group meets Thursdays - please call to reserve your spot.
- ♦ Rummikub and dominos players wanted. Call the center to sign up if interested.
- ♦ **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 Zumba instructor starting on Friday, September 2nd at 12:30pm**

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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www.4pi.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, September 20th - 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

MEMBERSHIP LUNCHEON/ ELECTIONS

Thursday, September 8th

12 noon

**Pea soup, sandwiches, chips and dessert
“Free Will” (donations accepted)**

**PLEASE RSVP by:
Tuesday, September 6th**

SEPTEMBER 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

SEPTEMBER ANNOUNCEMENTS

From the Director's desk:

Hello Everyone! I cannot believe how quickly the summer flew by...here we are in September! 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 if anyone knows anyone who may be interested please have them contact the center. We have hired a Zumba instructor who will be starting in September.

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.

If you are currently a member who is also a veteran. Would you please call the center and give us the branch that you served in. We are trying to update our records with this information before Veterans day. Thank you in advance for your help.

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!

Thank you to the Elderly Commission members who received a grant that enables them to provide a File of Life card pack to every Senior Center member. We will be handing them out at our Sept. 8th Membership luncheon and other meetings. If you are not able to attend the center please call the office and we will arrange for you to get one. I still have some Covid 19 at home test kits and N95 masks for members. If you need one please call the center to arrange a pick up.

The Matter of Balance Class hosted by NVHD is an 8 week class starting on Aug. 17th. The class limited to 12 people and filled up immediately. We are currently taking names for a second class and will continue to offer classes as long as there is an interest.

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.

DERBY SENIOR CENTER

293 Main Street
Derby, CT 06418-1938



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Phone: (203) 736-1484

Email:

DerbyCTSeniorCenter@gmail.com

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

Amarante's Sounds of Summer music with Jimmy Russo	Price \$97 , tickets only \$77— 5 spots open	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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*** Rummikub, Dominoes & Pinochle players—please call the center to reserve your spot ***</p>			<p>1) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt)</p>	<p>2) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Rummikub</p>
<p>5) CENTER CLOSED IN OBSERVANCE OF LABOR DAY</p> 	<p>6) 11:00—Tai Chi 1:00-3:00 Bingo</p>	<p>7)9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi 1:30—3:30 MATTER OF BALANCE PROGRAM -Registered people only</p>	<p>8)9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 12:00 - "FREE WILL" MEMBERSHIP LUNCHEON & ELECTION</p>	<p>9) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Rummikub</p>
<p>12) 10:00 Chair Yoga 10:00 Haircuts with Donna 11:45- Strength Training Class with Bobbi 1:00—Dominoes 3:00 Elderly Commission</p>	<p>13) 11:00—Tai Chi 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE 1:00-3:00 Bingo</p>	<p>14) 9:30-Gentle Yoga 10:00 Painting 11:45—Strength Training with Bobbi 1:30—3:30 MATTER OF BALANCE PROGRAM -Registered people only</p>	<p>15)9:30 Mahjongg 9:30 /12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 12:30—LUNCH & LEARN—Questions to Ask Before Applying for Medicaid by Drazen Law</p>	<p>16) 9-5:15pm—RED CROSS BLOOD DRIVE 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 1:00 Rummikub</p>
<p>19) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes</p>	<p>20) 11:00 Tai Chi 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo</p>	<p>21)9:30- Gentle Yoga 10:00 Painting 11:45- Strength Training with Bobbi 1:30—3:30 MATTER OF BALANCE PROGRAM -Registered people only</p>	<p>22) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt)</p>	<p>23) 10:00 Grocery 11:00 Quilting Class 10:00 Wreath Class with Kathy 12:30—Zumba Gold with Amanda 1:00—Rummikub</p>
<p>26) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes</p>	<p>27) 11:00—Tai Chi 1:00-3:00—Birthday Bingo</p>	<p>28) 9:30-Gentle Yoga 10:00 Painting 11:45- Strength Training with Bobbi 1:30- 3:30—MATTER OF BALANCE PROGRAM—Registered people only</p>	<p>29)9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Knitting & Crocheting 10:30 Reiki (by appt) 12:30—\$30—AARP SAFE DRIVING CLASS—Registration Required</p>	<p>30)10:00 Grocery Shopping with VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Rummikub</p>

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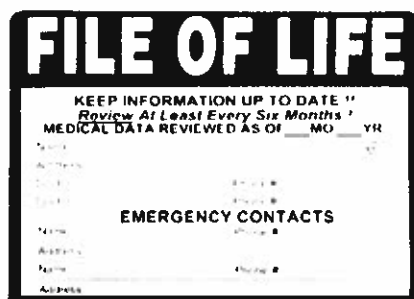


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to you at www.mycommunityonline.com





A BIG THANK YOU to the members of the Elderly Commission on receiving a grant from the Agency on Aging allowing them to order the **FILE OF LIFE** for the senior residents of Derby & Derby Senior Center members. The File of Life is a small medical history card that is kept in a red plastic sleeve (example to left) that once filled out can be hung on your refrigerator. This File of Life data enables emergency personnel to obtain a quick medical history when a patient is unable to give one. As part of the grant each person will receive the refrigerator size as well as a wallet size. This is available to any senior. They do not need to be a member. This is a valuable tool for seniors.

KITCHEN WISH LIST

The center is looking for donations of any of the following items for the center. All items can be dropped off at the center. Thank you in advance for your help.

Cookies
Napkins
Paper plates
Dish detergent
Sponges

brillo pads
coffee (regular & decaf)
coffee stirrers
sugar packets
sugar substitute packets

BENEFITS OF YOGA FOR SENIORS



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Yoga reduces:

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Yoga helps to lower cholesterol

Alleviates aches & pains
Boosts confidence
Encourages mindfulness

PLEASE COME & JOIN ONE OF OUR CLASSES
CHAIR YOGA IS HELD ON MONDAYS FROM
10:00 – 11:00AM AND GENTLE YOGA IS HELD
ON WEDNESDAYS FROM 9:30 - 11:00AM.
CALL CENTER FOR INFORMATION. HOPE TO
SEE YOU THERE!

Nominees for Executive Board

Amodeo, Ellen

Barsevich, Anthony

Bazyluk, Brenda

Bukowski, Dolores

Bush, Sandra

Chevarella, Mary Jo

Donohue, Lisa

Jack, Howard

Maturo, Robert

Misiewicz, Janet

Moore, Delores

Morris, Walter

Ritter, Charlotte

Rossi, Virginia (Ginny)

Ryan, Dawn

Selling, Elaine

Yakamovich, Janis