



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 2023



Did you Know? Derby is home to the annual "Derby Day" festival, which celebrates the city's history and features live music, food, and games.

CENTER INFO

Hours of Operation:

Monday-Friday: 8:30 am - 4:30 pm

Office Hours: 9:00 am—4:00 pm

Any changes will be posted.

Phone: 203-736-1484

Fax: 203-736-1486

Our Staff:

Executive Director:

Dawn Hebert, MSW

Email: dhebert@derbyct.gov

Assistant Director:

Olga Capristo, BSW

Email: ocapristo@derbyct.gov

Kitchen Manager:

Olga Capristo, BSW

Email: ocapristo@derbyct.gov

Tuesday & Thursday 10:00am—2:00pm

Please Note: There will be no Zumba on Friday, September 29th due to instructor's vacation.



POINTS OF INTEREST

- The **Elderly Commission meeting** will be held on Tuesday, September 5th at 3:00pm
- The **Executive Board Meeting** will be on Tuesday, September 12th 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!
- **Summer Concerts Under the Stars**-Tuesdays at 7:00pm

GRANDPARENTS DAY CELEBRATION

Saturday, September 16th 12:00-3:00. Magic, Food, Games, & More—All 55+ can attend! \$8.00. Grandchildren Welcome at No Cost! Free "Surprise" Gift for Children courtesy of our Knitting Group. Chicken Tenders, Mac & Cheese, Veggies, Salad & Ice Cream. Must RSVP by 9/8/23.
DERBY DAY—Saturday, Sept. 9th 12:00-6:00-ATTENTION BAKERS & CRAFTERS— We are looking for donations to sell at Derby Day to fundraise for the Senior Center. If you'd like to donate baked goods, they must be prepared in our kitchen per the Health Department. Ingredient donations welcome (flour, sugar, eggs, butter, etc.). Many thanks to Our Knitters and Quilters who donated various hand-made items, along with all those who volunteered to come in and make baked goods. I appreciate all of you as well as all the volunteers who donate their time to help the Senior Center run smoothly!



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

- ♦ **ATTENTION VETERANS!** Please call the center to update our records if you are a veteran. We will be having a special luncheon in November to honor all our Veteran's!
- ♦ **Diamond Art Class**—Join Sue to learn this new fun craft on September 7th—1:00pm to make “Mirrored Compacts”. Cost: \$8.00. Limited to 12.
- ♦ **Chess / Ping-Pong**—If interested in playing Chess, or Ping-Pong please 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.
- ♦ **Monthly Movie Matinee**—Join us on September 13th at 1:00 for a movie and complimentary refreshments. This month's movie is “**Book Club, the Next Chapter**” Four best friends take their book club to Italy for the fun girls' trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross country adventure.
- ♦ **Play Pool!** Let's shoot some pool! The pool table is located on the lower level and is available by request or you can join our **Pool League** on Tuesdays at 1:00pm.
- ♦ **Birthday Bingo**—September 26th will be sponsored by “**Wesley Heights**” 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 the Court Yard.
- ♦ **Captain's Cove**—September 15th—lunch on own

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, **September 12th 12:30-2:30pm**.

PLEASE remember to sign into the building when you enter.

SEPTEMBER CENTER UPDATES

Dear members,

Summer may be winding down, but the fun continues at the center! We have a lot planned this month including a Grandparent's Day Celebration on Saturday, September 16th with Gene's Magic Show! This event is on a Saturday to ensure that children and our 55+ members who work during the week can attend. We are having a Food Demo on Thursday, September 7th sponsored by "The Linden at Woodbridge". There are a couple of informative "Lunch & Learns" this month (see below). We have a Breakfast offered on Thursday, September 21st. And finally, we will have a booth on the Derby Green for "Derby Day" on Saturday, September 9th. If anyone would like to volunteer to help sell items, please let me know. There will be Live Music, Food & Vendors, Crafts, a Fashion Show, and so much more! Come join the fun

from 12:00 to 6:00pm.

In other news, It's official! I am excited to announce that I am the new Director of the Derby Senior Center! I am looking forward to leading the center in a positive direction! My hope is to integrate new, high quality, interesting programs, classes, and events based on our member's interest. I am always open to new ideas! I believe that being a participant in a senior center is extremely important for physical, emotional, social, and economic well-being. Providing opportunities for friendship, laughter, travel, and more leads to better health and life fulfillment. For those who have not met me, feel free to stop by and introduce yourself. Together, I am confident that we will continue to make The Derby Senior Center a dynamic place to be!

Best regards, Dawn

MEALS

Grandparent's Day Celebration

Saturday, September 16th
12:00-3:00pm \$8.00
Children Free

****All are welcome****

Magic, Food, Games, and More!
Chicken Tenders, Macaroni & Cheese, Vegies, Salad, Beverage & Ice Cream

September Breakfast
Thursday, September 21st
10:00 am
\$5.00

Bacon, Egg, & Cheese
Croissant Sandwich
Hash Brown, & Fruit
With Beverage

Senior Café
Tuesdays only for this month
at 11:45 \$3.00

SEPTEMBER ANNOUNCEMENTS

There will be no Senior Café on Thursdays for the month of September due to the following Lunch & Learns and Special Breakfast:

September 7th, 11:30—Lunch & Learn: Food Demo sponsored by "The Linden at Woodbridge". Come and enjoy a sandwich and some appetizers after the demo!

September 14th, 12:30—Lunch & Learn: Valley Pharmacy will be here to offer Flu shots and discuss "**Medication Management**".

September 21st, 10:00am—Egg Sandwich Breakfast

September 28th, 12:30—Lunch & Learn: UI-Avanguard will be here to discuss "**The Power Company's role in the Emergency Operations System**".

Other Events:

Summer Concerts Under the Stars

continue Tuesdays @ 7:00pm throughout September on the Derby Green—sponsored by The Cultural Commission.

LOOKING AHEAD....

We will be having a **Veteran's Day Celebration** in November. Please call the center if you are a Veteran so we can update our records.

Our **Halloween Party** is scheduled for Thursday, October 26th. Entertainment provided by singer-songwriter-guitarist, Willie Nininger who will perform songs of the 60's and other classics! Costumes optional but highly encouraged to add to the fun! More details to come in the October newsletter.

In Memory Of: Please keep all those who have passed in your thoughts & prayers, including Evelyn Boyd, whose family generously requested Donations in her memory be made out to Derby Senior Center.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MONDAY—FRIDAY 9:00-3:00 Corn Hole (Bean Bag Toss Game) Ping Pong Pool Billiards Open Exercise</p>				<p>1) 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</p>
<p>4) CLOSED</p> 	<p>5) 10:00—Tai Chi—QiGong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League 3:00—ELDERLY COMMISSION MEETING</p> <p>7:00 pm Concert Under the Stars</p>	<p>6) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More</p> <p>Elderly Brothers at Aqua Turf</p>	<p>7) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café call to sign up.</p> <p>11:30—Food Demo— sponsored by The Linden at Woodbridge</p> <p>1:00—NEW CLASS! Diamond Art –Mirrored Compact</p>	<p>8) 10:00 Fall Wreath Class 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:30—Coffee Chat Social Call to sign up Sat. September 9th— DERBY DAY—Come visit our booth and see what our knitters and quilters have made! Home-made baked items will be for sale!</p>
<p>11) 10:00 –12:00—Haircuts 10:00 Chair Yoga 11:45- Strength Training with Bobbi</p> <p>1:00—NEW CLASS! Jazz Dancing</p>	<p>12) 10:00—Tai Chi—QiGong 11:45—Senior Café 12:30 Blood Pressure Checks 1:00-3:00 Bingo 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE</p> <p>7:00 pm Concert Under the Stars</p>	<p>13) 9:30-Gentle Yoga 11:45- Strength Training with Bobbi- 12:30 Stitch & Fix Call to sign up 1:00 Monthly Matinee—"Book Club, the Next Chapter" call to sign up.</p>	<p>14) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt)</p> <p>12:30 Lunch & Learn— Medication Management & FluShots-sponsored by Valley Pharmacy</p>	<p>15) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:30—Coffee Chat Social 11:00 Captain's Cove Sat. September 16th— Grandparent's Day Celebration</p>
<p>18) 10:00 Chair Yoga 11:45- Strength Training with Bobbi</p> <p>1:00—NEW CLASS! Jazz Dancing</p>	<p>19) 10:00—Tai Chi —QiGong 11:45—Senior Café</p> <p>7:00 pm Concert Under the Stars</p>	<p>20) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More</p>	<p>21) 10:00 September Breakfast</p> <p>9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café—</p>	<p>22) 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</p>
<p>25) 10:00 Chair Yoga 11:45- Strength Training with Bobbi</p> <p>1:00—NEW CLASS! Jazz Dancing</p>	<p>26) 10:00—Tai Chi —QiGong 11:45—Senior Café</p> <p>1:00-3:00 Birthday Bingo sponsored by Wesley Heights</p> <p>7:00 pm Concert Under the Stars</p>	<p>27) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00—Wii Sports & More</p> <p>A Taste of Italian New York</p>	<p>28) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café—</p> <p>12:30 Lunch & Learn Ul-Avanguard Presentation "The Power Company's role in The Emergency Operations System"</p>	<p>29) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda —Cancelled 1:30—Coffee Chat Social Call to sign up</p>

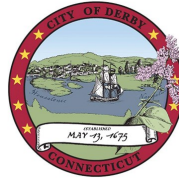
Joke of the Month:

Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter!



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	Lunch on Own	September 15, 2023
Big E — CT Day	Price \$60	September 20, 2023
A Taste of Italian New York	Price \$ 134	September 27, 2023
Atlantic City at Caesars-Sold Out	Price \$295	October 10-12, 2023
Ellis Island & Statue of Liberty	Price \$104	October 25, 2023
Culinary Institute of America-Sold Out	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