



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 2025



Did you know? September is generally considered the peak season for apple picking, with many varieties reaching ripeness and the weather becoming ideal.

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

**We will be closed on
Monday, September 2nd in
observance of Labor Day.**



POINTS OF INTEREST

- The **Elderly Commission meeting** is on the first Monday of every month at 3:00pm.
- The **Executive Board Meeting** is on the second Tuesday of every month at 10:00am.
- The **Events Planning Committee** is after the Executive Board Meeting at 10:30.
- **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.
- **ATTENTION:** Membership is due one year from the date that you pay going forward.

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.

LOOKING AHEAD:

AARP Safe Driving class—October 9th.

Volunteer Luncheon—October 2nd—by invitation only

Evening Game Night Event—October 10th-5:30pm-Left-Right-Center Game Tournament—Pasta Fagioli, Mini Sandwiches, Snacks & Beverage—\$12.00 sign-ups start 9/15 for members-9/29th to public age 55+.

Halloween Costume Pizza Party—October 23rd. \$12.00-2 slices each



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

- **Sewing/Quilting**—We have a new Quilting Instructor, Rose, who will teach quilting on Fridays at 10:30. This class is for both seasoned sewers & quilters as well as beginners. Call to sign up.
- **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. Call for more information.
- **Diamond Art**—Join Sue the first Tuesday of every month for this fun craft activity.
- **Concerts on the Green—FREE ADMISSION!**
 9/2—The Bernadettes—R&B, Funk. & Soul
 9/12—Pane e Cioccolato—Authentic Italian
 9/19—The Alehounds—Celtic Folk & Rock
 9/26—The Barons—Motown-R&B
 10/3—Old School—Classic Rock and Roll
- **Book Club**—On Hold for September. Will return October 1st to review the book "Society of Lies" by Lauren Ling Brown. Large print books available at Derby Public Library.
- **Birthday BINGO**—sponsored by "Lord Chamberlain" is on September 30th—1:00-3:00.



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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

Apple Fest
Thursday, September 18th

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 have a lot of activities this month. Diamond Art was so much fun that we will be continuing it on the first Tuesday of every month. Lord Chamberlain is bringing a FREE lunch on 9/4 to have while learning about wellness. We have a new instructor, Theresa, who will be here on 9/8 to talk about "Minimalism as Meditation" and on 9/10 for a Craft & Learning Project, "The Evolution Flower Painting". No experience necessary. Supplies included. She will also be teaching a NEW Chair Tai Chi class on Fridays from 9/12—10/24. Join Liberty Bank for Coffee and Donuts on 9/11 and learn about "Fraud and the latest Scams". Our yearly Apple Fest is on 9/18 with Mattei's catering a Roast Pork dinner. Come learn about our latest long trips with Collette Travel on 9/25. Lunch will be served. Finally, We have a new Quilting Instructor. Rose will be teaching class on Fridays at 10:30am. Beginners as well as

experienced sewers welcome. Call to sign up.

Looking ahead to next month, we will have our Volunteer Luncheon on October 2nd. This is by invitation only. On October 9th, AARP will be here for a Safe Driving class. We Have our Halloween Costume Pizza Party—October 23rd. \$12.00—2 slices. Something NEW! We are having an Evening Game Night Event on October 10th at 5:30pm with Pasta Fagioli, Mini Sandwiches, Beverage and Dessert for \$12.00. We will be having a Left-Right-Center Game Tournament. Come try this fun game! Sign-ups start 9/15 for members as well as the public age 55+. Many people don't realize that they can join at age 55 so now's their chance to find out all that their local senior center has to offer! If we get enough interest, we can offer more nightly events for the "young" seniors who still work.

Best Regards, Dawn

ANNOUNCEMENTS

7 Dimensions of Wellness—September 4th—Join Julianne from Hartford Healthcare to learn about nurturing every area of your life for overall wellness and practical tips for bringing balance and harmony into your life.

Minimalism as Meditation—September 8th—Join Theresa and learn how to use this tool for self-discovery & personal growth.

The Evolution of Flower Painting Craft & Learn—September 10th—Enjoy a slideshow & discussion followed by a simple flower pen craft. Participants make one to keep and one to give away.

Outsmart the Scammers—September 11—Liberty Bank will be here to discuss elder exploitation, current scams, how to protect yourself, and what to do if you become a victim.

Collette Travel Lunch & Learn—September 25th—Join Tracy & Rosemarie to learn about upcoming trips offered—National Parks & British Landscapes.

NEW!—Chair Tai Chi—Fridays—10:00am 9/12-10/24

Benefits of Chair Tai Chi:

Chair Tai Chi can help improve balance and reduce the risk of falls, a common concern for older adults. Gentle movements and stretches can improve flexibility in joints and muscles, particularly in the hips, shoulders, and back. Engaging core muscles and performing slow, controlled movements can help build and maintain strength, even while seated. The slow, flowing movements and mindful breathing in Tai Chi can promote relaxation, reduce stress, and improve overall mood. CALL TO SIGN UP

Movie Matinee—Friday, 9/12

"The Laundromat"—A widow (Meryl Streep) investigates an insurance fraud, chasing leads to a pair of Panama City law partners (Gary Oldman and Antonio Banderas) exploiting the world's financial system. **FREE SNACKS**

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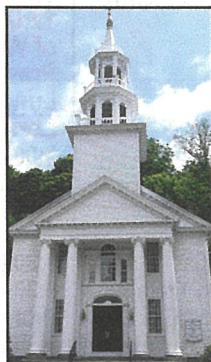
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>10:00—Line Dancing 11:00—Diamond Art 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>3</p> <p>11:45— Strength Training with Bobbi 1:00—Library Book Club— on hold –back in October 9:00-3:00—Pool Billiards</p>	<p>4</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 10:30 Reiki (by appt) 12:00—7 Dimensions of Wellness Presentation & FREE Lunch—sponsored by Lord Chamberlain 9:00-3:00—Pool Billiards</p>	<p>5</p> <p>10:00 Grocery Shopping w/ VTD 10:30-NEW! Quilting with Rose 9:00-3:00—Pool Billiards 10:00-1:00—Vet Care Everywhere</p>
<p>8</p> <p>10:00 Chair Yoga 10:00-12:00 Haircuts 11:45— Strength Training with Bobbi-CANCELLED 11:45—Minimalism as Meditation Presentation 3:00 Elderly Commission Meeting- 9:00-3:00—Pool Billiards</p>	<p>9</p> <p>10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 12:30 Blood Pressure Checks 1:00 Pool Billiards</p>	<p>10</p> <p>9:30 Gentle Yoga 11:45— Strength Training with Bobbi-CANCELLED 12:30—The Evolution of Flower Painting Craft & Learn 9:00-3:00—Pool Billiards</p>	<p>11</p> <p>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 12:30—Fraud/ Scam Seminar-SPONSORED BY Liberty Bank 9:00-3:00—Pool Billiards</p>	<p>12</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 10:30-NEW! Quilting with Rose 1:00-Movie Matinee "The Laundromat" FREE SNACKS 9:00-3:00—Pool Billiards</p>
<p>15</p> <p>10:00 Chair Yoga 11:45— Strength Training with Bobbi 9:00-3:00—Pool Billiards 1:00-Cardio Drumming- Cancelled 9:00-3:00—Pool Billiards</p>	<p>16</p> <p>10:00—Line Dancing 10:00—Board Meeting 10:30-Events Planning Committee Meeting 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>17</p> <p>9:30 Gentle Yoga 11:45— Strength Training with Bobbi 9:00-3:00—Pool Billiards 1:00 Decorating Committee</p>	<p>18</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:00—Apple Fest</p>	<p>19</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 10:30-NEW! Quilting with Rose 9:00-3:00—Pool Billiards</p>
<p>22</p> <p>10:00 Chair Yoga-- 11:45— Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>23</p> <p>10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>24</p> <p>9:30 Gentle Yoga— 11:45— Strength Training with Bobbi 9:00-3:00—Pool Billiards Senior Fair 10:00-2:00 Warsaw Park 119 Pulaski Hwy, Ansonia Light Lunch/FREE Raffles Information/resources Preventing Fraud, drug discount program, health screenings, and more!</p>	<p>25</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:00—Collette Travel— National Parks—British Landscapes 9:00-3:00—Pool Billiards</p>	<p>26</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 10:30-NEW! Quilting with Rose 9:00-3:00—Pool Billiards</p>
<p>29</p> <p>10:00 Chair Yoga— 11:45— Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>30</p> <p>10:00—Line Dancing 11:45—Senior Café— 1:00-3:00 Birthday Bingo—Lord Chamberlain 1:00 Pool Billiards</p>		<p>Corn Hole—Monday-Friday—call ahead</p> 	

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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

"Yesterday Once More" Carpenters— SOLD OUT	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"— SELLING OUT QUICK	Price: \$355 Dbl, \$475 single, \$345 triple— INCLUDES TIP	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