



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

OCTOBER 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

Phone: 203-736-1484

Fax: 203-736-1486


Email: csonsini@derbyct.gov

Dawn Hebert Assistant Director

Phone: 203-736-1484

Fax: 203-736-1486

Email: dhebert@derbyct.gov

 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:



POINTS OF INTEREST

- The Elderly Commission meeting will be held on Monday, October 3rd at 3:00pm.
- The Executive Board will meet on Tuesday, October 11th at 10:00am followed by Events Planning Committee
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on Tuesday, October 18th 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 like these.





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.
- ♦ NEW Zumba class Fridays at 12:30pm - Come join in on the fun!
- ♦ Donna our hairdresser is available to do hair at your home. Please call the center for information.
- ♦ Zentangle and Holiday wreath class this month. Sign up required—class size limited.
- ♦ We have hired a new kitchen manager.

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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to reach the
senior market

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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

HALLOWEEN PARTY & LUNCHEON

Thurs., Oct 27th

Costume Contest with prizes
Menu:

Chili with all the fixings, salad, cornbread and dessert

Cost: \$15

PLEASE RSVP with payment by:
Tuesday, Oct 25th

OCTOBER 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

OCTOBER ANNOUNCEMENTS

From the Director's desk:

Hello Everyone! I cannot believe how quickly the summer flew by...here we are in October the beginning of the fall season. We have We are currently looking for a van driver if anyone knows anyone who may be interested please have them contact the center. We have hired a Zumba instructor who started in September and a Kitchen Manager who will be starting soon. With the hiring of the Kitchen manager we will be starting our congregate meals again on Tuesdays & Thursdays. Watch Newsletter for probable November start date and menu.

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 in our programs or you can stop by the office to pick one up. 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 second Matter of Balance Class hosted by NVHD will start on Wed, November 2nd through Dec 21st from 1:30-3:30. Call the center to register We also will be hosting an Age Well Program once a month presented by Griffin Hospital as well as a couple of lunch & learns over the next couple of months.

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

"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

Krucker's "Octoberfest" - Pomona, NY

Price \$126 pp

October 13, 2022

Caesars in Atlantic City includes 2 shows, slot bonus and meal vouchers

Price \$280 dbl, \$270 tpl, \$380 sgl

October 25-27, 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

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

Albuquerque Balloon Fiesta

Price \$3249 pp/dbl, \$4249pp/single

Oct. 10-15, 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
3)10:00 Chair Yoga 10:00 Haircuts with Donna 11:45- Strength Training Class with Bobbi 1:00—Dominoes 3:00 Elderly Commission	4) 11:00—Tai Chi 1:00-3:00 Bingo	5)9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi 1:30—3:30 MATTER OF BALANCE PROGRAM - Registered people only	6) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 10-12:00 NVHD FLU CLINIC 10:30 Reiki (by appt) 12:30—LUNCH & LEARN—Presented by Drazen Law (sign up needed) (see info on flyer)	7) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Rummikub
10) CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY	11) 10:00 Haircuts 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE 11:00—Tai Chi 1:00-3:00 Bingo	12) 9:30 Gentle Yoga 10:00 Painting 11:45 Strength Training with Bobbi 2:00—ZENTANGLE— limited to 15 people	13) 9:30 Mahjongg 10:30-11:30—AGE WELL PROGRAM 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt)	14) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—VOLUNTEER LUNCHEON—invitation only Please RSVP by Oct 7th
17) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	18) 11:00—Tai Chi—Cancelled 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo	19) 9:30-Gentle Yoga 10:00 Painting 11:45—Strength Training with Bobbi	20)9:30 Mahjongg 9:30 /12:30 Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 1:00—LUNCH & LEARN—Chiropractic Benefits for Seniors by Dr. Pete (sign up needed)	21) 10:00 Grocery Shopping w/ VTD 10:00 Wreath Class with Kathy 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00 Rummikub
24) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	25) 11:00 Tai Chi 1:00-3:00 Birthday Bingo	26)9:30— Gentle Yoga 10:00 Painting 11:45— Strength Training with Bobbi 1:00 MEDICARE OPEN ENROLLMENT INFORMATIONAL SESSION PRESENTED BY CHOICES—SIGN UP AT THE CENTER	27) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:00— HALLOWEEN COSTUME PARTY & LUNCHEON	28) 10:00 Grocery 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Rummikub
21) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	1) NOVEMBER 11:00—Tai Chi 1:00-3:00—Bingo	2) NOVEMBER 9:30-Gentle Yoga 10:00 Painting 11:45— Strength Training with Bobbi 1:00—3:00 MATTER OF BALANCE— REGISTRANTS ONLY	3)9:30 Mahjongg 10:00— 12:00—FLU CLINIC—CALL TO SIGN UP 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 10:30—AGE WELL PROGRAM	4)10:00 Grocery Shopping with VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Rummikub

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Derby Senior Center, Derby, CT

06-5354

How to Keep Long-Term Care From Becoming a Long-Term Financial Crisis

Accidents, injury and illness happen without warning and dementia can sneak up on you—yet most seniors do not have the right legal plans in place to protect their assets, wishes and personal control if short or long-term incapacity occurs.

We invite you to join attorney Steven Rubin for a free workshop where you will learn how to put safeguards in place to ensure your assets, wishes and long-term care needs are handled the way YOU want, no matter what happens.

- ✓ **MYTH:** Your will or trust will help you during incapacity
- ✓ **MYTH:** Doctors and financial institutions will automatically allow family members to make important decisions on your behalf
- ✓ **MYTH:** All of your long-term care expenses will be covered by Medicare or your private insurance

Don't Leave the Security and Happiness of Your Golden Years to Chance...

When you attend our free educational webinar you will discover:

- The bare minimum documentation you need to ensure your family can make decisions and immediately access medical records and bank accounts to maintain your bills and monthly obligations if short or long-term incapacity occurs.
- A no-nonsense breakdown of the differences between Medicare, Medicaid and Long-Term Care Insurance...and exactly what is covered under each option if you require hospitalization or long-term care.
- What long-term care will really cost and how to make sure your children are never left scrambling to sell off your assets or foot the bill for your care.
- How to qualify for Medicaid and VA benefits without sacrificing everything you own in the process.
- Easy ways to empower your entire family and chosen caregivers to understand and make all the decisions you want in an emergency.
- How to keep the government out of your business (and out of your wallet!) if you are temporarily or permanently incapacitated and unable to make decisions for yourself.

Proper planning can help you protect your independence, dignity and stay in full control as you age. Join us for this educational event where we'll share ideas and strategies to help you prepare for the future.

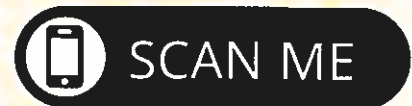
October 6, 2022

12:30 PM

Webinar hosted with
Derby Senior Center

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get your
Flu



Shot

WHEN: OCTOBER 6TH AND NOVEMBER 3RD

TIME: 10AM – 12PM

WHERE: DERBY SENIOR CENTER

COST: FREE

SIGN UP NEEDED: CALL - 203-736-1484

NOTE: *THE OCTOBER 6TH CLINIC WILL
ALSO HAVE THE COVID BOOSTER AVAILABLE
PLEASE LET US KNOW IF YOU WOULD LIKE
THAT ALSO *****

AGEWELL PROGRAM



Griffin Health and the Agency on Aging of South-Central Connecticut are partnering to increase access to care and prevent disease among our senior community through a series of health screenings and healthy living education sessions on the 1st Thursday of each month. Periodically, this program will deliver nutritiously balanced and delicious foods for you to enjoy.

TOPIC 1: PREVENTION 101

Each attendee will receive a screening session that will check for risks of heart disease and diabetes. Followed with a preventive information session will help you avoid future complications and manage common existing chronic diseases.

WHEN: October 13thth, 10:30am – 11:30am

WHERE: Derby Senior Center

293 Main Street, Derby, CT

REGISTER: Dawn 203-736-1484

**AgeWell programs will occur the 1st Thursday of the month through 2023 and will include interesting topics, free food 4 times per year and give aways!*

UPCOMING IMPORTANT EVENTS

OCTOBER:

Oct 6th - 10-12pm NVHD Flu and Covid Booster clinic – call center to sign up

12:30pm Drazen Law Firm Lunch & Learn (see flyer) – call center to sign up

Oct 1st - *CLOSED FOR COLUMBUS DAY*

Oct 11th - Haircuts

Oct 12th - Zentangle Class – *CANCELLED*

Oct 13th – 10:30-11:30 - AGE WELL Program sponsored by Griffin Hospital

Oct 14th - 1:00pm – Volunteer Luncheon – invitation only

Oct 18th - NO TAI CHI

Oct 20th - 1 pm - Lunch & Learn - Chiropractic Benefits for Senior by Dr. Pete Roccio – call center to sign up

Oct 21st - 10am - Snowman wreath class – call center to sign up

Oct 23rd - Berkshires trip – Sold out

Oct 25 – 27 - Atlantic City Trip – Sold out

Oct 26th - 1pm Medicare Open Enrollment info session by Choices with Coffee and... Sign up at center

Oct 27th - 12pm - HALLOWEEN COSTUME PARTY & luncheon – Call center to sign up

NOVEMBER:

Nov 2nd – Dec 21st – 1:30-3:30 - New Matter of Balance Class to start – sign up at center

Nov. 3rd - 10-12pm Rite Aid Flu Clinic

10:30 – 11:30 - AGE WELL Program sponsored by Griffin Hospital – sign up at center – Monthly series

Nov 10th - Veteran's Day Luncheon - sign up at the center

Nov 11th - *CLOSED FOR VETERAN'S DAY*

Nov 17th - 9-2pm - Red Cross Blood Drive

Nov 18th - Thanksgiving Luncheon – sign up at the center

Nov. 24th 7 25th - *CLOSED FOR THANKSGIVING HOLIDAY*

DECEMBER:

Dec 22nd - 12pm - Christmas Party and Bake sale – please sign up at the center

Dec 23rd & 26 - *CENTER CLOSED FOR CHRISTMAS HOLIDAY*

Dec 29 - 9-2pm - Red Cross Blood Drive

Dec 30th - *CENTER CLOSED AT 10:30 AM*

JANUARY:

Jan 2nd - *Center Closed for New Year's Holiday*

STAY TUNED

SENIOR CAFE MEALS STARTING IN NOVEMBER

UPCOMING LUNCH & LEARNS

OCT 6TH 12:30 PM

**Atty Steven Rubin of Drazen Law Firm will present –
How to Keep Long-Term Care from Becoming a Long
Term Financial Crisis**

Sign up at the center

Oct 20th – 1pm

Benefits of Chiropractic Services for Seniors

Presented by Dr. Pete Roccio

Of

Southern Connecticut Chiropractic

Sign up at the center

