



# 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](mailto:seniorcenter@derbyct.gov)

## October 2023



### 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](mailto:dhebert@derbyct.gov)

##### Assistant Director:

**Olga Capristo, BSW**

**Email:** [ocapristo@derbyct.gov](mailto:ocapristo@derbyct.gov)

##### Kitchen Manager:

**Olga Capristo, BSW**

**Email:** [ocapristo@derbyct.gov](mailto:ocapristo@derbyct.gov)

Tuesday & Thursday 10:00am—2:00pm

In the case of inclement weather please check WTNH Ch 8 news for updates on closings or delays. Any questions please call the center.



### POINTS OF INTEREST

- The **Elderly Commission meeting** will be held on Tuesday, October 3rd at 3:00pm
- The **Executive Board Meeting** will be on Tuesday, September 17th 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!

#### GIFT CERTIFICATES AVAILABLE!

With the upcoming Holidays, why not consider giving a gift

certificate to the Derby Senior Center? This is a quick, easy, and perfect gift to share with your friends or loved ones who are members here. It can be used by the recipient for any of our activities, trips or classes! Just call the center to request an amount of your choice and we will have it ready for you to pick up.

**LOOKING AHEAD**—We will be having a **Veteran's Day Breakfast on Thursday, November 9th**. Please call the center if you are a Veteran so we can update our records.

Our **Thanksgiving Luncheon is scheduled for November 16th**. **Matties will be catering.**

**Our Christmas Party this year will be at Twisted Vine on Thursday, December 14th. More details to follow.**

**Cardio Drumming**—A new class will be offered in November on Mondays at 1:00 beginning 11/13! Sign-ups begin October 10th. Space is limited, so call early to reserve or for more information.



## 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

- ♦ **"Bridge", "Pinochle", "Chess" and "Mexican Dominoes" Lessons--** Interested in learning how to play? We have Instructors ready to teach! Please call if interested!
- ♦ **Ping-Pong—Corn Hole (Bean Bag Toss—**
- ♦ If interested in playing Ping-Pong or Corn Hole, please call to sign up.
- ♦ **Coffee Chat Social**—This group meets on Fridays to discuss topics of interest, current events, Life Stories, etc. Light refreshments will be served.
- ♦ **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**—October 31st 1:00pm and will be sponsored by **"Lord Chamberlain"**. Come take a shot and win some great prizes in addition to cash!
- ♦ **FLU CLINIC—NVHD** will be here Tuesday, Oct. 17, 11:00-1:00 with regular and high dose Vaccines.
- ♦ **Donations Needed!** Please help us to defray the costs of our events by donating items such as: coffee, tea (both regular and decaf), sugar, cookies, brownie mix, snack packs, stuffing mix, water bottles, condiments, paper goods (both hot & cold), plastic silverware, coffee stirrers, aluminum foil, plastic wrap, parchment paper, dish detergent, sponges, etc. Every little bit helps! Drop Off Box located in Lobby. Thanks in advance!



## 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. (Tues this month).

**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.**

## OCTOBER CENTER UPDATES

Dear members,

We had a very busy September! I'm happy to say that Derby Day was a success thanks to all of you who participated by baking, donating hand-made items, and volunteering your time. Your generosity never ceases to amaze me! I am truly blessed to have such dedicated members!

We have been busy cleaning out and organizing our lower level making our Pool Table, Dart Board, and Poker Table more accessible. They are available Monday-Friday 9:00-3:30. So I hope to see many of you take advantage of this new space! You're welcome to bring friends and share the fun! We also have a very organized library now, thanks to our new members who volunteered their help, Nancy & Bruce Zepke.

Speaking of new members, we have had quite a few join in recent months. Please, when you see a

new face, be courteous and make them feel welcome. Remember, we offer a free trial week if you know anyone who would like to check us out.

Please check out the insert for important information on helpful resources for those in need. The income Guidelines are included because many people do not realize that they could qualify for extra help. If you need further information, you can always call our Community Action Agency, TEAM at 203-736-5420.

This month Medicare Open Enrollment starts. We will have a CHOICES Counselor here November 2nd to help those who wish to learn more about different plans.

I'd like to say thank you to those who made donations to the Center in memory of Evelyn Boyd.

See you soon!

Dawn

## MEALS

### Halloween Costume Party Luncheon

**Thursday, October 26th  
12:00-3:00pm \$10.00**

**Homemade Pasta Fagioli or Chicken Noodle Soup, Prepared by Marc Garafalo  
Salad, Bread, Beverage & Dessert**

**Entertainment provided by:  
\*\*Willie Nininger\*\***

**Costumes Optional but Preferred as we will have some Great Prizes!**

**Senior Café  
Tuesdays & Thursdays at 11:45  
\$3.00**

## OCTOBER ANNOUNCEMENTS

**Friday, October 6th—"Halloween Wreath Making Class"** \$25-call to sign up.



**Wednesday, October 18th—Monthly Matinee—"Jerry & Marge Go Large"**—When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife go on an exciting, multimillion dollar winning spree with the goal of reviving their small Michigan town. However, when a selfish college student cheats the system, Jerry must find a way to make the game fair for all. **Thursday, October 19th—Diamond Art—Sun Catcher Wind Chimes—\$8.00—Call to sign up.**



**Friday, October 20th—"Zentangle Meditative Art"** \$8.00—Call to sign up.



**Thursday, October 26th—Halloween Costume Party** Enjoy a delicious lunch and Musical 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! Special Prizes will be given for different categories!

**Thursday, November 2nd, 12:00—Lunch & Learn—Medicare Open Enrollment**—Join the Agency on Aging's "CHOICES" Counselor for an informative session that will help you choose the plan that is right for you.

**In Memory Of: Please keep all those who have passed in your thoughts & prayers**



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| 2)<br>10:00 –12:00—Haircuts<br>10:00 Chair Yoga<br>11:45- Strength Training with Bobbi<br><br><b>1:00—NEW CLASS! Jazz Dancing</b> | 3)<br>10:00—Tai Chi—QiGong<br>11:45—Senior Café<br>1:00-3:00 Bingo<br>1:00 Pool Billiards League<br><b>3:00—ELDERLY COMMISSION MEETING</b>  | 4)<br>9:30- Gentle Yoga<br>11:45- Strength Training with Bobbi<br>12:30 Stitch & Fix<br>Call to sign up<br>1:00—Wii Sports & More   | 5)<br>9:30 Mahjongg<br>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up<br>10:00 Hook & Needle Grp<br>11:45—Senior Café—   | 6)<br>10:00 Grocery Shopping w/ VTD<br><b>10:00 Halloween Wreath Making Class</b><br>11:00 Quilting Class<br>12:30—Zumba Gold with Amanda—On Hold<br>1:30—Coffee Chat Social<br>Call to sign up |
| 9) <b>CLOSED</b><br>                              | 10)<br><b>10:00-12:00—Hair Cuts</b><br>10:00—Tai Chi—QiGong<br>11:45—Senior Café<br>1:00-3:00 Bingo<br>1:00 Pool Billiards League<br><br><b>Atlantic City</b>   | 11)<br>9:30 Gentle Yoga<br>11:45 Strength Training with Bobbi<br>12:30 Stitch & Fix<br>Call to sign up<br>1:00—Wii Sports & More  | 12)<br>9:30 Mahjongg<br>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up<br>10:00 Hook & Needle Grp<br>11:45—Senior Café<br>call to sign up.   | 13)<br>11:00 Quilting Class<br>12:30—Zumba Gold with Amanda—On Hold<br>1:30—Coffee Chat Social<br>Call to sign up   |
| 16)<br>10:00 Chair Yoga<br>11:45- Strength Training with Bobbi  | 17)<br>10:00—Tai Chi—QiGong<br><b>11:00—NVHD Flu Clinic</b><br>11:45—Senior Café<br><b>12:30 Blood Pressure Checks</b><br>1:00-3:00 Bingo<br>1:00 Pool Billiards League<br><b>10:00 - EXECUTIVE BRD. MTG.</b><br><b>11:00 EVENTS PLANNING COMMITTEE</b> | 18)<br>9:30-Gentle Yoga<br>11:45- Strength Training with Bobbi-<br>12:30 Stitch & Fix<br>Call to sign up<br><b>1:00 Monthly Matinee— “Jerry &amp; Marge Go Large”</b><br>call to sign up. | 19)<br>9:30 Mahjongg<br>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up<br>10:00 Hook & Needle Grp<br>10:30 Reiki (by appt)<br><b>1:00—Diamond Art – Sun Catcher Wind Chimes</b>  | 20)<br><b>10:00 Zentangle Art Class</b><br>10:00 Grocery Shopping w/ VTD<br>11:00 Quilting Class<br>12:30—Zumba Gold with Amanda—On Hold<br>1:30—Coffee Chat Social<br><br><b>ITALY</b>         |
| 23)<br>10:00 Chair Yoga<br>11:45- Strength Training with Bobbi  | 24)<br>10:00—Tai Chi —QiGong<br>11:45—Senior Café<br>1:00-3:00 Bingo<br>1:00 Pool Billiards League  | 25)<br>9:30- Gentle Yoga<br>11:45- Strength Training with Bobbi<br>12:30 Stitch & Fix<br>Call to sign up<br>1:00—Wii Sports & More<br><br><b>Ellis Island</b>                             | 26)<br><b>12:00 Halloween Costume Party Luncheon</b><br>9:30 Mahjongg<br>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up<br>10:00 Hook & Needle Grp<br>11:45—Senior Café—   | 27)<br>10:00 Grocery Shopping w/ VTD<br>11:00 Quilting Class<br>12:30—Zumba Gold with Amanda—On Hold<br>1:30—Coffee Chat Social<br>Call to sign up  |
| 30)<br>10:00 Chair Yoga<br>11:45- Strength Training with Bobbi  | 31)<br>10:00—Tai Chi —QiGong<br>11:45—Senior Café<br>1:00 Pool Billiards League<br><br><b>1:00-3:00 Birthday Bingo sponsored by Lord Chamberlain</b>  | Nov. 1)<br>9:30- Gentle Yoga<br>11:45- Strength Training with Bobbi<br>12:30 Stitch & Fix<br>Call to sign up<br>1:00—Wii Sports & More  | Nov. 2)<br>9:30 Mahjongg<br>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up<br>10:00 Hook & Needle Grp<br>11:45—Senior Café<br>call to sign up.<br><b>12:00 Lunch &amp; Learn— You Have CHOICES— Open Enrollment Presentation</b> | <b>MONDAY—FRIDAY 9:00-3:30</b><br><b>Corn Hole</b><br><b>(Bean Bag Toss Game)</b><br><b>Ping Pong</b><br><b>Pool Billiards</b><br><b>Darts</b><br><b>Poker</b><br><b>Open Exercise</b>          |

## Did You Know...

The Derby Greenway, a 1.5-mile bike and pedestrian trail, connects Derby with neighboring Ansonia and Shelton, providing scenic views of the Housatonic River and the surrounding landscape.

# DERBY SENIOR CENTER

293 Main Street  
Derby, CT 06418-1938



PRST MKT.  
U.S. POSTAGE  
PAID  
SHELTON, CT  
PERMIT NO. 727

**Phone:** (203) 736-1484

**Email:**

DerbyCTSeniorCenter@gmail.com

**Fax:** (203) 736-1486

## 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*

|   |             |                     |
|---|-------------|---------------------|
| 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    |

### LONG TRIPS — Collette Tours

|                |                                      |                   |
|----------------|--------------------------------------|-------------------|
| Southern Charm | Price: \$2999pp/double \$3999 single | April 15-21, 2024 |
|----------------|--------------------------------------|-------------------|

**Stay Tuned-New Trips Coming Soon!**

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



## **Energy Assistance**

CT Energy Assistance Program (CEAP) is a program that helps people having difficulty paying the cost of heating their homes. Winter heating assistance pays for a household's primary heating source. Through an intake and assessment process, Energy Assistance staff determine how its services can best help lower energy costs.

Eligibility is based on household size and gross annual income, or categorical eligibility. Families or individuals with a gross annual income at or below **60% of the State Median Income** can qualify (see chart). For more information or to request an application, call TEAM at 203-736-5420 or Email [energy@team.org](mailto:energy@team.org).

**\*\*\*Applications for the Connecticut Energy Assistance Program (CEAP) for the 2023-2024 season began on September 1, 2023\*\*\***

## **Operation Fuel**

Operation Fuel is a private, non-profit statewide program designed to provide one-time emergency energy assistance to those households who are in crisis and whose income is at or below **75% of the State Median Income** (see chart). If you do not qualify for CEAP, you may still qualify for help from Operation Fuel.

## **Programs through Eversource**

Eversource offers programs to help as well if income falls below **60% of the state median income**. For more information or to enroll in a program, call Eversource at 800-286-2828.

## **Winter Protection Plan**

Protection from Shutoff for Hardship Customers; Service can not be shut off between November 1<sup>st</sup> and May 1<sup>st</sup>.

## **Medical Protection**

Medical protection can be applied for if anyone in your home is seriously ill or has a life-threatening situation, and you are facing having your natural gas or electrical service shut off.

## **Weatherization Assistance**

The weatherization Assistance Program provides comprehensive weatherproofing to the households of eligible clients to make their homes more cost effective and reduce their heating costs. CEAP clients are eligible for the Weatherization Program. This program is administered through New Opportunities, Inc. For more information or to request an application, call the New Opportunity Inc. Weatherization Department (203) 575-4328 or email [WX@NewOpplnc.org](mailto:WX@NewOpplnc.org). Please include your name, address, and phone to ensure accurate information is sent to you.

## **Income-Eligible Home Energy Solutions<sup>SM</sup> in Connecticut**

If you meet income requirements, you may qualify for no-cost home weatherization service that include:

- Important safety tests on your furnace or boiler
- Weatherization including sealing drafts and air leaks
- Water saving measures like low-flow shower heads and faucet aerators
- Energy-efficient LEDs to replace incandescent bulbs
- An easy-to-read Home Energy Solutions - Income Eligible workbook, which includes the results of the tests performed and additional energy-saving tips

### **Additional upgrade opportunities**

Depending on your home's existing conditions and the efficiency measures recommended during the initial home visit, you may also qualify for additional discounted upgrades such as:

- Insulation
- Water heaters
- Heating equipment
- Windows
- Refrigerator and/or freezer rebates or vouchers

Families or individuals with a gross annual income at or below **60% of the State Median Income (SMI)** can qualify. For more information or to request an application, call 877-947-3873.

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### **60% of the State Median Income (SMI) Income Guidelines 2022**

| Household size | Gross Annual Income |
|----------------|---------------------|
| 1 person       | \$41,553            |
| 2 people       | \$54,338            |
| 3 people       | \$67,124            |
| 4 people       | \$79,910            |
| 5 people       | \$92,695            |

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### **75% of the State Median Income (SMI) Income Guidelines 2022**

| Household size | Gross Annual Income |
|----------------|---------------------|
| 1 person       | \$49,702            |
| 2 people       | \$64,995            |
| 3 people       | \$80,288            |
| 4 people       | \$95,582            |
| 5 people       | \$110,875           |

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# FLU CLINIC

*October 17*  
*11am-1pm*

**at Derby Senior Center**



Regular and High Dose (65+) vaccines will be available!  
Please bring your insurance card!

Insurances accepted: Aetna, Anthem BC/BS, Cigna,  
Connecticare, Medicaid and Medicare Part B.  
NO UNITED HEALTHCARE.

No insurance? \$35 Regular Flu / \$70 for High Dose  
Vaccines FREE for children on Husky or no insurance.

***Save Time! Print the form [here!](#)***

**For more information, contact Carissa:  
203-881-3255 x104 or [ccaserta@nvhd.org](mailto:ccaserta@nvhd.org)**





# OCTOBER 2023 - SENIOR COMMUNITY CAFÉ



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <b>2</b> 1 Meatloaf w/ Gravy<br>½ c Whipped Potatoes<br>½ c Green Peas<br>1 Wheat Dinner Roll<br>1 Seasonal Fruit                              | <b>3</b> 1 Cranberry Dijon Chicken<br>½ c Brown Rice<br>½ c Mixed Vegetables<br>1 sl WW Bread<br>4 oz Fruit Juice<br>1 Chocolate Chip Cookie                                    | <b>4</b> 8 Cheese Ravioli w/ Marinara Sauce<br>½ c Sliced Carrots<br>½ c Green Beans w/ Peppers<br>1 sl Italian Bread<br>½ c Cinnamon Applesauce                        | <b>5 Octoberfest Special Lunch:</b><br>3 oz Pork Bratwurst<br>½ c Pierogis<br>½ c Red Cabbage<br>1 sl Rye Bread<br>4 oz Fruit Juice<br>1 sl Pound Cake | <b>6</b> 1 c Three Bean Vegetable Chili<br>½ c Brown Rice Pilaf<br>½ c Zucchini<br>1 Cornbread Muffin<br>1 Seasonal Fruit                            |
| <b>9</b><br><b>Columbus Day</b><br><br><b>Office Closed</b>    | <b>10</b> 1 Salisbury Beef w/ Gravy<br>½ c Confetti Brown Rice<br>½ c Mixed Vegetables<br>1 sl Rye Bread<br>½ c Mandarin Oranges  | <b>11</b> 1 Potato Crusted Pollock<br>½ c Cheesy Whipped Potatoes<br>½ c Broccoli Florets<br>1 pkt Tartar Sauce<br>1 sl WW Bread<br>4 oz Fruit Juice<br>1 sl Pound Cake | <b>12</b> 6 oz Vegetable Soup w/ Crackers<br>1 c Cheese Baked Ziti<br>½ c Cauliflower<br>1 sl Italian Bread<br>1 Seasonal Fruit                        | <b>13</b> 1 Cilantro Lime Chicken Breast<br>½ c Brown Rice<br>½ c Fiesta Vegetable Blend<br>1 Flour Tortilla<br>4 oz Fruit Juice<br>1 Oatmeal Cookie |
| <b>16</b> 6 Beef/ Chicken Meatballs w/ Marinara Sauce<br>½ c Bow Tie Pasta<br>½ c Zucchini<br>1 Wheat Dinner Roll<br>1 Seasonal Fruit          | <b>17</b> 3 oz Apricot Mustard Pork Loin<br>½ c Brown Rice<br>½ c Harvard Beets<br>1 Wheat Dinner Roll<br>½ c Diced Peaches   | <b>18</b> 6 oz Cream of Mushroom Soup w/ Crackers<br>3 oz Turkey Breast w/ Gravy<br>½ c Whole Kernel Corn<br>1 WW Bread<br>½ c Cinnamon Applesauce                      | <b>19</b> 3 oz Diced Chicken w/ Lemon Dill Sauce<br>½ c Orzo<br>½ c Green Peas<br>1 sl White Bread<br>½ c Pineapple Tidbits                            | <b>20</b> 1 Cheese Omelet<br>½ c Tater Tots<br>½ c Peppers & Onions<br>1 sl WW Bread<br>½ c Mixed Fruit  |
| <b>23</b> 3 oz General Tso's Chicken<br>½ c Brown Rice Pilaf<br>½ c Green Peas<br>1 sl WW Bread<br>½ c Mandarin Oranges                        | <b>24</b> 1 sl Cheese Quiche<br>½ c Red Bliss Potatoes<br>½ c Spinach<br>1 sl White Bread<br>½ c Tropical Fruit   | <b>25</b> 1 Hamburger Patty<br>1 sl American Cheese<br>½ c Crinkle Cut Fries<br>½ c Green Beans<br>1 pkt Ketchup<br>1 WG Kaiser Roll<br>1 Seasonal Fruit                | <b>26</b> 6 oz Tomato Soup w/ Crackers<br>3 oz Pork Roast w/ Mushroom Gravy<br>½ c Whipped Potatoes<br>1 sl Rye Bread<br>½ c Applesauce                | <b>27</b> 3 oz Beef Taco Meat<br>½ c Brown Rice<br>½ c Fajita Vegetable Blend<br>1 ea Sour Cream<br>1 Flour Tortilla<br>½ c Pineapple Tidbits        |
| <b>30</b> 1 Potato Crusted Pollock<br>½ c Confetti Brown Rice<br>½ c Diced Carrots<br>1 sl Rye Bread<br>1 pkt Tartar Sauce<br>1 Seasonal Fruit | <b>31 Halloween Lunch</b><br>6 Beef/Chicken Meatballs w/ Marinara Sauce<br>½ c Bowtie Noodles<br>½ c Green Beans<br>4 oz Fruit Juice<br>1 Wheat Dinner Roll<br>1 Oatmeal Cookie |   |  |  |



30 Elizabeth Street, Derby, CT 06418 - 736-5420

Menus subject to change due to availability – All meals include milk and margarine.