



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 2025



Did you know? The October pumpkin industry generates \$708 million in sales each year. Carving jack-o-lanterns is undeniably a beloved October custom in the US.

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:

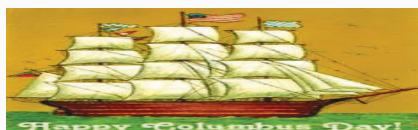
Kathy Gerwien, BA Business Admin.

Email: kgerwien@derbyct.gov

Kitchen Manager:

Christine Turecek, AA In Culinary Arts

We will be closing at 11:30 AM on 10/2 & 10/10. We are closed on Monday, October 13th in observance of Columbus 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.
 - **Volunteers:** Please call if you are interested in volunteering. 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:**
- Veteran's Breakfast**—November 6th—FREE for veterans'—\$10 all others. We are collecting photos of veteran's to be scanned and included in a special slide show. Please bring them to the office if you would like to share them.
- Thanksgiving Luncheon**—November 20th—Turkey and all the fixings—\$15.00—catered by Matteis'
- **ATTENTION:** **Membership is due one year from the date that you pay going forward.**



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**—Starting October 15th. Join Nancy for a **NEW** Arts and Crafts class. You will be making a Fall Floral Arrangement and a Decoupage vase to put it in. Call for more information and to sign up. Limited to 10!
- **Diamond Art**—Join Sue the first Tuesday of every month for this fun craft activity.
- **Last Concert on the Green**—10/3— Old School—Classic Rock and Roll— FREE ADMISSION!
- **Book Club**—will meet on Wednesday, October 1st to review the book "Society of Lies" by Lauren Ling Brown. Large print books available at Derby Public Library.
- **Bright Star Homecare** will be here on October 7, to call Bingo . They are bringing giveaways and sweet treats.
- **Birthday BINGO**—sponsored by "Wesley Village"—October 28th—1:00-3:00.

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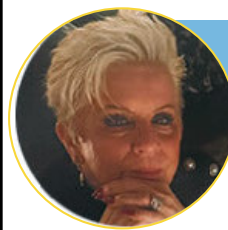
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MONTHLY REMINDERS

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

Evening Game Night Event

October 10th-5:30pm

Left-Right-Center

Game Tournament

(other games available)

Pasta Fagioli, Mini Sandwiches,
Snacks & Beverage-\$12.00
OPEN TO PUBLIC age 55+.

Halloween Costume

Pizza Party

Thursday, October 23th

Pizza from Bartone's-2 slices ea.

Salad

Dessert

Beverages

\$12.00

Senior Café

Tues. & Thurs. at 11:45 —\$3.00

****Please Call Ahead before 10:00am the day before****

DIRECTOR'S CORNER

Hello friends,

October is another busy month with lots of activities. We will be having our Halloween Costume Party on October 23rd. Costumes optional but encouraged. Library Book Club is starting up again on the first Monday of every month. Paul from "The Cosmic Black Cat" will be here to run a Coaster Painting class on 10/1. **All supplies are FREE!** On 10/7, Bright Star Homecare is bringing sweet treats and calling Bingo. On 10/14, Townsend Homecare is sponsoring a **FREE PIZZA Bingo** and Wessley Village is calling our Birthday Bingo this month. Caring Transitions is doing a presentation on 10/16 and bringing a **FREE BOXED LUNCH**. On 10/28 Naugatuck Valley Health Department will be here to give Flu Shots during Bingo. On 10/8, we have a very informative presentation on the Community Ombudsman Program. Theresa Waldron is teaching a "Seated Tai Chi" class on Fridays. We also have

a new Quilting Instructor, Rose to teach class on Fridays at 10:30am. Beginners as well as experienced sewers are welcome. Call to sign up. Our Movie Matinee is on 10/16 at 1:00pm. **IMPORTANT!** We have a couple of Early Closure days this month. We will be closing at 11:30 on October 2 for a special event, and on October 10th for our first **Evening Game Night Event** with Marc's Homemade 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! Other games will be available as well. Call to Sign up **Open to the public age 55+.** Many people don't realize that they can join our Senior Center at age 55 so now's their chance to find out all that we have to offer! If we get enough interest, we can offer more nightly events for the "young" seniors who still work. We are also **CLOSED** on 10/13 for Columbus Day. *Best Regards, Dawn*

ANNOUNCEMENTS

Special Note: I'd like to extend my heartfelt gratitude for all those who helped make our annual Apple Fest such a success. It was a wonderful event with fresh apples donated by Lisa Bisson from Wessley Village. Thank you so much! Mattei's catered the event and it was delicious as always! The decorating committee did a lovely job setting up and making everything so beautiful! Also special thanks to my staff, the kitchen help, raffle volunteers and clean up crew! You are all so special to us and are so appreciated!

Movie Matinee—"Never Too Late"—

Decades after Caine, Bronson, Angus and Wendell escaped a POW camp, they've got a new prison-Hogan Hills Retirement Home. But the rules of engagement have changed, and planning an escape is harder when you can't quite remember them.

AARP Safe Driving class—October 9th. You must reserve your spot.

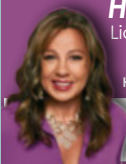
NEW!—Chair Tai Chi—Fridays—10:00am—Benefits of Chair Tai Chi:

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

Evening Game Night Event—October 10th-5:30pm—Left-Right-Center Game Tournament—Pasta Fagioli, Mini Sandwiches, Snacks & Beverage -\$12.00. This is open to the public age 55+, so spread the word! Call to sign-up.

Our Halloween Costume Pizza Party is on October 23rd. \$12.00—2 slices. Dress up Optional but highly encouraged. Come join the fun!

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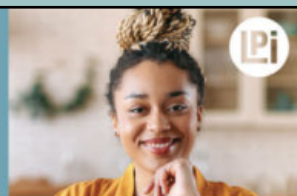
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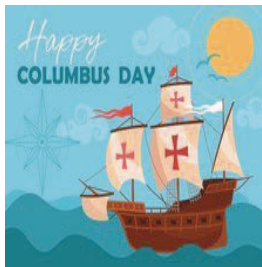
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Corn Hole Monday-Friday call ahead</p> 	<p>1</p> <p>9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:00—Library Book Club 12:30-Coaster Painting sponsored by the "Cosmic Black Cat" gift shop. 9:00-3:00—Pool Billiards</p>	<p>2</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 10:30 Reiki (by appt)</p> <p>CLOSING 11:30 For Special Event</p>	<p>3</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>6</p> <p>10:00 Chair Yoga 11:45— Strength Training with Bobbi 3:00 Elderly Commission Meeting 9:00-3:00—Pool Billiards</p>	<p>7</p> <p>10:00—Line Dancing 11:00—Diamond Art 11:45—Senior Café 1:00-3:00 Bingo sponsored by Bright Star Homecare 1:00 Pool Billiards</p>	<p>8</p> <p>9:30 Gentle Yoga 11:45— Strength Training with Bobbi 9:00-3:00—Pool Billiards 1:00—Ombudsman presentation re: Rights of individuals in community & long term care</p>	<p>9</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 9:00-3:00—Pool Billiards 12:30-4:30—AARP Safe Driving Course</p>	<p>10</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 10:30-NEW! Quilting with Rose *Closing at 11:30 pm* for Evening Event 5:30pm— Dinner & Games OPEN TO PUBLIC AGE 55+</p>
<p>13 CLOSED</p> 	<p>14</p> <p>10:00—Line Dancing 10:00-12:00 Haircuts 10:00—Board Meeting 10:30-Events Planning Committee Meeting 12:30 Blood Pressure Senior Café – CANCELLED 11:45—FREE—Pizza Bingo sponsored by Townsend Homecare 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>15</p> <p>9:30 Gentle Yoga 11:45— Strength Training with Bobbi 9:00-3:00—Pool Billiards 1:00 pm—Arts & Crafts—Flower Centerpiece-Call to sign up.</p> 	<p>16</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) 1:00-Movie Matinee—"Never Too Late"</p>	<p>17</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 10:30-NEW! Quilting with Rose-call to sign up 9:00-3:00—Pool Billiards</p>
<p>20</p> <p>10:00 Chair Yoga-- 11:45— Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>21</p> <p>10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>22</p> <p>9:30 Gentle Yoga— 11:45— Strength Training with Bobbi 9:00-3:00—Pool Billiards 1:00 Decorating Committee</p>	<p>23</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)</p> <p>12:00 Halloween Pizza Lunch</p>	<p>24</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 10:30-NEW! Quilting with Rosecall to sign up 9:00-3:00—Pool Billiards</p>
<p>27</p> <p>10:00 Chair Yoga— 11:45— Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>28</p> <p>10:00—Line Dancing 11:45—Senior Café—CANCELLED 1:00-3:00 Birthday Bingo—Wesley Village 1:00 Pool Billiards 12:30-2:30—NVHD Flu Shots Atlantic City</p>	<p>29</p> <p>9:30 Gentle Yoga— 11:45— Strength Training with Bobbi 9:00-3:00—Pool Billiards Atlantic City</p>	<p>30</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—CANCELLED Atlantic City</p>	<p>31</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 10:30-NEW! Quilting with Rosec-all to sign up 9:00-3:00—Pool Billiards</p>

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CURRENT TRIP SCHEDULES — — — CALL THE CENTER FOR SIGN UP OR INFO

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