

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

November 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

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Dawn Hebert Assistant Director

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i 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:

{GIVE THANKS}

for each new morning
with its light
FOR REST AND SHELTER
OF THE NIGHT
for health and food
for love and friends
FOR EVERYTHING
THY GOODNESS SENDS

~ralph waldo emerson~

POINTS OF INTEREST

- The Elderly Commission meeting will be held on Monday, November 7th at 3:00pm.
- The Executive Board will meet on Tuesday, November 15th at 10:00am followed by Events Planning Committee
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on Tuesday, November 15th 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!**
- ♦ **We have hired a new kitchen manager. Our Senior Café will start on November 1st at 11:30. Minimum of \$3 donation requested. This meal is open to everyone. Must RSVP by the Monday before by 12**

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, November 15th - 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

VETERAN LUNCHEON

Thurs., 10th

Free for Veterans

Menu:

Meatloaf, scalloped potatoes, green beans and dessert
Flag ceremony

Thurs., Nov. 18th

THANKSGIVING DINNER

Turkey, stuffing, mashed potatoes, veggies and dessert

\$15 for both meals

MUST RSVP & PAY FOR BOTH BY THE MONDAY PRIOR TO DINNER

NOVEMBER CENTER UPDATES

Volunteer sign in book—on desk at entrance—please sign in if volunteering.

Senior Café—Starting

November 1st—this meal will be held Tuesdays & Thursdays from 11:30– 12:30pm. Suggested min. donation is \$3/meal. Must sign up the Monday before by noon.

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 as for each program that you attend. We need this information for our records. Thank you for your cooperation.



NOVEMBER ANNOUNCEMENTS

From the Director's desk:

HAPPY FALL Y'ALL! I have to say that it has quickly come upon us but the leaves are looking especially beautiful outside! We have a lot going on the next 2 months as we close out the year. So read through the newsletter and I will be adding an upcoming event flyer to the newsletter as well. 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 started at the end of October. With the hiring of the Kitchen manager we will be starting our congregate meals again on Tuesdays & Thursdays. Everyone is welcome but you must sign up the Monday before by 12 noon and there is a minimum \$3 donation.

On a sad note, we had our last painting class on October 19th. It has been a busy class in our little space with some beautiful work from our painters but due to dwindling enrollment we had to put it on hold. We will happily bring it back if we find that there is interest in future and we thank Jill Nichols for 10+ yrs. of wonderful instruction with beautiful outcomes.

We will be assisting NVHD in a Community Give Back Program. For the months of November and December we will be collecting for Toys 4 Kids. See flyer

at center for information. We will also be hosting the boot and sock drive for the homeless Veterans. 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 & prayers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) 10:00—Tai Chi —NEW TIME 11:30—Senior Café 1:00-3:00 Bingo	2)9:30 Gentle Yoga 11:45 Strength Training with Bobbi 1:30—3:30 MATTER OF BALANCE PROGRAM - Registrants only	3) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 10-12:00 NVHD FLU CLINC 10:30 Reiki (by appt) 10:30-11:30—AGE WELL PROGRAM —Be Aware/ Do Not Be Scammed 11:30—Senior Café	4) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— Cancelled 1:00—Rummikub
7) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes 3:00—ELDERLY COMMISSION MEETING	8) 10:00 Haircuts 10:00—Tai Chi —NEW TIME 11:30—Senior Café 1:00-3:00 Bingo	9) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 1:30—3:30 MATTER OF BALANCE PROGRAM - Registrants only	10)9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:00—VETERAN'S LUNCHEON—ALL VETERAN'S FREE—RSVP NEEDED (Flag Ceremony presented by Oxford American Legion)	11) CENTER CLOSED IN OBSERVANCE OF VETERAN's DAY
14) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	15) 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE —PLEASE NOTE DATE CHANGE 10:00—Tai Chi — NEW TIME 11:30—Senior Café 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo	16) 9:30-Gentle Yoga 11:45—Strength Training with Bobbi 1:30—3:30 MATTER OF BALANCE PROGRAM - Registrants only	17) 9-2PM—RED CROSS BLOOD DRIVE 9:30 Mahjongg 9:30 /12:30 Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:30—Senior Café— Cancelled 11:00 Ralph-n-Rich's lunch trip (limited to 12 on bus or self drive)	18) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:00— THANKSGIVING LUNCHEON—MUST RSVP AND PAY BY NOV. 14TH—LIMITED TO 80 PEOPLE
21) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	22) 10:00 Tai Chi NEW TIME 11:30—Senior Café 1:00-3:00 - Bingo	23)9:30– Gentle Yoga 11:45– Strength Training with Bobbi 1:30—3:30 MATTER OF BALANCE PROGRAM - Registrants only	24) CENTER CLOSED IN OBSERVANCE OF THANKSGIVING 	25) CENTER CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY
28) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Dominoes	29) 11:00—Tai Chi —NEW TIME 11:30—Senior Café 1:00-3:00— Birthday Bingo	30) 9:30-Gentle Yoga 11:45– Strength Training with Bobbi 1:00—3:30 MATTER OF BALANCE—Registrants only	1) DECEMBER 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 10:30—AGE WELL PROGRAM 11:30—Senior Café	4)10:00 Grocery Shopping with VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda 1:00—Rummikub

DERBY SENIOR CENTER

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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

"America The Beautiful" - dinner with music by Ray Guillemette, Jr and his band at the Grand Oak Villa	Price \$106 pp	November 10, 2022
Mohegan Sun Casino with Shelton	Price \$32.00 pp	November 16, 2022
Ralph -n-Rich's Restaurant—Lunch on your own (Bus 12 people or self drive)	Price -Free	November 17, 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
Christmas in the White Mountains	Price \$559 dbl, \$719 sgl, \$529 tpl	December 9-11, 2022

Please watch for upcoming day trips in 2023

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

UPCOMING IMPORTANT EVENTS

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. 7th – Lunch & Learn – Hearing Loss Options presented by Advanced Bionics – sign up required

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 & 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

Jan 12th – Lunch & Learn presented by Drazen Law Firm

SENIOR CAFE MEALS STARTING NOVEMBER 1st

\$3.00 donations suggested

**Must call center to sign up by 12 noon on the
Monday or Wednesday before the meal.**

UPCOMING LUNCH & LEARNS

November 7th - 12:30pm

**Hearing Loss Options for the Elderly presented by
Advanced Bionics**

sign up required at the center

Jan 12th 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

All Lunch & Learns are Free but you must sign up.