



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 2023



Did you Know? In the early 1900s, Derby was known as the "Hatting Capital of the World," as it was home to many hat factories and was a major producer of hats in the United States.

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

Assistant Director:

Olga Capristo, BSW

Email: ocapristo@derbyct.gov

Kitchen Manager:

Olga Capristo, BSW

Email: 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 Monday, November 6th at 3:00pm
- The **Executive Board Meeting** will be on Tuesday, November 14th 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 Needed:** We are looking for members to help out with Meal Planning, Shopping/Cooking, Serving, Cleaning Up and Decorating. Please let us know if you could help so that it is not the same people all the time. Any help will be greatly appreciated!

Lunch & Learn: Medicare Open Enrollment is from October 15th to December 7th. Join a CHOICES Counselor from the Area Agency on Aging of South Central on **November 2nd** for an informational session and help with choosing the right plan for you!



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.



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!
- ♦ **Birthday Bingo**—November 28th 1:00pm—sponsored by **“Ebenezer Home Care”**. Come take a shot and win some great prizes in addition to cash!
- ♦ **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.**
- ♦ **Ping Pong—Wii Sports or Corn Hole Bean Bag Toss**—Please call if interested!
- ♦ **Donations Needed!** Please help us to defray the costs of our events by donating items such as: decaf coffee, cookies, brownie mix, snack packs, water bottles, paper goods, dish detergent, sponges, etc. Food donations welcome as well, such as bacon, eggs, butter, and items based on upcoming luncheon menus. Every little bit helps! Thank you in advance!
- ♦ **LOOKING AHEAD**—Our **Christmas Party** this year will be catered by **Twisted Vine** on **Thursday, December 14th.** More details to follow in the December Newsletter.

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.

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.**

MEALS

Veteran's Day Breakfast

**Thursday, November 9th
10:00am**

**\$5.00 Veterans FREE
A SPECIAL GIFT FOR ALL
VETERANS**

**Scrambled Eggs, Bacon,
Sausage, Muffins, Bagels
Coffee, Tea**

Thanksgiving Luncheon

**Thursday, November 16th
12:00-3:00pm \$12.00**

**Turkey, Stuffing, and all the
fixings, Beverage & Dessert
CATERED BY MATTIES**

Senior Café

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

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

NOVEMBER CENTER UPDATES

Dear members,

Thanksgiving is a great time to show our gratitude for everything good in our lives. We often take things for granted such as having clean water, a place to live, food, friends, and family. Unfortunately, many people are not as fortunate. Please remember to give, if you can, to your local charities, food banks, etc.

I'd like to express how grateful we are to all the brave men and women who sacrificed so much for our freedom. As Veteran's Day is approaching, we will be honoring our vets with a Special Free Breakfast on Thursday, November 9th! All are welcome!

It is that time of the year for **Toys for Kids!** Please consider donating an unwrapped toy or monetary donation to make a difference in children's lives!

We are also collecting new socks, hats, & scarves for the homeless. Donation boxes are in the lobby. Thank you in advance!

A Cardiovascular Wellness Screening by "Pulse 4 Pulse" is scheduled on Tuesday, Nov 21, from 11:00-1:00. Please call to sign up.

Just a reminder, it is Cold, Flu and COVID season so please do not come into the Center if you are experiencing any symptoms or not feeling well. This is the time of year that you are the most contagious. Please stay home and get better before returning! If anyone would like free cloth masks, they are available at the center.

I'd like to wish everyone a very Happy Thanksgiving as you reflect on all your blessings. I am especially blessed to have all of you who come out to support our center! Whether it's volunteering, joining a class, coming to an event, or promoting our center to others; you are very much appreciated by myself and Olga!

Warmest Regards,
Dawn

NOVEMBER ANNOUNCEMENTS

Veterans Day Breakfast with

Guest Speaker and Sgt. Russell Faircloth will be here to play Taps as well on **Thursday, November 9th 10:00am-Veterans FREE** and they will receive a special gift.

Thanksgiving Luncheon catered by Matties—Thursday, November 16th **A New Exercise Class, "Cardio Drumming"** is starting. Call early to sign up! **Mon, Nov 13th at 1:00.**

Monthly Matinee—"Senior Moment" Wed, Nov 15th—When a retired NASA test pilot gets his license revoked for drag racing, he finds unexpected love while taking public transportation.

Birthday BINGO—Tuesday, Nov. 28 Sponsored by Ebenezer Home Care.

Free Lunch & Learn: On November 30th, Transference, LLC will be here to talk about the administrative responsibilities of dealing with a deceased one's affairs. This will be a very



informative presentation!

Please note: Bobbi will not be available to teach Strength Training on the following days: 11/8, 11/13, 11/15, 11/20, & 11/22. We are offering a **"Stronger Seniors"** DVD Workout Program during her absence taught by a Certified Instructor, Anne Pringle Burnell.

Sand & Salt for Seniors The Derby/Shelton Rotary Club will be delivering 5-gallon buckets of sand and salt mixture to seniors and disabled individuals residing in Derby and Shelton to spread on walkways and driveways during the winter. If you would like a bucket, please call the center. If you have an empty bucket from last year, please leave it on your doorstep. If you have sand left over from last winter, it can still be used.

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



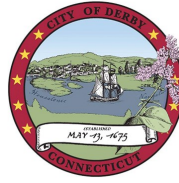
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More	2) 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café— 12:00—Lunch & Learn— "You Have CHOICES"— Medicare Options	3) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda—On Hold 1:30—Coffee Chat Social Call to sign up
6) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 3:00—ELDERLY COMMISSION MEETING	7) 10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League Culinary Institute	8) 9:30 Gentle Yoga 11:45 Stretch Class 11:45 Strength Training with Bobbi-on hold 1:00—Wii Sports & More	9) 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Veteran's Day Breakfast 10:00 Hook & Needle Grp 11:45—Senior Café call to sign up.	10) Center Closed Veteran's Day 
13) 10:00-12:00—Hair Cuts 10:00 Chair Yoga 11:45 Strength Class 11:45- Strength Training with Bobbi—on hold 1:00—New Class— "Cardio Drumming"	14) 10:00—Tai Chi—Qigong 11:45—Senior Café 12:30 Blood Pressure Checks 1:00-3:00 Bingo 1:00 Pool Billiards League 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE	15) 9:30-Gentle Yoga 11:45 Stretch Class 11:45- Strength Training with Bobbi- 1:00 Monthly Matinee— "Senior Moment" call to sign up.	16) 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—Thanksgiving Luncheon—catered by Matties	17) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda—On Hold 1:30—Coffee Chat Social
20) 10:00 Chair Yoga 11:45 Strength Class 11:45- Strength Training with Bobbi—on hold 1:00—New Class— "Cardio Drumming"	21) 10:00—Tai Chi —Qigong 11:00-1:00—Pulse 4 Pulse Cardiovascular Wellness Testing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League	22) 9:30- Gentle Yoga 11:45 Stretch Class 11:45- Strength Training with Bobbi 1:00—Wii Sports & More	23) Center Closed Happy Thanksgiving! 	24) Center Closed 
27) 10:00 Chair Yoga 11:45- Strength Training with Bobbi—on hold 1:00—New Class— "Cardio Drumming"	28) 10:00—Tai Chi —Qigong 11:45—Senior Café 1:00 Pool Billiards League 1:00-3:00 Birthday Bingo sponsored by Ebenezer Home Care	29) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More	30) 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café call to sign up. 12:00 Lunch & Learn— Transference—"How to Settle a Loved One's Affairs"	MONDAY—FRIDAY 9:00-3:30 Ping Pong Pool Billiards Darts Poker Open Exercise

Joke of the day: An old woman is sitting at a bar when an older gentleman sits down beside her. "So," he says, "do I come here often?"



DERBY SENIOR CENTER

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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

Culinary Institute *New Trip--New Day* (Call early to sign up)	\$148	November 2, 2023
Culinary Institute of America Sold Out	Price \$148	November 7, 2023
Resort World Catskills Casino Trip *New Trip* (Call early to sign up) \$15 food voucher/\$25 free play!	Price \$50	November 28, 2023
Christmas with the King-Elvis Tribute	Price \$135	December 1, 2023
Silver Bells & Diamonds Holiday Show at Aqua Turf— Sold Out	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