



# 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)

## December 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](mailto:csonsini@derbyct.gov)

Dawn Hebert Assistant Director

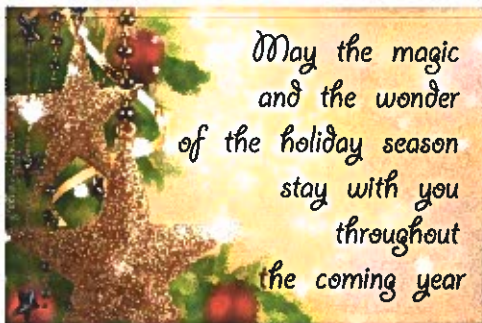
Phone: 203-736-1484

Fax: 203-736-1486

Email: [dhebert@derbyct.gov](mailto:dhebert@derbyct.gov)

**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:



### POINTS OF INTEREST

- The Elderly Commission meeting will be held on **Monday, December 5th at 3:00pm.**
- The Executive Board will meet on **Tuesday, December 13th at 10:00am** followed by Events Planning Committee
- Parish Nurse from Griffin Hospital will be here for blood pressure checks on **Tuesday, December 20th 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 A-N 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

- ◆ **AGE WELL Program** sponsored by Griffin Hospital is a program that meets the first Thursday of every month for 1 hour. They have guest speakers, giveaways, etc. and each month covers a new topic. This months topic will be Mindfulness and Spirituality and there will be a bag of groceries given out to the first 20 people who sign up. Sign up is required at the center.
- ◆ **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.

- ◆ **Senior Café** has started! Tuesdays & Thursdays at 11:45pm. \$3 donation suggested. You must call by noon the day before. Come and have a good nutritious lunch and chat with friends!
- ◆ 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.

### 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



Underwritten by Colonial Penn  
Life Insurance Company

**BANKERSLIFE**



**GRIFFIN PHARMACY  
& GIFTS**

PHONE: 203-732-1490 • FAX: 203-732-1452  
MONDAY-FRIDAY 9AM-7PM • SATURDAY 9AM-3PM

**FREE PRESCRIPTION  
DELIVERY** available  
throughout the Lower  
Naugatuck Valley



## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed to  
you every  
week.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



## 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, December 20th - 12:30—2:30pm

**Reiki**—Thursdays by appointment only. Please contact the center to schedule—

### ON HOLD

### 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

### CHRISTMAS DINNER/ UGLY SWEATER PARTY & BAKE

#### SALE

**Thurs., December 22nd**

Stuffed Chicken breasts, mashed potatoes, grilled mixed veggies, dinner roll and dessert

Meal Catered by David Grant Catering

**\$15 per person**

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

## DECEMBER CENTER UPDATES

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

### Senior Café—Starting

**November 1st**—this meal is held Tuesdays & Thursdays from 11:45—12:30pm. Suggested min. donation is \$3/meal. Must sign up the day 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.



## DECEMBER ANNOUNCEMENTS

**From the Director's desk:** I have to say that I cannot believe that the year is almost over...where has the time gone. It definitely has been a year like no other! Trying to navigate the "new normal" as things have slowly moved out of covid shut down. We, at the senior center, have come out strong but we have members who have been unable to return for various reasons and new members who have joined. Please continue to welcome new members as you have. Our new Kitchen manager, Olga, has started (please introduce yourself and make her feel comfortable) Our Senior Café is back on Tuesdays & Thursdays at 11:45. You must register the day before by noon. We are currently looking for a van driver if anyone knows anyone who may be interested please have them contact the center.

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 is currently full and we have a wait list started for the next class in early spring. Call the center to register. We also will be hosting an Age Well Program once a month presented by Griffin Hospital.

We are collecting for TEAM—TOYS 4 KIDS—new unused toy or \$10 Walmart gift cards. We are also collecting white crew socks, hats, +

gloves or cash to go towards boots for homeless Veterans. ANYTHING you can do to help! THANK YOU IN ADVANCE!

We are here daily if you have any questions, concerns or just would like to chat for a few minutes. I wish you all a happy and healthy holiday!

Best regards,  
Christine Sonsini



## SUPPORT OUR ADVERTISERS!



# 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 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*

Christmas in the White Mountains	Price \$559 dbl, \$719 sgl, \$529 tpl	December 9-11, 2022
"It Takes Two" Love Songs at The Carriage House	Price \$106	February 14, 2022
Atlantic City—Caesars with Simon & Garfunkel & The Carpenters Tribute Shows + slot bonus and Meal vouchers	Price \$285 dbl, \$385 sgl, \$275 tpl	February 21-23, 2023
Irish Show with Andy Cooney at the Log Cabin	Price \$115	March 13, 2023
"Cher" at The Carriage House	Price \$96	April 6, 2023
"The Buddy Holly Story"	Price \$118	April 22, 2023
Stayin' Alive—Bee Gees at The Aqua Turf	Price \$118	May 22, 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

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