



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

December, 2023



Did you Know? The Osborne Homestead Museum celebrates the life of Frances Osborne Kellogg, an accomplished businesswoman and conservationist who was dedicated to preserving land for future generations.

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. If Derby Schools are closed, we are closed. Any questions please call the center.

Please note: We will be closed on December 22nd, 25th, 29th, & January 1st in observance of the holidays.

POINTS OF INTEREST

- The **Elderly Commission meeting** will be held on Monday, December 4th at 3:00pm
- The **Executive Board Meeting** will be on Tuesday, December 12th 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 appreciated!
- **Osbourne Homestead Museum Tours—"Holiday in the City"**—Thursday-Sunday, 10am-4pm/Friday, November 24—December 16— **Twilight Tours**—Friday, Dec 1, Dec 8, & Dec 15, 4pm-7pm. Free Admission—Donations Accepted. Groups of 8, please call 203-724-2513.
- **GIFT CERTIFICATES:** With Christmas approaching, why not consider giving a gift certificate to the Derby Senior Center good toward any of our activities, trips or classes! This is a perfect gift to share with your friends or loved ones who are members here. Just call the center to request the 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

- ♦ **ZUMBA GOLD is back!** New time, New Instructor! Mary Rose will be here on Fridays at 10:00am. Come check out this fun form of Exercise! **“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**—December 26th 1:00pm—sponsored by **“Juniper Home Care”**. Come take a shot and win some great prizes in addition to cash!
- ♦ **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.**
- ♦ **Makeup for Mature Women— Thursday, December 7th 12:30pm—3:00pm** Join Joby Rogers, certified professional and celebrity makeup artist, as he presents a 2.5 hour forum for women to experience and learn how to create a makeup style that compliments their personal features and skin tone. Participants will explore products and tools and 'must haves' for their personal makeup collection. There will be hands-on makeup demonstrations. Joby will not disappoint! Fee \$10. Space is limited. Registration required.
- ♦ **ATTENTION!** We are looking for a volunteer to water our plants in the 2nd floor Lobby every two weeks. Please call if you can help.

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, **December 12th 12:30-2:30pm**. **PLEASE remember to sign into the building when you enter.**

MEALS

Christmas Luncheon

Thursday, December 14th
12:00pm
\$15.00

**A SPECIAL GIFT FOR ALL
And lots of Raffles!**

Chicken Francaise
Garden Salad
Baked Ziti
Roasted Potatoes
Bread/Butter
Beverage & Dessert

CATERED BY TWISTED VINE

Senior Café

Tuesdays & Thursdays at 11:45
\$3.00

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

DECEMBER CENTER UPDATES

Dear members,

What a fabulous Veteran's Day Celebration and Thanksgiving Dinner we had! Thank you to all who made it a special event for our Veteran's and our members!

I can't believe another year has almost gone by! We have had many great events and trips that took place and you can look forward to many more in 2024!

This month, just in time for the holidays, come learn **Makeup Tips** with make up artist, Joby Rogers! He will share his expertise for this hands-on demonstration. See below for details.

We are having our annual **Christmas Party** on Thursday, December 14th here at the center. Twisted Vine will be catering. Please sign-up early as it is bound to sell out!

New Trips are in the works! They will be announced in our January Newsletter. **Please note there may be pop-up trips and/or events.** We will advertise them as much as

possible on Facebook and at the Center.

We are still collecting for **Toys for Kids**. Please consider donating an unwrapped new toy or monetary donation to make it a bright holiday for children in the Naugatuck Valley.

We are also collecting new **socks, hats, & scarves for the homeless and Food for St Vincent de Paul**. Donation boxes are in the lobby. Thank you in advance!

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! We have free cloth masks, at the center if needed.

On behalf of the staff, I'd like to wish you and your families a very Merry Christmas and Happy New Year! Warmest Regards, Dawn

DECEMBER ANNOUNCEMENTS

Monthly Matinee—December 20, —The Christmas Chronicles— A holiday adventure tells the story of a sister and brother, Kate and Teddy Pierce, whose Christmas Eve plan to catch Santa Claus (Kurt Russell) on camera turns into an unexpected journey that most kids could only dream about. **Diamond Art with Sue—December 28th, 1:00pm—Angels—** limited to 10—\$8.00

Rescheduled Monthly Matinee—December 6th—"Senior Moment"

When a retired NASA test pilot gets his license revoked for drag racing, he finds unexpected love while taking public transportation.

Winter Wreath Class with Kathy—Friday, December 15th, 10:00am—(Mezzanine level) limited to 12. \$25.00



Birthday BINGO—Tuesday, Dec. 26 1:00-3:00—Sponsored by Juniper Home Care.

Aluminum Tab Collection & Recycling Project—We are collecting aluminum can tabs for The Shriners Hospitals for Children. The funds received are used to purchase patient care items. Collection can is located in the upstairs lobby. Thank you in advance for any donations you can make.

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



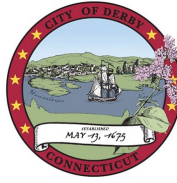
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MONDAY—FRIDAY 9:00-3:30</p> <p>Self-Led Ping Pong Pool Billiards Darts Poker Open Exercise</p>				<p>1) 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 11:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p> <p>Christmas with the King</p>
<p>4) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 3:00—ELDERLY COMMISSION MEETING</p>	<p>5) 10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League</p> <p>Silver Bells & Diamonds</p>	<p>6) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 1:00 Monthly Matinee— “Senior Moment” (rescheduled from last month) call to sign up.</p>	<p>7) 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. 12:30-3:00—Makeup for Mature Women with Joby Rogers \$</p>	<p>8) 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 11:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
<p>11) 10:00-12:00—Hair Cuts 10:00 Chair Yoga 11:45- Strength Training with Bobbi—on hold 1:00-Cardio Drumming</p>	<p>12) 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</p>	<p>13) 9:30-Gentle Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More</p>	<p>14) 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—Christmas Luncheon—catered by Twisted Vine</p>	<p>15) 10:00 Grocery Shopping w/ VTD 10:00-Winter Wreath Making Class with Kathy (Mezzanine Floor) 11:00 Quilting Class 10:00—Zumba Gold with Maryrose 1:30—Coffee Chat Social Call to sign up</p>
<p>18) 10:00 Chair Yoga 11:45- Strength Training with Bobbi—on hold 1:00-Cardio Drumming</p>	<p>19) 10:00—Tai Chi —Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League</p>	<p>20) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 1:00 Monthly Matinee— “The Christmas Chronicles” call to sign up.</p>	<p>21) 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café—</p>	<p>22) Center Closed</p> 
<p>25) Center Closed</p> 	<p>26) 10:00—Tai Chi —Qigong 11:45—Senior Café 1:00 Pool Billiards League</p> <p>1:00-3:00 Birthday Bingo sponsored by Juniper Home Care</p>	<p>27) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports & More</p>	<p>28) 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. 1:00 Diamond Art—Angels \$8.00</p>	<p>29) Center Closed</p> 

Joke of the Month: I told my physical therapist that I broke my arm in two places. He told me to stop going to those places.



DERBY SENIOR CENTER

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Derby, CT 06418-1938



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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 The Resorts—\$40 slot bonus, \$50 meal voucher,
2 Shows—Garth Brooks & Comedy Legend YAKOV Smirnoff

Price \$329 Dbl

February 27-29, 2024

LONG TRIPS —

Southern Charm—Collette

Price: \$2999pp/double \$3999 single

April 15-21, 2024

Stay Tuned-New Trips Announced in January!



DECEMBER 2023 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>'Tis the season to be jolly...</i> <i>The staff of</i> TEAM, Inc. Elderly Services, <i>Wishes everyone a Happy Holidays!!</i></p>				1
4	5 3 Chicken Tenders ½ c Baked Beans ½ c Mixed Vegetables 1 Wheat Dinner Roll 1 pkt Ketchup ½ c Mandarin Oranges	6	7 1 Salisbury Beef w/ Vegetable Gravy ½ c Brown Rice Pilaf ½ c Broccoli Florets 1 sl Rye Bread ½ c Pineapple Tidbits	8
11	12 1 Cranberry Dijon Chicken ½ c Brown Rice ½ c Mixed Vegetables 1 sl WW Bread 4 oz Fruit Juice 1 Chocolate Chip Cookie	13	14 Special Christmas Luncheon \$15.00	15
18	19 1 Salisbury Beef w/ Gravy ½ c Confetti Brown Rice ½ c Mixed Vegetables 1 sl Rye Bread ½ c Mandarin Oranges	20	21 6 oz Vegetable Soup w/ Crackers 1 c Cheese Baked Ziti ½ c Cauliflower 1 sl Italian Bread 1 Seasonal Fruit	22
25 Office Closed 	26 Office Closed 	27	28 3 oz Diced Chicken w/ Lemon Dill Sauce ½ c Orzo ½ c Green Peas 1 sl White Bread ½ c Pineapple Tidbits	29 Center Closed <i>Happy New Year</i> 



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

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

Makeup for 'Mature Women'

Thursday, December 7th 12:30pm—3:00pm at

Derby Senior Center

Fee \$10. Space is limited. Registration required.

Joby Rogers

Presents

THE MAKEUP FOR 'MATURE WOMEN' WORKSHOP

Synopsis...

This two & a half hour workshop is the perfect place for mature women & women of all ages & experience to learn how to create a makeup style that compliments their personal features & skin tone. We will explore the best products, tools, techniques & 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations & convey knowing that with a little practice you can perfect your personal appearance for all occasions.

KEYNOTE TOPICS

- App Essentials
- Keeping your Makeup & Brushes clean & sanitary
- Brushes - Using the right brush for the right application
- Application Techniques
- Base & Foundation - Choosing the Right concealer & foundation
- Interpreting Tones & Color
- Contouring, Highlighting, Blushing
- Eyes - Eye Shadow Color Rules & application advice
- Brows - Shaping & Correcting
- Lips - Color Rules & Advice - Reshaping
- Personal Makeup Questions – Review of personally used makeup

COMMENTS / ENDORSEMENTS

"Everyone loved your workshop! I will share the great experience we had with you with our Senior Center Association!" • Candy Heikkinen • E. Lyme Senior Center

"Thank you so much for doing the program! We would love to have you back in the future. I have heard nothing but good things! We will definitely pass the word along about how great the program was!" • Tiffany Lazur • S. Windsor Senior Center

"Our seniors had very positive feedback. They found the workshop very informative and fun." • Florence Hurley • Somers Senior Center

"Word has gotten out that your workshop is a BIG hit!" • Nancy Darrah • Enfield Senior Center