



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

February 2026



Did you know? In the Middle Ages, it was believed that February 14 was the start of birds' mating season. Geoffrey Chaucer cemented the connection between Valentine's Day, birds and romance with his 1375 poem "Parliament of Fowles," writing, "For this was on Seynt Valentynes day, / Whan every foul cometh ther to chese his make."

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

Please Note:

We are closed on February 16th in observance of



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 10:00 am. **ON HOLD**. The **Events Planning Committee** is after the Executive Board Meeting at 10:30 —**ON HOLD**
 - **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.
 - **ATTENTION: Membership is due one year from the date that you pay going forward.**
 - **ATTENTION:** We are issuing new Parking Tags to our active members for the parking garage. Please come to the office to pick up yours and pay membership if it is due.
 - **PLEASE NOTE:** If Derby Schools are closed, we are closed to the public. The staff is here if you need to speak to us. If the City of Derby closes, staff will not be here.
 - **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:**
St. Patrick's Day Luncheon—catered by Matteis Deli. Thursday, March 12th, 12:00pm. \$15.00—**sign-ups start 2/10/25.**
Vet Care Everywhere—March 13th low-cost wellness checks & more! See flyer for sign-up information.



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

- **GREAT NEWS!** We are very excited to let you know that thanks to Mayor DiMartino, we have a beautiful **NEW POOL TABLE!** He generously donated money to purchase it as our old table was falling apart. The table is available weekdays from 9:00am to 3:00pm except for Tuesdays in which we have a Pool League at 1:00 that you can join. Don't know how to play pool? We have two members who can teach you! Just call the center to set up a time.
- **Arts & Crafts**—Join Nancy for Arts and Crafts class on Thursday, February 4th and 18th.
- **FREE CLASS**—Join Bobbi for a special Zen Alcohol Ink Class— February 9th, 1:00pm. You will learn the technique of working with this media and go home with artwork ready to frame and a tile coaster. All supplies included. Limited to 15.
- **The Loneliness Epidemic and the Healing Effects of Social Connection & Community**—February 5th, 12:30pm sponsored by Seniors Helping Seniors.
- **NO-SEW QUILTING CLASS** on Fridays at 11:00. No experience necessary. Call to sign up.

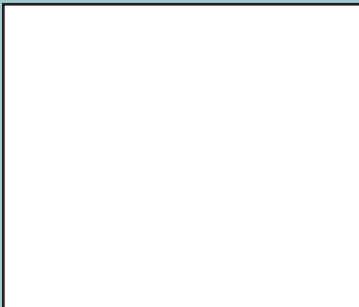
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MONTHLY REMINDERS

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

“Love Bug Luncheon”

February 12th at 12:00
\$15.00

**Pasta, Meatballs & Sauce
made by Marc,
Salad, Bread/Butter
Beverage / Dessert**

Music by Tom Mohyde



Senior Café

Tues. & Thurs. at 11:45 —\$3.00

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

Address: 293 Main Street Derby, CT

DIRECTOR’S CORNER

Hello friends,

I have some great news to share with you! We are very excited to announce that we now have a beautiful **new pool table!** A HUGE thank you to **Mayor DiMartino** for his generous donation, which made this possible—our old table was truly falling apart. The pool table is available **weekdays from 9:00 a.m. to 3:00 p.m.**, except on Tuesdays, when we host our **Pool League**, which you are welcome to join. The league meets at **1:00 p.m.** Don’t know how to play pool? Our members **Al Gatison** and **Fred Kunisch** are happy to teach you—just call the center to set up a time. Fred was also instrumental in advocating for the new table, so a special thank-you to Fred!

This month, we will be hosting our **Love Bug Luncheon** on **Thursday, February 12, at 12:00 noon.** Enjoy pasta, meatballs, and sauce made by **Marc Garofalo**, along with salad, bread, butter, and a special dessert—plus **Music provided by Tom Mohyde**, all for the low price of \$15. Please call early to sign up, as our luncheons have been selling out

quickly.

Last month, we had such a great response to **Bobbi’s Zen Alcohol Ink Class** that we’re offering it again! Come learn this creative technique and go home with artwork ready to frame, plus a tile coaster. All supplies are included. **Space is limited to 15 participants.**

The **Library Book Club** resumes on **February 4** with a review of *This Is Not a Game* by Kelly Mullin. **Seniors Helping Seniors** will present “**Seniors & Loneliness**” on **February 5 at 12:30 p.m.** **Lisa Bison** from Wesley Village will be here to call **Birthday Bingo** on **February 24**—and we’ll have a special **FREE raffle** for anyone wearing red or pink!

Our monthly **Movie Matinee** will be held on **February 26**, featuring a romantic comedy—*Maybe I Do* starring **Diane Keaton, Susan Sarandon, and Richard Gere.** **Free popcorn and beverages** will be served.

On behalf of the staff and myself, we wish you a very **Happy Valentine’s Day.** We hope to see you soon!

Best Regards, Dawn

ANNOUNCEMENTS

Birthday BINGO—February 24th-sponsored **Wesley Village Masonicare.** **Wear Red or Pink** to be entered into a **FREE Special Raffle!**

Heart Health Info & Blood Pressure Checks will be provided by **NVHD** on **February 24th—11:30**

ATTENTION: Just a reminder, please do not come into the Center if you are experiencing any cold or flu symptoms or simply not feeling well. Please stay home and get better.

Please Note: If anyone hears of a member being ill, in the hospital, or lost a loved one, please let us know so we can send well wishes from DSC.

Movie Matinee: “MAYBE I DO?” THURSDAY, FEBRUARY 26th at 1:00 p.m. Join us as we view the 2023 Romantic Comedy “*Maybe I Do?*” The movie stars **Diane Keaton, Susan Sarandon, and Richard Gere.** The movie follows the story of **Michelle and Allen** who are in a relationship. They decide to invite their parents to finally meet. Turns out, the parents already know one another well, which leads to some differing opinions about marriage. **FREE Popcorn and beverages.**

“Think With Your Gut” by **Registered Dietician, Dan Taylor** **February 17th** during lunch at **11:45am.**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 Chair Yoga-- 11:45- Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards 3:00 Elderly Commission Meeting</p>	<p>3</p> <p>10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>4</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 9:00-3:00—Pool Billiards 12:30—Crafting with Nancy—Call to sign up 1:00—Library Book Club- “This Is Not A Game”-by Kelly Mullen</p>	<p>5</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 10:30 Reiki (by appt) 11:45—Senior Café 12:30- “Seniors and Loneliness” presented by Seniors Helping Seniors 9:00-3:00—Pool Billiards</p>	<p>6</p> <p>10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00--“NO-SEW” Quilting with Rose—call to sign up 9:00-3:00—Pool Billiards</p>
<p>9</p> <p>10:00 Chair Yoga 10:00-12:00 Haircuts 11:45- Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards 1:00—Zen Alcohol Ink Class with Bobbi</p>	<p>10</p> <p>10:00—Line Dancing 10:00—Board Meeting-ON HOLD 10:30-Events Planning-ON HOLD 11:45—Senior Café 12:30 Blood Pressure 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>11</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 9:30 Gentle Yoga 11:45- Strength Training with Bobbi 12:45—Decorating Club 9:00-3:00—Pool Billiards</p>	<p>12</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) 12:00—Love Bug Luncheon—Pasta, Meatballs by Marc, Salad, Bread/Butter Dessert—Music by Tom—\$15.00 9:00-3:00—Pool Billiards</p>	<p>13</p> <p>10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00--“NO-SEW” Quilting with Rose—call to sign up 9:00-3:00—Pool Billiards</p>
<p>16</p> <p>CLOSED</p> 	<p>17</p> <p>10:00—Line Dancing 11:45—Senior Café 11:45—”Think With Your Gut”—Dana Taylor, Registered Dietician 12:30 Blood Pressure 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>18</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi Coaster 12:30—Crafting with Nancy—Call to sign up 9:00-3:00—Pool Billiards</p>	<p>19</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 10:30 Reiki (by appt) 11:45—Senior Café 12:30—Home Safety— Wesley Village 9:00-3:00—Pool Billiards</p>	<p>20</p> <p>10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi- <u>Cancelled</u> 11:00--“NO-SEW” Quilting with Rose—call to sign up 9:00-3:00—Pool Billiards</p>
<p>23</p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>24</p> <p>10:00—Line Dancing 11:30--1:00—NVHD Blood Pressure Checks 11:45—Senior Café 1:00-3:00 Birthday Bingo sponsored by Masonicare, Wesley Village—Wear Red or Pink to be entered into a FREE RAFFLE! 1:00 Pool Billiards</p>	<p>25</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 1:00 Backyard Birds of CT-Tom Kesturko, Comfort Homecare 9:00-3:00—Pool Billiards</p>	<p>26</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 10:30 Reiki (by appt) 11:45—Senior Café 9:00-3:00—Pool Billiards 1:00—Movie Matinee “Maybe I Do”</p>	<p>27</p> <p>10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00--“NO-SEW” Quilting with Rose—call to sign up 9:00-3:00—Pool Billiards</p>

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

"An Irish Celebration" with Dee Reilly-Holyoke, MA	Price: \$133	March 10, 2026
"Tropicana Atlantic City" 2 shows-\$50 slots/\$50 food	Price: \$345 Dbl, \$445 Single	March 30-April 1, 2025
"Motown Meets Doo-Wop", Holyoke, MA	Price: \$139	April 21, 2026
"City Island Lobster House-Arthur Ave"-Bronx, NY	Price: \$166	April 22, 2026
"Linda Ronstadt" Aqua Turf	Price: \$95 SELF-DRIVE	May 5, 2026
"Bee Gees" Aqua Turf	Price: \$99 SELF-DRIVE	May 14, 2026
"Boston Bingo Cruise" NEW	Price: \$155	June 4, 2026
"Joshua" Sight & Sound, Lancaster, PA	Price: \$625 Dbl, \$799 Single	June 9-11, 2026
"Under the Boardwalk"- Grand Oak Villa	Price: \$99 SELF-DRIVE	June 25, 2026
"Fleetwood Mac" Log Cabin NEW	Price: \$143	July 15, 2026
"Bobbi Darlin/Dr. Devine-Log Cabin NEW	Price: \$150	July 30, 2026
"Lighthouse Cruise"-Narragansett Bay NEW	Price: \$141	August 12, 2026
"Summer Nights"-Aqua Turf NEW	Price: \$99 SELF-DRIVE	August 19, 2026
"Spain's Classics & Portugal" —Collette	Prices start at \$5999 Double	April 7 — 21, 2026
"National Parks of America"—Collette	Prices start at \$5999 Double	July 13 -- 24, 2026
"Mackinaw Island"-Travel Group- PASSPORT Needed	Prices start at \$2075 Double	August 20-27, 2026
"British Landscapes"—Collette	Prices start at \$4999 Double	October 11 — 20, 2026