

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

March 2026



Did you know? Saint Patrick — for whom the holiday is named — was not actually Irish. He was born in Great Britain and kidnapped by Irish raiders who took him to Ireland and forced him to live in slavery.

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



POINTS OF INTEREST

- The **Elderly Commission meeting** is held on the 1st Monday of every month at 3:00.
 - The **Executive Board Meeting** is the 2nd Tuesday of the month at 10:00am.
 - The **Events Planning Committee** is on the 2nd Tuesday of every month at 10:30 immediately following the Executive Board Meeting.
 - **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:**
- **Easter Luncheon**—catered by Mattei's—Thursday, April 2nd \$15.00. Sign-ups begin Monday, March 16th.



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

- **Let's shoot some pool!** Bring some competition or practice on your own. The pool table is located on the ground level of the senior center. 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 a few members who can teach you! Just call the center to set up a time.
- **Arts & Crafts**—Join Nancy for Arts and Crafts class on Thursdays, March 4th, 18th, & 23rd.
- **Asian Paper Fan Airbrush Painting**—\$3.00 supply charge. Limited to 15.
- **Vet Care Everywhere**—March 13th low-cost wellness checks & more! See flyer for sign-up information.
- **Zen Alcohol Ink Class**— March 23rd, 1:00pm— Join Bobbi for to learn the technique of working with this media and go home with artwork ready to frame and a tile coaster. Limited to 15.
- **SEWING WORKSHOP with Rose** on Fridays at 11:00. No experience necessary. Call to sign up.

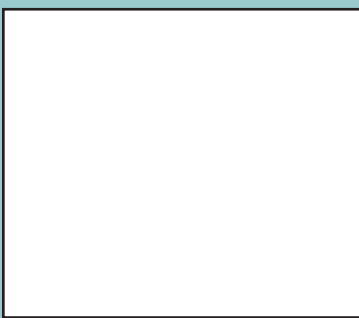
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MONTHLY REMINDERS

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

Lucky Leprechaun Luncheon

Thursday, March 12th
At noon

Corned Beef, Cabbage,
Potatoes, Carrots,
Rye Bread/Butter
Coffee/Dessert

Catered by Mattei's
\$15.00

Entertainment provided by Marc Garfalo

Please note: Meals/Events must be signed up for by the Thursday before so we can have an accurate count

Senior Café

Tuesdays & Thursdays at 11:45
\$3.00

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

DIRECTOR'S CORNER

Hello friends,

Spring arrives March 21st and I am sure everyone is looking forward to this and having warmer days!

This month we have many enjoyable events. Library Book Club will be on 3/4/26 and The Southern CT State University students will be here to give a talk about Nutrition and take blood pressures. Bobbi will be doing a Zen Alcohol Inc Class on Monday, 3/23.

On 3/13, Vet Care Everywhere will be here to offer Low-Cost Veterinary Services. See the insert for further information. You must register online. On 3/18, Blair Soucy with American Coin Pickers, will be here to present the hobby of coin collecting, the US Mint and its products, and the gold and silver bullion market. Bring your old coins and he will tell you if they are worth anything or just come to learn about coin collecting.

Refreshments will be served.

Don't miss our "Lucky Leprechaun Luncheon" on 3/12. Come and enjoy a delicious Irish dinner catered by Mattei's. We will have a special Irish Sing-along and of course our beautiful Raffle Items. Speaking of which, I'd like to thank the many of you who donate baskets and items for our Raffles. Your generosity is so appreciated and really helps to defray the cost of the meals!

Please note, our luncheons have been selling out quick, so be sure to call early and we will fill the spots on a first-come, first-serve basis. We can only seat a certain number of people due to the Fire Marshall's regulations concerning occupancy and space.

On another note, don't forget to turn your clocks ahead by one hour on Sunday, March 8th See you soon!

Best Regards, Dawn

ANNOUNCEMENTS

Birthday BINGO—March 31st-sponsored by Shelton Lakes

Wear Green to be entered into a FREE Special Raffle!

Book Club-March 4th--"The Book Club for Troublesome Women" Marie Bostwick

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.

Golden Girls Trivia—Crosby Commons—FREE LUNCH! Must RSVP.

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: "Summer Camp" March 26th--Nora, Ginny, and Mary, best friends since their summers spent at sleepaway camp, have drifted apart as the years have passed. But when a summer camp reunion arises, they all seize the chance to reconnect, albeit with different levels of enthusiasm. FREE Popcorn and beverages.

Blair Soucy / American Coin Pickers will be here on 3/18 to present the hobby of coin collecting, the US Mint and its products, and the gold and silver bullion market. Bring your old coins to see what they are worth.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 Chair Yoga-- 11:45- Strength Training with Bobbi CANCELLED 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>Irish Celebration Holyoke Mass.</p>	<p>4</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi CANCELLED 9:00-3:00—Pool Billiards 12:30—Crafting with Nancy—Call to sign up 1:00—Library Book Club- "The Book Club for Troublesome Women" Marie Bostwick 1:00 Nutrition & BP checks with SCSU</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 9:00-3:00—Pool Billiards</p>	<p>6</p> <p>10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00--Sewing Workshop with Rose—call to sign up 9:00-3:00—Pool Billiards</p> <p>Turn Clocks Ahead Sunday, March 8th</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</p>	<p>10</p> <p>10:00—Line Dancing 10:00—Board Meeting 10:30-Events Planning 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—Lucky Leprechaun Luncheon—\$15.00 9:00-3:00—Pool Billiards</p>	<p>13</p> <p>10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 10:00—VETCARE EVERYWHERE-HEALTH & WELLNESS CLINIC 11:00--Sewing Workshop with Rose—call to sign up 9:00-3:00—Pool Billiards</p>
<p>16</p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p> <p>* Sign-ups begin for the Easter Luncheon on April 2nd.</p>	<p>17</p> <p>10:00—Line Dancing 11:45—Senior Café 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 1:00—American Coin Picker with Blair Soucy 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—Springtime Asian Paper Fan Air Brush Painting \$3.00 9:00-3:00—Pool Billiards</p>	<p>20</p> <p>10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00--Sewing Workshop 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 1:00—Zen Alcohol Ink Class with Bobbi—</p>	<p>24</p> <p>10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>25</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—Golden Girls Trivia by Crosby Commons—FREE LUNCH for attendees at noon. Call to sign up!</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 1:00—Movie Matinee— Summer Camp 9:00-3:00—Pool Billiards</p>	<p>27</p> <p>10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00--Sewing Workshop with Rose—call to sign up 9:00-3:00—Pool Billiards</p>
<p>30</p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p> <p>Atlantic City –Tropicana</p>	<p>31</p> <p>10:00—Line Dancing 11:45—Senior Café 12:30 Blood Pressure 1:00-3:00 Birthday Bingo sponsored by Shelton Lakes 1:00 Pool Billiards</p>		<p>ATTENTION! We are in need of substitute BINGO CALLERS. Please call the office if you'd like to be placed on our caller list. Your help is greatly appreciated!</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
"Joshua" Sight & Sound, Lancaster, PA	Price: \$625 Dbl, \$799 Single	June 9-11, 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: \$137	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-<u>PASSPORT Needed</u>	Prices start at \$2075 Double	August 20-27, 2026
"British Landscapes"—Collette	Prices start at \$4999 Double	October 11 — 20, 2026