



# 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)

## April 2026



### Joke of the month:

At our age we can hide our own Easter Eggs, wait a half hour and have no clue where we put them!

## 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](mailto:dhebert@derbyct.gov)

**Coordinator/Assistant Director:**

**Olga Capristo, BSW**

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

**Administrative Office Clerk:**

**Kathy Gerwien, BA Business Admin.**

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

**Kitchen Manager:**

**Christine Turecek, AA In Culinary**

**Please Note:**  
We are closed on  
Friday, April 3rd  
in observance of  
Good Friday



## 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.
- **Please Note:** Membership is due one year from the date that you pay.
- **Please Note:** We are not allowed to have anyone in the kitchen other than employees and volunteer kitchen help. Please refrain from going into the kitchen when you are here. We love your company and enjoy talking to everyone, but just not in the kitchen. Thank you.
- **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:**  
**Mother's Day Tea**  
**Thursday, May 7th, \$15.00.**  
Sign-ups begin  
Monday, April 20th.



# 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

- **NEW: Language & Culture Workshop: French, Spanish, & German**—April 23rd—This informal language workshop is designed for adults who are curious about learning or reconnecting with a foreign language in a relaxed and supportive environment. Depending on participant interest, the focus will be on French, Spanish, or German, and the level of the class (beginning, intermediate, or advanced) will be determined by the background and goals of those who enroll. Please call to sign up.
- **From Dough to Delicious**—join Chef Kareem Jennings for this **Pasta Making Demo and Lunch** sponsored by Charter Senior Living of Orange.
- **NEW: Chair Massage Therapy Sessions**—The 2nd & 3rd Monday of the month—11am -1pm Appointments required. \$15 for 15 Minutes. Cash Only.
- **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 Wednesdays, April 1st, 15th, & 29th.

**HANCOCK PHARMACY**  
 Pharmacist Owned & Operated For Over 50 Years  
 Come In & See The Difference!  
 • Flu & Covid Vaccines Available  
 • Blister Packing  
 • Medical Supplies  
 • Cheapest Prices in the Valley

FREE Delivery to accommodate your prescription needs

We Accept All Major Insurances, Medicare Part B and D for Prescriptions and Medicaid

95 Wakelee Ave, Ansonia | 203-734-8900  
 www.hancockpharmacy6.com



## Confused about reverse mortgages?

Let's clear up decades of confusion

**Annie L'Altrella**  
**Guild mortgage**  
**Reverse Mortgage Planner**  
**NMLS #133075**  
 Licensed in CT, FL, MA, VT, NH, ME  
**203.521.2906**  
 4 Corporate Dr., Suite #186,  
 Shelton, CT 06484

Equal Housing Opportunity, Company NMLS #3274 (www.nmlsconsumeraccess.org). I am authorized to do business in the states of Connecticut, Florida, Massachusetts, Maine, New Hampshire and Vermont. MA Mortgage Lender License #MC3274; MA Mortgage Broker License #MC3274; MA MLO Lic # MLO133075; For more licensing information, please visit www.guildmortgage.com/licensing.

**Seniors Helping Seniors**  
 ...A WAY TO GIVE AND TO RECEIVE\*

*Like getting a little help from your friend.*

For Seniors By Seniors! Our mature caregivers provide professional, non-medical and heartfelt companionship and assistance with light housekeeping, meal prep, transportation and much more. We brighten and empower the lives of seniors from the comfort of their own homes.

**(475) 324-0004**

**info@shswesternct.com**  
**www.shswesternct.com**

**Lori Miko**  
 REALTOR  
 c 203-641-0486

Lori.Miko@CBmoves.com  
 LoriMikoRealEstate.com

## “Is It Time for Your Next Move?”

Let us put our combined 50 years of full time experience to work for you and your real estate needs.

Contact Us today!

**Jennifer Newsom**  
 VP OF MORTGAGE LENDING  
 o 203-974-5254  
 c 860-916-8845

Jennifer.Newsom@grarate.com  
 2 Corporate Dr., Trumbull, CT 06611  
 NMLS ID 85086  
 www.grarate.com/JenniferNewsom

**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**

**Easter Luncheon**

Thursday, April 2nd, 2025  
12:00pm

Ham, Scalloped Potatoes,  
Carrots, Green Bean/  
Mushroom Medley

Salad

Rolls/Butter

Coffee/Dessert

**Catered by Mattei's**

**\$15.00**

\*\*\*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 9:30 am the day before\*\***

**DIRECTOR'S CORNER**

Hello Friends,

Happy Spring! It's wonderful to see both new and returning members enjoying our activities and events.

Spring is a season of renewal, and we're excited to introduce a new class on April 23rd: **Language & Culture Workshop—French, Spanish, & German**. This workshop is perfect for anyone interested in learning or reconnecting with a foreign language. The goal is to stimulate memory, curiosity, and social interaction while exploring other cultures together. By popular request, we are also offering **Chair Massages** with a licensed massage therapist. Each session will be 15 minutes, and appointments are required. We have a special viewing of **"The Farmer's Voice"** on 4/30 and a discussion following. Easter comes early this year, so our **Easter Luncheon** will be held on Thursday, April 2nd. Enjoy a delicious meal catered by Mattei's and take part in our beautiful raffle baskets.

Other upcoming events include:

- **Library Book Club** on April 1st, discussing **"Amalfi Curse"** by Sarah Penner
- **Cooking Demonstration** on April 9th, presented by Charter Living of Orange—learn how to make homemade pasta and enjoy a free lunch
- **"Backyard Birds of CT"** Presentation on April 22nd by Tom Kosturko from Comfort Care
- **Birthday Bingo on April 28th**, sponsored by Ebenezer Homecare

Please remember to check the **"Looking Ahead"** section on the front page for next month's special dinner and the date when sign-ups begin. Our luncheons have been filling up quickly, so be sure to call early. Reservations are first-come, first-served, and seating is limited due to Fire Marshal occupancy regulations. See you soon!  
Best regards,  
Dawn

**ANNOUNCEMENTS**

The documentary film **The Farmer's Voice** by our very own **Yoga Instructor, Beverly Corvino**, will raise awareness of the importance of healthy, fresh, local food that is needed to maintain health. Farmland is disappearing at an alarming rate. They must be preserved. Farming and farmland are a treasure, as well as farmers and their knowledge. If it disappears, it will be hard to get back. Join Beverly to view her film on April 30th. A discussion of what actions can be taken locally, nationally, and globally to ensure that farms do not become just a footnote in the history book.

**Birthday BINGO**—April 28th—sponsored by Ebenezer Homecare.

**Book Club-March 4th--**"The Amalfi Curse" by Sarah Penner. Large print books are available at Derby Public Library.

**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.

**Sewing Workshop**—Join Rose on Fridays to learn how to sew, work on group projects, or work on your own projects with guidance.

**Movie Matinee: "Love Punch"** - Divorcees Richard and Kate Jones band together to recover the retirement money that was stolen from them.

**Need Help with  
your Medicare Coverage?**  
Medicare Advantage  
Supplemental • Part D  
*Trusted, Local Support*



**Heather Hefferon**  
Licensed Insurance Agent  
Tel: 203-378-0403  
Heather@hefferoninsurance.com

Medicare coverage  
is my specialty!!



**Riverview  
Funeral Home, Inc.**  
203-924-6800  
390 River Road, Shelton  
www.riverviewfh.com  
Edward J. Sheehy, Jr. - President  
Brett Haywood - Administrator



**ValleyPharmacy**

**Need Help Managing Your Meds?**

- Eliminate the need to create your own pill box.
- Detachable blister packing to take on the go.
- Accepts most insurances.
- Convenient "walk-in" for all immunizations
- MEDICAL SUPPLIES • MEDICATION MANAGEMENT**
- FREE HOME DELIVERY**
- PET MEDS • FREE DELIVERY**

*"A Commitment to Community"*

**www.valleypharmacyct.com**  
valleypharmacyct@gmail.com • 203-734-9455  
MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM  
**74 PERSHING DRIVE, DERBY, CT 06418**

*Join our worship  
services Sunday*

**WORSHIP AT 10AM**



**First Congregational  
Church of Derby**

137 Derby Ave • Derby, CT  
203-735-6575 | www.uccderbyct.org  
*Fellowship and coffee after all services*

**Advertise Here!**

**Contact ILEANA VASQUEZ**

ivasquez@4lpi.com  
(800) 950-9952 x3105

**IF YOU LIVE ALONE**

**MDMedAlert!**™  
**At HOME and AWAY!**

STARTING AT  
**\$19<sup>95</sup>** /mo.

- ✓ Ambulance ✓ Police ✓ Family
  - ✓ GPS & Fall Alert
- "STAY SAFE in the HOME YOU LOVE!"** **CALL NOW!**



**800.809.3570** \*md-medalert.com



**WholePerson  
THERAPEUTICS**

Personalized Care for Pain-Free, Active Living

**Relieve Pain.  
Regain Strength.  
Revive your Life.**

**We specialize in holistic Pain  
Therapy and Physical  
Rehabilitation designed  
for seniors.**

- Personalized Hands-on Therapy.
- Safe chronic pain and injury recovery.
- Customized Therapy Programs
- Friendly, One-on-one Care.



**FREE 15 MINUTE CONSULTATION!  
START TODAY. CALL NOW**

203-636-0065 www.WPTCares.com

101 ELIZABETH STREET | DERBY, CT 06401

Proudly Serving The Naugatuck Valley Community



**SERVICES FOR SENIORS  
IN THE VALLEY**

Meals on Wheels - Congregate Meals @ the Griffin  
Cafe - Medical Transportation - Incontinence  
Products - Homemaking - Volunteer Caregivers -  
Medicare Applications - Housing & Food Help  
**AND MORE!**

**Call  
(203) 736-5420  
ext. 4225  
to sign up!**

**TEAM is here to help  
you & your family  
~at no cost~**

**WWW.TEAMINC.ORG**



For ad info. call 1-800-950-9952 • www.4lpi.com

Derby Senior Center, Derby, CT

06-5354

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;"><b>1</b></p> <p>9:30 Gentle Yoga            11:45– Strength Training with Bobbi            9:00-3:00—Pool Billiards  <b>12:30—Crafting with Nancy—Call to sign up</b>  <b>12:45—Decorating Club</b>              1:00—Library Book Club- "Amalfi Curse" by Sarah Penner</p>	<p style="text-align: center;"><b>2</b></p> <p>9:30 Mahjongg            9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up            10:00 Hook &amp; Needle            10:30 Reiki (by appt)  <b>12:00—Easter Luncheon—\$15.00</b>            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>3</b> <b>CLOSED</b></p> 
<p style="text-align: center;"><b>6</b></p> <p>10:00 Chair Yoga            11:45– Strength Training with Bobbi            9:00-3:00—Pool Billiards  <b>3:00 Elderly Commission Meeting</b>              Final payment due for Linda Ronstadt- Aqua Turf</p>	<p style="text-align: center;"><b>7</b></p> <p>10:00—Line Dancing              11:45—Senior Café            1:00-3:00 Bingo    <b>1:00 Pool Billiards</b></p>	<p style="text-align: center;"><b>8</b></p> <p>9:30 Gentle Yoga            11:45– Strength Training with Bobbi            9:30 Gentle Yoga            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>9</b></p> <p>9:30 Mahjongg            9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up            10:00 Hook &amp; Needle Grp            10:30 Reiki (by appt)  <b>11:00 From Dough to Delicious - Pasta making &amp; Lunch provided by Charter Senior Living of Orange.</b>            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>10</b></p> <p>10:00 Grocery Shopping w/ VTD            10:00— Chair Tai Chi    <b>11:00--Sewing Workshop with Rose—call to sign up</b>              9:00-3:00—Pool Billiards</p>
<p style="text-align: center;"><b>13</b></p> <p>10:00 Chair Yoga  <b>10:00-12:00 Haircuts</b>            11:45– Strength Training with Bobbi            1:00-Cardio Drumming            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>14</b></p> <p>10:00—Line Dancing  <b>10:00—Board Meeting</b>  <b>10:30-Events Planning</b>            11:45—Senior Café            12:30 Blood Pressure            1:00-3:00 Bingo            1:00 Pool Billiards</p>	<p style="text-align: center;"><b>15</b></p> <p>9:30 Gentle Yoga            11:45– Strength Training with Bobbi            Coaster  <b>12:30—Crafting with Nancy—Call to sign up</b>            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>16</b></p> <p>9:30 Mahjongg            9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up            10:00 Hook &amp; Needle            10:30 Reiki (by appt)            11:45—Senior Café  <b>1:00—Movie Matinee—Love Punch</b>            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>17</b></p> <p>10:00 Grocery Shopping w/ VTD            10:00— Chair Tai Chi  <b>11:00--Sewing Workshop with Rose—call to sign up</b>              9:00-3:00—Pool Billiards</p>
<p style="text-align: center;"><b>20</b></p> <p>10:00 Chair Yoga            11:45– Strength Training with Bobbi            1:00-Cardio Drumming            9:00-3:00—Pool Billiards    <b>* Sign-ups begin for the Mother's Day Tea on May 7th.</b></p>	<p style="text-align: center;"><b>21</b></p> <p>10:00—Line Dancing            11:45—Senior Café            1:00-3:00 Bingo            1:00 Pool Billiards</p>  <p style="text-align: center;">Motown Meets Doo Wop</p>	<p style="text-align: center;"><b>22</b></p> <p>9:30 Gentle Yoga            11:45– Strength Training with Bobbi            9:00-3:00—Pool Billiards  <b>12:30—Crafting with Nancy—Call to sign up</b>    <b>1:00 Backyard Birds of CT-Tom Kosturko, Comfort Homecare</b>            9:00-3:00—Pool Billiards            City Island Lobster House</p>	<p style="text-align: center;"><b>23</b></p> <p>9:30 Mahjongg            9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up            10:00 Hook &amp; Needle            10:30 Reiki (by appt)            11:45—Senior Café  <b>12:30—NEW—Language &amp; Culture Workshop</b>            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>24</b></p> <p>10:00 Grocery Shopping w/ VTD            10:00— Chair Tai Chi    <b>11:00--Sewing Workshop with Rose—call to sign up</b>              9:00-3:00—Pool Billiards</p>
<p style="text-align: center;"><b>27</b></p> <p>10:00 Chair Yoga            11:45– Strength Training with Bobbi            1:00-Cardio Drumming            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>28</b></p> <p>10:00—Line Dancing            11:45—Senior Café  <b>1:00-3:00 Birthday Bingo sponsored by Ebenezer Homecare</b>            1:00 Pool Billiards</p>	<p style="text-align: center;"><b>29</b></p> <p>9:30 Gentle Yoga            11:45– Strength Training with Bobbi            9:00-3:00—Pool Billiards  <b>12:30—Crafting with Nancy—Call to sign up</b>            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>30</b></p> <p>9:30 Mahjongg            9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up            10:00 Hook &amp; Needle            10:30 Reiki (by appt)            11:45—Senior Café  <b>1:00—The Farmer's Voice Documentary by our very own, Beverly Corvino</b>            9:00-3:00—Pool Billiards</p>	<p style="text-align: center;"><b>ATTENTION!</b>            We are in need of substitute <b>BINGO CALLERS</b>. Please call the office if you'd like to be placed on our caller list. Your help is greatly appreciated!</p>

# 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 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*

“Motown Meets Doo-Wop”, Holyoke, MA	Price: \$139	April 21, 2026
“City Island Lobster House-Arthur Ave”-Bronx, NY	Price: \$171	April 22, 2026
“Linda Ronstadt” Aqua Turf	Price: \$95 <b>SELF-DRIVE</b>	May 5, 2026
“Bee Gees” Aqua Turf	Price: \$99 <b>SELF-DRIVE</b>	May 14, 2026
“Joshua” Sight & Sound, Lancaster, PA— <b>3 Day Tour</b>	Price: \$625 Dbl, \$799 Single	June 9-11, 2026
“Fleetwood Mac” Log Cabin <b>NEW</b>	Price: \$143	July 15, 2026
“Bobbi Darlin/Dr. Devine-Log Cabin <b>NEW</b>	Price: \$166	July 30, 2026
“Lighthouse Cruise”-Narragansett Bay <b>NEW</b>	Price: \$164	August 12, 2026
“Summer Nights”-Aqua Turf <b>NEW</b>	Price: \$137	August 19, 2026
“The Voice of Yesterday”—Amarantes Sea Cliff	Price: \$90 <b>SELF-DRIVE</b>	September 10, 2026
Margaritaville on Cape Cod— <b>3 Day Tour</b>	Price: \$639 Dbl, \$809 Single	September 21-23, 2026
“ <b>Mackinaw Island</b> ”-Niagara Falls- <b>Passport Required</b>	<b>Prices start at \$2075 Double</b>	<b>August 20-27, 2026</b>
“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
“British Landscapes”—Collette	Prices start at \$4999 Double	October 11 — 20, 2026