



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

May 2026



Joke of the month: What did the mother broom say to the baby broom? "It's time to go to sweep!"

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 will be closed on
Monday, May 25th
in observance of
Memorial Day



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:**
Father's Day Luncheon
Thursday, June 18th, \$15.00.
Lasagna Dinner
Sign-ups begin Tues, May 26th



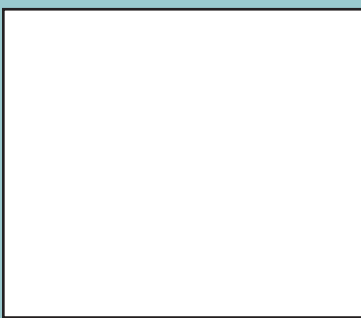
WELCOME TO THE DERBY SENIOR CENTER

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—Mondays at 1:00pm**—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. Call to sign up.
- **NEW: Linda's Social Club**—First Monday of the Month at 1:30pm. Come enjoy coffee and a snack, socialize and make new friends.
- **SEWING WORKSHOP with Rose** on Fridays at 11:00. No experience necessary. Call to sign up.
- **Egg, Heart, & Health Information Session** with nutritionist Dana Taylor—May 12th-11:45am.
- **NEW: Chair Massage Therapy Sessions**—The 2nd & 3rd Monday of the month—10am-1pm. Appointments required. \$15 for 15 Minutes. Cash Only.
- **NEW—WholePerson Therapeutics Workshops**—"Internal Balance", 5/14—"Medication Impact on Daily Functioning", 5/22—"Fall Prevention", 5/28.
- **NEW—Personality Assessment Workshop with Certified Life Coach, Theresa Waldron**—May 8th— You will learn to understand your unique traits, communication styles, and behavioral tendencies. Life Coaching Sessions available through Theresa. Call for further information.

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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—(1st Monday this month).

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

Mother's Day Tea & Treats

Thursday, May 7th, 2025
12:00pm

Mini Sandwiches
Italian Pasta Salad
Tossed Salad
Fruit Cup
Assorted Pastries
Coffee/Tea

Wear a hat to be entered into a special raffle!
Bring a tea cup (optional)
\$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,

What a fabulous Easter Luncheon we had! It was wonderful seeing familiar faces as well as many new faces enjoying such a special time together. Thank you to Matteis' for the delicious food, and to all of our volunteers who work so hard to help make these events possible—we truly could not do it without you! We also thank Team Elderly Services for providing 14 Easter Baskets for free raffles! Our members loved them!

Last month, we welcomed Licensed Massage Therapist Christine Gomulinski to the center, and her services were very well received with 18 appointments booked. We also welcomed Professor Alton Kim Robertson, Ph.D., who introduced participants to a variety of languages and cultures. He will continue his classes on Mondays at 1:00 p.m. Charter Senior Living hosted a Pasta Dough-Making Class and provided lunch for a sold-out crowd of 32 participants! We enjoyed an informative "Backyard Birds" presentation and a special viewing of *The Farmer's Voice* documentary by Bev Corvino. In addition, AARP completed another successful

season of FREE tax preparation appointments, preparing over 125 tax returns. We are grateful for this valuable service they provide to our community.

This month, we welcome Barbara Belicia from WholePerson Therapeutics, who will be offering informative health workshop topics. On May 28th, AARP will be here to teach a Safe Driving Class. Registration is required—please call the center to reserve your spot. The cost is \$20 for AARP members and \$25 for non-members, with checks made payable directly to AARP on the day of class.

This month we also celebrate Mother's Day! At some point in life, we all know a special woman worth celebrating—whether she is with us in person or in spirit. Join us for our Mother's Day Luncheon/Tea and spend time honoring those meaningful connections. Be sure to wear a Spring hat for a FREE raffle ticket. You may bring your own teacup if you would like. Male members are welcome too! Whether you are a mother, aunt, sister, or dear friend, Happy Mother's Day to you!

See you soon! Dawn

ANNOUNCEMENTS

ATTENTION! Some members are not signing in on the KIOSK. This reflects badly in our numbers that help with funding opportunities. **PLEASE REMEMBER TO SIGN IN!**

AARP Driving Class—Thursday, May 28th—12:30-4:30pm. Call to sign up.

Birthday BINGO—May 26th—sponsored by My Strength Home Care.

Diamond Art—May 22, 12:00pm.

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: Mother's Day—A stressed-out, single mom (Jennifer Aniston) learns that her ex-husband is marrying a younger woman. Her friend Jesse (Kate Hudson) is a fitness freak who doesn't tell her parents that she has a family. Bradley is a widower who's trying to raise two daughters on his own, while Miranda (Julia Roberts) is too busy with her career to worry about having children. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning.

Arts & Crafts—Join Nancy for Arts and Crafts class on Wednesdays, May 6th, 20th, & 27th

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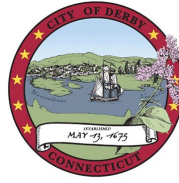
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ATTENTION! We are in need of substitute BINGO CALLERS. Please call the office if you'd like to be placed on our caller list. Your help is greatly appreciated!</p>		<p>MOTHERHOOD IS A CHOICE YOU MAKE EVERYDAY to put someone else's happiness and well-being <i>ahead of your own</i> to teach the hard lessons to do the right thing even when you're not sure what the right thing is... and to forgive yourself over and over again FOR DOING EVERYTHING WRONG</p> <p><small>Donna Bell</small></p>		<p>1 10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi—CANCELLED 11:00--Sewing Workshop with Rose—call to sign up 9:00-3:00—Pool Billiards</p>
<p>4 10:00 Chair Yoga 10:00-12:00 Haircuts 11:45- Strength Training with Bobbi 9:00-3:00—Pool Billiards 1:00—NEW—Language & Culture Workshop 1:30—NEW—Linda's Social Club 3:00 Elderly Commission Meeting</p> <p>Final Payment Due- "Joshua" - Lancaster</p>	<p>5 9:45—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p> 	<p>6 9:30 Gentle Yoga 11:45- Strength Training with Bobbi 12:30—Crafting with Nancy—Call to sign up 12:45—Decorating Club 1:00—Library Book Club—ON HOLD 9:00-3:00—Pool Billiards</p>	<p>7 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-Mother's Day Tea 9:00-3:00—Pool Billiards</p>	<p>8 10:00 Grocery Shopping w/ VTD 9:00—NEW—Personality Assessment Workshop—Call to sign up 10:00— Chair Tai Chi 11:00--Sewing Workshop with Rose—call to sign up 9:00-3:00—Pool Billiards</p>
<p>11 10:00 Chair Yoga 10:00-1:00 Chair Massage by appointment only 11:45- Strength Training with Bobbi 1:00—NEW—Language & Culture Workshop 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>12 9:45—Line Dancing 10:00—Board Meeting 10:30-Events Planning 11:45—Senior Café with Nutritionist Dana Taylor- "Egg & Heart Health Info Session" 12:30 Blood Pressure 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>13 9:30 Gentle Yoga 11:45- Strength Training with Bobbi Coaster 12:30—Crafting with Nancy—Call to sign up 1:30—Movie Matinee— "Mother's Day" 9:00-3:00—Pool Billiards</p>	<p>14 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—NEW—WholePerson Therapeutics Workshop— Internal Balance 9:00-3:00—Pool Billiards</p>	<p>15 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>18 10:00 Chair Yoga 10:00-1:00 Chair Massage by appointment only 11:45- Strength Training with Bobbi-CANCELLED 1:00—NEW—Language & Culture Workshop 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>19 9:45—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo-called by State Representative Kara Rochelle 1:00 Pool Billiards</p>	<p>20 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 9:00-3:00—Pool Billiards</p>	<p>21 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—NEW—WholePerson Therapeutics Workshop— "Impact of Medications on Daily Function" 9:00-3:00—Pool Billiards</p>	<p>22 10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00--Sewing Workshop with Rose—call to sign up 12:00—DIAMOND ART \$5.00 9:00-3:00—Pool Billiards</p>
<p>25</p> 	<p>26 9:45—Line Dancing 11:45—Senior Café 1:00-3:00 Birthday Bingo sponsored by My Strength Home Care 1:00 Pool Billiards</p> <p>* Sign-ups begin for the Father's Day Luncheon on June 18th.</p>	<p>27 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 9:00-3:00—Pool Billiards</p>	<p>28 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 12:30-4:30—AARP Safe Driving Course 1:00—NEW—WholePerson Therapeutics Workshop— Fall Prevention 9:00-3:00—Pool Billiards</p>	<p>29 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>

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

"Bee Gees" Aqua Turf	Price: \$99 SELF-DRIVE	May 14, 2026
"Joshua" Sight & Sound, Lancaster, PA—3 Day Tour	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: \$166	July 30, 2026
"Lighthouse Cruise"—Narragansett Bay NEW	Price: \$164	August 12, 2026
"Summer Nights"—Aqua Turf NEW	Price: \$137	August 19, 2026
"The Voice of Yesterday"—Amarantes Sea Cliff	Price: \$90 SELF-DRIVE	September 10, 2026
Margaritaville on Cape Cod—3 Day Tour	Price: \$639 Dbl, \$809 Single	September 21-23, 2026
The Beatles Tribute Band-Farmington Polo Club	Price: \$137	October 13, 2026
Atlantic City-Tropicana-\$50 slot bonus/\$50 meal voucher	Price \$373 Double	October 27-29, 2026
NY Botanical Garden Holiday Train Show	Price: \$170	December 1, 2026
A Very Soulful Christmas-Log Cabin	Price: \$143	December 8, 2026
Christmas at The White Mountain Hotel & Resort	Price: \$735 Double	December 11-13, 2026
"Mackinaw Island"—Niagara Falls-Passport Required	Prices start at \$2075 Double	August 20-27, 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

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