



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

November 2025



Did you know? Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

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

We are closed on
November 11th in observance of
Veteran's Day and November 27th
and 28th for Thanksgiving.



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 10:00am (11/18 this month).
- The **Events Planning Committee** is after the Executive Board Meeting at 10:30 (11/18 this month).
- **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.**
- **Volunteers: Wanted! Please call if you are interested in calling BINGO. We are in need of callers. Without a volunteer we will only have Bingo twice a month. Your help is greatly appreciated.**
- **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**
Christmas Party
December 18th, 12:00 pm—\$15.00
Catered by Twisted Vine
Chicken Francaise, Ziti, Garden Salad, Roasted Potatoes, Vegetable, Bread/Butter, Dessert, Coffee/Tea. Sign-ups start November 17th. **PAYMENT MUST BE MADE THE DAY OF SIGN-UP.**



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

- **No-Sew Quilting Class**—We have a new Quilting Instructor, Rose, who will be doing **NO-SEW QUILTING PROJECTS** on Fridays at 10:30. No experience necessary. This month you will be working on Christmas Ornaments. Call to sign up.



- **Arts & Crafts**—Join Nancy for a **NEW** Arts and Crafts class on November 12th & 26th.

- **Diamond Art**—Join Sue the first Tuesday of every month for this fun craft activity. Limited to 10 spots, so sign up early.
- **Book Club**—will meet on Wednesday, November 5th to review the book “**The Briar Club**” by Kate Quinn. Large print books available at Derby Public Library.
- **Birthday BINGO**—sponsored by “Oak Street Health Care”—November 25th—1:00-3:00.
- **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.

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

IF YOU LIVE ALONE
MDMedAlert!™
At HOME and AWAY!
 STARTING AT **\$19⁹⁵** /mo.
 ✓ Ambulance ✓ Police ✓ Family
 ✓ GPS & Fall Alert
 “STAY SAFE in the HOME YOU LOVE!”
CALL NOW!
800.809.3570 * md-medalert.com

Lord Chamberlain
 Nursing and Rehabilitation Center
 7003 Main St,
 Stratford, CT 06614
OPEN 24 HOURS
(203) 375-5894
Admissions
 www.lordchamberlain.net

LET'S GROW YOUR BUSINESS
 Advertise in our Newsletter!
CONTACT ME
Ileana Vasquez
 ivasquez@4lpi.com
(800) 888-4574 x3105

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.

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

Veteran's Breakfast

November 6th

10:00 AM

\$10.00

Veteran's FREE

Bacon, Egg, Cheese Sandwich

Fruit

Pastry/Muffins

Beverage

Thanksgiving Dinner

Thursday, November 20th

12:00 PM

\$15.00

Catered by Mattei's.

Turkey, Stuffing, Vegetables, Potatoes, Cranberry Sauce, Bread, Butter, Dessert, Beverages

Senior Café

Tues. & Thurs. at 11:45 —\$3.00

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

DIRECTOR'S CORNER

Hello friends,

November is the month of gratitude for the many blessings in our lives. Here at the center, we are especially grateful for our amazing volunteers. We celebrated them last month with a complimentary luncheon at Emma's Pizzeria, in appreciation for their kindness and all the time they generously give to our center. We currently are looking for more Bingo callers. If you are interested in helping us 1-2 times a month, please let us know.

This month, we honor and thank all Veterans for their dedication and courage in safeguarding our freedoms. Please join us for our Veteran's Breakfast on November 6th — it's free for all Veterans. We look forward to celebrating you, and showing our appreciation.

Our Thanksgiving Luncheon is on November 20th, catered by Mattei's. Kindly be advised that payment must be submitted at the time of sign-up, as holiday events tend to sell out quickly.

I'd like to thank those who joined us for our first "Evening Game Night". Everyone had a great time, many of whom enjoyed playing "Left, Center, Right". Congratulations to the winner, Tony Puccio!

I would like to extend my heartfelt thanks to Ginny Rossi for securing candy and goodie bags from Derby Shop Rite and Pumpkins from Juice Bar in Shelton for our upcoming events.. Special thanks to the Boy Scouts , as well, for graciously allowing us to use their popcorn machine for our Halloween event. Your support is greatly appreciated!

This holiday season, we will be collecting donations for Toys 4 Kids, New Hats, Scarves and Socks for the Homeless, and Food for St. Vincent DePaul. Please donate and help to spread cheer and comfort to those in need. Your generosity makes a difference! Thank you!!
Best Regards, Dawn

ANNOUNCEMENTS

Movie Matinee: The Penguin Lessons Amid the political turmoil of the 1970's, Argentina, a downcast English teacher finds a new lease on life when he rescues a stranded penguin.

Wreaths Across America—Please help CWV honor local heroes by sponsoring a wreath that will be placed on a veteran's grave at St. Michael Cemetery. Info in Lobby.

Toys 4 Kids—We are collecting for Toys 4 Kids. Please consider donating an unwrapped new toy or making a monetary donation to make it a bright holiday for children in the Naugatuck Valley. No stuffed animals please. Deadline 12/15.

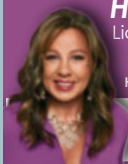
Other Collections—We are once again collecting new socks, hats, & scarves for the homeless and Food for St Vincent de Paul. Thank you.

Sand & Salt for Seniors The Derby/ Shelton Rotary Club will be delivering 5-gallon buckets of sand and salt mixture to seniors and disabled individuals residing in Derby and Shelton to spread on walkways and driveways during the winter. If you would like a bucket, please call the center. If you have an empty bucket from last year, please leave it on your doorstep. If you have sand left over from last winter, it can still be used.

Macaroni & Meatball Family Supper- \$15 Adults, \$10 Children 16 and under Saturday, November 15th at St. Mary Church Hall to support the Boy Scouts Toop 3. Call 203-214-2455.

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 a card.

**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



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

Empower. Restore. Thrive.
**WholePerson
THERAPEUTICS**



**BARBARA BELICIA,
MOT OTRL**

COMPREHENSIVE PHYSICAL REHABILITATION

CONDITIONS TREATED

- Bursitis
- Frozen Shoulder
- Arthritis
- Scar Tissue
- Sciatica
- Tendonitis
- Sprains and Strains
- Chronic Pain

THERAPY SERVICES

- Balance
- Core Health
- Mobility
- Independent Living
- Pain
- Urinary Incontinence
- Physical Rehabilitation

Call Now: (203) 636-0065

1000 Bridgeport Avenue, Suite 306
Shelton, CT 06484

www.WPTCares.com

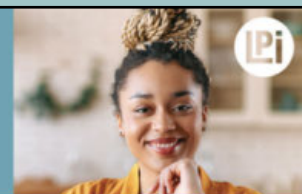
MOST INSURANCE ACCEPTED

WE'RE HIRING!

AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



**SERVICES FOR OLDER ADULTS
IN THE VALLEY**

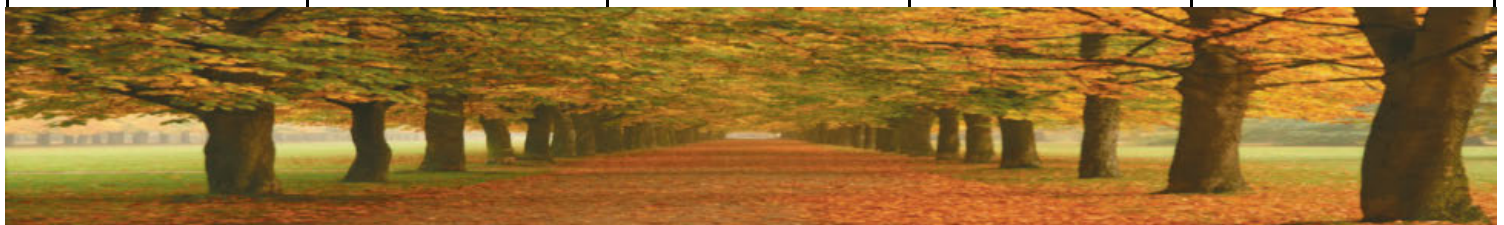
Meals on Wheels - Congregate Meals -
Medical Transportation - Incontinence
Products - Homemaking - Volunteer
Caregivers - Medicare Applications -
Housing & Food Help AND MORE!

**Call
(203) 736-5420**
ext. 4225 or 4226
to sign up!

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

www.teaminc.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:00 Chair Yoga 10:00-12:00 Haircuts 11:45- Strength Training with Bobbi 3:00 Elderly Commission Meeting 9:00-3:00—Pool Billiards</p>	<p>4</p> <p>10:00—Line Dancing 11:00—Diamond Art 11:45—Senior Café with Nutrition Ed: “Avoiding Processed Foods” 1:00 Pool Billiards</p> 	<p>5</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 11:30—NEW! Crafting with Nancy</p>  <p>1:00—Library Book Club 9:00-3:00—Pool Billiards</p>	<p>6</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle</p> <p>VETERAN'S BREAKFAST</p> <p>10:00 AM Veteran's Free \$10 all others</p>	<p>7</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 11:00-NEW! “NO-SEW” Quilting with Rose 9:00-3:00—Pool Billiards</p>
<p>10</p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>11</p> <p>CLOSED</p> <p>VETERAN'S DAY</p> <p>Thank You for Your Service!</p> 	<p>12</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 9:00-3:00—Pool Billiards</p> <p>John Denver Tribute</p>	<p>13</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) 11:45—FREE Boxed Lunch sponsored by Seniors helping Seniors 1:00—Movie Matinee— “The Penguin Lessons” 9:00-3:00—Pool Billiards</p>	<p>14</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 11:00-NEW! “NO-SEW” Quilting with Rose 9:00-3:00—Pool Billiards</p>
<p>17</p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>18</p> <p>10:00—Line Dancing 10:00—Board Meeting 10:30-Events Planning Committee Meeting 11:45—Senior Café 12:30 Blood Pressure 1:00-3:00 Bingo with Kara Rochelle 1:00 Pool Billiards</p>	<p>19</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 9:00-3:00—Pool Billiards</p> <p>1:00 Decorating Committee</p>	<p>20</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 10:30 Reiki (by appt)</p> <p>12:00 Thanksgiving Day Dinner Catered by Mattei's \$15.00</p>	<p>21</p> <p>10:00 Grocery Shopping w/ VTD 10:00-NEW! Chair Tai Chi 11:00-- NEW! “NO-SEW” Quilting with Rose 9:00-3:00—Pool Billiards</p>
<p>24</p> <p>10:00 Chair Yoga-- 11:45- Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards</p>	<p>25</p> <p>10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Birthday Bingo sponsored by Oak Street Healthcare</p>  <p>1:00 Pool Billiards</p>	<p>26</p> <p>9:30 Gentle Yoga— 11:45- Strength Training with Bobbi 9:00-3:00—Pool Billiards</p> <p>1:00—NEW! Crafting with Nancy</p>	<p>27</p> <p>CLOSED</p> 	<p>28</p> <p>CLOSED</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

“Back Home Again”-Tribute to John Denver	Price: \$97 SELF-DRIVE	November 12, 2025
“Rock This Town” Christmas Show at Aqua Turf	Price: \$89 SELF-DRIVE	December 8, 2025
“Southern Italy & Sicily”—Collette	Prices start at \$4979 Double	November 7-19, 2025
“Spain’s Classics & Portugal” —Collette	Prices start at \$5999 Double	April 7 — 21, 2026
“National Parks of America”—Collette — NEW	Prices start at \$5999 Double	July 13 -- 24, 2026
“British Landscapes”—Collette — NEW	Prices start at \$4999 Double	October 11 — 20, 2026

NEW TRIPS COMING SOON! STAY TUNED!