



# 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)

## June 2026



**Joke of the month:** When does a joke become a "dad joke"? When it becomes apparent.

### 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)

##### Administrative Assistant:

**Kathy Gerwien, BA Business Admin.**

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

##### Kitchen Manager:

**Christine Turecek, AA In Culinary Arts**

##### Custodian:

**Aldo Napolitano**

#### **Please Note:**

**We are closed on Friday June 19th, in observance of Juneteenth.**

**We will be closing at noon on Thursday, July 2nd, to prepare for our Fried Dough Fundraiser and Friday, July 3rd, in observance of Independence 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.
- **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.
- Be sure to checkout and our **Facebook Page** for updates and other information. Feel free to like our page and follow us!

**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:**

**"Free-Will" Membership Breakfast**

**Thursday, July 23rd, 10:00am. Breakfast Sandwiches**

**Sign-ups begin Tues, July 1st**



## 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](#)—Tuesdays at 12:30pm**—This informal language workshop is designed for adults who are curious about learning French 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 snacks socialize, and make new friends.
- **[SEWING WORKSHOP with Rose](#)** on Fridays at 11:00. No experience necessary. Call to sign up.
- **NEW: [Chair Massage Therapy Sessions](#)**—The 2nd & 3rd Monday of the month—10am–1pm. Appointments required. \$15 for 15 Minutes. Cash Only, paid in advance.
- **[EXECUTIVE BOARD NOMINATIONS](#)**— Please look over the enclosed list of nominees for The Executive Board. Voting will take place at the "FREE-WILL" Membership Breakfast held on July 23rd. Join us to make your vote will count!
- **[WholePerson Therapeutics Workshop](#)**—Thursday, June 4th—**[Pain & Exercise](#)**: How to distinguish between normal pain and concerned pain. Thursday, June 11th—**[Spirituality](#)**— Understand the definition of Spirituality from both a naturopathic and occupational therapy Lense and how it influences health, resilience, and recovery.

## 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

**Father's Day Luncheon**

Thursday, June 18th, 2026

12:00pm

Catered by Mattei's

Lasagna

Salad

Italian Bread

Dessert

Coffee/Tea

**\$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

Dear members,

We had a wonderful Mother's Day celebration, thank you to the staff and all of our volunteers who helped with the food and those who helped bake, solicited donations, set up, clean up, and more. You are truly valued!

This month we celebrate Father's Day! Come enjoy a Lasagna dinner catered by Mattei's and celebrate this special day to honor all the fathers whether they are with us, or in spirit. We wish them all a Happy Father's Day!

Our wellness workshops are ongoing, and we are pleased to offer massages on the second & third Mondays of the month. Additionally, French language class continues; whether you are a beginner or a novice, we encourage you to join us. We had our first Social Club in which the attendees enjoyed baked goods, coffee, and chat. They are planning several social gatherings at various places. If interested in joining Linda, it is on the first Monday of the month

at 1:30.

We will have a Monarch Butterfly Presentation on Friday, June 5th, with a question/answer session. On Thursday, June 25th, Travel Unlimited will be here to provide information on our 2027 trip to Quebec, Montreal, and Ottawa Canada. It is sure to be interesting! On July 3rd, we will once again have our annual Fried Dough Fundraiser and are looking for volunteers to help. Please call the center if you are available and interested.

Our "Free-Will" Membership Luncheon will be on July 23rd. Please see insert for slate of Executive Board Nominees.

In other news, Olga has resigned from her position and moved on from her role at the Senior Center. We thank her for her contributions, dedication, and the enthusiasm she brought to our programs. We know many of our members valued her involvement, and we wish her the very best in her future endeavors.  
*Best Regards, Dawn*

## ANNOUNCEMENTS

Movie Matinee: Wednesday, June 10th—"Going in Style" - Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

Birthday BINGO—June 30th—sponsored by Lisa Bison Masonicare.  
Diamond Art—Serving Tray—June 26, 10:00am—\$5.00.

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.

Dr. Sobel—June 24th - "The Good Times Handbook - Your Guide to Positive Living and Exciting Life"

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

Arts & Crafts—Join Nancy for Arts and Crafts class on Wednesdays, at 12:30. Call ahead to sign up.

Library Book Club—June 3rd—1:00—*Beautiful Ugly*—Alice Feeney

Our "Free-Will" Membership Breakfast will be on July 23rd. The slate of Executomindees is enclosed. Please come vote!

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

| MONDAY                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>10:00 Chair Yoga<br>10:00-12:00 Haircuts<br>11:45- Strength Training with Bobbi<br>9:00-3:00—Pool Billiards<br><b>1:30—NEW—Linda's Social Club</b><br>3:00 Elderly Commission Meeting              | <b>2</b><br>9:45—Line Dancing<br>11:45—Senior Café 12:30<br>1:00-3:00 Bingo<br><b>12:30—NEW—Language &amp; Culture Workshop</b><br>1:00 Pool Billiards                                                                                            | <b>3</b><br>9:30 Gentle Yoga<br>11:45- Strength Training with Bobbi<br>12:30—Crafting with Nancy—Call to sign up<br><b>1:00—Library Book Club—Beautiful Ugly-Alice Feeney</b>                                                    | <b>4</b><br>9:30 Mahjongg<br>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up<br>10:00 Hook & Needle Grp<br>10:30 Reiki (by appt)<br><b>1:00—NEW—WholePerson Therapeutics Workshop"</b><br>9:00-3:00—Pool Billiards                                                                 | <b>5</b><br>10:00 Grocery Shopping w/ VTD<br>10:00— Chair Tai Chi<br><b>11:00—Monarch Butterfly Presentation</b><br>11:00--Sewing Workshop with Rose—call to sign up<br>9:00-3:00—Pool Billiards                                                                                            |
| <b>8</b><br>10:00 Chair Yoga<br><b>10:00-12:00 Haircuts</b><br><b>10:00-1:00 Chair Massage by appointment only</b><br>11:45- Strength Training with Bobbi<br>1:00-Cardio Drumming<br>9:00-3:00—Pool Billiards  | <b>9</b><br>9:45—Line Dancing<br>10:00—Board Meeting<br>10:30-Events Planning<br>11:45—Senior Café-<br><b>CANCELLED</b><br><b>12:30—Language &amp; Culture Workshop</b><br>1:00-3:00 Bingo<br><b>Blood Pressure Checks</b><br>1:00 Pool Billiards | <b>10</b><br>9:30 Gentle Yoga<br>11:45- Strength Training with Bobbi<br>12:30—Crafting with Nancy—Call to sign up<br><b>1:00—Movie Matinee—Going in Style</b><br>9:00-3:00—Pool Billiards                                        | <b>11</b><br>9:30 Mahjongg<br>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up<br>10:00 Hook & Needle Grp<br>10:30 Reiki (by appt)<br>11:45—Senior Café-<br><b>CANCELLED</b><br><b>1:00—NEW—WholePerson Therapeutics Workshop"</b>                                                  | <b>12</b><br>10:00 Grocery Shopping w/ VTD<br>10:00— Chair Tai Chi<br>11:00--Sewing Workshop with Rose—call to sign up<br>9:00-3:00—Pool Billiards                                                                                                                                          |
| <b>15</b><br>10:00 Chair Yoga<br><b>10:00-1:00 Chair Massage by appointment only</b><br>11:45- Strength Training with Bobbi<br>1:00-Cardio Drumming<br>9:00-3:00—Pool Billiards                                | <b>16</b><br>9:45—Line Dancing<br>10:00—Board Meeting<br>10:30-Events Planning<br>11:45—Senior Café 12:30<br>Blood Pressure<br>1:00-3:00 Bingo<br>1:00 Pool Billiards<br><b>12:30—Language &amp; Culture Workshop</b>                             | <b>17</b><br>9:30 Gentle Yoga<br>11:45- Strength Training with Bobbi<br>Coaster<br>12:30—Crafting with Nancy—Call to sign up<br><b>12:45—Decorating Club</b><br>9:00-3:00—Pool Billiards                                         | <b>18</b><br>9:30 Mahjongg<br>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up<br>10:00 Hook & Needle<br>10:30 Reiki (by appt)<br><b>12:00- Father's Day Luncheon</b><br>9:00-3:00—Pool Billiards                                                                                   | <b>19</b><br><b>CLOSED</b><br>                                                                                                                                                                         |
| <b>22</b><br>10:00 Chair Yoga<br>11:45- Strength Training with Bobbi<br>1:00-Cardio Drumming<br>9:00-3:00—Pool Billiards<br> | <b>23</b><br>9:45—Line Dancing<br>11:45—Senior Café<br><b>1:00-3:00 Bingo-called by Kara Rochelle</b><br><b>12:30—Language &amp; Culture Workshop</b><br>1:00 Pool Billiards                                                                      | <b>24</b><br>9:30 Gentle Yoga<br>11:45- Strength Training with Bobbi<br>9:00-3:00—Pool Billiards<br>12:30—Crafting with Nancy—Call to sign up<br><b>1:00—Dr. Steve Sobel—The Good Times Handbook</b><br>9:00-3:00—Pool Billiards | <b>25</b><br>9:30 Mahjongg<br>9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up<br>10:00 Hook & Needle<br>10:30 Reiki (by appt)<br><b>10:30—2027 Canada Trip Presentation</b><br>11:45—Senior Café<br><b>1:00—NEW—WholePerson Therapeutics Workshop"</b><br>9:00-3:00—Pool Billiards | <b>26</b><br>10:00 Grocery Shopping w/ VTD<br>10:00— Chair Tai Chi<br><b>10:00—Diamond Art—Serving Tray—\$5.00</b><br><br>11:00--Sewing Workshop with Rose—call to sign up<br>9:00-3:00—Pool Billiards |
| <b>29</b><br>10:00 Chair Yoga<br>11:45- Strength Training with Bobbi<br>1:00-Cardio Drumming<br>9:00-3:00—Pool Billiards                                                                                       | <b>30</b><br>9:45—Line Dancing<br>11:45—Senior Café<br><b>12:30—Language &amp; Culture Workshop</b><br>1:00-3:00 Birthday Bingo sponsored by Lisa Bisson<br>Masonicare<br>1:00 Pool Billiards                                                     | <b>July 1st</b><br><b>* Sign-ups begin for the Membership "Free Will" Luncheon on July 23rd.</b>                                                                                                                                 | <b>July 2nd</b><br><b>Closing at noon to prepare for Fried Dough Fundraiser Derby-Shelton Fireworks</b>                                                                                                                                                                                     | <b>July 3rd</b><br><b>CLOSED</b><br><b>Happy Independence Day!</b>                                                                                                                                                                                                                          |

# 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*

|                                                                  |                                       |                              |
|------------------------------------------------------------------|---------------------------------------|------------------------------|
| <b>"Joshua" Sight &amp; Sound, Lancaster, PA—3 Day Tour</b>      | <b>Price: \$625 Dbl, \$799 Single</b> | <b>June 9-11, 2026</b>       |
| <b>"Fleetwood Mac" Log Cabin</b>                                 | <b>Price: \$143</b>                   | <b>July 15, 2026</b>         |
| <b>"Bobbi Darlin/Dr. Devine-Log Cabin</b>                        | <b>Price: \$166</b>                   | <b>July 30, 2026</b>         |
| <b>"Lighthouse Cruise"—Narragansett Bay</b>                      | <b>Price: \$164</b>                   | <b>August 12, 2026</b>       |
| <b><u>"HOLIDAY HILL SENIOR OUTING" NEW</u></b>                   | <b>Price: \$46-Call for Transport</b> | <b>August 17, 2026</b>       |
| <b>"Summer Nights"—Aqua Turf</b>                                 | <b>Price: \$137</b>                   | <b>August 19, 2026</b>       |
| <b>"The Voice of Yesterday"—Amarantes Sea Cliff</b>              | <b>Price: \$90 SELF-DRIVE</b>         | <b>September 10, 2026</b>    |
| <b>Margaritaville on Cape Cod—3 Day Tour</b>                     | <b>Price: \$639 Dbl, \$809 Single</b> | <b>September 21-23, 2026</b> |
| <b>The Beatles Tribute Band-Farmington Polo Club</b>             | <b>Price: \$137</b>                   | <b>October 13, 2026</b>      |
| <b>Atlantic City-Tropicana-\$50 slot bonus/\$50 meal voucher</b> | <b>Price \$379 Double</b>             | <b>October 27-29, 2026</b>   |
| <b>NY Botanical Garden Holiday Train Show</b>                    | <b>Price: \$170</b>                   | <b>December 1, 2026</b>      |
| <b>A Very Soulful Christmas-Log Cabin</b>                        | <b>Price: \$143</b>                   | <b>December 8, 2026</b>      |
| <b>Christmas at The White Mountain Hotel &amp; Resort</b>        | <b>Price: \$735 Double</b>            | <b>December 11-13, 2026</b>  |
| <b><u>"Mackinaw Island"-Niagara Falls-Passport Required</u></b>  | <b>Prices start at \$2075 Double</b>  | <b>August 20-27, 2026</b>    |
| <b><u>"National Parks of America"—Collette</u></b>               | <b>Prices start at \$5999 Double</b>  | <b>July 13 -- 24, 2026</b>   |
| <b><u>"British Landscapes"—Collette</u></b>                      | <b>Prices start at \$4999 Double</b>  | <b>October 11 — 20, 2026</b> |
| <b><u>"Canada's Magical Cities"—Travel Unlimited</u></b>         | <b>Prices start at \$2,789 Double</b> | <b>September 19-24, 2027</b> |

**Address:** 293 Main Street Derby, CT **Phone:** (203) 736-1484 **Fax:** (203) 736-1486

# **MONARCH BUTTERFLY PRESENTATION**

**Come and learn about the Monarch Butterflies and what you can do to help save this amazing creature**

**An informative talk will be given by PATTY SBREGA about Monarch Butterfly facts, her experiences raising them, why their numbers are declining and some simple steps we all can take to help them increase their population**



**Anyone that is interested will receive a flowering Milkweed Plant that you can plant in your own yard or in a large planter pot**

**(While supply last)**

**FRIDAY, JUNE 5<sup>th</sup> 2026 at 11:00 am**

**Derby Senior Center**

**293 Main St. Derby, CT**

**Call 203-736-1484 to sign up**

# **Laugh More, Live Longer**

## **Dr. Steve Sobel**



**“LAUGH MORE, LIVE LONGER”™ - Steve provides you with his unique ideas to bringing more laughter, joy and optimism into your life. Those who laugh, will last, especially when life becomes most challenging.**

**You will cry with tears of joy from all the laughter as you learn to “laugh with life”. Great participatory “exercises”! Treat yourself to the power lightheartedness as only Steve can deliver it!**

**Wednesday, June 24<sup>th</sup> at 1:00 pm**

**Derby Senior Center  
293 Main St. Derby, CT**

**Call 203-736-1484 to sign up**

## **Derby Senior Center**

### **Attention Members!**

Our **Free-Will Membership Breakfast** is on **July 23<sup>rd</sup>, 2026** at 10:00am. You will have a chance to vote for the election of nominees for the Executive Board. **If anyone is interested in adding their name or nominating someone else, please let us know by June 12th so that we can add the name to the ballot.** The current names of those running for re-election are listed below. We hope to see many of you for this important vote!

#### **MEMBERS RUNNING FOR REELECTION TO THE EXECUTIVE BOARD**

MARYJO CHEVARELLA  
MARC GAROFALO  
JANIS YAKIMOVICH

PRESIDENT  
VICE PRESIDENT  
RECORDING SECRETARY

ELLEN AMODEO  
TONY BARSEVICH  
SANDRA BUSH  
LYNN CASINI  
MARY CIRILLO  
ROBERT MATURO  
JANET MISIEWICZ  
DOLORES MOORE  
MADELYN PORREL  
VIRGINIA ROSSI  
NANCY ZEPKE

THE FOLLOWING ARE HONORARY BOARD EMERITUS MEMBERS  
AND ARE ONLY SHOWN FOR INFORMATIONAL PURPOSES.

HOWARD JACK  
CHARLOTTE RITTER

**ATTENTION: If you would like to run for the Executive Board of Directors, or would like to nominate someone else, please let us know so that we can add the name to the ballot. Thank you.**