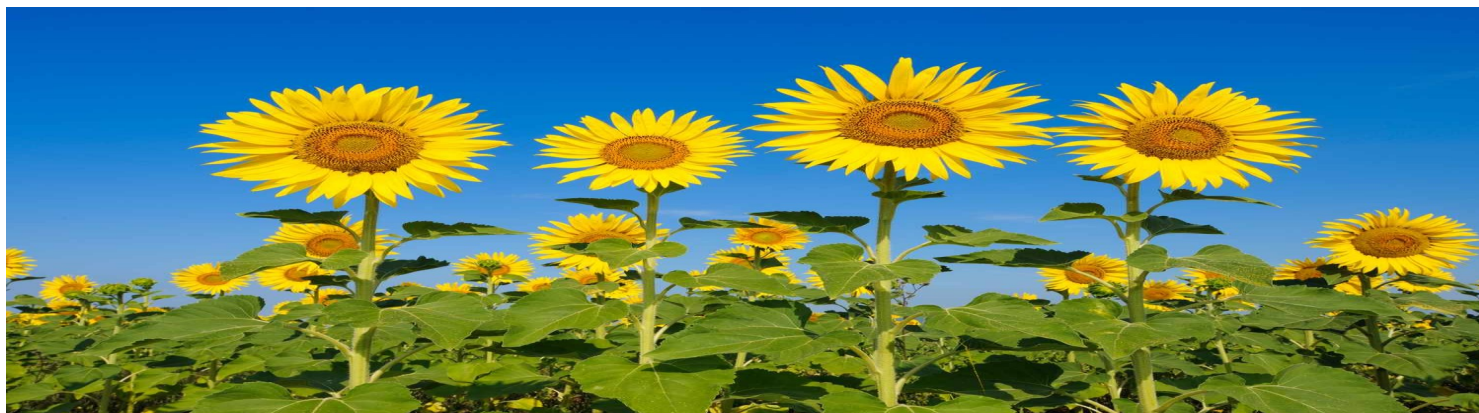




DERBY SENIOR CENTER NEWS

Visit us at 293 Main Street, Derby, CT 06418 • Call us at 203.736.1484 • Email us at seniorcenter@derbyct.gov

August 2026



Joke of the month: What did the beach say to the tide when it came in? Long Time, No Sea!

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

Administrative Assistant:

Kathy Gerwien, BA Business Admin.

Email: kgerwien@derbyct.gov

Coordinator:

Sheila Tortora

stortora@derbyct.gov

Kitchen Manager:

Christine Turecek, AA In Culinary Arts



POINTS OF INTEREST

- The **Elderly Commission** meeting is held on the 1st Monday of every month at 3:00. **ON HOLD.**
- The **Executive Board Meeting** is the 2nd Tuesday of the month at 10:00am. **ON HOLD.**
- The **Events Planning Committee** is on the 2nd Tuesday of every month at 10:30 immediately following the Executive Board Meeting. **ON HOLD.**
- **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:

Labor Day Cookout—Thursday, September 3rd. \$15.00. Hot Dogs, Hamburgers, Sides, Dessert.

Vet Care Everywhere
Low-Cost Vaccines & Wellness Checks—Sept. 18th.



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

- **Senior Summer Book Club**—August 5—1:00pm—*The Girl from Greenwich Street*—Lauren Willig
- **French Language & Culture Workshop:** — **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.
- **Chair Massage Therapy Sessions**—The 2nd & 3rd Monday of the month—10am–1pm Appointments required. \$15 for 15 Minutes. Cash Only, paid in advance.
- **Linda's Social Club**—First Monday of the Month at 1:30pm. Come enjoy coffee and snacks, socialize, plan group outings, and make new friends.
- **NEW! Interactive Lego Building Activity**—August 20—Join In-Home Angels in conjunction with the non-profit Organization, Brick Fusion, for this fun, unique program that will spark your creativity, and problem-solving skills while promoting cognitive engagement and social connection.
- **NEW—Hand Massages and / or Reiki by Mary Jo**—Thursdays —9:00-12:00—by Appointment Only
- **SEWING WORKSHOP with Rose** on Fridays at 11:00. No experience necessary. Call to sign up.
- **Birthday BINGO**—sponsored by Lori Sweeney from Shelton Lakes

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Derby Senior Center, Derby, CT

06-5354

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

"Ice Cream Social and Magic Show"

Thursday, August 6, 2026
1:00 pm

Ice Cream and all the fixings
Beverage/Coffee/Tea

**Members welcome
with or without kids!**

**\$5.00 Adults
Children FREE**

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,

Our Fourth of July annual Fried Dough Fundraiser was a huge success! We had a lot of community fun! Thank you to all of our volunteers from the community, and the Derby Senior Center Members as well as staff who help make this event possible each year.

We have many informative programs and fun activities this month. On August 6, join us for our special Ice Cream Social featuring a magic show by Bryan Lizotte. Everyone is welcome to attend—with or without grandchildren! NVHD will continue its Chronic Disease Self-Management Workshop through August 19. On August 13, Liberty Bank will present an informative program on Elder Fraud Prevention. Then, on August 20, In-Home Angels, in partnership with the nonprofit organization Brick Fusion, will host a fun and engaging LEGO activity. We hope many of you will come and enjoy! Diamond Art is on August 21st. The group will be making Mirrored

Compacts. Limited to 12! Lori Sweeney will also be here to call Birthday Bingo on 7/25.

Next month, The Big E kicks off, and we're excited to partner with the Elderly Commission to offer a special, affordable bus trip for "CT Day" on September 23rd. The trip costs just \$30 and includes tickets, transportation, and the driver's gratuity. Sign-ups are ongoing until the bus is full. We hope you'll join us for this fun day!

Vet Care Everywhere will offer a low-cost vaccine and wellness clinic on September 18th. Registration is online at vetcareeverywhere.org

Our annual Labor Day Cookout is scheduled for Thursday, September 3. Enjoy hamburgers, hot dogs, all the fixings, salads, baked beans, dessert, and beverages for just \$15.00. We hope you'll join us for a great meal and good company! Finally, we are looking for donations of raffle baskets and/or items to fill them for upcoming events. Your generosity is always appreciated.

Best Regards, Dawn

ANNOUNCEMENTS

Movie Matinee: Remarkably Bright Creatures—Sally Field—Through unlikely bonds formed during night shifts at a local aquarium, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again. A beautiful examination of how loneliness can be transformed, cracked open, with the slightest touch from another living thing.

Diamond Art—August 21st at 11:00am—Mirrored Compact—\$5.00. Call for pricing.

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. **ON HOLD**. Classes resume in September.

Chronic Disease Self-Management Workshop—NVHD—Wednesdays, July 15th—August 19th—1:00-3:30—The topics covered in this workshop are:

- Practical ways to deal with pain and fatigue.
- Better nutrition and exercise choices.
- Better ways to talk to your doctor about your health.
- Communication techniques to make your needs known.
- How to make a step-by-step plan to improve your life.



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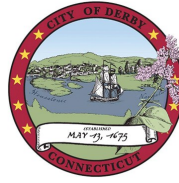
Derby Senior Center, Derby, CT

06-5354

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Chair Yoga 11:45– Strength Training with Bobbi 1:30—NEW—Linda's Social Club 3:00—Elderly Commission Meeting— ON HOLD 9:00-3:00—Pool Billiards	4 9:45—Line Dancing 10:00—Board Meeting 10:30-Events Planning 11:45—Senior Café- 1:00-3:00 Bingo 12:30—French Language & Culture Workshop 1:00 Pool Billiards	5 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 12:30—Decorating Club 12:30—Crafting with Nancy— ON HOLD 1:00—Book Club—The Girl from Greenwich Street—Lauren Willig 9:00-3:00—Pool Billiards	6 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 9:00-12:00— Hand Massage and/or Reiki (by appt only) 12:00—Ice Cream Social—Magic Show 9:00-12:00—Pool Billiards	7 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
10 10:00 Chair Yoga 10:00-12:00 Haircuts 10:00-1:00 Chair Massage by appointment only 11:45– Strength Training with Bobbi 1:00—Cardio Drumming 9:00-3:00—Pool Billiards	11 9:45—Line Dancing 10:00—Board Meeting— ON HOLD 10:30-Events Planning— ON HOLD 11:45—Senior Café- 1:00-3:00 Bingo Blood Pressure Checks 12:30—French Language & Culture Workshop 1:00 Pool Billiards	12 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 12:30—Crafting with Nancy— ON HOLD 9:00-3:00—Pool Billiards	13 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 9:00-12:00— Hand Massage and/or Reiki (by appt only) 11:45—Senior Café	14 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
17 10:00 Chair Yoga 10:00-1:00 Chair Massage by appointment only 11:45– Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards	18 9:45—Line Dancing 11:45—Senior Café 12:30 Blood Pressure 1:00-3:00 Bingo 12:30—French Language & Culture Workshop 1:00 Pool Billiards	19 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 12:30—Crafting with Nancy— ON HOLD 1:00-3:30—NVHD—Chronic Disease Self-Management Workshop 9:00-3:00—Pool Billiards	20 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 9:00-12:00— Hand Massage and/or Reiki (by appt only) 11:45—Senior Café- CANCELLED 12:00—Lunch & Learn—Lego Building Activity 9:00-3:00—Pool Billiards	21 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
24 10:00 Chair Yoga 11:45– Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards	25 9:45—Line Dancing 11:45—Senior Café 12:30—French Language & Culture Workshop 1:00-3:00 Birthday Bingo sponsored by Lori Sweeney-Shelton Lakes 1:00 Pool Billiards	26 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 12:30—Crafting with Nancy— ON HOLD 9:00-3:00—Pool Billiards	27 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 9:00-12:00— Hand Massage and/or Reiki (by appt only) 1:00—Movie Matinee—Remarkably Bright Creatures 9:00-3:00—Pool Billiards	28 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
31 10:00 Chair Yoga 11:45– Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards				

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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

"Lighthouse Cruise"—Narragansett Bay	Price: \$164	August 12, 2026
"Summer Nights"—Aqua Turf	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
Big E—includes transportation, driver tip & ticket	Price: \$30	September 23, 2026
The Beatles Tribute Band-Farmington Polo Club	Price: \$137	October 13, 2026
Atlantic City-Tropicana-\$50 slot bonus/\$50 meal voucher	Price \$379 Double	October 27-29, 2026
NY Botanical Garden Holiday Train Show- SOLD OUT	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
"British Landscapes"—Collette	Prices start at \$4999 Double	October 11 — 20, 2026
"Canada's Magical Cities"—Travel Unlimited	Prices start at \$2,789 Double	September 19-24, 2027



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Lunch & Learn



August 20th at 12:00



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August 13, 2026
1:00pm - 3:00pm



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call:

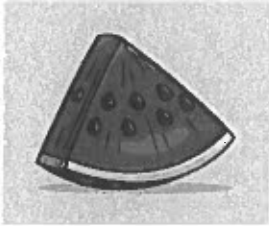
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Refreshments/other details:

Snacks and Drinks provided

August 2026 Senior Community Care

	4 ¾ c Broccoli & Cheese Frittata ½ c Tator Tots ½ c Tossed Salad 1 ea. WG Blueberry Muffin ½ c Applesauce		6 6 oz California Vegetable Soup ½ c Beef Tips w/ Gravy ½ c WG Elbow Pasta 1 slc Wheat Bread 1 ea. Tropical Fruit 1 pkt Saltine Crackers	
	11 3 oz Szechuan Style Chicken Breast ½ c Brown Rice ½ c Broccoli 1 slc Wheat Bread 1 ea. Oatmeal Cookie		13 6 oz Potato Soup 1 ½ c Chef Salad 1 slc Rye Bread ½ c Mandarin Oranges 1 pkt Saltine Crackers	
	18 1 ea. BBQ Glazed Pork Rib Patty ½ c Ranch Beans ½ Cucumber Salad 1 ea. WG Hamburger Bun 1 ea. Seasonal Fruit		20 No TEAM Lunch Lunch & Learn – LEGO Building Activity	
	25 1 c WG Macaroni & Cheese ½ c Baked Beans ½ c Collard Greens 1 ea. WG Cornbread Muffin ½ c Diced Pears		27 6 oz Cream of Broccoli Soup 1 ea. Creamy Sun-Dried Tomato Chicken Thigh ½ cv WG Penne Pasta 1 slc Wheat Bread ½ c Diced Peaches 1 pkt Saltine Crackers	
		\$3.00 Donation HAPPY	SUMMER	



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Menus subject to change due to availability. All meals include milk and margarine.