



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

September 2026



Joke of the month:

What do lumber jacks yell in September?

Sep-timber!

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:

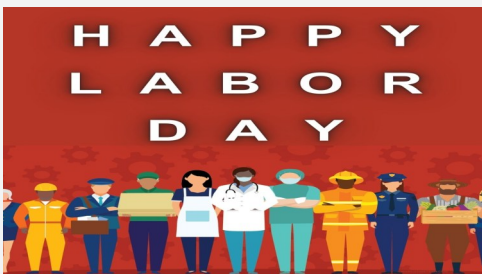
Kathy Gerwien, BA Business Admin.

Email: kgerwien@derbyct.gov

Kitchen Manager:

Christine Turecek, AA In Culinary Arts

CLOSED September 7th



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 immediately following the Executive Board Meeting.
- **Veteran's Services & Benefits** Please contact Andy Cota at by email: acota@derbyct.gov or Robert Santos by email rsantos@derbyct.gov with any questions or for an appointment.
- **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:

Volunteer Luncheon

By invitation only

Thursday, October 1st

Location TBD

Halloween Costume Party—

Thursday, October 29, \$10.00.

Pizza, Salad, Dessert



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

- [Healthy Relationships](#)— presented by The Umbrella Center—September 9th.
- [Makeup for the Mature Woman](#)—Joby Rogers—September 10th—1:00.
- [Pizza Lunch & Learn—Senior Planning & Title 19](#). September 30th—1:00
- [Hand Massages and / or Reiki by Mary Jo](#)—Thursdays —9:00-12:00—by Appointment Only
- [Chair Massage Therapy Sessions](#)—The 2nd & 3rd Monday of the month—10am-1pm Appointments required. \$15 for 15 Minutes. Cash Only, paid in advance
- [Canada's Magical Cities Presentation](#)—September 17—12:30. [TRIP DATES](#) September 19—24, 2027 to Montreal, Quebec, and Ottawa.
- [Vet Care Everywhere—Low-cost Vaccines & Wellness Checks](#)—September 18—10:00-1:00—Contact vetcareeverywhere.org to set up appointment.
- [Movie Matinee](#)—September 25th-1:00—*The Best You Can*—A urologist's world gets turned upside down when her husband starts to show signs of dementia. A chance encounter with a security guard leads to a growing friendship built on late-night texts, candid confessions and irreverent humor.

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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

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

Labor Day Cookout

100th Birthday Party for

Lillian Norwid

Entertainment by

Mark & Linda Milardo

Thursday, September 3rd, 12:00

Hamburgers / Hot Dogs

Pasta Salad

Baked Beans

Dessert

Apple Fest

Thursday, September 24th, 12:00 pm

Pork Tenderloin

Roasted Potatoes

Vegetable

Apple Crumb Cake

Apple Cider-Coffee-Tea

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 9:30am the day before****

DIRECTOR'S CORNER

Hello friends,

Summer may be winding down, but the fun and excitement continue here at the Derby Senior Center! We have a wonderful lineup of programs, presentations, celebrations, and trips planned for September, and we hope you'll join us for all the activities ahead.

On **September 3rd**, we will celebrate a very special milestone as one of our members, Lillian Norwid, turns 100 years old! What an incredible accomplishment! We will honor Lillian during our Labor Day Cookout, with entertainment provided by Mark & Linda Milardo. Please join us as we celebrate this amazing occasion.

We also have several informative and engaging programs planned:

- September 9th: Elder Abuse Presentation provided by The Umbrella Center
- September 10th: Joby Rogers presents "Make-Up for Mature Women"
- September 11th: Linda's Social Group—new date due to holiday.
- September 17th: Special presentation on our Canada Trip planned for September 2027

- September 18th: Vet Care Everywhere will be here offering low-cost wellness checks and vaccines. Registration is required online at vetcareeverywhere.org.

- September 25th: Movie Matinee—*The Best You Can*

- September 29th: Civita Care Northbridge will sponsor Birthday Bingo.

- September 30th: Senior Planning will provide a FREE Pizza Lunch & Learn on Medicaid/Title 19

We will also be celebrating one of our favorite fall traditions with our Annual Apple Fest on **September 24th**. We look forward to enjoying this special event with all of you!

On another note, our Big E Trip is scheduled for September 23rd for Connecticut Day. I would like to extend a heartfelt thank you to the Elderly Commission for partnering with us and helping to offset the cost of transportation. Your support is truly appreciated! If you are joining us on the trip, have a wonderful time!

Wishing everyone a safe and happy Labor Day. We look forward to seeing you at the center!

Best Regards, Dawn

ANNOUNCEMENTS

Movie Matinee—September 25th-- 1:00pm—*The Best You Can*

Diamond Art—September 25th-- 11:00am— 2007 Calendar \$12.00-- paid in advance.

Sewing Workshop—Join Rose on Fridays at 11:00 to learn how to sew, work on group projects, or work on your own projects with guidance.

Bingo—Split Rock of Shelton—September 8th with Special Prizes!

Birthday BINGO—sponsored by Civita Care Northbridge—September 29th—1:00.

Linda's Social Club—Friday, September 11th at 1:30pm. Come enjoy coffee and snacks, socialize, plan group outings, and make new friends.

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.

Senior Book Club—ON HOLD this month—Will resume October 7. — 1:00pm to review: *Meet the Newmans* by Jennifer Niven. Large print books are available at the Derby Public Library.

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





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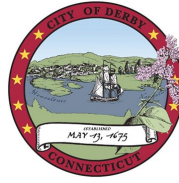
Derby Senior Center, Derby, CT

06-5354

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:45—Line Dancing 11:45—Senior Café- 1:00-3:00 Bingo 12:30—French Language & Culture Workshop 1:00 Pool Billiards 3:00—Elderly Commission Meeting	2 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 12:30—Decorating Club 12:30—Crafting with Nancy—Stained glass portrait 1:00—Book Club—ON HOLD 9:00-3:00—Pool Billiards	3 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—Labor Day Cookout—100 Birthday Celebration—Lillian Norwid 9:00-12:00—Pool Billiards	4 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
7 CLOSED 	8 9:45—Line Dancing 10:00—Board Meeting— 10:30-Events Planning— 11:45—Senior Café- 1:00-3:00 Bingo— Benchmark-Split Rock of Shelton to call & bring prizes Blood Pressure Checks 12:30—French Language & Culture Workshop 1:00 Pool Billiards	9 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 12:30—Crafting with Nancy—Welcome Signs 1:00—Healthy Relationships—The Umbrella Center 9:00-3:00—Pool Billiards	10 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 1:00—Makeup for Mature Women—Joby Rogers	11 10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00—Sewing Workshop with Rose—call to sign up 1:30—Linda's Social Group 9:00-3:00—Pool Billiards
14 10:00 Chair Yoga 10:00-1:00 Chair Massage by appointment only 10:00-1:00—Haircuts 11:45— Strength Training with Bobbi—CANCELLED 1:00-Cardio Drumming 3:00—Elderly Commission Meeting 9:00-3:00—Pool Billiards	15 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	16 9:30 Gentle Yoga 11:45— Strength Training with Bobbi--CANCELLED 12:30—Crafting with Nancy—Jewelry 9:00-3:00—Pool Billiards	17 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 12:30—Canada Presentation 9:00-3:00—Pool Billiards	18 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 10:00-1:00—Vet Care Everywhere Low-Cost Vaccines & Wellness Checks— appointment required
21 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	22 9:45—Line Dancing 11:45—Senior Café 12:30—French Language & Culture Workshop 1:00-3:00 Bingo—with Kara Rochelle 1:00 Pool Billiards	23 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 12:30—Crafting with Nancy 9:00-3:00—Pool Billiards 12:30—Decorating Club	24 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) 12:00—Apple Fest 9:00-3:00—Pool Billiards	25 10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00—Sewing Workshop with Rose—call to sign up 1:00—Movie Matinee— The Best You Can 9:00-3:00—Pool Billiards
28 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards	29 9:45—Line Dancing 11:45—Senior Café 12:30—French Language & Culture Workshop 1:00-3:00 Birthday Bingo sponsored by Civita Care Northbridge 1:00 Pool Billiards	30 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 12:30—Crafting with Nancy 1:00—FREE Pizza— Lunch & Learn— Senior Planning Medicaid Title 19 9:00-3:00—Pool Billiards		

DERBY SENIOR CENTER

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September 10, 2026

September 21-23, 2026

September 23, 2026

October 7, 2026

October 13, 2026

October 27-29, 2026

November 11, 2026

December 1, 2026

December 8, 2026

December 11-13, 2026

October 11 — 20, 2026

September 19-24, 2027

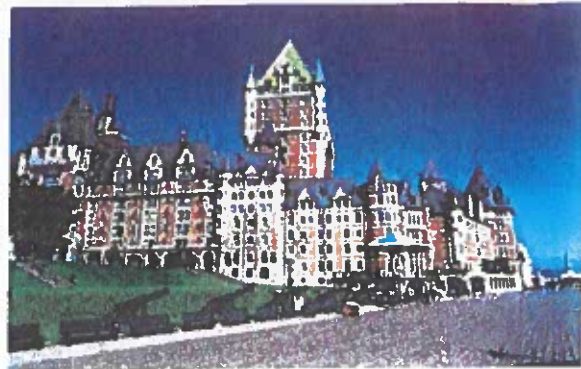
CANADA'S MAGICAL CITIES

Montreal-Quebec City-Ottawa

September 19 – 24, 2027

PRESENTATION---Thursday, September 17th---12:30 following Senior Café

1st Day: We drive north through some beautiful countryside as we make our way into the very scenic Adirondack Mountains of New York. After checking into our hotel in Montreal, we take the short ride to Place Jacques-Cartier, the popular park near the waterfront where, on summer evenings, artists, musicians, acrobats and jugglers perform. It is adjacent to Old Montreal, where we are treated to a delicious welcome dinner in one of the city's better restaurants. (Dinner)



Chateau Frontenac, Quebec City

2nd Day: After breakfast we drive north to Quebec City, the French speaking city located on the banks of the St. Lawrence River, whose aging fortifications still stand. Our tour includes seeing the Old Walled City, the Plains of Abraham, Place Royale, the Parliament Buildings and the residential section of Sillery. Always enjoyable is spending time on Dufferin's Terrace, adjacent to the famous Chateau Frontenac and overlooking the St. Lawrence River. Our hotel tonight and tomorrow is in Quebec City. Tonight is highlighted by a delicious, authentic French Canadian dinner. (Breakfast, Dinner)

3rd Day: Our day begins with a visit to the architecturally magnificent Ste. Anne de Beaupre. The shrine contains the Cyclorama, which depicts events in Jerusalem at the time of Jesus' crucifixion. We then drive to see Montmorency Falls, which are actually 90 feet higher than Niagara Falls. A short ride takes us to the Ile d'Orleans where we are afforded wonderful views of Quebec City, country cottages, strawberry fields and orchards. Our evening is free to enjoy Quebec on our own; to dine in one of its fabulous restaurants, visit its many shops and boutiques or just relax on Dufferin's Terrace. (B)

4th Day: Leaving Quebec City, we drive south to Montreal where we have accommodations for the next 2 nights.



Old Montreal

Canadian city. (B,D)

Upon arriving, we take a tour of this bilingual cosmopolitan city, where French and English are freely spoken. Montreal combines the architecture and culture of modern Canada with a more traditional Old World Canada flavor. On our tour of the city we'll get a good feel for the *joie de vivre* for which Montreal is known as we see, among other things, Mount Royale, the French Quarter, Old Montreal, the financial district, Westmount, the Old Port and Notre Dame Cathedral. We will even see the Metro – Montreal's super clean, modern underground subway system that connects many fabulous "underground cities" with each other. We are treated to a wonderful dinner to top off our delightful tour of this great

5th Day: We take a full day tour of Ottawa, the heart of Canada's democratic government which is considered to be one of the world's most beautiful capital cities. The city is literally surrounded by gorgeous waterways and falls, parks, trees and flowers. We'll marvel at the High Victorian Gothic architecture of its magnificent buildings as well as its unique Rideau Canal, built in the early 1800s and was Ottawa's first UNESCO World Heritage Site. We'll see the Parliament buildings, the embassies, National Arts Centre and the picturesque Prince of Wales Falls. A delicious Farewell Dinner is prepared for us tonight. (B,D)

6th Day: Following breakfast we check out of our hotel and begin our drive south, making a brief stop in the popular summer resort city of Lake George. We then continue our drive home. (B)

*Our tour includes deluxe accommodations for 5 evenings (3 in Montreal, 2 in Quebec City),
5 breakfasts, 4 dinners, gratuities for the meals, the services of a professional tour
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The Umbrella Center for Domestic Violence Services will be hosting a workshop on healthy relationships. Come play BINGO, win prizes, and learn about our services!

September 9th at 1pm



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Medicaid Application

An overview of the Medicaid application process and what you need to know to protect your loved one's future.



**293 Main Street
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**Wednesday, September 30, 2026
1:00PM - 2:00PM**



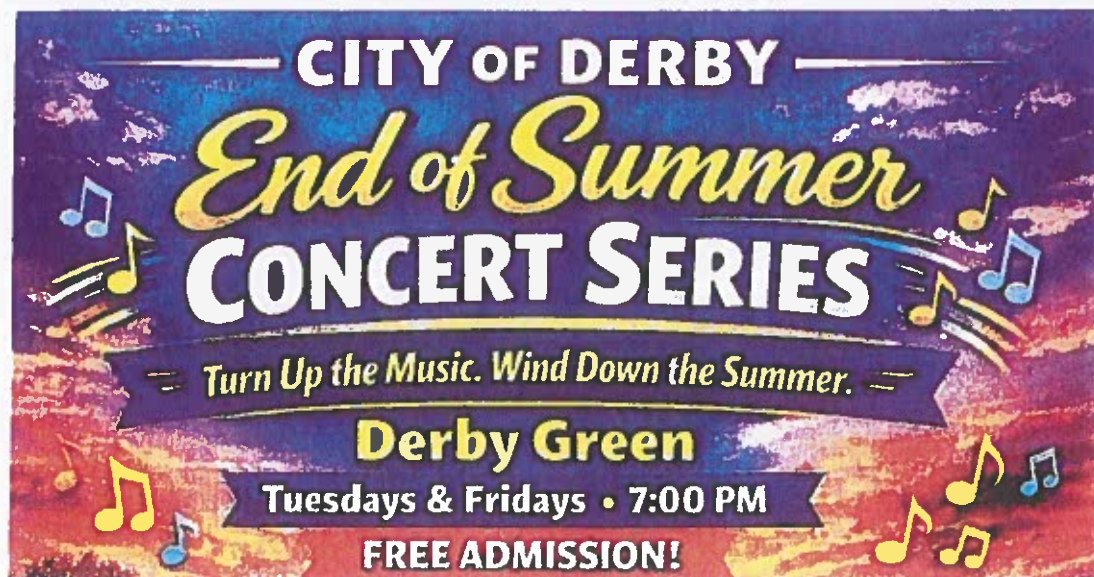
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*** TUESDAY CONCERTS • 7:00 PM ***

August 4 — Milford Concert Band • Pops and Patriotic

August 11 — The Proper Villains • 90's & Early 2000 Rock

August 18 — The Bernadettes • R&B, Funk, & Soul

August 25 — The Jolly Beggars • Irish Classics

September 1 — Silver Steel • Steel Drum Band

September 8 — Mark Lanzieri • Smooth Sinatra

★ FRIDAY CONCERTS • 7:00 PM ★

September 18 — Old School • Classic Rock and Roll

September 25 — AG3 Band • Rock and Roll Party

October 2 — Chris Coogan & Friends • Modern Jazz

All concerts take place on the Derby Green!

FREE ADMISSION!

Rain dates are Wednesday for Tuesday concerts only.

For more information: Call (203) 736-1462, Extension 0

Visit www.derbyct.gov or follow Derby updates on Facebook.

Facebook: [Derby Town Clerk Marc J. Garofalo](#) • [Derby 350](#) • [City of Derby](#)

September 2026 Senior Community Café \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ¾c Beef Chili ½c Corn ½c Carrots 1 ea. WG Cornbread Muffin ½c Mixed Fruit	2	3 Labor Day Cookout 100th Birthday Celebration for Lillian Norwid <i>Entertainment by</i> Mark & Linda Milardo Hamburgers / Hot Dogs Pasta Salad / Baked Beans Dessert \$ 15.00	4 
7	8 ¾ c Broccoli & Cheese Frittata ½c Tator Tots ½c Tossed Salad 1 ea. WG Blueberry Muffin ½c Applesauce	9	10 6oz California Vegetable Soup ½c Beef Tips w/ Gravy ½c WG Elbow Pasta 1 slc Wheat Bread 1 ea. Tropical Fruit 1 pkt Saltine Crackers	11
14	15 3 oz Szechuan Style Chicken Breast ½ c Brown Rice ½ c Broccoli 1 slc Wheat Bread 1 ea. Oatmeal Cookie	16	17 6oz Potato Soup 1 ½ c Chef Salad 1 ea. Rye Bread ½ c Mandarin Oranges 1 pkt Saltine	18
21	22 1 ea. BBQ Glazed Pork Rib Patty ½ c Ranch Beans ½ Cucumber Salad 1 ea. WG Hamburger Bun 1 ea. Seasonal Fruit	23	24 Apple Fest Pork Tenderloin Roasted Potatoes Vegetable Apple Crumb Cake Apple Cider-Coffee-Tea \$ 15.00	25
28	29 1c WG Macaroni & Cheese ½c Baked Beans ½c Collard Greens 1 ea. WG Cornbread Muffin ½ c Diced Pears	30 1:00 FREE Pizza Lunch & Learn— Senior Planning Medicaid Title 19		