



# 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)

## March 2024



## Happy St Patrick's Day!

### CENTER INFO

#### Hours of Operation:

**Monday-Friday:** 8:30 am - 4:30 pm

**Office Hours:** 9:00 am—4:00 pm

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)

##### Assistant Director:

**Olga Capristo, BSW**

**Email:** [ocapristo@derbyct.gov](mailto:ocapristo@derbyct.gov)

In the case of inclement weather, please check WTNH Ch 8 news for updates on closings or delays. If Derby schools are closed, we are closed.

Please Note:

**We will be closed on Monday, March 4th, from 9:00-1:00 due to a power outage so that UI can upgrade the electrical system.**

**We are closing at 1:00 on March 21st for an AED/CPR Class**

**We are closed on Friday, March 29th for Good Friday.**

### POINTS OF INTEREST

- The **Elderly Commission** meeting will be held on Monday, March 4th at 3:00pm.
- The **Executive Board Meeting** is on Tuesday, March 12th at 10:00am followed by the **Events Planning Committee**
- **Medicare Counseling** is available for those of you who have questions about Medicare. Please call the center at (203)736-1484 to schedule an appointment.
- **Tax season is upon us—AARP is doing taxes** on Thursdays from 9:00am-12:00pm. Please call for an appointment.
- ♦ **Birthday BINGO** is on March 26th and is sponsored by "A Better Life Homecare". Come take a shot and win some great prizes in addition to cash!
- **Volunteers:** I am currently looking for help with cleaning and organizing the cabinets in the craft room to have more storage space. If you can help, please call the center.
- There are many volunteer opportunities available here at the center. Please let us know if you would like to assist us. Your help would be greatly appreciated.

#### Looking Ahead:

**Our Easter Luncheon** will be on **Thursday, April 4th**. More details to come in April's Newsletter.





# WELCOME TO THE DERBY SENIOR CENTER

The Centers 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

- ◆ **Coastal Hearing**—Monday, 3/11—offering hearing tests, repairs, and information—call for an appointment.
- ◆ **Nutrition Ed**—Tues, 3/12/24—Join us for an informative class to learn more about good nutrition and fiber.
- ◆ **Pulse 4 Pulse**—Proactive Health Care—Circulation Testing and more, Wednesday, 3/13, 12:00-4:00.
- ◆ **AED / CPR Training**—Thursday, 3/21 1:30-3:30—\$35. Class is limited to 12. Sign up by 3/8.
- ◆ **“Reiki Healing”** is on Thursdays beginning at 10:30am. Reiki is used to reduce stress, promote relaxation, and restore physical,

mental, and emotional health. Call the center for an appointment.

- ◆ **Monthly Movie Matinee-“Bonnevillle”-Thursday, March 14, 1:00**—Jessica Lange, Joan Allen and Kathy Bates hit the road in Bonneville, a story about three friends who 'came of age' for a second time on a trip across the great American West. Faced with the decision of a lifetime, Arvilla loads up her Bonneville convertible and, with her friends in tow, sets out for the open road. What began as a simple trip ends up becoming a chance for rediscovery -and for letting go.

**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



**SUPPORT OUR ADVERTISERS!**

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

**LET'S GROW YOUR BUSINESS**  
 Advertise in our Newsletter!

**CONTACT ME**  
**Bill Humphreys**

bhumphreys@lpicommunities.com  
 (800) 477-4574 x6634

**Place Your Ad Here and Support our Community!**  
 Instantly create and purchase an ad with

**AD CREATOR STUDIO**

lpicommunities.com/adcreator



**MONTHLY REMINDERS**

**Membership Renewals are due in January for last names that start with A-M and June for N-Z.** Please renew if you have not already done so. Derby Residents \$6.00, non-resident \$8.00.

**NOTE:**

If you know of anyone interested in learning more about what the Center has to offer, they are welcome to come to any activities and/or events as your guest or they 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 center for an appointment.

**Blood Pressure Screenings** with Parish Nurse, Maggie Sessa—Tues, **March 12th, 12:30-2:30pm.**

Please remember to sign into the building when you enter.  
Thanks!

**MEALS**

**LEPRECHAUN LUNCHEON**

**Thurs., March 7th**  
**Catered by David Grant**

**Corned Beef, Cabbage,  
Potatoes, Carrots, Rye  
Bread & Dessert**

**\$12 per person**  
**MUST RSVP & PAY BY THE**  
**FRIDAY PRIOR**

**Senior Café**  
**Tuesdays & Thursdays at 11:45**  
**\$3.00**

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

**DIRECTOR'S CORNER**

What a Lovely Valentine's Day Celebration we had! Charlotte and her Decorating Committee did such a wonderful job decorating, Marc Garofalo's sauce and meatballs were delicious, the donated raffle items were great, and Paula Pettinella's entertainment was amazing as usual! Thank you to all who donated their time & effort and thanks to our members who continually support the center! You are all so special to us!

This month we have our **"Leprechaun Luncheon" on March 7th.** David Grant did such a great job last year, that we are having him back this year! We will also have an **"Irish Soda Bread" Sale** to help defray the cost, along with our Special Raffles and Irish Music!

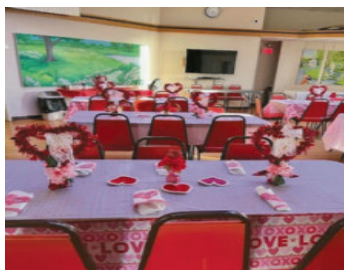
We have many other events and

activities this month. **Coastal Hearing will be here on Monday, March 11th** offering Exams, Repairs, and Information. You must call ahead for exams. We have a **Nutrition Ed Class on Tuesday, March 12th** at noon, followed by a **St. Patrick's Day Bingo.** Wear green for a special prize! **On Wednesday, March 13th, Pulse 4 Pulse** will be here for Circulation testing. **We are closing at 1:00 on March 21st for an AED/CPR Class.** If interested, the charge is \$35 with limited space, so call early to sign up. **The movie matinee "Bonneville" is on Thursday, March 14th at 1:00pm.**

On another note, be sure to check out our **New Trips** posted on the last page.

See you soon! Dawn

**VALENTINE'S DAY FUN!**



**Need Help with  
your Medicare Coverage?**  
Medicare Advantage  
Supplemental • Part D  
*Trusted, Local Support*



**Heather Hefferon**  
Licensed Insurance Agent  
Tel: 203-793-6004  
Hefferonins@gmail.com

Medicare coverage  
is my specialty!!

### **ADT-Monitored Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



Visit

[www.mycommunityonline.com](http://www.mycommunityonline.com)



## Valley Pharmacy

### **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](http://www.valleypharmacyct.com)

[valleypharmacyct@gmail.com](mailto:valleypharmacyct@gmail.com) • 203-734-9455

MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM  
**74 PERSHING DRIVE, DERBY, CT 06418**

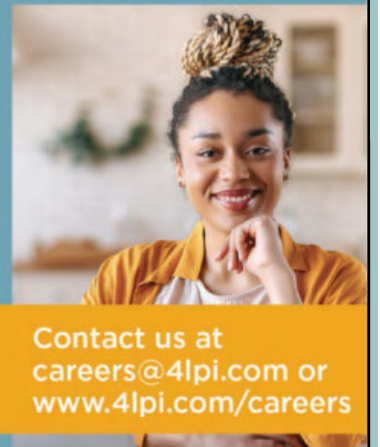
## WE'RE HIRING!

### 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](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

# SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Derby Senior Center, Derby, CT

06-5354



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MONDAY—FRIDAY 9:00-3:30 Self-Led Ping Pong Pool Billiards Darts Open Exercise</p>				<p>1) 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 1:00—Quilting Class</p>
<p>4) CLOSED 9:00am-1:00pm UI electrical system upgrade  3:00—ELDERLY COMMISSION MEETING</p>	<p>5) 10:00—Tai Chi instructed by David Chandler's DVD 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 1:00—Wii Sports &amp; More 1:00—3:00 "Living with Chronic Illness" sponsored by Griffin Health</p>	<p>7) 9:00-12:00 AARP Tax Prep 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 10:30 Reiki (by appt) 12:00 —Leprechaun Luncheon—Corned Beef Dinner \$12—David Grant Catering—sign up is required.</p>	<p>8) 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 1:00—Quilting Class <b>*Daylight Savings Time Sunday March 10th</b></p> 
<p>11) 10:00 Haircuts 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 2:00—Coastal Hearing *Free Exams, Repairs, &amp; Information Call for an Appointment</p>	<p>12) 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE 10:00—Tai Chi instructed by David Chandler's DVD 11:45—Senior Café 12:00—Nutrition Ed 12:30—Blood Pressure Checks 1:00—Pool Billiards 1:00-3:00 St. Patrick's Day Bingo—Wear Green for a Special Prize!</p>	<p>13) 9:30-Gentle Yoga 11:45—Strength Training with Bobbi 12:00-4:00—Pulse 4 Pulse-Proactive Health Care—Circulation Testing and More</p>	<p>14) 9:00-12:00 AARP Tax Prep 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café— 1:00—Movie—"Bonneville"</p>	<p>15) 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 1:00—Quilting Class  <b>***Deadline to sign-up for Friday, April 12th "Spring" Wreath Class with Kathy Molner</b></p>
<p>18) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Game Time</p>	<p>19) 10:00—Tai Chi instructed by David Chandler's DVD 11:45—Senior Café 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>20) 9:30— Gentle Yoga 11:45— Strength Training with Bobbi 1:00—Wii Sports &amp; More</p>	<p>21) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook &amp; Needle Grp 11:45—Senior Café— <b>Closing at 1:30 for: 1:30-3:30—AED / CPR Training \$35 (limited to 12—sign up by 3/8)</b></p>	<p>22) 10:00 Grocery Shopping w/ VTD 10:00—Zumba Gold with Mary Rose 11:00—Zentangle 1:00—Quilting Class</p>
<p>25) 10:00 Chair Yoga 11:45- Strength Training Class with Bobbi 1:00—Game Time</p>	<p>26) 11:00—Tai Chi instructed by David Chandler's DVD 11:45—Senior Café 1:00-3:00 Birthday Bingo sponsored by "A Better Life Homecare" 1:00 Pool Billiards</p>	<p>27) 9:30-Gentle Yoga 11:45— Strength Training with Bobbi 1:00—Wii Sports &amp; More  <b>Botanical Gardens Orchid Flower Show (leaving form Shelton)</b></p>	<p>28) 9:30 Mahjongg 9:30/12:30 Pinochle 10:00 Hook &amp; Needle Grp 11:45—Senior Café 1:00—Diamond Art</p>	<p>29) <b>CLOSED</b></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

<b>Botanical Gardens Orchid Flower Show</b>	<b>Price \$124</b>	<b>March 27, 2024</b>
<b>Newport Playhouse &amp; Cabaret “The Ladies Foursome”</b>	<b>Price \$129</b>	<b>April 3, 2024</b>
<b>Elton John Tribute, Bolton, CT</b>	<b>Price: \$116</b>	<b>April 25, 2024</b>
<b>Neil Diamond-Aqua Turf</b>	<b>Price \$124</b>	<b>May 14, 2024</b>
<b>Jimmy Buffet Tribute / Lobster at Log Cabin or Prime Rib</b>	<b>Price \$129</b>	<b>July 10, 2024</b>
<b>Lobster &amp; A Great Show-featuring: Jimmy Russo</b>	<b>Price: \$144</b>	<b>July 17, 2024</b>
<b>Island Hopping-Nantucket &amp; Martha’s Vineyard</b>	<b>Price: \$759 dbl</b>	<b>July 19-21, 2024</b>
<b>Sail On-Beach Boys Tribute at Aqua Turf</b>	<b>Price: \$124</b>	<b>August 21, 2024</b>

### LONG TRIPS —

**Caribbean Cruise from NYC! Escape the Cold in 2025!** **Price: \$1,699 & Up** **Feb. 23-March 7, 2025**  
**13 Days/12 Nights—7 Destinations: Puerto Plata, DR, San Juan, St. Kitts, St. Lucia, Antigua, St. Maarten, Tortola**

**\*FREE Amenity Choices! Call or stop in for further information.**

ALL TRIPS SUBJECT TO CHANGE IF MINIMUMS ARE NOT MET.

Day trips require a \$20 Deposit to Hold your spot.

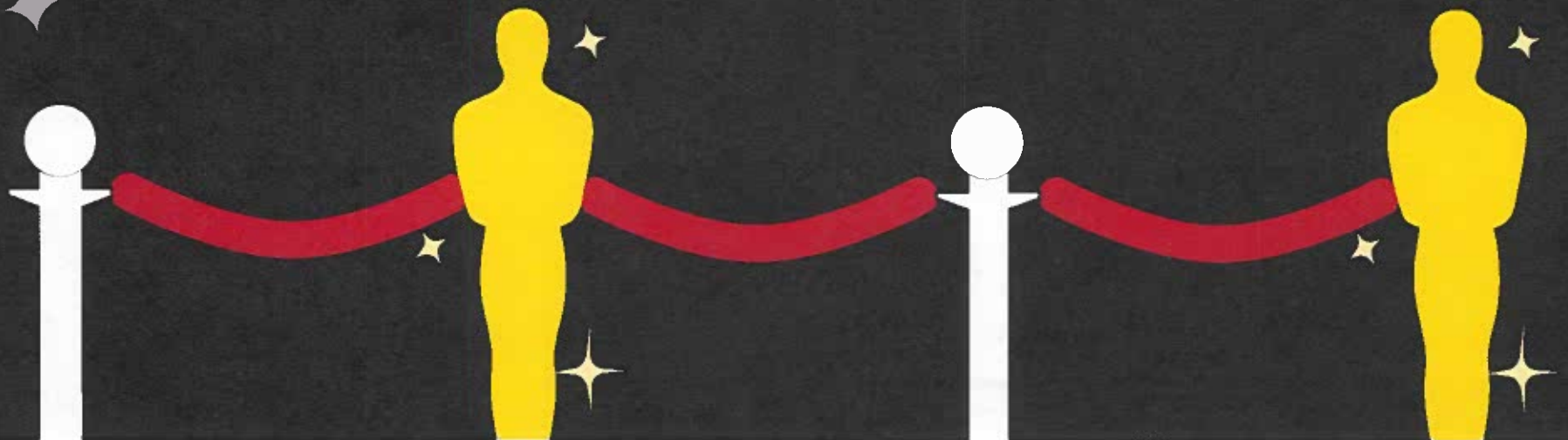
**Address:** 293 Main Street Derby, CT **Phone:** (203) 736-1484 **Email:** derbyctseniorcenter@gmail.com **Fax:** (203) 736-1486

BE DAZZLED BY GLITZ AND GLAMOR

# SENIOR PROM

April 11, 2024 10:30 - 1:00 PM  
Derby Senior Center  
293 Main St, Derby, CT 06418



**HOSTED AHS BY HUMAN RELATIONS CLUB**





# MARCH 2024 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>— HAPPY —</p>  <p><b>St Patrick's</b></p> <p>DAY</p>				1
4	<b>5</b> 3 oz Curried Chicken Breast ½ c Brown Rice ½ c Broccoli 1 sl Wheat Bread ½ c Diced Pears	6	<b>7</b> Leprechaun Luncheon Corned Beef/Cabbage Potatoes/Carrots Rye Bread/Dessert CATERED BY: DAVID GRANT	8
11	<b>12</b> 3 oz Sweet & Sour Diced Chicken ½ c Brown Rice Pilaf ½ c Green Beans 1 White Bread ½ c Mandarin Oranges	13	<b>14 Special Lunch:</b> 3 oz Corned Beef ½ c Rosemary Roasted Potatoes ½ c Cabbage 1 sl Rye Bread 4 oz Fruit Juice ½ c Butterscotch Pudding	15
18	<b>19</b> 1 Meatloaf w/ Gravy ½ c Mashed Potatoes ½ c Green Beans 1 Dinner Roll 4 oz Fruit Juice ½ c Vanilla Pudding	20	<b>21</b> 1 Potato Crusted Pollock ½ c Brown Rice ½ c Parslied Carrots 1 sl Rye Bread 1 pkt Tartar Sauce 1 Fresh Fruit	22
25	<b>26</b> 3 oz Turkey w/ Gravy ½ c Mashed Yams ½ c Lima Beans 1 Dinner Roll ½ c Applesauce	27	<b>28 Special Lunch:</b> 3 oz Herbed Pollock ½ c Rice Pilaf ½ c Mixed Vegetables 1 sl Rye Bread 4 oz Fruit Juice ½ c Vanilla Pudding	<b>29 Office Closed</b>  <b>Good Friday</b>



30 Elizabeth Street, Derby, CT 06418 - 736-5420

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





## **FREE Hearing Tests by Coastal Hearing Aid Center**

**At Coastal, they believe that hearing is an integral part of life and something that everybody should get to enjoy.**

**Better hearing means better living.**

**Representatives will be here on Monday, March 11<sup>th</sup> at 2:00pm to provide FREE hearing tests, hearing aid evaluations, and to answer all your hearing-related questions. Each test takes 20 minutes. Call for an appointment.**

**Walk-ins are accepted.**

---

## **Fill up on Fiber!**



**Fiber is an important nutrient in the diet with many health benefits.**

**Come learn about fiber and how to get the recommended amount.**

**Date: Tuesday, March 12<sup>th</sup>**

**Time: 12:00pm (during lunch)**





# Heart Saver CPR AED Training

**Thursday March 21, 2024**

**1:30-3:30 pm**

**Derby Senior Center**

**This 2 year certifying course teaches the basics of CPR for Adults, Children and Infants, Use of an Automated External Defibrillator and Relief of a Foreign Body/Choking.**

**Participants will receive a book and 2 year certification.**

**Registration required through Dawn Hebert at the Senior Center**

**Cost: \$35 per person**

**\*\*\*In order to complete the course, participants must be able to demonstrate skills on the manikin on the floor.**



**This program made possible through the support from Griffin Hospital and The Valley Parish Nurse Program**



# Homes for the Brave COOKBOOK

**Spice Up Your Support with Your Signature Recipes**

**YOU ARE INVITED TO CONTRIBUTE!**

Exciting news from Homes for the Brave – **we're making a cookbook!**

And guess what? We want your favorite recipes to be in it! If you have a special dish you love, share the recipe with us. Don't forget to include a photo of your yummy creation or a pic of you serving it up. Let's make this cookbook awesome together! We can't wait to see all of your delicious recipes!



**To submit your recipe to  
the Homes for the Brave  
Cookbook:**

Email Mea Allbert at  
**[info@homesforthebrave.org](mailto:info@homesforthebrave.org)**

**Be sure to include:**

- Your full name
- Your telephone number
- Your recipe
- A photo of you with your dish  
(or just your dish)