



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

April, 2024



Did you know? National Volunteer Month is in April and is an annual celebration dedicated to **Honoring Volunteering Efforts** around the world — recognizing people who selflessly devote their time, skills, and energy to support various causes.

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

**Assistant Director/
Kitchen Manager:**

Olga Capristo, BSW

Email: 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 closing at 12:30 on Thursday, April 18th due to our **Volunteer Luncheon**. Attendance is by invitation only.

*We Appreciate Each and
Everyone of You!*

POINTS OF INTEREST

- The **Elderly Commission meeting** will be held on Monday, April 1st at 3:00.
- The **Executive Board Meeting** will be on Tuesday, April 9th at 10:00am.
- The **Events Planning Committee** will follow at 11:00am.
- **Medicare Counseling** is available for those who have questions or are looking for information. Please call the center at (203)736-1484 to schedule an appointment.
- **Veteran's Services & Benefits** Please contact us at 203-736-1484 to set up an appointment with our **Veteran's Counselor**.
- **VOLUNTEERS NEEDED:** We are looking for members to help out with Meal Shopping and/or Cooking, Serving, Cleaning Up and Decorating including taking down decorations. We hope to give our "Regulars" a break. Let us know if you could help out. Thanks in advance!
- The Ansonia Human Relations Club is hosting an **INTERGENERATION "SENIOR PROM"** here on Thursday, April 11th from 10:30-1:00. Please come enjoy a light lunch and complimentary refreshments, music, dancing, and lots of fun! Dressing up is encouraged but not required.
- **DONATIONS**—We are going through a lot of coffee creamer, which is costly. We would appreciate it if anyone would like to offset the cost by making a donation to our **"Coffee Creamer Fund"**

LOOKING AHEAD:

- Our **Mother's Day Tea** will be on **Thursday, May 9th**. More details to follow in May Newsletter.
- Staff from **Congresswoman Rosa DeLauro's office** will be here on **Wednesday, May 8th** to meet one-on-one and hear your concerns.



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

- ◆ **INTERGENERATIONAL "SENIOR PROM"** Thursday, April 11th, 10-30—1:00. The Ansonia High School Human Relation's Club has planned a very special Dance with Music, a light lunch & Refreshments. This gives our members a chance to interact with these wonderful students! Please come welcome them and show your support for all they do.
- ◆ **COOKBOOK CONTRIBUTIONS NEEDED!** Homes for the Brave need your support! They invite you to submit your favorite recipes to be in their Cookbook! You must include a photo of your yummy creation or a pic of you serving it up. Please see insert for further information or call the center. It can be emailed to them at info@homesforthebrave.org, or dropped off at the center.
- **FREE EYEGLASS GIVEAWAY**— On April 4th, Cornerstone Church will be here during our Brunch to give out Reading Glasses of different strengths to all who attend the Easter Brunch.
- ◆ **MATTER OF BALANCE**—Do you have concerns about falling? Join Griffin Hospital Outreach Nurses and learn how to manage falls and increase activity levels. This is a **FREE** 8 week Program beginning April 24th from 1:00-3:00pm. Call early as spots are limited to 12.
- ◆ **PULSE 4 PULSE** will be here to provide **Circulation Testing** and more, on April 29th starting at 12:00.
- **PLEASE NOTE:** AARP is wrapping up their income tax preparations and we do not have any appointments left. You can try TEAM's VITA program at 203-736-5420.



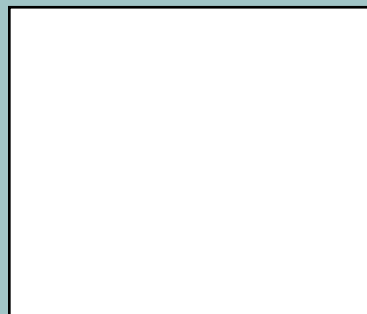
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MONTHLY REMINDERS

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 of our activities and/or events as your 1-time 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 the 2nd Tuesday of the month.

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

MEALS

Easter Brunch

Thursday, April 4th
10:00am

Easter Brunch
\$10.00

Quiche, French Toast Sticks,
Bagels with Cream Cheese,
Muffins, Fresh Fruit,
Beverages

**Wear your best and most
creative hat to win a
Special Prize
Senior Café**

Tuesdays & Thursdays at 11:45
\$3.00

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

Volunteer Luncheon

****** By Invitation Only ******

**Thursday, April 18th
12:00pm**

DIRECTOR'S CORNER

Dear friends,

What a wonderful St. Patrick's Day Luncheon we had! Many thanks to all who helped! This month has many events. We are having an Easter Brunch on April 4th. Cornerstone Church will be here during our Brunch to give out FREE READING GLASSES to anyone attending! On Thursday, April 11th, the Ansonia Human Relations Club is holding an INTERGENERATIONAL "SENIOR PROM" here for everyone!

They are bringing lunch, refreshments, music, and lots of fun! If you have song requests, please let us know in advance! Dress-up is encouraged but not required. Please show your support by coming and enjoying their contribution to our center.

We are having our Volunteer Appreciation Luncheon on Thursday, April 18th. Plans have

changed a bit. Unfortunately, due to rising costs, there has been a change of venue. We will be having it here at the center at 12:00 noon. Invitations will go out shortly so please RSVP!

On April 22nd, because there was so much interest last month, and not enough time slots, Coastal Hearing will be here again to give FREE HEARING EXAMS. So call early for an appointment.

On April 24th the Parish Nurses from Griffin Hospital will be here to teach "A Matter of Balance" class. This is an 8 week class. You must call to register.

On April 29th starting at 12:00, Pulse 4 Pulse will be here to provide Circulation Testing and more. Of course we have all our regular classes as well, so be sure to check out the calendar.

See you Soon! *Best, Dawn*

APRIL ANNOUNCEMENTS

IMPORTANT!

Sign-ups and/or Payments for programs, events, trips, etc. can only be made by visiting the office and/or calling the center. It is very hard for staff to remember who signed up/paid for what when we are not in the office.

Thank you in advance.

Pool Billiard Lessons—We have a member who has volunteered to give pool lessons for anyone who is interested. Please call to sign up. All skill levels welcome!

Diamond Art with Sue—held the last Friday of each month—April 25th, 1:00pm—\$5.00-call to sign up.



Movie Matinee—"Poms"—A group of women form a cheerleading squad at their retirement community proving they're not to old to 'bring it'!
Birthday BINGO—Tuesday, April 30th—1:00 - 3:00—Sponsored by Wesley Heights.

New Trips are scheduled! Check them out on the last page of the newsletter.

ATTENTION: Day trips now require a non-refundable \$20.00 deposit within 5 days of signing up and they must be paid in full 5 weeks before the trip date unless otherwise posted. If by chance you must cancel within the 5-week period, we can only give a refund if someone can take your place.

Cardio Drumming—Join Cary and Maggie as they facilitate a drumming class utilizing an exercise ball, basket, and drumsticks. Call to join in this fun exercise!

In Memory Of: Please keep all those who have passed in your thoughts & prayers.



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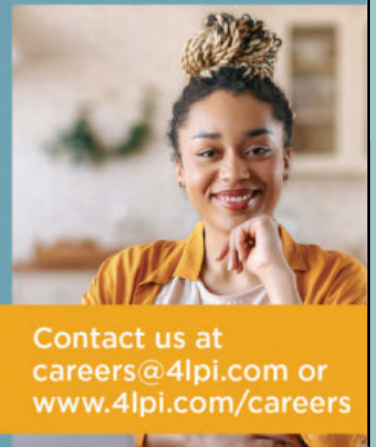
MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM
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Fax: (203) 736-1486

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

Elton John Tribute, Bolton, CT	Price:\$116	April 25, 2024
Neil Diamond-Aqua Turf	Price \$124	May 14, 2024
“A Chorus Line”-Theatre by the Sea-Kingston, RI	Price \$159	June 19, 2024
Jimmy Buffet Tribute / Lobster at Log Cabin or Prime Rib	Price \$129	July 10, 2024
Lobster & A Great Show-featuring: Jimmy Russo	Price: \$144	July 17, 2024
Island Hopping-Nantucket & Martha’s Vineyard	Price: \$759 dbl	July 19-21, 2024
Sail On-Beach Boys Tribute at Aqua Turf	Price: \$124	August 21, 2024
Glen Campbell-La Bella Vista, Waterbury—Drive on Own	Price \$94	November 12, 2024
Atlantic City-Tropicana-Elton John/Cher shows-\$50 slot bonus-\$50 meal vouchers	Price \$329	October 15-17, 2024

LONG TRIPS —

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

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

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

BE DAZZLED BY GLITZ AND GLAMOR

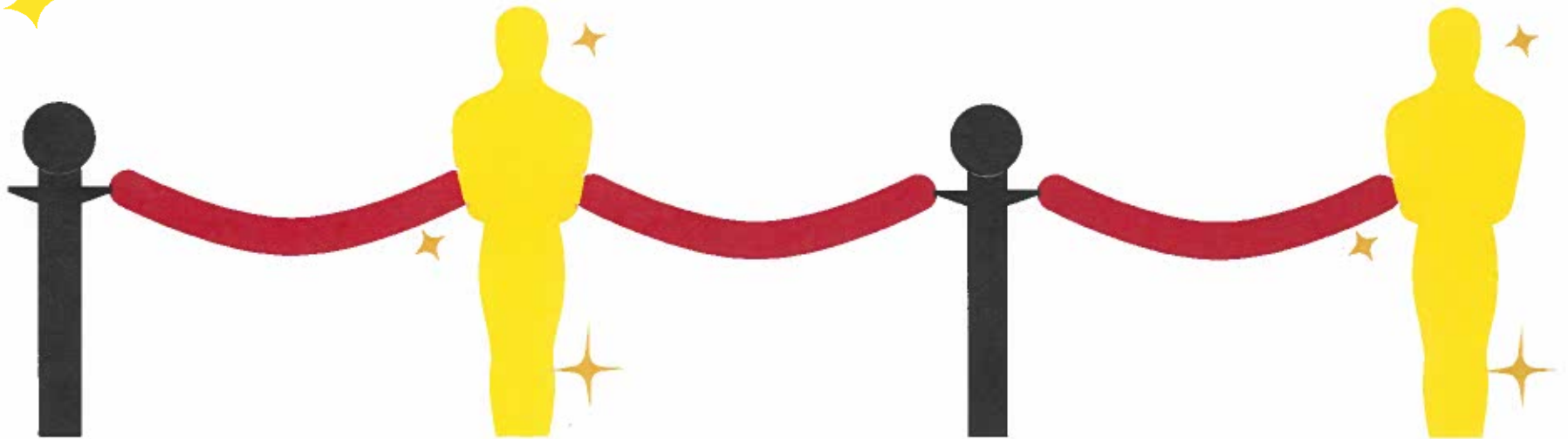
SENIOR PROM

April 11, 2024 10:30 - 1:00 PM

Derby Senior Center

293 Main St, Derby, CT 06418

HOSTED AHS BY HUMAN RELATIONS CLUB





PULSE 4 PULSE

PROACTIVE HEALTH CARE

@ DERBY SENIOR CENTER

Monday, April 29, 2024 from 12pm-3pm

OUR SERVICE:

- ✓ 20-min non-invasive circulation test providing a clear picture of your cardiovascular health
- ✓ Real-time results and recommendations
- ✓ Clinicians will be onsite to offer this valuable test to all and family members

INSURANCE ACCEPTED!

The following insurances will be accepted: Connecticare, BCBS (SOME PLANS), Wellcare, UnitedHealthcare, Oxford, UMR, Cigna, Stirling Benefits, CT Medicaid (Husky), & Government Medicare (Part B)

****Kindly be aware that a Cash Price of \$50.00 is available for individuals whose insurance is not included in the list above, yet still wish to undergo the test.**

[Register Here](#)





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

Be sure to include:

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

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This FREE program teaches ways to prevent and manage falls.

YOU WILL LEARN TO:

- exercise to increase strength and balance
- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

The program is open to anyone over 60 years old who is ambulatory and can problem-solve.

There is no cost for this program!

Presented by

Griffin Hospital Community Outreach

Derby Senior Center

8 Wednesdays 1:30pm – 4pm

Wednesday, April 24, 2024

To

Wednesday, June 19, 2024

**Refreshments provided at every class.
Lots of giveaways provided!**

Registration is required.

Register by calling (203)736-1484

**Only 12 spots available!
Register as soon as possible.**

Funding for this program was generously provided by CT Community Foundation.



APRIL 2024 - SENIOR COMMUNITY CAFÉ



Derby

DERBY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1 Roasted Chicken Leg Quarter ½ c Scalloped Potatoes ½ c California Vegetable Blend 1 Dinner Roll ½ c Applesauce	2 1 c American Chop Suey ½ c Green Peas ½ c Tuscan Vegetable Blend 1 sl Rye Bread ½ c Mandarin Oranges	3 3 oz Maple Mustard Pork ½ c Stuffing ½ c Toss Salad 1 pkt Ranch Dressing 1 Dinner Roll 1 Fresh Fruit	4 6 oz Northern Bean Soup w/ Crackers ¾ c Vegetable Frittata ½ c Corn 1 sl White Bread 4 oz Fruit Juice ½ c Vanilla Pudding	5 ¾ c Beef Vegetable Stir-Fry ½ c White Rice ½ c Glazed Carrots 1 sl Wheat Bread ½ c Pineapple Tidbits
8 3 oz Swiss Steak w/ Gravy ½ c Whipped Potatoes ½ c Capri Vegetable Blend 1 Dinner Roll ½ c Diced Peaches	9 6 oz Vegetable Soup w/ Crackers 1 c Macaroni & Cheese ½ c Cauliflower 1 Italian Bread ½ c Applesauce	10 3 oz Cacciatore Chicken Thigh ½ c Penne Pasta ½ c Spinach Salad 1 pkt Italian Dressing 1 Garlic Breadstick 1 Fresh Fruit	11 1 BBQ Hamburger ½ c Macaroni Salad ½ c Sliced Carrots 1 Hamburger Bun 4 oz Fruit Juice 1 Fudge Crème Cookie	12 Office Closed 
15 3 oz BBQ Pork Rib Patty ½ c Corn O'Brien ½ c Mixed Greens 1 Hamburger Bun 1 Fresh Fruit	16 3 oz Taco Meat ½ c Spanish Rice ½ c Lettuce & Tomato 1 pkt Sour Cream 1 Flour Tortilla ½ c Pineapple	17 Caesar Salad w/ 3 oz Grilled Chicken, 1 c Romaine Lettuce, & 1 tbsp Parmesan Cheese 1 pkt Caesar Dressing ½ c Garbanzo Bean Salad 1 Italian Bread 1 Fresh Fruit	18 6 oz Cream of Broccoli Soup w/ Crackers 3 oz Salisbury Steak w/ Gravy ½ c Zucchini 1 Dinner Roll ½ c Applesauce	19 ¾ c Turkey Tetrazzini ½ c Lima Beans ½ c Carrots 1 sl White Bread 4 oz Fruit Juice 1 Brownie
22 1 c Sloppy Joe ½ c Oven Roasted Potatoes ½ c Green Beans 1 Hamburger Bun ½ c Applesauce	23 3 oz Balsamic Chicken Thigh ½ c Cilantro Lime Rice ½ c Zucchini 1 sl Rye Bread 4 oz Fruit Juice 1 Oatmeal Cookie	24 3 oz Breaded Pollock ½ c Whipped Redskin Potatoes ½ c Confetti Coleslaw 1 pkt Tartar Sauce 1 Dinner Roll 1 Fresh Fruit	25 6 oz Corn Chowder w/ Crackers ¾ c Ham, Broccoli, & Cheese Casserole ½ c Capri Vegetable Blend 1sl White Bread ½ c Pineapple Tidbits	26 6 ea Beef/Chicken Sweet & Sour Meatballs ½ c Brown Rice ½ c Green Peas 1 sl Wheat Bread 1 Fresh Fruit
29 ¾ c Turkey A La King ½ c Brown Rice ½ c Cabbage 1 Dinner Roll ½ c Pineapple	30 3 oz Meatloaf w/ Gravy ½ c Whipped Potatoes ½ c Green Beans 1 sl Rye Bread 4 oz Fruit Juice 1 Brownie	 <p>“Our spring has come at last with the soft laughter of April suns and shadow of April showers.” ~ Byron Caldwell Smith ~</p>		



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

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

Congresswoman
Rosa DeLauro
CONNECTICUT'S 3RD DISTRICT

STAFF COMMUNITY OFFICE HOURS

Wednesday, May 8, 2024
1:00 PM TO 2:30 PM

Derby Senior Center
239 Main Street
Derby, CT



Dear Friends,

As a Member of Congress I am honored to represent you and want to hear from you!

Please join my staff on Wednesday, May 8, 2024 from 1:00 pm to 2:30 pm at the Derby Senior Center.

My staff will be there to listen to your concerns and speak to you one-on-one. I hope you will be able to stop by.

My warmest regards,

Rosa L. DeLauro
Member of Congress

Third Congressional District of CT

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