



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

May, 2024



Did you know? Memorial Day originally was established as Decoration Day to commemorate those who lost their lives while fighting in the Civil War. When the United States became involved in World War I, Memorial Day expanded to honor American military personnel who died in all wars, including World War II, the Vietnam War, the Korean War and the wars in Iraq and Afghanistan.

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

POINTS OF INTEREST

- The **Elderly Commission** **LOOKING AHEAD:** We will be having a Complimentary Membership Brunch on **July 25th** to Vote on the Nominees **running for the Executive Board**. If you are interested in running, or wish to nominate someone, please let us know so we can include your name in the June Newsletter. The following members are running for re-election: Vice President: MaryJo Chevarella, Secretary: Janis Yakimovich, Members: Ellen Amodeo, Tony Barsevich, Dee Bukowski, Lynn Casini, Robert Maturo, Janet Misiewicz, Dolores Moore, Walter Morris, Charlotte Ritter, Virginia Rossi, & Elaine Selling.
- The **Executive Board Meeting** will be on the 2nd Tuesday of every month 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!
- **Our Father's Day Celebration** will be on **Thursday, June 13th**. More details to follow.
- **Fried Dough & Fireworks Fundraiser**— On **July 3rd**, we will be doing our "Fried Dough Fundraiser" and are in need of volunteers to take orders, collect money, etc. as we transform our "Courtyard" into a "Food Court"!

Please Note:
We will be closed on Monday,
May 27th in observance of
Memorial Day





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

- **NEW CRAFT CLASS**—Thursdays, beginning May 2nd at 1:00pm In the craft room. Join Sue and let your creativity flow! This group will create fun projects and also assist our decorating committee by making centerpieces, favors, etc. as needed. Please call to sign up.
- **Rosa DeLauro's Staff** will be here on Wednesday, May 8th to meet one on one with anyone who would like to voice concerns and/or need assistance with any federal casework issues you may be facing such as with Social Security, Medicare, or Veteran matters. Please call to sign up.
- **Lunch & Learn—Compassion Homecare** will be here on Thursday, May 16th at 12:00 to talk about taking care of your loved ones and the services they offer.
- **Wreath Class**—Friday, May 17th at 1:00pm—Come and learn how to make beautiful wreaths with various items.
- **The Greatest Sitcoms of all Time**—Join author Marty Gitlin on Thursday, May 23rd at 1:00 for a lively presentation of how sitcoms have evolved over the decades. Hilarious snippets will be shown from beloved sitcoms like "I Love Lucy", "The Andy Griffith Show", "All in the Family", "Seinfeld", and many more!
- **Corn Hole**—Now that the weather is getting nicer, why not bring your friends and enjoy a game of Corn Hole In our Courtyard? Just call & we'll set it up!
- **Line Dancing**—We are looking to start a new Line Dancing class on Fridays. There seemed to be a lot of interest when the surveys were filled out last year, so please call to let us know if you'd like to attend.
- **Sign Language**—We are looking into bringing Sign Language classes back! Please let us know if you may be interested in joining this educational class.

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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

Mother's Day Luncheon / Tea Thursday, May 9th

12:00pm
\$12.00

Croissant Sandwiches
Pasta Salad—Tossed Salad
Chips
Coffee / Tea
Dessert

Bring your own Tea Cup for a free raffle ticket

Lunch & Learn—FREE Thursday, May 16th

Join Thomas Kosturko from Compassion Home Care to learn about helping your loved ones & services they offer.

Senior Café

Tuesdays & Thursdays at 11:45
\$3.00

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

DIRECTOR'S CORNER

Dear friends,

What a busy April we had! A special thanks to Cornerstone Christian Center for donating Free Reading Glasses to our members at our Easter Brunch! Also, a huge Thank You to the Ansonia Human Relations Club for putting on a "Senior Prom" here at the center! What a great group of students who brought goodies, decorations, music, and games to entertain members as they formed special connections between the generations. Congratulations to the King and Queen of the prom, Ed Smith and Nancy Goodwin!

AARP finished up their FREE Tax Preparation Appointments. They prepared over 125 tax returns! We thank them for this very beneficial service!

We had a lovely luncheon for our many Volunteers to let them know how much we value all

that they do to help the center run smoothly. We are truly blessed to have you!

This month we celebrate Mother's Day! At some point in our lives we all meet one lady who is worth celebrating whether she is with you in body or spirit, spend the day thinking of her at our Mother's Day Luncheon / Tea! Male members welcome! Remember to bring your own tea cup for a FREE raffle ticket. Speaking of raffles, we are always looking for contributions and help with making baskets. Please call the center if interested. Whether you are a Mother, Aunt, Sister, or dear friend, Happy Mother's Day to You!

Be sure to read the newsletter for all our events this month. Happy Spring! See you soon!

Best Regards, Dawn

MAY 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 every other month—Next class June 27th

Movie Matinee—"Elsa & Fred"—After losing his wife, Fred moves into a nearby apartment building where he meets Elsa. She bursts into his life like a whirlwind, teaching him that time is precious and that he should enjoy life and love to the fullest.

Birthday BINGO—Tuesday, May 28th—1:00 - 3:00—Sponsored by Lord Chamberlain.

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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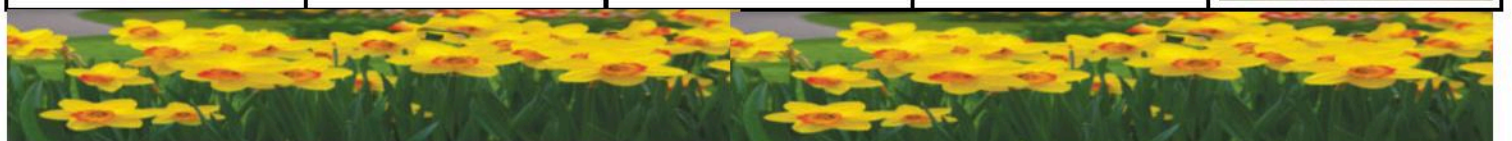
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MOTHERHOOD IS A CHOICE YOU MAKE EVERYDAY to put someone else's happiness and well-being <i>ahead of your own</i> ♥ to teach the hard lessons to do the right thing even when you're not sure what the right thing is... and to forgive yourself over and over again FOR DOING EVERYTHING WRONG</p>	<p>MONDAY—FRIDAY 9:00-3:30 Self-Led CORN HOLE Ping Pong Pool Billiards Darts Open Exercise</p>	<p>1 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:30-4:00—Matter of Balance</p>	<p>2 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 1:00 CRAFT CLASS— NEW! Call to sign up.</p>	<p>3 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
<p>6 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming 3:00—ELDERLY COMMISSION MEETING</p>	<p>7 10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo</p>	<p>8 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:00-2:30—Rosa DeLauro's staff visit- Call to sign up (2:30 decorating club)</p>	<p>9 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 12:00—Mother's Day Luncheon/Tea 1:00 CRAFT CLASS— NEW! Call to sign up.</p>	<p>10 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
<p>13 10:00 Chair Yoga 10:00-12:00 Haircuts by Donna 11:45— Strength Training with Bobbi 1:00-Cardio Drumming</p>	<p>14 10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo 12:30 Blood Pressure Checks 1:00 Pool Billiards League 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE "King of Diamonds" trip</p>	<p>15 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:30-4:00—Matter of Balance PAYMENT DUE FOR "A CHORUS LINE" THEATRE BY THE SEA-KINGSTON, RI</p>	<p>16 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:00—Lunch & Learn— Compassion Homecare 1:00 CRAFT CLASS— NEW! Call to sign up. 1:00—Monthly Movie Matinee—"Elsa & Fred"</p>	<p>17 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:00—Patriotic Wreath Class with Kathy</p> 
<p>20 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming</p>	<p>21 10:00—Tai Chi —Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League</p>	<p>22 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:00—Wii Sports & More 1:30-4:00—Matter of Balance</p>	<p>23 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café— 1:00—Greatest Sitcoms by author Marty Gitlin- Call to register 1:00 CRAFT CLASS— NEW! Call to sign up.</p>	<p>24 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
<p>27 CLOSED MEMORIAL DAY</p> 	<p>28 10:00—Tai Chi —Qigong 11:45—Senior Café 1:00 Pool Billiards League 1:00-3:00 Birthday Bingo sponsored by Lord Chamberlain</p>	<p>29 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:00—Wii Sports & More</p>	<p>30 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café— 1:00 CRAFT CLASS— NEW! Call to sign up.</p>	<p>CORN HOLE IS BACK!</p> 



DERBY SENIOR CENTER

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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

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 dbl \$431 single \$311 triple	October 15-17, 2024

LONG TRIPS —

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A Funny Program About Funny Programs: THE GREATEST SITCOMS OF ALL-TIME

Looking for an entertaining and enlightening event for your library? Welcome to A Program About Funny Programs: The Greatest Sitcoms of All-Time.

Author and pop culture historian Marty Gitlin will bring his book to life in-person or through the magic of Zoom. He is the only author who has actually ranked the greatest sitcoms ever produced based on wide-ranging criteria.

Marty is an award-winning author who has presented for hundreds of venues, including libraries, assisted livings, senior centers and civic organizations. This program features hilarious snippets of the most beloved sitcoms in American history, including I Love Lucy, The Andy Griffith Show, The Mary Tyler Moore Show, All in the Family, Cheers, Seinfeld and The Big Bang Theory.

In this engaging program, Marty will talk about how sitcoms have evolved over the decades in presentation and content. He will involve the audience with engaging trivia questions that test and expand knowledge. He will impart wonderful trivia and other information about the greatest sitcoms ever to grace a television screen. And, most importantly, everyone will spend an hour laughing, bonding, and having a great time!



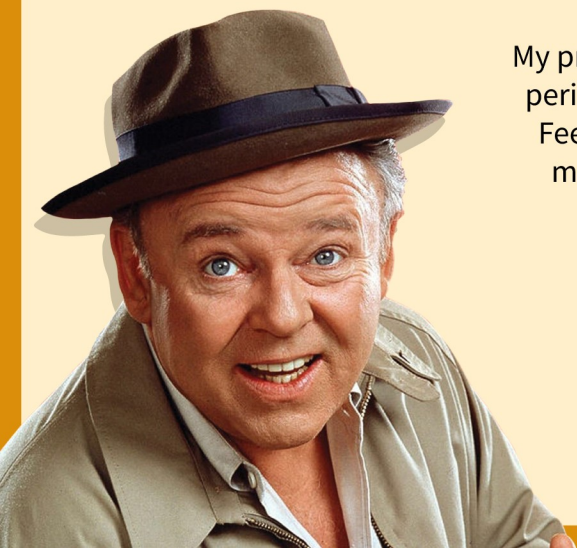
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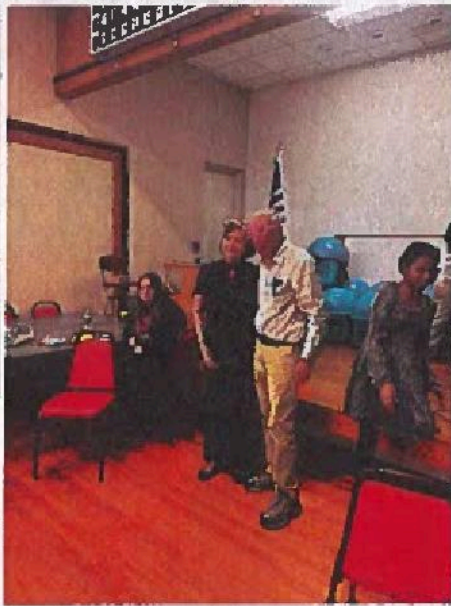
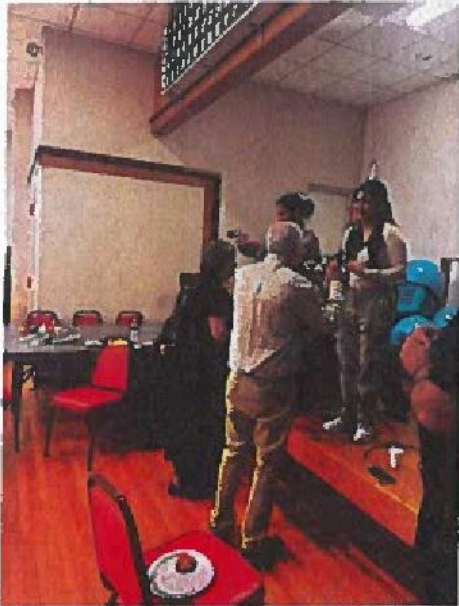


My presentation is about one hour with a question-and-answer period following. I understand budgetary concerns, so I charge only \$100. Feel free to email me at mgitlin@sbcglobal.net or call at 440-734-3270 for more information.

Hope to hear from you soon!



SENIOR PROM





Thank You Ansonia Human Relation's Club for Sponsoring such a Wonderful Event at Derby Senior Center!

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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Should you have any questions,
please contact my office at:
(203) 562-3718





MAY 2024 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 3 oz Marsala Chicken Thigh ½ c Penne Pasta ½ c Tossed Salad w/ 1 pkt Ranch Dressing 1 sl Italian Bread ½ c Mandarin Oranges	3
6	7 1 c American Chop Suey ½ c Green Peas ½ c Tuscany Vegetable Blend 1 sl Rye Bread ½ c Mandarin Oranges	8	9 Special Lunch: Mother's Day Luncheon/Tea 12:00pm \$12.00 Croissant Sandwiches Pasta Salad - Chips Coffee / Tea Dessert Bring your own Tea Cup for a free raffle ticket	5
13	14 6 oz Vegetable Soup w/ Crackers 1 c Macaroni & Cheese ½ c Cauliflower 1 Italian Bread ½ c Applesauce	15	16 1 BBQ Hamburger ½ c Macaroni Salad ½ c Sliced Carrots 1 pkt Ketchup 1 Hamburger Bun 4 oz Fruit Juice 1 Fudge Crème Cookie	17
20	21 3 oz Taco Meat ½ c Spanish Rice ½ c Lettuce & Tomato 1 pkt Sour Cream 1 Flour Tortilla ½ c Pineapple	22	23 Special Lunch: 1 Frankfurter w/ Chili ½ c Potato Salad ½ c Cucumber Salad 1 pkt Ketchup 1 Hot Dog Bun ½ c Fruited Gelatin	24
27 Office Closed 	28 3 oz Balsamic Chicken Thigh ½ c Cilantro Lime Rice ½ c Zucchini 1 sl Rye Bread 4 oz Fruit Juice 1 Oatmeal Cookie	29	30 6 oz Corn Chowder w/ Crackers ¾ c Ham, Broccoli, & Cheese Casserole ½ c Capri Vegetable Blend 1sl White Bread ½ c Pineapple Tidbits	31



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

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