



# 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)

## June, 2024

### CELEBRATE

# Father's Day



©LPi

**Did you know?** Sonora Smart Dodd, who was born in 1882, is recognized as the founder of Father's Day. Dodd, who died in 1978, was raised by a twice married, twice widowed Civil War veteran with 14 children. As a result, she wanted to honor "loving service" of fathers.

## 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/ Kitchen Manager:

Olga Capristo, BSW

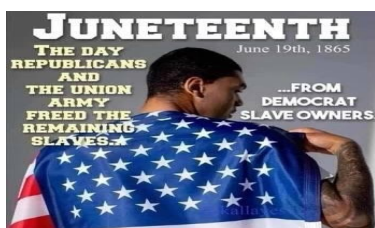
Email: [ocapristo@derbyct.gov](mailto:ocapristo@derbyct.gov)

## 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**. 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. Marc Garofalo is the only new nominee thus far. If you would like to nominate someone or run yourself, please call the center and let us know. All nominees will be listed in July newsletter. Please be sure to come out and vote!
- The **Events Planning Committee** will meet on the 2nd Tuesday of every month at 9:00am.
- The **Executive Board Meeting** will immediately follow the Events Planning Meeting at 10:00am.
- **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, Cooking, Serving, Cleaning Up and Decorating including taking down decorations. Let us know if you could help out. Thanks in advance!

### Please Note:

**We will be closed on Wednesday, June 19th in observance of**





## 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: ARTS & CRAFTS CLASS](#)— Thursdays, at 1:00pm in the craft room. Join Sue and let your creativity flow! This group creates fun projects and also assists our decorating committee by making centerpieces, favors, etc. as needed. Please call to sign up.
- [Lunch & Learn—"How to Simplify Your Financial Life for You & Your Heirs". by Steve Archer](#)—Thursday, June 20th at 12:30. Learn the advantages and disadvantages of having multiple accounts, the importance of account titles, what happens to your accounts when you pass away, and which papers to keep and which to throw away. Call to sign up.
- [Lunch & Learn-"Potassium and the Relationship Between Food and Mood"](#)-Tuesday, June 4th at 12:00 What is Potassium and how much do I need? What foods contain Potassium? What effects do certain foods have on my mood?
- [Movie Matinee—NEW DAY—FRIDAY, June 21st—"Queen Bees"](#)—After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower. Chips and beverage included. Call to reserve your spot.
- [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. We have 5 on the list but would like a few more before hiring the instructor.
- [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. We only need to fill a couple more spots.

**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!](#)

**DIRECTOR’S CORNER**

Dear friends,

This month we celebrate all the important men in our lives, both past and present at our Fantastic Father’s Day Luncheon! We are having Pierogies, Kielbasa, and Sour Kraut with Rye Bread, catered by “Rogies” in Shelton. “Elvis” will provide the entertainment. There will be a free raffle for anyone who wears a silly tie or hat. We have a “Zentangle” class on June 14th, and a new Arts and Crafts class on Thursdays. On June 20th, Steve Archer, will be here to talk about “Simplifying Your Finances”. The Movie Matinee this month is the hilarious “Queen Bees”.

Next month is our FREE Membership Brunch (Donations welcome). You will have a chance to review the revised by-laws, as well as vote for the election of nominees for the

Executive Board. If anyone is interested in adding their name or nominating someone else, PLEASE let us know so that we can add the name to the ballot. The current names of those running for re-election and new nominations are listed on the first page of this newsletter and on the enclosed insert. We hope to see many of you for this important vote!

Also next month we are having our Annual “Fried Dough Fundraiser” and are looking for volunteers to help with sales. We once again will have seating in front of the center to view the fireworks. Seats are limited so be sure to call to reserve your spot beginning June 17th.

I look forward to seeing you soon!

*Best Regards, Dawn*

**MEALS**

[Fantastic Father’s Day Luncheon with Elvis! Thursday, June 13th](#)

12:00pm

\$12.00

Pierogies, Kielbasa & Sour Kraut—catered by “Rogies” in Shelton, Rye Bread & Applesauce

Coffee / Tea / Dessert

**Wear a Silly Tie or Hat for a free raffle ticket**

[Lunch & Learn—FREE](#)

[Thursday, May 16th, 12:30](#)

[“How to Simplify Your Finances”](#)

[Join Steve Archer for this informative presentation.](#)

[Senior Café](#)

Tuesdays & Thursdays at 11:45

\$3.00

**\*\*Please Call Ahead by 10:00am**

**MAY ANNOUNCEMENTS**

[Movie Matinee— Friday, June 21st—Queen Bees—](#)After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower. Chips and beverage included. Call to reserve your spot.

[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!

[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!

[Diamond Art with Sue—](#)held the last Friday of every other month— Next class June 27th

[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.

**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.**

[In Memory Of:](#) Please keep all those who have passed in your thoughts & prayers.

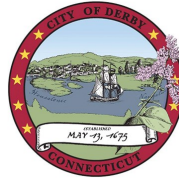




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 3:00—ELDERLY COMMISSION MEETING</p> <p><b>Final Payment due—“Jimmy Buffet”</b></p>	<p><b>4</b></p> <p>10:00—Tai Chi—Qigong 11:45—Senior Café <b>12:00—Nutrition Class—Potassium and the Relationship Between Food &amp; Mood</b> 1:00-3:00 Bingo</p>  <p><b>1:00 Pool Billiards</b></p>	<p><b>5</b></p> <p>9:30 Gentle Yoga</p>  <p>11:45- Strength Training with Bobbi 1:30-4:00—Matter of Balance</p>	<p><b>6</b></p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp <b>1:00 CRAFT CLASS—NEW! Call to sign up.</b></p> 	<p><b>7</b></p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p> <p><b>Final Payment Due—“Island Hopping”</b></p>
<p><b>10</b></p> <p>10:00 Chair Yoga 10:00-12:00 Haircuts by Donna 11:45- Strength Training with Bobbi 1:00-Cardio Drumming</p> <p><b>Final Payment due “Lobster &amp; a Great Show”</b></p>	<p><b>11</b></p> <p>10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo <b>1:00 Pool Billiards</b> <b>9:00 EVENTS PLANNING COMMITTEE NEW TIME</b> 10:00 - EXECUTIVE BRD. MTG. 12:30 Blood Pressure Checks</p>	<p><b>12</b></p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 1:30-4:00—Matter of Balance</p> <p><b>(3:30 decorating club)</b> <b>Note: Time Change due to class.</b></p>	<p><b>13</b></p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp <b>1:00 CRAFT CLASS—NEW! Call to sign up.</b> <b>12:00 Father's Day Luncheon—catered by Rogies</b></p>	<p><b>14</b></p> <p>10:00 Grocery Shopping w/ VTD <b>11:00 Zentangle</b> 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
<p><b>17</b></p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi</p> <p><b>1:00-Cardio Drumming</b></p> 	<p><b>18</b></p> <p>10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo</p> <p><b>1:00 Pool Billiards League</b></p> 	<p><b>19</b></p> <p><b>Theatre by the Sea, Kingston, RI “A Chorus Line”</b></p> <p><b>CENTER CLOSED Juneteenth Day</b></p> 	<p><b>20</b></p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 10:30 Reiki (by appt) 12:30—Lunch &amp; Learn—“How to Simplify Your Finances” by Steve Archer—FREE—Call ahead to sign up. <b>1:00 CRAFT CLASS—NEW! Call to sign up.</b></p>	<p><b>21</b></p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class <b>1:00—Monthly Movie Matinee—“Queen Bees”—call to sign up.</b></p> 
<p><b>24</b></p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi</p> <p><b>1:00-Cardio Drumming</b></p>	<p><b>25</b></p> <p>10:00—Tai Chi —Qigong</p>  <p>11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards League</p>	<p><b>26</b></p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports &amp; More</p> <p><b>1:30-4:00—Matter of Balance</b></p>	<p><b>27</b></p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp 11:45—Senior Café— <b>1:00 Diamond Art—Purses— See Picture Below—Call to sign up.</b></p>	<p><b>28</b></p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
	<p><b>CORN HOLE IS BACK!</b></p> 	<p><b>MONDAY—FRIDAY</b> <b>9:00-3:30</b> <b>Self-Led</b> <b>CORN HOLE</b> <b>Ping Pong</b> <b>Pool Billiards</b> <b>Darts</b> <b>Open Exercise</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

*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*

<b>"A Chorus Line"-Theatre by the Sea-Kingston, RI</b>	<b>Price \$159</b>	<b>June 19, 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>
<b>Atlantic City-Tropicana-Elton John/Cher shows- \$50 slot bonus-\$50 meal vouchers</b>	<b>Price \$329 dbl \$429 single \$309 triple</b>	<b>October 15-17, 2024</b>
<b>Glen Campbell-La Bella Vista, Waterbury—Drive on Own</b>	<b>Price \$94</b>	<b>November 12, 2024</b>
<b>"Deck the Halls" w/Buddy Holly &amp; Elvis</b>	<b>Price \$129</b>	<b>December 11, 2024</b>
<b>Christmas Lights &amp; Song</b>	<b>Price \$128</b>	<b>December 4, 2024</b>

### LONG TRIPS —

**Caribbean Cruise from NYC! Escape the Cold in 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.**

**Price starting at:  
\$1,699**

**Feb. 23-March 7,  
2025**

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

**DERBY SENIOR CENTER  
ELECTION OF BOARD AND OFFICERS**

**JULY 25, 2024  
VOTING 10:00 AM  
AT THE MEMBERSHIP MEETING BRUNCH**

**CANDIDATES**

MARYJO CHEVARELLA	PRESIDENT
MARC GAROFALO	VICE PRESIDENT
JANIS YAKIMOVICH	RECORDING SECRETARY
VACANT	FINANCIAL SECRETARY

**EXECUTIVE BOARD MEMBERS RUNNING FOR RE-ELECTION**

Members:	ELLEN AMODEO
	TONY BARSEVICH
	DEE BUKOWSKI
	LYNN CASINI
	ROBERT MATURO
	JANET MISIEWICZ
	DOLORES MOORE
	WALTER MORRIS
	CHARLOTTE RITTER
	VIRGINIA ROSSI
	ELAINE SELLING

THE FOLLOWING ARE HONORARY BOARD EMERITUS MEMBERS AND ARE SHOWN FOR INFORMATIONAL PURPOSES ONLY.

SANDRA BUSH  
HOWARD JACK

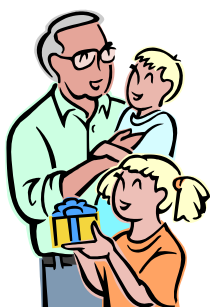
**ATTENTION: If you would like to run for the Board or would like to nominate someone else, please let us know so that we can add the name to the ballot. Thank you.**



# JUNE 2024 - SENIOR COMMUNITY CAFE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b> 3 oz Meatloaf w/ Gravy ½ c Whipped Potatoes ½ c Green Beans 1 sl Rye Bread 4 oz Fruit Juice 1 Brownie	<b>5</b>	<b>6</b> 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	<b>7</b>
<b>10</b>	<b>11</b> 1 c American Chop Suey ½ c Green Peas ½ c Tuscany Vegetable Blend 1 sl Rye Bread ½ c Mandarin Oranges	<b>12</b>	<b>13 Special Lunch: Father's Day Lunch \$12.00</b> Pierogies, Kielbasa, & Sour Krout, Rye Bread, Applesauce, Beverage & Dessert <b>Entertainment: "Elvis" Impersonator</b>	<b>14</b>
<b>17</b>	<b>18</b> 6 oz Vegetable Soup w/ Crackers 1 c Macaroni & Cheese ½ c Cauliflower 1 Italian Bread ½ c Applesauce	<b>19</b>	<b>20</b> 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	<b>21</b>
<b>24</b>	<b>25</b> 3 oz Taco Meat ½ c Spanish Rice ½ c Lettuce & Tomato 1 pkt Sour Cream 1 Flour Tortilla ½ c Pineapple	<b>26</b>	<b>27</b> 6 oz Cream of Broccoli Soup w/ Crackers 3 oz Salisbury Steak w/ Gravy ½ c Zucchini 1 Dinner Roll ½ c Applesauce	<b>28</b>



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

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