

MAY 13, 1675

# 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

## July 2024



**Did you know?** July 1st is National Joke Day. By embracing humor and finding reasons to laugh, we can cultivate a healthier outlook and strengthen our relationships. Bring your mind and body into balance with a good laugh!

What do you call a parade of rabbits hopping backwards?  
A receding hare-line!



### 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

#### Please Note:

We will be closing on Thursday, July 3rd at 1:00pm to set up for an evening event.

We will be closed on July 4th in observance of



### POINTS OF INTEREST

- The **Elderly Commission meeting** will be held on the 1st Monday of every month at 3:00. **Next meeting 9/9/24.**
- 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.
- **Fried Dough & Fireworks Fundraiser**— The annual Derby-/Shelton Fireworks are scheduled for July 3rd with a rain date of July 5th. Starting at 6:00pm, we will be selling Fried Dough, (\$6.00), Soda, and Water (\$1.00), at our Elizabeth Street entrance. So, bring your friends and family, enjoy the Fireworks, and help support our center!

#### ATTENTION:

- We are having a complimentary **Membership Brunch on July 25th** to Vote on the

Nominees running for the Executive Board. The following members are running: President: MaryJo Chevarella, Vice President: Marc Garofalo, Treasurer: Brenda Bazyluk, 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. If you would like to nominate someone or run yourself, please call the center and let us know. The deadline is June 25th. Please be sure to come out and vote!

#### LOOKING AHEAD: (more info to follow in August Newsletter).

- On August 8th, we are having a **Grandparent / Child Ice Cream Social**. All are welcome to attend.
- We will be having a **Summer Cookout** on Thursday, August 15th.





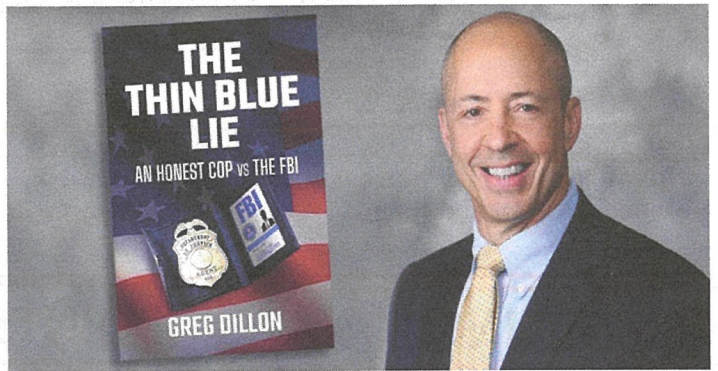
# WELCOME TO THE DERBY SENIOR CENTER

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

**Lunch & Learn—Author Meet & Greet—Thursday, July 11th**—Meet CT resident Greg Dillon, author of the nonfiction book, *The Thin Blue Lie: An Honest Cop vs the FBI*. After graduating first in his class from the police academy, he joined the Branford PD before becoming an FBI special agent in 1985. After working on the Criminal Reactive Squad in Alexandria, VA, then on the Violent Crime Squad in Washington, DC, he left to take a position in 1990 as an inspector in the Office of the Chief State’s Attorney in his home state of Connecticut. During his 30-plus year law enforcement career, the author received numerous commendations and awards at the local, state and federal level before retiring as a supervisory inspector in 2009. Come hear him speak about his book & experiences.

Signed books will be available for purchase if desired. —\$15 cash or \$15.95 check.

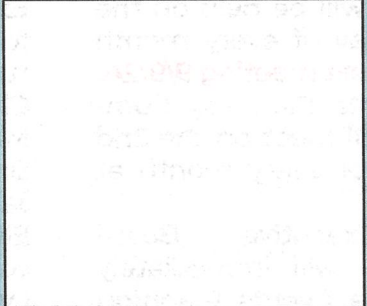


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**MONTHLY REMINDERS**

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, 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 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**

**Membership Meeting Breakfast**

**July 25th, 10:00am**

French Toast Sticks, Scrambled Eggs, Bacon, Sausage, Pastry, Fruit Cup, Coffee, Tea, Juice

**FREE**

Donations Accepted

**Lunch & Learn**

**Author Meet & Greet**

**Thursday, July 11th—12:30**

**FREE**

Join us in welcoming Greg Dillon and learning about his non-fiction book "The Thin Blue Lie: An Honest Cop vs. the FBI!"

Senior Café

Tuesdays & Thursdays at 11:45  
\$3.00

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

**DIRECTOR'S CORNER**

Dear friends,

Wow, I can not believe that we are half way through the year! You know the saying, "Time flies when you're having fun"! Well we certainly had a lot of fun events the first half of the year and are looking forward to many more!

This month, the Derby Shelton Fireworks are on July 3rd (rain date July 5th) and we have our annual "Fried Dough Fundraiser" at the Elizabeth Street entrance before (starting at 6:00pm) and during the fireworks while supplies last. It will be a fun time for all!

On July 11th, we have a free Lunch and Learn. Author Greg Dillon will be here to discuss his non-fiction book, "The Thin Blue Lie: An Honest Cop vs. the FBI"! A former FBI agent will share his FBI misconduct whistleblower story. Signed books will be

available for purchase if desired. —\$15 cash or \$15.95 check.

We have a special Bingo on July 23rd sponsored by Compassion Home Care.

Our free Membership Breakfast is on July 25th at 10:00am. 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 by June 25th 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 front page. We hope to see many of you for this important vote!

I look forward to seeing you soon!

*Best Regards, Dawn*

**ANNOUNCEMENTS**

**ATTENTION:**

**VAN DRIVER WANTED!** Do you, or someone you know, need some extra cash? Do you like to go to shows and take day trips? We are in need of a couple of drivers to drive our 12 passenger van for local trips. Must have good driving record. \$20 per hour, plus travel perks! Please contact Dawn Hebert at 203-736-1484 or email at dhebert@derbyct.gov for more information.

Movie Matinee—"Yesterday"— Thursday, July 18th—After a global blackout erases humanity's memory of the Beatles, a struggling musician performs the group's music and becomes a pop sensation. 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!

**ATTENTION: Special Events Meals must be signed up and paid for by the Friday prior to the meal. You may pay in the office or by mailing a check.**

Special Bingo—on Tuesday, July 23rd Compassion Home Care will be here to call Bingo. They will have extra prizes! To hand out.

Birthday BINGO—Tuesday, July 30th—1:00 - 3:00—Sponsored by Wesley Heights.

Medicare Counseling is available for those who have questions or are looking for information. Please call for an appointment.

Veteran's Services & Benefits Please contact us at to set up an appointment with our Veteran's Counselor.

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 3:00—ELDERLY COMMISSION MEETING-(On Hold for the Summer)</p>	<p>2</p> <p>10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo</p>  <p>1:00 Pool Billiards</p>	<p>3</p> <p>9:30 Gentle Yoga</p>  <p>11:45- Strength Training with Bobbi 1:30-4:00—Matter of Balance—Cancelled <b>CLOSING AT 1:00</b> <b>6:00PM-FRIED DOUGH &amp; FIREWORKS</b></p>	<p>4</p> <p><b>CLOSED</b></p> 	<p>5</p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class-(on hold for the summer)</p> <p><b>RAIN DATE—6:00PM-FRIED DOUGH &amp; FIREWORKS</b> (Closing at 1:00 if rescheduled from 7/3)</p>
<p>8</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>9</p> <p><b>9:00 EVENTS PLANNING COMMITTEE NEW TIME</b> <b>10:00 - EXECUTIVE BRD. MTG.</b> 10:00—Tai Chi—Qigong 11:45—Senior Café 12:30 Blood Pressure Checks 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>10</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 1:30-4:00—Matter of Balance</p> <p><b>Jimmy Buffet Tribute at The Log Cabin</b></p>	<p>11</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook &amp; Needle Grp <b>12:30-Lunch &amp; Learn—Author Meet &amp; Greet—Greg Dillon—The Thin Blue Lie</b> 1:00 CRAFT CLASS—Call to sign up.</p>	<p>12</p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class-(on hold for the summer) 1:30—Coffee Chat Social Call to sign up</p>
<p>15</p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming</p> 	<p>16</p> <p>10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p> 	<p>17</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 1:30-4:00—Matter of Balance (Last Class)</p> <p><b>Lobster &amp; A Great Show -Jimmy Russo</b></p>	<p>18</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) 1:00 CRAFT CLASS—Call to sign up. <b>1:00—Monthly Movie Matinee “Yesterday” call to sign up</b></p>	<p>19</p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class</p> <p><b>Island Hopping-Nantucket/Martha's Vineyard July 19-21</b></p>
<p>22</p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming</p>	<p>23</p> <p>10:00—Tai Chi —Qigong</p>  <p>11:45—Senior Café <b>1:00-3:00 Special Bingo—sponsored by Compassion Home Care with extra prizes.</b> 1:00 Pool Billiards</p>	<p>24</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports &amp; More 1:00—Decorating Club (Set up for Brunch)</p>	<p>25</p> <p>9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up <b>10:00AM-Membership Meeting Brunch</b> 10:00 Hook &amp; Needle Grp 1:00 CRAFT CLASS—Call to sign up.</p>	<p>26</p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
<p>29</p> <p>10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00-Cardio Drumming</p>	<p>30</p> <p>10:00—Tai Chi—Qigong 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>31</p> <p>9:30 Gentle Yoga 11:45- Strength Training with Bobbi 1:00—Wii Sports &amp; More</p>	<p><b>MONDAY—FRIDAY 9:00-3:30 Self-Led CORN HOLE</b> <b>Ping Pong</b> <b>Pool Billiards</b> <b>Darts</b> <b>Open Exercise</b></p>	<p><b>CORN HOLE IS BACK!</b> Call if you'd like to play!</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*

<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>Christmas Lights &amp; Song</b>	<b>Price \$128</b>	<b>December 4, 2024</b>
<b>"Deck the Halls" w/Buddy Holly &amp; Elvis</b>	<b>Price \$129</b>	<b>December 11, 2024</b>

### LONG TRIPS —

**Caribbean Cruise from NYC! Escape the Cold in 2025! Price starting at: Feb. 23-March 7, 2025**  
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# JULY 2024 - SENIOR COMMUNITY CAFE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b> 1 Smothered Chicken Thigh ½ c Brown Rice ½ c Broccoli 1 sl Rye Bread 4 oz Fruit Juice 1 sl Pound Cake	<b>3</b>	<b>4</b>  <b>Office Closed</b>	<b>5</b>
<b>8</b>	<b>9</b> 1 Potato Crusted Pollock ½ c Oven Roasted Potatoes ½ c Cucumber Salad 1 pkt Tartar Sauce 1 sl White Bread ½ c Diced Peaches	<b>10</b>	<b>11</b> 3 oz Apricot Mustard Pork ½ c Whipped Potatoes ½ c Brussel Sprouts 1 sl Wheat Bread 4 oz Fruit Juice 1 Oatmeal Raisin Cookie	<b>12</b>
<b>15</b>	<b>16</b> ¾ c Chicken Stir Fry ½ c Brown Rice ½ c Green Beans 1 sl Rye Bread ½ c Applesauce	<b>17</b>	<b>18</b> 1 Bourbon Chicken Thigh ½ c Cheesy Whipped Potatoes ½ c Broccoli 1 Dinner Roll 4 oz Fruit Juice 1 Choc. Chip Cookie	<b>19</b>
<b>22</b>	<b>23</b> 8 Cheese Ravioli w/ Pesto Cream Sauce ½ c Tossed Salad w/ 1 pkt Ranch Dressing ½ c Cauliflower 1 Dinner Roll ½ c Applesauce	<b>24</b>	<b>25</b> Greek Chicken Salad (Mixed Greens, Tomatoes, Olives, Feta Cheese, Chicken) 1 pkt Italian Dressing ½ c Garbanzo Bean Salad 1 sl Italian Bread 1 Fresh Fruit	<b>26</b>
<b>29</b>	<b>30</b> 3 oz Sesame Beef ½ c Brown Rice ½ c Asian Vegetable Blend 1 Dinner Roll ½ c Mandarin Oranges	<b>31</b>		



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

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



# Alice Pokladowski is Celebrating her 100<sup>th</sup> Birthday!



Alice's daughter, Andrea Pokladowski, kindly wishes to invite members from the Senior Center to stop by CWV for an Open-House Celebration.  
A light buffet and drinks will be served.

**WHEN: SATURDAY, JULY 13, 2024**

**WHERE: Catholic War Veterans St. Michael's Post  
112 Derby Avenue  
Derby, CT 06418**

**TIME: 4-7 PM**

Please, no gifts.

**Kindly RSVP to Andrea Pokladowski (call or text) at 617-680-8413 or email [andreapokladowski@mac.com](mailto:andreapokladowski@mac.com)**

If you are unable to join us, you may wish to send your congratulations to  
Alice Pokladowski  
70 Bank Street  
Derby, CT 06418.

We hope to see you there!  
Andrea, Felicia, Jacqueline, and Andrew



**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
LYNN CASINI	VICE PRESIDENT
JANIS YAKIMOVICH	RECORDING SECRETARY
BRENDA BAZYLUK	FINANCIAL SECRETARY

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

Members:	ELLEN AMODEO
	TONY BARSEVICH
	DEE BUKOWSKI
	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.**