



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

August 2024



Did you know? National Watermelon Day is on August 3, recognizing the refreshing summertime treat enjoyed at picnics and fairs! Since watermelon is 92% water, it is very satisfying in the summer heat.

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:

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

* There will be no Strength Training on 8/26 and 8/28 .

* There will be no Senior Café on 8/13 and 8/20.

POINTS OF INTEREST

- The **Elderly Commission meeting** is held on the 1st Monday of every month at 3:00. It is on hold for the summer— **Next meeting 9/9/24.**
- **Events Planning Committee** is on the 2nd Tuesday of every month at **9:00am.**
- The **Executive Board Meeting** is the 2nd Tuesday of the month immediately after 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:** There are many opportunities available here at the center. Please let us know if anything is of

interest to you. Your help is greatly appreciated.

ATTENTON:

- **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 the center at 203-736-1484 or email me at dhebert@derbyct.gov for more information.

LOOKING AHEAD: (more info to follow in the September Newsletter sign-ups).

- **Labor Day Hot Dog Bingo**—Tuesday, September 3rd.
- **Vet Care Everywhere—Pet Health & Wellness Clinic—September 20th 10:00am—1:00pm**
- **Apple Fest Luncheon**—Thursday, September 26th



WELCOME TO THE DERBY SENIOR CENTER

The Center's 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

DIABETES SELF MANAGEMENT PROGRAM—
Mondays at 2:00pm starting 7/22. Join Dr. Dana Wade for this informative evidence-based class and a free one-on-one session with a Diabetes Educator. Learn how to thrive with diabetes through a healthy lifestyle (nutrition, physical activity). Prevent diabetes complications (stroke, heart attack), get help with finding resources (housing, bills, food, transportation, medical care, employment, and more), and general support. Call to sign up.

BirthDay BINGO—Tuesday, August 27th—1:00 - 3:00
 Sponsored by Lord Chamberlain.

Lunch & Learn Nutrition Class—Memory and Brain

Health—Thursday, August 22nd—11:30am
NEW CLASS—Line Dancing for Beginners—Did you know that line dancing equals one and a half miles of walking? Or that dancing improves your balance as much as a class devoted to balance? And that learning new dance routines is a great way to sharpen your memory? Join us on Tuesdays at 10:00am for this fun, interactive class.

Lunch & Learn--Next Step Senior Living Advisors—
 Thursday, August 1st—12:00pm. Come learn about the various senior living options available and the pros and cons of each.

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



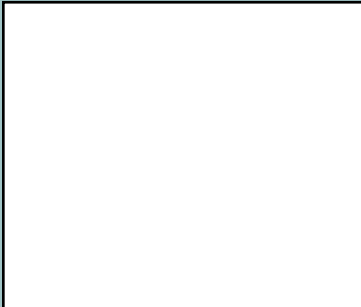
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MONTHLY REMINDERS

[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-residents \$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 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,

Wow, what a great turnout we had for our 4th of July Fried Dough Fundraiser! It was a huge success!

I'd like to express my deepest gratitude to Town Clerk Marc Garofalo and his team, Grace & Dennis Sojka from Mattei's, Ed & Jodi Sheehy from Adzima Funeral Home, Tom Glover from Glover Construction, Randy Ritter & Mark Ewing from Troop 3 Boy Scouts and Pack 3 Cub Scouts along with Jeremiah Charles, Eagle Scout, Troop 3, Jennifer Moffet, Athletic Director, DHS, Donna Carloni & Maria Donofrio from Sons and Daughters of Italy-Valley Regional Lodge #151, Alderman George Kurtyka, Jen Desroche, Tax Board & Elderly Commission, Shirley Miani, Finance Committee, Pat Librandi, City of Derby, and Tommy Lionetti, Registrar of Voters for all their hard work! Also special thanks to our staff and member volunteers, Aldo, Olga (and spouse Buddy), Ellen Amodeo, Barbara Badela, Diane

Rivers, Raphaline Voccia, Roberta Getlein, Laura Schultz, Charlotte Ritter, Janet Misiewicz and Walter Morris. I am truly blessed to have so many volunteers who dedicate their time for various activities at the center! Thank you!

This month we have a lot of events for you to enjoy. There is a Lunch and Learn on August 1st, Next Step Senior Living Advisors will be here to talk about senior living options. On August 8th we are having a Grandparent's/ Grandchildren's Ice Cream Social. August 15th is our Summer Cookout. August 22nd we have a nutrition class on "Memory and Health" at 12:00 and our monthly movie matinee, "Just Getting Started" at 1:00. This month we have a new Line Dancing Class starting on Tuesdays, and we have an 8-week Diabetes Self-Management Class on Mondays. I hope you can join us for some of these events as they are sure to please! Warmly, Dawn

MEALS / EVENTS

[Grandparent's / Grandchildren Ice Cream Social](#)

[August 8th—1:00pm](#)

Make your own Sundaes, learn how to make balloon animals, and watch a Magic Show!
Adults-\$5.00—Children FREE

[Summer Cookout](#)

[August 15th—1:00pm](#)

Hot dogs, Hamburgers,
Potato and Pasta Salads,
Baked Beans, Beverages
and Ice Cream
\$12.00

[Lunch & Learn Nutrition Class](#)

[Memory & Brain Health](#)

[August 22nd—12:00pm](#)

FREE (Donations Accepted)
See TEAM insert for menu

*****Please note: Meals/Events must be signed up for by the Thursday before for an accurate count*****

ANNOUNCEMENTS

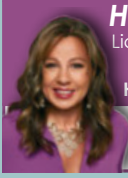
[Movie Matinee](#)—Thursday, [August 22—1:00pm](#)—[Just Getting Started](#)--Morgan Freeman stars as DUKE DIVER, the freewheeling manager of the luxury Palm Springs resort, the Villa Capri. DIVER may have a mysterious past, but he's a pro at making sure that life for the high-spirited residents is one big, non-stop party. But the status quo is challenged when ex-military charmer LEO (Tommy Lee Jones) checks in, triggering a competition between Duke and Leo for the top spot of Alpha male, as well as for the affections of the newly-arrived SUZIE (Rene Russo). When Duke's past suddenly catches up with him, the rivals put aside their differences and the two men reluctantly team up to stop whoever is trying to kill Duke, and also save the Villa Capri.

[Grandparent's / Grandchildren ICE CREAM SOCIAL](#) —Thursday, [August 8th—1:00pm](#).

Come one, come all, with kids or without and enjoy making your own Sundaes at our ice cream bar. We will be entertained by Gene's Magic Show and lessons will be given on how to make balloon animals for the children. \$5.00 for adults and children are free. Kids will receive gifts from our very own knitting group.

[Pet Health & Wellness Clinic](#)—[September 20th 10:00am—1:00pm](#)—[Vet Care Everywhere](#) will be here to offer wellness checks, rabies vaccines, distemper vaccines, basic deworming and heartworm testing (dogs only). \$60.00 for qualifying seniors. \$100 all others. More info to follow in the September Newsletter.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MONDAY—FRIDAY 9:00-3:30 Self-Led CORN HOLE Ping Pong Pool Billiards Darts Open Exercise</p>	<p>CORN HOLE IS BACK! Call if you'd like to play</p> 		<p>1 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Lunch & Learn- Senior Living 1:00 CRAFT CLASS—Call to sign up.</p>	<p>2 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class-(on hold for the summer)</p>
<p>5 10:00 Chair Yoga 11:45– Strength Training with Bobbi 2:00—Diabetes Management Class 3:00—ELDERLY COMMISSION MEETING- (On Hold for the Summer)</p>	<p>6 10:00—NEW— Line Dancing</p>  <p>11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>7 9:30 Gentle Yoga</p>  <p>11:45– Strength Training with Bobbi</p>	<p>8 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—Call to sign up.</p> <p>1:00 Grandparent's / Grandchildren ICE CREAM SOCIAL</p>	<p>9 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>12 10:00 Chair Yoga 10:00-12:00 Haircuts by Donna 11:45– Strength Training with Bobbi 1:00-Cardio Drumming 2:00—Diabetes Management Class</p>	<p>13 9:00 EVENTS PLANNING COMMITTEE NEW TIME 10:00 - EXECUTIVE BRD. MTG. 10:00—NEW— Line Dancing 11:45—Senior Café— CANCELLED 12:30 Blood Pressure Checks 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>14 9:30 Gentle Yoga 11:45– Strength Training with Bobbi</p> <p>1:00—Decorating Club (Set up for Brunch)</p>	<p>15 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:30 Reiki (by appt)</p> <p>12:00 COOKOUT</p> <p>1:00 CRAFT CLASS—Call to sign up.</p>	<p>16 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
<p>19 10:00 Chair Yoga 11:45– Strength Training with Bobbi 1:00-Cardio Drumming 2:00—Diabetes Management Class</p> <p>Holiday Hill Senior Picnic</p>	<p>20 10:00—NEW— Line Dancing 11:45—Senior Café— CANCELLED 1:00-3:00 Bingo</p>  <p>1:00 Pool Billiards</p>	<p>21 9:30 Gentle Yoga 11:45– Strength Training with Bobbi 1:00—Wii Sports & More</p> <p>“Sail On” Beach Boys Tribute</p>	<p>22 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 11:45—Senior Café 12:00 Nutrition Class— Memory & Brain Health 1:00—Monthly Movie Matinee—“Just Getting Started” 1:00 CRAFT CLASS—Call to sign up.</p>	<p>23 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
<p>26 10:00 Chair Yoga 11:45– Strength Training with Bobbi—CANCELLED</p> <p>1:00-Cardio Drumming 2:00—Diabetes Management Class</p>	<p>27 10:00—NEW— Line Dancing 11:45—Senior Café 1:00-3:00 Birthday Bingo 1:00 Pool Billiards</p> 	<p>28 9:30 Gentle Yoga 11:45– Strength Training with Bobbi—CANCELLED 1:00—Wii Sports & More</p> <p>Captain's Cove</p>	<p>29 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 1:00 CRAFT CLASS—Call to sign up.</p>	<p>30 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</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

Holiday Hill-Senior Picnic	Price \$45	August 19, 2021
Sail On-Beach Boys Tribute at Aqua Turf	Price: \$124	August 21, 2024
Captain's Cove—Transportation Only-Valley Transit	On your own for meal	August 28, 2024
Atlantic City-Tropicana-Elton John/Cher shows- \$50 slot bonus-\$50 meal vouchers	Price \$329 dbl \$429 single \$309 triple	October 15-17, 2024
A Taste of Italian NY—Carmines & Arthur Avenue	\$139	November 2, 2024
Glen Campbell-La Bella Vista, Waterbury—Drive on Own	Price \$94	November 12, 2024
Christmas Lights & Song	Price \$128	December 4, 2024
“Deck the Halls” w/Buddy Holly & Elvis	Price \$129	December 11, 2024

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**Feb. 23-March 7,
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Address: 293 Main Street Derby, CT **Phone:** (203) 736-1484 **Email:** derbyctseniorcenter@gmail.com **Fax:** (203) 736-1486

FREE DIABETES SELF-MANAGEMENT PROGRAM

at Derby Senior Center



Above age 60 and have diabetes or pre-diabetes? You are eligible to join evidence-based 7-weeks long diabetes self-management program **at-no-cost.**

Program Benefits:

- Information on Nutrition & Wellness
- Learn how to thrive with diabetes
- Prevent diabetes complications (stroke & heart attack)
- Get help with finding resources (housing, bills, food, transportation, medical care, employment, and more)
- Make friends & get support



**STARTS ON:
MONDAY,
AUGUST 5TH
2:00 PM - 3:00 PM**

*AND WILL CONTINUE
FOR 6 ADDITIONAL
WEEKS*

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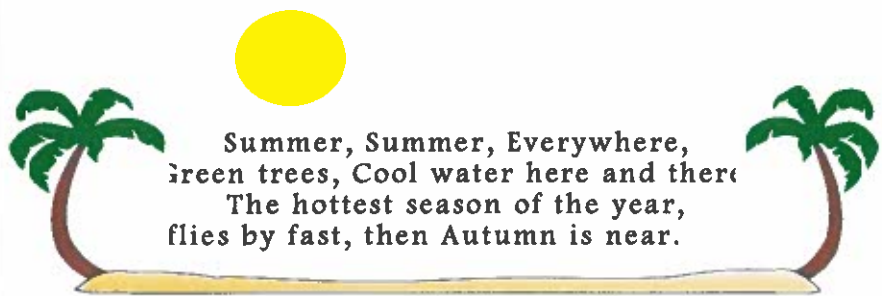


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AUGUST 2024 - SENIOR COMMUNITY CAFE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Summer, Summer, Everywhere, Green trees, Cool water here and there The hottest season of the year, flies by fast, then Autumn is near.</p>			1 1½ c Taco Salad (Lettuce, Tomato, Ground Beef, Cheese) ½ c Black Bean & Corn Salad 2 pkt Ranch Dressing 1 oz Tortilla Chips 4 oz Fruit Juice 1 Chocolate Chip Cookie	2
5	6 1 Smothered Chicken Thigh ½ c Brown Rice ½ c Broccoli 1 sl Rye Bread 4 oz Fruit Juice 1 sl Pound Cake	7	8 6 oz Split Pea Soup w/ Saltine Crackers 1½ c Chef Salad (Lettuce, Tomatoes, Carrots, Ham, Egg, Cheese) 2 pkt Ranch Dressing 1 Dinner Roll ½ c Mandarin Oranges	9
12	13 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	14	15 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	16
19	20 ¾ c Chicken Stir Fry ½ c Brown Rice ½ c Green Beans 1 sl Rye Bread ½ c Applesauce	21	22 1 Bourbon Chicken Thigh ½ c Cheesy Whipped Potatoes ½ c Broccoli 1 Dinner Roll 4 oz Fruit Juice 1 Choc. Chip Cookie	23
26	27 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	28	29 Special Lunch: 1 Grilled Hamburger ½ c Potato Salad ½ c Lettuce, Tomato, Onion 1 sl American Cheese 1 Wheat Hamburger Bun 4 oz Fruit Juice 1 Oatmeal Cookie	30



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

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