



# 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)

## September 2024

# LABOR Day

**Did you know?** The Labor Day holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.

### 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)

We will be closed on Monday, September 2nd in observance of Labor Day.



\* There will be no Cardio Drumming on 9/9 and 9/23/24.

### POINTS OF INTEREST

- The **Elderly Commission Meeting** is held on the 1st Monday of every month at 3:00.
  - The **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:** As you know, Elizabeth Street is under construction. This is a very fluid situation and may require us to close on certain days for everyone's safety. Please call the center to check on activities/events beforehand. Thank you for your understanding.
- LOOKING AHEAD:** (more info to follow in the October Newsletter). Please refrain from signing up until you receive the newsletter.
- **Medicare 101**— come join independent broker, Chris DeMaio from DeMaio Insurance to learn about the latest plans to help you make an informed decision when choosing a new plan. Thursday, October 3rd.
  - **Halloween Pizza Party**— Thursday, October 31st.



# 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

The City of Derby is using a [CodeRed](https://public.coderedweb.com/CNE/en-US/BF851D058F43) notification system to give community updates to its citizens and businesses. We invite you to sign up for alerts in a manner that best serves you. Alerts can be by telephone, text, email, or by phone. Sign up at <https://public.coderedweb.com/CNE/en-US/BF851D058F43> or call us for assistance.

**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.

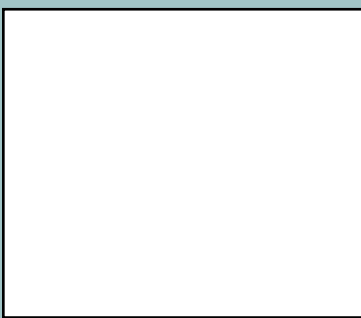
### End of Summer Concert Series-Fridays 6:30-8:30

**FREE ADMISSION**

Date	Band	Type
September 6-	Chris Coogan	Jazz Quintet
September 13-	The Alehounds	Celtic Folk & Rock
September 20-	The Bernadettes	R&B, Funk, & Soul
September 27-	Larry Ayce Band	Country

**Movie Matinee**—The Holdovers-A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

**HANCOCK PHARMACY**  
 Pharmacist Owned & Operated For Over 50 Years  
 Come In & See The Difference!  
 • Flu & Covid Vaccines Available  
 • Blister Packing  
 • Medical Supplies  
 • Cheapest Prices in the Valley  
 FREE Delivery to accommodate your prescription needs  
 We Accept All Major Insurances, Medicare Part B and D for Prescriptions and Medicaid  
 95 Wakelee Ave, Ansonia | 203-734-8900  
[www.hancockpharmacy6.com](http://www.hancockpharmacy6.com)



**SUPPORT OUR ADVERTISERS!**

**Lord Chamberlain**  
 Nursing and Rehabilitation Center  
 7003 Main St,  
 Stratford, CT 06614  
**OPEN 24 HOURS**  
**(203) 375-5894**  
 Admissions  
[www.lordchamberlain.net](http://www.lordchamberlain.net)

**LET'S GROW YOUR BUSINESS**  
 Advertise in our Newsletter!

**CONTACT ME**  
**Bill Humphreys**

[bhumphreys@lpicommunities.com](mailto:bhumphreys@lpicommunities.com)  
**(800) 477-4574 x6634**

**Place Your Ad Here and Support our Community!**  
 Instantly create and purchase an ad with

**AD CREATOR STUDIO**

[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**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**

Hello friends,

As I write this, the sidewalk on Elizabeth Street is being completed. I appreciate your understanding and patience as we have had to make adjustments accordingly for the safety of our members. I hope that by the time you read this newsletter, we will be fully functioning again because we have many exciting events coming up.

Our Summer cookout is rescheduled for Thursday, September 5th. The Hot Dog Bingo for that week will take place at a later date. UR Community Cares will be here on September 12th for a “Blind/Vision Impairment” Lunch and Learn. We have a new Mocktail Sip & Share social gathering sponsored by WholePerson Therapeutics on Wednesday, September 18th. Vet

Care Everywhere will be here on Friday, September 20th to offer discounted services to seniors and veterans for their pet’s wellness checks, vaccinations, deworming, and heartworm testing (dogs only). Other services will be available for an additional charge. Please see the flyer for further details. There will also be a delicious Apple Fest on September 26th.

**Please note, you should have received a Derby “Code Red” call, text, and/or email alert regarding our closure. If you did not, or if you wish to add your email to the list, please call the center and let us know so that we can update our records. This will alleviate us from having to make numerous calls to our members when an unexpected closure or change in scheduling occurs. Thank you!**

*Best Regards, Dawn*

**MEALS / EVENTS**

**Summer Cookout**  
September 5th —12:00pm  
Hot dogs, Hamburgers,  
Potato and Pasta Salads,  
Baked Beans, Beverage  
and Ice Cream  
\$12.00

**Lunch & Learn**  
**Blind/Vision Impaired Presentation**  
September 12th—12:00pm  
FREE (Donations Accepted)  
See TEAM insert for menu

**Apple Fest Luncheon**  
September 26th—12:00pm  
Pork Roast, Scalloped Potatoes,  
Vegies, Apple Crumb Cake,  
Beverage  
\$12.00

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

**Senior Café**  
Tuesdays & Thursdays at 11:45  
\$3.00

**ANNOUNCEMENTS**

**Mocktail Sip & Share—Wednesday, September 18—1:00**—sponsored by WholePerson Therapeutics—Join us and share your unique values, philosophy, and opinions with others in a judgement free zone. Enjoy a social gathering with mocktails, snacks, and topical discussions. Your views help open the minds of others. Sign up early as there is a 10-person limit.

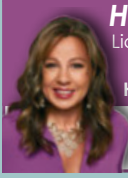
**Lunch & Learn--Blind/Low-Vision Directory Program—September 12th—12:00pm**—Sponsored by URCommunity Cares —This is a Free program for older and disabled individuals who need assistive technology or are struggling to find vision resources.

**Birthday BINGO-September 29th 1:00 - 3:00** Sponsored by “A Better Life Homecare”.

**Pet Health & Wellness Clinic—September 20th— 10:00-1:00pm**  
**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. Pre-registration required [vetcareeverywhere.org/](http://vetcareeverywhere.org/) community-events. If you need assistance registering, please call the center and we will help.

**Movie Matinee—“The Holdovers”-** A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War. **September 19th.**

**Need Help with  
your Medicare Coverage?**  
Medicare Advantage  
Supplemental • Part D  
*Trusted, Local Support*



**Heather Hefferon**  
Licensed Insurance Agent  
Tel: 203-793-6004  
Hefferonins@gmail.com

Medicare coverage  
is my specialty!!

**ADT-Monitored  
Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

Empower. Restore. Thrive.  
**WholePerson  
THERAPEUTICS**



BARBARA BELICIA,  
MOT OTRL

COMPREHENSIVE PHYSICAL REHABILITATION

CONDITIONS TREATED

- Bursitis
- Frozen Shoulder
- Arthritis
- Scar Tissue
- Sciatica
- Tendonitis
- Sprains and Strains
- Chronic Pain

THERAPY SERVICES

- Balance
- Core Health
- Mobility
- Independent Living
- Pain
- Urinary Incontinence
- Physical Rehabilitation

**Call Now: (203) 636-0065**

1000 Bridgeport Avenue, Suite 306  
Shelton, CT 06484

www.WPTCares.com

**MOST INSURANCE ACCEPTED**



**Need Help Managing Your Meds?**

Eliminate the need to create your own pill box.  
Detachable blister packing to take on the go.  
Accepts most insurances.

Convenient "walk-in" for all immunizations  
**MEDICAL SUPPLIES • MEDICATION MANAGEMENT**  
**FREE HOME DELIVERY**  
**PET MEDS • FREE DELIVERY**

*"A Commitment to Community"*

**www.valleypharmacyct.com**

valleypharmacyct@gmail.com • 203-734-9455

MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM  
**74 PERSHING DRIVE, DERBY, CT 06418**



**SERVICES FOR OLDER ADULTS  
IN THE VALLEY**

Meals on Wheels - Congregate Meals -  
Medical Transportation - Incontinence  
Products - Homemaking - Volunteer  
Caregivers - Medicare Applications -  
Housing & Food Help AND MORE!

**Call  
(203) 736-5420**  
ext. 4225 or 4226  
to sign up!

TEAM is here to help  
you & your family  
~at no cost~

www.teaminc.org

**SUPPORT OUR ADVERTISERS!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>CLOSED FOR LABOR DAY</b></p> 	<p>3</p> <p>10:00—Line Dancing</p>  <p>11:45—Senior Café- 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>4</p> <p>9:30 Gentle Yoga</p>  <p>11:45— Strength Training with Bobbi 1:00—Decorating Club (Set up for Luncheon)</p>	<p>5</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) 12:00-Summer Cookout 1:00 CRAFT CLAS 1:00 Pool Lessons with Fred call to sign up</p>	<p>6</p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class</p>  <p>6:30—8:30— FREE— Concert on the Green</p>
<p>9</p> <p>10:00 Chair Yoga 10:00-12:00 Haircuts by Donna 11:45— Strength Training with Bobbi 1:00-Cardio Drumming- <b>Cancelled</b></p> <p>3:00 Elderly Commission Meeting</p>	<p>10</p> <p>9:00 EVENTS PLANNING COMMITTEE 10:00 - EXECUTIVE BRD. MTG.</p> <p>10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>11</p> <p>9:30 Gentle Yoga 11:45— Strength Training with Bobbi</p> 	<p>12</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) 12:00 Lunch &amp; Learn-Blind/Vision Impaired 1:00 CRAFT CLASS—Call to sign up. 1:00 Pool Lessons with Fred call to sign up</p>	<p>13</p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p> <p>6:30—8:30— FREE— Concert on the Green</p>
<p>16</p> <p>10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming</p> 	<p>17</p> <p>10:00—Line Dancing 11:45—Senior Café— 12:30 Blood Pressure Checks 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>18</p> <p>9:30 Gentle Yoga 11:45— Strength Training with Bobbi</p> <p>1:00—Mocktail Sip &amp; Share</p> 	<p>19</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) 11:45—Senior Café 1:00 CRAFT CLASS—Call to sign up. 1:00—Monthly Movie Matinee 1:00 Pool Lessons with Fred call to sign up</p>	<p>20</p> <p>10:00-1:00— Vet Care Everywhere— Pet Health &amp; Wellness Clinic 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up 6:30—8:30— FREE— Concert on the Green</p>
<p>23</p> <p>10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming- <b>Cancelled</b></p>	<p>24</p> <p>10:00—Line Dancing 11:45—Senior Café— 1:00-3:00 Birthday Bingo “A Better Life Homecare”</p>  <p>1:00 Pool Billiards</p>	<p>25</p> <p>9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:00—Decorating Club (Set up for Luncheon)</p>	<p>26</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 12:00—Apple Fest Luncheon—\$12:00 1:00 CRAFT CLASS 1:00 Pool Lessons with Fred call to sign up</p>	<p>27</p> <p>10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p> <p>6:30—8:30— FREE— Concert on the Green</p>
<p>30</p> <p>10:00 Chair Yoga 11:45— Strength Training with Bobbi</p> <p>1:00-Cardio Drumming</p>		 <p>CORN HOLE IS AVAILABLE! Call if you'd like to play</p>	 <p>Pool Lessons Available . (see above)</p>	<p>MONDAY—FRIDAY 9:00-3:30 Self-Led <b>CORN HOLE</b> Ping Pong Pool Billiards Darts Open Exercise</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 for pick up*

Swinging Summer-Dean Martin Tribute-Amarantes	Price \$110	September 11, 2024
“I Love You, You’re Perfect, Now Change”-Center Stage, Shelton-drive on own	Price based on group size Call for details	September 27, 2024
A Sweet Ride Aboard the Naugy Scenic Train	\$130.00	October 4, 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- <b>SOLD OUT</b>	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
<b>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</b>	<b>Price starting at: \$1,699</b>	<b>Feb. 23-March 7, 2025</b>

**\*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



# HEALTH & WELLNESS CLINIC

**LOW COST!**



**Sept  
20<sup>th</sup>**

**10AM - 1PM**  
Derby Senior Center  
293 Main Street  
Derby, CT 06418

Register by Sept 13th  
to Reserve Your Spot  
(Limited to 30)

(Cash/Check Only)

## **PRE-REGISTRATION REQUIRED**

\$60 per pet for qualifying  
Seniors and Veterans  
\$100 per pet for all others

Register **Online** at:  
[vetcareeverywhere.org/  
community-events](http://vetcareeverywhere.org/community-events)

**Or Call: 203-736-1484**



### **ATTENTION -**

- All cats must be in carrier and all dogs must be leashed
- No litters of puppies or kittens
- Prior proof of rabies required for 3 year rabies certificate

### **\* INCLUDED SERVICES:**

- + Wellness check
- + Rabies vaccines
- + Distemper vaccine
- + Basic deworming
- + Heartworm testing (dogs only)

\* Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee





## MOCKTAIL SIP & SHARE

Join us share your unique values, philosophy, and opinions with others in a judgement free zone. Enjoy a social gathering with mocktails, snacks and topical discussions. Your views help open the mind of others.

**SPONSOR**

Empower. Restore. Thrive.  
**WholePerson**  
THERAPEUTICS



**Wednesday**  
**September 18, 2024**  
**1:00 p.m.**



**LOCATION:** **Derby Senior Center**  
**293 Main Street, Derby, CT 06418**

**NEW TOPIC EACH SESSION**



# City of Derby - 2024 End of Summer Concert Series on the Derby Green

Hosted by Town Clerk Marc J. Garofalo and the Derby Cultural Commission

## TUESDAY

7:00 pm to 9:00 pm

<u>Date</u>	<u>Band</u>	<u>Type</u>
August 6	Tony Susi	6 decades of Top 40 hits
August 13	Shameless	Rock and Roll
August 20	Silver Steel	Steel Drum Band
August 27	The Barons	60s Motown and R & B

## FRIDAY

6:30 pm to 8:30 pm

<u>Date</u>	<u>Band</u>	<u>Type</u>
September 6	Chris Coogan	Jazz Quintet
September 13	The Alehounds	Celtic Folk and Rock
September 20	The Bernadettes	R&B, Funk, & Soul
September 27	Larry Ayce Band	Country
October 4	Old School	Classic Rock and Roll

**FREE ADMISSION**

*Rain Dates are Wednesday in August Only*

For more information on the Derby concerts call - (203) 736-1462 Extension 0  
Or

[www.derbyct.gov](http://www.derbyct.gov) or [Facebook – Derby Town Clerk Marc J. Garofalo](#)  
[Facebook – The Derby Cultural Commission](#) or [Facebook – City of Derby](#)



# SEPTEMBER 2024 - SENIOR COMMUNITY CAFE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>OFFICE CLOSED</b>	<b>3</b> 3 oz Sesame Beef ½ c Brown Rice ½ c Asian Vegetable Blend 1 Dinner Roll ½ c Mandarin Oranges	<b>4</b>	<b>5</b> <b>Summer Cookout</b> \$12.00 Hamburgers Hot Dogs Potatoe Salad Pasta Salad Baked Beans Beverage Ice Cream	<b>6</b>
<b>9</b>	<b>10</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>11</b>	<b>12 Lunch &amp; Learn</b> 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 ½c Mandarin Oranges	<b>13</b>
<b>16</b>	<b>17</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>18</b>	<b>19</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>20</b>
<b>23</b>	<b>24</b> ¾ c Chicken Stir Fry ½ c Brown Rice ½ c Green Beans 1 sl Rye Bread ½ c Applesauce	<b>25</b>	<b>26</b> <b>Apple Fest Luncheon</b> Pork Roast Scalloped Potatoes Veggies Beverage Apple Crumb Cake	<b>27</b>
<b>30</b>	 <p> <i>“By all these lovely tokens,                September days are here.                With the summer’s best of weather                and autumn’s best of cheer.”</i>                ~ Helen Hunt Jackson ~             </p> 			



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

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