



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

October 2024



Did you know? The Halloween holiday has its roots in the ancient Celtic festival of Samhain (a Gaelic word pronounced “SAH-win”). It is a pagan religious celebration to welcome the harvest at the end of summer, when people would light bonfires and wear costumes to ward off ghosts.

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

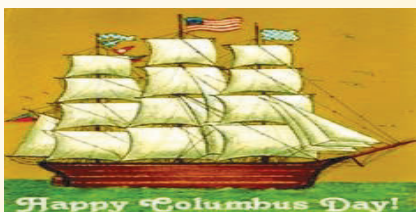
Assistant Director/

Kitchen Manager:

Olga Capristo, BSW

Email: ocapristo@derbyct.gov

We will be closed on Monday, October 14th in observance of Columbus Day.



POINTS OF INTEREST

- The **Elderly Commission meeting** is held on the 1st Monday of every month at 3:00.
- **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**—We have a trained CHOICES counselor available to assist you. Call the center to set up 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.
- **Medicare Open Enrollment** is October 15th—December 7th. This is the time of year that you can check the 2025 plans to ensure that they meet your medical and/or prescription needs. Join independent broker, Chris DeMaio from DeMaio Insurance for “**Medicare 101**” to learn about the latest plans to help you make an informed decision when choosing a new plan. **Thursday, October 3rd.**
- **LOOKING AHEAD:** (more info to follow in future Newsletters). **Events must be paid for in full within 5 days of signup.**
- **Veteran's Day Breakfast**—November 7th, at 10:30am \$8.00. Veterans are FREE. Sign-ups begin October 14th.
- **Thanksgiving Dinner**—November 21st, 12:00pm
- **Christmas Party**—catered by Twisted Vine—December 19th, 12:00pm



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** 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.

ATTENTION: Just a reminder, please do not come into the Center if you are experiencing any cold or flu symptoms or simply not feeling well. Please stay home and get better before returning! We have **Free Cloth Masks, and Free Covid Test Kits**—thanks to the Naugatuck Valley Health Department. Stop by the office while supplies last.

“Spook-Tacular Bites” Nutrition Demonstration—on October 23rd at 1:00—Join Nutritionist, Hallie Burke, for this informative talk about preparing delicious and healthy nutritious meals on a budget, some misconceptions about food, sodium—store bought vs homemade, and holiday considerations when planning meals.

Line Dancing for Beginners—Tuesdays at 10:00—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.

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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, is on the 2nd Tuesday of the month.

Please remember to sign into the building when you enter.
Thanks!

MEALS / EVENTS

Halloween Costume
Pizza Party
October 31st, 12:00pm
\$5.00
2 slices Pizza
Salad, Dessert, Beverage

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

Lunch & Learn
Prescription Discount Program
Thursday, October 10th, 12:00
FREE (Donations Accepted)
See TEAM insert for menu

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

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

DIRECTOR'S CORNER

Hello friends,

As we roll into fall, we are busier than ever! We have a lot of fun activities coming up, so be sure to check them out!

This month open enrollment starts; therefore, we have a Medicare 101 presentation on Thursday, October 3rd, to review upcoming changes in plans for 2025. On Friday, October 4th, SCSU Nursing students will be having a class on "Bone Health". This is their second class. The first is on Thursday, September 27, where they will talk about medication management. Please call if interested as this did not make it into September's newsletter. On October 10th, our State Comptroller, Sean Scanlon, will be here to discuss a discount prescription program. Come learn about Korean culture and make a Lotus Lantern on October 11th. We have a "Spook-Tacular

Bites" Nutrition Demonstration on October 23rd-Join Nutritionist, Hallie Burke, for this informative talk about preparing delicious and healthy nutritious meals on a budget, some misconceptions about food, sodium—store-bought vs homemade, and holiday considerations when planning meals. Keeping with the holiday spirit, we will be showing "Hocus Pocus" for our monthly movie on October 24th. On October 29th, come get your vaccines from Valley Pharmacy and NVHD. Then come to our Halloween Birthday Bingo! To celebrate Halloween this year we will hold a Costume Pizza Party on Thursday, October 31st. The categories are: Best Costume, Most Original, Scariest, and Funniest. The cost is \$5.00. Come join the fun! We look forward to seeing you soon!

Best Regards, Dawn

ANNOUNCEMENTS

Lotus Lantern Craft Workshop--
Friday, October 11th, 10:00am.
Supply charge \$6.00. The members of the Korean Spirit and Cultural Promotion Project will be on hand to help you make a lovely lotus flower lantern using colorful paper and wire frames while learning about Korean history and culture.

Movie Matinee "Hocus Pocus"—
Thursday, October 24th, 1:00pm.
A teenage boy named Max, and his little sister, move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.

Halloween Birthday BINGO—
October 29th — 1:00 - 3:00
Sponsored by "Wesley Heights".

**Wear Orange, Black, or Dress
Up to get a free ticket for a
special Raffle Prize!**

Lunch & Learn—Prescription
Drug Savings Program— CT Comptroller, Sean Scanlon, will be here on Thursday, October 10th, at 12:00 to talk about a Prescription Drug Discount Card, ArrayRxCard, that is available for FREE. It can be used at 98% of the pharmacies in the state to save up to 20% on name-brand drugs and up to 80% on generic drugs. It can be used in place of insurance, making it useful if you have a high deductible, are underinsured, or your plan does not cover a particular drug.

Vaccine Clinic—Tuesday, October
29th, 12:30-2:30. Valley Pharmacy and Naugatuck Valley Health Department will be here to provide Flu, Covid, RSV, Shingles, and Pneumonia Vaccines. See insert for further details.

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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>1 10:00—Line Dancing  11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>2 9:30 Gentle Yoga  11:45— Strength Training with Bobbi</p>	<p>3 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 1:00 Medicare 101 1:00 CRAFT CLAS 1:00 Pool Lessons with Fred call to sign up</p>	<p>4 10:00 Grocery Shopping w/ VTD 10:00 SCSU Health Class-"Bone Health" 1:00 Quilting Class</p>
<p>7 10:00 Chair Yoga 10:00-12:00 Haircuts by Donna 11:45— Strength Training with Bobbi 3:00 Elderly Commission Meeting</p>	<p>8 9:00 EVENTS PLANNING COMMITTEE 10:00 - EXECUTIVE BRD. MTG. 10:00—Line Dancing 11:45—Senior Café 12:30 Blood Pressure Checks 1:00-3:00 Bingo 1:00 Pool Billiards</p>	<p>9 9:30 Gentle Yoga 11:45— Strength Training with Bobbi </p>	<p>10 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 12:00 Lunch & Learn Prescription Discount Pgm 10:30 Reiki (by appt) 1:00 CRAFT CLASS 1:00 Pool Lessons</p>	<p>11 10:00 Grocery Shopping w/ VTD 10:00 Lotus Lantern Presentation / Craft Project 1:00 Quilting Class</p>
<p>14 CLOSED </p>	<p>15 10:00—Line Dancing 11:45—Senior Café— 1:00-3:00 Bingo 1:00 Pool Billiards  ATLANTIC CITY</p>	<p>16 9:30 Gentle Yoga 11:45— Strength Training with Bobbi ATLANTIC CITY</p>	<p>17 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café 1:00 CRAFT CLASS 1:00 Pool Lessons with Fred call to sign up ATLANTIC CITY</p>	<p>18 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class </p>
<p>21 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming- </p>	<p>22 10:00—Line Dancing 11:45—Senior Café— 1:00-3:00 Birthday Bingo "A Better Life Homecare"  1:00 Pool Billiards</p>	<p>23 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:00—Nutrition Education Cooking Demo-Fall Soup Lunch</p>	<p>24 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 1:00—Monthly Movie Matinee-"Hocus Pocus" 1:00 Pool Lessons with Fred call to sign up</p>	<p>25 10:00 Grocery Shopping w/ VTD 1:00 Quilting Class 1:30—Coffee Chat Social Call to sign up</p>
<p>28 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming</p>	<p>29 10:00—Line Dancing 11:45—Senior Café— 12:30-2:30—Flu/Covid/RSV/Shingles/Pneumonia Vaccines—NVHD & Valley Pharmacy 1:00-3:00 Birthday Bingo—Wesley Village—Wear Orange, Black, or dress up to get a raffle ticket for a special prize! 1:00 Pool Billiards</p>	<p>30 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:00—Decorating Club (Set up for Luncheon)</p>	<p>31 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes- 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:00 Halloween Costume Pizza Party 1:00 CRAFT CLAS 1:00 Pool Lessons with Fred call to sign up</p>	

DERBY SENIOR CENTER

293 Main Street
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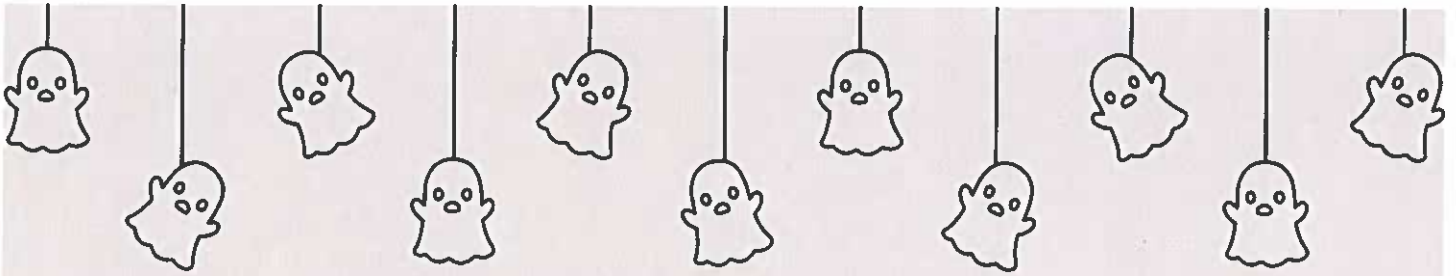
Fax: (203) 736-1486

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

Mohegan Sun Ansonia/Derby Share Bus Trip	\$35.00	October 2, 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-SOLD OUT	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
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	Price starting at: \$1,699	Feb. 23-March 7, 2025

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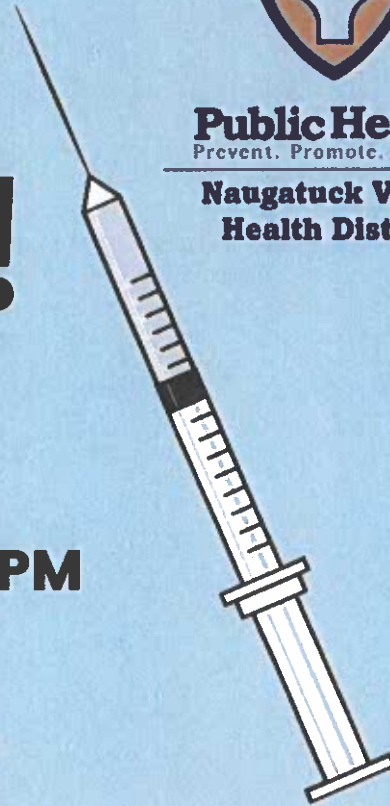
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***Valley Pharmacy will be providing COVID boosters,
RSV, Shingles and Pneumonia Vaccines. These
additional vaccines are not provided by NVHD, and
will be billed separately.***





Medication Management

Sept 27, 2024, at 10:00 AM

Bone Health

OCTOBER 4, 2024, at 10:00 AM

**PRESENTED BY Dr. Leslie K. Youngblood, DNP, RN and
SOUTHERN CONNECTICUT STATE UNIVERSITY
NURSING STUDENTS**

Derby Senior Center

Call 203-736-1484 to sign up



OCTOBER 2024 - SENIOR COMMUNITY CAFE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2	3 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 (1:00-Medicare 101)	4
7	8 1 c Cheese Baked Ziti ½ c Green Peas ½ c Tossed Salad 1 pkt Ranch Dressing 1 sl Italian Bread ½ c Applesauce	9	10 Oktoberfest Lunch & Learn: Prescription Discount Program 3 oz Pork Bratwurst ½ c Whipped Redskin Potatoes ½ c Cabbage w/ Carrots 1 sl Rye Bread 4 oz Fruit Juice ½ c Butterscotch Pudding	11
14 Office Closed  Columbus Day	15 1 Salisbury Beef w/ Gravy ½ c Scalloped Potatoes ½ c Cabbage 1 Wheat Dinner Roll ½ c Mandarin Oranges	16	17 6 oz Black Bean Soup w/ Crackers 3 oz Mexican Style Chicken Breast ½ c Cilantro Lime Rice 1 Flour Tortilla 1 Fresh Fruit	18
21	22 1 BBQ Chicken Leg Quarter ½ c Cheesy Whipped Potatoes ½ c Corn 1 sl WW Bread 1 Fresh Fruit	23	24 1 c Macaroni & Cheese ½ c Pinto Beans ½ c Mixed Greens 1 Wheat Dinner Roll ½ c Diced Peaches (1:00 Monthly Movie) Hocus Pocus	25
28	29 6 oz Potato Soup w/ Crackers 1 Hamburger Patty ½ c Green Beans 1 sl American Cheese 1 pkt Ketchup 1 WG Hamburger Bun 1 Fresh Fruit	30	31 HALLOWEEN COSTUME PIZZA PARTY 2 slices Pizza Salad Dessert Beverage \$5.00	



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

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