



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

November 2024



Did you know? Abraham Lincoln proclaimed Thanksgiving a national holiday in 1863 in the midst of the Civil War in an attempt to foster a sense of American unity.

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, November 11th
in observance of
Veteran's Day
and
November 28th & 29th
in observance of
Thanksgiving.**

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 (on hold).
 - 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.
- GIFT CERTIFICATES AVAILABLE!**
With the upcoming Holidays, why not consider giving a gift certificate to the Derby Senior Center? This is a quick, easy, and perfect gift to share with your friends or loved ones who are members here. It can be used by the recipient for any of our activities, trips or classes! Just call the center to request an amount of your choice, and we will have it ready for you to pick up.
- LOOKING AHEAD:** (more info to follow in future Newsletters).
- Lunch & Learn**—Array RX Enrollment Event—December 5th—bring your medication list for help with saving on prescription costs!
- Lunch & Learn**—Tiny Houses Presentation—December 12th.
- Christmas Party**
December 19th, 12:00 pm
Catered by Twisted Vine
\$12.00—Must be paid for in full within 5 days of signup.



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

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.**

CRAFT CLASS—Whether you're a beginner or a seasoned crafter, there's a place for you here! Our Craft Class is a welcoming space to explore your creativity, share tips, learn new techniques, and enjoy the company of others. So, join us and take a break from your daily routine, relax and unwind, and enjoy some "me time".

NEW Quilting Class—Thursdays at 9:30 am—Quilting has many benefits such as improving cognitive function, memory, and overall mental health. Please call if interested in signing up.

New Zumba Class—Tuesdays at 9:00am beginning November 5th, Tom Mohyde will be starting a Zumba class right before his Line Dancing class. Call the center to sign up.

Mocktail Sip & Share Expressive Arts Social—Wednesday, November 13th—join Barbara from WholePerson Therapeutics to create an expression of art and share your unique values and opinions with others in a judgement free zone.

Zentangle—Rosemarie will be here on November 4th to lead this relaxing, meditative art technique.

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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. (Tuesday, 11/3 this month).

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.

MEALS / EVENTS

Veteran's Breakfast

Thursday, November 7th, 10:30
\$8.00

Veteran's Free
(invites sent out)

Pancakes, Scrambled Eggs,
Sausage, Fruit Cup, & Beverage

Thanksgiving Luncheon

Thursday, November 21st, 12:00
Traditional Thanksgiving Dinner
Catered by Mattei's
\$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

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

DIRECTOR'S CORNER

Hello friends,

Happy Veteran's Day and Happy Thanksgiving! In observance of these holidays, we will be closed on Monday, November 11th and Thursday-Friday, November 28th and 29th.

November is the month that reminds us to be thankful for the many positive things in our lives. First with Veteran's Day, we express our deepest gratitude to all those who have sacrificed with unwavering dedication and courage for our freedom. Our heartfelt thanks to you all. It is also the month of Thanksgiving where we reflect on how truly blessed we are for all that we have, and to remember that there are many who are not as fortunate. Please consider donating to your local charities and food banks, if you can, to help those who are less fortunate.

We are pleased to bring you

many activities this month. Our very own Tom Mohyde will be teaching Zumba on Tuesdays at 9:00am right before his Line Dancing class. We have a special Veteran's Day Breakfast on November 7th. If you are a Veteran, please call the center so we can make sure you are on our list. Our Sip & Share was so much fun in October that we are having another one on Wednesday, November 13th with a "Thanksgiving" theme. Class size is limited to 14, so be sure to sign up early. There is a Medicare Lunch & Learn on Thursday, November 14th followed by our monthly movie matinee. We have a very nice Thanksgiving Luncheon catered by Matties on Thursday, November 21st. Birthday Bingo will be sponsored by Lord Chamberlain on November 26th. See you soon!

Best Regards, Dawn

ANNOUNCEMENTS

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 Kareen Collazo and Deirdre Virgalla from Teelin Insurance for "Medicare Updates Presentation" to learn about the latest plans to help you make an informed decision when choosing a new plan. Thursday, November 14th.

Movie Matinee—And So It Goes"—Thursday, November 14. Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside-down when his estranged son drops off a granddaughter.

Sand & Salt for Seniors. The Derby/Shelton Rotary Club will be delivering 5-gallon buckets of sand and salt mixture to seniors and disabled individuals residing in Derby and Shelton to spread on walkways and driveways during the winter. If you would like a bucket, please call the center. If you have an empty bucket from last year, please leave it on your doorstep. If you have sand left over from last winter, it can still be used.

Toys for Kids—We are collecting for Toys for Kids. Please consider donating an unwrapped new toy or making a monetary donation to make it a bright holiday for children in the Naugatuck Valley. No stuffed animals please.

Other Collections—We are once again collecting new socks, hats, & scarves for the homeless and Food for St Vincent de Paul. Thank you.

**Need Help with
your Medicare Coverage?**
Medicare Advantage
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Heather Hefferon
Licensed Insurance Agent
Tel: 203-793-6004
Heather@hefferoninsurance.com

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Shelton, CT 06484

www.WPTCares.com

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MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM

74 PERSHING DRIVE, DERBY, CT 06418



**SERVICES FOR OLDER ADULTS
IN THE VALLEY**

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ext. 4225 or 4226
to sign up!

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you & your family
~at no cost~

www.teaminc.org

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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 Grocery Shopping w/ VTD 1:30—Coffee Chat Social Call to sign up</p> <p>Saturday, 11/2/24 ARTHER AVE TRIP</p>
<p>4 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00 Zentangle</p>  <p>3:00 Elderly Commission Meeting</p>	<p>5 9:00—NEW—Zumba</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>6 9:30 Gentle Yoga</p>  <p>11:45— Strength Training with Bobbi 1:00—Decorating Club (Set up for Breakfast)</p>	<p>7 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 10:30 Veteran's Breakfast 1:00 CRAFT CLASS 1:00 Pool Lessons with Fred call to sign up</p>	<p>8 10:00 Grocery Shopping w/ VTD 1:30—Coffee Chat Social Call to sign up</p>
<p>11 CLOSED</p> 	<p>12 9:00—NEW—Zumba 9:00 EVENTS PLANNING COMMITTEE-on hold 10:00 - EXECUTIVE BRD. MTG. 10:00-12:00 Haircuts by Donna 10:00—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 1:00 Pool Billiards</p> <p>GLEN CAMPBELL TRIBUTE TRIP</p>	<p>13 9:30 Gentle Yoga 11:45— Strength Training with Bobbi</p>  <p>1:00 Sip & Share Expressive Arts Social—Sponsored by WholePerson Therapeutics</p>	<p>14 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 12:00-Lunch & Learn-Medicare Info Session</p>  <p>1:00—Movie Matinee— "And So It Goes" 1:00 CRAFT CLASS 1:00 Pool Lessons</p>	<p>15 10:00 Grocery Shopping w/ VTD 1:30—Coffee Chat Social Call to sign up</p>
<p>18 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming-</p> 	<p>19 9:00—NEW—Zumba 10:00—Line Dancing 11:45—Senior Café— 1:00-3:00 Bingo</p>  <p>1:00 Pool Billiards</p>	<p>20 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 1:00—Decorating Club (Set up for Luncheon)</p>	<p>21 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 12:00 Thanksgiving Luncheon catered by Mattei's 1:00 CRAFT CLASS 1:00 Pool Lessons with Fred call to sign up</p>	<p>22 10:00 Grocery Shopping w/ VTD 1:30—Coffee Chat Social Call to sign up</p>
<p>25 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming</p>	<p>26 9:00—NEW—Zumba 10:00—Line Dancing 11:45—Senior Café— 1:00-3:00 Birthday Bingo—Lord Chamberlain 1:00 Pool Billiards</p>	<p>27 9:30 Gentle Yoga 11:45— Strength Training with Bobbi</p>	<p>28 CLOSED</p> 	<p>29 CLOSED</p> 

DERBY SENIOR CENTER

293 Main Street
Derby, CT 06418-1938



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U.S. POSTAGE
PAID
SHELTON, CT
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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

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
“Harrah’s Atlantic City”—2 shows and \$100 value back	Price \$331 pp dbl	February 18-20, 2025
“Noah” in Lancaster—3 Day Tour	Price \$569 pp dbl	June 3-5, 2025
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

***FREE Amenity Choices! Call or stop in for further information.**

VALLEY RESOURCES**Valley United Way: Dial 211**

(Resource/Support Information Line)
(203) 926-9478 <http://valleyunitedway.org/>

ACT/Spooner House (food, shelter & support services)

30 Todd Road, Shelton, 06484
(203) 225-0453 or 203-225-0467
<http://www.actspooner.org/>

St. Vincent De Paul (M-F 8:30-2:00 by appointment only)

237 Roosevelt Dr
Derby, CT 06418
203-734-7577 <https://svdpvalley.com/>

My Sister's Place Thrift Store (Tue-Sat 10:00-4:00)

390 Main St, Ansonia, CT 06401
203-734-2960

Christ Episcopal Church Kathleen Samela Memorial

Food Pantry (T-W-Th 9:00-1:00)
56 South Cliff St
Ansonia, CT 06401
203-734-2715 christchurchansoniaministries.org/

Salvation Army (M-W-F 9:00-12:30 by appointment only)

26 Lester St
Ansonia, CT 06401
203-736-0707 salvationarmy.org

Feed the Need Food Pantry (Saturdays 10:00-2:00)

23 Franklin St
Ansonia, CT 06401
475-685-0998

Master's Table Community Meals Inc.

Assumption Church – (2 Meals provided per month)
61 North Cliff Street
Ansonia, CT 06401
203-732-7792 masterstablemeals.org

The Connecticut Foodshare truck – St. Mary's Church

(1st & 3rd Tuesday of each month)
212 Elizabeth St
Derby, CT 06418

Seymour/Oxford Food Bank

Seymour Community Center (M-Th 9:00-11:00)
20 Pine Street
Seymour, CT 06483
203-888-7826 seymouroxfordfoodbank.com

TEAM, Inc Elderly services, meals on wheels, utilities etc.

30 Elizabeth Street Derby, CT 06418
(203) 736-5420 <http://www.teaminc.org/>

Valley Transit District - public transportation system for the southern Naugatuck Valley

(203)735-6408 <http://www.valleytransit.org/>

Department of Social Services

Provides \$\$\$, food stamps, housing, etc.
540 Ella Grasso Blvd, New Haven, CT
1-800-443-9946 – Information: Connect.ct.gov

Umbrella Program – Birmingham Group

Domestic Violence Services
24 Hour Crisis Hotline: (203) 736-9944

Birmingham Group - Warm Line: 203-732-2004**Health Services: (203) 736-2601**

435 E. Main Street
Ansonia, CT 06401

Naugatuck Valley Health-Homebound Vaccines

98 Bank Street
Seymour, CT 06483
203-881-3255 <http://www.nvhd.org/>

Housing Authority City of Derby

30 Elizabeth St, Second Floor
Derby, CT 06418
(203) 735-6652 phone <http://derbyhousing.com>

Hallock's Landing (Senior Housing)

187 Minerva St
Derby, CT 06418
203-736-4673
<https://ehmchm.org/properties/hallocks-landing/>

The Ripton (Senior Housing)

423 Howe Ave,
Shelton, CT 06484
203-922-8836 ehmchm.org/properties/the-ripton

Ansonia Housing Authority (HUD Section 8 for Valley)

36 Main Street
Ansonia, CT 06401
203-736-8888 ansoniahousing.com/

Seymour Housing Authority

28 Smith Street
Seymour, CT 06483
203-888-4579 seymourhousingauthority.com/

Naugatuck Housing Authority

16 Ida St
Naugatuck, CT 06770
203-729-8214 naugatuck-ct.gov/housing-authority



Need Help Paying Your Heating Bill?

**2024-25 Energy Season
Opens at TEAM Inc. on
September 3, 2024**

DOCUMENTS NEEDED

INCOME GUIDELINES

Household Size	Yearly Income
1	\$45,505
2	\$59,507
3	\$73,509
4	\$87,751
5	\$101,513
6	\$115,514
7	\$118,139
8	\$120,765

- Names, birthdates, and social security numbers of all household members
 - Household Income *(Must cover last 30 days or 4 consecutive weeks within 3 months prior to application date)*
 - Pay Stubs/Unemployment
 - Self Employment Income
 - Workers Compensation
 - Contributions by Friends/Relatives
 - Social Security/SSI
 - Pension
 - Child Support
 - Alimony
 - Utility heating bill in the name of a household member (gas, electric, propane, oil)
 - Current copy of electric bill
- *Household members who receive SNAP, SSI, or DSS Cash Assistance may be automatically income-eligible.
- *Households whose heat is included in rent and are within the income limits may be eligible for a direct payment benefit. (Must provide a rent receipt or lease and documentation that heat is included in rent).
- **Additional documentation may be required****

CALL OR EMAIL US!
(203) 736-5420 energy@teaminc.org
or apply online at www.teaminc.org/home-heating-assistance

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Struggling to pay your energy bill?

We have programs to help. Protection from Service Disconnection

If you are a residential customer and need assistance with your energy bill, we offer a variety of programs and payment options to help you manage costs and protect you from service disconnection.

1

Matching Payment Program (MPP)

- Contact us to confirm your account is coded for financial hardship or to pre-qualify for financial hardship.
- For additional financial assistance contact your local Community Action Agency to apply for energy assistance.
- Enroll in our Matching Payment Program. Assistance begins on November 1.
- Make your required monthly utility payment on time each month.
- We will match every dollar paid by you or on your behalf up to a zero balance.

2

UI's Bill Forgiveness Program (BFP)

- Verify financial hardship.
- Have a balance \$100 or more that is 60 days overdue.
- Agree to a monthly budget amount.
- We will match all payments at the time they are made (match cannot result in a credit balance).

3

UI's Low Income Discount Rate (LIDR)

- Available to any residential customer who can demonstrate financial hardship.
- Eligibility is determined by total annual household income or participation in an eligible benefits program by at least one member of your household.
- If you qualify, beginning no later than your January 2024 bill, you will receive a 10% or 50% discount on your current monthly charges.
- Eligibility will need to be verified yearly.

4

Medical Protection

- Available to any residential customer or family member with a serious or life-threatening medical condition.
- Provide our Customer Service Representative with patient's name, date of birth and their Physician/APRN/PA's name, phone and fax numbers.
- We will contact the Physician/APRN/PA to provide certification of your medical condition
- Upon receipt of certification, your service will be protected from disconnection for the period indicated by your Physician/APRN/PA (up to 1 year).

5

Energy Solutions

- We offer programs that can help you reduce your usage for more affordable bills.
- **Energy Analyzer** - Displays a breakdown of your usage and offers tips to help you save.
 - **Home Energy Solutions** - Offers an energy assessment and weatherization services for your home. Call **877.WISE.USE (877.947.3873)** for more information.
 - **Managing Supply Costs (electric)** - Shop for your supply.* Visit **EnergizeCT.com** to find information about the Standard Offer and compare alternate electric supplier pricing.



CNG
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cngcorp.com
860.524.8361



SCG
An Avangrid company
soconngas.com
800.659.8299



UI
An Avangrid company
uinet.com
800.722.5584

CAUTION

MEDICARE DRUG PLANS ARE CHANGING IN 2025

Join Kareen Collazo and Deirdre
Virgalla for a Medicare 101 Presentation



Kareen Collazo
(203) 915-8267
Senior Insurance
Consultants



Deirdre Virgalla
(203) 687-1617
Teelin Insurance

Thursday, November 14, 2024

DERBY SENIOR CENTER

12:30 PM - 1:30 PM

293 Main St, Derby, CT 06418



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TEAM TOYS 4 KIDS 2024

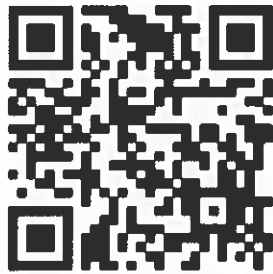
We are seeking **NEW** toys for children ages newborn to 12 years old
Toys MOST needed: for age range 0-18 months and Pre-teen girls

You may also donate monetarily or shop on our Walmart Wish List
and purchase toys that will be shipped directly to TEAM!

TEAM Toys 4 Kids supports nearly 2,000 children from low-income families,
right here in our community.

Donate online

See our Wish List



Help us Make Magic Happen!

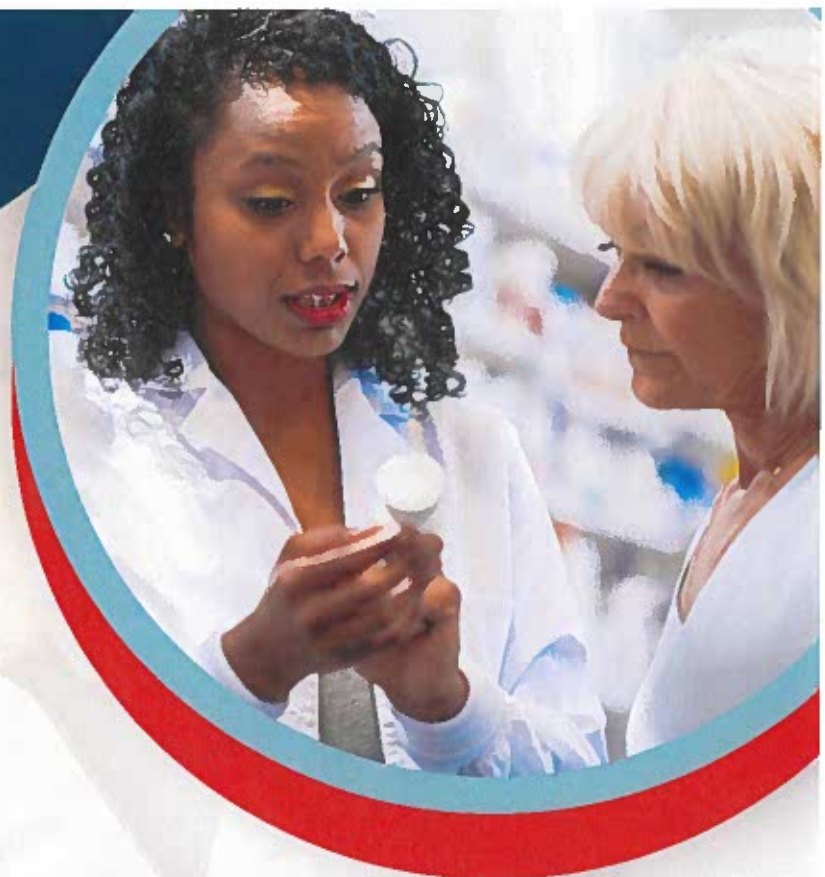
With your help, we can bring the joy and magic of
the holiday season to thousands of children right
here in our community.

Questions? Want to get involved?

Visit www.teaminc.org/toys4kids
Contact Lilly at lmckenzie@teaminc.org or
(475) 223-2214.

To ensure
Santa's
deadlines are
met, please
donate by
Dec. 10th





ArrayRx Enrollment Event

Looking to save on your prescription medications? Join us for an ArrayRx Enrollment event! ArrayRx is a free prescription drug discount card program from the State of Connecticut. Don't miss out on this great opportunity to save the next time you visit the pharmacy counter!

How does it work?

Bring your list of medications

Learn how to maximize your savings on prescriptions using our RX Tool feature.

Compare costs

ArrayRx Specialists will compare costs at local pharmacies in your area.

Sign up

Get assistance enrolling today and start saving right away!



Thursday, December 5th
Derby Senior Center
Derby, CT

1 PM - 3 PM



NOVEMBER 2024 - SENIOR COMMUNITY CAFE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 1 Chicken Parmesan ½ c Penne Pasta ½ c Tossed Salad w/ 1 pkt Ranch Dressing 1 Wheat Dinner Roll 4 oz Fruit Juice 1 Oatmeal Raisin Cookie	6	7 Veteran's Breakfast 10:30 - \$8.00 Veteran's Free Call to sign up Pancakes, Scrambled Eggs, Sausage, Fruit Cup, & Beverage	8
11 OFFICE CLOSED 	12 1 c Cheese Baked Ziti ½ c Green Peas ½ c Tossed Salad 1 pkt Ranch Dressing 1 sl Italian Bread ½ c Applesauce	13	14 6 oz Cream of Broccoli Soup w/ Crackers 3 oz Dijon Herb Pork ½ c Mashed Spiced Yams 1 Wheat Dinner Roll ½ c Mandarin Oranges	15
18	19 1 Salisbury Beef w/ Gravy ½ c Scalloped Potatoes ½ c Cabbage 1 Wheat Dinner Roll ½ c Mandarin Oranges	20	21 Thanksgiving Luncheon catered by Mattei's 12:00 - \$12.00 Call to sign up Traditional Thanksgiving Meal	22
25	26 1 BBQ Chicken Leg Quarter ½ c Cheesy Whipped Potatoes ½ c Corn 1 sl WW Bread 1 Fresh Fruit	27	28 Office Closed Thanksgiving Day	29 Office Closed



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

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