



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

April 2023



Did you Know? Derby was originally settled by the Paugussett tribe of Native Americans?

CENTER INFO

Hours of Operation:

Monday -Friday: 8:30 am - 4:30 pm
Any changes will be posted.

Our Staff:

Dawn Hebert, MSW
Interim Executive Director
Phone: 203-736-1484
Fax: 203-736-1486
Email: dhebert@derbyct.gov

Daniel Sexton
Assistant Director
Phone: 203-736-1484
Fax: 203-736-1486
Email: dsexton@derbyct.gov
Hours: Tuesday & Thursday: 9:30-4:30 /
Wednesday: 8:30-2:30.

i In the case of inclement weather please check WTNH Ch 8 news for updates on closings or delays.



POINTS OF INTEREST

- The **Elderly Commission ATTENTON:** meeting will be held on **Monday, April 3rd at 3:00pm.**
 - **The Executive Board Meeting** is on Tuesday, April 11th at 10:00am followed by **Events Planning Committee**
 - **Medicare Counseling** is available for those of you 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!
 - **Senior Community Café** offered by TEAM Tuesdays & Thursdays \$3.00 donation.
 - **VAN DRIVER WANTED!** Attention: 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 someone 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.
- Please Note:**
- There will be no Senior Café on April 11th and no Strength Training on April 17th or 19th due to staff vacations.
 - **AARP Safe Driving Course** is on Thursday, April 27th from 12:30-4:30. \$20 AARP members—\$25 nonmembers. Call to reserve your spot.



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

- ◆ **Stitch. & Fix Class**—Have something that needs mending? Buttons need replacing? Interested in learning to sew either by hand or with a machine? Join Joan on Wednesdays at 12:30 for basic instructions and guidance to mend clothes or start a simple project. Call to sign up.
- ◆ **Monthly Movie Matinee**—Join us on April 12th for a movie and complimentary snack and punch. Call to sign up and get further information.
- ◆ **Coffee Chat Social**—a new group that will meet on Fridays to discuss topics of interest, current events, Life Stories, etc. Light refreshments will be served.
- ◆ **Cupcake Decorating Class**—Join Sue on April 20th to make floral cupcakes for Spring Time! \$8 for 3.
- ◆ **Wreath Class**—Spring Flower-April 14, limited to 12.
- ◆ **Ping Pong**—bring a friend for an exciting game of Ping Pong!
- ◆ **Play Pool!** Let's shoot some pool! The pool table is located on the lower level and is available by request. Bring some competition or practice on your own! Pool sticks, balls, and chalk are available. Let's see those pool sharks!
- ◆ **Exercise Equipment**—Come work those muscles with our weight machine or do some cardio with an exercise bike or the elliptical. These are available on the lower level for your use.
- ◆ **"Reiki Healing"** is used to reduce stress, promote relaxation, and restore physical, mental, and emotional health. Call for an appointment.

Puzzled about Medicare?

Medicare options can be confusing. Let me help you put the pieces together.

I specialize in helping people better understand their Medicare benefits. My approach is simple: We discuss your individual goals and needs, and then I help you understand your choices and select the plan that's right for you. Contact me today to schedule your free consultation.

Tyler Machie-Marsh Insurance Agent
 Direct: 203-693-7030 Cell: 203-535-7428
 tyler.machie-marsh@bankerslife.com



Underwritten by Colonial Penn Life Insurance Company
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 MONDAY-FRIDAY 9AM-7PM • SATURDAY 9AM-3PM

FREE PRESCRIPTION DELIVERY available throughout the Lower Naugatuck Valley



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you every week.



Visit www.mycommunityonline.com

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lpicomunities.com/adcreator

MONTHLY REMINDERS

Membership Renewals are due in January for last names that start with A-N and June for M-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, they are welcome to come to any activities and/or events as your guest or they are welcome to come on their own for a free week trial.

Haircuts

Haircuts are on the second Monday of the month \$10 cash. Please call center for appointment.

Parish Nurse Blood Pressure Screenings with Maggie Sessa—
Tuesday, April 18th-12:30-2:30pm.

Sign In

PLEASE remember to sign into the building when you enter.

APRIL CENTER UPDATES

Dear members,

Happy Spring and many thanks to all those who filled out surveys and gave their many suggestions for program planning as well as those who have signed up for Volunteer Opportunities! The center is a much better place when we all work together for a common goal!

This month we are starting a few new events based on your suggestions. Join us for our "Monthly Matinee" with complimentary snacks and punch. Call the center to sign up and get more information.

A new "Stitch & Fix" class is starting on Wednesdays. Whether you'd like to learn to alter clothes, learn basic sewing from hand stitching to using a machine, or to make a simple project, Joan will be able to help!

On Fridays we will have a "Coffee Chat Social" to get to know each other, talk about topics of interest,

or simply to get out of the house.. Light refreshments will be served.

We had requests for Pickle Ball but unfortunately, we do not have the space for it, but we do have a Ping Pong table set up on the first floor for your enjoyment. It is similar to Pickle Ball but on a smaller scale. Bring a friend and come try a game! It is available Mon-Fri 9:00-3:00.

In case you didn't know, we also have a Pool Table and Exercise Equipment on our ground level for your pleasure. Available Mon-Fri 9:00-3:00. Please call ahead to reserve.

I am looking forward to seeing many of you at these and other activities! Remember to keep a look out for more new events and activities in the coming months!

Wishing those who celebrate, a generous Ramadan, a Happy Passover and a Happy Easter!

Dawn Hebert

MEALS

EASTER LUNCHEON

Thurs., April 13

**Ham, Scalloped Potatoes,
Baked Beans, Mixed
Vegetables, Salad, Corn
Bread Casserole, &
Dessert**

Catered by Twisted Vine

\$10 per person

Wear your best & most
creative hat to win a
special prize!

MUST RSVP & PAY BY THE FRIDAY PRIOR

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

APRIL ANNOUNCEMENTS

Did you know that April is National
Volunteer Month?


I am happy to announce that many of you came forward to fill some of our Volunteer Positions and I am so very grateful! We now have 2 Clerical/Office Helpers, a Transportation Coordinator (all we need now is the driver!) an Event Greeter, Garden Helpers, Bingo card helper, dessert donors, and volunteers to facilitate a Sewing Class, a Coffee & Chat Gathering, a movie committee, and more!

Many thanks to these new volunteers as well as to those who have continued to volunteer their time for such things as updating membership records, meal/event planning, music / talent sharing, raffle ticket sales, shopping assistance, decorating, kitchen help, cleanup crew, newsletter assembly, Bingo callers and

helpers, coupon cutters, greeting card organizers and many more. Also, special thanks to our Knitters, Quilters, and other members who donate items for good causes, gifts, and raffle donations. Your generosity is immeasurable! Thank you so very much! Warmest Regards, Dawn



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Game Time 3:00—ELDERLY COMMISSION MEETING</p>	<p>4) 10:00—Tai Chi—QiGong 11:45—Senior Café 1:00-3:00 Bingo</p>	<p>5) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up</p>	<p>6) "Cher & MGM" 9:30 Mahjongg 9:30 Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café</p>	<p>7) CENTER CLOSED</p> 
<p>10) 10:00 Haircuts 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Game Time</p>	<p>11) 10:00—Tai Chi—QiGong 10:00 - EXECUTIVE BRD. MTG. 11:00 EVENTS PLANNING COMMITTEE 11:45—Senior Café- cancelled 1:00-3:00 Bingo</p>	<p>12) 9:30 Gentle Yoga 11:45 Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up 1:00 Monthly Matinee-call for sign up and info.</p>	<p>13) "The Jersey Tenors" 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 12:00 Easter Luncheon catered by Twisted Vine \$10.00</p>	<p>14) 10:00 Grocery Shopping w/ VTD 10:00 Wreath Class 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:30—Coffee Chat Social Call to sign up</p>
<p>17) 10:00 Chair Yoga 11:45- Strength Training with Bobbi- cancelled 1:00—Game Time</p>	<p>18) 10:00—Tai Chi—QiGong 11:45—Senior Café 12:30 Parish Nurse BP Screening 1:00-3:00 Bingo</p>	<p>19) 9:30-Gentle Yoga 11:45- Strength Training with Bobbi- cancelled 12:30 Stitch & Fix Call to sign up</p>	<p>20) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 10:30 Reiki (by appt) 11:45—Senior Café 1:00—Cupcake Class</p>	<p>21) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:30—Coffee Chat Social Call to sign up April 22—"Buddy Holly"</p>
<p>24) 10:00 Chair Yoga 11:45- Strength Training with Bobbi 1:00—Game Time</p>	<p>25) 10:00—Tai Chi —QiGong 11:45—Senior Café 1:00-3:00 Bingo</p>	<p>26) 9:30- Gentle Yoga 11:45- Strength Training with Bobbi 12:30 Stitch & Fix Call to sign up</p>	<p>27) 9:30 Mahjongg 9:30 - Pinochle 10:00 Hook & Needle Grp 11:45—Senior Café— 12:30-4:30 AARP Safe Driving Course-call to reserve your spot.</p>	<p>28) 10:00 Grocery Shopping w/ VTD 11:00 Quilting Class 12:30—Zumba Gold with Amanda— 1:30—Coffee Chat Social Call to sign up</p>
<p>9:00-3:00 Ping Pong Pool Billiards Open Exercise</p>	<p>9:00-3:00 Ping Pong Pool Billiards Open Exercise</p>	<p>9:00-3:00 Ping Pong Pool Billiards Open Exercise</p>	<p>9:00-3:00 Ping Pong Pool Billiards Open Exercise</p>	<p>9:00-3:00 Ping Pong Pool Billiards Open Exercise</p>

SUPPORT OUR ADVERTISERS!

DERBY SENIOR CENTER

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Derby, CT 06418-1938



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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

The "Buddy Holly Story"	Price \$118	April 22, 2003
Inside "West Point"	Price \$125	May 9, 2023
Ocean City Maryland; 4 Days - 3 Nights	Price \$669 dbl	May 14-17, 2023
"Moses" in Lancaster, PA	Price \$527 dbl, \$667 sgl, \$517 triple	May 23-25, 2023
America's Sweethearts -" The Andrew Sisters"	Price \$125	May 24, 2023
"Boston with Spirit" Luncheon Cruise	Price \$154	June 15, 2023
Essex Steam Train & River Boat	Price \$132	August 3, 2023
Atlantic City at Caesars-\$50 Slot Bonus-\$50 Food Voucher-2 Shows Kenny & Dolly tribute and Doo Wop Revue	Price \$295	October 10-12, 2023
LONG TRIPS		
America's Cowboy Country	Price \$3699pp/dbl, \$4699 pp/single	Sept. 21-28, 2023
Tuscany & Italian Riviera	Price: \$3899pp/dbl, \$4399 single	Oct 20-28, 2023

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

Please see center for flyers or call for further information

ALL TRIPS SUBJECT TO CANCELLATION -
If minimums are not met

Calling all Crafters! Experienced & New Alike! 3 Creative Classes Coming Up!

Join Sue and learn how to make beautiful flower cupcakes. Coffee will be served at the end of class for those who would like to taste one and take home the other two!

SPRING FLOWER CUPCAKE CLASS Thursday, April 20th, 1:00pm

\$8.00 for 3



Join Kathy to make this Gorgeous Springtime Wreath. The class is limited to 10 people so call early to reserve your spot!

SPRING FLORAL WREATH CLASS Friday, April 14th, 10:00 am

\$25.00



Coming up May 5th, Rosemarie Main, CZT, is back with her Zentangle Class. Join her to create a beautiful Greeting Card! This meditative art form will create the unexpected and leave you feeling great! No experience necessary! Limited to 15.

GREETING CARD ZENTANGLE ART CLASS

FRIDAY, MAY 5TH, 10:00 am

\$5.00



Call Derby Senior Center to sign up for one of our many activities 203-736-1484

Tai Chi / Qigong class Tuesdays at 10 am



Is your balance a little off? Are you afraid of falling? Are you living with health issues such as high blood pressure? sleep apnea? arthritis? Or are you simply interested in learning a new low impact exercise class? Come join Alanna Keating's Tai Chi / Qigong class Tuesdays at 10 am to boost your wellness and learn a new way to move and breathe.

Tai Chi is an ancient Chinese martial art form and health system that rejuvenates the body, soothes the mind, and strengthens the spirit. It is often called a moving meditation because it renders the same benefits as sitting meditation while giving the player a gentle dance-like workout. Health benefits include improved balance, stress management, sleep, circulation, energy, perceptual awareness, cognitive ability, coordination, flexibility, mental clarity, and a general sense of well-being.

Qigong, pronounced "chee gung," is an ancient Chinese health system that offers similar health benefits and movements without focus on martial applications. Alanna Keating combines Tai Chi & Qigong, primarily focusing on the health benefits.

Table Tennis / Ping Pong Monday-Friday 9:00am – 3:00pm



Table Tennis increases concentration and alertness, stimulates brain function, helps develop tactical thinking skills, hand/eye coordination, and is good exercise! The Sport is important in combatting neuro-cognitive decline and promotes mental well-being.

Yoga Class with Beverly A. Corvino

Chair Yoga-Mondays 10:00 am / Gentle Yoga-Wednesdays 9:30 am

Yoga is a physical, mental, and spiritual discipline originating in India. Come join our certified instructor Beverly Corvino for one of these natural exercise classes to increase flexibility, muscle strength, improve respiration, energy, vitality, and cardio/circulatory health.



Strength Training Class with Bobbi Culmo Komaromi

Mondays and Wednesdays 11:45-12:30

Strength Training is a type of exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles and bone density. It is designed to increase muscular strength, range of motion, balance, and coordination. A chair is available for seated or standing support.

Join a class today to get stronger, leaner, and healthier!



Zumba Gold

Fridays, 12:30 PM

Grab your sneakers and head down to the Senior Center for an amazing work out session with Certified instructor, Amanda Aranzullo. Zumba Gold is a party on the dance floor while shedding pounds and toning your body! Beginners are welcome! Dance at your own pace!






APRIL 2023 - SENIOR COMMUNITY CAFÉ



Derby

Derby

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 3 oz Herbed Chicken Leg Quarter 1/2 c Confetti Rice 1/2 c California Veggie Blend 1 Wheat Dinner Roll 1/2 c Applesauce	4 3 oz Meatloaf w/ Gravy 1/2 c Whipped Potatoes 1/2 c Green Beans 1 sl Rye Bread 1 Fresh Fruit	5 3 oz Potato Crusted Pollock 1/2 c White Rice 1/2 c Spinach 1 pkt Tartar Sauce 1 sl Wheat Bread 4 oz Assorted Fruit Juice 1 Sugar Cookie	6 Special Lunch: 3 oz Pork Loin w/ Gravy 1/2 c Sweet Potato Pone 1/2 c Whole Green Beans 4 oz Apple Juice 1 sl Rye Bread 1 Holiday Dessert	7 Office Closed  Good Friday
10 3 oz Swiss Steak w/ Gravy 1/2 c Whipped Potatoes 1/2 c Mixed Vegetables 1 Dinner Roll 1/2 c Peaches	11 1 c Macaroni & Cheese 1/2 c Peas 1/2 c Cauliflower 1 Italian Bread 1/2 c Applesauce <i>Cancelled</i>	12 1 Hamburger Patty 1/2 c Steak Fries 1/2 c Carrots 1 pkt of Ketchup 1 WG Hamburger Bun 4 oz Apple Juice 1 Chocolate Chip Cookie	13 6 oz Minestrone Soup w/ Crackers 3 oz Chicken Parmesan 1/2 c Penne Pasta 1 Garlic Breadstick 1/2 c Mixed Fruit <i>Easter Luncheon</i>	14 3 oz Sweet & Sour Pork 1/2 c Vegetable Lo Mein 1/2 c Broccoli 1 sl Wheat Bread 1 Fresh Fruit
17 3 oz Meatballs w/ Sauce 1/2 c WG Spaghetti 1/2 c Green Beans 1 Garlic Breadstick 1 Fresh Fruit	18 3 oz BBQ Pork Rib Patty 1/2 c Corn O'Brien 1/2 c Collard Greens 1 Hamburger Bun 1/2 c Pears	19 3 oz Chicken Caesar Salad w/ (Chicken, Lettuce, Parmesan Cheese & Caesar Dressing) 1/2 c Three Bean Salad 1 White Bread 1 Fresh Fruit	20 3/4 c Turkey a la King 1/2 c White Rice 1/2 c Zucchini 1 Biscuit 1/2 c Pineapple	21 1 sl Spinach Quiche 1/2 c Potato Tots 1/2 c Peppers & Onions 1 Wheat Bread 4 oz Assorted Fruit Juice 1/2 c Vanilla Pudding
24 3 oz Pollock Nuggets 1/2 c Confetti Rice 1/2 c Green Beans 1 pkt Tartar Sauce 1 sl White Bread 4 oz Fruit Juice 1 Brownie	25 1 c Beef & Bean Chili 1/2 c Lima Beans 1/2 c Mixed Vegetables 1 Cornbread Muffin 1/2 c Pears	26 3 oz Bourbon Pork Loin 1/2 c Garlic Whipped Potatoes 1/2 c Broccoli 1 Wheat Dinner Roll 1 Fresh Fruit	27 3 oz General Tso's Chicken 1/2 c Brown Rice 1/2 Carrots 1 sl Multi Grain Bread 1/2 c Pineapple	28 1 c Cheese Baked Ziti 1/2 Cannellini Beans 1/2 c Zucchini 1 sl Italian Bread 1/2 c Applesauce

Spring



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

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