Senior Happenings
FEBRUARY 2015

February's Happenings . . . .

- February 2: National Groundhog Day
- February 6: National Wear Red Day
- February 6: Super Bowl Sunday Luncheon
- February 6: Collection Date: Mohegan Sun Trip
- February 10: Finance Committee Meeting
- February 10: Presentation: Cable, Internet and Phone: Save a Bundle!
- February 11: Valentine’s Breakfast
- February 12: Center Closed: Lincoln’s Birthday
- February 13: Senior Moments with First Selectman, Mike Freda
- February 13: Mardi Gras Centerpiece Crafts
- February 16: Center Closed: President’s Day
- February 17: Celebrate Mardi Gras with King Cake and Storyteller Kate Allen-Smith
- February 19: AARP Safety Driver’s Course
- February 19: Making Judy’s Famous Bread Pudding
- February 20: Celebrating National Cherry Pie Day
- February 25: Flashback Wednesday Dinner

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, Ct
Office: 203-239-5432 ‬ Fax: 203-234-7185
www.town.north-haven.ct.us
Hours: Weekdays 8:00 a.m. to 4:00 p.m.

Manager – Judy Amarone
Secretary – Maggie Maiden and Ellen McDonald
Café Manager – Arlene Herzog
Program Coordinator – Sue Zwiebel
Bus Driver – Arelis Rodriguez
I Daily and Medical Transportation Information, Scheduled, Mini and Day Trips . . .

Daily Transportation
Transportation to and from the Center is available on weekdays at no charge to the Seniors. This service is curb to curb service. Please call the Center to sign up for your daily transportation by 8:30 a.m. the day you would like to come in. Transportation to lunch on a daily basis is provided from Senior Housing, a 24 hour notice is required to reserve a meal.

Scheduled and Mini Trips
The Senior Center provides transportation to area North Haven businesses at no charge to the Seniors - grocery stores, pharmacies, post office, banks, card shop, hairdressers, barbers, library and town pool. Please see below for scheduled days and times. Please note errands are quick and should last a half hour. Grocery shopping is one and half hour from time of being dropped off. Please be considerate of your time! It is suggested that no more than 3 bags per person. Thank you.

Mondays:
- Grocery Shopping – please check calendar for availability

Tuesdays:
- Hairdressers, Barbers and Nail Salons – please check calendar for availability

Wednesdays:
- Errands to include – pharmacies, bank, post office, card shop – please check calendar for availability

Thursdays:
- Town Pool
- Mini Trips – there will be no mini trips until further notice

Fridays:
- Grocery Shopping – please check calendar for availability

Medical Transportation
The Center provides medical transportation to all members of the Center at no charge to the Seniors – we travel to North Haven, New Haven, Hamden and VA Hospital of West Haven. Hours of medical transportation are Monday through Friday, 9:00 a.m. and must be ready to go home by 2:00 p.m. New Haven and VA appointments will begin at 9:30 a.m. Please call for availability – as soon as you make your appointment, please call to reserve your ride – appointments are taken on a first come basis and unfortunately, not all requests can be fulfilled. If you feel you need assistance going to your medical appointment, feel free to bring a relative, friend or aide at no charge. When making your appointment please indicate if you will be bringing them with you. Please make note: there will be no medical transportation on the following days – February 6, 12 and 16; April 3; May 25; July 3; September 7; October 12; November 11 and 26 and December 25.

Please note: All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 10:30 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there will not be a make-up day during that week for transportation. Activity dates, transportation and times are subject to change, please be patient.

Health Guidance Clinic
Sponsored by the VNA Community Healthcare and Paid for by the Town of North Haven

2nd Tuesday of each month from 12:00 to 1:30 p.m. and
4th Tuesday of each month from 11:00 a.m. to 12:30 p.m.
Blood pressure and glucose screenings will be available

Please Note: A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.
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From the desk of Judy,

Bring it Back Harriet!

Join us as we sing and listen to Harriet Seder, one of our newest members of the Center, as she plays the piano to our good ole time favorites. Harriet will be here every third Thursday at 10:30 a.m.

New to Medicare? . . . Here’s What You Should Know

What is Medicare?
Created in 1965, Medicare is a federal program that provides health insurance for over 45 million U.S. citizens over the age of 65 and others who qualify due to chronic illness.

Who is Eligible for Medicare?
To qualify for Medicare coverage, a person must be:

- at least 65 years of age and be a U.S. citizen or have been a permanent legal resident for five continuous years, or 65 years of age and eligible to receive Social Security (they or spouse has paid Social Security taxes for at least 10 years)
- under 65, permanently disabled, and have received Social Security disability insurance payments for at least 2 years or Railroad Retirement Board disability benefits for at least 24 months from date of entitlement, or get continuing dialysis for permanent kidney failure or need a kidney transplant, or eligible for Social Security Disability Insurance and have ALS

What Does Medicare Cover?
There are 5 components to Medicare – Parts A and B, called Original Medicare; Part C, known as Medicare Advantage; Part D, known as the Medicare Prescription Drug Plan, and Medicare Supplement Insurance (Medigap). If you would like a better understanding of Medicare, The Agency on Aging of South Central CT will be hosting three free presentations at their Long Wharf office (1 Long Wharf Drive, Suite 1L, New Haven). The dates are: Wednesday, March 11; Wednesday, April 8; and Wednesday, May 13 (in the event of inclement weather, please call ahead to the Agency on Aging to be certain that the presentation will happen).

Reservations are required by either email lpruitt@aoascc.org or calling Leslie Pruitt at (203) 785-8533 ext. 3165.

Flashback Wednesday . . .

Wednesday, February 25th please join us for a free Spaghetti Dinner. Details are found on page 6 in this month’s newsletter. Please note if there is inclement weather this program will be cancelled and held in March.
Dear Members,

Because I care about all of your safety please abide by this policy.

Thank you, Judy

**Senior Center Inclement Weather Policy**

- During our winter season, I would like to remind everyone of the Senior Center Inclement Weather Policy. When North Haven Public Schools are closed due to bad weather, all Senior Center activities, classes, transportation and lunches are cancelled and the Senior Center is Closed to the Public. However, my staff still reports to the Center and are available by phone for assistance and transportation appointments.

- If North Haven Public Schools are delayed 90 minutes or more due to bad weather, the Senior Center morning activities, classes and transportation services from 8:30-10:30 a.m. are cancelled. Senior Center Doors will not open until 10:30 a.m. to ensure the grounds have been cleaned and salted for your safety.

**Senior Center Closings and Delays are publicized on channels;**

- WFSB Channel 3
- NBC CT Channel 4
- WTNH Channel 8
- FOX News Channel 6

If travel becomes hazardous during the course of the day due to bad weather, a decision to cancel activities for the remainder of the day will be determined. If this occurs, all bus passengers will be driven home.

Members are encouraged to check for cancellations or delays during inclement weather prior to driving to the Center.
You Spoke, We Listened . . . .

With the New Year upon us and the Surveys are in (the winner of the gift certificate was Sandra Mastroianni)! There were many great suggestions, ideas and feedback. We will be offering new programs monthly, in hopes there are many people who would like to learn a new game; begin to write short stories; go on trips with us or begin a new class or hobby of oil painting, yoga, exercise, line dancing, ceramics, knitting/crocheting or mah jongg, etc. A full list of our activities, costs (if applicable) and when they meet can be found on page 7.

- **NEW PROGRAM: Nutritional Program: Eat Well Be Happy** - Looking for ways to lose weight? This 6 week program designed for Seniors will revamp your New Year's resolutions with this weight management class taught by Cassidy Schmidt, RD, ShopRite of East Haven's retail dietitian. Learn about portion control, label reading, and healthy cooking among other topics. You'll gain all the skills to keep your weight where you want it. This program is free to North Haven residents and will run from Wednesday, March 11 through Wednesday, April 15, 2015 from 10:30 to 11:30 a.m. A donation of a non-perishable food item(s) to the North Haven Senior Center (supporting the North Haven Food Bank) will be accepted. Registration will begin on Monday, February 9, please stop by the Center to reserve your seat, 203-239-5432.

- **Line Dancing** – Studies show by dancing you will reduce your risk of future memory problems. Come join our line dancing program and help reduce your risk of memory loss. They meet on Monday and Wednesday mornings from 9:00 to 10:00 a.m. So come join in on the fun, learn a new step or two and enjoy new friendships and the art of dancing.

- **Knitting/Crocheting - Beginners are welcome!** If you like to crochet or knit, please join our newly formed Knitting/Crocheting Group. If you don’t know how to knit or crochet we have a lovely volunteer instructor who is on site to get you started. The group is open to all! What better way to enjoy the winter season than by knitting and crocheting among friends at your Center. They meet on Wednesdays from 12:30 to 2:30 p.m.

- **NEW CLASS: Beginner Mah Jongg** – If you want to learn the art of an ancient Chinese game, why not try Mah Jongg? This game will challenge you while you have fun at the same time. Please call the Center, 203-239-5432 if you are interested, they meet on Fridays from 12:00 to 3:00 p.m.

- **NEW GAME: Military Whist** - A once tremendously popular game, military whist is finding its way back to being popular. We are looking to begin our own group of military whist players on Thursdays, 1:00 p.m. If anybody is interested in joining this group, please call the Center to let us know, 203-239-5432. It is our understanding that a 4 player minimum is needed. We do not have a teacher so you will need to know the rules and the play of the game.

- **NEW GAME: Rummikub** – A game of challenge and fun at the same time! If you are interested in learning or have some skill at Rummikub come join this newly formed group. We need to have at least 4 people interested in playing, with a maximum of 12 people. The day and time has not been decided as of yet. It will be either Wednesdays, beginning at 1:00 p.m. or Thursdays, beginning at 10:00 a.m. Please call the Center, 203-239-5432 to let us know if you are interested in learning the game of Rummikub and the day that you are most available to attend.
February’s Happenings . . .

☞ National Wear Red Day - Friday, February 6 - On the 12th Annual National Wear Red Day all who participate will raise awareness that cardiovascular disease is the number 1 health threat facing people today and the leading cause of death for women. By increasing awareness of the risk factors and taking action to reduce them, we can save thousands of lives each year. So be proud and wear RED today!! A RED VELVET COOKIE WILL BE OFFERED TO ALL THOSE WHO WEAR RED THROUGHOUT THE DAY.

☞ Super Bowl Sunday Lunch – Friday, February 6, 12:00 noon. Come enjoy an after Super Bowl Sunday Luncheon, we will be starting off with stuffed mushrooms and an artichoke/spinach dip; then for lunch a tasty meatball sub with a drink; wear red for National Wear Red Day and receive a red velvet cookie topped with vanilla ice cream, whipped cream and a cherry! Cost: $6.00 – come by the Center to reserve your spot by Friday, January 30th.

☞ Presentation: Cable, Internet and Phone – Save a Bundle! – Tuesday, February 10, 10:30 a.m. Two representatives from Comcast/Xfinity will be in today to show you how you can save a lot of money on your cable, internet and phone bill. If you are not currently a Comcast customer, please join them to see what they may be able to do for you! Refreshments will be served! Call by Friday, February 6th to reserve your spot.

☞ Valentine’s Breakfast – Wednesday, February 11, 10:30 a.m. Treat your sweetheart and come in and enjoy the most important day of the year . . . Valentine’s Day! We will be serving breakfast this morning, the menu will be: homemade waffles with strawberry and whipped cream topping, sausage, hash browns, orange juice, coffee and tea. Please come into the office to reserve your spot by Friday, February 6th or to the first 60 people who reserve their space. Cost: $6.00, residents; $11.00, non-residents.

☞ Mardi Gras Centerpiece Craft – Friday, February 13, 10:30 a.m. Come join us to make a Mardi Gras centerpiece! Please call the Center by Wednesday, February 11th to reserve your spot!!

☞ Senior Moments with First Selectman, Mike Freda – Friday, February 13, 10:30 a.m. If you have an matter that you would like to discuss with our First Selectman, please call the Center by Tuesday, February 10th to make an appointment to meet with him, 203-239-5432. Appointments will be made every 20 minutes.

☞ Celebrate Mardi Gras with King Cake, Coffee and Kate our StoryTeller! – Tuesday, February 17, 10:30 a.m. Come celebrate Mardi Gras with the famous King Cake, coffee and Kate, our StoryTeller Please stop by the Center by Friday, February 13th to reserve your spot, 203-239-5432.

☞ Judy’s Famous Louisiana Bread Pudding – Thursday, February 19, 10:30 a.m. Come in and learn how to make Judy’s famous bread pudding topped with Praline/Rum Sauce which is always made and requested for her family and friends for her annual Mardi Gras party. Register by Friday, February 13th by stopping by the office, cost: $2.00 to bring home a nice sample of this Bread Pudding!

☞ National Cherry Pie Day – Friday, February 20, 12:30 p.m. It’s only right to celebrate National Cherry Pie Day around President’s Day because of President George Washington and the cherry tree story! According to the American Pie Council, pie came to America with the first English settlers. The early colonists cooked their pies in long narrow pans calling them “coffyns” like the crust in England. As in the Roman times, the early American pie crusts often were not eaten, but simply designed to hold the filling during baking. It was during the American Revolution that the term crust was used instead of “coffyn”. In the United States, cherry pie is often referred to as a “great American dish”. Stop by the Center to register for this fun event by Wednesday, February 18th. Cost: $2.00 for a piece of pie and coffee!
Flashback Wednesday – Wednesday, February 25, 4:30 p.m. Can you guess what you will have for our first flashback Wednesday? ANTHONY, ANTHONY, IT’S PRINCE SPAGHETTI DAY, ANTHONY, ANTHONY!! Enjoy the evening with your friends!! Please come to the office to reserve your spot by Friday, February 20th. Cost: Free to the first 60 North Haven residents only!!

SAVE THE DATES . . .

What’s going on in March . . .

✦ Grocery Shopping Bingo – Thursday, March 12, 12:30 p.m. Sponsored by Village Green of Wallingford. Come and enjoy an afternoon of grocery shopping bingo – prices will be groceries!! Please call the Center by Friday, March 6th to reserve your spot!!

✦ St. Patrick’s Day Luncheon – Tuesday, March 17, 11:30 a.m. Enjoy a corned beef, cabbage, potatoes and carrots lunch catered by Zandri’s and held at the North Haven Senior Center, along with this delicious dinner you will receive our very own Ann Sullivan’s Irish Soda bread and a scrumptious dessert! Cost: $15.00 for residents and $20.00 for non-residents, open to the first 65 people. Reserve your seat by Friday, March 6th.

✦ Dinner and a Movie: About Schmidt – Thursday, March 26, 3:15 p.m. Menu will consist of: chicken soup and grilled cheese sandwiches (American cheese on white bread), chips, drink and dessert. Cost: $5.00 residents and $10.00 non-residents. Dinner will be served approximately 4:30 p.m., transportation on your own. About Schmidt is about Warren Schmidt (Jack Nicholson) has arrived at several of life’s crossroads all at the same time. To begin with, he is retiring from a lifetime of service as an actuary for Woodmen of the World Insurance Company, and he feels utterly adrift. Furthermore, his only daughter Jeannie (Hope Davis) is about to marry a boob. And his wife Helen (June Squibb) dies suddenly after 42 years of marriage. Rated R – this movie runs for 2 hours and 5 minutes. Also starring in this movie is Kathy Bates, Dermot Mulroney, Howard Hesseman, Connie Ray and Harry Groener. Critics give it 2 thumbs up and said this was a great cast and funny moments. Come to the office to sign up by Monday, March 23rd.

✦ Puzzlemania Tournament – Friday, March 20, 12:00 noon to 2:45 p.m. Cost: $5.00 per person, includes coffee/tea and drinks and dessert to follow the tournament with awarding of team prizes. Registration begins Monday, March 2 through Monday, March 16. Limited seats available so register early! See attached flyer for rules and more information.

April’s Happenings . . .

✦ Volunteer Luncheon – Thursday, April 16, time to be determined

✦ Spring Fling – Wednesday, April 22, 12:00 noon – Let’s celebrate the beautiful weather with a nice assortment of gourmet sandwiches, homemade broccoli pasta salad, crisp garden salad with dressing, assorted fresh baked cookies and drinks, all provided by Stellato’s Deli and Catering; then sit back and enjoy one of our new entertainers, Mr. Walter Martin! The event is free to all North Haven residents. Registration will begin on Monday, March 16th to the first 65 people or by April 13th; if there is availability, non-residents may register beginning Monday, April 6th for the cost of $10.00.
Thank you to the following for your donation:

Sera Davis, Carol Labagnara, Mary Legrand, Janet Sola, and Sue Smit
AND MANY THANKS YOU TO ALL WHO DONATED TO OUR AUCTION 😊

Please remember to sign our donations list when making a donation to the Joyce C. Budrow North Haven Senior Center. For those who donated and did not sign our list – we greatly appreciate your donation.

Welcome to Our New Members

Gertrude Collins, Nancy Eberg, Judy Gurrieri, Susan Mendillo, Eugene & Harriet Seder, June Wiehler

Daily Lunch Program . . . .

Our Senior Community Café serves a hot, full-course meal on a daily basis at 11:30 a.m. – please see the newsletter for time changes due to a special program or presentation happening at the Senior Center. Menus are available in the newsletter.

Suggested donation is $3.00 and you must be over 60 years of age or disabled.
Meal cost $5.60 for anyone who wishes to participate and does not meet the required age.

A required application is necessary prior to participating in the program and is available in the office. Please remember to call our Café Manager at 203-239-4030 between 9:00 and 11:00 a.m. by the previous day to order your lunch.

All meals include bread, butter and milk. Soups, entrees, gravies, sauces, salad dressings and desserts are low fat and low sodium.

Please note: food and dairy products are not allowed to be taken home from the Lunch Program.
PROGRAMS and CLASSES
Registration and payments are due two weeks prior to the first day of class!

A $5.00 activity fee for non-residents is due quarterly for each activity you would like to join at the North Haven Senior Center. The North Haven Senior Center will take North Haven Senior residents first. Should the class fill, non-residents will be put on a waiting list. Registration begins two weeks prior to class start date.

Please see the Office for payment – all checks made payable to: North Haven Senior Citizen. A class with insufficient enrollment will be cancelled prior to the starting date. Registrants are notified by telephone if a course must be cancelled.

BEGINNER/INTERMEDIATE PINOCHLE - Monday, 1:00 to 3:00 p.m.

ADVANCED PINOCHLE - Thursday, 10:00 to 11:30 a.m.

INTERMEDIATE BRIDGE - Wednesday and Friday, 12:15 to 3:15 p.m.

BINGO - Monday & Friday, 12:45 p.m.

CANASTA - Monday, 10:15 a.m.
Do you enjoy the game of canasta? Or would you like to learn? The Senior Center will now offer Beginner Canasta on Mondays at 10:15 a.m.

CERAMICS - Tuesday and Thursday, 9:00 a.m. to 12:00 p.m.
Inexperienced people are welcome to join in on the fun. All materials included in the fee. Fee: $2.00 per week.

CRAFT CLASSES - Tuesday and Thursday, 12:30 to 2:30 p.m.
If you know your way around a sewing machine, enjoy working with your hands and spending a nice afternoon helping our craft class please join us. Crafts will begin on Tuesday, February 24.

COMPUTER CLASSES – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m. Beginner and advanced classes available. Call to put your name on our list, 203-239-5432.

EZ EXERCISE - Monday, Wednesday and Friday, 9:30 to 10:00 a.m.
Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength and lead by a member of the Center.

KNITTING/CROCHETING – Wednesday, 12:30 to 2:30 p.m. Beginners are welcome!
If you like to crochet or knit, please join our newly formed Knitting/Crocheting Group. If you don’t know how to knit or crochet we have a lovely volunteer who is on site to get you started. The group is open to all! What better way to begin the upcoming winter season by knitting and crocheting among friends at your Center. New acrylic bright colored yarn is needed to ensure our finished projects are lovely, just like our volunteers!

LINE DANCING - Monday and Wednesday, 9:00 to 10:00 a.m.
MAH JONGG
Advanced meets on Tuesday, 12:30 p.m.
Intermediate meets on Wednesday, 12:00 p.m.
Beginner meets on Friday, 12:00 p.m.
*Beginners Mah Jongg will take place ongoing. We must have 4 people to commit to attending on a weekly basis for at least ten weeks in order for the class to be a success. If you are interested please call the office to put your name on the beginners list or for more information.

NUTRITIONAL PROGRAM: EAT WELL BE HAPPY - Looking for ways to lose weight? This 6 week program designed for Seniors will revamp your New Year's resolutions with this weight management class taught by Cassidy Schmidt, RD, ShopRite of East Haven's retail dietitian. Learn about portion control, label reading, and healthy cooking among other topics. You'll gain all the skills to keep your weight where you want it. This program is Free to North Haven residents and will run from Wednesday, March 11 through Wednesday, April 15, 2015 from 10:30 to 11:30 a.m. A donation of a non-perishable food item(s) to the North Haven Senior enter (supporting the North Haven Food Bank) will be accepted. Registration will begin on Monday, February 9, please stop by the Center to reserve your seat, 203-239-5432.

OIL PAINTING - Monday, 12:30 to 2:30 p.m. and Tuesday, 12:30 to 2:30 p.m.
New Session will begin: Monday’s class will begin on Monday, February 2 through Monday April 27th; there will be no class on Monday, February 16 due to President’s Day. New Session will begin: Tuesday’s class will begin on Tuesday, February 10 through April 28th. New Fee: residents, $25.00; non-residents, $30.00. A list of supplies will be given to you prior to the first class.

SENIOR SONGSTERS - Tuesday, 1:15 to 2:15 p.m.

SITERCISE – Monday & Wednesdays (two classes), 9:30 to 10:30 a.m. or 10:30 to 11:30 a.m. New session will begin: Monday, March 16 through Wednesday, June 10, no class Monday, May 25 due to Memorial Day. New Fee: residents, $15.00, non-residents, $20.00. Increase muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; and a specially designed program for those 50 and older who are at risk for falls. Space is limited 15 people per class. Registration begins; Tuesday, February 10. Please make checks payable to VNA Community Healthcare.

TAI CHI: FOR BETTER BALANCE - Monday and Thursday, 10:00 to 11:00 a.m. Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. New session begins: Monday, March 16 and ends Thursday, June 11. No classes on Monday, April 6 due to teacher and Monday, May 26 due to Memorial Day. New Fee: residents, $35.00; non-residents $40.00. Registration begins; Tuesday, February 10. Please make checks payable to the VNA Community Healthcare.

BEGINNER CHAIR YOGA - Tuesday, 9:00 to 10:30 a.m. and 10:45 a.m. to 12:15 p.m.
Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. New Session begins: Tuesday, January 27 and will run through Tuesday, April 14. Fee: residents, $50.00; non-residents, $55.00.

GENTLE HATHA YOGA - Thursday, 1:00 to 2:30 p.m.
Yoga is a gift! With Yoga, the body remains open and flexible; Yoga will strengthen, stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. New Session begins: Thursday, February 26 and will run through Thursday, May 14. Fee: residents, $50.00; non-residents, $55.00.
2015 Day Trip Policies

✧ Trips are open to all North Haven seniors on a first come basis for the first four weeks. Non-resident seniors may sign up four weeks after collection date. A $5.00 non-resident fee will be charged for each trip. Residents on the waiting list will take precedence over non-residents.

✧ Full payment is due eight weeks prior to trip to secure your reservation. Please see description as to whom to make checks payable to. **The non-resident $5.00 fee is payable in cash only.**

✧ Please remember to bring in your emergency contact information, their name and telephone numbers where they can be reached during the day (including work and cell numbers.) Please remember to bring your emergency forms with you on day of trip this is important since it has an emergency contact person, medications and allergies.

✧ Please make the staff aware of any special seating requests for the bus as you sign up for the trips. The first two rows are reserved for persons with disabilities. Unfortunately due to the fact some trips are sponsored by a Travel Agent, special menus cannot be accommodated.

✧ If special assistance is needed, it is highly recommended to bring a family member or friend.

✧ There will be no refunds. If the Travel Agent or the Center cancels the trip, refunds will be issued.

✧ Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.

✧ Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there will not be a refund issued. You must come into the Center to check in prior to boarding the bus. No passengers are to board the bus until your name is called and checked off by the North Haven Senior staff member.

✧ In consideration of members who need the handicap parking spaces during the trip for classes held at the Center, please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.

2015 Trips . . .

NEW DATE: Casino: **Mohegan Sun** – Tuesday, March 31, 2015. Collection date: Friday, February 6, 2015. Cost: $23.00 per resident; $28.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:30 p.m. **Make checks payable: North Haven Senior Citizen.**

**The Newport Playhouse:** **“When The Cat’s Away”** – Thursday, April 30, 2015. Cost: $83.00 per resident; $88.00 per non-resident. Collection Date: Friday, February 20, 2015. Departure time from the North Haven Senior Center at 8:30 a.m. and return time is approximately 6:00 p.m. This unique dinner theatre is a favorite for locals and visitors since 1983. Enjoy a great buffet with wide variety of salads, hot and cold entrees, desserts and beverage. All food is prepared on the premises and enjoyed in the main dining room. After dining, take your reserved seats in the theater and after the play, return to the dining room for the Cabaret Show. When The Cat’s Away is a classic British farce based on a popular British sitcom. Mildred and Ethel go off on a trip to Paris. Ethel’s philandering husband gets an idea to keep the two husbands occupied while the wives are away. Don’t you know the wives arrive home early and the sparks do fly!! Comedy events unfold with rapid fire dialogue. **Make checks payable: Friendship Tours.**
Brandy New! 9/11 Memorial Museum at the World Trade Center Site – Thursday, May 14, 2015. Cost: $97.00 per resident; $102.00 per non-resident (price change by Travel Agent). Collection date: Friday, March 13, 2015. Departure time from the North Haven Senior Center at 8:15 a.m. and return time is approximately 7:00 p.m. At long last, the 9/11 Memorial Museum has opened. The museum’s 110,000 square feet is located in the archaeological heart of the World Trade Center site. The Museum: The National September 11 Memorial and Museum is the country’s principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events, and exploring 9/11’s continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of each and every victim of both the 2001 and 1993 attacks. The Memorial: The names of every person who died in the terrorist attacks are inscribed in bronze around the twin memorial pools. Your timed entry to the 9/11 Memorial and admission to the 9/11 Museum are included. Prior to our visit to The Museum we’ll enjoy a delicious lunch at Fino’s, a popular Wall Street restaurant. Menu: Soup or Salad, your choice of either Chicken Parmagiana or Sole Oreganata; penne vodka or cheese ravioli marinara, dessert, soda or coffee. When you reserve your spot you must make your dinner choice at time of reservation. Make checks payable: Friendship Tours.

Westchester Broadway Theatre: West Side Story – Thursday, June 11, 2015. Collection date: Friday, April 10, 2015. Cost: $100.00 per resident; $105.00 per non-resident. Departure time from the North Haven Senior Center at 9:15 a.m. and return time is approximately 5:15 p.m. West Side Story – Possibly the greatest musical ever created! A modern version of Shakespeare’s Romeo and Juliet set on the mean streets of New York during the turbulent fifties. Caught between two warring street gangs, the Jets and the Sharks, Tony and Maria attempt to create a life together. This brilliant collaboration by Broadway greats Leonard Bernstein and Stephen Sondheim combines music, lyrics and dance into a timeless tribute to young love. WBT, located in Elmsford, NY, is an elegant year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, each person selects from an excellent menu and enjoys a pre-show lunch. Make checks payable: Friendship Tours.

Casino: Mohegan Sun – Tuesday, June 30, 2015. Collection date: Friday, May 8, 2015. Cost: $23.00 per resident; $28.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:30 p.m. Make checks payable: North Haven Senior Citizen.

Casino: Mohegan Sun – Tuesday, August 25, 2015. Collection date: Friday, June 19, 2015. Cost: $23.00 per resident; $28.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:30 p.m. Make checks payable: North Haven Senior Citizen.

The Turkey Train Winnipesaukee Railroad – Tuesday, September 29, 2015. Collection date: June 26, 2015. Cost: $92.00 resident; $97.00 non-resident. Departure time and return time: TBA. Enjoy a nostalgic train ride along the shores of Lake Winnipesaukee in New Hampshire. It’s a Great Fall Daytrip!! Relax on board as we watch the boats on the lake and enjoy the scenery as we travel roundtrip from Meredith, NH. Hart’s Turkey Farm Dinner on board the Train. This is a Hart’s famous home style turkey dinner, just like grandma made at Thanksgiving. Menu: Turkey, potato, gravy, stuffing, cranberry sauce, rolls, vegetable, dessert and beverage. Yum! Following our train ride, visit Kellerhaus for delicious ice cream, handmade chocolates, gifts and collectibles, New Hampshire liquor stop as well. Make checks payable: Friendship Tours.
Westchester Broadway Theatre: Showboat – Thursday, October 22, 2015. Collection date: Friday, July 24, 2015. Cost: $100.00 resident; $105.00 non-resident. Departure time from the North Haven Senior Center at 9:00 a.m. and return time is approximately 5:45 p.m. Showboat is a timeless masterpiece with music by Jerome Kern and lyrics by Oscar Hammerstein II. Spanning the years of 1880-1927 the story follows the lives, loves and heartbreaks of show people on the Mississippi . . . The WBT, located in Elmsford NY, is an elegant year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, each person selects from an excellent menu and enjoys a pre-show lunch. Make checks payable: Friendship Tours.

Aqua Turf Presents: Country Diva’s – Patsy! Reba! Minnie Pearl! . . & the one and only Dolly! – Tuesday, November 17, 2015. Collection Date: Friday, September 25, 2015 – limited seats available. Departure from the Senior Center at 10:00 a.m. and estimated return time is 4:00 p.m. Cost: $42.00 per resident – the Center’s bus will be driving this day so we cannot accommodate non-residents. If they would like to meet us at the Aqua Turf Club in Southington, we will be able reserve a spot at our table. Three women, Four legends, One great show, unlike any you’ve seen before! Country’s top legends and their #1 hits portrayed by nationally renowned tribute artists. This is a show event, there will be no dancing allowed. Upon arrival you will receive complimentary coffee and donuts, complimentary door prize ticket and a token for a complimentary glass of wine or beer. Served family style; salad, pasta, Chicken Florentine, Sliced Roast Beef, vegetable, potato and dessert. All checks made payable to: North Haven Senior Citizens.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>9:30-E-Z Exercise</td>
</tr>
<tr>
<td>9:30-E-Z Exercise</td>
<td>9:00-Chair Yoga</td>
<td>9:30-E-Z Exercise</td>
<td>10:00-Pinoche</td>
<td>9:30-Scrabble Challenge</td>
</tr>
<tr>
<td>10:15-Canasta</td>
<td>9:00 &amp; 10:45-Computer Class</td>
<td>10:30-E-Z Exercise</td>
<td>11:30-Lunch</td>
<td>12 Noon Super Bowl Party</td>
</tr>
<tr>
<td>10:30-Grocery Shopping</td>
<td>10:30-No Hairdressers</td>
<td>11:30-Lunch</td>
<td>12:30-No Crafts</td>
<td>12:00-BEG Mah Jongg</td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td>10:45-Chair Yoga</td>
<td>12:00-Mah Jongg</td>
<td>1:00-Gentle Hatha Yoga</td>
<td>12:15-Bridge</td>
</tr>
<tr>
<td>12:30-OIL PAINTING BEGINS</td>
<td>11:30-Lunch</td>
<td>12:15-Bridge</td>
<td>12:30-Knitting/Crocheting</td>
<td>National Wear Red Day!</td>
</tr>
<tr>
<td>12:45-Bingo</td>
<td>12:30-Mah Jongg</td>
<td>1:15-Senior Songsters</td>
<td>No Transportation In</td>
<td>Collection Date: Casino</td>
</tr>
<tr>
<td>1:00-Beg Pinochle</td>
<td>12:30-No Crafts</td>
<td>No</td>
<td>Senior Songsters</td>
<td>Mohegan Sun – 3/31/15</td>
</tr>
</tbody>
</table>

**FEBRUARY 2015 CALENDAR OF EVENTS**

*LUNCH SERVED DAILY AT 11:30 A.M.*

**CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE**
<table>
<thead>
<tr>
<th>Monday</th>
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</thead>
<tbody>
<tr>
<td>16</td>
<td>9:00-Ceramics</td>
<td>9:00-Line Dance</td>
<td>8:30-AARP Smart Driver Course</td>
<td>9:30-E-Z Exercise</td>
</tr>
<tr>
<td>CENTER CLOSED</td>
<td>9:00-Chair Yoga</td>
<td>9:30-E-Z Exercise</td>
<td>9:00-Ceramics</td>
<td>9:30-Scrabble Challenge</td>
</tr>
<tr>
<td>WASHINGTON’S BIRTHDAY</td>
<td>9:00 &amp; 10:45-Computer Class</td>
<td>10:30-Erands</td>
<td>10:00-Pinochle</td>
<td>10:30-Grocery Shopping</td>
</tr>
<tr>
<td>10:30-Hairdressers</td>
<td>11:30-Lunch</td>
<td>10:30-Judy’s Famous</td>
<td>10:30-Lunch</td>
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</tr>
<tr>
<td>NO LUNCH</td>
<td>10:30- Celebrate Mardi Gras</td>
<td>12:00-Mah Jongg</td>
<td>Louisiana Bread Pudding</td>
<td>12:00-BEG Mah Jongg</td>
</tr>
<tr>
<td>NO TRANSPORTATION</td>
<td>King Cake, Coffee and</td>
<td>12:15-Bridge</td>
<td>10:30-Bring It Back Harriet</td>
<td>12:15-Bridge</td>
</tr>
<tr>
<td>Kate our StoryTeller</td>
<td>12:30-Knitting/Crocheting</td>
<td>11:30-Lunch</td>
<td>12:30-National Cherry</td>
<td></td>
</tr>
<tr>
<td>10:45-Chair Yoga</td>
<td></td>
<td>12:30-No Crafts</td>
<td>12:45-Bingo</td>
<td></td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td></td>
<td>1:00-Gentle Hatha Yoga</td>
<td></td>
<td>Collection Date: Newport Playhouse – 4/30/15</td>
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<tr>
<td>12:30-Mah Jongg</td>
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<tr>
<td>12:30-Oil Painting</td>
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<tr>
<td>1:15-Senior Songsters</td>
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</table>

<table>
<thead>
<tr>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
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</thead>
<tbody>
<tr>
<td>9:00-Line Dance</td>
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<td>11:30-Lunch</td>
<td>12:30-Crafts</td>
<td>11:30- Lunch</td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td>11:0-Health Guidance Clinic</td>
<td>12:00-Mah Jongg</td>
<td>1:00-Gentle Hatha Yoga</td>
<td>12:00-BEG Mah Jongg</td>
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<tr>
<td>12:30-Oil Painting</td>
<td>11:30-Lunch</td>
<td>12:15-Bridge</td>
<td>12:45-Bridge</td>
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<tr>
<td>12:45-Bingo</td>
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<td>12:30-Knitting/Crocheting</td>
<td>12:15-Bridge</td>
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</tr>
<tr>
<td>1:00-Beg Pinochle</td>
<td>12:30-Oil Painting</td>
<td>4:30-Flashback Wednesday</td>
<td>12:45-Bingo</td>
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<tr>
<td>12:30-Crafts</td>
<td></td>
<td>Dinner</td>
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<tr>
<td>1:15-Senior Songsters</td>
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</tbody>
</table>

TO THE TOWN POOL OR LIBRARY
ACTIVITY DATES
TRANSPORTATION AND TIMES ARE SUBJECT TO CHANGE
FEBRUARY 2015 CALENDAR OF EVENTS
LUNCH SERVED DAILY AT 11:30 A.M.
CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE
<table>
<thead>
<tr>
<th>Date</th>
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</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>1 c. Pasta “Romesco” (Spaghetti, Diced Chicken, Cherry Tomatoes, Parsley) Parmesan 1/2c. Italian Blend Vegetables 1 Slice Garlic Bread 1 Tsp Margarine 1/2 c. Peach Slices in Juice 8 oz LF Milk</td>
<td>1/2 c. Tomato Bisque / LS WW Crackers 1/4 c. Seafood Salad on Romaine Lettuce W/Cucumber &amp; Tomato Garnish Small Multigrain Roll Small Banana 8 oz LF Milk</td>
<td>1/2 c. mixed fruit juice 3 oz. Salisbury steak with LS mushroom gravy 1/2 c. Egg Noodles 1/2 c. collard greens 1 Slice Pumpernickel Bread 1 tsp Margarine Oatmeal Cookie 8 oz LF Milk</td>
<td>3 oz. Stuffed Chicken Breast with supreme sauce 1/2 c. Braised Carrots 1/2 c. brown rice pilaf 1 Whole Wheat Roll 1 Tsp Margarine 1/8 Pumpkin Pie Slice 4 oz grape juice 8 oz LF Milk</td>
<td>Super Bowl Party Rescheduled from January 30 12 Noon</td>
</tr>
<tr>
<td>3</td>
<td>3 Eggplant Rollatini W/Marinara Sauce/Parmesan Cheese 1/2 c Penne Pasta 1/2 c Winter Mixed Vegetables 1 Garlic Breadstick 1 Tsp Margarine 1/2 c Peach and Pear Halves 8 oz Low Fat Milk</td>
<td>1/2 c Orange Juice 3 oz Cheeseburger on Wheat Roll/Ketchup 1/2 c Coleslaw Lettuce &amp; Tomato 1 Tsp Margarine Brownie 8 oz Low Fat Milk</td>
<td>NO FSW LUNCH VALENTINE'S BREAKFAST See Newsletter for Details</td>
<td>CENTER CLOSED TODAY LINCOLN'S BIRTHDAY NO FSW LUNCH</td>
<td>VALENTINE'S DAY CELEBRATION 3 oz Beef Braciolo W/Gravy 1/2 c. Au Gratin Potatoes 1/2c Grilled Vegetables Wheat Dinner Roll 1 tsp Margarine Holiday Cake 8 oz Low Fat Milk</td>
</tr>
<tr>
<td>9</td>
<td>1/2 c Apple Juice 3 oz Roast Turkey/LS Gravy Cranberry Sauce 1/2 c. Roasted Sweet Potato 1/2 cup green beans 1 Whole Wheat Roll 1 tsp Margarine 1/8 Pumpkin Pie 8 oz LF Milk</td>
<td>3 oz. Fish Almondine Small Baked Potato Sour Cream 1/2c. French Green Beans Wheat Dinner Roll 1 tsp Margarine Strawberry Chiffon or Angel Food Cake/Whipped Topping 8 oz Low Fat Milk</td>
<td>3 oz Taco Ground Beef Over 1/2 c. Brown Rice 1/2 c. Fiesta Blend Vegetables 1-6&quot; Corn Tortilla Taco sauce 1/2 c Chopped Lettuce &amp; Tomato 1/2 cup tropical fruit 8 oz low fat milk</td>
<td>3 oz crab cake Tartar sauce 1/2 c. Roasted New Potatoes 1/2 c. Broccoli 1 Slice Rye Bread 1 tsp margarine 1/2 c. Apricots 8 oz low fat milk</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>1/2 c Grape Juice 3 oz Chicken Stew 1/2 c. Egg Noodles 1 c. Spinach Salad W/ Shredded Carrots Vinaigrette Dressing 1 Small Piece Cornbread 1 tsp Margarine 1/2 cup apple Crisp 8 oz LF Milk</td>
<td>3 oz Vegetable Lasagna 1 c Tossed Salad W/Tomato Italian Dressing 1 Slice Garlic Bread Fresh Seasonal Fruit 8 oz LF Milk</td>
<td>3 oz. Tangerine Baked Chicken qtr 1/2 c. Brown Rice 1/2 c. Oriental Vegetables 1 Whole Wheat Roll 1 Tsp Margarine 1/2 c. fruit compote 8 oz LF Milk</td>
<td>3 oz Pulled Pork on Wheat Bun 1/2 c. Baked Sweet Potato Fries 1/2 c. Coleslaw 1/2 c. pumpkin bread pudding 4 oz cranberry juice 8 oz LF Milk</td>
<td>HAPPY FEBRUARY BIRTHDAYS 1/2 c. Creamed Broccoli Soup 3 oz Vegetable Omelet 1/2 C. roasted potato w/ pepper and onions 1/2 c. Peas and Carrots 1 Slice Multigrain Bread 1 tsp Margarine 1/2 c. Fruit Cocktail Birthday Cake 8 oz LF Milk</td>
</tr>
<tr>
<td>16</td>
<td>CENTER CLOSED PRESIDENTS' DAY NO FSW LUNCH 3 oz. Fish Almondine Small Baked Potato Sour Cream 1/2c. French Green Beans Wheat Dinner Roll 1 tsp Margarine Strawberry Chiffon or Angel Food Cake/Whipped Topping 8 oz Low Fat Milk</td>
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</tr>
<tr>
<td>23</td>
<td>3 oz Vegetable Lasagna 1 c Tossed Salad W/Tomato Italian Dressing 1 Slice Garlic Bread Fresh Seasonal Fruit 8 oz LF Milk</td>
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</tr>
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</table>

MINIMUM PORTIONS SERVED AT EACH MEAL: All non-citrus juices are Vit C fortified
1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 3 oz. Protein 1 pat Margarine
2 Bread servings or equivalent (enriched or whole grain); All rolls are seedless; All white rice is enriched
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt