Senior Happenings

December 2019

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT 06473
Office: 203-239-5432  Fax: 203-234-7185
Hours:  Weekdays 8:00 a.m. to 4:00 p.m.
www.town.north-haven.ct.us

Café:  Monday, Tuesday, Thursday and Friday
Hours:  9:00 am - 12 noon
Café:  203-239-4030

Mission

The mission of the Center is to respond to the ever-changing needs of North Haven adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities in the Town of North Haven.

Manager and Municipal Agent for Elderly: Judy Amarone
email: amarone.judy@town.north-haven.ct.us
Program Coordinator:  Marlene Thorp
Secretary:  Laurie Feldman
Transportation:  Keith Baedor, Richard Kaman
Café Manager:  Arlene Herzog
Daily, Medical, Errands, Grocery Shopping, Mini Trips

Daily Transportation
Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

Schedule
For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

Mondays: (time frame for mini trips will be an hour and a half from time of drop off)
Mini Trips: December 16 - Universal Drive
  ➢ December 23 & 30 - Errands

Tuesdays: (time frame for grocery shopping will be an hour and a half from time of drop off)
  ➢ Grocery Shopping

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)
  ➢ Errands to include – Pharmacies, Bank, Post Office
  ➢ Because of the holidays - December 23 & 30 - Will be Errands

Thursdays: (time frame for mini trips will be an hour and a half from time of drop off)
  ➢ Hairdressers, Nail Salons, Barbers and Library
  ➢ No trips out on December 26

Fridays: (time frame for grocery shopping will be an hour and a half from time of drop off)
  ➢ Grocery Shopping

Medical Transportation *
Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. Pickup times are approximate. Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven and on a very limited basis to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor's office.

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.

All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 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.

The hours of medical transports to doctors will be limited. Appointments for medicals will begin no earlier than 9:30 am and you must be ready to go home by 12 noon. There may be times where you have to wait or go early since we are doing our best to serve your needs.

*No Medicals – December 6, 9, 10, 11, 12, 13, 23, 24, 27, 30 and 31

*Except if you already have an appointment scheduled with the Senior Center.
From the desk of Judy,

The miracle is not that we do this work, but that we are happy to do it.”
-Mother Theresa

I would like to give a round of applause to all who worked endlessly making our 2019 Annual Holiday Fair a remarkable successful event. As always it is hustle and bustle prior and on the days of the event. However in the end we look back and focus on how it was a day of fun, food, and fellowship. Thank you all for the donations of delicious homemade cookies, beautiful painted ceramics, handmade crafts, gently used treasures, handmade knitted/crochet items, Jewelry and gems, and the abundance of raffle prizes!

As always my appreciation to our front door greeter who welcomed in our community friends as the doors opened, to all that manned the tables as well as to those that sold raffle/food tickets ensuring every sale was ended with a smile, to our volunteers who worked in the kitchen not only preparing the food but running it back and forth to the eating area assuring all were fed in a timely manner, moreover to our volunteers who kept the eating area clean and tidy for all. As well gratitude to our volunteers who assisted with cleaning up once the doors were closed. Last but not least to our volunteer who washed, dried, and folded our aprons that were worn by all on the day of the event making sure we are ready to go for next year.

For all who would like to know how much profit was realized it is posted on the bulletin board outside my office as well in the main room.

In the event you were unable to attend the bazaar and would like to support the efforts of this fundraiser there are a few remaining handmade items on display at the Center throughout the month of December.

Great gifts at a great price!
Remember all proceeds go toward the betterment of your center supporting programs and supplies that make our Center great!!!

Wishing you the beauty, blessings and joy this season brings.

Merry Christmas and Happy Holidays to All!

Fondly,

Judy, Marlene, Keith, Rich, and Laurie

In planning ahead for the month of December the Town of North Haven will be closing early on Tuesday December 24 and 31. All activities including transportation will conclude at 11am and lunch will not be available as well.
A Special Thank you to the following individuals who Donated to the Holiday Fair Raffle and Baked Delicious Cookies*

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*Please note that there were anonymous donations that supported the raffles and cookie walk that were dropped off in the offices and front foyer, thank you to you as well. 😊
Senior Center Inclement Weather Policy

As we head into the winter weather season, here is a reminder of the Senior Center Inclement Weather Policy.

- If North Haven Public Schools are closed due to weather, Senior Center transportation is cancelled.

- If North Haven Public Schools are delayed due to weather, transportation services will be delayed the same time period as the schools. If you had a reservation for transportation in that time unfortunately the appointment will have to be rescheduled or canceled.

When utilizing the Center bus, for your safety, it is asked that your pathway is clear of snow and ice. In the event the pathway is not clear of ice or snow the driver will contact the office informing that the pathway is not clear and the driver will be directed to go to the next stop.

Always lean on the side of caution when deciding to drive or get dropped off at the Center for a class or activity during inclement weather.

Updates on Transportation or Activities During Inclement Weather can be found on:

- WFSB Channel -3
- NBC CT Channel -4
- WTNH Channel 8

The Center rarely closes in inclement weather however this is unpredictable and our Selectman may close Town buildings in extreme poor weather conditions. It is best to call ahead prior to venturing out on the roads to see if we are open or closing early.

203-239-5432
For your donations: Madelyn Boni, Hamden/North Haven Disabled American Veterans, Carole Labagnara and Lynn Lassman

Your kindness and support is a true measure of community spirit 😊

To our new members: John Cappello, Ilene Lefland and Josephine Golia

Registration Begins for the following Trips:

See enclosed flyers for detailed information:

Atlantic City, Deposit - December 2, 2019

St. Patrick’s Day Celebration - Aqua Turf - January 6, 2020

Tom Jones & Englebert - Aqua Turf - February 3, 2020

Essex Steam Train & River Boat - March 4, 2020

All-You-Can-Eat-Lobster - May 6, 2020

“All Elvis” - Aqua Turf - September 2, 2020

Mini Trips

December 16 - Universal Drive: Target, Michaels, Panera Bread, Big Lots, Home Depot, TJ Maxx, DSW, and more!

All interested members who drive are asked to meet at the Center by 9:30 am.

Reserve your space by calling the Center, 203-239-5432
Finance Meetings for the Month of December will be held on Monday, December 9 and Wednesday, December 18. Both meetings are held at 9 am and meet in the ceramic room.

*Ask the Nurse* will be held on Wednesday, December 11, 12:00 noon - 1:30 pm; Services at the Clinic include blood pressure, heart rate, weight and setting health goals, medication reviews and lists, and medical appointment preparation.

Senior Songsters, Tuesdays at 1:15 pm. If you are interested in singing, please come join them. New singers are always welcome.

Please Note our Changes for Bingo…
Bingo will now be starting at 1:00 pm on Mondays and Fridays.*
Wednesdays Bingo has been Postponed until Further Notice

*Remember: If the table has not been cleaned from the lunch program, please wait until the table has been washed clean prior to placing the Bingo cards down on the table.*
The North Haven High School Senior Class requests your presence at the Annual Senior-to-Senior Breakfast!

Please join us at this wonderful event hosted by our senior students for our senior citizens.
Enjoy a continental breakfast served by our seniors, spending time together, holiday music and a raffle.

Tuesday, December 3rd, 2019
8:00 – 9:15 a.m.
North Haven High School Cafeteria
Transportation from the Center and home is available. Please contact the office if you are in need of a ride.
NORTH HAVEN SENIOR CENTER
2019 CHRISTMAS PARTY

Friday, December 6
11:45am - 3:00pm
Zandri’s Stillwood Inn, 1074 South Colony Road, Wallingford

If you are traveling by bus from the Center or Home and have not received a call for your pick up time please contact the Center.
The Center will be closed; all activities including shopping and medical appointments are canceled due to the Centers’ Holiday Party

Decorate, Make and Take a Christmas Tree
Thursday, December 12 at 10:00am

Come in and decorate your very own 18 inch Christmas Tree
$5.00 per Tree payable at the time registering.
Last Day to Register is December 9
Project is limited to 9 members
(No. Haven Residents only)
Lunch Time Special Entertainment

Please RSVP in person or by calling the Center 203-239-5432

Come listen to Frank Tamburro who will be playing the Trumpet during lunch on Friday, December 13 at 11:45am

Mr. Tamburro will present an engaging and interactive summary of trumpet performance, history, repertoire and technique. Participants will enjoy and appreciate a live performance while at the same time learn many interesting details about the trumpet.

This presentation will begin with an explanation of how a sound is produced on a trumpet. From the very basics of air, lips, and mouthpiece to the performance of trumpet repertoire, Mr. Tamburro will discuss how the trumpet has evolved from its earliest time. Mr. Tamburro will discuss briefly the function of the trumpet in the United States Military. The lecture will then progress to the role of the trumpet through different time periods beginning with the Renaissance and progressing through the Classical, Romantic and Twentieth Century periods.

For each period, Mr. Tamburro will perform select repertoire which features the trumpet so that the listener will get a full appreciation of how the trumpet has evolved through the different periods. The presentation will end with some classic trumpet solos and there will be a question answer period for all in attendance.

Monday, December 16 - Creative Beginnings Preschool, 10am - Come join us at the Center for an enjoyable hour of singing with our preschool friends. Young children singing carols is a sure way of bringing back childhood holiday memories. Come one, come all.

Senior Songsters On the Road!

Our Senior Songsters - Tuesday, December 17, will be taking their talent on the road and will be singing Holiday Carols at North Haven’s newest assisted living facility

The Landing
201 Clintonville Rd, No. Haven
Time: 12 noon

Please sign up in the office by December 10 to confirm you will be performing on this day.

All songsters are asked to wear a white shirt/blouse and black slacks/skirt

Note: This invitation at The Landing is only open to Current Senior Songsters that are on the Roster. New members are encouraged to join and participate in future performances beginning January 2020.
SPECIAL OUTING:
The Knights of Columbus Museum
CHRISTMAS IN EUROPE

Wednesday, December 18 - 9:30am
IMMEDIATELY FOLLOWING OUR MUSEUM VISIT, WE WILL TRAVEL OVER TO THE GREEK OLIVE FOR LUNCH

SIGN UP in the office by December 13
Sign up Early seating is limited
Weather Permitting
North Haven Residents Only

Christmas in Europe is the theme of the Knights of Columbus Museum’s 15th annual Christmas exhibition, showcasing the art and customs of the continent.

The museum will exhibit more than 80 Nativity scenes or crèches, icons, and religious artworks representing 30 countries across Europe, including its signature 120-square-foot Neapolitan (Italian) crèche. European artists, from the great masters to local craftspeople, have depicted the Nativity for centuries, often integrating and showcasing regional clothing, architecture, and raw materials. The show also explores the traditions and festivities that have developed across the continent to celebrate the Christmas season.

In addition, the museum is hosting its annual Christmas Tree Festival. Each year, Connecticut Catholic schoolchildren make ornaments and decorations in the theme of the museum’s Christmas show and trim its two dozen trees. The handmade adornments showcase the creativity and imagination of the young learners and are a colorful complement to the Christmas exhibition.
It’s Movie Time at the North Haven Senior Center Cinema

The Note
Thursday, December 19, @ 1:15pm

When she covers a fatal plane crash, journalist Peyton MacGruder makes an eerie discovery---a hastily written message from one of the passengers. The note's heartfelt words launch Peyton on an emotional cross-country journey to find the intended recipient---with famed TV reporter Truman Harris dogging her steps. Will he derail her mission to deliver the message by Christmas?

Come join us for an afternoon with a good movie and hot cocoa
*If less than 10 have RSVP the movie will be postponed to a later date

Celebrating December Birthdays
Please join us along with First Selectman Michael Freda on December 20, at 11:45am to celebrate all the December birthdays. If you have a birthday this month please contact the Center and let us know that you will be coming to your party. Birthday Cake will be served. *All Members are welcome to come help us celebrate.

Please RSVP by December 16, in person or by calling the Center 203-239-5432
*A special thank you to our new friends of The Landing for their generosity in providing our monthly Birthday Cake.
2020 Hats, Mittens & Gloves Tree

We will be collecting NEW Hats, Mittens & Gloves

The Mitten, Gloves and Hat Tree will support organizations in town and surrounding area in time of need.

As winter is quickly approaching, no one likes to be cold. We can all make a small difference in someone’s life by donating a pair of mitten/gloves or a hat. Just place your hats, mittens & gloves on our tree at the center.

Beginning January 2nd, we are inviting all of you, along with your friends and family to participate in this great event.
“New” **Drawing Class** - Come take a drawing class here at the Senior Center on Thursdays 1-2:30pm, starting on January 2. This will be a 12 week basic drawing class which will teach you basic drawing skills and also will incorporate design principles, color theory, and exercises to promote creativity. This course will be great for a total beginner or those who want to refresh their own drawing techniques. On the first day of class, Sharon, your instructor, will show you the exact materials you will need for this class. Cost: $30 for residents $35 for non-residents. Maximum participants 10 people. Registration for this new class will begin on December 3.

**Friday, January 24, 10am - Re-Gifting Auction** Come one come all to the Center’s Annual Re Gifting Auction. Our auction is a favorite for all and as in the past it will be a fun filled morning. If you have never attended, or are new to the Center, don’t miss out on the fun. Donations of new and never used items such as Knick knacks and jewelry will accepted. This is not a tag sale; it is a fun and at times a competitive auction among the members. Come one Come All! Snow date will be Friday, January 31 at 10:00 am.

**Make and Take a Beautiful Old Fashion Lacy Valentine’s Day Card With Sharon**

Thursday, January 30, 10:30am
Snow Date: February, 6

Step by Step Demo, Card and Envelope all for $5.00
If you have any questions, please see Marlene

Registration will begin on December 4
**Project is limited to 10 members**
No. Haven Residents only
Mark Your Calendar…
Trips, Entertainment, and, More!

January –
Wednesday, January, 1 New Years Day- Center will be closed

Monday, January, 20 Martin Luther King Day- Center will be closed

Friday, January 17, Celebrating January Birthdays

Friday, January, 24, Re-Gifting Auction (snow date: 1/31/20)

Thursday, January 30, Valentine’s Day Card Make & Take (snow date: 2/6/20)

February-
Wednesday, February 5, Aces Mill Academy, Project (snow date: 2/7/20)

Friday, February 7, National Wear Red Day-Be Proud & Wear Red-receive 1 FREE Bingo card!

Wednesday, February 12, Lincoln Birthday- Center will be closed

Monday, February 17, President’s Birthday- Center will be closed

Thursday, February 20, Make & Take Heart Shape bird Suets

Friday, February 21, Collette Tours In House Presentation - “America’s Music Cities” (snow date: 2/28/20)

Friday, February 21, Celebrating February Birthdays

2020 Aqua Turf

Tuesday, March 17, 2020, St. Patrick’s Day, $45

Tuesday, April 14, 2020, Tom Jones & Englebert, $45

Tuesday, November 17, 2020, “Elvis”, $45

Included in the price: lunch, entertainment, and free transportation.
Note: Transportation is only available to No. Haven residents.
AARP Smart Driver Course - The AARP Smart Driver course is the nation’s first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course.

Why Take the AARP Smart Driver Course?
The AARP Smart Driver course is the nation’s first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

Last 2019 Date - December 19, 2019
Class will be held at the Center, 189 Pool Road from 8:30am-12:30pm

2020 Dates
January 16, 2020
April 16, 2020
July 16, 2020*
October 15, 2020

All Classes held at the North Haven Center
189 Pool Road
1-5pm (new time)

Registration is required 203-239-5432

Checks only payable to AARP $15 AARP member, $20 non AARP members and due on the day you are scheduled to take the class. Along with your class fee you are required to bring your driver’s license to the Class.

* Effective July 1, 2020, the fees will increase to $20.00 for AARP members and $25.00 for non-members.

Connecticut Defensive Driving Course
North East AAA

If you are unable to attend the dates for the AARP Smart Driver Class North East AAA offers a free Defensive Driving Course. This free classroom program is a nationally recognized defensive driving course held at venues throughout the area.

You may register for a class by calling 1-866-901-8457
Monday- Friday 8am-6pm;
Saturday or Sunday 9am-6pm.

Program attendees will receive a certificate of completion within 10 days of the class and participants 60+ will be eligible for a 2-3 year auto insurance discount.
Group Games

Did you know that Card Games Improve Math Skills and Memory Skills: What better way to keep mentally fit than to get together with friends to learn a new game or enjoy an old favorite? Playing card games can help keep senior minds active by learning playing strategies and using math skills. Improve memory skills by playing games that depend on remembering which cards have been played and which are still likely to be in the opposing players’ hands. Sharpen math skills by quickly adding points played and keeping score by doing simple math in your head. Card games that require players to develop strategies will force those new brain cells to connect and become active.

Bingo - Monday and Friday, 1:00 p.m. - Did you know that it turns out Bingo is more than a fun activity? Researchers have found that playing bingo has multiple health benefits for people. It takes concentration - which improves listening and short term memory skills and it promotes socialization - which is essential for all to maintain a happy and healthy lifestyle. Becoming part of a regular bingo group provides the opportunity to stay acquainted with friends and even make some new ones. Connecting with others gives one something to look forward to as well as a purpose. Statics show that people who maintain social interaction have a much slower decline mentally and physically than those who do not! Cost: .75 per card. The Center cannot make change please plan accordingly and bring the correct dollar amount for your card/s.

Bridge (intermediate) - Wednesday and Friday, 12:15 pm - Newcomers are always welcome as well as one who has not played in sometime.

Canasta - Monday, 10 am - This activity is open to all that know the game and those that want to learn a new skill and make friends.

Mah Jongg - Tuesday, 12:30 pm and Wednesday, 12 noon - Games are played twice a week at the Center. If you have been away from the game and are feeling somewhat out of practice stop by for a quick refresher. All levels are welcome.

Open Game Play - Thursday, 12:30 pm, Come play a game or two or three. Decisions of games will be made from whoever comes to play.

Pinochle - Monday, 12 noon - If you haven’t played in sometime and would like to get back into the game come on in. Novice players are welcome!!!
Enrichment Classes

Ceramics - FREE! Tuesday and Thursday, 9 - 11am - Creative activities such as ceramics encourage a sense of competence, purpose, and growth; all of which contribute to aging well. Join us weekly in the ceramic room for socialization and a path to unlock your creativity. Novice and experienced are welcome to join in on the fun.

Computer Training with Pat - FREE! Tuesday, 9:00 - 10:30 am - Would you like to learn how to use a computer? Learning computers and basic internet skills is not only for accessing information. It is the tool now for keeping in touch with family members. Don’t be left behind in the world of technology and sign up for a free four week session. **Call the office to register. This is open to residents only.**

Conversational Canadian French Hour - Thursday, 9am - Do you speak French? Do you want to learn how to have a conversation in French? If you answered yes to both of the questions then this program is for you! This program will be led by Marlene the center’s program coordinator.

Crafts with Marlene - Resumes on March 19 - All the projects are made for the holiday fair. If you like to sew, are able to use scissors, glue gun or any type of crafting material. If you have a project to share or just want to meet new people while crafting. Please come in and join us.

Drawing Class - Thursday, 1 - 2:30pm - Did you always want to learn how to draw? This is a 12 week basic drawing class which will teach you basic drawing skills and also will incorporate design principles, color theory, and exercises to promote creativity. This course will be great for a total beginner or those who want to refresh their own drawing techniques. On the first day of class, you will be shown the exact materials you will need for this class. **Session: January 2 - March 19, 2020. Registration starts December 5. Cost: $30 for residents $35 for non-residents. Maximum participants 10 people.**

Fun Fitness - FREE! Monday, Wednesday, Friday - 9:30am - It is never too late to start exercising! Despite all the anti-aging products pushed on us, it’s inevitable that we will get older. However some of the things we lose as we age can actually be prevented by exercising. When one loses their ability to do things on their own, it doesn't happen just because we have aged. It is more likely it is because we have become inactive. Stop the clock and join us for free fun exercise!

Line Dance Class - Thursday, 10:30-11:30am - Have you ever wanted to join in when people are line dancing but didn’t know the steps? This is your chance to learn, better yet it’s FREE! Not only will you learn how to dance you will be making new friends and exercising, bring a friend and join the fun!

Knitting and Crocheting - FREE! Tuesday, 10am - This class is open to those who know the skill as well as for a newbie. All supplies are provided for the new student and best yet are free.

Moving for Better Balance - “Mini 8 Week Special” - 2 classes being offered -Wednesday and Friday, 9:15 -10:15am or Wednesday and Friday, 10:30 - 11:30am. Sponsored by the Town of North Haven and class led staff of the VNA Community Healthcare. This class will help you increase your strength and balance, stay active, independent and prevent falls.

Next Sessions: January 8 - February 28, 2020. Registration must occur before the start of the New Session. Registration for the new class starts December 4.

Cost: $20 for residents $25 for non-residents Maximum participants 15 people. **Checks are due on the first day of class Payable to VNA Community Healthcare.**
Beginner Mahjong Lessons- Monday, 12:30. Lessons are free and taught by Maria Chan. Call the Office to have your name added to the upcoming class.

Oil Painting - Tuesday, 12:45 - 2:45 pm or Wednesday, 9 - 11am. Learn to Oil Paint class is taught by Patty Meglio, who has more than eighteen years of experience as a professional artist and who has been teaching privately and in the classroom for more than a year. In the 12-week session, students will work from photographs to create scenes of still-life, seascapes, and urban and country landscapes. Each student will receive individual attention at every step along the way and learn techniques to create a beautiful picture to treasure for years to come. This class is geared for novice painters as well as experienced painters who want to expand their painting abilities. Next Session: Tuesday, January 7 - March 24, 2020 or Wednesday, January 8 - April 1, 2020. Registration must occur before the start of the New Session. Registration for the new class starts November 26.

Cost: $30 Residents - $35 Non Residents

Tai Chi - Monday, 10:30 - 11:30 am - In this class you will explore balance, alignment, flexibility and strength and coordination of body and mind and spirit. This class requires no prior experience. Next Session: Monday, February 10 – May 4, 2020. Registration must occur before the start of the New Session. Registration for the new class starts January 6. No Class – February 17.

Cost: $45 for residents $50 for non-residents. Max 15/Min 12 people.

Beginner Chair Yoga - Tuesday, 10:30 - 11:45 am - Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses. Suitable for all and anyone who feels uncomfortable getting up and down from the floor. 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. Current Session: Tuesday, December 3 - March 3, 2020. Closed - Class Full. Next Session: Tuesday, March 17 - June 2, 2020. Registration must occur before the start of the New Session. Registration for the new class starts February 11.

Cost: $75 residents, $80 non-residents.

Checks made payable to: Treasurer Town of North Haven, unless otherwise noted

Registration will be taken Monday through Friday from 9:00 a.m. to 2:00 p.m.

Remember: Registration must occur before the start of each New Session.

A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment, as instructors are based on payment once the class is filled. Non Resident Registration: If there is availability one may register two weeks prior to class start date. Non-residents are charged an additional $5 per paid class. If space is needed for a resident, the non-resident maybe no longer eligible for participation until space becomes available.
Trip Policies*

✓ Trips are open to all North Haven seniors on a first come first serve basis starting on the collection date. Non-resident seniors may sign up two 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 in order to secure your reservation. Please see description as to whom to make checks payable to.

✓ 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 asked that you bring a family member or friend.

✓ There will be no refunds. If the Travel Agent cancels the trip, refunds may be issued and or rescheduled at another time. If available travel insurance is recommended.

✓ Departure and return times are subject to change by the Travel Agent.

✓ 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 who will be at the Center while you are away on your day trip, please park in the staff parking spaces, regular parking spaces or on the grass in the field across from the Center.

*In the event it is determined that the weather is a safety issue for Travel the scheduled trip may be canceled and/or postponed for an alternate show at a different date.

When filling out the emergency contact information, Please DO NOT put the name of the person you are traveling with as the emergency contact. An emergency contact needs to be someone that is NOT on the trip with you.
Moving for Better Balance

Presented By: VNA Community Healthcare & Hospice
Funded by the Town of North Haven

It Works... This class will help you increase your strength and balance, stay active, independent and prevent falls.

It’s Fun... Meet other older adults, make new friends.

Exercises can be modified for each person’s fitness level and can be performed seated or standing.

DATE | Wednesdays & Fridays, January 8 - February 28
TIME | First class: 9:15 - 10:15 a.m.
       | Second class: 10:30 - 11:30 a.m.
LOCATION | Joyce Budrow Senior Center, 189 Pool Rd., North Haven
COST | $20 for residents/$25 for non-residents
REGISTRATION | 1.866.474.5230 (toll free)

*** No class when site is closed, No make-up dates

Turn to us:
753 Boston Post Rd.
Guilford, CT 06437
2319 Whitney Ave.
Hamden, CT 06518

Toll Free Helpline: 866.474.5230

vnacommunityhealthcare.org
Tuesday, March 17, 2020
11:00am - 3:30pm
Collection Date Starts: January 6, 2020

Aqua Turf Club’s
St. Patrick’s Day Celebration!!
Featuring:
The Mclean Avenue Band!!

Traditional Irish meal, traditional Irish music & lots of dancing!
There is no better way to celebrate St. Patrick’s Day!
The Mclean Avenue Band will be playing old Irish Celtic folklore mixed with today’s pop rock Celtic music!

Coffee & Donuts
Door Prizes
Complimentary Glass of Beer or Wine
Family Style:
Salad/ Pasta / Corned Beef & Cabbage/ Baked Scrod/ Carrots & Potatoes/ Dessert $45.00 pp
Checks Only Payable to: Aqua Turf Club

Transportation available for non-drivers first. If space is available drivers may ride on the bus. Bus is for residents only. Sign up early to reserve your seat on the bus. Bus will be leaving at 10:15am.
Tuesday, April 14, 2020
11:00am - 3:30pm
Collection Date Starts: February 3, 2020

Aqua Turf Club’s

Tom Jones & Englebert - The Way it Used to Be!!

Featuring:
Richie Mitnick (Musical Director) & Joe Saimeri!!

Sit back, close your eyes and be transported to great moments in musical history. From Delilah to Release Me, you’ll enjoy every second of this Powerful tribute to these unforgettable entertainers!

Definitely be prepared to dance!

Transportation available for non-drivers first. If space is available drivers may ride on the bus.
Bus is for residents only. Sign up early to reserve your seat on the bus.
Bus will be leaving at 10:15am.

Coffee & Donuts
Door Prizes
Complimentary Glass of Beer or Wine

Family Style:
Salad/ Pasta / Chicken Kathryn/ Baked Ham/
Vegetable & Potatoes/ Dessert
$45.00 pp
Checks Only Payable to: Aqua Turf Club
North Haven Senior Center presents...

America’s Music Cities
featuring New Orleans, Memphis & Nashville

8 Days and 10 Meals
9/27/2020 - 10/4/2020

**Highlights:** French Quarter, Choice on Tour, Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame

Enjoy a finger-snapping, toe-tapping time on a tour of America’s most famed musical cities - New Orleans, Memphis, and Nashville.

join us
FOR A TRAVEL PRESENTATION!

**Friday, February 21, 2020 at 10am**
Please RSVP February 19, 2020

North Haven Senior Center
189 Pool Rd, North Haven, CT 06473

To RSVP or for more information, contact North Haven Senior Center
203-239-5432 / thorp.marlene@town.north-haven.ct.us
Stay at Resorts Casino Hotel, with a prime location at the northern end of the famed Atlantic City Boardwalk overlooking the Atlantic Ocean. Enjoy Resorts newer addition - Jimmy Buffett’s Margaritaville. This tropical-themed casino section now offers a 5 O’Clock Somewhere Bar, LandShark Bar & Grill and Coffee Shop.

FABULOUS CASINO BONUS:
1 Show,
$30 Slot, $10 Food Credit,
2- $20 meal credits*

* The $20 food credits are worth $25 if used at Breadsticks, Capriccio’s, and East Wind.

COST: $289 pp double;
$279 pp triple;
$379 pp single
Based on 40-50

The features of the Resorts Casino bonus may be changed and/or eliminated at the discretion of the casino. If a show is not available, Resorts will not provide a substitute.

...Continued on back
DEPARTURE: North Haven Senior Center, 189 Pool Rd

DEPOSIT: $50 pp by February 3, 2020

FINAL PAYMENT: March 23, 2020

CHECKS PAYABLE TO: Friendship Tours

FOR RESERVATIONS: North Haven Senior Center 203-239-5432

CANCELLATION POLICY: If a passenger cancels from deposit to March 30, 2020 fee of $25 pp; March 31 to April 27, 2020 fee of $75 pp; no refunds if cancelled on April 28, 2020 or later unless a substitute is provided.

Trip Protection Coverage is strongly recommended. Aon Affinity administers the NTA Travel Protection plan designed specifically for members of the National Tour Association. The Pre-existing medical condition exclusion can be waived by purchasing the Enhanced Plan within 14 days of your deposit or initial payment. Purchase of the plan within this time period also provides eligibility for the Financial Insolvency benefit. Traveling companions / roommates are required to take the same plan (Basic or Enhanced) in order to be properly covered. Premium is non-refundable once paid. Three ways to enroll:
1. Website: https://nta.aontravelprotect.com Tour Operator Location #076068. You can also view plan details on this site.
2. Call Aon 1-800-388-1470. Tour Operator Location #076068. Customer service agents can also answer questions about each plan.
3. Call Friendship Tours / The Ship Shop 860-243-1630 or 800-243-1630

RESPONSIBILITY: Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.
North Haven Senior Center presents:

**Essex Steam Train and Riverboat**

with Lunch aboard restored 1920's Pullman Diner

Enjoy a 3-course lunch aboard a restored 1920’s Pullman Diner as part of a 3 3/4 hour Lunch, Train, and Riverboat sightseeing excursion.

**Wednesday, May 27, 2020**

We’ll step back in time as we board our Dining Car to savor a hot lunch at historic Essex Station that is prepared and cooked on board. *Entrée choice in advance.* Next, we’ll travel aboard the train, pulled by an historic diesel locomotive, along the Lower Connecticut River Valley while we finish our meal.

At Deep River Landing we will transfer to the Becky Thatcher Riverboat for a cruise on the Connecticut River, bursting with lush scenery and historic sights such as Gillette Castle. We’ll finish our journey riding in Coach Passenger Cars aboard the train back to Essex Station.

**COST:** $97 pp based on 40-48 passengers

**Depart:** 9:45am North Haven Senior Center, 189 Pool Road

**Estimated Return:** 4:30pm North Haven

**Reservations:** North Haven Senior Center 203-239-5432

**Checks Payable to:** FRIENDSHIP TOURS

**Collection Begins:** March 4, 2020

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**Menu**

**Entrée (Choose one)**

- Beef Tips & Gravy
- Baked Chicken
- Eggplant Parmesan

All entrees served with Chef’s Choice Vegetable, Starch, & Roll.

**Dessert**

- Chef’s Choice
- Coffee

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Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.
North Haven Senior Center presents:

ALL-YOU-CAN-EAT-LOBSTER

SHOWTIME: LOU VILLANO

The Delaney House, Holyoke, MA
July 16, 2020 Thursday

SERVED AT YOUR TABLE
- Cheese & Vegetable Platter
- Shrimp Cocktail & Salad
- Bread Basket

BUFFET MENU
Lobster! Lobster! Lobster:
Variety of Salads, Fruit, Pork Marengo, Focaccia,
Haddock, Chicken Marsala, Baked Ziti, Vegetables,
Delicious Dessert & Beverage

Lou Villano presents The Best of Paul Anka
Talented Lou Villano will amaze you with his resemblance and vocal stylings as Paul Anka in this memorable show.

A first rate entertainer!!

COST: $105 pp based on 40-52
*Depart: 9:15am North Haven Senior Center,
189 Pool Road
Estimated Return: 5:15pm North Haven
Reservations: North Haven Senior Center 203-239-5432
Checks Payable to: FRIENDSHIP TOURS
Collection Begins: May 6, 2020
*Departure Time Subject to Change

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.
December Word Pictures  Rob Clagett

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.
This page is dedicated to Dick Edwards - Enthusiastic Word Picture fan and friend.

1. ROCKIN' ROCK
2. O
3. WE
4. THE EAST
5. NOEL NOEL NOEL NOEL
6. IT CAME A MIDNIGHT CLEAR
7. CHRISTMAS
8. NIGHT
9. A MaAwNaGyER
10. JOY
11. DAYS OF CHRISTMAS DAYS OF CHRISTMAS DAYS OF CHRISTMAS DAYS OF CHRISTMAS DAYS OF CHRISTMAS DAYS OF CHRISTMAS DAYS OF CHRISTMAS DAYS OF CHRISTMAS DAYS OF CHRISTMAS DAYS OF CHRISTMAS
12. DRUMMER BOY

© Creative Forecasting, Inc. December 2019 (719) 633-3174, Fax: (719) 632-4721, E-mail: cf@cfactive.com, www.creativeforecasting.com
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3 oz fish croquettes tartar sauce</td>
<td>3 oz Chicken paprikash</td>
<td>1 cup Turkey pot pie with 1 biscuit</td>
<td>SENIOR CENTER CLOSED</td>
</tr>
<tr>
<td></td>
<td>½ cup Rice and orzo pilaf</td>
<td>½ cup bowtie noodles</td>
<td>½ cup Peas</td>
<td></td>
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<tr>
<td></td>
<td>½ cup Green beans</td>
<td>1 slice Rye bread</td>
<td>½ cup Broccoli</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wheat dinner roll</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
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</tr>
<tr>
<td></td>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4 oz grape juice</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<td></td>
<td>Carrot cake</td>
<td></td>
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<tr>
<td></td>
<td>8 oz low fat milk</td>
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<tr>
<td>9</td>
<td>3 oz Chicken Florentine</td>
<td>Hot open roast beef</td>
<td>3 oz Roast pork with honey garlic sauce</td>
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<tr>
<td></td>
<td>½ cup roasted potato</td>
<td>sandwich/ gravy</td>
<td>½ cup mashed sweet potato</td>
<td>1/6 Spinach quiche</td>
</tr>
<tr>
<td></td>
<td>½ cup Zucchini</td>
<td>3 oz roast beef</td>
<td>½ cup Bean medley</td>
<td>½ Roasted tomato</td>
</tr>
<tr>
<td></td>
<td>Herb breadstick</td>
<td>1 slice wheat bread</td>
<td>1 slice Rye bread</td>
<td>1 cup Caesar salad with</td>
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<tr>
<td></td>
<td>1 tsp margarine</td>
<td>½ cup diced winter</td>
<td>1 tsp margarine</td>
<td>croutons and Caesar</td>
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<tr>
<td></td>
<td>Fresh fruit</td>
<td>squash</td>
<td>4 oz apple juice</td>
<td>dressing</td>
</tr>
<tr>
<td></td>
<td>8 oz low fat milk</td>
<td>½ cup Beets</td>
<td>½ cup vanilla pudding</td>
<td>Wheat dinner roll</td>
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<tr>
<td></td>
<td></td>
<td>4 oz Orange juice</td>
<td></td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chocolate chip cookie</td>
<td></td>
<td>Fresh fruit</td>
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<tr>
<td></td>
<td></td>
<td>8 oz low fat milk</td>
<td></td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>16</td>
<td>3 oz Sliced turkey/gravy</td>
<td>1 cup Sausage and pepper</td>
<td>Mini Trip &amp; Lunch Out:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Stuffing</td>
<td>½ cup Penne pasta</td>
<td>Knights of Columbus</td>
<td></td>
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<tr>
<td></td>
<td>½ cup Mashed squash</td>
<td>½ cup Broccoli</td>
<td>Museum &amp; Lunch At the Greek Olive</td>
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<tr>
<td></td>
<td>Cranberry sauce</td>
<td>Wheat grinder roll</td>
<td>Sign up in the office</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Corn muffin</td>
<td>1 tsp margarine</td>
<td>By 12/13/19 (Space is limited)</td>
<td></td>
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<tr>
<td></td>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup applesauce</td>
<td>8 oz low fat milk</td>
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<td></td>
<td>8 oz low fat milk</td>
<td></td>
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<tr>
<td>23</td>
<td>Christmas Special</td>
<td>1 cup Sausage and pepper</td>
<td>Chanukah Special</td>
<td></td>
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<tr>
<td></td>
<td>Beef wellington</td>
<td>½ cup Penne pasta</td>
<td>Pot roast w/gravy</td>
<td></td>
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<tr>
<td></td>
<td>Twice baked potato</td>
<td>½ cup Broccoli</td>
<td>Potato latkes w/applesauce</td>
<td></td>
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<tr>
<td></td>
<td>Peas and mushrooms</td>
<td>Wheat grinder roll</td>
<td>Carrots</td>
<td></td>
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<tr>
<td></td>
<td>Snowflake dinner roll</td>
<td>1 tsp margarine</td>
<td>Rye bread</td>
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<tr>
<td></td>
<td>Cranberry juice</td>
<td>Fresh fruit</td>
<td>Grape juice</td>
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<tr>
<td></td>
<td>Holiday cake</td>
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<td>Jelly donuts</td>
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<td></td>
<td>Center Closing At 12:00 p.m.</td>
<td></td>
<td></td>
<td>MERRY CHRISTMAS!</td>
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<tr>
<td></td>
<td>NO LUNCH</td>
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<td>Center Closing At 12:00 p.m.</td>
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<tr>
<td></td>
<td>NO LUNCH</td>
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</tr>
<tr>
<td>30</td>
<td>3 oz Chicken parmesan</td>
<td>3 oz Chicken Piccata</td>
<td>3 oz fish sticks tartar sauce</td>
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<tr>
<td></td>
<td>½ cup penne pasta with sauce</td>
<td>½ cup Barley pilaf</td>
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<td></td>
<td>Parmesan cheese</td>
<td>wheat dinner roll</td>
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<tr>
<td></td>
<td>½ cup broccoli and cauliflower</td>
<td>1 tsp broccoli</td>
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<td></td>
<td>1 slice Italian bread</td>
<td>wheat dinner roll</td>
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<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
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<td>Fresh fruit</td>
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<td>8 oz low fat milk</td>
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<td>31</td>
<td>Center Closing At 12:00 p.m.</td>
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<td>NO LUNCH</td>
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MONTHLY ACTIVITIES

Mondays:
  9:30: Fitness Fun
  10:00: Canasta
  10:30: Crafts (Resumes in Spring)
  10:30: Tai Chi
  1:00: Bingo
  12:00: Pinochle
  12:30: Beg Mah Jongg
  12:45: Bingo

Tuesdays:
  9:00: Ceramics
  9:00: Computer Class (Resumes January 7)
  10:00: Beg Chair Yoga
  10:00: Knitting/Crochet
  12:30: Mah Jongg
  12:45: Oil Painting
  1:15: Senior Songsters

Wednesdays:
  9:00 Oil Painting
  9:15 Moving for Better Balance
  9:30: Fitness Fun
  10:30 Moving for Better Balance
  10:30: Tai Chi
  12:00: Mah Jongg
  12:15: Intermediate Bridge
  1:00: Bingo (Postponed until further notice)

Thursdays:
  8:00: Pinochle
  9:00: Ceramics
  9:00: Conversational French Hour with Marlene
  10:00: Crafts (Resumes in Spring)
  10:30 Line Dancing
  12:30: Open Game Play

Fridays:
  9:15: Moving for Better Balance
  9:30: Fitness Fun; Scrabble
  10:30 Moving for Better Balance
  12:00: Setback
  12:15: Intermediate Bridge
  1:00: Bingo
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td><em>Registration</em></td>
<td>8:00 a.m.-9:15 a.m.</td>
<td></td>
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<td>SENIOR CENTER</td>
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<tr>
<td><em>For Atlantic City</em></td>
<td>Senior to Senior</td>
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<td></td>
<td>CLOSED</td>
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<tr>
<td><em>Trip begins</em></td>
<td>Breakfast</td>
<td></td>
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<tr>
<td><em>(deposit required)</em></td>
<td>At North Haven High School</td>
<td></td>
<td></td>
<td>Annual Holiday Party at Zandri’s</td>
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<td>9:00 a.m.-2:00 p.m.</td>
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<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
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<tr>
<td>9:00 a.m.</td>
<td></td>
<td>12:00 p.m.</td>
<td>10:00 a.m.</td>
<td>11:45 a.m.</td>
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<tr>
<td>Finance Meeting</td>
<td></td>
<td>Ask the Nurse</td>
<td>Make and Take:</td>
<td>Trumpist Christmas Tree</td>
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<td></td>
<td></td>
<td></td>
<td>Make and Take:</td>
<td></td>
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<tr>
<td>NO MEDICAL</td>
<td>NO MEDICAL</td>
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<td>NO MEDICAL</td>
<td>NO MEDICAL</td>
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<tr>
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<td>8:30 a.m.</td>
<td>11:45 a.m.</td>
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<td>Mini Trip:</td>
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<td>AARP</td>
<td>Celebrate</td>
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<tr>
<td>Creative</td>
<td>Senior Songsters</td>
<td>Columbus Museum &amp;</td>
<td>First Selectman Michael Freda</td>
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<td>Beginnings</td>
<td>at The Landing</td>
<td>Lunch @ The Greek</td>
<td>Movie:</td>
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<td>Pre-School Visits</td>
<td>Olive</td>
<td>“The Note”</td>
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<td>AT 12:00 P.M.</td>
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| 30       | 31      |
| SENIOR CENTER | SENIOR CENTER |
| CLOSING | CLOSING |
| AT 12:00 P.M. | AT 12:00 P.M. |
| NO LUNCH | NO LUNCH |
| NO TRANSPORTATION | NO TRANSPORTATION |
| NO MEDICALS | NO MEDICALS |