A quick glance of January:

- January 1: Happy New Year, Center closed
- January 2: Morning of Card Games
- January 2: **Movie Day**: *When Harry Met Sally*
- January 6: **Mini Trip**: Wallingford Wal-Mart
- January 8: Finance Meeting, 10:30 a.m.
- January 9: **Game Day**: Left, Center, Right
- January 10: Trip Collection for *Mohegan Sun*
- January 14: “Welcome To The Center”
- January 14: Energy Assistance Program, by appointment only! Please call Community Services at 203-239-5321 ext. 502
- January 16: “Bringing In the New Year”
- January 20: Martin Luther King Day, Center closed
- January 21: **Storyteller**: Kate Allen Smith
- January 22: **Drop In Presentation**: CT Home Solutions: Energy Audit Program
- January 23: **Mini Trip**: Universal Drive
- January 23: Dinner and A Movie: *The Butler*
- January 24: Trip Collection for *Ragtime*
- January 30: Christmas Present Re Gifting Auction
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:
- Mini Trip:
  ⇒ Wallingford Wal-Mart, January 6

Tuesdays:
- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:
- Errands to include – pharmacies, bank, post office, card shop

Thursdays:
- Town Pool
- Mini Trip:
  ⇒ Universal Drive, January 23

Fridays:
- Grocery Shopping – Big Y or Stop and Shop

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. During the winter months, 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 of this there will be no medical transportation on the following days – January 1 and January 20; February 12 and February 17; April 18; May 26; July 4; September 1; October 13; November 11 and November 27; December 25.

Please note: All Scheduled 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 during that week for transportation.

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 pressures and glucose screenings will be available
From the desk of Judy,

For thousands of years, New Year’s has been a festival of rebirth and reflection, allowing people all over the world to celebrate another great year. Celebrations to bring in the New Year vary all over the world, however here in the United States there are common traditions which include:

- Making resolutions or goals to improve one’s life
- A gathering of loved ones
- Fireworks, parades, concerts, and banging pots and pans at midnight

Also people eat certain foods that are considered to bring you “luck” and some eaten during the festivities include:

- Circular shaped foods (doughnuts)
- Black-eyed peas
- Cabbage
- Pork

In the spirit of having fun and in joining the festivities, the Center will be serving Circular Shaped Foods (donuts) on January 2. It is believed that anything in the shape of a ring is good luck because it symbolizes "coming full circle," completing a year's cycle. Along with serving donuts on this day an all-time favorite movie, “When Harry Met Sally” will be shown immediately following lunch.

**Happiness Jar**-Don’t forget our Happiness Jar Project that begins this month and throughout the year. If you missed last months’ newsletter, a Happiness Jar is a jar stuffed with notes stating what brought you happiness on that particular day. You don't have to reveal your name, just jot down a happy thought. In a world that shares sad news, let's begin the New Year with Happiness! The happy notes will be read on December 31, 2014.

Happy New Year to All!
Happy New Year . . . . .

Morning of Cards and Afternoon Movie:  When Harry Met Sally – Thursday, January 2, Morning of Card Games will begin at 10:30 a.m. – enjoy the morning playing, Kings In the Corner, Gin Rummy, Pinochle, your game of choice and then in the afternoon immediately following lunch around 12:15 p.m. we will be showing the classic movie, When Harry Met Sally. Come out of the cold and enjoy a day of fun and laughter.

Game Day: Left, Center, Right – Thursday, January 9, 10:30 a.m. – If you want to learn something new come on in and join in on the fun or if you know how to play, please join us! Going to be a morning of fun and laughter – (bring your nickels!)

“Bringing in the New Year” – Thursday, January 16, 12 noon - Catered by Zandri’s – seating is limited to the first 80 people. Cost: $12.00 residents; $17.00 non-residents by Monday, January 13th – reservations begin Thursday, January 2nd. Menu will consist of: tossed salad, chicken parmigiana, ziti, bread and butter, soda and bring your own choice of beverage, cookies will be served for dessert. Background music will be provided by Sal Anastasio.

Drop In Presentation: CT Home Solutions: Energy Audit Program – Wednesday, January 22, 11:00 a.m. – Drop in to learn about how to make your home more efficient, you will have technicians actually fixing and upgrading. The typical home receives products and services worth $1,000, on average. The energy audit program consists only of a small co-pay (either $75 or $99, depending on how you heat your house). An authorized contractor will perform an energy assessment, make on the spot improvements to make your home weather-tight, including caulking, sealing of critical air leaks, install up to 40 new CFL light bulbs, hot water pipe insulation and depending on your eligibility, provide exclusive money-saving rebates on insulation (up to 50%) appliances and HVAC systems.

Dinner and A Movie:  The Butler – Thursday, January 23, 3:30 p.m.  We will begin with the movie and then host dinner around 4:45 p.m. (still, while the movie is playing). Dinner will consist of: homemade wedding soup with small meatballs and grilled cheese (American cheese on white bread). Cost: $4.00 residents; $9.00 non-residents. Last day to sign up is Tuesday, January 21st. The Butler is about a White House butler who served eight American presidents over three decades. The film traces the changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected the man’s life and family. Starring: Forest Witaker, Oprah Winfrey, John Cusack, Jane Fonda, Cuba Gooding, Jr., Terrence Howard, Lenny Kravitz, James Marsden, David Oyelowo, Vanessa Redgrave, Alan Rickman, Live Schreiber, Robin Williams and Clarence Williams III. Run time: 2 hours 12 minutes.

Christmas Present Re Gifting Auction – Thursday, January 30, 10:30 a.m. Did you receive something you really didn’t like or have two too many of one!! Well bring it in and we can auction it off. All proceeds will go to the Senior Center. Bring in all your goods beginning Monday, January 6th.
What’s Happening For February . . .

National Wear Red Day - Friday, February 7 - On the 11th 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!! The Center will have hearts available for a $1 donation. All proceeds will go directly to the American Heart Association. Thanks for your participation.

Valentine Party – Tuesday, February 18, 11:45 a.m. Come celebrate the most romantic day of the year by renewing your vows with Justice of the Peace, Lynn Fredricksen and then our very own Rich DiPalma will be singing his Italian songs. Our menu will be tossed salad, lasagna, meatballs, bread, soda and bring in your own beverage of choice and for dessert New York style cheesecake with strawberry topping. Cost: $12.00 residents; $17.00 non-residents. Registration begins Tuesday, January 21 through Tuesday, February 11 or until the first 80 people have signed up.

TIME CHANGE: Red Hatters Fried Dough Pizza and Left, Center, Right Party – Wednesday, February 19, 12:00 noon – We will be making homemade fried dough pizza, served promptly at 12:00 noon. Come in and learn a whole different type of game, Left, Center, Right (bring your nickels!) Please bring in a fun dessert to share with our other Red Hatters! $20.00 dues will be collected today as well! Please RSVP to Louise Musso at 203-239-4383 by Friday, February 7th. Cost: $5.00.

Dinner and A Movie – Thursday, February 20, 3:30 p.m. Movie to be determined. Menu will be meatball subs. Cost: $4.00

Word Search Contest

The person who correctly finishes the attached “How Sweet It Is . . . “ Word Search first will win a small basket of joy! Contest ends on January 8th and the winner will be announced on January 9th.
I’m Fine

There’s nothing the matter with me; I’m just as healthy as I can be.
I have arthritis in both of my knees, And when I talk, I talk with a wheeze.
My pulse is weak, my blood is thin, But I’m awfully well for the shape I’m in.

My teeth eventually will have to come out And my diet I hate to think about.
I’m overweight and I don’t get thin, My appetite’s such that it’s sure to win.
But I’m awfully well for the shape I’m in.

I’ve arch supports for my aching feet, Or I wouldn’t be able to go on the street.
Sleep is denied me night after night, And every morning I’m simply a fright.
My memory’s failing; my head’s in a spin. But I’m awfully well for the shape I’m in.

Now the moral of this as the tale unfolds, Is – for you and me who are getting old – It’s better to say, “I’m fine”, with a grin Then to let folks know what shape we’re in.

Author Unknown
Submitted by Elizabeth M. Baptie

Mini Black Bottom Cupcakes

Cheese mixture:
1 – 8 oz cream cheese
1 egg
½ cup sugar
Mix the above ingredients together
add 1 cup of chocolate morsels
1 cup of chopped nuts (set aside)
In separate bowl, mix chocolate mixture:
1 ½ cups sugar
¼ cup cocoa
1 tsp. baking powder
½ tsp. salt
Add the following:
1/3 cup oil
1 cup water
1 Tbs. white vinegar
1 tsp. vanilla
Beat well

Fix small muffin tins ½ full of chocolate mixture. Drop 1 tsp. of cream cheese mixture on top, then sprinkle with chopped nuts.

Preheat oven to 350 degrees
Bake for 15 to 20 minutes – cool and sprinkle with confectionary sugar, makes approximately 24 cupcakes.

From the Kitchen of Jan Rapuano
Welcome to Our New Members

Connie Dente, Vera Gritzuk, Maureen Malan,
Stephen & Marjorie Quinn, Shirley Viens

Thank you to the following for your donation:

Ann Alexander, Maria Chan, Ann Della Valle,
Jan Rapuano, Republican Town Committee, Lynette Ryan

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.

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. Please remember to call our Café Manager at 203-239-4030 between 9:00 a.m. 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.
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 PINOCHLE**
  Monday, 1:30 – 3:00 p.m. and there is an advance pinochle group who plays on Thursday, 10:00 a.m.

- **INTERMEDIATE BRIDGE**
  Wednesday and Friday, 12:15 to 3:00 p.m.

- **BEGINNER BRIDGE**
  Tuesday and Thursday, 12:30 to 3:00 p.m. You must commit to 8 consecutive weeks. If you are interested please sign up in the office.

- **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, 1:00 – 2:30 p.m. Craft classes will begin again in February. 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 on Thursday afternoons.

- **COMPUTER CLASSES**
  Our Computer Classes will meet on Tuesdays, and run for 5 consecutive weeks. Beginners are scheduled from 9:00 to 10:30 a.m. and advanced scheduled from 10:30 a.m. to 12 noon! Call to put your name on our list, 203-239-5432.

- **E-Z EXERCISE**
  Monday, Wednesday and Friday, 9:30 – 10:00 a.m. Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.

- **INTERMEDIATE FOOTLIGHTERS**
  Friday, 10:00 – 11:15 a.m. Did you love tap dancing as a child and your mother always told you not to tap in the house? Learn all the updated tap moves by our certified instructor, Judyth Nilsson. Come join in the fun. Fee: $25.00 per month. Tap shoes are required.

- **LINE DANCING**
  Monday and Wednesday, 9:00 - 10:00 a.m. 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.

- **MAH JONGG**
  Advanced meets on Tuesday, 12:30 p.m. and *Beginner/Intermediate meets on Wednesday, 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.

- **OIL PAINTING**
  Monday, 12:30 – 2:30 p.m. Session will begin: Monday, September 23 and will run through Monday, January 13 through Monday, April 14. **No class on Monday, January 20 due to Martin Luther King Day and Monday, February 17 due to President's Day.** Fee: residents, $20.00; non-residents, $25.00. A list of supplies will be given to you prior to the first class.

- **KNITTING AND CROCHETING**
  Wednesday, 12:30 – 2:30 p.m. The knitting and crocheting class is looking for any yarn donations, must be in useable condition.
• **SENIOR SONGSTERS**  
Meets on Tuesdays, from 1:15 to 2:15 p.m.

• **BEGINNER CHAIR YOGA**  
Tuesday, 9:00 a.m. - 10:30 a.m. and 10:45 a.m. - 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 will begin: Tuesday, December 3rd and run until Tuesday, March 4th. **No class on Tuesday, December 24th.** 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: Tuesday, January 9th through Thursday, April 27th. Fee: residents, $50.00; non-residents, $55.00.

**Did You Know . . . .?**

Judy Amarone, Manager of the Senior Center is the Municipal Agent for the Town of North Haven. She can help you in many different ways. If you need help with the following, please call the Center to make an appointment to meet with her, 203-239-5432.

- Medicare, Medicaid, Social Security, Protective Services, Legal Services, SNAP (formerly known as food stamps), transportation needs, etc.
2014 Day Trip Policies

- Trips are open to all North Haven seniors, on a first come basis. 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 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 or separate check 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 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 trip escort.

Mohegan Sun, Tuesday, March 11, 2014 leaving the Center at 9:00 a.m. and will be back into North Haven by 5:30 p.m. **Cost:** $23.00 per resident and $28.00 per non-resident. **Collection date:** Friday, January 10, 2014. All checks made payable to: North Haven Senior Citizens.

Westchester Broadway Theatre: Ragtime, Thursday, March 27, 2014 leaving the Center at 9:00 a.m. and will be back into North Haven by 5:45 p.m. **Cost:** $90.00 resident; $95.00 non–resident. **Collection Date:** Friday, January 24, 2014 – we only have 29 seats on hold. E.L. Doctorow's novel comes vividly to life in this Tony Award-winning musical, set against the backdrop of the ragtime craze in New York City and New Rochelle. This award winning musical intertwines the stories of three families, as they confront timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in turn of the century America. Musical styles range from the ragtime rhythms of Harlem and Tin Pan Alley to the klezmer of the Lower East Side, from bold brass band marches to delicate waltzes, from up-tempo banjo tunes to period parlor songs and expansive anthems." Featured are such show stopping songs as "Getting Ready Rag," "Your Daddy’s Son," "Wheels of a Dream," "Till We Reach That Day," "Back To Before," and "Make Them Hear You." It won 1998
Tony Awards for Best Score, Book and Orchestrations, and won both the Drama Desk and Outer Critics Circle Awards for Best Musical and Best Score. Westchester Dinner Theatre is 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: North Haven Senior Citizens.

The Bushnell: Disney’s Beauty and the Beast, Wednesday, May 7, 2014, 10:30 a.m. show and then lunch on your own at Pazzo Cafe. Ticket Cost: $50.00 per resident and $55.00 per non-resident. Collection date: Friday, February 7, 2014 – limited seats available. Leaving the Center at 9:00 a.m. and will be back in North Haven by 4:00 p.m. The most beautiful love story ever told comes to life! Tale as old as time, true as can be. Disney's Beauty and the Beast, the smash hit Broadway musical is a lush, romantic musical for all generations. Based on the Academy Award-winning animated feature film, this eye-popping spectacle has won the hearts of over 35 million people worldwide. This classical musical love story is filled with unforgettable characters, lavish seats and costumes, and dazzling production numbers including “Be Our Guest” and the beloved title song. Experience the romance and enchantment of Disney's Beauty and the Beast! Make checks payable: North Haven Senior Citizens.

Westchester Broadway Theatre: Mary Poppins, Wednesday, June 4, 2014 leaving the Center at 9:00 a.m. and will be back into North Haven by 5:45 p.m. Cost: $90.00 resident; $95.00 non-resident. Collection Date: Friday, April 4, 2014 – we only have 31 seats on hold. One of the most popular Disney movies of all time is capturing hearts in a whole new way: as a hit musical! Mary Poppins is the story of a mysterious nanny who magically appears at the Banks household in Edwardian London to care for Jane and Michael Banks. Adventure abounds as she then whisks them away to meet chimney sweeps, shopkeepers and more. It features an irresistible story, breathtaking dance numbers and beloved songs such as "Chim Chim Cheree," "A Spoonful of Sugar" and "Supercalifragilisticexpialidocious". The New York Post calls it "a perfect piece of musical theater." It received 7 Tony Award nominations, including Best Musical, winning for Best Scenic Design. Believe in the magic of Mary Poppins and discover a world where anything can happen if you let it! Westchester Dinner Theatre is 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: North Haven Senior Citizens.

Mohegan Sun, Tuesday, June 24, 2014 leaving the Center at 9:00 a.m. and will be back into North Haven by 5:30 p.m. Cost: $23.00 per resident and $28.00 per non-resident. Collection date: Friday, April 25, 2014. All checks made payable to: North Haven Senior Citizens.
Celebrate Italia, Tuesday, July 15, 2014 leaving the Center at 10:00 a.m. and will be back in North Haven by 4:00 p.m. **Cost: $45.00 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. **Collection Date: Friday, March 14, 2014 – limited seats available.** We will be heading to the Aqua Turf Club in Southington to enjoy a family style Italian luncheon which consists of salad, pasta and meatballs, chicken parmesan, porchetta, vegetable, potato and dessert. Door prizes and a complimentary beverage will be awaiting us when we arrive. And then after lunch we will be celebrating Italia with The Italian Connection Band, Boston’s Best Italian Band!

**Mohegan Sun, Tuesday, August 19, 2014** leaving the Center at 9:00 a.m. and will be back into North Haven by 5:30 p.m. **Cost: $23.00 per resident and $28.00 per non-resident. Collection date: Friday, June 27, 2014.** All checks made payable to: North Haven Senior Citizens.

Celebrate Polka, Tuesday, September 23, 2014 leaving the Center at 10:00 a.m. and will be back in North Haven by 4:00 p.m. **Cost: $45.00 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. **Collection Date: Friday, May 30, 2014 – limited seats available.** We will be heading to the Aqua Turf Club in Southington to enjoy a family style Polish luncheon which consists of salad, pasta, stuffed cabbage, kielbasa & kraut, pierogies, vegetable, potato and dessert. Door prizes and a complimentary beverage will be awaiting us when we arrive. And then after lunch we will be celebrating Polka with Jimmy Sturr and his orchestra.

**Westchester Broadway Theatre: Rodgers & Hammerstein’s South Pacific, October 2, 2014** leaving the Center at 9:00 a.m. and will be back to North Haven by 5:45 p.m. **Cost: $95.00 per resident; $100 per non-resident. Collection date: Friday, August 22, 2014 – we only have 19 seats available.** The original Broadway production won ten Tony awards and the songs from the show are timeless. Remember “Some Enchanted Evening”, “I’m Gonna Wash That Man Right Out of My Hair”, “Happy Talk”, “Bali Ha’i” and so many more . . . . Rodgers & Hammerstein’s South Pacific is considered one of the greatest musicals of the 20th century. Westchester Dinner Theatre is 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.
**JANUARY 2014 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>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PLEASE CALL FOR AN APPOINTMENT TO SET</strong></td>
<td>CENTER CLOSED</td>
<td><strong>HAPPY NEW YEAR!</strong></td>
<td>Coffee &amp; Donuts</td>
<td><strong>10:30-Massages by Kimberly</strong></td>
</tr>
<tr>
<td><strong>APPOINTMENT TO TRANSPORT OR LIBRARY</strong></td>
<td><strong>NO LUNCH</strong></td>
<td><strong>10:30-Morning of Cards</strong></td>
<td>11:30-Lunch</td>
<td>12:15-Movie Afternoon:</td>
</tr>
<tr>
<td><strong>TO THE TOWN Pool</strong></td>
<td><strong>NO TRANSPORTATION</strong></td>
<td>10:30-Game Day:</td>
<td><strong>Left, Center, Right</strong></td>
<td>12:15-Bridge</td>
</tr>
<tr>
<td><strong>ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE</strong></td>
<td><strong>When Harry Met Sally</strong></td>
<td><strong>2:30-Computer Help w/Billy</strong></td>
<td><strong>12:45-Bingo</strong></td>
<td></td>
</tr>
</tbody>
</table>

**6**  | 7 | 8 | 9 | 10 |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-Line Dance</td>
<td>9:00-Chair Yoga</td>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>9:00-Trip Collection for:</td>
</tr>
<tr>
<td>9:30-E-Z Exercise</td>
<td>10:00-Computer Class</td>
<td>10:30-Finance Meeting</td>
<td>10:30-Game Day:</td>
<td><strong>Mohegan Sun Trip</strong></td>
</tr>
<tr>
<td>10:15-Canasta</td>
<td>10:15-Chair Yoga</td>
<td>12:00-Mah Jongg</td>
<td>11:30-Lunch</td>
<td>10:00-Footlighters</td>
</tr>
<tr>
<td><strong>10:30-MiniTrip:</strong></td>
<td><strong>10:00-Computer Class</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>10:00-Scrabble Challenge</strong></td>
<td><strong>11:30-Lunch</strong></td>
</tr>
<tr>
<td><strong>Wallingford Wal Mart</strong></td>
<td><strong>10:45-Chair Yoga</strong></td>
<td>12:00-Mah Jongg</td>
<td>11:30-Lunch</td>
<td><strong>12:45-Bingo</strong></td>
</tr>
<tr>
<td><strong>11:30-Lunch</strong></td>
<td><strong>12:15-Bridge</strong></td>
<td><strong>12:30-Oil Painting - Begins</strong></td>
<td><strong>1:00-Gentle Hatha Yoga-Begins</strong></td>
<td><strong>12:15-Bridge</strong></td>
</tr>
<tr>
<td><strong>12:45-Bingo</strong></td>
<td><strong>12:30-Mah Jongg</strong></td>
<td><strong>12:30-Knitting and Crocheting</strong></td>
<td><strong>2:30-Computer Help w/Billy</strong></td>
<td><strong>12:45-Bingo</strong></td>
</tr>
<tr>
<td><strong>1:30-Beg Pinochle</strong></td>
<td><strong>1:15-Senior Songsters</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**13**  | 14 | 15 | 16 | 17 |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-Line Dance</td>
<td>9:00- <em>Energy Assistance</em>*</td>
<td>9:00-Line Dance</td>
<td>8:30-AARP Smart Driver</td>
<td><strong>10:30-Massages by Kimberly</strong></td>
</tr>
<tr>
<td><strong>9:30-E-Z Exercise</strong></td>
<td><strong>Program-By Appointment Only</strong></td>
<td><strong>Course Program</strong></td>
<td><strong>12:00-Bringing In The New Year</strong></td>
<td><strong>11:30-Lunch</strong></td>
</tr>
<tr>
<td><strong>10:15-Canasta</strong></td>
<td><strong>Call Community Services</strong></td>
<td><strong>9:30-E-Z Exercise</strong></td>
<td><strong>Catered by: Zandri's</strong></td>
<td><strong>12:15-Bridge</strong></td>
</tr>
<tr>
<td><strong>11:30-Lunch</strong></td>
<td><strong>For an Appointment</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>12:30-Lunch</strong></td>
<td><strong>12:30-Mah Jongg</strong></td>
</tr>
<tr>
<td><strong>12:30-Oil Painting - Begins</strong></td>
<td><strong>203-239-5321 ext. 502</strong></td>
<td><strong>12:15-Bridge</strong></td>
<td><strong>1:00-Gentle Hatha Yoga</strong></td>
<td><strong>12:45-Bingo</strong></td>
</tr>
<tr>
<td><strong>12:45-Bingo</strong></td>
<td><strong>9:00-Ceramics</strong></td>
<td><strong>12:30-Knitting and Crocheting</strong></td>
<td><strong>Center Opens At 11:00 a.m.</strong></td>
<td><strong>9:00- No Computer Class</strong></td>
</tr>
<tr>
<td><strong>1:30-Beg Pinochle</strong></td>
<td><strong>9:00- Chair Yoga</strong></td>
<td></td>
<td><strong>For Party</strong></td>
<td></td>
</tr>
<tr>
<td><strong>9:00- No Computer Class</strong></td>
<td><strong>9:00- No Computer Class</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>10:45-Chair Yoga</strong></td>
<td><strong>10:45-Chair Yoga</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>11:30-Lunch</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>12:00-Health Guidance Clinic</strong></td>
<td><strong>12:30-Mah Jongg</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1:15-Senior Songsters</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>-----------</td>
<td>---------------</td>
<td>--------------</td>
<td>----------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>9:00-Ceramics</td>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>9:00-Trip Collection for:</td>
<td></td>
</tr>
<tr>
<td>CENTER CLOSED</td>
<td>9:00-Chair Yoga</td>
<td>9:30-E-Z Exercise</td>
<td>10:00-Pinochle</td>
<td></td>
</tr>
<tr>
<td>MARTIN LUTHER KING</td>
<td>9:00-Computer Class</td>
<td>11:00-CT Home Solutions:</td>
<td>10:30-MiniTrip: Universal Dr</td>
<td></td>
</tr>
<tr>
<td>DAY</td>
<td>10:00-Computer Class</td>
<td>Energy Audit Program</td>
<td>11:30-Lunch</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:30-Story Teller:</td>
<td>11:30-Lunch</td>
<td>10:00-Footlighters</td>
<td></td>
</tr>
<tr>
<td>NO LUNCH</td>
<td>12:00-Mah Jongg</td>
<td>1:00-Gentle Hatha Yoga</td>
<td>11:30-Lunch</td>
<td></td>
</tr>
<tr>
<td>NO TRANSPORTATION</td>
<td>9:00-Chair Yoga</td>
<td>12:15-Bridge</td>
<td>2:30-Computer Help w/Billy</td>
<td></td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td>12:30-Knitting and Crocheting</td>
<td>3:30-Dinner and A Movie:</td>
<td>12:45-Bingo</td>
<td></td>
</tr>
<tr>
<td>12:30-Mah Jongg</td>
<td>11:30-Lunch</td>
<td>10:30-Christmas Present</td>
<td>10:30-Massages by Kimberly</td>
<td></td>
</tr>
<tr>
<td>1:15-Senior Songsters</td>
<td>12:00-Health Guidance Clinic</td>
<td>Regifting Auction</td>
<td>12:45-Bingo</td>
<td></td>
</tr>
<tr>
<td>6:00-Commission on Aging</td>
<td>12:00-Health Guidance Clinic</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<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-Pinochle</td>
<td>10:00-Footlighters</td>
</tr>
<tr>
<td>10:15-Canasta</td>
<td>9:00-Computer Class</td>
<td>11:30-Lunch</td>
<td>10:30-Christmas Present</td>
<td>10:00-Scrabble Challenge</td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td>10:00-Computer Class</td>
<td>12:00-Mah Jongg</td>
<td>Regifting Auction</td>
<td>10:30-Massages by Kimberly</td>
</tr>
<tr>
<td>12:30-Oil Painting</td>
<td>10:45-Chair Yoga</td>
<td>12:15-Bridge</td>
<td>11:30-Lunch</td>
<td>11:30-Lunch</td>
</tr>
<tr>
<td>12:45-Bingo</td>
<td>11:30-Lunch</td>
<td>12:30-Knitting and Crocheting</td>
<td>12:45-Bingo</td>
<td>12:15-Bridge</td>
</tr>
<tr>
<td>1:30-Beg Pinochle</td>
<td>12:00-Health Guidance Clinic</td>
<td>1:00-Gentle Hatha Yoga</td>
<td>12:45-Bingo</td>
<td></td>
</tr>
<tr>
<td>12:30-Mah Jongg</td>
<td>1:15-Senior Songsters</td>
<td>2:30-Computer Help w/Billy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>CLOSED</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>4</td>
</tr>
<tr>
<td>8</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>5</td>
</tr>
<tr>
<td>9</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>6</td>
</tr>
<tr>
<td>10</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>7</td>
</tr>
<tr>
<td>11</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>8</td>
</tr>
<tr>
<td>12</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>9</td>
</tr>
<tr>
<td>13</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>10</td>
</tr>
<tr>
<td>14</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>11</td>
</tr>
<tr>
<td>15</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>12</td>
</tr>
<tr>
<td>16</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>13</td>
</tr>
<tr>
<td>17</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>14</td>
</tr>
<tr>
<td>18</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>15</td>
</tr>
<tr>
<td>19</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>16</td>
</tr>
<tr>
<td>20</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>17</td>
</tr>
<tr>
<td>21</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>18</td>
</tr>
<tr>
<td>22</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>19</td>
</tr>
<tr>
<td>23</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>20</td>
</tr>
<tr>
<td>24</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>21</td>
</tr>
<tr>
<td>25</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>22</td>
</tr>
<tr>
<td>26</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>23</td>
</tr>
<tr>
<td>27</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>24</td>
</tr>
<tr>
<td>28</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>25</td>
</tr>
<tr>
<td>29</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>26</td>
</tr>
<tr>
<td>30</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>27</td>
</tr>
<tr>
<td>31</td>
<td>CLOSED</td>
<td>No Lunch</td>
<td>CLOSED</td>
<td>28</td>
</tr>
</tbody>
</table>

MINIMUM PORTIONS SERVED AT EACH MEAL:
1 C Milk-1% or equivalent  1 C Vegetable and Fruit equivalent  3oz. Protein  1 Pat Margarine
2 Bread Servings or equivalent (enriched or whole grain)
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt
All Rolls are Seedless. All White rice is enriched. All Non-citrus juices are Vitamin C fortified.