A quick glance of March:

- March 3: Purple Red Hatters non-board meeting
- March 11: Get To Know Your Senior Center
- March 12: Finance Meeting
- March 12: Drop In Presentation: CT Home Solutions: Energy Audit Program
- March 12: Purple Red Hatters Pizza Party
- March 13: Trip: Wooster Square Museum & Pepes
- March 14: Collection Date: Celebrate Italia
- March 18: StoryTeller: Kate Allen Smith
- March 18: Presentation: Last Will & Embezzlement
- March 19: St. Patricks & St. Joseph’s Day Celebration
- March 20: AARP Smart Drivers Course
- March 20: Mini Trip: WalMart in Wallingford
- March 20: Dinner and A Movie
- March 24: Breakfast at IHop and Shopping in Hamden
- March 25: Puzzlemania Tournament
- March 26: Presentation: Master Your Medication
- March 27: Taste of New Orleans
- March 27: Mini Trip: Universal Drive
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 – Big Y or Stop and Shop – **no grocery shopping Monday, March 31st**

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

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

Thursdays:
- Town Pool
- Mini Trip:
  - Wallingford WalMart, March 20
- Mini Trip:
  - Universal Drive, March 27

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 – 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,

Transportation Update
The Center will now provide two days of shopping service to all members. We will continue with our Friday service and have added Monday as the second shopping day. We will continue with the mini trips but now will offer them on Thursdays.

Just a friendly reminder about shopping ~ we ask you to limit the number of shopping bags to three. This ensures that you are able to enter and exit the bus without difficulty. If you need assistance with getting your grocery bags on or off the bus, our drivers will be happy to assist you.

Fraud on Seniors
Financial fraud is the fastest growing form of elder abuse. Broadly defined, financial elder abuse is when someone illegally or improperly uses a vulnerable senior’s money or other property. Most states now have laws that make elder financial abuse a crime and provide ways to help the senior and punish the scammer. Elder financial abuse is tough to combat, in part because it often goes unreported. Many victims are often too confused, fearful, or embarrassed by the crime to report it. One recent study reported by Consumers Digest estimated that there are at least 5 million cases of this financial abuse in the United States each year, but law enforcement or government officials learn about only 1 in 25 cases. You can protect yourself or your loved ones by being informed and reviewing the following fraud preventions tips:

- There is no Santa Claus. Examine closely any offer of something for nothing.
- Avoid Telemarketers.
- Never give your credit card over the phone unless you know the company or person you are giving it to.
- Ask Questions. Do not let anyone intimidate you into not asking a question you have about a product. If you are a bit confused “Don’t Buy”.
- Count to Ten. Always take time when making a decision...give yourself 24 hours to think it over. Never give into high-pressure tactics.
- The Devil is in the details. Ask for it in writing.
- You did not win the lottery. Do not return mail order solicitations.
- Get advice. Talk to a trusted friend, relative, or come see me at the Center before committing money.
- Keep away from Door to Door salespeople. Just because they come to your door does not mean you have to let them in.
- Practice saying “no”. You do not have to please everyone.
- Trust your instincts. Your first impression is often correct. Act on your instincts.

Sad but true, senior fraud usually starts when someone (even a family member) befriends the senior in order to gain control over money or property. It is important for all of us to be educated and I hope that these reminders will empower you to just say “NO!”

In keeping with senior fraud theme I invite all members to come and view an educational documentary that I recently purchased for our senior community. It is titled: “Last Will and Embezzlement” details can be found on page 4.
Homemade Irish Soda Bread for Sale – Pre-order your Irish soda bread for pick up on Friday, March 14th between the hours of 10:00 a.m. and 12:00 noon. Place your order beginning Tuesday, February 15th through Monday, March 10th. Payment must accompany order – no phone orders can be taken. Cost: $6.00 for large round and $3.00 for small loaf. “The recipe that we use is so good that it was asked if it could be on the menu of a Vermont Inn.” Thank you to Ann Sullivan of Hamden for sharing it with Judy years ago as it is now a favorite in the North Haven community as well.

Get To Know Your Senior Center - Tuesday, March 11, 9:30 a.m. Calling all new members . . . Please join Joan who will introduce you to the Senior Center, show you what to do if you would like lunch, how to sign up for trips and classes, introduce the staff and learn the ins and outs of the Center.

Drop In Presentation: CT Home Solutions: Energy Audit Program – Wednesday, March 12, 11:15 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.

TIME CHANGE: Red Hatters Fried Dough Pizza and Left, Center, Right Party – Wednesday, March 12, 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, March 7th. Cost: $5.00.

Wooster Street Exhibit; “Beyond the New Township: Wooster Square” and Pizza at Pepes – Thursday, March 13, 10:00 a.m. – We will head down to the New Haven Museum – this exhibit is the largest show ever mounted by the historical museum and the first to incorporate technology. In one corner of the gallery sits a corset that visitors are welcome to try on. The things that the museum brought up reflect a multifaceted neighborhood, with its share of triumph, tragedy, dignity, distinction, even some weirdness. The day will begin with a tour on your own of the Museum, and then once done with the tour, we will head over to Pepes Pizza to enjoy one of the best known pizza places on Wooster Street. Cost for the museum is $3.00 for seniors, and lunch will be on your own. Please sign up no later than Thursday, March 6th – seats are limited.
**Last Will & Embezzlement** – Tuesday, March 18, 1:15 p.m. The informational documentary tackles the growing global epidemic of the financial exploitation of the elderly. It features deeply moving yet greatly disturbing first-hand accounts from real-life victims, including Hollywood icon Mr. Mickey Rooney, as well as in-depth interviews with experts who discuss such key issues as victim profiles, the perpetrators’ “modus operandi”, the symptoms and effects of these crimes, as well as potential solutions to this ever-increasing worldwide problem. The only film of its kind, slams home the atrocities but also finds solace and conciliation in its message of hope. Running time, 1 hour 23 minutes. Please call the Center or stop by the office to register for this powerful and informational discussion, 203-239-5432.

**St. Patrick’s Day Breakfast and St. Joseph’s Day Celebration** - Wednesday, March 19 at 10:30 a.m. Today we will mix our Irish and Italian friends and celebrate with a tasty Ireland favorite breakfast; Irish French toast, sausage coddle, Irish soda bread and then we will top it off with our zeppoles from Rocco’s bakery. Cost for breakfast will be $7.00 for residents and $12.00 for non-residents (this includes the cost of a zeppole). When paying for breakfast, please indicate your flavor of zeppole; vanilla, chocolate or ricotta. Registration will begin on Monday, March 3rd through Friday, March 14th, or until the first 80 people have signed up. A $5.00 late charge will be added after Friday, March 14th if there are available seats. For entertainment we will have Tony Baloney.

**Dinner and A Movie** – Thursday, March 20 at 3:30 p.m. **Due to the snow we had to reschedule “The Heat”**- Menu will be chili and corn bread or meatball subs – dinner will be served during the movie at 4:45 p.m. Cost: $4.00. Movie: “The Heat” ( Rated R) - Starring: Sandra Bullock and Melissa McCarthy, along with a great cast. Uptight and straight-laced, FBI Special Agent Sarah Ashburn is a methodical investigator with a reputation for excellence—and hyper-arrogance. Shannon Mullins, one of Boston P.D.'s "finest", is foul-mouthed with a very short fuse, and uses her gut instinct and street smarts to catch the most elusive criminals. Neither has ever had a partner, or a friend for that matter. When these two wildly incompatible law officers join forces to bring down a ruthless drug lord, they become the last thing anyone expected: buddies. Run time: 1 hour and 57 minutes. **Last day to sign up is Friday, March 14th.** Transportation is available – and this will be held at the Senior Center, 189 Pool Road.

**Breakfast and Shopping** - Monday, March 24, 8:45 a.m. – all morning activities will be canceled at the Center. We will be venturing off to IHop in Hamden to enjoy some of their famous pancakes and sausages (or whatever you choose to have – breakfast is on your own) and then we can stop along the way to WalMart, Kohls, Joanne Fabrics, Bon Tons. Please sign up by calling or stopping at the office by Wednesday, March 19th, 203-239-5432.

**Puzzlemania Tournament** – Tuesday, March 25, 12:15 noon to 2:45 p.m. Cost: $10.00 per person, includes lunch: tossed salad, bacon and Swiss cheese quiche and dessert. Lunch begins at 11:00 a.m. Registration begins Monday, March 3 through Monday, March 17. Limited seats available so register early! See attached flyer for rules and more information. If you would like to join us for lunch only, the cost is $5.00 or if you would like to participate in the tournament without lunch, the cost is $5.00.
**Master Your Medications** – Wednesday, March 26, 10:30 to 11:30 a.m. Sponsored by the VNA Community Healthcare. Learn safe and effective ways to manage your medications and who to go to for answers. Get answers and tips on talking to your MD and pharmacist as well as organizing your daily regimen and medication record. Please call or come by the Center to register, 203-239-5432 by Friday, March 21.

**Taste of New Orleans** – Thursday, March 27, 1:30 p.m. We will be having a smorgasbord of various foods celebrated during Mardi Gras in New Orleans. Come try some jambalaya, Po Boys, fried okra, creole cornbread and then the traditional King Cake. Cost: $5.00, registration ends Friday, March 21st. Come join us!!

**The Happenings in April . . . .**

**A Program of Laughs and Comic Fun from Soup to Nutz** – Tuesday, April 1, 3:00 p.m. Come for an afternoon of laughter and dinner with Rick Stromoski, an award winning syndicated cartoonist and humorous illustrator brings an engaging and funny presentation to our group that is guaranteed to entertain and leave us laughing. From his humble beginnings growing up in a family of 12 children, Rick is a self-taught comic artist who has found critical acclaim through his particular style of humor that he shares with you through samples of his humorous work over the past 3 decades. From magazine cartoons to greeting cards, children’s books to newspaper comics, Rick relates his journey from day laborer in his early 20’s to award winning cartoonist and President of the largest professional comic artists organization in the world. Rick’s work has appeared in national magazines, children's and humor books, newspapers, licensed products, national advertising and network television. And you know what they say, laughter is the best medicine around!!! During the show, we will begin with an appetizer of cheese, pepperoni and crackers; second course will be tossed salad; third course will be baked ziti and garlic bread and ending in a scrumptious dessert of a brownie sundae with nuts! And of course you can bring your drink of choice. **Transportation will be available – this is being held at the Center, 189 Pool Road. Sign-ups will begin on Monday, March 10th. Cost: $5.00.**

**Presentation: Fall Free Living Seminar** – Thursday, April 10, 10:00 a.m. Presented by the VNA Community Healthcare this presentation includes a half hour presentation followed by orthostatic blood pressure screenings, balance assessments and a Sitercise demonstration. Funded by the CT Collaboration for Fall Prevention at Yale University School of Medicine. Please register for this presentation no later than, Friday, April 4th by calling, 203-239-5432 or stop by the office to register.
Presentation: Free Memory & Cognitive Ability Evaluations Lunch and Learn – Friday, April 11, 11:30 a.m. Dr. Susann Varano, Geriatrician will be conducting evaluations on this day. Dr. Varano is a Yale University trained physician. Prior to the evaluation, a brief questionnaire is filled out by the participant. At the evaluation, which is held in a relaxed setting, the participant responds to a series of questions focusing on cognitive skills and memory. Please register for this presentation no later than, Friday, April 4th by calling, 203-239-5432 or stop by the office to register.

In honor of your commitment to the Center
Our North Haven Senior Center Volunteers
are Cordially Invited
to a
Volunteer Luncheon
on Wednesday, April 16, 2014 at 12:30 p.m.

Menu will be: Assorted Tea Sandwiches and Quiche with a
Garden Salad and Dessert

Please RSVP by Thursday, April 10th

As indicated in our Volunteer Guidelines, if you have volunteered
for 20 hours or more, you are considered a Volunteer and are
cordially invited to attend our Luncheon!
Cost for non-volunteers: $10.00

Red Hatters: A Proper Tea Party at Tea for Tracy in Seymour – Wednesday, April 9, 1:00 p.m.
Tea for Tracy is located at 16 Bank Street, Seymour. Cost: $17 per person (price includes tax and gratuity) We will receive our very own 2 cup tea pot; a nice selection of a variety of teas, a delicious sandwich and a scone. Please bring your money on March 12th to the Pizza Party. We will need to carpool to Tea for Tracy.

Apizza Gain aka Ham Pie – Pickup on Thursday, April 17th by 11:30 a.m. - orders will be taken for our famous no crust apizza gain beginning Friday, April 1 and ending Friday, April 11 – payment must accompany the order! Cost: $3.00 per slice or $7.00 for a 6” pie. Come early to sign up, limited quantities will be made!

Presentation: Be Your Own Healthcare Hero – Wednesday, April 23, 10:30 a.m. Speak Up! Ask questions! Be Prepared. Learn many ways to improve communication with your Health Care provider. Sponsored by the VNA Community Healthcare. Please call the Center or stop by to register by Monday, April 21st, 203-239-5432.

Looking for . . . . .

Do you enjoy Pinochle, looking to play? Well the Pinochle group who meets every day is looking for you!! They play during the hours of: 10 to 11:30 a.m. or 12 noon to 2:30 p.m. Come join in on the fun!!
Irish Soda Bread

5 cups sifted flour
1 tsp. baking soda
2 tsp. baking powder
1 ½ tsp. salt
¾ cup sugar
1 stick of butter – room temperature
3 Tbsp. caraway seeds
2 ½ cups Dole Raisins in blue container
   – it order not to soak the raisins they must be in this container
1 egg slightly beaten
2 ½ cups buttermilk

Stir together flour, sugar, baking powder, salt and baking soda. Cut in butter as for pie dough until mixture looks like corn meal. Stir in raisins and caraway seeds. Add buttermilk and egg to dry ingredients, blending only until all flour is moistened. Generously butter or use Pam, spray two bread pans. Bake at 350 degrees for about an hour or until done.

From The Kitchen of . . . Ann Sullivan of Hamden

Ham Pie without crust (aka Apizzagain)

12 eggs – scrambled
1 ½ cups of flour
2 ½ tsp. baking powder
¾ cup milk

Mix above together
Add to mixture

½ pound shredded cheddar cheese
½ pound cubed muenster
½ cup of romano cheese
½ pound of cubed pepperoni
1 ¼ pounds of cubed ham
1 ½ pound of cubed prosicutini

When purchasing meats and muenster cheese, ask the deli to cut them ¼ inch thick.

Add all ingredients together, grease very well a 9 x 14 pan, bake 350 degrees for 45 minutes, check every 5 minutes until center is done (check by inserted toothpick or knife).

From The Kitchen of . . . Eva Cocchiaro
Welcome to Our New Members

Walter Greist, Nancy Katsaros, John Luestino
Regina Luestino, Noreen Regan, Patricia Rudolph

Thank you to the following for your donation:

Ann Alexander, Mary Lou Pierpont

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.
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, 1:00 – 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.

- **BINGO**
  Monday & Friday, 12:45 p.m. Bingo no longer to be held on Thursdays due to low attendance.

- **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. 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.

- **CRAFT CLASSES**
  Tuesday and Thursday, 1:00 – 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 on Thursday afternoons.

- **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.

- **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.

- **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, January 13 and will run through Monday, April 14. No class 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.
**SENIOR SONGSTERS**
Meets on Tuesdays, from 1:15 to 2:15 p.m.

**SIT-ERCISE**
Mondays and Wednesdays, 10:30 to 11:30 a.m. New session will begin: Monday, March 17 - Wednesday, June 11. No classes on Monday, May 26. Increase muscle strength, improve flexibility, gait and balance to help prevent falls – exercises are done in a chair and this program is specially designed for those 50 and older who are at risk for falls. Cost: residents, $10.00; non-residents, $15.00. Sign up start February 10. Sponsored by VNA Community Healthcare. 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 17 and ends Thursday, June 12. No classes on Monday, May 26. Fee: residents, $25.00; non-residents $30.00. Sign up start February 10. Please make checks payable to VNA Community Healthcare.

**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. Current session ends Tuesday, March 25th. Next session April. 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 3rd. Fee: residents, $50.00; non-residents, $55.00.

**For Your Information . . .**

The Agency on Aging of South Central CT will be hosting: “Welcome to Medicare” presentations on the following days:

**Wednesday, April 16th**

**Place:** One Long Wharf Drive, 1st Floor, New Haven, CT  
**Time:** 2:00 to 3:30 p.m.

There is no charge for these presentations. Seats are limited! If you are interested please register by calling Tom Davis, 203-785-8533 ext. 3187.

**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, Wednesday, April 2, 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.

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.

Suffolk Downs, Thoroughbred races, Wednesday, September 17, 2014 leaving the center at 7:15 a.m. and will be back into North Haven by 7:30 p.m. **Cost:** $66 per resident; $71.00 per non-resident. **Collection date:** Friday, July 18, 2014. Enjoy the action-packed excitement of thoroughbred racing at this beautiful track located outside of downtown Boston. Wonderful luncheon buffet in the Topsider room on the fourth floor of the clubhouse; menu: salad, fruit cocktail, hot entrees, vegetable, potatoes, dessert and coffee.
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.
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<td>9:00-Line Dance</td>
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<td>9:30-E-Z Exercise</td>
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<td>9:30-E-Z Exercise</td>
<td>9:00-Chair Yoga</td>
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<td>10:00-Pinochle</td>
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<td>10:15-Canasta</td>
<td>9:00-Computer Class</td>
<td>11:30-Lunch</td>
<td>11:30-Lunch</td>
<td>10:00-Scrabble Challenge</td>
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<td><strong>10:30-Purple Red Hatters</strong></td>
<td>10:30-Computer Class</td>
<td>12:00-Mah Jongg</td>
<td>1:00-Gentle Hatha Yoga</td>
<td><strong>10:00-Massages by Kim</strong></td>
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<td><strong>Non Board Meeting</strong></td>
<td>10:45-Chair Yoga</td>
<td>12:15-Bridge</td>
<td>1:30-Crafts</td>
<td>11:30-Lunch</td>
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<td>11:30-Lunch</td>
<td>11:30-Lunch</td>
<td>12:30-Knitting and Crocheting</td>
<td><strong>2:30-Computer Help w/Billy</strong></td>
<td>12:15-Bridge</td>
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<td>12:30-Oil Painting</td>
<td>12:30-Mah Jongg</td>
<td>12:30-Oil Painting</td>
<td>12:00-Health Guidance Clinic</td>
<td><strong>11:30-Lunch</strong></td>
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<td>12:45-Bingo</td>
<td>1:15-Senior Songsters</td>
<td>1:00-Gentle Hatha Yoga</td>
<td>1:30-Crafts</td>
<td><strong>10:30-Collection Date:</strong></td>
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<td>1:00-Beg Pinochle</td>
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<td>10:00-Irish Soda Bread</td>
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<td>10:15-Canasta</td>
<td>9:00-Computer Class</td>
<td>10:30-Finance Meeting</td>
<td>10:00-Trip: Wooster Square Pickups Today</td>
<td>10:00-Scrabble Challenge</td>
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<td><strong>11:30-Lunch</strong></td>
<td>10:30-Computer Class</td>
<td><strong>11:15-Drop In Presentation:</strong></td>
<td>Museum &amp; Pepes</td>
<td>10:00-Footlighters</td>
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<td>12:30-Oil Painting</td>
<td>9:30-Get To Know Your Senior Center “CT Home Solutions: Energy Audit Program”</td>
<td>11:30-Lunch</td>
<td>1:00-Gentle Hatha Yoga</td>
<td><strong>10:30-Collection Date:</strong></td>
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<td>12:45-Bingo</td>
<td>Senior Center</td>
<td>11:30-Lunch</td>
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<td>Celebrate Italia</td>
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<td>1:00-Beg Pinochle</td>
<td>10:45-Chair Yoga</td>
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<td>12:30-Mah Jongg</td>
<td>Pizza Party</td>
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<td><strong>11:30-Lunch</strong></td>
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<td>1:15-Senior Songsters</td>
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<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>No Morning Classes</td>
<td>8:30-AARP Safe Driver’s Course</td>
<td>9:30-E-Z Exercise</td>
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<td>9:30-E-Z Exercise</td>
<td>9:00-Chair Yoga</td>
<td>9:00-Ceramics</td>
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<td>10:00-Scrabble Challenge</td>
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<td>10:15-Canasta</td>
<td>9:00-Computer Class</td>
<td>10:30-St. Patrick’s Day</td>
<td>10:00-Pinochle</td>
<td>10:00-MiniTrip:</td>
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<td>11:30-Lunch</td>
<td>10:30-Computer Class</td>
<td>Breakfast &amp; St. Joseph’s Day</td>
<td>10:30-MiniTrip:</td>
<td>10:00-Massages by Kim</td>
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<td>12:30-Oil Painting</td>
<td>10:30-Storyteller: Celebration</td>
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<td>Wal Mart in Wallingford</td>
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<td>12:45-Bingo</td>
<td>Kate Allen Smith</td>
<td>12:00-Mah Jongg</td>
<td>11:30-Lunch</td>
<td>12:15-Bridge</td>
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<td>1:00-Computer Class</td>
<td>10:30-MiniTrip:</td>
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<td>12:30-Mah Jongg</td>
<td>1:15-Senior Songsters</td>
<td>Last Day Sign Ups For</td>
<td>3:30-Dinner and A Movie:</td>
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<td>1:15-Presentation: Last Will</td>
<td>Breakfast &amp; Shopping Trip</td>
<td>“The Heat”</td>
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<td>1:30-Crafts</td>
<td>and Embezzlement</td>
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<td>6:00-Commission on Aging</td>
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<td>8:45-Breakfast and Shopping in Hamden</td>
<td>9:00-Ceramics</td>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
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<td>9:00-Computer Class</td>
<td>10:30-Presentation: Master</td>
<td>10:30-Mini Trip:</td>
<td>10:00-Scrabble Challenge</td>
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<td>CENTER OPENING AT 12 NOON</td>
<td>10:30-Computer Class</td>
<td>Your Medication</td>
<td>Universal Drive</td>
<td>11:30-Lunch</td>
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<td>10:45-Chair Yoga</td>
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<td>11:30-Lunch</td>
<td>12:15-Bridge</td>
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<td>NO Lunch Program</td>
<td>11:00: Health Guidance Clinic</td>
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<td>12:45-Bingo</td>
<td>12:15-Puzzlemania</td>
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<td>1:30-Taste of New Orleans</td>
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<td>1:00-Beg Pinochle</td>
<td>Tournament and Lunch</td>
<td>12:30-Knitting and Crocheting</td>
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<td>1:30-Crafts</td>
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**MARCH 2014 CALENDAR OF EVENTS**

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

*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE*

**PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY**

**ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE**

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<td>No Grocery Shopping</td>
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<tr>
<td>3 oz Herb baked chicken  &lt;br&gt; qtr  &lt;br&gt; ½ cup Fresh Sweet potato  &lt;br&gt; ½ cup Green beans  &lt;br&gt; 1 slice Rye bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; Fresh fruit  &lt;br&gt; 8 oz low fat milk</td>
<td>Mardi Gras Menu  &lt;br&gt; 3 oz Cajun Pork  &lt;br&gt; ½ c. Louisiana Rice  &lt;br&gt; ½ c. Spinach  &lt;br&gt; 1 Biscuit  &lt;br&gt; 1 Margarine  &lt;br&gt; Sweet Potato Pie  &lt;br&gt; 8 oz. Low Fat Milk</td>
<td>Ash Wednesday  &lt;br&gt; 3 oz. Fish Almondine  &lt;br&gt; Small Baked Potato/Sour Cream  &lt;br&gt; 1/2c French Green Beans  &lt;br&gt; 1 Wheat Dinner Roll  &lt;br&gt; 1 Margarine  &lt;br&gt; Strawberry Chiffon or Angel Food Cake/ &lt;br&gt; Strawberry topping  &lt;br&gt; 8 oz. Low Fat Milk</td>
<td>3/4c Chicken noodle soup  &lt;br&gt; Unsalted crackers  &lt;br&gt; 3 oz. Potato Encrusted Pollock  &lt;br&gt; 1/2c. Confetti brown rice  &lt;br&gt; ½ c. Spinach  &lt;br&gt; 1 Multigrain dinner roll  &lt;br&gt; 1Margarine  &lt;br&gt; ½ c. Pears  &lt;br&gt; 8 oz. Low Fat Milk</td>
<td>1/6 broccoli quiche  &lt;br&gt; ½ cup stewed tomato and zucchini  &lt;br&gt; ½ cup Tossed salad with cucumber and Italian dressing  &lt;br&gt; 1 slice oat bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; ½ cup Mandarin oranges  &lt;br&gt; 8 oz low fat milk</td>
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<td>½ cup Barilla plus spaghetti  &lt;br&gt; 3 oz. Meatballs marinara  &lt;br&gt; ½ cup Broccoli  &lt;br&gt; 1 pkt Parmesan cheese  &lt;br&gt; 1 Herbed breadstick  &lt;br&gt; 1 tsp margarine  &lt;br&gt; ½ cup peaches  &lt;br&gt; 8 oz low fat milk</td>
<td>3 oz Pork loin with LS gravy  &lt;br&gt; 1 oz Applesauce garnish  &lt;br&gt; ½ cup Scalloped potato  &lt;br&gt; ½ c. Peas &amp; Mushrooms  &lt;br&gt; 1 slice Multigrain bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; Fresh fruit  &lt;br&gt; 8 oz low fat milk</td>
<td>3 oz New Orleans Chicken  &lt;br&gt; ½ c. Brown rice  &lt;br&gt; ½ c. Oriental blend  &lt;br&gt; 1 slice Wheat bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; 1/2 cup Pineapple tidbits  &lt;br&gt; 8 oz low fat milk</td>
<td>Happy Birthday  &lt;br&gt; 3 oz. Pot roast with LS gravy  &lt;br&gt; ½ Mashed potato  &lt;br&gt; ½ cup Fresh Acorn Squash  &lt;br&gt; 1 Wheat dinner roll  &lt;br&gt; 1 tsp margarine  &lt;br&gt; 4 oz Apple juice  &lt;br&gt; 1 slice iced chocolate cake  &lt;br&gt; 8 oz low fat milk</td>
<td>¾ cup Vegetable barley soup  &lt;br&gt; Unsalted crackers  &lt;br&gt; Seafood salad plate with  &lt;br&gt; 3oz seafood salad, ½ cup lettuce, tomato and ½ cup carrot/raisin salad  &lt;br&gt; 1 slice Pumpernickel bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; ½ c. Cherry jello  &lt;br&gt; W/pears  &lt;br&gt; 8 oz low fat milk</td>
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<td>St. Patrick’s Day  &lt;br&gt; 3 oz. Corned Beef &amp; Cabbage  &lt;br&gt; 1/2c. Boiled Potatoes  &lt;br&gt; ½ c. Carrots  &lt;br&gt; 1 piece Irish Soda Bread  &lt;br&gt; 1 Margarine  &lt;br&gt; Bread Pudding W/Topping  &lt;br&gt; 8 oz. Low Fat Milk</td>
<td>3 oz Oven fried chicken  &lt;br&gt; ½ cup macaroni and cheese  &lt;br&gt; ½ cup spinach  &lt;br&gt; 1 bisuit  &lt;br&gt; ½ cup margarine  &lt;br&gt; ½ cup applesauce  &lt;br&gt; 8 oz low fat milk</td>
<td>St. Patrick’s Day  &lt;br&gt; And St. Joseph’s Day Celebration  &lt;br&gt; See Newsletter For Details</td>
<td>½ cup Lentil soup/LS crax  &lt;br&gt; **Chef salad  &lt;br&gt; 1 oz Turkey, 1 oz ham, 1 oz cheese  &lt;br&gt; 1 cup Tossed salad/cucumber  &lt;br&gt; 1 pkt French dressing  &lt;br&gt; 1 Croissant  &lt;br&gt; 1 tsp margarine  &lt;br&gt; ½ cup Mandarin oranges  &lt;br&gt; 8 oz low fat milk</td>
<td>Vegetable Omelet  &lt;br&gt; ½ cup roasted tomato  &lt;br&gt; ½ cup Grilled vegetables  &lt;br&gt; 1 slice Rye bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; ½ cup pineapple tidbits  &lt;br&gt; 8 oz low fat milk</td>
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<td>NO FSW LUNCH Grease Trap Cleaning Day  &lt;br&gt; ¾ cup minestrone soup  &lt;br&gt; 1 pkt unsalted crackers  &lt;br&gt; 1 Granoli spinach ravioli  &lt;br&gt; 2 oz Meatball marinara  &lt;br&gt; 1 cup Tossed salad with tomato  &lt;br&gt; 1 pkt Italian dressing  &lt;br&gt; 1 slice Italian bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; ½ cup Italian ice  &lt;br&gt; 8 oz low fat milk</td>
<td>3 oz Baked Ham with LS gravy  &lt;br&gt; ½ cup O’brien potato  &lt;br&gt; ½ cup Mixed vegetables  &lt;br&gt; 1 slice Oat bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; ½ cup apricots  &lt;br&gt; 8 oz low fat milk</td>
<td>3 oz Turkey with LS gravy  &lt;br&gt; ½ cup Stuffing  &lt;br&gt; ½ cup Bean blend  &lt;br&gt; 1 oz Cranberry sauce  &lt;br&gt; 1 Biscuit  &lt;br&gt; 1 tsp margarine  &lt;br&gt; ½ cup Green jello with mixed fruit  &lt;br&gt; 8 oz low fat milk</td>
<td>3 oz crab cake with tartar sauce  &lt;br&gt; ½ cup Roasted potato  &lt;br&gt; ½ cup Broccoli  &lt;br&gt; 1 slice 100% whole wheat bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; 4 oz Pineapple juice  &lt;br&gt; 1 slice Berry strudel  &lt;br&gt; 8 oz low fat milk</td>
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<td>3 oz Turkey and bean chili  &lt;br&gt; ½ cup Brown rice  &lt;br&gt; ½ cup Chuck wagon blend  &lt;br&gt; 1 slice Corn bread  &lt;br&gt; 1 tsp margarine  &lt;br&gt; ½ cup Tropical fruit salad  &lt;br&gt; 8 oz low fat milk</td>
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**MINIMUM PORTIONS SERVED AT EACH MEAL:**

1 C Milk-1% or equivalent  <br> 1 C Vegetable and Fruit equivalent; All non-citrus juices are Vitamin C fortified.  <br> 3oz. Protein 1 Pat Margarine  
2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.  
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt