A Father Is:

In every memory,
See his love and care,
Strength and hands to count on,
Freely he does share,
Provider, toil so faithfully,
To make our dreams come true,
Give strong and tender discipline,
Though it is hard to do,
A Father is God’s chosen one
To lead the family and point it to
His will for life of love and
Harmony...

~ Sue Skeen

The month in a glance . . . .

❖ June 11: Presentation: Cooking for One on a Budget, presented by the VNA Community Healthcare
❖ June 11: Purple Red Hatters Spring Luncheon
❖ June 12: Welcome Breakfast for all of our newer members of the Senior Center
❖ June 13: Hula Skirts and Leis in the Making
❖ June 13: Senior Moments with First Selectman, Mike Freda
❖ June 13: Hot Dog Fridays
❖ June 17: Tri-Town Hawaiian Luau
❖ June 19: Father’s Day Breakfast
❖ June 19: AARP Smart Drivers Course
❖ June 20: Hot Dog Fridays
❖ June 24: Trip: Mohegan Sun
❖ June 26: Presentation: What is Normal Aging Part II? presented by Dr. Susan Varrano
❖ June 26: Lunch Bunch: Longhorn Steakhouse
❖ June 26: Bocce and Burgers
❖ June 27: Hot Dog Fridays
❖ June 28: Outdoor Tag Sale
Daily and Medical Transportation Information, Scheduled, Mini and Day Trips . . .

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

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

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

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

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

Thursdays:
- Town Pool
- Mini Trips:
  - Thursday, June 5: Hamden Mart
  - Thursday, June 19: Universal Drive

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. New Haven and VA appointments will begin at 9:00 a.m. Please call for availability – as soon as you make your appointment, please call to reserve your ride – appointments are taken on a first come basis and unfortunately, not all requests can be fulfilled. If you feel you need assistance going to your medical appointment, feel free to bring a relative, friend or aide at no charge. When making your appointment please indicate if you will be bringing them with you. Please make note: there will be no medical transportation on the following days – July 4; September 1; October 13; November 11 and November 27; December 25.

Please note: All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 10:30 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there will not be a make-up 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 pressure and glucose screenings will be available

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

**Staying Hydrated During the Summer Months**

Water makes up more than half of your body weight and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

**Top 10 Signs of Dehydration**

- Thirst
- Sunken eyes
- Dry mouth
- Irritability
- Confusion
- Dizziness
- Muscle weakness
- Decreased urine output
- Increased heart rate
- Fever

Don't wait for the warning signs...

Drink a glass of water or other fluids every couple of hours during the day to prevent confusion, impaired physical performance and loss of appetite.

**Helpful tips and tricks that you can do to keep hydrated during the summer months:**

- Instead of drinks with caffeine or alcohol, make "mocktails" by blending tea, water or lemonade with lightly carbonated flavored water, sparkling apple or grape juice.
- Popsicles, sorbets and gelatin desserts are great sources of fluid.
- Add lemon or lime to hot or cold water to give it a refreshing taste.
- Add club soda or seltzer water to fruit juices to dilute their concentration and add a little sparkle.
- Decaf iced coffee and tea are refreshing beverage options to keep you cool and hydrated.

**One Town, One Book continues...**

*Enjoy the evening at the Wine and Chocolate Tasting sponsored by the Rotary Club of North Haven on Thursday, June 5 at the American Legion Hall, 20 Church St, North Haven. Tickets available at the North Haven Library. Tickets: $5.00*
June’s Summer Fun Happenings . . . .

Cooking for One on a Budget – Wednesday, June 11, 10:30 a.m. Join the VNA Community Healthcare to learn how to save money while eating well; plan meals and shopping trips ahead of time; create new, great tasting meals using leftovers. Presented by the VNA Community Healthcare and sponsored by The Town of North Haven. Please register by calling or stopping by the Center, 203-239-5432.

Purple Red Hatters Spring Luncheon – Wednesday, June 11, 1:00 p.m. Don Giovannis Bistro, 680 North Colony Road, Wallingford. Enjoy a seamless fusion of classic and modern cuisine from gourmet stone oven baked pizzas to Venetian small-plates and more. Don Giovanni’s has an excellent reputation for serving authentic Italian food, appreciated by people who love everything about Italian cuisine. There is a lunch buffet for $8.95 plus tax, gratuity and drinks or you can order off the menu with prices ranging from sandwiches and wraps, $8.50 to entrees, $15.00. Please contact Louise Musso, 203-239-4383 by Friday, June 6th as we need to finalize our reservations by Monday, June 5th!

Welcome Breakfast – Thursday, June 12, 9:30 a.m. Breakfast will be served for our new members, egg sandwiches and coffee will be provided. Joanie will be our tour guide and explain to you the in’s and out’s and the processes of the Center. Please let us know by calling or stopping by the Center by Friday, June 6, 203-239-5432. For any of our current members, if you would like to join us for breakfast, the cost will be $2.00. Please RSVP by June 6th.

Making Hula Skirts and Leis for the Tri-Town Dinner Party – Friday, June 13, 10:00 a.m. Come and enjoy the morning fun and make your own hula skirt out of green garbage bags and leis out of tissue paper. This will be a fun and enjoyable party. We will be the stylish Town at this fun Hawaiian Luau!! Please call the Center or stop by to register, 203-239-5432 so we have enough supplies.

Senior Moments with 1st Selectman, Mike Freda – Friday, June 13, 10:30 a.m. If you have an issue and would like to discuss it one on one with Mike, please call the Center to make an appointment to meet with him, 203-239-5432. Appointments will be scheduled every 20 minutes. If you cannot make your appointment, please be sure to call and cancel.

Hot Dog Fridays Have Returned . . . . The summer months are upon us and our Hot Dog Fridays have returned!! Cost: $5.00 for 2 hot dogs, chips and soda! Please sign up the Tuesday prior to the Friday of Hot Dog day. It all will begin on Friday, June 13, then June 20 and June 27 . . . watch for July’s newsletter for more dates.
**Tri-Town Hawaiian Luau** - Tuesday, June 17, 5:30 to 7:30 p.m. **Location Change:** Cheshire Senior Center, 240 Maple Avenue, Cheshire. This will be an exciting and fun night out with your friends so come join in the fun and let’s get the party going! Entertainment provided by Kahana Hula and there will be a hula demonstration. Menu will consist of Hawaiian chicken, Hawaiian pasta salad, strawberry mesculin salad, dessert and beverages. Cost: $15.00 per person. Transportation will be provided. Tickets will go on sale starting Monday, May 5th. Make checks payable to: North Haven Senior Citizens.

**Father’s Day Breakfast** – Thursday, June 19, 10:30 a.m. In honor of our favorite men in our lives, come in and enjoy a good old fashioned men’s breakfast with 2 eggs any style, 2 pancakes, sausage, bacon and toast. Orange juice, coffee or tea will also be served. Cost: $6.00 residents; $11.00 non-residents. Reservations are required by Friday, June 13th or to the first 60 people. Any reservations taken after June 13th, the cost will be $11.00 residents; $16.00 non-residents. After breakfast we will host and have fun with Name That Tune presented by James Roberson from Pandora Healthcare.

**What Is Normal Aging Part II?** – Thursday, June 26, 11:30 a.m. Dr. Varrano will be back to present Part II of the Normal Aging which will include discussion on the central nervous system, peripheral nervous system, pulmonary and cardiovascular system, gastrointestinal and renal system. Lunch, chips and drink will be provided. Please call or stop by the office to register by Friday, June 20, 203-239-5432. Seating is limited.

**Bocce and Burgers** – Thursday, June 26, 3:30 p.m. Come join in the afternoon fun with a friendly game of Bocce and dinner served at 5:00 p.m. Cost: $5.00 per person for a hamburger (or cheeseburger), pretty bell pepper garden salad and soda. This is a rain or shine event. If it rains we will go inside and play bocce on our Wii. Please RSVP by Monday, June 23rd with payment.

**Outdoor Tag Sale** – Saturday, June 28, 9:00 a.m. to 2:00 p.m. Rent a table for $10.00. “One man’s junk is another man’s treasure!” Please remember you must bring any unsold items home with you. All proceeds will support your Center! The kitchen will be serving hot dogs, sauerkraut, chips, ice cream, water and soda! Raffles chances will be sold. Table rentals will begin on Thursday, May 15th.

---

**Community Outreach . . . .**

The North Haven Senior Center will participate in a community outreach project to donate items to Animal Haven to help with supplies that are needed. They are looking for the following: wet cat food, wet dog food, dog toys, clean bath towels, bleach and paper towels. The Center will have donation bins for drop off during the hours of 8:00 a.m. to 4:00 p.m. Monetary donations are greatly appreciated as well, checks made payable to Animal Haven.

**Help Wanted . . . .**

Do you crochet or knit and would like some extra cash to teach seniors at the Center. If so please see Judy or Sue to discuss how we can make this happen. Thank you in advance.
July’s Fun in the Sun . . .

**4th of July Celebration** – Thursday, July 3, 12:00 noon - come and enjoy a nice picnic with your friends. Menu: barbecue chicken kabobs, roasted corn, baked potato salad, corn bread, drinks and Strawberry Pretzel Salad. Cost: $6.00, residents and $11.00, non-residents – sign-ups begin Wednesday, June 11 through Monday, June 30 or to the **first 80 people**. If you sign up after the cutoff date, new cost will be $11.00, residents and $16.00, non-residents.

**Purple Red Hatters Movies and Lunch** – Wednesday, July 9, time and movie to be determined. Lunch will be at Christo’s in Wallingford. Transportation on your own. Please contact Louise Musso, 203-239-4383 by Thursday, July 3 as we need to finalize our reservations by Monday, July 7th!

**Open Forum with First Selectman, Michael Freda** – Friday, July 11, 10:30 a.m. First Selectman, Mike Freda will be in today to discuss the happenings of North Haven. If you are interested in coming on down and listening to Mike and asking questions, please sign up with the Center by Wednesday, July 9, 203-239-5432.

**Recipes for Healthy Stress** – Wednesday, July 16, 10:30 a.m. Sponsored by the Town of North Haven and presented by VNA Community Healthcare. Join in and learn about your personal stress profile; ways to balance stress and how laughing, journaling and breathing techniques can help in getting through stress. Please register by Monday, July 14 by stopping by or calling the office, 203-239-5432.

**Get the Most out of your Social Security Retirement Income** – Thursday, July 24, 6:00 p.m. This workshop “Maximize Your Social Security Benefits” will help participants learn how to make the most out of Social Security and retirement. David Cowan, endorsed AAA retire advisor, will discuss how to navigate retirement challenges, ways to safeguard retirement savings and how to increase Social Security benefits. Please call the Center to register for this important workshop, 203-239-5432.

**Horseshoes and Hot Dogs** – Thursday, July 31, 3:30 p.m. Come join in the afternoon fun with a friendly game of Horseshoes and dinner served at 5:00 p.m. Cost: $5.00 per person for 2 hot dogs, baked beans, coleslaw and soda. This is a rain or shine event. If it rains we will go inside and play on the Wii. Please RSVP by Monday, July 21 with payment.

**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.

**Looking for . . . .**

Do you enjoy Pinochle, looking to play? 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!!
Welcome to Our New Members
Anthony Caprio, Lucy Carlson, Joan Fitzgerald, Janet Fusco, Susan Idarola, Alfred Kowalewski, Joan Melillo, Linda Pacileo, Carmel Sirico, Roch & Theresa St. Michel

Thank you to the following for your donation:
Ann Alexander, Nellie Beins, Judy DiLeone, Linda Harder, Carol Labagnaro, Louise Musso,

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. A required application is necessary prior to participating in the program and is available in the office. Please remember to call our Café Manager at 203-239-4030 between 9:00 and 11:00 a.m. by the previous day to order your lunch. All meals include bread, butter and milk. Soups, entrees, gravies, sauces, salad dressings and desserts are low fat and low sodium.

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, 1:00 to 3:00 p.m.
ADVANCED PINOCHLE – Tuesday, 10:00 to 11:30 a.m.
BOCCE – Monday, Wednesday and Friday, 12:30 p.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. Start date will be determined once we get 4 interested players.
BINGO - Monday & Friday, 12:45 p.m.

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

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

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

COMPUTER CLASSES – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 11:15 a.m. Beginner and advanced classes will resume in September. Call to put your name on our list, 203-239-5432.

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

INTERMEDIATE FOOTLIGHTERS - Friday, 10:00 to 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 to 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.
*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 to 2:30 p.m.
Current session will end July 21st. Fee: residents, $20.00; non-residents, $25.00. A list of supplies will be given to you prior to the first class.

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

SIT-ERCISE - Monday and Wednesday, 10:30 to 11:30 a.m.
Current session ends Wednesday, June 11. 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. Sponsored by 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. Current session ends Thursday, June 12.
Fee: residents, $25.00; non-residents $30.00.

BEGINNER CHAIR YOGA - Tuesday, 9:00 to 10:30 a.m. and 10:45 a.m. to 12:15 p.m.
Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing
poses. Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a
traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain
normal mobility and a healthy range of motion, and help you to grow and expand psychologically and
spiritually. New session will begin on; Tuesday, July 1 through Tuesday, September 16. 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 will begin on; Thursday, July 3 through Thursday, September 18. Fee: residents, $50.00;
non-residents, $55.00.

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.
- In consideration of members who need the handicap parking spaces while on the trip please park
  either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your
  consideration.
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. REGISTER NOW – limited seats available. Checks made payable to: North Haven Senior Citizens. 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 desert. 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!

Suffolk Downs, Thoroughbred races, Wednesday, July 30, 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. REGISTER NOW - Checks made payable to: Friendship Tours. 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. REGISTER NOW – limited seats available. Checks made payable to: North Haven Senior Citizen. 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. After lunch we will be celebrating Polka with Jimmy Sturr and his orchestra.

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. Checks made payable to: North Haven Senior Citizens.

Westchester Broadway Theatre: Rodgers & Hammerstein’s South Pacific, Thursday, 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. Checks made payable: Friendship Tours. 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.
## JUNE 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>2</td>
<td></td>
<td></td>
<td></td>
<td></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>9:30-Scrabble Challenge</td>
</tr>
<tr>
<td><strong>10:00-Tai Chi</strong></td>
<td><strong>10:45-Chair Yoga</strong></td>
<td><strong>10:30-Ombudsman Meeting</strong></td>
<td><strong>10:00-Tai Chi</strong></td>
<td><strong>10:00-Footlighters</strong></td>
</tr>
<tr>
<td><strong>10:15-Canasta</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>10:30-Sit-Ercise</strong></td>
<td><strong>10:30-MiniTrip: Hamden Mart</strong></td>
<td><strong>11:30-Lunch</strong></td>
</tr>
<tr>
<td><strong>10:30-Sit-Ercise</strong></td>
<td><strong>12:30-Mah Jongg</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>12:15-Bridge</strong></td>
</tr>
<tr>
<td><strong>11:30-Lunch</strong></td>
<td><strong>12:30-Crafts</strong></td>
<td><strong>12:00-Mah Jongg</strong></td>
<td><strong>12:30-No Crafts</strong></td>
<td><strong>12:30-Bocce</strong></td>
</tr>
<tr>
<td><strong>12:30-Oil Painting</strong></td>
<td><strong>1:15-Senior Songsters</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>12:30-Bocce</strong></td>
<td><strong>2:30-Computer Help w/Billy</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00-Beg Pinochle</td>
<td>1:00-Purple Red Hatters</td>
<td>12:30-Bocce</td>
<td>12:00-Hot Dog Fridays Begin</td>
<td>12:15-Bridge</td>
</tr>
<tr>
<td><strong>1:00-Beg Pinochle</strong></td>
<td>1:00-Purple Red Hatters</td>
<td>Spring Luncheon at Don Giovannis Bistro</td>
<td>12:30-Bocce</td>
<td>12:45-Bingo</td>
</tr>
<tr>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
</tr>
<tr>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>9:00-Line Dance</td>
<td>8:30-AARP Safe Driver's Course</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>9:30-Father's Day Breakfast</td>
<td>9:30-Scrabble Challenge</td>
</tr>
<tr>
<td>10:15-Canasta</td>
<td>10:45-Chair Yoga</td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>10:30-MiniTrip: Universal Drive</strong></td>
<td><strong>10:00-Footlighters</strong></td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td><strong>10:30-Storyteller:</strong></td>
<td><strong>12:00-Mah Jongg</strong></td>
<td><strong>1:00-Gentle Hatha Yoga</strong></td>
<td><strong>11:30-Lunch</strong></td>
</tr>
<tr>
<td>12:30-Oil Painting</td>
<td>Kate Allen Smith</td>
<td>12:15-Bridge</td>
<td><strong>12:00-Hot Dog Friday</strong></td>
<td></td>
</tr>
<tr>
<td><strong>12:30-Bocce</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>12:30-Bocce</strong></td>
<td><strong>12:15-Bridge</strong></td>
<td></td>
</tr>
<tr>
<td>12:45-Bingo</td>
<td><strong>12:30-Mah Jongg</strong></td>
<td>12:30-Bocce</td>
<td>12:30-Bocce</td>
<td></td>
</tr>
<tr>
<td>1:00-Beg Pinochle</td>
<td><strong>12:30-No Crafts</strong></td>
<td>1:15-Senior Songsters</td>
<td>12:45-Bingo</td>
<td></td>
</tr>
<tr>
<td><strong>1:30-Tri-Town Hawaiian Luau</strong></td>
<td><strong>5:30-Tri-Town Hawaiian Luau</strong></td>
<td><strong>Cheshire Senior Center</strong></td>
<td><strong>Cheshire Senior Center</strong></td>
<td><strong>Cheshire Senior Center</strong></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>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>9:00-Line Dance</td>
<td>9:00-Trip: Mohegan Sun</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-Ceramics</td>
<td>9:30-E-Z Exercise</td>
<td>10:00-Pinochle</td>
<td>9:30-Scrabble Challenge</td>
</tr>
<tr>
<td>10:15-Canasta</td>
<td>9:00-Chair Yoga</td>
<td>11:30-Lunch</td>
<td>11:30-Lunch</td>
<td>10:00-Footlighters</td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td>10:45-Chair Yoga</td>
<td>12:00-Mah Jongg</td>
<td>11:30-Presentation: “What Is Normal Aging Part II”</td>
<td>10:30-Collection Date: Mohegan Sun</td>
</tr>
<tr>
<td>12:30-Oil Painting</td>
<td>11:30-Lunch</td>
<td>12:15-Bridge</td>
<td>12:30-Bocce</td>
<td>Presented by: Dr. Susan Varrano</td>
</tr>
<tr>
<td>12:30-Bocce</td>
<td>12:00-Health Guidance Clinic</td>
<td>12:30-Bocce</td>
<td>12:30-Crafts</td>
<td>12:00-Hot Dog Friday</td>
</tr>
<tr>
<td>12:45-Bingo</td>
<td>12:30-Mah Jongg</td>
<td>12:30-Crafts</td>
<td>12:30-Lunch Bunch: Longhorn</td>
<td>1:15-Senior Songsters</td>
</tr>
<tr>
<td>1:00-Beg Pinochle</td>
<td>12:30-No Crafts</td>
<td>12:30-Lunch Bunch:</td>
<td>1:00-Gentle Hatha Yoga</td>
<td>Cancelled</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2:30-Computer Help w/Billy</td>
<td>Dinner Served at 5:00 p.m.</td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td>Saturday</td>
</tr>
<tr>
<td>Center Opens</td>
<td></td>
<td></td>
<td></td>
<td>28</td>
</tr>
<tr>
<td>at 10:00 a.m.</td>
<td></td>
<td></td>
<td></td>
<td>9:00 a.m. – 2:00 p.m.</td>
</tr>
<tr>
<td>10:15-Canasta</td>
<td></td>
<td></td>
<td></td>
<td>Outdoor Tag Sale</td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-Oil Painting</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-Bocce</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:45-Bingo</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00-Beg Pinochle</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE.
JUNE 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></th>
<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 Tilapia with lemon and dill</td>
<td>¾ cup Beef and broccoli</td>
<td>½ cup Barilla plus spaghetti with 3 oz Chicken meatballs in marinara</td>
<td>³⁄₄ cup Baked sweet potato</td>
<td>½ cup Sliced turkey/ LS gravy</td>
</tr>
<tr>
<td></td>
<td>½ cup Oven roasted potato</td>
<td>½ cup Brown rice</td>
<td>3 oz Chicken meatballs in marinara</td>
<td>½ cup Green beans</td>
<td>½ cup Cranberry sauce garnish</td>
</tr>
<tr>
<td></td>
<td>½ cup Spinach</td>
<td>1 cup Tossed salad with shredded carrot and vinaigrette dressing</td>
<td>1 slice Tossed salad with shredded carrot and vinaigrette dressing</td>
<td>1 slice Wheat bread</td>
<td>1 slice Wheat bread</td>
</tr>
<tr>
<td></td>
<td>1 slice Rye bread</td>
<td>1 slice Garlic bread</td>
<td>1 slice Garlic bread</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td></td>
<td>1 tsp margarine</td>
<td>4 oz cranberry juice</td>
<td>4 oz cranberry juice</td>
<td>½ cup Peaches</td>
<td>4 oz grape juice</td>
</tr>
<tr>
<td></td>
<td>½ cup Pineapple</td>
<td>½ cup Italian ice</td>
<td>½ cup Italian ice</td>
<td>8 oz low fat milk</td>
<td>1 Chocolate chip cookie</td>
</tr>
<tr>
<td></td>
<td>8 oz low fat milk</td>
<td></td>
<td></td>
<td></td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>9</td>
<td>3 oz Stuffed chicken supreme</td>
<td>¾ cup Chicken Gumbo soup</td>
<td>³⁄₄ cup Pot roast with LS gravy</td>
<td>3 oz Lightly breaded fish</td>
<td>½ cup Sliced turkey/ LS gravy</td>
</tr>
<tr>
<td></td>
<td>½ cup Wild rice pilaf</td>
<td>2 LS Crackers</td>
<td>½ cup Mashed potato</td>
<td>½ cup Mashed sweet potato</td>
<td>½ cup Cranberry sauce garnish</td>
</tr>
<tr>
<td></td>
<td>½ cup country style vegs</td>
<td>3 oz Crab cake/tartar sauce</td>
<td>½ cup Fresh zucchini and yellow squash</td>
<td>1 Wheat dinner roll</td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td></td>
<td>1 slice Rye bread</td>
<td>½ cup Sweet potato fries</td>
<td>1 Wheat dinner roll</td>
<td>1 tsp margarine</td>
<td>4 oz Cranberry juice</td>
</tr>
<tr>
<td></td>
<td>1 tsp margarine</td>
<td>½ cup Coleslaw</td>
<td>1 slice Carrot cake</td>
<td>1 slice Carrot cake</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td></td>
<td>Fresh fruit</td>
<td>1 slice Pumpernickel bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz low fat milk</td>
<td>½ cup Pears</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>3 oz Hamburger on wheat bun with ketchup</td>
<td>3 oz BBQ chicken</td>
<td>3 oz Sweet and sour pork</td>
<td>3 oz Lightly breaded fish</td>
<td>Happy June Birthdays</td>
</tr>
<tr>
<td></td>
<td>½ cup Baked beans</td>
<td>½ cup Macaroni and cheese</td>
<td>½ cup Brown rice</td>
<td>½ cup Mashed sweet potato</td>
<td>½ cup Sliced turkey/ LS gravy</td>
</tr>
<tr>
<td></td>
<td>½ cup Carrots</td>
<td>½ cup Green beans</td>
<td>½ cup Oriental blend</td>
<td>½ cup Cranberry sauce garnish</td>
<td>½ cup Cranberry sauce garnish</td>
</tr>
<tr>
<td></td>
<td>3 oz Pineapple juice</td>
<td>1 Wheat dinner roll</td>
<td>1 slice Enriched bread</td>
<td>1 tsp margarine</td>
<td>1 slice Wheat bread</td>
</tr>
<tr>
<td></td>
<td>½ cup ice cream cup</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>4 oz Cranberry juice</td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td></td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>1 Wheat dinner roll</td>
<td>4 oz cranberry juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 slice Carrot cake</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>23</td>
<td>¾ cup Italian wedding soup with 2 LS crackers</td>
<td>3 oz Turkey a la king</td>
<td>3 oz Meatloaf/LS gravy</td>
<td>1 cup Macaroni and cheese with salmon</td>
<td>Happy Father’s Day Breakfast</td>
</tr>
<tr>
<td></td>
<td>3 oz chicken salad sandwich on croissant</td>
<td>½ cup Rice</td>
<td>½ cup Mashed potato</td>
<td>½ cup Summer spring blend</td>
<td>Cost: $6.00</td>
</tr>
<tr>
<td></td>
<td>½ cup Cucumber and tomato salad</td>
<td>½ cup Broccoli</td>
<td>½ cup Scandinavian blend</td>
<td>1 slice Wheat bread</td>
<td>No FSW Lunch</td>
</tr>
<tr>
<td></td>
<td>½ cup Apricots</td>
<td>1 Biscuit</td>
<td>1 Pumpernickel dinner roll</td>
<td>1 tsp margarine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>8 oz low fat milk</td>
<td>4 oz Orange juice</td>
<td>8 oz low fat milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>½ cup Lemon pudding</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>3 oz Sliced pork/ LS gravy</td>
<td>3 oz Meatloaf/LS gravy</td>
<td>1 cup Macaroni and cheese with salmon</td>
<td>4 oz whole grain</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup apple stuffing</td>
<td>½ cup Mashed potato</td>
<td>½ cup Summer spring blend</td>
<td>Vegetable lasagna</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Mixed vegetables</td>
<td>½ cup Scandinavian blend</td>
<td>1 cup Caesar salad with croutons and Caesar dressing</td>
<td>1 tsp margarine</td>
<td>½ cup cranberry sauce garnish</td>
</tr>
<tr>
<td></td>
<td>1 Dinner roll</td>
<td>1 Pumpernickel dinner roll</td>
<td>1 tsp margarine</td>
<td>1 slice Caesar salad with</td>
<td>1 slice Wheat bread</td>
</tr>
<tr>
<td></td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td>croutons and Caesar dressing</td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td></td>
<td>1 oz Applesauce garnish</td>
<td>4 oz Orange juice</td>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
<td>½ cup pineapple</td>
</tr>
<tr>
<td></td>
<td>4 oz Grape juice</td>
<td>½ cup Lemon pudding</td>
<td></td>
<td></td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td></td>
<td>1 slice Iced vanilla cake</td>
<td>8 oz low fat milk</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MINIMUM PORTIONS SERVED AT EACH MEAL:**

1 C Milk-1% or equivalent  1 C Vegetable and Fruit equivalent  3 oz. Protein  1 Pat Margarine

2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless, all white rice is enriched, all non-citrus juices are Vitamin C fortified.

All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt