Happy Halloween!

A quick glance of October:

- **October 3**: Mini Trip: Universal Drive
- **October 7**: Purple Red Hatters Non-Board Meeting
- **October 9**: Presentation: Your Healthcare May be Changing?
  Presented by Nick Casella, Health Insurance Association
- **October 10**: Oktoberfest Celebration
- **October 11**: Open Forum with First Selectmen, Mike Freda
- **October 14**: Center Closed – Columbus Day
- **October 15**: Presentation: Memory Craft Calendar
  Presented by Kristen Cohen of BAYADA
- **October 15**: Story Teller: Kate Allen Smith
- **October 16**: Purple Red Hatters Halloween Bash
- **October 17**: AARP Safe Driving Course
- **October 17**: Presentation: Meet the Dietician: What Does A Heart Healthy Diet Look Like?
  Presented by VNA Community Healthcare
- **October 17**: Mini Trip: Hamden Mart
- **October 18**: Presentation: Medicare Changing, Now What?
  Presented by Agency on Aging
- **October 22**: Flu & Blood Pressure Clinic
  Sponsored by VNA Community Healthcare
- **October 22**: Presentation: Relay Connecticut CapTel 840
- **October 24**: Presentation: Medicare Made Clear
  Presented by Bonnie Maynard, representative United Healthcare
- **October 24**: Fun Craft: Ghosts In the Making
- **October 25**: Trip: Kiss Me Kate
- **October 26**: Make A Difference Day
- **October 28**: Fun Craft: Finishing Up Our Ghosts
- **October 28**: Mini Trip: Universal Drive
- **October 29**: Trip: Foxwoods
- **October 29**: Fun Craft: Candy Apples 101
- **October 31**: Halloween Costume Party
A quick glance of October:

- October 3: **Mini Trip**: Universal Drive
- October 7: **Purple Red Hatters Non-Board Meeting**
- October 9: **Presentation**: *Your Healthcare May be Changing?*
  Presented by Nick Casella, Health Insurance Association
- October 10: Oktoberfest Celebration
- October 11: Open Forum with First Selectmen, Mike Freda
- October 14: Center Closed – Columbus Day
- October 15: **Presentation**: *Memory Craft Calendar*
  Presented by Kristen Cohen of BAYADA
- October 15: **Story Teller**: Kate Allen Smith
- October 16: *Purple Red Hatters Halloween Bash*
- October 17: **AARP Safe Driving Course**
- October 17: **Presentation**: *Meet the Dietician: What Does A Heart Healthy Diet Look Like?*
  Presented by VNA Community Healthcare
- October 17: **Mini Trip**: Hamden Mart
- October 18: **Presentation**: *Medicare Changing, Now What?*
  Presented by Agency on Aging
- October 22: **Flu & Blood Pressure Clinic**
  Sponsored by VNA Community Healthcare
- October 22: **Presentation**: Relay Connecticut CapTel 840
- October 24: **Presentation**: *Medicare Made Clear*
  Presented by Bonnie Maynard, representative United Healthcare
- October 24: **Fun Craft**: Ghosts In the Making
- October 25: **Trip**: Kiss Me Kate
- October 26: Make A Difference Day
- October 28: **Fun Craft**: Finishing Up Our Ghosts
- October 28: **Mini Trip**: Universal Drive
- October 29: **Trip**: Foxwoods
- October 29: **Fun Craft**: Candy Apples 101
- October 31: Halloween Costume Party

Happy Halloween!
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 Trips:
  - Universal Drive, Monday, October 28

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, Thursday, October 3
  - Hamden Mart, Thursday, October 17

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 spring and summer months, 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 of this there will be no medical transportation on the following days – October 4 and 14, November 11, November 28 and 29, December 6 and 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 . . . .

Lately all I have been reading and hearing is how the new healthcare is not going to work, the destructions and deaths from natural disasters, the war in Syria and bombings around the world, abuse of children and elderly, the bad economy, and even at the Center I overhear conversations between members on how scary the world is today. I agree that there is an uncertainty in the world and media focuses on scary things. Because of the lack of good things reported it is easy to get caught up with all the scary news but I think we should learn to look for the positive. So this month our theme is:

“Life Doesn’t Always Have to Be Scary!”
So join us for some fun!

October 24 we will begin making ghosts out of muslin. This project is fun and easy best of all you can display in your home or give it as a gift.

October 28 complete the ghost project

October 29 we will be making chocolate and Carmel drizzled candy apples

October 30 we will finish the apple project

October 31 Halloween Costume Party and learn how to do the “Monster Mash” Dance

There is no fee but reservations are required: 203-239-5432. Our goal this week is to have some good ole’ wholesome fun because “life doesn’t always have to be so scary!”

Congratulations to our seniors, the North Haven Bocce Team, for winning the annual Town Department Heads vs. North Haven Seniors tournament. Thank you to all the members of the team for taking care of the courts throughout the season. FYI-The courts are open until the weather brings us in.

A warm thank you to our seniors and friends for supporting the 2013 Alzheimer’s Fundraiser to benefit research. To date over $1700 was raised between North Haven and Hamden Senior Centers.

Our next fundraiser will be for the Ronald McDonald House Trees of Hope. The Center will be selling paper gingerbread houses for $1 to place upon the tree in our Center community room. All proceeds will be used to supply our 2nd annual tree that will be on display at the New Haven Maritime Center. This year we will be making our way down to see the Trees of Hope on Monday, December 2 and Wednesday, December 4. Again we will make our famous stop to The Greek Olive. It is fantastic to see the many different talents of donors, the trees are decorated so nicely! Most of all it gives you the sense of giving during the Holiday season by donating to our buddies at the Ronald McDonald House. We will begin taking reservations in November for these trips.
Fun Times at North Haven Senior Center . . . .

Oktoberfest Breakfast – Thursday, October 10, 10:15 a.m. Let’s celebrate our Oktoberfest with a flair – it’s going be an Oompa of a Breakfast!! Menu will consist of: Zwiebelkuchen (German Onion Pie, aka quiche), Kartoffelknoedel (German Potato Cakes); the traditional Sauerbraten all served with rye bread and a sweet dessert to top the morning off!! Cost: $5.00, please reserve your spot by Tuesday, October 8th!

Halloween Costume Party – Thursday, October 31, 1:00 p.m. Costume Fun!!! Halloween treats!!! And best of all come learn how to do the Monster Mash! As Judy stated “Life Doesn’t Have to be Scary, Have Fun! Be sure to sign up in the office by Friday, October 25th.

Presentations, Education and Lots to Learn at the North Haven Senior Center . . . .

Your Healthcare Plan may be Changing! – Wednesday, October 9, 10:30 a.m. – Want to know about changes in insurance? What insurance companies are available to you? Well this is the presentation of the century to attend! Nick Casella of Health Insurance Association will be presenting this seminar. Please call the center to reserve your spot, 203-239-5432.

Memory Calendar Craft presented by Kristen Cohen of BAYADA – Tuesday, October 15, 10:15 a.m. Come and enjoy an hour or so making a memory calendar with some of your favorite pictures. You will need to bring with you (12) 4 x 6 pictures for each month of the year. For example; bring your favorite grandchild to put him/her in the month of his/her birthday or a favorite dog or cat or a Christmas card and use this picture in December. Please register to save your seat with the office by stopping by or calling, 203-239-5432.

Meet the Dietician – Thursday, October 17, 10:45 a.m. – Sponsored by The Anthem Blue Cross & Blue Shield Foundation and presented by VNA Community Healthcare. Join us and learn what is a heart healthy diet; is avoiding gluten really necessary and where does diabetes factor in? Please call the Center, 203-239-5432 to reserve your spot.

Medicare Changes, Now What?- Friday, October 18. 10:30 a.m. A representative from the Agency on Aging will be here to give you the most up to date information on what’s new with Medicare and what is going on with the State programs’ i.e. Medicare Savings Plans, SNAP formerly known as Food Stamps, and how to apply for these programs, free to you as a savings as well. Reserve your spot seating is limited, 203-239-5432

Relay Connecticut CapTel 840 Presentation – Tuesday, October 22, 10:15 a.m. Are you tired of saying “What?” while on the phone? Come and learn about Service by Relay Connecticut which enables individuals with hearing loss to read what their caller says, while they speak and list on the telephone. Please call the Center, 203-239-5432 to reserve your spot.

More Information: Medicare Made Clear – Thursday, October 24, 10:30 a.m. Bonnie Maynard a representative from United Healthcare will be in to discuss the many options of Medicare and try to make it clear and easy to understand.
Mark Your Calendar . . . .

Get To Know Your Senior Center - Tuesday, October 8, 9:30 a.m.  Calling all new members . . . Please join Joan, who will introduce you to the Senior Center, what to do if you would like lunch, how to sign up for trips and classes, meet the staff and learn the ins and outs of the Center.

Purple Red Hatters Halloween Bash – Wednesday, October 16th, 1:00 p.m.  It’s that time of year again!  Bring in a Halloween treat to share (it has to be Halloweenish) with our Purple Red Hatters sisters and share your recipe along with it!!  We will be making masks and voting on the best mask and the best treat.  Winners will get a ghoulish surprise!  Please call the Center to register for this fun event, 203-239-5432.

Flu Clinic and Blood Pressure Screening – Tuesday, October 22, 11:00 a.m.  Sponsored by VNA Community Healthcare – VNA will accept the following insurances: 65 years and older; Aetna Medicare; Anthem BC/BS Medicare; Connecticare VIP; Medicare Part B and for all ages; Aetna; Anthem BC/BS and Connecticare.  Consent form is found attached to the newsletter please bring this form along with you the day of the Flu clinic.  If you are paying yourself, the cost is $38.50 for the flu shot.  Should you have any questions, feel free to call VNA Community Healthcare at 203-288-1623.  A form is in the body of the Newsletter, please complete it prior to the clinic.

Make A Difference Day – Saturday, October 26, 10:00 a.m.  On Saturday, October 26th at 10:00 a.m. to noon, we will need volunteers to come in and help sort the items to be donated to an area food shelter.  If you are interested in volunteering, please contact the office, 203-239-5432.  Coffee and . . . will be available.

Community Outreach . . . .

Collecting Toiletries for our Make A Difference Day . . . .  Beginning in September and ending in October, we will collect full-size toiletry items; shampoos, conditioners, soap, toothbrushes, toothpaste, mouth wash, etc.  They must be unused and full-sized, please no travel size items.

The North Haven Senior Center continues to help the Ronald McDonald House by collecting soda tabs.  Please bring them to the Center so we can send them down to our families in New Haven.  Thank you for your continued support.

Trees of Hope – The North Haven Senior Center will be sponsoring a Tree at the Trees of Hope for the Ronald McDonald House again this year in December.  We will be selling paper “gingerbread house” symbols for $1.00 to help offset costs to decorate our Tree.  If you would like to donate to this worthy cause and our little buddies who stay at the Ronald McDonald House, please see the office for your “gingerbread house”.  Our goal is to have a full tree of gingerbread houses to be displayed on our wall at the Center.
November Happenings . . . .

- Open House – November 4th through November 8th
- Senior Moments with First Selectman, Mike Freda – Friday, November 8th
- Finance Meeting – Wednesday, November 13, 10:30 a.m.
- Purple Red Hatters – Wednesday, November 13, 1:00 p.m.
- Holiday Craft & Vendor Fair – Friday, November 22nd 3 to 6 p.m.
  and Saturday, November 23rd 9 a.m. to 2 p.m.
- Thanksgiving Day Luncheon - Tuesday, November 26th, 11:45 a.m.

Save The Dates . . . .

Annual Holiday Craft and Vendor Fair – Friday, November 22, 3:00 p.m. to 6:00 p.m. and Saturday, November 23, 9:00 a.m. to 2:00 p.m. Lots of nice new ideas and great homemade crafts, raffles, cake walk, homemade pepper jelly and the kitchen will be open serving meatball subs, hot dogs with sauerkraut, and fried dough pizzas!! So save the date and come support our Center!

Tri-Town Christmas Party – Friday, December 6, 11:00 a.m. to 3:00 p.m. at Zandri’s Stillwood Inn, 1074 S. Colony Road, Route 5, Wallingford, Connecticut. Menu consists of: individual antipasto, family style ziti with meat sauce, choice of Chicken Francais, Stuffed Filet of Sole or Prime Rib, vegetable medley, roasted potatoes, dessert, coffee and diet soda on tables. Cash bar will be available. There will be a 50/25/25 door prize and entertainment by Bob Giannotti. Tables of 10 will be available – please sign up with your party so we can ensure you will be sitting together. Tickets cost: $25.00 per resident and $30.00 per non-resident. Collection starts Monday, October 21 and will end Friday, November 22 – Please, checks only, made payable to: North Haven Senior Citizen! Transportation will be available, please make your reservations early.

Purple Red Hatters Christmas Party – Wednesday, December 11, 1:00 p.m. at Dino’s Restaurant, 540 Washington Avenue. Choice of meal: Triple House Combo (white or red), Baked Stuffed Shrimp, Fried Shrimp, Baked Stuffed Sole, Grilled Swordfish Steak, Chicken Parmigiana with ziti, New York Strip Steak, tossed salad, baked potato, soda, coffee, tea and choice of dessert: cheesecake or chocolate mousse cake – cash bar will be available. Please call Louise Musso, 203-239-4383 or Betty Martin, 203-281-7935. Tickets cost $21.00 per person (tip included), checks made payable to the Purple Red Hatters, “No Cash”. Last day to reserve your space is Wednesday, December 4. Please bring your check and choice of dinner to the next event.
2013 Day Trip – Last Trip

In looking at years past, and we’ve had to have cancel “Bringing In the New Year” so many times due to mother nature. This year we are going to try something different, something fun, something with flair! We would like to “Welcome in the New Year” at Aqua Turf on Monday, December 30th from 11:00 a.m. to 3:30 p.m.

Cost: $58 per person which includes: great hot & cold hors d’oeuvres, cheese, pepperoni, crackers, stuffed mushrooms, fried shrimp, crab rangoon, grilled portabella mushrooms, bruschetta, spanakopita, brie cranberry tarts, spring rolls, escargot, polenta crisp and for dinner family style lunch; tossed salad, penne pasta, Chicken a la Kathryn, Sliced Baked Ham with Raisin Sauce, vegetables, potatoes, and for dessert; cherries jubilee & coffee. Transportation will be through our Senior Center bus to the first 33 people. Reservations begin on Tuesday, October 15th and will run through Monday, December 2nd. Entertainment by John Banker & his New Year’s Band!

Do you have a question or need to know something about your computer? Want to learn the ins and outs of Facebook or your emails? Come on in and talk with Bill, one of the North Haven High School Students who can help you find your answer. Bill will be available on Thursdays at 2:30 p.m.
Welcome to Our New Members

Louise Denigris, Ann Marie Doyle, Linda Santoemma, Laurie Spina, Anthony Tagliatela, Eileen Testagrossa

Thank you to the following for your donation:

Ann Alexander, Mary Anne DeBaise, Ann DellaValle, Lena Falanga,

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 PINOCHELLE**
  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. 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 begin on Tuesday, September 10 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.

- **KNITTING AND CROCHETING**
  Wednesday, 12:30 – 2:30 p.m. The knitting and crocheting class is looking for any yarn donations, must be in usable 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.

  *Beginning Wednesday, October 9th we will start our new Beginner Mah Jongg class. We must have 4 people to commit to attending on a weekly basis 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.

- **MEMORY MATTERS PART 1**
  Thursdays, 12:45 to 1:45 p.m. Join in this 7 week program, to have fun with brain fitness activities; identify strategies to enhance brain function and learn about the normal changes as you age. Session Begins: Thursday, September 12 through Thursday, October 24. Fee: residents, $5.00; non-residents, $10.00. Please make checks payable to the VNA Community Healthcare.
• MEMORY MATTERS PART 2: TAKING IT TO THE NEXT LEVEL
Thursdays, 12:45 to 1:45 p.m.
You have to have taken Memory Matters Part 1 before joining in this 7 week program, this class will be taking it to next level, enjoy new and creative brain exercises and total brain fitness workout.
Session Begins: Thursday, October 31 through Thursday, December 19. No class on Monday, November 28. Fee: residents, $5.00; non-residents, $10.00. Please make checks payable to the VNA Community Healthcare.

OIL PAINTING
Monday, 12:30 – 2:30 p.m. New Session will begin: Monday, September 23 and will run through Monday, December 23. No class on Monday, October 14 due to Columbus Day and Monday, November 11 due to Veterans Day. Fee: residents, $20.00; non-residents, $25.00. A list of supplies will be given to you prior to the first class.

• SIT-ERCISE
Mondays and Wednesdays, 10:30 to 11:30 a.m. New session will begin: Monday, September 16 through Wednesday, December 4. No classes on Monday, October 14 and Monday, November 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. Cost: residents, $10.00; non-residents, $15.00. Sponsored by VNA Community Healthcare. Please make checks payable to VNA Community Healthcare.

• 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 begins: Tuesday, August 27th and run until Tuesday, November 12th. Fee: residents, $50.00; non-residents, $55.00.

GENTLE HATHA YOGA
Thursday, 1:00 to 2:30 p.m.
Thursday, September 12th through December 5th. 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. Fee: residents, $50.00; non-residents, $55.00.

• 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. Session Begins: Monday, September 16 and end Thursday, December 5. No classes on Monday, October 14 and Monday, November 11. Fee: residents, $25.00; non-residents $30.00. Please make checks payable to the VNA Community Healthcare.

Do You Need Help . . .
Benefit Quicklinks Information
This program helps you find state, federal, and private benefits programs available where you live. These benefits programs can help pay for prescriptions, health care, food, utilities, and more. You can also get help with tax relief, transportation, legal issues, or finding work. A volunteer is available for you on the first Friday of every month from 10:30 a.m. Please call the Center to make your appointment, 203-239-5432.

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.
NORTH HAVEN SENIOR CENTER

189 Pool Road  *  203-239-5432

ANNUAL CRAFT AND VENDOR FAIR

Friday, November 22 - 3:00 to 6:00 p.m.

Saturday, November 23 - 9:00 a.m. to 2:00 p.m.

Come and see our beautiful selection of homemade crafts by our talented Seniors!

~ Many outside Vendors will display their crafts or products ~

~ Great Raffle Prizes ~

~ Cake/Pie Walk ~

A different look this year!

So come on down and support your local Senior Center!

Refreshments for sale by our own kitchen:

Coffee, tea, hot chocolate

Meatball Subs

Fried Dough Pizza

Hot dogs, Chips and Soda

Ample Parking Available
## OCTOBER 2013 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>PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY</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>9:00-Chair Yoga</td>
<td>9:30-E-Z Exercise</td>
<td>10:00-Pinochle</td>
<td>10:00-Footlighters</td>
<td></td>
</tr>
<tr>
<td>9:00-Computer Class</td>
<td>10:30-Sit-Ercise</td>
<td>10:00-Tai Chi</td>
<td>10:00-Scrabble Challenge</td>
<td></td>
</tr>
<tr>
<td>10:00-Computer Class</td>
<td><strong>11:30-Lunch</strong></td>
<td>10:30-MiniTrip:Universal Drive</td>
<td>10:30-Massages by Kimberly</td>
<td></td>
</tr>
<tr>
<td><strong>9:45-Chair Yoga</strong></td>
<td>9:30-E-Z Exercise</td>
<td>10:00-Pinochle</td>
<td>10:00-Scrabble Challenge</td>
<td></td>
</tr>
<tr>
<td>9:00-Computer Class</td>
<td>10:30-Sit-Ercise</td>
<td>10:00-Tai Chi</td>
<td>10:00-Scrabble Challenge</td>
<td></td>
</tr>
<tr>
<td>TIMES ARE SUBJECT TO CHANGE</td>
<td><strong>11:30-Lunch</strong></td>
<td>10:30-Massages by Kimberly</td>
<td>10:00-Benefits Quicklink</td>
<td></td>
</tr>
<tr>
<td>10:30-Computer Class</td>
<td>12:15-Bridge</td>
<td>12:30-Bocce</td>
<td>11:30-Lunch</td>
<td></td>
</tr>
<tr>
<td>12:30-Mah Jongg</td>
<td>12:30-Knitting and Crocheting</td>
<td>1:00-Sing-A-Longs</td>
<td>12:15-Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>12:15-Chair Yoga</strong></td>
<td>9:00-Mah Jongg</td>
<td>11:30-Lunch</td>
<td>10:00-Benefits Quicklink</td>
<td></td>
</tr>
<tr>
<td>10:45-Chair Yoga</td>
<td>12:00-Mah Jongg</td>
<td>12:30-Bocce</td>
<td>11:30-Lunch</td>
<td></td>
</tr>
<tr>
<td>11:30- Lunch</td>
<td>12:15-Bridge</td>
<td>12:30-Bocce</td>
<td><strong>11:30-Lunch</strong></td>
<td></td>
</tr>
<tr>
<td><strong>10:30- Computer Class</strong></td>
<td><strong>12:30- Bocce</strong></td>
<td><strong>12:30- Bocce</strong></td>
<td><strong>12:30-Bocce</strong></td>
<td></td>
</tr>
<tr>
<td><strong>12:30- Mah Jongg</strong></td>
<td><strong>12:30- Knitting and Crocheting</strong></td>
<td><strong>12:30- Knitting and Crocheting</strong></td>
<td><strong>12:30- Knitting and Crocheting</strong></td>
<td></td>
</tr>
<tr>
<td><strong>1:15-Senior Songsters</strong></td>
<td><strong>12:45-Bingo</strong></td>
<td><strong>1:00-Gentle Hatha Yoga</strong></td>
<td><strong>12:45-Bingo</strong></td>
<td></td>
</tr>
<tr>
<td><strong>2:30-Computer Help w/Billy</strong></td>
<td><strong>No Medicals</strong></td>
<td><strong>Non-board Meeting</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td></td>
</tr>
</tbody>
</table>

**7**
- 9:00-Line Dance
- 9:30-E-Z Exercise
- 10:15-Canasta
- 10:30-Sit-Ercise
- 10:30-Get to Know Your Healthcare Plan May Be Changing?
- 10:30-Purple Red Hatters Senior Center

**8**
- 11:30-Lunch
- 12:30-Bocce

**9**
- 12:00- Mah Jongg
- 12:45-Bingo

**10**
- 12:45-Bingo

**11**
- First Selectman, Mike Freda
- 12:30-Bocce
- 12:45-Bingo

**12**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**13**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**14**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**15**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**16**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**17**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**18**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**19**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**20**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**21**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**22**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**23**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**24**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**25**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**26**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**27**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**28**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**29**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters

**30**
- 1:30-Beg Pinochle
- 1:00-Crafts
- 1:15-Senior Songsters
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>9:00-Ceramics</td>
<td>9:00-Line Dance</td>
<td>8:30-AARP Driving Program</td>
<td>9:30-E-Z Exercise</td>
</tr>
<tr>
<td>CENTER CLOSED</td>
<td>9:00-Chair Yoga</td>
<td>9:30-E-Z Exercise</td>
<td>9:00-Ceramics</td>
<td>10:00-Footlighters</td>
</tr>
<tr>
<td>COLUMBUS DAY</td>
<td>9:00-Computer Class</td>
<td>10:30-Sit-Ercise</td>
<td>10:00-Pinochle</td>
<td>10:00-Scrabble Challenge</td>
</tr>
<tr>
<td></td>
<td>10:15-Presentation: Memory</td>
<td>Calendar Craft</td>
<td>10:30-Presentation: Meet the Dietician</td>
<td>10:30-Massages by Kimberly</td>
</tr>
<tr>
<td></td>
<td>12:00-Mah Jongg</td>
<td>12:15-Bridge</td>
<td>12:45-Memory Matters Part 1</td>
<td>12:45-Bingo</td>
</tr>
<tr>
<td></td>
<td>10:30-Story Teller: Kate Allen Smith</td>
<td>12:30-Knitting and Crocheting</td>
<td>10:30-Presentation: Medicare Made Clear</td>
<td>11:30-Lunch</td>
</tr>
<tr>
<td></td>
<td>10:30-Computer Class</td>
<td>12:45- No Bingo</td>
<td>10:30-Fun Craft: Ghost Making</td>
<td>12:45-Bridge</td>
</tr>
<tr>
<td></td>
<td>10:30-Chair Yoga</td>
<td>1:00-Purple Red Hatters</td>
<td>11:30-Lunch</td>
<td>1:00-Gentle Hatha Yoga</td>
</tr>
<tr>
<td></td>
<td>11:30-Lunch</td>
<td>12:30-Bocce</td>
<td>10:30-Fun Craft: Ghost Making</td>
<td>1:00-Crafts</td>
</tr>
<tr>
<td></td>
<td>12:30-Mah Jongg</td>
<td>12:30-Oil Painting</td>
<td>12:30-Bocce</td>
<td>1:15-Senior Songsters</td>
</tr>
<tr>
<td></td>
<td>1:00-Crafts</td>
<td>12:30-Oil Painting</td>
<td>11:30-Lunch</td>
<td>12:30-Bocce</td>
</tr>
<tr>
<td></td>
<td>1:15-Senior Songsters</td>
<td>12:45-Memory Matters Part 1 ends</td>
<td>10:00-Make a Difference Day</td>
<td>11:30-Lunch</td>
</tr>
<tr>
<td></td>
<td>1:00-Crafts</td>
<td>2:30-Computer Help w/Billy</td>
<td>11:30-Lunch</td>
<td>12:30-Bocce</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>9:00-Ceramics</td>
<td>9:15-Trip: &quot;Kiss Me Kate&quot;</td>
</tr>
<tr>
<td></td>
<td>9:30-E-Z Exercise</td>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>9:30-E-Z Exercise</td>
</tr>
<tr>
<td></td>
<td>10:00-Tai Chi</td>
<td>9:00/10:30-Computer Class</td>
<td>10:00-Pinochle</td>
<td>10:00-Footlighters</td>
</tr>
<tr>
<td></td>
<td>10:15-Canasta</td>
<td>10:30-Sit-Ercise</td>
<td>10:00-Tai Chi</td>
<td>10:00-Scrabble Challenge</td>
</tr>
<tr>
<td></td>
<td>11:30-Lunch</td>
<td>12:00-Mah Jongg</td>
<td>10:30-Presentation: Medicare Made Clear</td>
<td>11:30-Lunch</td>
</tr>
<tr>
<td></td>
<td>11:30-Lunch</td>
<td>12:15-Bridge</td>
<td>10:30-Fun Craft: Ghost Making</td>
<td>12:15-Bridge</td>
</tr>
<tr>
<td></td>
<td>12:30-Bocce</td>
<td>12:30-Bocce</td>
<td>12:45-Memory Matters Part 1 ends</td>
<td>12:45-Bingo</td>
</tr>
<tr>
<td></td>
<td>12:45-Bingo</td>
<td>12:45-Bingo</td>
<td>1:00-Gentle Hatha Yoga</td>
<td>11:30-Lunch</td>
</tr>
<tr>
<td></td>
<td>1:30-Beg Pinochle</td>
<td>1:00-Crafts</td>
<td>2:30-Computer Help w/Billy</td>
<td>11:30-Lunch</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>10:00-Make a Difference Day</td>
</tr>
<tr>
<td></td>
<td>9:00-Line Dance</td>
<td>8:00-Trip: Foxwoods Casino</td>
<td>9:00-Line Dance</td>
<td>1:15-Senior Songsters</td>
</tr>
<tr>
<td></td>
<td>10:00-Tai Chi</td>
<td>10:00-Pinochle</td>
<td>10:00-Tai Chi</td>
<td>10:00-Gentle Hatha Yoga</td>
</tr>
<tr>
<td></td>
<td>10:15-Canasta</td>
<td>10:30-Sit-Ercise</td>
<td>10:00-Tai Chi</td>
<td>10:00-Gentle Hatha Yoga</td>
</tr>
<tr>
<td></td>
<td>10:30-Sit-Ercise</td>
<td>12:00-Mah Jongg</td>
<td>12:30-Bocce</td>
<td>12:30-Bocce</td>
</tr>
<tr>
<td></td>
<td>10:30-Fun Craft: Finishing our Ghosts</td>
<td>12:45-Bingo</td>
<td>1:00-Gentle Hatha Yoga</td>
<td>1:00-Halloween Costume Party</td>
</tr>
<tr>
<td></td>
<td>10:30-MiniTrip:UniversalDr</td>
<td>11:30-Lunch</td>
<td>12:30-Bocce</td>
<td>2:30-Computer Help w/Billy</td>
</tr>
<tr>
<td></td>
<td>11:30-Lunch</td>
<td>12:30-Mah Jongg</td>
<td>12:30-Bocce</td>
<td>1:00-Halloween Costume Party</td>
</tr>
<tr>
<td></td>
<td>12:30-Oil Painting</td>
<td>1:00-Candy Apple 101</td>
<td>12:45-Bingo</td>
<td>2:30-Computer Help w/Billy</td>
</tr>
<tr>
<td>12:45-Bingo</td>
<td>1:15-Senior Songsters</td>
<td>1:00-Halloween Costume Party</td>
<td>1:00-Halloween Costume Party</td>
<td>2:30-Computer Help w/Billy</td>
</tr>
<tr>
<td>1:30-Beg Pinochle</td>
<td></td>
<td>1:00-Halloween Costume Party</td>
<td>1:00-Halloween Costume Party</td>
<td>2:30-Computer Help w/Billy</td>
</tr>
<tr>
<td>Day</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
</tr>
<tr>
<td>-------</td>
<td>---------------------------------------------</td>
<td>----------------------------------------------</td>
<td>----------------------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>3 oz. Apricot Chicken</td>
<td>¾ cup Minestrone Soup</td>
<td>¾ oz. Hot Meatloaf Sandwich served over</td>
<td>3 oz Baked Fresh Ham W/LS</td>
</tr>
<tr>
<td></td>
<td>½ cup Brown Rice Pilaf</td>
<td>1 pkt LS Crackers</td>
<td>2 Slices Whole Wheat Bread/LS</td>
<td>Gravy</td>
</tr>
<tr>
<td></td>
<td>½ cup Fresh Zucchini</td>
<td>Tuns salad plate with ½ cup tuna salad on</td>
<td>Mushroom Gravy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 Slices Oat Bread</td>
<td>bed of lettuce with ½ cup</td>
<td>½ cup Smashed Red Potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tsp Margarine</td>
<td>with ½ cup Beet Salad</td>
<td>½ cup Green Beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Fruit Cocktail</td>
<td>Soft Breadstick</td>
<td>½ cup Chocolate Pudding</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz Low Fat Milk</td>
<td>Apple</td>
<td>8 oz Low Fat Milk</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>L.S. Split Pea Soup</td>
<td>3 oz Chicken Teriyaki</td>
<td>HAPPY OCTOBER BIRTHDAYS</td>
<td></td>
</tr>
<tr>
<td></td>
<td>L.S. Crackers</td>
<td></td>
<td>½ cup Apple Juice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 oz Meatloaf W/LS Gravy</td>
<td>3 oz Sweet Potato Crusted Fish</td>
<td>3 oz Sweet Potato Crusted Fish</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Bowie Noodles</td>
<td>w/Lemon &amp; Tartar Sauce</td>
<td>w/Lemon &amp; Tartar Sauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Baked Fresh Acorn Squash</td>
<td>½ cup Roasted Red Potatoes</td>
<td>½ cup Roasted Red Potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 slices 100% Whole Wheat Bread</td>
<td>½ cup Green, Wax &amp; Carrot Veg Blend</td>
<td>½ cup Green, Wax &amp; Carrot Veg Blend</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tsp Margarine</td>
<td>2 slices Multi Grain Bread</td>
<td>2 slices Multi Grain Bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Pineapple</td>
<td>1 tsp Margarine</td>
<td>1 tsp Margarine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz Low Fat Milk</td>
<td>Frosted Yellow Cake</td>
<td>Frosted Yellow Cake</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>½ cup Orange Juice</td>
<td>3 oz Paprika Roasted Chicken Quarter</td>
<td>OCTOBER FEST</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup Beef Stew</td>
<td>½ cup Hot German Potato</td>
<td>Cost: $5.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Noodles</td>
<td>Salad</td>
<td>See page 3 in Newsletter</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Collard Greens</td>
<td>½ cup Red Cabbage W/Apples</td>
<td>For Menu</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 slices Wheat Bread</td>
<td>1 Pumpernickel Roll</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tsp Margarine</td>
<td>1 tsp Margarine</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coffee Cake</td>
<td>1 piece Apple Strudel</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz Low Fat Milk</td>
<td>8 oz Low Fat Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>COLUMBUS DAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Centers Closed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>3 oz Fresh Baked Ham W/LS</td>
<td>3 oz Oven Fried Chicken</td>
<td>3 oz BBQ Pulled Pork</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gravy</td>
<td>½ cup Macaroni and Cheese</td>
<td>½ cup Sweet Potato Fries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Scalloped Potato</td>
<td>½ cup Green Beans</td>
<td>1/2 cup Cabbage Slaw</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Peas and Carrots</td>
<td>1 Multigrain Roll</td>
<td>1 Wheat Sandwich Roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 slices Rye Bread</td>
<td>1 tsp Margarine</td>
<td>1 tsp Margarine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Margarine</td>
<td></td>
<td>½ cup Pineapple Tidbits</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ Cln. Apple Sauce</td>
<td></td>
<td>8 oz Low Fat Milk</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>8 oz Low Fat Milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>3 oz Fresh Baked Ham W/LS</td>
<td>1 Lasagna Roll W/Meat Sauce</td>
<td>3 oz Vegetable Omelet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gravy</td>
<td>½ cup Tossed Salad W/ Tomato and Italian</td>
<td>½ cup Hash Brown Potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dressing</td>
<td>½ cup California Blend</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 slice Garlic Bread</td>
<td>Vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 tsp Margarine</td>
<td>2 slices Multigrain Bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup Peach Halves</td>
<td>1 tsp Margarine</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>8 oz Low Fat Milk</td>
<td>Oatmeal Raisin Cookie</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td>8 oz Low Fat Milk</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>3 oz Herbed Baked Chicken Leg Qtr.</td>
<td>½ cup Cranberry Juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Orzo</td>
<td>3 oz Sliced Turkey w/LS Gravy Cranberry</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Broccoli</td>
<td>Sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 slices Wheat Bread</td>
<td>½ cup Mashed Potato</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tsp. Margarine</td>
<td>½ cup California Blend</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup Mandarin Oranges</td>
<td>Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz Low Fat Milk</td>
<td>2 slices Multigrain Bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td>1 tsp Margarine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td>½ cup Tropical Fruit Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td>8 oz Low Fat Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MINIMUM PORTIONS SERVED AT EACH MEAL:**
- 1c Milk – 1% or equivalent
- 1c Vegetable and Fruit or equivalent
- 3 oz. Protein
- 1 pat Margarine
- 2 Bread servings or equivalent (enriched or whole grain)
| All 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. |