Happy Thanksgiving to All!!

At A Glance . . .

❖ November 2 – **Presentation:** Nutrition Education sponsored by FSW
❖ November 5 – non-board Red Hatters Meeting
❖ November 5 – Free Pizza Party sponsored by Len Fasano and Dave Yaccarino
❖ November 6 – Holiday Bazaar Meeting
❖ November 8 – Oktoberfest catered by Zandri’s
❖ November 12 – Veterans Day – Center Closed
❖ November 13 – Welcome Committee
❖ November 13 – **Presentation:** Food Safety: “To Toss or Not to Toss” sponsored by VNA Community Healthcare
❖ November 14 – Red Hatters Program: Bigelow Tea Company
❖ November 15 - **Presentation:** What You Never Knew About Coins!
❖ November 15 – Mini Trip: Wallingford WalMart
❖ November 16 – Center Closed – Holiday Bazaar, 3:00 to 6:00 p.m.
❖ November 17 – Holiday Bazaar, 9:00 a.m. to 2:00 p.m.
❖ November 19 – Christmas Tree Shop & Lunch
❖ November 20 – Thanksgiving Party sponsored by Regency House
❖ November 20 – Commission on Aging
❖ November 22 – Center Closed: Happy Thanksgiving!!
❖ November 23 – Center Closed
❖ November 26 – Christmas Decorating
❖ November 26 – Mini Trip: Universal Drive
❖ November 27 – Holiday Bazaar follow up Meeting
❖ November 27 – Medicare Made Clear

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

Manager – Judy Amarone  Program Coordinator – Sue Dienken-Jung
Secretary – Maggie Maiden and Ellen McDonald  Bus Drivers – Abelis Rodriguez, Eileen Mogensen
Café Manager – Arlene Herzog  and Lisa Marasco

Judy’s Corner . . .
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. So 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

HOLIDAY BAZAAR

Friday, November 16 - 3:00 to 6:00 p.m.
Saturday, November 17 - 9:00 a.m. to 2:00 p.m.
Come and see our beautiful selection of homemade crafts by our talented Seniors!

~ Children’s Activities - face painting & crafts ~
~ Baked goodies for Sale ~
~ Great Raffle Prizes ~

Granny’s Attic:
“one man’s trash is another man’s treasure”
One of a Kind Items! Great Prices! Awesome Deals!

Refreshments for sale by our own kitchen:
Coffee, tea, hot chocolate
Meatball Subs
Fried Dough Pizza
Hot dogs, Chips and Soda

Come visit us and support your local Senior Center!
Ample Parking Available

There will be no activities on Thursday, November 15th
Center will be closed at 1:00 p.m.
What’s happening in November . . .

Learn About . . . .

☞ Nutrition Education – Friday, November 2 – A representative from FSW will be in to speak with us on the Nutritional Value of the food being served at the Center.

☞ Food Safety: “To Toss or Not to Toss” – Tuesday, November 13 at 10:45 a.m. Take a walk through the “do’s and don’ts” of food handling. Learn the safe way to prepare and store food, how to keep leftovers safe, what to do with those “doggie bags”, and determine when it’s time to toss those items from the refrigerator or freezer. Sponsored by the VNA Community Healthcare.

☞ What You Never Knew About Coins! - Thursday, November 15 at 10:30 a.m. Blair Soucy from Getaway Tours has been collecting for over 40 years and is a professional coin dealer. He is also the Vice President of the Bristol, CT Coin Club and ANA life member. Blair’s program talks about the state of the hobby today, the U.S. Mint and it’s products, the gold and silver bullion market, and provides a general overview of coin and currency collecting. You are encouraged to bring in any coins or currency for Blair to look at and to give you an idea of value and rarity. There will also be plenty of time for questions and answers. The program is designed for everyone, whether you are an experienced collector or if you just want to know what some old coins that are lying around the house are worth.

Party with Us . . . .

RESCHEDULED - Oktoberfest – Thursday, November 8, 11:45 a.m. Come on in and celebrate Oktoberfest the German way . . . . Menu will consist of bratwurst and sauerkraut, potato pancakes with apple sauce and sour cream, crispy chicken cutlets with mushroom sauce, german potato salad, rye bread and butter, assorted beverages, O’Doul’s for all!! A delicious dessert will top it off!! Catered by Zandi’s Stillwood Inn.

Thanksgiving Party – Tuesday, November 20, 11:45 a.m. entertainment by Shel Cooper, lunch provided by The Regency House – menu: open faced turkey sandwiches which is turkey served on toast with bread stuffing, gravy and cranberry sauce, sweet potatoes and home made pumpkin pie. Cost: $3.00 – Reservations will be taken beginning Monday, October 29 through Wednesday, November 14 – after November 14th the cost will be $8.00.
Monday, November 5, 11:45 a.m. - Free Pizza sponsored by Len Fasano and David Yaccarino.

“GET TO KNOW YOUR SENIOR CENTER”

Tuesday, November 13, 9:30 a.m.

Calling all new members . . .

Please join Gloria, 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 Presents

Bigelow Tea Company

A representative from Bigelow Tea Company will be our guest, speaking about the history of tea and the health benefits of tea – refreshments to follow. Please bring your favorite tea cup.

Wednesday, November 14, 2012
1:00 p.m.

Cost to Non-Purple Red Hatters:
$2.00

Holiday Bazaar Recap

Tuesday, November 27, 2012
10:30 a.m.

All volunteers are welcome to join in on this meeting where we will re-cap the results of this year’s Bazaar. Notes and suggestions will be filed for next year’s event.

Christmas Decorating of the Center – Monday, November 26, 10:30 a.m. Help us decorate our Center and our Christmas tree, sing Christmas Songs and enjoy Hot Chocolate! Lots of fun!
Save the Date . . . .

TRI-TOWN CHRISTMAS PARTY – Friday, December 7, 11:30 a.m. to 3:00 p.m. at Zandi’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. Transportation will be available, please make your reservations early – we have limited tickets available!

PURPLE RED HATTERS ANNUAL CHRISTMAS PARTY – Wednesday, December 12, 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, Chicken Parmigiana with ziti, New York Strip Steak, baked potato, cole slaw, 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 Jennie Valentino, 203-239-1462. 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 5. Please bring your check and choice of dinner to the next event.

Health Guidance Clinic has new days and times:
The Nurse will be available to us on
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

Sponsored by the VNA Community Healthcare

Looking for your help . . . .

Reading Volunteers – Do you enjoy reading, do you enjoy children? Clintonville Elementary School is looking for senior volunteers to read with students. Commitment is one day a week for one hour, and you can choose your own day of the week that fits your schedule. If you are interested please call the Center to add your name to our list, 203-239-5432. You must be a member of the Senior Center.
Sneak Peek at December . . .

- **Trees of Hope, Long Wharf Maritime Center and lunch at The Greek Olive** – Monday, December 3, 10:30 a.m. Free admission. Come and enjoy the spectacular display and raffle of holiday trees, baskets and tables settings! Visits with Santa, Ronald McDonald and musical performances make the event fun for the entire family! Sign ups begin Tuesday, November 13th by calling 203-239-5432. Weather permitting.

- **Senior to Senior Breakfast** – Tuesday, December 4, 8:00 a.m. at the North Haven High School. Transportation will be provided – please call the office at 203-239-5432. If you drive but would like to take the bus to the High School, please meet us at the Senior Center by 7:30 a.m.

- **Senior Songsters on the Road to Green Acres** – Tuesday, December 4, 1:30 p.m.

- **Medicare Made Clear** – Wednesday, December 5, 10:30 a.m.

- **Senior Songsters on the Road to Montowese** – Tuesday, December 11, 1:30 p.m.

- **Health Organization sponsored by VNA Healthcare** – Thursday, December 13, 10:45 a.m.

- **4th Annual Staff Cookie Contest** – Thursday, December 13, 1:00 p.m. Come and enjoy an afternoon of cookies and hot chocolate as you vote for the best cookie made by our own Senior Center’s Staff!

- **Senior Moments with Mike Freda** – Friday, December 14, 10:30 a.m.

- **Hanukkah Party** – Friday, December 14, 11:30 a.m. More details to follow.

- **Fantasy of Lights and Dinner** – Monday, December 17, 4:30 p.m. Come and enjoy an evening in New Haven as we go through Lighthouse Point to see the beautifully decorated lights. First we will stop en route to have dinner (on your own). Please sign up by calling or stopping by the Office, 203-239-5432 by Wednesday, December 12, 2012. Weather permitting.

- **Concert at Clintonville Elementary School** – Wednesday, December 19, 9:30 a.m. This year we were invited to listen to the children of Clintonville Elementary School at their school concert. Transportation will be provided – if you drive but would like to take the bus to the Elementary School, please meet us at the Senior Center by 8:45 a.m.
PROGRAMS and CLASSES

Registration and payments are due one week prior to the first day of class!

A $5.00 activity fee for non-residents 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. Please see the Office for payment – all checks made payable to: North Haven Senior Citizen.

A class with insufficient enrollment will be cancelled prior to the starting date. Registrants are notified by telephone if a course must be cancelled.

- **BEGINNER PINOCHLE**
  Monday, 1:30 – 3:00 p.m. If you love to play cards and are looking to learn a “new” hand, come join the Beginner Pinochle group.

- **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.

- **CHAIR AEROBICS**
  Thursday, 10:30 – 11:30 a.m. Chair Aerobics is designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility and cardiovascular strength. Pat Velleca will be our instructor. The session runs for 12 weeks from Thursday, September 20 and ends Thursday, December 13. **No class Thursday, November 22.** Fee: residents, $5.00; non-residents, $10.00.

- **CRAFT CLASSES**
  Craft Classes will resume in January!! 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 either Tuesday or Thursday afternoon.

- **COMPUTER CLASSES**
  Monday, September 10, times of classes are 9:00 to 10:30 a.m. or 10:30 a.m. to 12:00 noon. If you are interested in one of our classes, please contact the Center and we will be glad to put you on our class list.

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

- **KNITTING AND CROCHETING CLASS**
  Wednesday, 12:30 – 2:30 p.m.

- **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 (if a month has an additional week it will be $30.00). Tap shoes are required.

- **LINE DANCING**
  Monday and Wednesday, 9:00 - 10:00 a.m. Studies show by dancing you will reduce your risk of future memory problems. So come join our line dancing program and help reduce your risk of memory loss.

- **INTERMEDIATE LINE DANCING**
  Tuesday, 10:00 to 11:00 a.m. 12 week session will begin: Tuesday, January 8 through Tuesday, April 2, 2013. **No class Tuesday, February 12.** Cost: residents, $24.00; non-resident, $29.00. Babe Dineen, will be our certified dance instructor. We must get at least 12 dancers for the class to begin.
• **MAH JONGG**  
  Tuesday, 12:30 p.m. – **No class** on Tuesday, November 20 and Wednesday, 12:00 p.m.

• **OIL PAINTING**  
  Monday, 12:30 – 2:30 p.m.  
  New Session will begin: Monday, September 17 and run through Monday, December 17. Fee: residents, $20.00; non-residents, $25.00. A list of supplies will be given to you prior to the first class. **No class**: Monday, November 12.

• **SIT-ERCISE**  
  Mondays and Wednesdays, 10:45 to 11:45 a.m.  
  Session begins: Monday, October 1 through Wednesday, December 19. **No class Monday, November 12.** 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. Registration begins Monday, September 10. Sponsored by VNA Community Healthcare. Please make checks payable to VNA Community Healthcare.

• **SENIOR SONGSTERS**  
  Tuesdays, 1:15 to 2:15 p.m.  
  Do you enjoy singing? Looking to entertain? The Senior Songsters is looking for you to join the chorus and sing those old tyme songs. We travel to area assisted living communities and convalescent centers as well as the public school system during the Holiday Season. If you are interested, please call the Center, 203-239-5432 for more information. **No singing on Tuesday, November 20.**

• **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 begins: Tuesday, October 16 through January 22, 2013. **No class on Tuesday, November 20.** Fee: residents, $40.00; non-residents, $45.00.

• **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. Session runs: Thursday, September 20 through Thursday, November 29. **No class Thursday, November 22.** Fee: residents, $45.00; non-residents, $50.00.

  **Caregivers Support Group**  
  This group focuses on helping the caregiver to cope with everyday stresses and the need to get through issues of dealing with your loved one. The group is led by a licensed clinical social worker and meets every month on the last Thursday of the month at 4:00 p.m. Please call the Center to reserve your sit, 203-239-5432. Sponsored by VNA Community Healthcare.

  **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.
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:
  - Wallingford WalMart, Thursday, November 15
  - Universal Drive; Monday, November 26

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

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

Thursdays:
- Town Pool
- Trip Out: Lyman Orchards, Thursday, October 18 – lunch on your own at Lyman Orchards.

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. 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. Due to the Holidays there will be no medical transportation on the following days – November 12 and 22; December 7 and 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.
2013 Day Trip Policies

Updated

- Full payment is due six weeks prior to trip to secure your reservation. Please make checks payable to: Friendship Tours - non-resident fee payable in cash only. This does not apply to trips sponsored by the North Haven Senior Center.
- Please remember to bring in your emergency contact information, their name and telephone numbers (including work and cell numbers.)
- Please make the staff aware of any special seating requests.
- 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 be a refund issued.
- You must come into the Center to check in prior to boarding the bus.

**Maple Madness & Butterflies** – Wednesday, March 27, 2013 – departure from the Senior Center at 8:00 a.m. and will be home by 5:30 p.m. **Cost:** $69.00 resident; $74.00 non-resident. Collection Date: Friday, January 25, 2013. Hop on with us to the Parker’s Maple Barn in Mason, New Hampshire. Upon arrival enjoy the “Parker’s Original Sugar Party Brunch” – scrambled eggs, sausage, bacon, a slab of maple ham, a plain pancake, a blueberry pancake, and real maple syrup! Coffee, tea, milk or hot chocolate! Following brunch a staff member will lead us on a tour of the Sugar House, where we will learn about the sugaring process and see how maple sugar is made. Spend some time in the Corner Crib Gift Shop – here you will see local country crafts, dozen of flavors of jams, jellies, scented candles, herbal teas, greeting cards and a grand candy and toy section. Then off to Magic Wings visiting the amazing butterfly Conservatory in South Deerfield, MA is an experience you will never forget – over 4000 gorgeous butterflies are flying free in the conservatory. Your guide explains the habits, life styles, favorite foods and origins of these kaleidoscopic beauties. Nice gift shop here with Butterfly themes!
Welcome to Our New Members

Paty Acampora, Beverly Castellani, Maria Kronberg, Dorothy Madoule, Sandra Mastroianni, Annette Migliaro, Ellen Perrotti, John Reilly, Christine Reid

Thank you to the following for your donation:
Ann Alexander, Toni Buono, Ann DellaValle, Gaylord, Terry Joyce, Carol Labagnaro, Nancy Miller, Georgianna Stamp and Mildred Stankiewicz

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 donations 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 $2.00 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 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.
Happy Birthday to You . . . .

Judy, Sue, Maggie, Ellen, Arelis, Eileen and Lisa
wish you a fun filled year with much
happiness and good health!

Rachel Ambrose
Barbara Battle
Maribel Billups
Lillian Brozek
Maria Chan
Elizabeth Contento
Donald Davidson
Andrew Delise
Judy Dileone
Kay Festa
John Gilhuly
Audrey Hammersley
Catherine Hermanowski
Rita Jacovino
Antonia Kattis
Sigrid Klein
Rosalina Kurylo
Frank Landolfi
Frances Letskus
Gail Marchitto
Virginia McLelland
Martin Meshako
Marvin Miller
Nancy Nasti
Eleanor Norback
Alyce Palmisano
Ruth Papa
Vincent Pronzo
Eugene Romanowski
Mary Rupley
Diane Smith
Russ Toni
Shirley Warner
Patsy Williams

Kathryn Aurora
John Berardi
Gisele Bolduc
Jane Caldwell
Sam Charm
William Crain
Rose DeCesare
Anna DellaValle
James Dower
Jay Garbero
Janet Griffin
Gail Harris
Frances Hull
Harry Johnson
D.L. Kelley
John Kotchian
Robert Lamb
Lillian Lehane
Carol Liquori
Marcia Maresca
William Melillo
Jennie Midolo
Marjorie Minore
Marie Nastri
Marie Notaro
Rosemary Panico
Toni Peloso
Josephine Riccio
Richard Rosa
Selina Sallak
Daniel Taylor
Dulce Villabona
Kay Warren
Frances Wysocki

Paul Barbiero
Marie Bettarelli
Al Botarelli
Robert Cassella
Catherine Colleran
Louise D’urso
Alberta DelGuidice
Melinda DeMaio
Raffaella Esposito
Dolores Gerzabek
Leona Guido
Jerry Henry
Peter Iacabelli
Louise Johnson
Martha Kirschner
Frank Kovach
Justine Landa
Louise Leopold
Mei-Zhen Luo
Peg McCoy
Marie Mentone
Ann Miller
Ralph Monaco
Georgene Natarelli
Carolyn Palmieri
Marilyn Panuzio
Francis Piombino
Kay Romanofsky
Betty Rowland
Dominic Schettino
Jane Thomson
Carmel Warner
Gordon Wiehler
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<th>Monday</th>
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<tr>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>9:00-Line Dance</td>
<td>Center will open at 9:00 a.m. today</td>
<td>9:30/10:00-No E-Z Exercise</td>
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<td>9:00-Computer Class</td>
<td>10:00-Chair Yoga</td>
<td>9:30/10:00-No E-Z Exercise</td>
<td>11:00 a.m. today</td>
<td>10:00-Footlighters</td>
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<td>9:30/10:00-No E-Z Exercise</td>
<td>10:00-Line Dance with Babe</td>
<td>10:00-Ombudsman Meeting</td>
<td>9:00-No Ceramics</td>
<td>10:00-Scrabble Challenge</td>
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<td><strong>PLEASE CALL FOR AN</strong></td>
<td>10:00-Ceramics</td>
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<td><strong>APPOINTMENT TO SET</strong></td>
<td>10:00-Footlighters</td>
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<td><strong>UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY</strong></td>
<td><strong>ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE</strong></td>
<td><strong>TOWN POOL</strong></td>
<td><strong>LIBRARY</strong></td>
<td><strong>APPOINTMENT TO SET</strong></td>
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<td><strong>10:00-Massages by Kim</strong></td>
<td><strong>10:30-Holiday Bazaar Meeting</strong></td>
<td><strong>10:30-Lunch</strong></td>
<td><strong>10:45-Incentive Yoga</strong></td>
<td><strong>10:00-No Crafts</strong></td>
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<td><strong>10:00-Chair Yoga</strong></td>
<td>10:00-Hairdresser/Barber/Nails</td>
<td><strong>10:00-No Crafts</strong></td>
<td><strong>12:45-Memory Matters</strong></td>
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<td><strong>10:15-Janasta</strong></td>
<td>10:30-Holiday Bazaar Meeting</td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>10:00-Chair Aerobics</strong></td>
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<td><strong>10:00-Chair Aerobics</strong></td>
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<td><strong>11:00-No Crafts</strong></td>
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<td><strong>11:30-Lunch</strong></td>
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<td><strong>11:45-Free Pizza</strong></td>
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<td><strong>12:45-Bingo</strong></td>
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<td><strong>Sponsored by:</strong></td>
<td><strong>12:30-Mah Jongg</strong></td>
<td><strong>1:00-No Crafts</strong></td>
<td><strong>12:30-MiniTrip: Wal Mart</strong></td>
<td><strong>1:00-No Crafts</strong></td>
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<td><strong>Len Fasano and</strong></td>
<td><strong>12:30-Knitting w/Eleanor</strong></td>
<td><strong>1:00-No Crafts</strong></td>
<td><strong>10:00-No Crafts</strong></td>
<td>Collection ends for</td>
</tr>
<tr>
<td>David Yaccarino</td>
<td></td>
<td></td>
<td><strong>Tri-Town Christmas Party</strong></td>
<td><strong>2012 CALENDAR OF EVENTS</strong></td>
</tr>
<tr>
<td>12:30-Oil Painting</td>
<td></td>
<td></td>
<td><strong>CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE</strong></td>
<td></td>
</tr>
<tr>
<td>12:45-Bingo</td>
<td></td>
<td></td>
<td><strong>Sponsored by:</strong></td>
<td><strong>HOLIDAY BAZAAR</strong></td>
</tr>
<tr>
<td>1:30-Beg Pinochle</td>
<td></td>
<td></td>
<td><strong>Len Fasano and</strong></td>
<td><strong>Setting up Holiday Bazaar</strong></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td><strong>12:30-Mah Jongg</strong></td>
<td>9:00 a.m. – 2:00 p.m.</td>
</tr>
<tr>
<td>CENTER CLOSED</td>
<td>9:00-Ceramics</td>
<td>9:00-Line Dance</td>
<td>10:30-No Memory Matters</td>
<td><strong>NO ACTIVITIES/NO LUNCH</strong></td>
</tr>
<tr>
<td>VETERANS DAY</td>
<td>9:30/10:00-No E-Z Exercise</td>
<td><strong>10:30-Presentation: What You</strong></td>
<td><strong>12:45-No Intermediate Yoga</strong></td>
<td><strong>Saturday</strong></td>
</tr>
<tr>
<td>10:00-Chair Yoga</td>
<td>10:30-Footlighters</td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>1:00-No Intermediate Yoga</strong></td>
<td><strong>10:00-No Crafts</strong></td>
</tr>
<tr>
<td>10:30-Hairdresser/Barber/Nails</td>
<td><strong>10:00-No Crafts</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>12:45-No Bingo</strong></td>
<td><strong>1:00-No Crafts</strong></td>
</tr>
<tr>
<td><strong>10:45-Presentation:</strong></td>
<td><strong>12:15-Bridge</strong></td>
<td><strong>10:30-MiniTrip: Wal Mart</strong></td>
<td><strong>1:00-No Crafts</strong></td>
<td><strong>17</strong></td>
</tr>
<tr>
<td><strong>Food Safety by: VNA</strong></td>
<td><strong>12:00-Mah Jongg</strong></td>
<td><strong>12:30-MiniTrip: Wal Mart</strong></td>
<td><strong>1:00-No Crafts</strong></td>
<td><strong>Holiday Bazaar</strong></td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td><strong>12:00-Mah Jongg</strong></td>
<td><strong>12:30-MiniTrip: Wal Mart</strong></td>
<td><strong>1:00-Red Hatters Presentation:</strong></td>
<td><strong>Center Closing at 1:00 p.m.</strong></td>
</tr>
<tr>
<td>12:00-Health Guidance Clinic</td>
<td><strong>12:45 No Bingo</strong></td>
<td><strong>1:00-Red Hatters Presentation:</strong></td>
<td><strong>1:00-No Crafts</strong></td>
<td><strong>Holiday Bazaar</strong></td>
</tr>
<tr>
<td>12:30-Mah Jongg</td>
<td><strong>1:00-Red Hatters Presentation:</strong></td>
<td><strong>1:00-No Crafts</strong></td>
<td><strong>1:00-No Crafts</strong></td>
<td></td>
</tr>
<tr>
<td>1:00-No Crafts</td>
<td><strong>Bigelow Tea Company</strong></td>
<td><strong>1:00-Red Hatters Presentation:</strong></td>
<td><strong>1:00-No Crafts</strong></td>
<td></td>
</tr>
<tr>
<td>1:15-Senior Songsters</td>
<td></td>
<td><strong>Center Closing at 1:00 p.m.</strong></td>
<td><strong>1:00-No Crafts</strong></td>
<td></td>
</tr>
</tbody>
</table>

*APPOINTMENT TO SET NO LUNCH Ercise Z Exercise*
### November 2012 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>
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<tbody>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>9:00-Line Dance</td>
<td>Center will open at</td>
<td>9:00-Line Dance</td>
<td>CENTER CLOSED</td>
<td>Medical Transportation</td>
</tr>
<tr>
<td>9:00-Computer Class</td>
<td>11:00 a.m. today</td>
<td>9:30/10:00-No E-Z Exercise</td>
<td>THANKSGIVING DAY &amp; Grocery Shopping Only</td>
<td></td>
</tr>
<tr>
<td>9:30/10:00-No E-Z Exercise</td>
<td>9:00-No Ceramics</td>
<td>10:30-Errands</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-Massages by Kim</td>
<td>10:00-No Chair Yoga</td>
<td>10:45-Sit-Ercise</td>
<td>NO TRANSPORTATION</td>
<td>CENTER CLOSED</td>
</tr>
<tr>
<td>10:15-Canasta</td>
<td>10:00-No Line Dance with Babe</td>
<td>11:30-Lunch</td>
<td>NO ACTIVITIES/NO LUNCH</td>
<td>NO ACTIVITIES/NO LUNCH</td>
</tr>
<tr>
<td>10:30-Computer Class</td>
<td>10:30-Hairdressers Today</td>
<td>12:15-Bridge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-Trip: Christmas Tree</td>
<td>11:45-Thanksgiving Day Party</td>
<td>Shop &amp; Chips Sponsored by: The Regency</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:45-Sit-Ercise</td>
<td>House – Cost: $3.00</td>
<td>12:30- Knitting w/Eleanor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td>12:30- No Mah Jongg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-Oil Painting</td>
<td>1:00- No Crafts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:45-Bingo</td>
<td>1:15- No Senior Songsters</td>
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</tr>
<tr>
<td>1:30-Beg Pinochle</td>
<td>6:00-Commission on Aging (Open to the Public)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
<th>30</th>
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</thead>
<tbody>
<tr>
<td>9:00-Line Dance</td>
<td>9:00-Ceramics</td>
<td>9:00-Line Dance</td>
<td>9:00-Trip: Mohegan Sun</td>
<td>9:30/10:00-E-Z Exercise</td>
</tr>
<tr>
<td>9:00-Computer Class</td>
<td>10:00-Chair Yoga</td>
<td>9:30/10:00-No E-Z Exercise</td>
<td>9:00-Ceramics</td>
<td>10:00-Footlighters</td>
</tr>
<tr>
<td>9:30/10:00-No E-Z Exercise</td>
<td>10:00-Line Dance with Babe</td>
<td>10:30-Errands</td>
<td>10:00-Pinochle</td>
<td>10:00-Scrabble Challenge</td>
</tr>
<tr>
<td>10:15-Canasta</td>
<td>10:30-Hairdressers Today</td>
<td>10:30-Finance Meeting</td>
<td>10:30-Chair Aerobics</td>
<td>10:30-Grocery Shopping</td>
</tr>
<tr>
<td>10:30-Computer Class</td>
<td>10:30-Holiday Bazaar</td>
<td>10:45-Sit-Ercise</td>
<td>11:30-Lunch</td>
<td>10:30-Wii Bowling</td>
</tr>
<tr>
<td>10:30-Christmas</td>
<td>Follow Up Meeting</td>
<td>11:30-Lunch</td>
<td>12:30-Bocce</td>
<td>11:30-Lunch</td>
</tr>
<tr>
<td>Decorating</td>
<td>10:30-Medicare Made Clear</td>
<td>12:15-Bridge</td>
<td>12:45-Memory Matters Ends</td>
<td>12:15-Bridge</td>
</tr>
<tr>
<td>10:30-MiniTrip:</td>
<td>11:00-Health Guidance Clinic</td>
<td>12:00-Mah Jongg</td>
<td>1:00-Sing-A-Longs</td>
<td>12:45-Bingo</td>
</tr>
<tr>
<td>Universal Drive</td>
<td>11:30-Lunch</td>
<td>12:30- Knitting w/Eleanor</td>
<td>1:00-Intermediate Yoga</td>
<td></td>
</tr>
<tr>
<td>10:45-Sit-Ercise</td>
<td>12:30-Mah Jongg</td>
<td>12:45-Bingo</td>
<td>1:00-No Crafts</td>
<td></td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td>1:00-No Crafts</td>
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<td></td>
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<tr>
<td>12:30-Oil Painting</td>
<td>1:15-Senior Songsters</td>
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<tr>
<td>12:45-Bingo</td>
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<tr>
<td>1:30-Beg Pinochle</td>
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</tbody>
</table>

**Friday, December 7**

- Tri-Town Christmas Party
- Zandri’s Stillwood Inn
- Thanksgiving Day Party
- 11:30 a.m. – 3:00 p.m.
- Transportation Available
- CENTER CLOSED
- NO ACTIVITIES/NO LUNCH
- NO MEDICAL TRANSPORTATION
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Roasted Pork w/LS Gravy</td>
<td>Grape Juice</td>
<td>Herb Baked Chicken Leg Qtr. Orzo</td>
<td>Grilled Vegetables</td>
<td>Wheat Bread</td>
</tr>
<tr>
<td>Apple Stuffing</td>
<td></td>
<td>Broccoli and Cauliflower</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multigrain Dinner Roll</td>
<td></td>
<td>Pineapple Tidbits</td>
<td></td>
<td>Orange Sections</td>
</tr>
<tr>
<td>Pineapple Tidbits</td>
<td></td>
<td>Margarine, 1% Milk</td>
<td></td>
<td>Margarine, 1% Milk</td>
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<td></td>
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<tr>
<td>Swai Fish w/Florentine sauce</td>
<td>Lasagna W/Meat Sauce</td>
<td>Tossed Salad W/ Tomato and Italian Dressing</td>
<td>Birthday Cake Day</td>
<td>Multigrain Dinner Roll</td>
</tr>
<tr>
<td>Rice Pilaf w/peas &amp; onions</td>
<td>Garlic Bread</td>
<td>Orange Jell-O W/Peaches</td>
<td></td>
<td>Wheat Bread</td>
</tr>
<tr>
<td>Carrot coins</td>
<td></td>
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<tr>
<td>Oat bread</td>
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<tr>
<td>Apricots</td>
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<td>Margarine, 1% Milk</td>
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<tr>
<td>Meatloaf W/LS Gravy</td>
<td>Teriyaki Chicken</td>
<td>Brown Rice</td>
<td>Minestrone Soup</td>
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<tr>
<td>Bowtie Noodles</td>
<td>Brown Rice</td>
<td>Oriental Blend Vegetables</td>
<td>Lite Crunch Fish w/Lemon</td>
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<tr>
<td>Baked Fresh Acorn Squash</td>
<td>Oat Bread</td>
<td>Mandarin Oranges</td>
<td>Mashed Sweet Potatoes</td>
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<tr>
<td>100% Whole Wheat Bread</td>
<td>Margarine, 1% Milk</td>
<td>Margarine, 1% Milk</td>
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<td>Multigrain Dinner Roll</td>
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<td>Wheat Bread</td>
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<tr>
<td>Swai Fish w/Florentine sauce</td>
<td>Teriyaki Chicken</td>
<td>Brown Rice</td>
<td>Minestrone Soup</td>
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<tr>
<td>Rice Pilaf w/peas &amp; onions</td>
<td>Brown Rice</td>
<td>Oriental Blend Vegetables</td>
<td>Lite Crunch Fish w/Lemon</td>
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<tr>
<td>Carrot coins</td>
<td>Oat Bread</td>
<td>Mandarin Oranges</td>
<td>Mashed Sweet Potatoes</td>
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<td>Oat bread</td>
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<td>Margarine, 1% Milk</td>
<td>Spinach</td>
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<td>Apricots</td>
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<td>Multigrain Dinner Roll</td>
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<td>Margarine, 1% Milk</td>
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<td>Swai Fish w/Florentine sauce</td>
<td>Teriyaki Chicken</td>
<td>Brown Rice</td>
<td>Minestrone Soup</td>
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<tr>
<td>Rice Pilaf w/peas &amp; onions</td>
<td>Brown Rice</td>
<td>Oriental Blend Vegetables</td>
<td>Lite Crunch Fish w/Lemon</td>
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<tr>
<td>Carrot coins</td>
<td>Oat Bread</td>
<td>Mandarin Oranges</td>
<td>Mashed Sweet Potatoes</td>
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<tr>
<td>Oat bread</td>
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<td>Margarine, 1% Milk</td>
<td>Spinach</td>
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<td>Apricots</td>
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<td>Multigrain Dinner Roll</td>
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<tr>
<td>Orange Juice</td>
<td>No FSW Lunch today</td>
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<td>Pineapple Juice</td>
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<tr>
<td>Salmon Filet</td>
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<td></td>
<td>Pot Roast w/Gravy</td>
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<tr>
<td>w/Lemon Sauce</td>
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<td>Mashed Potato</td>
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<tr>
<td>Brown Rice Pilaf</td>
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<td>Tuscan Blend Vegetables</td>
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<tr>
<td>Bean Blend Vegetables</td>
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<td>Rye Bread</td>
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<tr>
<td>100% Whole Wheat Bread</td>
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<td>Apple Strudel</td>
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<td>Chocolate Pudding</td>
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<tr>
<td>Freshly Baked Ham</td>
<td>New England Clam Chowder</td>
<td>Unsalted Crackers</td>
<td>Apple Juice</td>
<td></td>
</tr>
<tr>
<td>W/LS Gravy</td>
<td>Crab Cake w/Tarter Sauce</td>
<td>Brown Rice Pilaf</td>
<td>Hamburger Au Jus</td>
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<tr>
<td>Scalloped Potato</td>
<td>Green and Wax Beans</td>
<td>Oat Bread</td>
<td>Onions and Mushrooms</td>
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<td>Peas and Carrots</td>
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<td>Coleslaw</td>
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<td>Wheat Bun</td>
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<td>Brownie</td>
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<tr>
<td>MINIMUM PORTIONS SERVED AT EACH MEAL:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1c Milk – 1% or equivalent</td>
<td>1c Vegetable and Fruit or equivalent</td>
<td>2oz. Protein</td>
<td>1 pat Margarine</td>
<td></td>
</tr>
<tr>
<td>2 Bread servings or equivalent</td>
<td>All Soup and Entrees, Gravies and Sauces and Salad Dressing</td>
<td>All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt</td>
<td>All Rolls are Seedless. All White rice is Enriched. All Non-citrus juices are Vitamin C fortified.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Rolls are Seedless</td>
<td>All White rice is Enriched.</td>
<td>All Non-citrus juices are Vitamin C fortified.</td>
<td></td>
</tr>
</tbody>
</table>