Senior Happenings
June, July, August 2017

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT 06473
Office: 203-239-5432 Fax: 203-234-7185
Hours: Weekdays 8:00 a.m. to 4:00 p.m.
Café: 203-239-4030
Café Hours: Tuesday and Thursday
Beginning July 1, the Café will open on Fridays
9:00 am - 12 noon
www.town.north-haven.ct.us

Mission
The mission of the Center is to respond to the ever-changing needs of mature adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities.

Staff
Manager and Municipal Agent for Elderly: Judy Amarone
Program Coordinator: Sue Tienken
Secretary: Maggie Maiden
Transportation: Keith Baedor, Richard Kaman and Kevin Smith
Café Manager: Arlene Herzog
Daily, Medical, Errands, Grocery Shopping, Mini Trips

Daily Transportation
Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

Medical Transportation
Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. Pickup times are approximate. Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven, Hamden and on a very limited basis to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor’s office.

Please make note: there will be no medical, no grocery shopping, and no errands or daily transportation on the following days – July 4; September 4; October 9; November 10 and 23; and December 1 and 25, 2017. Also on July 27, July 28, July 31, August 1, August 2, August 3, and August 4 there will not be any afternoon medicals. Please plan accordingly.

Please note: All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 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 day during that week for transportation.

Activity dates, transportation and times are subject to change.

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.

Schedule
For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

Mondays: (time frame for mini trips will be an hour and half from time of drop off)
- June 19: New Haven WalMart
- July 10: Universal Drive
- August 28: Wallingford WalMart

Tuesdays: (time frame for grocery shopping will be an hour and half from time of drop off)
- Grocery Shopping

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)
- Errands to include – pharmacies, bank, post office, card shop

Thursdays: (time frame for mini trips will be an hour and half from time of drop off)
- June 8: Universal Drive
- July 27: Hamden Mart
- August 10: Universal Drive
- Hairdressers, Barbers and Nail Salons

Fridays: (time frame for grocery shopping will be an hour and half from time of drop off)
- Grocery Shopping
Desk of Judy,

Our Summer Newsletter has a new style promoting activities on a quarterly basis: June, July, and August. All events will continue to be advertised as in the past which includes: Posting on the Bulletin Board at the Center, The Advisor, North HavenCitizen, NHTV, and on the Town of North Haven website: www.town.north-haven.ct.us Copies of the Summer Newsletter will continue to be available at the Center, Town Hall and Library. In moving forward to the Fall Newsletter it will be available mid-August allowing you the opportunity to register for all upcoming events.

June is known for many things: Father’s Day, Picnics, Beach Days, Concerts on the Green and all the fun things those happen making memories with family and friends. Did you also know that June is National Safety Month? In thinking about summer I think about my grandchildren’s safety. For many families a trip to Grandma and Grandpop’s house tops the list of summer vacation plans. The annual trip can mean a break for their parents, lots of pampering and spoiling for the kids and as always an abundance of hugs and kisses for grandparents. But without preparing before the grandkids visit, it can be an unexpected detour to the emergency room.

As a Grandmother myself, I can forget how quickly a child loves to explore and how fast they can get into things. To keep a child safe you should look at your home from a child's perspective – inside and out from a child's perspective and eliminate the hazards ahead of time. In preparing for your home for your grandchildren here is my safety list:

- Install childproof covers on all electrical outlets.
- Store household cleaners and medicines out of reach, and attach safety latches on cabinets.
- Post the number to the Poison Control Center where you can find it quickly: 1-800-222-1222. Keep medicines in the original containers so you'll have the correct information available in case you need to call for help. Make sure all medicines have childproof caps.
- Keep your hot water heater set between 120 and 130 degrees Fahrenheit to avoid scalding.
- Buy pressure-mounted stair gates, but do not rely on them to keep your grandchild from falling down the stairs. With enough momentum, a good-sized toddler could dislodge the gate. Vigilance is always the best policy.
- If you cook when your grandchild is over, remember to use the back burners on the stove and keep the pot handles turned toward the back of the stove. Place knob protectors on the stove knobs. Make sure no stool or chair is positioned close to the stove.
- Remove small magnets from your refrigerator that are within reach of little hands. Keep on the lookout for any small objects that have fallen on the floor or that might be in reach of little ones. Anything that goes in the mouth becomes a choking hazard.
- Enclose your swimming pool with a locked gate. Make sure the slats in the fence are close together so no child can slip through.
- Install finger-pinches door guards and drapery cord wind-ups. Make sure all cords are up and out of reach when your grandchild is visiting.
If you must own a firearm, remember to always store ammunition and the firearm separately and keep both under lock and key.

Check any houseplants to make sure they don't pose a poison risk, and keep them far beyond the reach of children.

Closely supervise your grandchild around any pet, regardless of how long you've owned the pet or how well you think you know the animal's temperament. Even a docile pet can become suddenly aggressive.

Regular home safety rules always apply, of course, whether a baby is present or not: Check your smoke detectors and carbon monoxide detectors regularly. Keep fire extinguishers handy.

Along with Safety in the home here are some Tips for Drivers:

- Be alert, especially in residential areas.
- Expect the unexpected. Children may cross the street at the wrong place or suddenly run or ride in front of you.
- Obey all laws. Slow down if there are children along the road or crossing the street. Come to a full stop at intersections.
- Be predictable. Don’t make sudden maneuvers that others, particularly children on foot or on a bicycle, are not expecting.
- Double check behind you and around you when backing out of a driveway or parking space.
- Don’t be distracted. Put down the coffee, put down the cell phone, and put both hands on the wheel. Avoid distractions within your vehicle, including loud music.
- Yield the right of way to pedestrians. It isn’t just courteous, it’s the law.

In keeping the theme of safety, I would like to remind all members that use/need a cane and or walker, it is a tool to keep you safe and it is not an option not to use it at the Center. If you need assistance with carrying something, just ask. We are all willing to help and would rather you ask then trying to walk with a beverage, books, or anything that creates a struggle with your cane or walker. Not using your walker/cane is like me trying to type and read without my glasses which are my tools for seeing. Tools include glasses, hearing aids, walkers, canes, wheelchairs, dentures and anything to keep us independent. Without the tools we become dependent, moreover creating an unsafe environment for oneself.

Farewell to our Yoga Teacher, Joyce Picker, who will be moving to South Carolina this month. Joyce has been with us for nine years and will forever be missed by her students and staff alike. We wish her well as she journeys into new beginnings.

Happy Summer!
June’s Special Events . . .

**Game Day . . . .**
Friday, June 2
10 to 11:30 a.m. and
12:30 to 3:30 p.m.

All Day Long – Come on in and join in the fun, play your favorite game or try a new one!

Pinochle, Setback, Scrabble, Canasta, Bridge, Rummikub and Mah Jongg! **Cost:** $3.00 each session or $5.00 for the day!

Light lunch and snacks will be provided! Registration through Thursday, June 2

All Other Activities will be cancelled!

**Make It Take It:**
Fairy Gardens
Thursday, June 8
10:00 a.m.

Magic toadstools, pixie dust, elves and fairies hiding in the gardens . . . makes for an enchanted world!

Come and enjoy a morning of magical fun while making your own Fairy Garden!

Sample is located on Sue’s desk

**Cost:** $5.00

All supplies will be included unless you want to bring in a special Fairy!

**Bingo & Lunch**
Wednesday, June 7
11:30 a.m.

Menu:
2 hot dogs, baked beans, cole slaw, drinks and dessert

**Cost:** $5.00 for residents and $10.00 for non-residents; includes 2 free bingo cards along with 2 free progressive bingo cards!

**Lunch only:** $3.00 for residents and $8.00 for non-residents

Registration through Friday, June 2

**FREE Hearing Screens**
Wednesday, June 14
10:00 a.m. to 12:30 p.m.

Make your appointment to have a free hearing screen from John Caswell, hearing instrument specialist.

Appointments will be every 20 minutes.

Call the Center to make your appointment by Thursday, June 8, 203-239-5432.

Resident’s Only!
Presentation:
Living with COPD
Thursday, June 15
10:30 to 11:30 a.m.

Presented by
VNA Community Healthcare

Join us to learn about:

How to manage chronic obstructive pulmonary disease; maximize your respiratory health; nutrition and medications and breathing techniques.

Please call the Center, 203-239-5432 to reserve your seat!

Father's Day Picnic
Friday, June 16
12:00 noon

Celebrating our Dads in a special luncheon with Chris Merwin as our Entertainer!

Menu:
American Hero Sub, potato salad, chips pickles, drinks and ice cream cookies for dessert!

Cost: $5.00 for residents and $10.00 for non-residents

Registration through June 9

StoryTeller
Kate Allen Smith
Tuesday, June 20
10:30 a.m.

Come join Kate today to enjoy an hour of great conversation and awesome stories!

No Fee

Please call the Center, 203-239-5432 to reserve your seat by Friday, June 16
Sensational Sixties
Tri-Town Dinner
Featuring:
Pierce Campbell and the Sixties Satisfaction Band
Tuesday, June 20, 5:00-7:30 pm

Cheshire Senior Center
240 Maple Avenue, Cheshire
203-272-8286

Cost is $15.00 per person

Our dinner will begin with:
Chips and Onion Dip
Followed by:
Tossed Salad
Main Meal:
Fried Chicken
Baked Beans, Potato Salad and Corn Bread
Dessert:
Cheesecake with assorted toppings

Soft Drinks, Coffee and Tea

Reserve Your Seat by Friday, June 9

Prizes to the Best Dressed in their 60’s attire!
Summer Safety: Get Checked

Blood Pressure Screenings
Memory Exercises
Summer Safety
Chair Exercises
Nutrition

Thursday, June 22, 2017
9 to 11 am
North Haven Senior Center
189 Pool Road, North Haven
Please call the Center, 203-239-5432 by Friday, June 16, 2017

Sponsored by Southern Connecticut State University
Nursing Department
Sponsored by
The North Haven Senior Center and
The North Haven Library

Thursday, June 29, 2017
from 4:30 to 7:00 p.m.

Cost: $5.00 per person
Teams are made up of a minimum of 4 people and
a maximum of 6 people

Registration begins on Monday, May 22 through Tuesday, June 20
and will be taken at the North Haven Senior Center, 189 Pool Road

Highest Team Score will receive a prize!
Lowest Team Score will receive a small prize!

Light dinner will be served immediately after play of the game and winners and
non-winners will be announced!

The tournament will be held at The North Haven Senior Center
189 Pool Road, North Haven
203-239-5432
**July’s Special Events . . .**

**Bingo & Lunch**  
*Wednesday, July 12*  
11:30 a.m.  

**Menu:**  
Chef Salad, with ham, turkey and swiss cheese  
dessert and drinks  

**Cost:**  
$5.00 for residents and $10.00 for non-residents; includes 2 free bingo cards along with 2 free progressive bingo cards!  

**Lunch only:**  
$3.00 for residents and $8.00 for non-residents  

Registration through Friday, July 7

**4th of July Celebration and Strawberry Festival**  
*Monday, July 3*  
11:30 a.m.  

**Menu:**  
Hamburger or Cheeseburger with lettuce and tomato  
Roasted French Fries  
Drinks  
Strawberry Shortcakes with homemade biscuits and real whipped cream  

**Cost:**  
$7.00 per resident  
$12.00 per non-resident  

Registration begins on Monday, June 5 through Wednesday, June 28

**Lunch Bunch Excursion! Lenny’s in Branford**  
*Tuesday, July 11*  
11:15 a.m.  
We will be leaving the Center no later than 11:15 a.m.  

Please call the Center beginning Monday, June 19 and no later than Friday, July 7 if you are interested in taking a ride to Lenny & Joes in Branford!  

**Cost:** On Your Own  

The bus will hold 19 people, so make sure you sign up early!

**Presentation:**  
Living with CHF  
*Wednesday, July 12*  
10:30 to 11:30 a.m.  

**Presented by:**  
VNA Community Healthcare  

Join us to learn about:  
What congestive heart failure is; how to recognize the symptoms; and ways to manage this chronic condition.  

Please call the Center, 203-239-5432 to confirm your spot!
StoryTeller
Kate Allen Smith
Tuesday, July 18
10:30 a.m.

Come join Kate today to enjoy an hour of great conversation and awesome stories!

No Fee

Please call the Center, 203-239-5432 to reserve your seat by Friday, July 14.

Painting Party with Linda Marino
Thursday, July 20
1:00 to 3:30 p.m.

From a blank canvas to a finished masterpiece, Linda Marino will guide you through step by step while learning many valuable art principles that can be applied to future works. You'll learn how to mix and layer colors to create the vibrant lighthouse with a landscape/water scene, how to use a variety of brush techniques to create different textures and how and why toning your canvas makes a difference. A sample painting is located at the Center. No experience needed – this class is for beginners!

Cost: $35.00, residents and $40.00, non-residents. Registration begins on Tuesday, June 6 through Friday, July 7 for both residents and non-residents.

Ask An Attorney from Farrell & Grochowski, PC
Thursday, July 20
1:00 p.m. to 2:30 p.m.

Have a question about elder law, need some advice on wills, estate planning or probate?

Make an appointment to see one of the attorneys with your question!

Appointments are every 15 minutes!

Call today to make your appointment by Friday, July 14, 203-239-5432.

Presentation:
Get the Most Out of Your Social Security Retirement Income
Thursday, July 20
6:00 p.m.

Please join Dave Cowan, AAA Endorsed Retirement Advisor to learn how the new Social Security laws will affect you and Medicare 101 basics you need to know.

Please call the Center, 203-239-5432 to reserve your seat!
Fraud Watch
Network Presents:
The Con Artist Playbook
Friday, July 14, 11:00 a.m.

Presented by Betty Bajek of AARP

Join us today to take a look at the psychology behind:

- **ID Theft**
- **Fraud**
- **Scams**

Actual footage of scammers will be talked about, insights and advice that you’ll walk away armed with and the tools you need to keep yourself and your family safe!

Please call the Center by Friday, July 7, 203-239-5432 to reserve your seat to help you through very important topic!
Guardian Angel Trusts:  
How to Leave Your Legacy  
Presented by 
Attorney Bryan M. Etter  
of Wiley Etter, LLC  
Tuesday, July 18, 10:00 a.m. 

The presentation is designed to open our eyes to an exciting Estate Planning tool most of us don’t know much about: 

Revocable Living Trusts 

Most of us have a solid grasp on what a Will is meant to accomplish, while the magical world of Trusts currently resides outside most of our comfort zones. The law allows for carefully drafted Trusts to protect money and other assets against Divorce, Lawsuits, Creditors, Bankruptcy, and our loved ones’ silly spending habits! 

What’s more: these documents act as a blank canvass!! Anxiously awaiting the chance to reflect its creator’s personalized wishes regarding gifts, timing and purpose of distributions. This creates a unique opportunity to act as the “Guardian Angel” for our family members, even after we’re gone. 

Our framework for learning will focus on a compare/contrast between Wills v. Trusts, and will blend in humorous examples to highlight the overwhelming benefits the latter can provide. We will also tackle the common misconceptions about Estate Planning in general, as well as discuss the importance of documents designed to further support your family members (i.e., Powers of Attorney, Living Will, HIPAA Authorization, etc.).

There will be time for questions and answers! 

Please call the Center, 203-239-5432 by Wednesday, July 12 to reserve your seat
**Living Longer, Living Smarter**  
Friday, July 28, 11:00 a.m.

Presented by Valerie Ferrebee of AARP

This interactive session offers a look at how to prepare for your future now so you can live the best life of your choosing.

The topics covered are:

- **Your Health**  
  (caring for yourself & healthcare access)
- **Your Wishes**  
  (legal documents & getting organized)
- **Your Finances**  
  (cost of care as you age)
- **Your Home & Community**  
  (checklists & resources to fit your changing needs in your home & community)

Please call the Center, 203-239-5432 by Friday, July 21 to reserve your seat!
SAVE THE DATE . . .
Calling All Bocce Players!

Bocce Tournament with the Department Heads
Friday, July 28 AND Friday, September 29
(dates subject to change)
11:45 a.m. lunch will be served
12:30 p.m. play will begin

Come and enjoy a nice lunch sponsored by the Department Heads!

And then an afternoon of fun and play!

For the July 28 date, please register by July 21!
AND
For the September 29 date,
please register by September 22!

By Calling the Center, 203-239-5432

Open to only Registered Bocce Players of the North Haven Senior Center!
August’s Special Events . . .

Bingo & Lunch
Wednesday, August 2 11:30 a.m.

Menu:
bacon, lettuce and tomato on white toast, three bean salad, dessert and drinks

Cost: $5.00 for residents and $10.00 for non-residents; includes 2 free bingo cards along with 2 free progressive bingo cards!

Lunch only: $3.00 for residents and $8.00 for non-residents

Registration through Friday, July 28

StoryTeller
Kate Allen Smith
Tuesday, August 15 10:30 a.m.

Come join Kate today to enjoy an hour of great conversation and awesome stories!

No Fee

Please call the Center, 203-239-5432 to reserve your seat by Friday, August 11

Lunch Bunch Excursion
Beach Head in East Haven
Thursday, August 24
We will be leaving the Center no later than 11:15 a.m.

Please call the Center beginning Tuesday, August 1 and no later than Friday, August 18 if you are interested in taking a ride to the Beach Head in East Haven!

Cost: On Your Own

The bus will hold 19 people, so make sure you sign up early!

End of Summer Fun with The Boogie Boys and Homemade Brickoven Pizza by Chef Michael
Wednesday, August 30 11:30 a.m.

Menu:
Homemade Brickoven Pizza by Chef Michael
A refreshing summer dessert and drinks

Cost: $5.00

Registration begins on Tuesday, August 1 and closes on Friday, August 25 or to the frist 65 people! So register early!
HEALTHY HABITS FOR LIFE SERIES
Presented by:
VNA Community Healthcare

Wednesdays, August 2, 9, 16 & 23
10:30 to 11:30 a.m.
Cost: $5.00 for this series

Join us for the 4 part series:

- Learn ways to improve communication with your Health Care Provider.

- How to improve your health and fitness through diet and exercise.

- Safe, effective ways to manage your medications.

- Practice the “Power of Positive Thinking”.

- Home safety strategies.

Please call the Center, 203-239-5432 by Tuesday, July 25 to reserve your seat in the series.

Sponsored by the Town of North Haven.
Road to Livability:  
An interactive presentation 
that examines 
“What You Have”  
vs.  
“What You Need”  
Friday, August 11, 11:00 a.m.

Presented by Vicki DePaolo of AARP

In this presentation you will learn about what you have vs. what you need when it comes to your HOME, CAR and COMMUNITY. Geared toward the whole family, participants will gain an understanding of the tools and resources available to create a home where you can live in comfort and safety, no matter what stage of life you are in.

Please call the Center, 203-239-5432 by Friday, August 4 to reserve your seat!
Crocheters
The Senior Center is in need of some crocheters! We have a project for our upcoming Holiday Bazaar and looking for people who know how to crochet to help us! We will meet on Thursdays from 10:00 a.m. to 2:00 p.m., so you can drop in any time during those hours or stay the whole day!! Call the Center if you are interested in helping with this special project!

Cookie Walk Table. . .
The Cookie Walk table will be back! The Cookie Walk was so popular last year, we need as many coffee cans as possible, so we don't run short of cans for the cookies. Please begin to save your 1 pound empty coffee cans, preferably washed and clean, and bring them to the Center! As well as coffee cans, we need people to bake 4 dozen of their favorite cookies. Please sign up in the office if you are willing to bake.

Granny's Attic and Jewelry Table . . .
We are looking for your “once loved” items, all in good to excellent condition, for the Granny’s Attic and Jewelry tables for the Holiday Bazaar. Please begin bringing the items in on Friday, September 1 through Tuesday, October 24.
The following items are acceptable donations:
- Housewares: cookware, sauce pans, dishes, serving utensils – please make sure they are clean!
- Appliances (small & portable): can openers, clocks, coffee makers/pots, & crockpots – please make sure they work and they are clean!
- Home goods: lamps, pictures/paintings, mirrors
- Miscellaneous: wicker baskets, children’s toys (no stuffed animals), dolls, board games, seasonal items, i.e. Christmas décor, Easter, Halloween, and collectibles.

The Center does not accept the following:
- Albums/vinyl records
- Knives
- Beddings/linens
- Cameras
- Clothing of any type including: shoes, purses, or coats
- Computers/ printers
- Books, magazines
- Medical equipment
- Plants
- Sewing machines
- Stereo equipment/tape recorders, TV’s, VHS tape players or tapes

Items that are in good working order are the most beneficial for the bazaar. We do not repair broken items, and the disposal of such items takes away from our bazaar. It’s hard to say “no thank you” to a donation however, at times we may have to if the donation does not benefit the goal of raising money for the Center.
CALENDAR OF
MINI TRIPS, LUNCH BUNCH EXCURSIONS
AND SPECIAL LUNCHES AT THE CENTER

Mini Trips

June: Thursday, June 8 – Universal
      Monday, June 19 – New Haven
           Walmart

July: Monday, July 10 – Universal
      Thursday, July 27 – Hamden Mart

August: Thursday, August 10 – Universal
         Monday, August 28 – Wallingford
              Walmart

Lunch Bunch Excursions

Greek Olive: June 14, 21 & 28
            July 5, 19 & 26
            August 9, 16 & 23

Burger King: Monday, June 5

McDonalds: Monday, June 12

Arby's: Monday, June 19

Dino's: Friday, June 23

Wendy's: Monday, June 26

Giulio’s Pizza: Friday, June 30
              (ordering in)

Lenny & Joes: Tuesday, July 11

Hot Dog Mondays

July 10, 17, 24 & 31
August 7, 14 & 28 – no hot dogs on August 21

2017 AARP DRIVER SAFETY PROGRAM

Thursday, June 15, 2017
Thursday, July 20, 2017
Thursday, August 17, 2017

The AARP Smart Driver Course is designed to help participants; learn research-based safety strategies that can reduce the likelihood of having a crash; understand the links among the driver, vehicle, and road environment, and how this awareness encourages safer behavior; learn how aging, medications, alcohol, and other health-related issues affect driving ability, and ways to adjust to allow for these changes; increase confidence; know how to drive safely when sharing the road with other road users; learn the newest safety and advanced features in vehicles; learn when driving may no longer be safe; and explore other ways to travel.
**Paid and Unpaid Classes**

Registration begins four weeks prior to class start date.
If there is availability for non-residents, they may register two weeks prior to class start date.
All checks made payable to: North Haven Senior Citizen unless otherwise noted.
Registration will be taken Monday through Friday from 9:00 a.m. to 2:00 p.m.
A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment as instructors based on payment once the class is filled.

*Sponsorships for paid classes may be available, please see Judy.*

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**COMPUTER CLASSES** – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m. Each new session will run for 5 weeks. Beginner and advanced classes available. Cost: $5.00 resident, $10.00 non-resident.

**OIL PAINTING** – Tuesday, 12:45 to 2:45 p.m. Current session ends: Tuesday, July 25, no class on Tuesday, July 4. New Session: Tuesday, September 5 through Tuesday, November 21. Registration begins on Tuesday, August 1 through Tuesday, August 29 for residents and Tuesday, August 15 through Tuesday, August 29 for non-residents. Cost: $30 for residents and $35 for non-residents. A list of supplies will be given to you prior to the first class. Participants: Min/Max: 12/16.

**SITERCISE** – Monday and Wednesday, 10:30 to 11:30 a.m. New Session: Monday, June 26 through Wednesday, September 13. Registration for this class will begin on Wednesday, May 31 through Wednesday, June 21. No class on Monday, July 3 and Monday, September 4. Sponsored by the VNA Community Healthcare. Sitercise will focus on increasing muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; a specially designed program for those 50 and older who are at risk for falls. Cost: $30 for residents. Maximum participants 15 people. Residents Only! Checks payable to VNA Community Healthcare.

**TAI CHI: FOR ARTHRITIS** - Monday and Thursday, 10:00 to 11:00 a.m. New Session will begin in September. Sponsored by the VNA community Healthcare. Tai Chi is designed to increase balance and stability; helps you stay on your feet; as well as helping to manage arthritis. Checks Payable to VNA Community Healthcare.

**BEGINNER CHAIR YOGA** - Tuesday, 10:00 to 11:30 a.m. New Sessoin begins on Tuesday, June 6 through Tuesday, August 29, 2017 – no class Tuesday, July 4. Cost: $50 residents, $55 non-residents. Register for class today! Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses. Suitable for all and anyone who feels uncomfortable getting up and down from the floor. 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. Participants: Min/Max 8/12.

**GENTLE HATHA YOGA** - Thursday, 1:00 to 2:30 p.m. New session begins on Thursday, June 8 through Thursday, August 24. Register for class today! Cost: $50 residents, $55 non-residents. 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. Participants: Min/Max 8/12.
2017 Day Trip Policies

- Trips are open to all North Haven seniors on a first come first serve basis starting on the collection date. 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 in order to secure your reservation. Checks only please, made payable to North Haven Senior Citizens.

- 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.

- Registrations cannot be taken over the phone. Payment and registration is made in person. However in the event you are unable to make it to the Center, a friend may register you for the trip as long as payment is made. When a friend is registering you for a trip, emergency contact information, name and phone number is required. If you are ill or are away on vacation payment may be mailed to the office only after you have contacted the office to inform them of your situation, mailing in your payment will not guarantee you a spot on the trip. No early pre-registration prior to the scheduled registration for any trips unless noted in the newsletter will be taken. Please do not ask staff to stray away from the guidelines. Registration will be Monday through Friday between the hours of 9:00 a.m. to 2:00 p.m. We kindly ask that you sign up on the registration date so that we do not have to cancel any trips.

- Please make the staff aware of any special seating requests for the bus 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 or if there is a waiting list, 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 the North Haven Senior Center staff member.

- In consideration of members who need the handicap parking spaces during the trip for classes held at the Center, please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.

NEW DATE: Casino: Mohegan Sun – Tuesday, June 27, 2017. Collection date: Began on Friday, April 7, 2017; seats are still available. Cost: $26.00 per resident; $31.00 per non-resident. Departure time at 8:30 a.m. and estimated return time is 4:45 p.m. Minimum of 40 people with a maximum of 50 people.

Annie the Musical at Westchester Broadway Theatre – Wednesday, July 19, 2017. Collection date: Friday, June 2, 2017. Cost: $89.00 per resident; $94.00 per non-resident (includes tip for the bus driver, lunch at WBT and tax and gratuity). Departure time at 9:30 a.m. and estimated return time is 5:00 p.m. Leapin’
Lizards! The irrepressible comic strip heroine takes center stage in one of the world’s best-loved musicals. It’s been 34 years since ANNIE has been produced at the WBT. We are thrilled to bring this funny and heartwarming musical back to the WBT. Based on the popular comic strip by Harold Gray, Annie has become a worldwide phenomenon and was the winner of seven Tony Awards, including Best Musical. The beloved book and score by Tony Award winner, Thomas Meehan, Charles Strouse and Martin Charnin, features some of the greatest musical theatre hits ever written, including “Tomorrow.” Minimum of 30 people and a maximum of 40 people.

Casino: Mohegan Sun – Tuesday, August 29. Collection date: Friday, July 14, 2017. Cost: $26.00 per resident; $31.00 per non-resident. Departure time at 8:30 a.m. and estimated return time is 4:45 p.m. Minimum of 40 people with a maximum of 50 people.

9/11 Memorial Museum and Lunch – Tuesday, September 12. Collection date: Friday, June 23, 2017. Cost: $114.00 per resident; $119.00 for non-resident. Departure from the Center will be 7:30 a.m. with an estimated return time is 5:00 p.m. Upon arrival to New York City you will visit the 9/11 Memorial with a guided tour guide, you will have time to shop at the store and walk around the fountains on your own. After the tour we will go over to have lunch at Mont Blanc 52, with appetizer; soup du jour; swiss onion tart; salad, choice of: Swiss Beef Stew served with noodles; Chicken Marsala; Jaeger Schnitzel; File of Salmon with lemon capers; cheese ravioli with tomato sauce all served with potato and vegetable; dessert to include Viennese apple strudel a la mode coffee or tea. Minimum of 30 people with a maximum of 40 people.

Litchfield by the Rail & Wine Tasting with lunch at Saltwater Grill – Tuesday, October 10. Collection Date: Friday, July 28, 2017. Cost: $98.00 resident; $103.00 non-resident (includes tip for the bus driver, lunch at Saltwater Grill, tour and wine tasting at Haight-Brown Vineyard in Litchfield. We will depart the Center at 8:15 a.m. and arrive at the New England Railroad in Thomaston at 10:00 a.m. for restroom use and light shopping (there are no restrooms on board the train), we will take a scenic route until 11:15 a.m which we will then be back at the station to take a short ride to the Saltwater Grille for lunch (choice of menu; eggplant rollatini, sautéed egg-battered eggplant stuffed with caramelized fennel, shiitake mushrooms & goat cheese with a light tomato pomodoro sauce or chicken breast with whole grain mustard, maple & sage demi glaze served with vegetable and potato du jour or Holland sole, finished with lemon caper cream sauce served with vegetable and potato du jour) first course will be mixed greens, carrots, cucumbers, tomatoes served with house made Vidalia vinaigrette with bread and dessert; housemade chocolate mousse, served with soda, iced tea and coffee, after lunch we will then head over to the Haight-Brown Vineyard for tour and 5 tastings of their wines, we will then depart for North Haven at 3:00 p.m. to return to the Center by 4:00 p.m. Minimum of 30 people with a maximum of 40 people.

Casino: Foxwoods – Tuesday, November 7, 2017. Collection date: Friday, September 22, 2017. Cost: $29.00 per resident; $34.00 per non-resident. Departure time at 8:15 a.m. and estimated return time is 5:30 p.m. Make checks payable: North Haven Senior Citizen.
Trips sponsored by Silver Mill Tours

The following are additional trips being offered by Silver Mill Tours through the North Haven Senior Center. Detailed flyer information is located at the Senior Center on the bulletin board. Each trip has two registration dates and if you would like to attend one of these trips YOU must come on either date to register! The Senior Center will not be taking any reservations for any of the below trips. If you cannot make the registration dates, you can have a friend sign you up! Both resident and non-residents can register on these dates, there is no extra cost for non-residents. This is a first come first serve reservation, no special requests (i.e.; sitting in the front) are accepted, come early to register! All checks must be made payable to Silver Mill Tours and they do accept credit cards. There will not be a Senior Center Staff Member present on any of these trips, all trips are provided by a Tour Guide from Silver Mill Tours. An extensive description of these trips is provided at the Senior Center on the bulletin board in the community room. Pickup for these trips will be at the Devine Street Parking Lot, not the Senior Center. Registration time is 9:30 to 11:30 a.m. at the North Haven Senior Center, 189 Pool Road, North Haven.

- **Newport Flower Show** – Sunday, June 25, 2017; cost: $89 with lunch or $69 on your own. First registration date is Thursday, May 18, 2017 and second registration date is Thursday, June 1, 2017.

- **Broadway Your Way** – Dates and shows vary, please see the flyer on the bulletin board in the community room, they are Wednesday and Saturday Matinees; cost: $199 includes lunch at Buca di Beppo in Time Squares. First registration date is Thursday, June 1, 2017 and second registration date is Thursday, June 15, 2017.

- **Newport Playhouse: Lobsterfest Matinee: Baggage** – Monday, July 31, 2017; cost: $129. First registration date is Thursday, June 15, 2017 and second registration date is Thursday, June 29, 2017. **FILLED**

- **Atlantic City, Summertime** – Wednesday through Friday, August 2 through August 4, 2017; cost: $529 single; $359 double; $339 triple/quad; bus only $125. First registration date is Thursday, June 29, 2017 and second registration date is Thursday, July 13, 2017.

- **New York Yankees Baseball Game vs. Boston Red Sox** – Saturday, August 12, 2017; cost $249 for suit seating or $159 for grandseating. First registration date is Thursday, July 13, 2017 and second registration date is Thursday, July 27, 2017.

- **Bingo Cruise** – Tuesday, August 22, 2017; cost $129 includes a lunch buffet. First registration date is Thursday, July 13, 2017 and second registration date is Thursday, July 27, 2017.

- **Hudson Valley Garlic Festival & Hudson River Foliage Cruise** – Saturday, September 30, 2017; cost $99. First registration date is Thursday, August 24, 2017 and second registration date is Thursday, September 7, 2017.

- **NASCAR Racing at Dover Downs** – Saturday through Sunday, September 30 through October 1, 2017; cost $529 single; $419 double; $415 triple/quad; $287 child sharing with 2 adults. First registration date Thursday, August 24, 2017 and second registration date is Thursday, September 7, 2017.
- **Boston Red Sox at Fenway vs. Houston Astros** – Sunday, October 1, 2017; cost $149 for grandstand seating in section 7. First registration date Thursday, September 7, 2017 and second registration date is Thursday, September 21, 2017.

- **Lancaster, PA: Jonah at the Sight & Sound Theatre** – Saturday through Monday; October 7 through October 9, 2017; cost $569 single; $499 double; $469 triple/quad and $299 child sharing with 2 adults. First registration date Thursday, September 7, 2017 and second registration date is Thursday, September 21, 2017.


- **Washington, DC & Williamsburg** – Thursday through Sunday, October 19 through October 22, 2017; cost $979 single; $759 double; $730 triple/quad and $559 child sharing with 2 adults. First registration date Thursday, September 7, 2017 and second registration date is Thursday, September 21, 2017.

- **Salem, MA: Haunted Happenings** - Saturday, October 21, 2017; cost $79 with salem witch museum; $83 with “Cry Innocent”; $93 for both attractions. First registration date Thursday, September 21, 2017 and second registration date is Thursday, October 5, 2017.

- **Kittery, Maine: Holiday Shopping & Lobster Bake at Foster’s** – Saturday, November 11, 2017; cost $115 with lobsterbake; $75 without lobsterbake. First registration date Thursday, September 21, 2017 and second registration date is Thursday, October 5, 2017.

- **2017 Christmas Spectacular At Radio City Music Hall** – Sunday, November 19, 2017; cost $175 with lunch at Carmine’s. First registration date Thursday, September 21, 2017 and second registration date is Thursday, October 5, 2017.
<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></td>
<td>1</td>
<td></td>
<td>½ cup Spaghetti</td>
<td>Game Day</td>
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<td>½ cup Meat sauce</td>
<td>Light lunch served</td>
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<td>½ cup fresh zucchini</td>
<td>Lunch only:</td>
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<td>1 slice Garlic Bread</td>
<td>Cost: $3.00</td>
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<td>1 tsp margarine</td>
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<td>4 oz pineapple juice</td>
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<td>½ cup Fruited Jello</td>
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<td>8 oz low fat milk</td>
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<tr>
<td>Out To Lunch:</td>
<td>Out To Lunch:</td>
<td>Off to Greek Olive,</td>
<td>3 oz Hamburger on</td>
<td>Chef Salad</td>
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<tr>
<td>Burger King</td>
<td>McDonalds</td>
<td>On Your Own</td>
<td>Wheat Bun</td>
<td>Drink</td>
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<tr>
<td>Payment is on your own, transportation is available by the Senior Bus!</td>
<td>Payment is on your own, transportation is available by the Senior Bus!</td>
<td>Please see the office if you need to fill out a form 5!</td>
<td>Ketchup,</td>
<td>Dessert</td>
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<tr>
<td></td>
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<td>Transportation provided by our bus</td>
<td>½ cup Lettuce, &amp; Tomato &amp; pickle</td>
<td>Cost: $5.00</td>
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<td></td>
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<td>Minimum 10 people must sign up to go</td>
<td>½ cup Potato Salad</td>
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<td>½ cup peaches</td>
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<td>8 oz low fat milk</td>
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<tr>
<td>Out To Lunch:</td>
<td>Out To Lunch:</td>
<td>Off to Greek Olive,</td>
<td>3 oz Stuffed Salmon with</td>
<td>Father’s Day Picnic</td>
</tr>
<tr>
<td>Arby’s</td>
<td>Dino’s Seafood</td>
<td>On Your Own</td>
<td>Lemon Sauce</td>
<td>See the newsletter for more information!</td>
</tr>
<tr>
<td>Payment is on your own, transportation is available by the Senior Bus!</td>
<td>Payment is on your own, transportation is available by the Senior Bus!</td>
<td>Please see the office if you need to fill out a form 5!</td>
<td>½ cup Mashed butternut Squash</td>
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<td>Transportation provided by our bus</td>
<td>½ cup succotash</td>
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<td>Minimum 10 people must sign up to go</td>
<td>1 slice Enriched bread</td>
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<td>1 tsp margarine</td>
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<td></td>
<td>½ cup apple crisp</td>
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<td>8 oz low fat milk</td>
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<tr>
<td>Out To Lunch:</td>
<td>Out To Lunch:</td>
<td>Off to Greek Olive,</td>
<td>3 oz Spinach Frittata</td>
<td>Let’s Order Pizza!</td>
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<tr>
<td>Wendys</td>
<td>Giulio’s</td>
<td>On Your Own</td>
<td>½ cup Zucchini &amp; Tomatoes</td>
<td>from Giulio’s to be delivered to us!</td>
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<tr>
<td>Payment is on your own, transportation is available by the Senior Bus!</td>
<td>Pizza</td>
<td>Please see the office if you need to fill out a form 5!</td>
<td>½ cup carrots</td>
<td>Drink</td>
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<td>Transportation provided by our bus</td>
<td>1 tsp margarine</td>
<td>Dessert</td>
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<td>Minimum 10 people must sign up to go</td>
<td>½ cup melon</td>
<td>Cost: $5.00</td>
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<td>8 oz Low Fat Milk</td>
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MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk, 1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt
## Lifebridge Community Services “CHOICE” MENU
### Nutrition for Mind, Body and Spirit
### June 2017

<table>
<thead>
<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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**Monday**

- ¾ c. Roasted Cauliflower Soup/LS Crackers
- 2 oz Thin Sliced Medium Roast Beef & 1 oz Sliced Cheese W/Onions & Tomato on Kaiser Roll
- 1 tsp Mayo/ Mustard
- 1/2c Potato Salad
- 4 oz pineapple juice
- ½ cup Fruited Jello
- 8 oz low fat milk

**Tuesday**

- 6oz Lentil soup
- 1 pkt LS crackers
- New York Hero – Smoked Turkey, Ham & Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce
- ½ c. Tomato Cucumber Salad
- ½ cup pineapple
- ½ cup Ice Cream
- 8 oz low fat milk

**Wednesday**

- 6 oz Cream of zucchini soup
- 1 pkt crackers
- ¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons
- 1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers
- ½ c. Beet Salad
- 1/2c peaches
- 8 oz LF Milk

**Thursday**

- 6 oz Butternut Squash Soup
- 1 pkt crackers
- 1 oz Egg Salad Sandwich on Croissant
- 1 tsp margarine
- ½ cup Tossed Salad with Cucumber & Vinaigrette Dressing
- ½ cup Three Bean Salad
- 1 Dinner roll
- 1 tsp margarine
- 1/2c melon
- 8oz Low Fat Milk

**Friday**

- Father’s Day Special
- Veal Roulade with Gravy
- Baked Potatoe with Sour Cream
- Hered peas and onions
- Garlic dinner roll
- Holiday Cake

**Monday**

- 2 oz. Fresh Roast LS Turkey & 1 oz. LS Cheese W/Lettuce & Tomato on 6” Whole Wheat Wrap
- 1/2c Potato Salad
- ½ cup apple crisp
- 8 oz Low Fat Milk

**Tuesday**

- 6 oz. LS Beef Broth W/Vegetables & Orzo/LS Crackers
- 1/2c Egg Salad on Multigrain Bread
- 1/2c Coleslaw
- ½ cup applesauce
- 8oz LF Milk

**Wednesday**

- 3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce
- 1/2c Carrot Raisin Salad
- 1/2c Tomato & Cucumber Salad
- 4 oz Apple Juice
- ½ cup Rice Pudding
- 8 oz Low Fat Milk

**Thursday**

- Father’s Day Special
- 1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll
- 1c. Tossed Salad W/LS Dressing
- 1/2c Chickpea Salad W/Onion, Green Pepper & Garlic
- 4 oz Orange Juice
- 1 slice carrot cake
- 8 oz low fat milk

**Friday**

- Happy Birthday
- 1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll
- 1c. Tossed Salad W/LS Dressing