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, Thursday and Friday
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
email: amarone.judy@town.north-haven.ct.us
Secretary: Maggie Maiden
Transportation: Keith Baedor and Richard Kaman
Café Manager: Arlene Herzog
**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.

**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)

**No Mini Trips in the Month of September**

**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)

- Hairdressers, Barbers and Nail Salons

**Fridays:** (time frame for grocery shopping will be an hour and half from time of drop off)

- Grocery Shopping

**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 – September 4; October 9; November 10 and 23; and December 1 and 25, 2017.

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.
Desk of Judy,

It’s already September and that time of year again where we prepare for the upcoming Hurricane season as well as snow storms. Research tells us that when people are prepared for an emergency recovery from an event is faster and life can be preserved.

According to the Federal Emergency Management Agency only about 39% of people have an emergency plan. How about you? Are you prepared for the natural disasters that target us just by living in CT?

Plan on attending a presentation given by Quinnipiac Valley Health on Thursday September 28, 10:30 a.m. as we prepare for what Mother Nature has in store for us in CT. Refreshments will be served, please call 203-239-5432 to reserve your seat.

As well as being prepared for the upcoming weather conditions it is time to be prepared to volunteer for your upcoming Holiday Fair. For 45 years your Center has held this wonderful event where members come together and raise funds for your Center. If you are interested and want to ensure that tradition continues with bringing the community together to showcase your wares, baked goods and donated treasures, then please join me on Thursday September 14 at 10am in the community room. To date, a beautiful handmade afghan, several outstanding raffle baskets and gently used treasures have been donated. The Crafters and Ceramic groups have been making beautiful items to be sold and our cookie list is growing. There is so much to do and many more volunteers are needed. Looking forward to seeing you at the meeting.

Happy Autumn!
### September’s Special Events

| Presentation Sponsored by: VNA Community Healthcare | StoryTeller  
**Kate Allen Smith**  
Tuesday, September 19  
10:30 a.m. |
|-----------------------------------------------------|-----------------------------------------------------
| **Fight the Flu and Pneumonia Too**  
**Tuesday, September 12**  
10:30 a.m.  
**Get the facts about the shingles, flu and pneumonia vaccines**  
**Learn how vaccines work**  
**Find out where to get the vaccines** | Come join our amazing storyteller Kate, and enjoy  
an hour of great conversation and remarkable stories!  
Due to her large following it is suggested to reserve your seat by Friday, September 15 by calling the Center.  
203-239-5432 |
| Please call the Center, 203-239-5432 to reserve your seat | |
| **Ask An Attorney  
from Farrell & Grochowski, PC**  
Thursday, September 21  
1:00 p.m. to 2:30 p.m. | **Movie**  
**Thursday, September 21**  
1:30 p.m.  
**Movie: Hidden Figures**  
Starring: Taraji P. Henson, Octavia Spencer, Janelle Monae, Kevin Costner, Kirsten Dunst and Jim Parsons  
**FREE MOVIE & POPCORN** |
| 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! | The incredible untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson – brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit; a stunning achievement that restored the nation’s confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big! |
| Call today to make your appointment by Friday, September 15, 203-239-5432 | |
We are still looking for Volunteers to bake for our Holiday Fair Cookie Walk

Please call the Center at 203-239-5432
If you are willing to bake 4 dozen cookies and let us know what kind

Finance Meeting will be held on September 20, 11:30 am at the Center. If you have an interest in volunteering on the committee this is your opportunity to join. Whereas this is a volunteer group it serves as an essential part of your Center deciding on Where and How Funds Raised and how they are expended.

Holiday Fair Meeting will take place on Thursday September 14 at 10am
Please join us as we plan for the Centers’ Largest Fundraiser.

Tuesday, September 26 at 10am Autumn Cupcake Decorating will be Presented and Sponsored by CT In-Home Assistance. This is a free fun event where you not only learn how to decorate Autumn themed cupcakes you get to take them home as well. Please call by September 25 to register!
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.

Save the Dates . . .

Pumkin Decorating Friday October 13, 2:30 p.m. - Free event please sign up in the office by October 11. Register in person or by calling the Center 203-239-5432.

Movie: Thursday, October 19, 1:30 p.m. − Movie: A Dog’s Purpose Starring: Dennis Quaid, Britt Robertson, Josh Gad, KJ Apa, Juliet Rylance, John Ortiz, Kirby Howell-Baptiste and Peggy Lipton. The movie shares the soulful and surprising story of one devoted dog who finds the meaning of his own existence through the lives of the human he teaches to laugh and love. FREE

Welcome to the Senior Center, Tuesday, October 24, 9:30 a.m. − Come join Gloria, our Tour Guide, to learn the ins and outs of the Senior Center; what to do if you would like to order lunch, how to sign up for trips and classes and meet the staff. Please call the Center, 203-239-5432 by Friday, October 20 to reserve your spot. Resident’s only!

FREE Hearing Screening Tests, Wednesday, October 25, 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 Friday, October 20, 203-239-5432.

Flu Clinic, Thursday, October 26, 10 a.m. to 12:00 noon – sponsored by the VNA Community Healthcare, just drop in and receive your flu shot.
**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.  Session: September 5 through October 3.  Call now to sign up for the next available session.

**OIL PAINTING** – Tuesday, 12:45 to 2:45 p.m.  Session: Tuesday, September 12 through Tuesday, November 28.  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.  Current session ends: Wednesday, September 13.  New session begins: Monday, September 18 through Wednesday, December 21.  No class on Monday, October 9.  Sponsored by the VNA Community Healthcare.  Sitecise 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, $35 for non-residents.  Maximum participants 15 people.  Checks payable to VNA Community Healthcare.

**ADVANCED TAI CHI** – Thursday’s only, 10:00 to 11:00 a.m.  Session: Thursday, September 14 through Thursday, December 14, no class on Thursday, November 23.  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.  Cost: $15 for residents, $20 for non-residents.  Maximum participants 15 people.  Checks payable to VNA Community Healthcare.  There are still openings for this Class, please call the Center at 203-239-5432.

**BEGINNER TAI CHI** – Monday’s only, 10:00 to 11:00 a.m.  Session: Monday, September 18 through Monday, December 18.  No class Monday, October 9.  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.  Cost: $15 for residents, $20 for non-residents.  Maximum participants 15 people.  Maximum participants 15 people.  Checks payable to VNA Community Healthcare.  There are still openings for this Class, please call the Center at 203-239-5432.

**BEGINNER CHAIR YOGA** - Tuesday, 10:30 to 11:45 a.m.  Session: Tuesday, September 5 through Tuesday, November 21, 2017.  Cost: $50 residents, $55 non-residents.  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 2:15 p.m  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.
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. The Senior Center will not be taking any reservations or payment for any of the below trips. If you cannot make it in to register, you can have a friend sign you up! Both resident and non-residents can register at the same time, 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. Please call Rose Lagasse at 203-235-2668 for Registration dates.


- 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.

- Boston Red Sox at Fenway vs. Houston Astros – Sunday, October 1, 2017; cost $149 for grandstand seating in section 7.

- 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.


- 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.

- Salem, MA: Haunted Happenings - Saturday, October 21, 2017; cost $79 with salem witch museum; $83 with “Cry Innocent”; $93 for both attractions.

- Kittery, Maine: Holiday Shopping & Lobster Bake at Foster’s – Saturday, November 11, 2017; cost $115 with lobsterbake; $75 without lobsterbake.

- 2017 Christmas Spectacular At Radio City Music Hall – Sunday, November 19, 2017; cost $175 with lunch at Carmine’s.