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.

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)
Mini Trips:
Monday, January 29, 2018 – 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)
- Hairdressers, Barbers and Nail Salons
  No Hairdresser, Barber, and Nail Salon on

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.

The Center will be closed on January 1, 15; February 12, 19; March 30; May 28; July 4; September 3; October 8; November 12, 22; December 7, 25.

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.

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.

The hours of medical transports to doctors will be limited. Appointments for medicals will begin no earlier than 9 am and you must be ready to go home by 12 noon. There may be times where you have to wait or go early since we are doing our best to serve your needs.
From the Desk of Judy,

Life is like a book.
Some chapters are sad, some happy, and some exciting.
But if you never turn the page, you will never know what the chapter holds.

Wishing you the best chapter yet
In this coming New Year!

Happy New Year wishes from the staff,
Judy, Keith, Maggie, and Richard

Congratulations to Jo-Ann Robinson-Gorman for being the winner of the Ugly Sweater Contest. She was the lucky winner of a $10 gift card to Stop & Shop.

In observance of Martin Luther King Jr. Day the Center will be closed on January 15. However, in his honor of giving freely to mankind, the Center will once again hold a new sock drive for the homeless Centers. We will take down the ornaments and fill the tree with warm socks for those in need. The collection will begin on January 2 and continue throughout the month. Invite your family and friends to participate in our month of giving.

It’s time to dress up the Curio Cabinets…if you have a hobby or a collection that you would like to share please inform the office that you would like to display them in the curio cabinets. To date we have had collections of clowns, nutcrackers, antique irons and toys, and photo’s. Each collection tells a story and all who have displayed in the cabinets has had an opportunity to tell the story of how they started collecting. Does anyone have a baseball hat collection, teacup collection or even a shell collection? We all collect something, what do you collect?
January Special Events...

Computer Class

New Session begins on January 2, 2018
Call the Center to reserve your seat for the next session.
203-239-5432
4 week session

Residents Free
Non Residents $5

Senior Songsters will not be singing on Tuesday, January 2, 2017 and will recommence on January 9, 2018. New members always welcome to join, no experience needed 😊

If you would like to serve on the following Committees, please plan on attending the following meetings:

Thursday, January 11- Movie Committee - will meet at 10am in the Community Room

Tuesday, January 16- Pinochle/Scrabble/Mah Jongg Committee - will meet at 10am in the Community Room

Thursday, January 18-Trip Committee - will meet at 10am in the Community Room

Tuesday, January 23- Craft Committee - will meet at 10am in the Craft Room

Wednesday, January 24- Finance Committee - will meet at 9am in the Ceramic Room

Thursday, January 25- Make it Take it Committee - will meet at 10am in the Craft Room

Tuesday, January 30- Program Support Committee - will meet at 10 am in the Community Room

Your input is an important part of the Center, as well as your talents. All ideas are welcome and we look forward to a great 2018.
Free and Open to All Residents
Ask the Nurse
Wednesday, January 10 and 24
12 noon-1:30pm - No appointment necessary

Thursday, January 18, 10 am- Proper Nutrition is the Key for a Healthy Life! Come join Marisa our friendly Dietician form the Wallingford Shop Rite and learn how to make a Yogurt Parfait that tastes delicious and is good for you. Not only will you learn how to make a delicious parfait you will get one to eat as well. Last day to register is January 16th, stop by in person or call the Center 203-239-5432.

Monday, January 22, 10:30am- Free Tai Chi (TIE-CHEE) Demonstration

If you are wondering “Can I do Tai Chi?” The answer is Yes!
Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

Are you looking for a way to reduce stress? If the answer is yes another reason Tai Chi is for You! Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Tai Chi is often described as meditation in motion. Tai Chi promotes serenity through gentle, flowing movements.

We are excited our demonstration will be presented by Bill Banick. Mr. Banick teaches Tai Chi at the Hamden and Woodbridge Senior Centers, and has a large following. For members who have never taken Tai Chi this is a chance to observe, and for members who have taken classes before you have an opportunity to participate continuing with the momentum of the art of Tai Chi.

Due to the anticipation of a large attendance registration begins on January 2nd - January 19th Open to Residents and Non Residents. Sign up in person or by phone 203-239-5432.
In getting ready for the 52nd Super Bowl this month’s movie feature will be “The Blind Side” starring Sandra Bullock, Tim McGraw and Quinton Aaron. The heart wrenching story of a teenager, Michael (Quinton Aaron), who was basically raised on the streets with his drug addict mom, until invited into the Tuohy family (Sandra Bullock and Tim McGraw) where he slept in a bed for the first time. With support of the Tuohy family, Michael’s grades improved, he graduated high school and attended the University of Mississippi.

Super bowl snacks will be served, chili, cornbread, and dessert.
Registration begins on January 2\textsuperscript{nd} - January 19\textsuperscript{th}

**Movie Time:** 1:30 pm  
**Light Dinner:** 3:30 pm  
**Cost:** $6 per person  
**Checks Payable to “Treasurer Town of North Haven”**

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**Friday, January 26, 10am- Re-Gifting Auction** Come one come all to the Centers’ Annual Re Gifting Auction. Our auction is a favorite for all and as in the past it will be a fun filled morning. If you have never attended, or are new to the Center, don’t miss out on the fun. Donations of new and gently used Knick knacks, jewelry, household items are accepted. This is not a tag sale but a competitive auction among the members. Above all it is a way to re-gift a treasure and take part in the fun. All proceeds support your Center. Come one Come All! Snow date will be Tuesday, January 30 at 12:30 pm.
Mini Trip
Wallingford Walmart
Monday, January 29th

All interested members who drive are asked to meet at the Center by 9:30 am.
Reserve your space no later than January 22nd

Upcoming in February…

Thursday, February 1 thru February 27- Wall of Love…Bring in pictures of your loved ones with you in the picture from years past. This can be a picture of your spouse, parent/s, sibling, friend or pet. We will hang them on the wall and we will guess who is who on Wednesday, February 28th so start digging through those old photos’s now to ensure you can participate in the Wall of Love!

Thursday, 10am-February 1- Sending Valentine’s to our Veterans, sign up now so that we will be prepared to have enough cards for everyone. Last day to sign up is January 29th

Friday, 10am-February 9- Taste of New Orleans…Mardi Gras fun with a bread pudding demonstration. The delicious dessert of the season will be available to purchase ($2.00 per bowl) Sign up begins January 19 thru February 2. This is a favorite of the Center, sign up now to ensure your seat at the demonstration.
Wednesday, 12:30 pm - February 14 - Valentine Bingo... instead of winning on the word BINGO we will be winning with the word HEART. Hot popcorn will be served with hot chocolate to all in attendance. Cards are .75 each. Please know the office does not have funds to make change for Bingo, please plan accordingly.

For your donations...
Delia Countey, Mary Anne Anderson

Your kindness and support is a true measure of community spirit

to our new members Lucille Hines, Brett Horn, Lynn Lassman

Do you have an hour or two to assist with wrapping utensils, assist with clean up, and occasionally serve the food for the meal program at the Center?

Whereas there is no monetary reward, there is reward of giving time to your community.

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: Treasurer Town of North Haven, 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 are based on payment once the class is filled.

CERAMICS CLASSES – Tuesday and Thursday, 9-11am. Free and fun for all.
COMPUTER CLASSES – Tuesday, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m.
Session: Call now to sign up for the next available session.
OIL PAINTING – Tuesday, 12:45 to 2:45 p.m. **Paint on your own with peer support.**

SITERCISE – Monday and Wednesday, 10:30 to 11:30 a.m. **New session:** Monday, January 8 thru Wednesday, March 28, 2018. 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.** *Checks payable to VNA Community Healthcare.*

BEGINNER CHAIR YOGA - Tuesday, 10:30 to 11:45 a.m. **Session ends:** Tuesday, February 13, 2018. **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. **Registration for the next session will begin:** Residents: Tuesday, January 23 and Non-residents: Tuesday, February 6, 2018

GENTLE HATHA YOGA - Thursday, 1:00 to 2:15 p.m. **Session ends:** Thursday, March 1, 2018. **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. **Registration for the next session will begin:** Residents: Thursday, February 8 and Non-residents: Thursday, February 22, 2018

Don’t forget, in the event there is in climate weather please tune in to your local television stations. If school is closed there is no transportation and the Center will remain open unless it is deemed by the Town that we will be closed, which will also be posted on your local television stations. In the event schools have a delay in opening, transportation will be delayed for the number of hours that schools are delayed.

In the event transportation is running full service and you are scheduled for a ride please be sure your walkways, as well as your driveways, are clean of ice/snow. Drivers will not stop if your walkway is deemed unsafe, they will radio the office, and staff will give you a call. Please help us to keep you safe. If you have any questions please feel free to contact the office. Thank you in advance.
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<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>1 Closed</td>
<td>2 3 Greek Olive</td>
<td>4 5 6 Greek Olive</td>
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<td>10 Closed</td>
<td>11 12 Greek Olive</td>
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**Transportation Available**
Bus Departs 10:45 a.m.

**Minimum Portions Served at Each Meal:**
- 1 C Milk: 1% or equivalent; 1 C Vegetable and Fruit equivalent; 3 oz. Protein; 1 Fat 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**

**Jan 2018**

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<thead>
<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
|        | 6 oz Butternut Squash Soup  
1 pkt crackers  
3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce  
½ cup Beet Salad  
Fresh fruit  
8oz. lowfat milk | 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  
½ cup Mandarin oranges  
8oz Low Fat Milk | | |
| 8      | 9       | 10        | 11       | 12     |
|        | 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 Mandarin oranges  
8oz Low Fat Milk | 6 oz Minestrone 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  
1/2cup peaches  
8oz Low Fat Milk | | |
| 15     | 16      | 17        | 18       | 19     |
|        | Happy Birthday  
6 oz Tomato Basil Soup  
1 pkt LS crackers  
Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese & 1 Hard Cooked Egg, LS DRESSING  
1 Small Whole Wheat Roll  
½ Tomato, Cucumber, Onion, Basil Salad  
Carrot Cake  
4oz. orange juice  
8oz Low Fat Milk | | | |
| 22     | 23      | 24        | 25       | 26     |
|        | 6 oz Vegetable Soup  
3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce  
1/2c Carrot Raisin Salad  
1/2c Tomato & Cucumber Salad  
1 tsp Margarine  
1/2c tropical fruit  
8oz Low Fat Milk | 6 oz Sweet Potato Coconut Soup  
2 oz. Fresh Roast LS Turkey & 1 oz. LS Cheese W/Lettuce & Tomato on 6 “ Whole Wheat Wrap  
1/2c Potato Salad  
1/2c Grape Juice  
½ cup baked apple slices  
8 oz low fat milk | | |
| 29     | 30      |           |          |        |
|        | 6oz Italian Wedding 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 slice pound cake  
4 oz mixed fruit juice  
8oz Low Fat Milk | | | |

**MINIMUM PORTIONS SERVED AT EACH MEAL:** All non-citrus juices are Vit C fortified

1c Milk – 1% or equivalent  
1c Vegetable and Fruit or equivalent  
3 oz. Protein  
1 pat Margarine  
2 Bread servings or equivalent (enriched or whole grain)  
All rolls are seedless; All white rice is enriched  
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt
MONTHLY ACTIVITIES

Mondays:
9:00:  Line Dancing
9:15:  Fitness Fun
10:00:  Canasta
10:00:  Beg Tai Chi
10:30:  Sitercise
12:30:  Bingo
  1:00:  Pinochle

Tuesdays:
9:00:  Ceramics
9:00:  Beg/Int Computer Class
10:00:  Chair Yoga
12:30:  Mah Jongg
12:45:  Oil Painting
   1:15:  Senior Songsters

Wednesdays:
9:00:  Line Dancing
9:30:  Fitness Fun
10:30:  Sitercise
12:00:  Mah Jongg; Intermediate Bridge
12:30:  Bingo

Thursdays:
9:00:  Ceramics; Pinochle
10:00:  Advanced Tai Chi
10:00:  Crafts
12:30:  Canasta
  1:00:  Gentle Hatha Yoga

Fridays:
9:30:  Fitness Fun; Scrabble
12:00:  Intermediate Bridge
12:30:  Bingo; Setback; Pinochle
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<tr>
<td>CENTER</td>
<td>CLOSED</td>
<td>Happy New</td>
<td>Year 2018</td>
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<td>12:00 p.m.</td>
<td>10:00 a.m.</td>
<td>Health Guidance</td>
<td>Movie Committee</td>
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<td>Clinic</td>
<td>Meeting</td>
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<tr>
<td>CENTER</td>
<td>10:00 a.m.</td>
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<td>AARP Driver Safety</td>
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<td>CLOSED</td>
<td>Pinochle/Scrabble</td>
<td>Mah Jongg</td>
<td>10:00 a.m.</td>
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<td>Martin Luther</td>
<td>Committee Meeting</td>
<td>Trip Committee</td>
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<td>King Day</td>
<td>10:30 a.m.</td>
<td>Meeting</td>
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<td>Storyteller:</td>
<td>10:00 a.m.</td>
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<td>Kate Allen Smith</td>
<td>Shop Rite Dietician</td>
<td>Yogurt Parfait Bar</td>
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<td>9:00 a.m.</td>
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<td>10:30 a.m.</td>
<td>Finance Committee</td>
<td>Make It Take It</td>
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<td>10:30 a.m.</td>
<td>10:00 a.m.</td>
<td>Free Tai Chi</td>
<td>Craft Committee</td>
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<td>Demonstration</td>
<td>Meeting</td>
<td>Committee Meeting</td>
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<td>12:00 p.m.</td>
<td>Dinner and Movie</td>
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<td>Health Guidance</td>
<td>1:30-“The Blind Side”</td>
<td>3:30-Light Dinner</td>
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<tr>
<td>9:30-Mini Trip:</td>
<td>10:00 a.m.</td>
<td>Wallingford</td>
<td>Program Support</td>
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<td>Walmart</td>
<td>Committee Meeting</td>
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