Senior Happenings
MARCH 2018

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.

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, 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.

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 a half from time of drop off)
Mini Trips: Universal Drive, North Haven
Monday, March 19, 2018

Tuesdays: (time frame for grocery shopping will be an hour and a 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 a half from time of drop off)
- Hairdressers, Barbers and Nail Salons

Fridays: (time frame for grocery shopping will be an hour and a 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. May 21 and December 10 – No Medicals
From the Desk of Judy,

March 19 -25 is National Poison Prevention Week and with so many of us spending time with our grandchildren and great grandchildren I thought it was a great way to remind all of us tips/reminders regarding medications.

Did you know approximately 60,000 young children end up in emergency rooms each year because they got into medicines while an adult wasn’t looking? These emergency visits can be prevented by always putting every medicine up and away and out of children’s reach and sight every time you use it. We all take medications and vitamins to feel well and to stay well. However, any medication, including those you buy without a prescription, can cause harm if taken in the wrong way or by the wrong person. Practicing safe medication storage, while at home and when on-the-go, can help keep children safe. Put medicines up and away and out of children’s reach and sight.

- Children are curious and put all sorts of things in their mouths. Even if you turn your back for less than a minute, they can quickly get into things that could hurt them.
- Pick a storage place in your home that children cannot reach or see. Different families will have different places. Walk around your house and decide on the safest place to keep your medicines and vitamins. Put medicines up and away and out of children’s reach and sight.

Always relock the cap on a medicine bottle. Put medicines away every time. This includes medicines and vitamins you use every day. Never leave medicine out on a kitchen counter or at a sick child’s bedside, even if you have to give it again in a few hours. Make sure the safety cap is locked.

- Always relock the cap on a medicine bottle. If the bottle has a locking cap that turns, twist it until you hear the click or cannot twist anymore.
- Remember, even though many medicines have safety caps, children may be able to open them. Every medicine must be stored up and away and out of children’s reach and sight.
- Never tell little ones medicine is candy to get them to take it, even if they don’t like to take their medicine.
- Always keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.

Be prepared in case of an emergency.

- Call your poison control center at 800.222.1222 right away if you think your little one might have gotten into a medicine or vitamin, even if you are not completely sure.

For more information stop by the office for pamphlets regarding keeping our little ones safe while in our care or when we visit at their homes.
March Special Events....

**Friday, March 2, First Collection Day for “The Edwards Twins”**

*9-11am in the office.*

The world famous Edward Twins, the Number One impersonation act in the world. Their vocals and looks will amaze you. You will think you are seeing and hearing the real superstar’s right before your very eyes. From Barbara Streisand, Sonny and Cher, Andre Bocelli, Bette Midler, Johnny Mathis, Perry Como, Ray Charles, Stevie Wonder, Neil Diamond and more, all in one show.

**Location: Aqua Turf**
**Time: 11:30am**
**Date: Monday, May 21, 2018**
**Cost: $78 Residents and Non residents**
**Transportation Provided to Residents from the Center**
**Non-Residents Drive on Your Own**

Coffee and Donuts on Arrival. Family style menu: Garden Salad, Pasta, Chicken ala Kathryn and Broiled Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert and Beverage.

*Non-Residents sign up is on March 2 as well 😊*

**Checks Payable to:**
**Treasurer Town of North Haven**

**Friday, March 9, Second Collection for “The Edward Twins” 11am-1pm in the office.**
Please see above for the details.

March 7 is the Birthday of Monopoly, and the Center will be celebrating by playing the game at 9am. Monopoly has been around for 83 years and has been played by more than one billion people. Refreshements will be served and a prize for the winner/s will be awarded.

Sign up in the office no later than Monday, March 5.

“Spring forward, fall back.”

**Daylight Saving Time Begins on Sunday, March 11**
Also on March 11 is **Check your Batteries Day**. This day was created to raise awareness of the importance of testing and having working batteries in household appliances like smoke detectors and carbon monoxide detectors. As we know these devices help to warn you of a potentially life threatening situation, giving you vital time to get yourself and your family to safety. However, it's important they are tested (usually you can do this by pushing a button) regularly to ensure they're working correctly. Check Your Batteries Day is a reminder to do just that.

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**Computer Class with Pat**

New Session begins on March 13, 2018
Call the Center to reserve your seat for the next session.
203-239-5432
4 week session
Residents Free Non Residents $5

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**Ask the Nurse**
VNA Community Healthcare Clinics are held on the Second and Fourth Wednesday of the Month. Services at the Clinic include blood pressure, heart rate, weight and setting health goals, medication reviews and lists, and medical appointment preparation. Appointments are not required. This free service is sponsored by the Town of North Haven
This month Clinics will be held on:
Wednesday, March 14 and March 28
12 noon-1:30pm No appointment necessary
**Thursday, March 15, AARP Driving Refresher Course- 8:30am - 12:30pm**  Cost $15 for AARP Members and $20 for Non AARP Members. Checks only payable to: AARP
Call the Center to register, 203-239-5432. This is open to residents and nonresidents alike.

**Thursday, March 15, Make and Take Easter Wreath** – Thursday, March 15, 10 am
Cost: $5.00 which includes all supplies/$10 for a finished wreath. Sign up in the office today! Last day to sign up is March 8. If you would like to see the wreath in person, it is on display at the Center. Make one for you and one for a gift 😊

**Friday, March 16 Spring Cupcake Decorating with Kim, sponsored by Connecticut In-Home Assistance, LLC. - 10:30 am.**  Our friend Kim is back to teach us how to make a box mix cupcake into a store bought product. As well as learning how to decorate cupcakes, you will be making your own to take home.  All supplies will be provided.  RSVP by March 13.
Mini Trip to Universal Drive Monday, March 19, 2018

All interested members who drive are asked to meet at the Center by 9:30 am.
Reserve your space no later than March 12, 2018 by calling the office; 203-239-5432

Tuesday, March 20- Make and Take Spring Shawl*. Fran Bartlett will be leading March’s Make It Take It class. All supplies can be purchased at Walmart, Michaels, or JoAnn Fabrics. The shawl is on display and the supply list is noted in this month’s newsletter. Sign up in the office by March 16.
*Please note this project is for those that know how to knit. Knitting will not be taught.

However, if you would like to learn how to knit/crochet, let the office know and we will form a class at no cost. P.S. The displayed example of the shawl will be raffled off on the day of the Spring Fair. Get your tickets in the office. $1 per ticket  $2 for 3 tickets

Thursday, March 22- Departure for Chorus Line from the Center. Departure 8:30am ( Please arrive by 8:15am and Expected Return time is 5:30pm  If you haven’t received your confirmation letter with Emergency Medical Card in the mail, please contact the office. All travelers are expected to bring their emergency medical card with them on the day of the trip. As a courtesy it is asked that you leave the parking spaces closest to the building for members who will be visiting the Center on the day you are enjoying your trip away from the Center.
Friday, March 23, Spring Fling Craft and Bake Fair, Fried Dough too! Back by popular demand there will be a Spring Fundraiser. The day will begin with selling handmade candy, ceramics, crafts and baked goods from 10am - 2pm. Fried Dough will be served from 11:00 am - 12:30 pm (Sign up in the office by March 16 to ensure you have fried dough saved for you. Cost: $5 includes pizza and a beverage)

**In preparing for our Spring Fundraiser the following Baked Goods Are Needed:**

Cupcakes, brownies, and muffins  
Please drop off the baked goods on March 21 or 22; 9am-2pm  
If you would like to help with the Spring Fling Craft and Bake Fair please inform the office.  
Many hands make light work 😊

Come for the fair, support your Center and stay for Bingo!

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Tuesday, March 27, Music and Lunch, 11:30am- I am excited to announce that the North Haven Senior Center once again was chosen to participate in the Music Fest program sponsored by the National Council of Aging. What this means to our Center is we have the pleasure of having Professional Musicians play for us at No Cost 😊 Our first performance for 2018 will be an Oboe Performance. The performance will be played during the lunch hour and a special dessert will be served to all at lunch and in the audience. If you plan on having lunch please sign up with Arlene our café manager by Tuesday, March 20 between the hours of 9-11:30 am
Friday, March 30, in observance of Good Friday the Center will be closed. All activities are cancelled. For our weekly grocery shoppers the Center will provide this service on Thursday, March 29. Please call the Center to reserve your ride, 203-239-5432

Happy Passover!

For your donations…
Heidi Steinle, Betty Ferrara, Marie Ann Barnhart, Pat&Matt Uscilla, Carole Labagnara, and Linda Odaynik

Your kindness and support is a true measure of community spirit 😊

To our new members:
Irma Armstrong, Charles Curello, and Diana Cruz

Upcoming in April…

April 5- Bocce Meeting 10am
April 18- Mini Health Fair and Luncheon
April 23- Volunteer Luncheon for Our Senior Center Volunteers
April 24- Entertainment in Honor of National Volunteer Week
Dear Senior Center Volunteer,

You are cordially invited to attend the 2018 Volunteer Luncheon held in your honor for your service to the Senior Center on April 23, 2018

Place: Giulio’s

Address: 126 Middletown Avenue

North Haven, CT 06473

Time: 12 noon

RSVP by March 23, 2018

203-239-5432

Menu:

Antipasti

Lasagna choice of meat or vegetable

Dessert

Beverage

Transportation to Giulio’s from the Center will be provided. Please inform the office of your food choice when you RSVP as well as if you are driving on your own or would like to take the bus from the Center
**Paid and Unpaid Classes***

**Registration:** 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.

**Session:** Call now to sign up for the next available session.

**OIL PAINTING** – Tuesday, 12:45 to 2:45 p.m. **New session for Beginners and Experienced. February 20 - May 15.** No class on February 27. **Residents $30 Non Residents $35**

**SITERCISE** – Monday and Wednesday, 10:30 to 11:30 a.m. **Session ends: Wednesday, March 28**

**New Session begins:** Monday, April 9 through Wednesday, July 11, 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. Registration for new session will begin on March 1, 2018 for residents, please call the center to register between 9am – 2pm

**Tai Chi**- Monday 10:30-11:30 a.m February 5- May 7. The Center welcomes Bill Banick to the Center. In this class you will explore balance, alignment, flexibility and strength and coordination of body and mind and spirit. This class requires no prior experience. **Cost:** $25 for residents $30 for non-residents. **Max 15/Min 12 people.**

**BEGINNER CHAIR YOGA** - Tuesday, 10:30 to 11:45 a.m. **New Session begins:** Tuesday, February 20, 2018 thru Tuesday, May 8, 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. **Filled**

**GENTLE HATHA YOGA** - Thursday, 1:00 to 2:15 p.m. **New Session begins:** Thursday, March 8, 2018 thru Thursday, May 24, 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. (Space still available for this class)
Weather Information-

In the event there is inclement 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.

Community News…

- Community Suppers at St. John’s Episcopal Church, 3 Trumbull Place, North Haven, holds weekly community suppers from 6-7pm Fridays, during the school year. All community members are invited for companionship and a great meal. For more information call the Church Office 203-239-0156.

- Community Services Food Bank needs Replenishing and is in need of cereal, pancake mix, syrup, peanut butter, tuna, rice, granola bars, coffee, canned fruit, and juice boxes. Donated items may be dropped off at the Center.

- Give Old Flags an Honorable End by dropping off your old flags to the American Legion, Montowese Fire Station, West Ridge Fire Station, or Northeast Fire Station. A flag disposal barrel is located in the front of each location.

- Box Tops for Education can be dropped off at the Center and will be donated and divided equally among participating public schools in North Haven.

- Old eyeglasses may be dropped off at the Center in the front vestibule supporting the mission of the Lions Club.

- Books in Gentle Used Condition May be Dropped off at the Center for the lending library or may be dropped off at the Town of North Haven Library.
Day Trip Policies

- Trips are open to all North Haven seniors on a first come first 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. Please see description as to whom to make checks payable to.

- 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.

- 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 asked that you bring a family member or friend.

- 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 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 staff member.

- In consideration of members who need the handicap parking spaces who will be at the Center while you are away on your day trip, please park in the staff parking spaces, regular parking spaces or on the grass in the field across from the Center.
Collection Dates: March 2  Collection Time: 9-11am and March 9 Collection Time: 11am-1pm
Checks Payable to: Treasurer Town of North Haven

North Haven Senior Center Presents:
Friendship Tours presents
The Edwards Twins
AQUA TURF CLUB - Plantsville, CT
Monday, MAY 21, 2018

The World Famous Edwards Twins, the Number One impersonation act in the world. Their vocals and looks will amaze you. You will think you are seeing and hearing the real superstars right before your very eyes. From Barbra Streisand, Sonny and Cher, Andrea Bocelli, Bette Midler, Johnny Mathis, Perry Como, Ray Charles, Stevie Wonder, Neil Diamond, and more, all in one show!

COFFEE & DONUTS ON ARRIVAL
FAMILY STYLE MENU: Garden Salad, Pasta, Chicken a la Kathryn & Broiled Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Desert, Beverage

COST: $78 pp Drive on Own  Arrive at 11:30am
Reservations: North Haven Senior Center, 203-239-5432

Friendship Tours arranges the transportation of the tours and does not own or operate the independent operators of service including motorcoaches. Your consent based on number conditions are based on a first come basis. Tickets will depend on number of reservations and subject policies. Fares in advance/return are non-refundable. Friendship Tours reserves the right to adjust rates based on fuel surcharges.
Collection Date: May 11 through June 1, 2018 at the Center 9-11am

Checks Payable to: Treasurer Town of North Haven

North Haven Senior Center Presents:

ALL-YOU-CAN-EAT-LOBSTER
SHOWTIME: JIMMY MAZZ

The Delaney House, Holyoke, MA
July 13, 2018 Friday

SERVED AT YOUR TABLE
• Cheese & Vegetable Platter
• Shrimp Cocktail & Salad
• Bread Basket

BUFFET MENU
Lobster! Lobster! Lobster!
Variety of Salads, Fresh Fruit, Pork Marengo, Grilled Focaccia Haddock, Chicken Marsala, Baked Ziti, Vegetable, Delicious Dessert & Beverage

In his show, Legends & Laughter, Jimmy Mazz takes us on a musical journey with his impressions of Tom Jones, The Temptations, Tony Orlando, Bobby Darin and more! Plenty of laughter too as Jimmy captures the voices of John Wayne, Ed Sullivan, and Arnold Shwarzenegger, just to name a few. With his ultra smooth vocals and high energy, you know we’re in for a treat!

COST: $104pp based on 40-52
Reservations: North Haven Senior Center 239-5432
Depart: 10:00a North Haven Senior Center—189 Pool Rd
Est. Return: 5:00p North Haven
Checks Payable to: Treasurer Town of North Haven

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of factices including transportation. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on canceling the cancellation and supplier policies. Tickets to theatre / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fees incurred.
Collection Date: July 13, 2018 at the Center 9am-2pm Checks Only Payable to: Treasurer Town of North Haven

North Haven Senior Center Presents:
Lighthouse Cruise - Narragansett Bay
Cap’n Jack’s Restaurant

Tuesday, SEPTEMBER 18, 2018
Cruise Aboard A Beautiful Catamaran

- This multi-million dollar vessel is state of the art: plush climate controlled interior, outside sun deck, enjoy 3 viewing levels for great views!
- 90 minute narrated cruise of Narragansett Bay, Rhode Island sails from North Kingstown, RI & offers breathtaking sightseeing: 10 Famous Lighthouses along the coastline, 10 Incredible Islands, sail under the Jamestown and Newport Bridges, view the Newport Naval Base & see the Aircraft Carriers, experience Newport Harbor and fascinating waterfront. This is a cruise you will really enjoy...
- Prior to our cruise enjoy local New England favorites at Cap’n Jack’s Restaurant located on the scenic Succotash salt marsh in South Kingston, RI.
- Advance Meal Choice: Chowder & Clam Cakes, Choice of Lobster Salad Roll OR Fish & Chips OR Hanger Steak, Apple Crisp with Ice Cream, soda and coffee.
- Following our cruise visit Olde Mistick Village, a delightful shopping experience with lots of options including a General Store for Fudge, an Ice Cream Shoppe, and more.

COST: $103 pp based on 40-52
For Reservations: North Haven Senior Center 203-239-5432
Depart: 8:15a North Haven Senior Center 189 Pool Road
Est. Return: 6:45p North Haven

Friendship Tours arranges the components of the tours and does not own or operate the Independent suppliers of services including motorcoaches. Trips cancelled due to weather conditions are handled on a prorate basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.
Collection Dates: October 5 9-11am and October 12 11am-1pm
Checks Payable to:
Treasurer Town of North Haven

North Haven Senior Center Presents:

White Christmas
Featuring Rob Zappulla and his 13 Piece Big Band

Aqua Turf
Monday, December 10, 2018
Dining & Dancing - Celebrate the Season!

The Holiday Music of Bing Crosby & Frank Sinatra are cherished memories
Rob Zappulla & his Big Band will perform a nostalgic selection of songs we identify with these two icons, along with so many more of your favorites.

Irving Berlin’s White Christmas
It’s Beginning to Look A Lot Like Christmas
Silent Night...
Sing along...Let’s Party!

• Exquisite Holiday Decorations * Coffee & Donuts on Arrival
• Delicious lunch at the elegant Aqua Turf in Plantsville, CT
• FAMILY STYLE MENU: Garden Salad, Pasta, Chicken Parmesan, Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Holiday Dessert, Beverage

COST: $64 pp Drive on own
Arrive at 11:30am
Reservations: North Haven Senior Center,
203-239-5432

COURTESY: Friendship Tours arranges the components of the tour and does not own or operate the independent suppliers of services including motorcoaches. Trips canceled due to weather conditions are handled on a per trip basis. Unbundled transportation, meals, and accommodations will depend on availability. Selection of inclusions is one of the benefits of a Friendship Tours tour. Reservations are non-refundable. Friendship Tours reserves the right to adjust our based on fuel surcharges.
Make and Take Easter Wreath

On March 15, 2018

10 am

Cost: $5 to Make, which includes all supplies

$10 for a finished wreath

Sign up in the office today

Last day to sign up is March 8, 2018
SITERCISE

Joyce Budrow Senior Center
189 Pool Rd., North Haven
Mondays & Wednesdays
April 9 - July 11*
10:30 - 11:30 a.m.

Increase 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 60 and older who are at risk for falls.

* No class when center is closed
* No class on 5/28 or 7/4
* No make-up dates

Space is limited
$30 residents
$35 non-residents

Funded by the Town of North Haven.

Register Today > 203.239.5432
### Lifebridge Community Services “CHOICE” MENU
#### Nutrition for Mind, Body and Spirit
#### March 2018

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<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>¾ c. Roasted Cauliflower Soup/LS Crackers</td>
<td>2 oz Thin Sliced Medium Roast Beef &amp; 1 oz Sliced Cheese W/ Onions &amp; Tomato on Kaiser Roll</td>
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<td>1/2c Potato Salad</td>
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<td>4oz. Grape Juice</td>
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<td>1 chocolate pudding</td>
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<td>6 oz. LS Beef Broth W/ Vegetables &amp; Orzo/LS Crackers</td>
<td>1/2c Egg Salad on Multigrain Bread</td>
<td>1/2c Coleslaw</td>
<td>6oz Chicken Noodle Soup 2 oz. Sliced Virginia Ham/1 oz Swiss Cheese Mustard/1 Mayonnaise 1/2c Salad (Tomato, Onion, Cucumber, Basil) 1/2 C. Coleslaw W/Shredded Carrot 1/2 cup of fruit cocktail 8 oz LF Milk</td>
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<td>1 Berry Strudel</td>
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<td>8oz LF Milk</td>
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<td>6 oz Italian Wedding Soup</td>
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<td>1 pkt LS crackers</td>
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<td></td>
<td>Chef Salad – 1 oz LS Fresh Roast Turkey</td>
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<td></td>
<td>1 oz Cheese &amp; 1 Hard Cooked Egg, LS</td>
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<tr>
<td></td>
<td>DRESSING</td>
<td></td>
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<tr>
<td></td>
<td>1 Small Whole Wheat Roll</td>
<td></td>
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<tr>
<td></td>
<td>½c. Tomato, Cucumber, Onion, Basil Salad</td>
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<tr>
<td></td>
<td>1/2c Mandarin Oranges</td>
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<tr>
<td></td>
<td>8oz LF Milk</td>
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<td>19</td>
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<td>21</td>
<td>22</td>
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<tr>
<td></td>
<td>¾c Seafood Salad on Small Deli Roll W/Shredded Lettuce</td>
<td>1/2c Carrot Raisin Salad</td>
<td>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 &amp; Garlic) 1/2 cup Grapes 8 oz. LF Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2c Tomato &amp; Cucumber Salad</td>
<td></td>
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<td></td>
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<tr>
<td></td>
<td>½ cup canned peaches</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>8 oz Low fat milk</td>
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<td>26</td>
<td></td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td>6 oz cream of zucchini</td>
<td></td>
<td></td>
<td>Easter Celebration</td>
</tr>
<tr>
<td></td>
<td>1 pkt crackers</td>
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</tr>
</tbody>
</table>

**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
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3oz Chicken Piccata</td>
<td>½ cup roasted butternut squash</td>
<td>3oz Eggplant parmesan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup Green beans</td>
<td>1 slice Garlic bread</td>
<td>½ cup Ziti w/tomato sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4oz Cran-grape juice</td>
<td>Chocolate pudding</td>
<td>1 cup Caesar salad</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>w/Caesar dressing</td>
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<tr>
<td></td>
<td></td>
<td>8oz Low fat milk</td>
<td></td>
<td>1 slice Pumpernickel bread</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>1 tsp margarine</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fresh apple</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>8oz Low fat milk</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>3oz Roasted chicken</td>
<td>GREEK OLIVE $3.00</td>
<td>3oz Mediterranean fish</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup sweet potato</td>
<td>Transportation</td>
<td>Tartar/lemon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup Veggie blend</td>
<td>On Your Own</td>
<td>½ cup Roasted potatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 WG roll</td>
<td></td>
<td>½ cup zucchini</td>
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<tr>
<td></td>
<td></td>
<td>1 tsp margarine</td>
<td></td>
<td>1 WG roll</td>
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<tr>
<td></td>
<td></td>
<td>4oz Apple juice</td>
<td></td>
<td>1 tsp margarine</td>
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<tr>
<td></td>
<td></td>
<td>8oz Low fat milk</td>
<td></td>
<td>½ cup Pineapple</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>8oz Low fat milk</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>3oz Pork Ragout</td>
<td>GREEK OLIVE $3.00</td>
<td>1 cup Baked ziti</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup WG penne</td>
<td>Transportation</td>
<td>1 cup Tossed salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup Zucchini and summer squash</td>
<td>On Your Own</td>
<td>w/cucumbers and ranch dressing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup Mandarin oranges</td>
<td></td>
<td>1 Breadstick</td>
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<td></td>
<td></td>
<td>8oz Low fat milk</td>
<td></td>
<td>1 tsp margarine</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>½ cup Canned peaches</td>
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<td></td>
<td></td>
<td></td>
<td>8oz Low fat milk</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>1 cup Unstuffed-stuffed peppers</td>
<td>GREEK OLIVE $3.00</td>
<td>Fried Dough $5.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup Tossed salad w/tomatoes and balsamic</td>
<td>Transportation</td>
<td>(includes a drink)</td>
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<tr>
<td></td>
<td></td>
<td>dressing</td>
<td>On Your Own</td>
<td>Last Day to Order: March 16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup Canned peaches</td>
<td></td>
<td>In the Office</td>
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<tr>
<td></td>
<td></td>
<td>1 slice Whole wheat bread</td>
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<td></td>
<td></td>
<td>1 tsp margarine</td>
<td></td>
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<td></td>
<td></td>
<td>8oz Low fat milk</td>
<td></td>
<td></td>
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<tr>
<td>26</td>
<td>27</td>
<td>3oz Fish cakes</td>
<td>GREEK OLIVE $3.00</td>
<td>Senior Center Closed</td>
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<tr>
<td></td>
<td></td>
<td>Tartar sauce/lemon</td>
<td>Transportation</td>
<td>Good Friday</td>
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<tr>
<td></td>
<td></td>
<td>½ cup Macaroni and cheese</td>
<td>On Your Own</td>
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<tr>
<td></td>
<td></td>
<td>½ cup zucchini and tomato</td>
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<td></td>
<td></td>
<td>½ cup Pineapple</td>
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<td></td>
<td></td>
<td>1 WG roll</td>
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<td></td>
<td></td>
<td>1 tsp margarine</td>
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<td></td>
<td></td>
<td>8oz Low fat milk</td>
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</tbody>
</table>

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.
MONTHLY ACTIVITIES

Mondays:
  9:00: Line Dancing
  9:30: Fitness Fun
  10:00: Canasta
  10:30: Sitercise
  10:30: Tai Chi
  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: Crafts
  12:30: Canasta
  1:00: Gentle Hatha Yoga

Fridays:
  9:30: Fitness Fun; Scrabble (No Scrabble 3/23/18)
  12:00: Intermediate Bridge
  12:30: Bingo; Setback; Pinochle (No Pinochle 3/23/2018)
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td></td>
<td></td>
<td></td>
<td>Sign ups begin for Trip Collection:</td>
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<td></td>
<td></td>
<td></td>
<td>The Volunteer 9-11 a.m.</td>
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<td></td>
<td>Lunchon Aqua Turf</td>
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<td></td>
<td></td>
<td></td>
<td>“The Edwards Twins”</td>
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<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Trip Collection:</td>
<td>9-11 a.m.</td>
<td>12:00 Disabled Veterans Meeting</td>
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<tr>
<td></td>
<td>Celebrate</td>
<td>The Birthday of</td>
<td>Aqua Turf</td>
<td>“The Edwards Twins”</td>
</tr>
<tr>
<td></td>
<td>The Birthday of</td>
<td>Monopoly</td>
<td>“The Edwards Twins”</td>
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<td>10:00 a.m. Trip Collection:</td>
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<td>Make and Take 11 a.m. – 1 p.m.</td>
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<td></td>
<td>Easter Wreath Aqua Turf</td>
<td>“The Edwards Twins”</td>
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<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Last Day</td>
<td>Last Day</td>
<td>12:00 p.m.</td>
<td>8:30 a.m.</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>Sign up for</td>
<td>Sign Up for</td>
<td>Health Guidance</td>
<td>AARP Driver Safety</td>
<td>Spring Cupcake Decorating</td>
</tr>
<tr>
<td>Mini Trip</td>
<td>Spring Cupcakes</td>
<td>Clinic</td>
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</tr>
<tr>
<td>9:30 a.m.</td>
<td>Make and Take</td>
<td>Spring Fair Setup</td>
<td>8:30 a.m.</td>
<td>Spring Fling Craft and Bake Sale</td>
</tr>
<tr>
<td>Mini Trip:</td>
<td>Spring Shawl</td>
<td>Today</td>
<td>Westchester Trip</td>
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<tr>
<td>Universal Drive</td>
<td>10:30 a.m.</td>
<td></td>
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<td>11 a.m. – 12:30 p.m</td>
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<tr>
<td></td>
<td>Storyteller</td>
<td>Mah Jongg</td>
<td>Fried Dough*</td>
<td></td>
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<tr>
<td></td>
<td>6:00 p.m.</td>
<td>will be in the</td>
<td>*last day to pay</td>
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<tr>
<td></td>
<td>COA Meeting</td>
<td>back room</td>
<td>March 16</td>
<td></td>
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<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Lunch and Music</td>
<td>Finance Meeting</td>
<td>Grocery Shopping</td>
<td>CENTER CLOSED</td>
</tr>
<tr>
<td></td>
<td>Oboe Performance</td>
<td>Today</td>
<td></td>
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<tr>
<td></td>
<td>12:00 p.m.</td>
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<tr>
<td></td>
<td>Health Guidance</td>
<td>Clinic</td>
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