Senior Happenings

April 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.
www.town.north-haven.ct.us

Café: Tuesday, Thursday and Friday
Hours: 9:00 am - 12 noon
Café: 203-239-4030

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
Program Coordinator: Marlene Thorp
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 a half from time of drop off)
Mini Trip: New Haven Walmart
Monday, April 16, 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.

Persons 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,

Welcome to our Senior Center Team!

I am very excited to announce that Marlene Thorp will be joining our senior center family on April 2 as our Program Coordinator. She has previously worked for Bristol Myers Squibb Biopharmaceutical Company for over twenty years prior to the company leaving CT. Marlene has a BS Degree in Psychology and AAS Degree in Medical Assisting. With the closing of the company it allowed Marlene to follow her passion with working with mature adults. Since March 2017 she has volunteered her time organizing programs; crafts exercise, singing, and games at Elim Park. Her various volunteer activities also include organizing trips and craft fairs for the Wallingford Community. Marlene is talented in designing jewelry, knitting, crocheting, needlework, and she is fluent in French. To welcome her to our Center, a meet and greet will be held on Thursday April 5 at 10am.

A warm thank you to all our members who made the 2018 Spring Fair a true success. The handmade crafts, ceramics, and raffles were beautiful. The baked goods were delicious as well as the yummy fried dough pizza. Your commitment to the Center is never ending and I am proud to be part of our Center. I would also like to thank everyone who made a purchase along with my staff who is readily on hand to assist with every task and to Giulio’s for donating the dough. It was a great day because of all of you!

With the hope of warm weather for the month of April it is time to think about our raised garden boxes. Over the years herbs and flowers were planted by staff and I have enjoyed every moment of planting especially watching the new plantings grow blooming into beautiful flowers and tasty herbs. However the boxes were intended for members made by the North Haven Daytime Garden Club and I hope that members will take over this year. If you love to garden or would like to try it for the first time, then join me on April 20 at 10 in my office. At this time we will plan how to move forward in keeping our boxes filled with flowers and herbs. “To plant a garden is to believe in tomorrow” Audrey Hepburn

Do you have an interest in Creative Writing? If so there will be a creative writing class offered this Spring at the Center. The class will be led by Patty Meglio, who is not only our oil paint instructor but also a career Professional Writer. Patty has composed for newspapers, blogs, and writing novels. If you would like to participate please sign up in the office. Classes will begin in May, date and time will follow once the interest list is filled.

Calling all interested members who want to learn how to crochet or knit. This new group is for beginners and the experienced person meeting for the first time on Tuesday April 10 from 10am-12noon. Newbies please bring one skein of 2ply yarn; needles will be supplied at no cost.
April Special Events…

Friday April 13- Sister Act at Westchester Theater departs at 8am Please meet at the Center by 7:45 am and remember to carry your emergency information card with you.

Thursday April 12 (New Date) - Bocce Anyone? - 10am – We will hold a meeting for all previous and interested players to plan the upcoming season of Bocce. No experience needed and all are welcome.

Friday April 13 10:00 am-

University of New Haven Dental Hygiene Program

DENTAL EDUCATION &
FREE ORAL CANCER SCREENINGS

Please join us to discuss:
- Progression of oral disease and how to STOP IT!
- Brushing & Flossing Demonstrations
- Proper nutrition to avoid cavities
- Denture/Partial Care
- How dental health relates to our overall health (Diabetes, cardiac/heart disease, stroke)
- Dry Mouth and how to help it
- Question/Answer Session
- FREE oral Cancer screenings & more……

EVERY AUDIENCE MEMBER WILL RECEIVE NUMEROUS FREE SAMPLES!!!
Wednesday April 18- Mini Health Fair and Luncheon, as Well as Free Raffles  9am-12 noon-
Health fairs increase awareness by educating families, promoting positive health behaviors, and
encouraging early detection and treatment of disease. Join together with Southern CT State University
for our annual Spring Health Fair. There will be informational booths as well as hands on activities. A
free light lunch will be served at 12:15 pm to all who register. Registration will be held from Tuesday
April 2- Thursday April 12. If you do not register then you may attend the fair however lunch will
only be available to those that register. Seating limited for the free light lunch, register today!

National Volunteer Week – Our Thank You to You!!!!

Monday April 23- Volunteer Luncheon 12 noon at Giulio’s for all volunteers who registered by March
23. If you are planning to travel by the senior center bus please be at the Center by 11:45 am.

Tuesday April 24- Entertainment/ Dessert in Honor of National Volunteer Week, brought to you
by the Humble Bees – Tuesday April 24 at 12:30 pm
For the past 16 years the Humble Bees have played throughout CT delighting audiences with familiar
songs in a sing a long format, comedy songs, and they are energetic and fun. At the closing of the
program all in attendance will be served cake and ice cream.
If you would like to partake in the lunch please call the Café by Friday April 19, $3 requested donation.
This is a free event and open to all members in honor of our Centers’ volunteers. Last day to sign
up for a great afternoon of music is Friday, April 20. Stop in the office or call 203-239-5432
Please note Senior Songsters will not practice today however, like everyone else, they will be
singing along with the Humble Bees.
Computer Class with Pat

New and Last Session for the season. The new session begins on April 17, 2018
Call the Center now to reserve your seat for September’s session.
203-239-5432
4 week session
Residents Free Non Residents $5

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, April 11 and April 25
12 noon-1:30pm No appointment necessary

Driver Safety

Thursday, April 19, 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.
Mini Trip to Walmart New Haven
Monday April 16, 2018

All interested members who drive are asked to meet at the Center by 9:30 am. Reserve your space no later than April 13, 2018 by calling the office 203-239-5432

For your donations…
Giulio’s Pizza, Dottie Esposito, Carole Labagnara

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

To our new members:
Kathleen Merwin, Dennie Conway, Jennifer Hendricks, Felipe Cordova and Charles Romano

Upcoming in May

May 11- Collection All You Can Eat Delaney House; see flyer for details
May 17- AARP Driver Class- Register Now 203-239-5432
May 21- The Edward Twins Aqua Turf Trip
May 21- Parkinsons Support Group in Hamden
May 25- Big Y Tour, Healthy Eating on a Budget
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. Next session is filled
Pat will be taking a break until September

OIL PAINTING – Tuesday, 12:45 to 2:45 p.m. New session for Beginners and Experienced. February 20 - May 22. 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. New Session begins: Monday, May 14, 2018 thru Monday, August 6, 2018 No Class: May 28. 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: $35 for residents $35 for non-residents. Max 15/Min 12 people. Registration for new session will begin April 16 for residents and April 30 for non-residents.

BEGINNER CHAIR YOGA - Tuesday, 10:30 to 11:45 a.m. New Session begins: Tuesday, February 20, 2018 thru Tuesday, May 22, 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 15, 2018 thru Thursday, April 26, 2018, No Class April 19. 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. New Session will begin on Thursday, May 3, 2018 thru June 7, 2018 and registration will start on Thursday, April 5 for residents and non residents.
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.

- The Center is accepting afghan blankets; knitted/crocheted (acrylic yarn only) for Hospice in Branford. Donations made be dropped off in the office Monday-Friday from 8am-3pm.
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. 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.

*In the event it is determined that the weather is a safety issue for Travel the scheduled trip may be canceled and/or postponed for an alternate show at a different date.
North Haven Senior Center Presents:

Friendship Tours presents

The Edwards Twins

AQUA TURF CLUB - Plantsville, CT
Monday, MAY 21, 2018

"Extraordinary"
- The TODAY Show on NBC

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, Dessert, Beverage

COST: $78 pp Drive on Own  Arrive at 11:30am
Reservations: North Haven Senior Center, 203-239-5432
Collection Date: May 11 through June 1, 2018 at the Center 9-11am

Checks Payable to: Treasurer Town of North Haven

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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
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 tour and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled due to weather conditions are handled on a per trip 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, Sood 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

DISCLAIMER: Friendship Tours arranges the components of the tours and does not own or operate the individual suppliers of services including transportation. Trip canceled due to weather conditions are handled on a per trip basis. Tickets or deposits are non-refundable. Friendship Tours reserves the right to adjust cost based on that surcharge.
Thank you again to all for making the 2018 Spring Fair a great success.

Your generosity of time and purchases realized a total of $1059.50

- Bake Sale $95.50
- Ceramics $89.00
- Crafts $666.00
- Fried Dough/Soda $181.00
- Spring Shawl $28.00

Total $1059.50
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<td>6 oz cream of zucchini soup</td>
<td>1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll</td>
<td>1c. Tossed Salad W/LS Dressing</td>
<td>1/2c Chickpea Salad W/Onion, Green Pepper &amp; Garlic)</td>
<td>4 oz Cranberry Juice</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>½ cup Mandarin oranges</td>
<td>8 oz Low Fat Milk</td>
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<td>6 oz. Minestrone Soup</td>
<td>2 oz. Fresh Roast LS Turkey &amp; 1 oz. LS Cheese W/Lettuce &amp; Tomato on 6 “ Whole Wheat Wrap</td>
<td>1/2c Potato Salad</td>
<td>½ cup Grapes</td>
<td>8 oz Low Fat Milk</td>
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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
9:30: Fitness Fun
10:00: Canasta
10:30: Sitercise
10:30: Tai Chi
12:30: Bingo
12:30: Bocce
1:00: Pinochle

Tuesdays:
9:00: Ceramics
9:00: Beg/Int Computer Class
10:00: Chair Yoga
10:00: Knitting/Crochet
12:30: Mah Jongg
12:45: Oil Painting
1:15: Senior Songsters - No Chorus on April 24

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

Thursdays:
9:00: Ceramics; Pinochle
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; Bocc
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<td>Oral Education</td>
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<td>12:00 p.m.</td>
<td>Last Day to Register</td>
<td>Health Guidance for Health Fair</td>
<td>Presentation by: Health Guidance Clinic</td>
<td>University of New Haven for Hygiene Students</td>
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<td>9:00 a.m.</td>
<td>Mini Health Fair</td>
<td>8:30 a.m.</td>
<td>10:00 a.m.</td>
<td>Finance Meeting and AARP Driver Safety Gardening Meeting</td>
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<td>9:30 a.m.</td>
<td>Mini Trip:</td>
<td>Walmart</td>
<td>No Fitness Fun</td>
<td>Last Day to Sign Up for Music and Lunch</td>
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<td>VNA Parkinson Support Group</td>
<td>No Bingo</td>
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<td>9:00 a.m.</td>
<td>Finance Meeting</td>
<td>Dessert and Music by: The Humble Bees</td>
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<tr>
<td>1:00 p.m.</td>
<td>VNA Parkinson Support Group</td>
<td>No Bingo</td>
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