Senior Happenings

MAY 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, 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: May 7 - Universal Drive
May 14 - Hamden Plaza

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.

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.

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.

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,

Are you a caregiver?
If so the Agency on Aging of South Central CT will be holding a free six week Family Caregiver Workshop Series titled Powerful Tools for Caregivers. This program is a self-care education program for family caregivers, designed to provide you with tools and strategies to better handle the unique caregiving challenges you face. The six week program has been shown to improve;

- Self-Care Behaviors
- Management of Emotions
- Confidence in coping with caregiving demands.
- Use of Community Resources

The workshops will be held on Wednesdays from 6-8:30pm at the Agency on Aging located on 1 Long Wharf Drive in New Haven. The workshop dates are May 23, 30, June 6, 13, 20, and 27. Included in the 6 week series, all registered attendees will be served a light supper. Register today 203-785-8533

Medicare News….Open your wallet and get your laminators ready, because a new Medicare card is coming in the mail. In a long-overdue move to protect your privacy, the government is mailing new cards to all 58 million people with Medicare.

- Cards are being issued with a new Medicare number to protect you from identity theft.
- According to Centers for Medicare & Medicaid Services CT cards should arrive sometime after June 2018
- You can start using the new card immediately, but your old card will work through December 2019
- Your Medicare benefits will not change.

The new Medicare will no longer include your Social Security number and signature for everyone to see. However, this much-improved Medicare card will keep the familiar red, white, and blue color scheme. Additionally, your Medicare benefits will stay the same.

With the rollout of the new Medicare card, Scammers are taking advantage of Medicare beneficiaries by calling people claiming to be Medicare. Remember Medicare will never call and ask for personal information before mailing new cards, so don’t share your Medicare Number or other personal information if someone calls and asks for it. Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
May Special Events…

Computer Class with Pat

Call the Center now to reserve your seat for September’s session.
4 week session - 203-239-5432
Residents Free  Non Residents $5

Ask the Nurse will be held on Wednesday May 9, 12noon - 1:30 pm  Services at the Clinic include blood pressure, heart rate, weight and setting health goals, medication reviews and lists, and medical appointment preparation.

Ask the Physical Therapist will be held on Wednesday May 23, 12noon -1:30pm

Both services are sponsored by the Town of North Haven and provided by VNA Community Healthcare & Hospice.

Free!
No appointment necessary
Friday, May 11
10am-12pm
You don’t want to miss the fun!
Seating is limited!
Please RVSP by May 4!

Mini Trips: Monday, May 7 Universal Dr
Monday, May 14 Hamden Plaza

All interested members who drive are asked to meet at the Center by 9:30 am.
Reserve your space no later than May 4, 2018 by calling the office 203-239-5432

Friday, May 11 - June 1- Collection All You Can Eat Delaney House;
ALL-YOU-CAN-EAT-LOBSTER; see flyer for details
Time to be creative!!

Wednesday May 16, 10am
Make and Take a Beautiful Bracelet for you, your daughter or even your wife!
Bead shape and size will vary from the picture.
Cost: $5.00 which includes all supplies
Sign up in the office today, May 1 – May 10!
Last day to sign up is May 10 so don’t wait!
Make one for you or one for a gift 😊

Thursday, May 17, 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.

Monday, May 21- The Edward Twins Aqua Turf Trip- Depart from the Center at 10:15am
All ticket holders should arrive at Aqua Turf by 11:15 am. If you didn’t sign up for transportation from the Center and would like to do so please inform the office no later than Monday May 14.

Monday, May 21- Parkinsons Support Group in Hamden- 1pm at the Miller Senior Center
In collaboration and guidance thru the VNA Community Healthcare our Center has formed an ongoing Parkinson’s Disease Support Group. Groups will meet every third Monday of the month alternating at our North Haven Center and at the Miller Hamden Senior Center. For many, support groups can be tremendously effective in helping one cope with the day to day realities of having Parkinson’s Disease.
Our group welcomes people with Parkinson’s disease, their family members, and caregivers.
Join to share your experience, challenges and concerns.
Register with the Center 203-239-5432 or by calling 1-866-474-5230.
May Day Wreath Celebration
Come make a spring wreath
Tuesday, May 22
RSVP by May 17
Seating is limited, don’t wait to sign up

Seabury Care Now – 50 Mitchell Drive, Ste. 102 – New Haven, CT

May Day Wreath Celebration

Please join us for a morning of fun as we create our very own
Spring wreaths! All wreath-making supplies and light snacks will
be provided by Seabury Care Now. Seating is limited, so please
RSVP by calling (203) 239-5432.

Where: North Haven Senior Center
When: Tuesday, May 22
Time: 10:00am – 12:00pm
RSVP: Thursday, May 17

North Haven Senior Center
189 Pool Road
North Haven, CT 06473
Come Listen to a Wonderful Presentation on Speech/Aging Swallowing by Gaylord Specialty Healthcare Thursday, May 24, 10:30am Seated Limited Please RSVP by May 17

Big Y Tour, Friday, May 25, 9:30am Healthy Eating on a Budget, Go walk the aisles of Big Y with a Registered Dietitian, Please RSVP by May 18 see flyer for details

MAY is Better Hearing Month Tuesday, May 29, 9am-12pm Sign up starting May 1 Get your hearing screened If you already have a hearing aid, you can NOT be screened. Space is limited, only 11 slots available.
Our Traveling Chef is back!!
Come join us on May 31 at 11:30am

Paninis
Chicken or Vegetable Panini (Choose one)
Caprese Salad
(Fresh mozzarella, grape tomatoes, fresh herbs, olive oil & spices)
Tiramisu Cake

Please RSVP by Wednesday, May 23
This whole lunch is for only $5.00
Cash or Check Payable to LifeBridge
Seating Limited, so don’t wait

Free Movie
Thursday, May 31, 1:30pm
Hot Fresh Popcorn Will Be Served

English art dealer Michael Felgate (Hugh Grant) is dumbfounded to learn that his girlfriend, Gina Vitale (Jeanne Tripplehorn), cannot accept his marriage proposal because her entire family is involved with the Mafia. Undeterred and in love, Michael meets Gina's father, mob boss Frank (James Caan), who immediately takes a shine to the young suitor. But before he can give his blessing, Frank has plans for Michael that may or may not end in wedding bells.
Creative Writing

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.

Knitters and Crocheters

Calling all interested members who want to learn how to crochet or knit. This group is for beginners and the experienced person. Our class is in full swing, please join us on Tuesdays from 10am-12noon. Newbies please bring one skein of 2ply yarn; needles will be supplied at no cost.

Billiards anyone??

Come play a game of pool. The Senior Center is open Monday-Friday, 8-4.
Time For Bocce!!

Starting on May 2, 2018

All members are welcome to join in on the fun!

If you have never played the game or you have been playing for many years!

Members play on

Mondays, Wednesdays, and Fridays

12:30 pm – Court Prep
1:00 pm – Games Start

Some great benefits of bocce are:

Getting fresh air, exercise, improve coordination, strategic planning, relieves stress, and make new friends.

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 have 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?
Looking for Donations:

- New or nearly new rust-free wire clothes hangers
- Empty and clean screw top wine bottles with their cap
  - Wide Men Neck Ties
  - Fannel Shirts

For your donations…
Irene and Rodger Salman, Marion Nash, Madelyn Boni

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

To our new members:

Paula Dahut and Joanne Wentworth

Upcoming in June

June 5 - First Art Show – Senior Center Art Exhibit – Open to All

June 28 - East Chicago Joe (Joe Cadena) Singing your favorites from Sinatra, Bennett, Dino, Darin & the “Great American Songbook” Sign ups start May 1 – see flyer for details
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.
June 5 – August 21. Residents $30 (starting May 1) Non Residents $35 (starting May14)

SITERCISE – Monday and Wednesday, 10:30 to 11:30 a.m. Session ends Wednesday, July 11, 2018 More details on future sessions to follow. Sponsored by the VNA Community Healthcare.
Siterecise 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.

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 and July 2. 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 $40 for non-residents. Max 15/Min 12 people. Registration for new session will continue until May 11.

BEGINNER CHAIR YOGA - Tuesday, 10:30 to 11:45 a.m. New Session begins: Tuesday, May 29, 2018 thru July 31, 2018 Cost: $75 residents, $75 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.

YOGA FOR HEALTHY AGING - Thursday, 1:00 to 2:15 p.m. New Session begins: Thursday, May 10, 2018 thru July 12, 2018 Cost: $75 residents, $75 non-residents. Yoga is a gift! With Yoga, the body remains open and flexible; Yoga will strengthen, stretch, tone and relax your entire body. 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.
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

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, Botto Midier, Johnny Mathis, Porry 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

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 services including manufacturers. Trips cancelled because of weather condition are handled on a per day basis. Refunds will depend on timing of the cancellations and supplier policies. Tickets to theater / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.
North Haven Senior Center
First Art Gala
June 5
12:30-2:30pm

Come view the art work and meet the artists of our Oil Painting Class of the North Haven Senior Center.

Light refreshments will be available
East Chicago Joe

Singing your favorites from Sinatra, Bennett, Dino, Darin & the “Great American Songbook”

June 28 at 12:30pm

North Haven Senior Center
189 Pool Rd.
North Haven, CT 06473

Seating is limited. Sign up early – for only $2.00
Serving Strawberry Short Cake
June 12th last day to sign up
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: $103pp 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
Collection Dates: October 5, 9-11am and October 12 11am-1pm
Checks Only 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
Two leagues at Sleeping Giant are recruiting members for immediate placement in the 2018 season.

**Sleeping Giant Women’s Golf Association** meets on Monday mornings with tee times from 7:00am to 8:39am starting May through September 2018. Applicants should have knowledge of the game and the rules of play. Registration fee includes enrollment in the GHIN program. Mentors are assigned to new members to help with the transition into the league. For information email Linda Krasko – **tackkrasko@comcast.net** or Robin Perry- **rbnpery@aol.com**.

**Twilight Women’s League** meets on Thursday evenings with flexible tee times from 3:58pm to 5:34pm. This league is ideal for working women or women with young children. The Twilight league is not as structured as the other leagues. After earning a series of golf scores a handicap you will be assigned by the club pro. Prizes are awarded and dues are presently $30. The league plays May through September. Email **sgwomensgolf@gmail.com** if interested.
Memorial Day
Last Monday in May

<table>
<thead>
<tr>
<th>AMERICAN</th>
<th>FREEDOM</th>
<th>PATRIOTIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANTHEM</td>
<td>GRAVE</td>
<td>REMEMBRANCE</td>
</tr>
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<td>CEMETERY</td>
<td>HALF MAST</td>
<td>SACRIFICE</td>
</tr>
<tr>
<td>CEREMONY</td>
<td>HEROES</td>
<td>SALUTE</td>
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<td>COMMEMORATE</td>
<td>HOLIDAY</td>
<td>SERVICE</td>
</tr>
<tr>
<td>DECORATION</td>
<td>HONOR</td>
<td>SOLDIERS</td>
</tr>
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<td>FALLEN</td>
<td>MAY</td>
<td>TAPS</td>
</tr>
<tr>
<td>FLAGS</td>
<td>MEMORIAL</td>
<td>VETERANS</td>
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<td>OBSERVANCE</td>
<td>WAR</td>
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ACROSS
1. He invented condensed milk. GAIL ______
4. He invented Coca-Cola®. Dr. John ______
5. He invented the battery. Alessandro ______
7. He invented the elevator. Elisha ______
8. He invented this amusement park ride. George ______
10. He invented the roll film. George ______
13. He invented the potato chip. George ______
15. He invented bifogals and the lightning rod. Benjamin ______
16. He invented penicillin. Alexander ______

DOWN
1. He invented auto-loading pistols. John Moses ______
2. He invented the parachute and ornithopter. Leonardo ______
3. He invented the telephone. Alexander Graham ______
4. He invented pasteurization. Louis ______
6. He invented the aqua-lung. Jacques ______
9. He invented the sleeper car for trains. George ______
11. He invented the saxophone. Adolphe ______
12. He invented the method for communicating with taps. Samuel ______
14. They invented the airplane. Orville and Wilbur ______
YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.
Hint: These are all song titles.

1. HEART
2. HOTEL
3. BRIDGE
4. TROUBLED WATER
5. TIGER
6. HEAVEN
7. LIGHT MY FIRE
8. HEAVEN
9. LET IT BE
10. MY WIND
11. WALK BY
12. CHRISTMAS

YELLOW TAXI
FIRE
Caregiver Support Group
North Haven Community Services
5 Linsley Street, North Haven

- 1st Monday of each month 10AM-11AM. Beginning June 4th 2018
- Free drop in group for residents of North Haven, CT
- Contact: 203-239-5321 x501

- Are you caring for an elderly parent or family member?
- Share your caregiving experiences in a safe and confidential setting
- Discuss self care, problem solving and coping skills
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>2</td>
<td>3</td>
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<tr>
<td>3oz Fish cakes</td>
<td>Tartar sauce/lemon</td>
<td>½ cup Macaroni and cheese</td>
<td>½ cup zucchini and tomato</td>
<td>½ cup Pineapple</td>
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<td>1 WG roll</td>
<td>1 tsp margarine</td>
<td>8oz Low fat milk</td>
<td>Cino De Mayo</td>
<td>Vegetable lasagna roll with White sauce</td>
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<td>Taco bake with Tortilla Chips</td>
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<td>Lettuce, tomato, cheese, sour cream and taco sauce</td>
<td>½ cup Glazed carrots</td>
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<td></td>
<td>Fiesta corn</td>
<td>1 WG roll</td>
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<td></td>
<td>Lime jell-o fruit and whipped topping</td>
<td>1 tsp margarine</td>
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<td></td>
<td>1 Chocolate chip cookie</td>
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<td></td>
<td>4oz Grape juice</td>
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<td>8oz Low fat milk</td>
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<tbody>
<tr>
<td>3oz Roast Beef w/LS gravy</td>
<td>½ cup Mashed sweet potato</td>
<td>½ cup Broccoli</td>
<td>1 Multigrain roll</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td>1 berry strudel</td>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td>8oz Low fat milk</td>
<td>3oz Eggplant parmesan</td>
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<tr>
<td>8oz Low fat milk</td>
<td>3oz Chicken Piccata</td>
<td>½ cup roasted butternut squash</td>
<td>½ cup Green beans</td>
<td>1 cup Caesar salad</td>
</tr>
<tr>
<td>1 slice Garlic bread</td>
<td>1 tsp margarine</td>
<td>1 ov Cran-grape juice</td>
<td>Chocolate pudding</td>
<td>w/Caesar dressing</td>
</tr>
<tr>
<td>8oz Low fat milk</td>
<td>8oz Low fat milk</td>
<td>3oz Mediterranean fish</td>
<td>Tartar/lemon</td>
<td>1 slice Pumpernickel bread</td>
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<td></td>
<td></td>
<td>3oz Roasted chicken</td>
<td>½ cup Veggie blend</td>
<td>Fresh apple</td>
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<td>1 WG roll</td>
<td>1 tsp margarine</td>
<td>8oz Low fat milk</td>
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<td>1 PW roll</td>
<td>4oz Apple juice</td>
<td>3oz Eggplant parmesan</td>
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<td></td>
<td></td>
<td>1 tsp margarine</td>
<td>1 berry strudel</td>
<td>½ cup Ziti w/tomato sauce</td>
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<td></td>
<td></td>
<td>8oz Low fat milk</td>
<td>1 pkg Unsalted crackers</td>
<td>1 cup Ziti with sausage</td>
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<td></td>
<td></td>
<td>6oz Chicken Noodle soup</td>
<td>Quiche Lorraine</td>
<td>½ cup zucchini</td>
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<td>½ cup broiled tomato</td>
<td>½ cup Green beans</td>
<td>1 WG roll</td>
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<td>1 slice rye bread</td>
<td>1 slice Garlic bread</td>
<td>1 tsp margarine</td>
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<td>1 tsp margarine</td>
<td>½ cup Fruit cocktail</td>
<td>½ cup Pineapple</td>
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<td>8oz Low fat milk</td>
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<tbody>
<tr>
<td>3oz Pork Ragout</td>
<td>½ cup WG penne</td>
<td>½ cup Zucchini and summer squash</td>
<td>1 slice Garlic bread</td>
<td>½ cup Mandarin oranges</td>
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<tr>
<td>8oz Low fat milk</td>
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<td></td>
<td></td>
<td>3oz Beef Stew</td>
<td>½ cup Mashed potatoes</td>
<td>1 cup Baked ziti</td>
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<td>½ cup Carrots</td>
<td>1 WG roll</td>
<td>1 cup Tossed salad</td>
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<td></td>
<td>1 tsp margarine</td>
<td>½ cup Grapes</td>
<td>w/cucumbers and ranch dressing</td>
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<td>8oz Low fat milk</td>
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<td>1 Breadstick</td>
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<td>1 tsp margarine</td>
<td>½ cup Canned peaches</td>
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<td>8oz Low fat milk</td>
<td>8oz Low fat milk</td>
<td>½ cup Pineapple</td>
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<tbody>
<tr>
<td>CLOSED</td>
<td>Memorial Day Special</td>
<td>Cheeseburger with sautéed onions and pepper</td>
<td>Hamburger roo/ketchup</td>
<td>Potato salad</td>
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<td>Baked beans</td>
<td>Pickle Wedge</td>
<td>Blueberry pie</td>
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<td>Choice of: Chicken or Vegetable</td>
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<td>Caprese Salad</td>
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<td>Tiramisu Cake</td>
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<td>May 23</td>
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MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt
<table>
<thead>
<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1</td>
<td>6 oz Cream of zucchini soup 1 pkt crackers 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 pineapple 8 oz low fat milk</td>
<td></td>
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<td>Cinco De Mayo Special</td>
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<tr>
<td>2</td>
<td>6 oz Lentil soup 1 pkt LS crackers New York Hero – Smoked Turkey, Ham &amp; Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce 1/2c Tomato Cucumber Salad Fresh fruit 8 oz low fat milk</td>
<td>7 3/4 c. Roasted Cauliflower Soup/LS Crackers 2 oz Thin Sliced Medium Roast Beef &amp; 1oz Sliced Cheese W/ Onions &amp; Tomato on Kaiser Roll 1 tsp Mayo/ Mustard 1/2c Potato Salad 4oz. Grape Juice 1 chocolate pudding 8 oz low fat milk</td>
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<td>3</td>
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<td>8 6oz Chicken Noodle Soup 1 pkt LS crackers Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese &amp; 1 Hard Cooked Egg, LS DRESSING 1 Small Whole Wheat Roll 1/2c Tomato, Cucumber, Onion, Basil Salad Fruit Cocktail 8oz LF Milk</td>
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<td>6oz Italian Wedding Soup 3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce 1/2c Carrot Raisin Salad 1/2c Tomato &amp; Cucumber Salad 1/2 cup mandarin oranges 8 oz Low Fat Milk</td>
<td>10 2 oz. Fresh Roast LS Turkey &amp; 1 oz. LS Cheese W/Lettuce &amp; Tomato on 6&quot; Whole Wheat Wrap 1/2c Potato Salad 1/2 cup grapes 8 oz Low Fat Milk</td>
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**Traveling Chef**

- Paninis
- Choice of: Chicken or Vegetable Caprese Salad
- Tiramisu Cake

**$5.00**

**RSVP by May 23**
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 – **No Class May 29th**
  9:00:  Beg/Int Computer Class – **Last Session ends May 8 until September**
  10:00: Beg Chair Yoga
  10:00: Knitting/Crochet
  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
  12:30: Bocce

Thursdays:
  9:00:  Ceramics; Pinochle
  10:00: Crafts
  12:30: Canasta
  1:00:  Yoga for Healthy Aging

Fridays:
  9:30:  Fitness Fun; Scrabble
  12:00: Intermediate Bridge
  12:30: Bingo; Setback; Pinochle; Bocce
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>9:00 a.m. – 2:00 p.m.</td>
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<tr>
<td>Signups begin today</td>
<td>Beg Chair Yoga</td>
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<tr>
<td>And</td>
<td>Yoga for Healthy Aging</td>
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<td>9-11 a.m.</td>
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<tr>
<td>9:30 a.m.</td>
<td></td>
<td>12 p.m.</td>
<td>Trip Collection:</td>
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<tr>
<td>Mini Trip:</td>
<td>Disabled Veterans</td>
<td></td>
<td>“All You Can Eat Lobster”</td>
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<tr>
<td>Universal Drive</td>
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<td>12:00 p.m.</td>
<td>“Puzza Mania”</td>
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<td>Swallow Presentation</td>
<td>“Healthy Eating on A Budget”</td>
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<td>Special Panini Lunch</td>
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<td>Audiologist Screening</td>
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