Senior Happenings

JUNE 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 Trips:  June 11 - Walmart, New Haven
            June 25 - Universal Drive

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

Date Changes for Errands:
Monday, June 4
Monday, June 11
Wednesday, June 20
Friday, June 29

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 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.

*No Medicals – June 4, 11, 22, 25, 26 & 29, July 25, 26, 27 & 30 and December 7 & 10 –
*Except if you already have an appointment scheduled with the Senior Center.
From the Desk of Judy,

Summer Safety Tips

1. **Stay Hydrated**- Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

2. **Talk to Your Doctor**- Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

3. **Keep Your Cool**- Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. The Senior Center provides a cool space if your home isn’t air conditioned.

4. **Stay in Touch**- High temperatures can be life-threatening, so communication plays an important role in ensuring your safety. For members who live alone you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening. Ask your family or friends to check on you at least twice a day.

5. **Wear the Right Stuff**- When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

6. **Protect Your Eyes**- Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

7. **Use Sunscreen, Apply Bug Spray, and Wear Hats**- Wear sunscreen when outdoors. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair. If you live in areas where there are a lot of mosquitoes and spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying a virus.

8. **Exercise Smart**- If you enjoy outdoor activities such as Bocce, walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising.

A friendly reminder to all… Please be considerate to others and do not interrupt once a class, meeting, or activity is in session. If you are early for your activity, class, or meeting please wait in the community room until the time noted in the Newsletter Calendar. If you would like to change the time that you are scheduled for the room please see me and I will do my best to make it work for you. Thank you in advance.
The nice weather has finally arrived and the flower garden boxes have been planted. Is there anyone who would like to help us water the flowers in the morning? If interested see Marlene.

Solar Welcome Committee Needed
Looking for members to talk to new members about the Senior Center. If interested see Judy.
June Special Events…

**Ask the Nurse** will be held on Wednesday June 13, 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 June 27, 12noon -1:30pm

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

**Free!**
No appointment necessary

**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
Mini Trips: Monday, June 11, Walmart, New Haven
Monday, June 25, Universal Drive

All interested members who drive are asked to meet at the Center by 9:30 am.
Reserve your space no later than June 6, 2018 by calling the office 203-239-5432

Don’t miss out on this GREAT trip!!

Friday, June 1 - Last Day to Reserve your Seat
All You Can Eat Delaney House; ALL-YOU-CAN-EAT-LOBSTER; Cost: $104 - see flyer for all the details

Want to learn how to play Mah Jongg

Maria Chan will be offering Mah Jongg Lessons held at the North Haven Senior Center beginning June 4, 2018
Mondays 12:30-3:30 pm

Call now to reserve your space 203-239-5432
Only 5 spaces available
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.
Summer Raffle

Beautiful Framed Summer Puzzle *

Ticket sales start June 12

Tickets:
1 = $1
3 = $2
10 = $5

Drawing will be July 12th at 11am
No need to be present

*Puzzle donated and made by Betty Ferrara
Finance Meetings for the Month of June will be held on Monday June 11 and Wednesday June 27. Both meetings are held at 9 am and meet in the ceramic room. All are welcome.

Free Movie
Thursday, June 14, 1:00pm
Hot Fresh Popcorn Will Be Served

Where the Heart Is is a 2000 American romantic drama film directed by Matt Williams in his film directing debut. The film stars Natalie Portman, Stockard Channing, Ashley Judd, and Joan Cusack with supporting roles performed by James Frain, Dylan Bruno, Keith David, and Sally Field. The screenplay, written by Lowell Ganz and Babaloo Mandel, is based on the best-selling novel by Billie Letts. The film follows five years in the life of Novalee Nation, a pregnant 17-year-old, who is abandoned by her boyfriend at a Walmart in a small Oklahoma town. She secretly moves into the store, where she eventually gives birth to her baby, which attracts media attention. With the help of friends, she makes a new life for herself in the town.
Morning Coffee Hour with Marlene

June 11
8:00-9:00am

Let’s meet up for coffee at the “New” Bagelicious
91 Washington Ave.
North Haven, CT

Lunch on the Avenue

Dino’s

June 27
11:15am – (leaving from center)

Sign up early, only 19 seats available on the bus
Monday, June 18- Parkinsons Support Group in North Haven Senior Center- 1-2pm
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.

CT Legislative Updates

Join Our First Selectman Mike Freda, Senator Fasano and State Representative David Yaccarino
To learn and discuss what is in the works for North Haven, CT Seniors as well as the plans for the Medicare Savings Plan for 2019.

When: June 19, 2018
Where: North Haven Senior Center
Time: 11:30am

Thursday, June 21, 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.
Father’s Day
and Ladies too
Summer Beginnings!!

Come join us for Burgers and Beer (Root beer) 😊

June 20
11:30am

Burger, Chips and a Root beer Float
$5.00

Signups start - June 1 & ends - June 15
Payments taken: 9am-2pm
Wood Carving Display and Discussion

Interested in learning about a new hobby that could travel with you and fit right in your pocket!

June 21 at 1pm

North Haven Senior Center

Sign Ups Starts June 4
Seating is limited – Don’t Wait.
East Chicago Joe

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

June 28 at 12:30pm

North Haven Senior Center

Seating is limited. Sign up early – for only $2.00

Serving Strawberry Short Cake

June 18th last day to sign up
Creative Writing

Come to an Introduction to Creative Writing session led by Patty Meglio on July 2 at 10:00am

Bring in your stories, poetries and memories

4 week session

July 9 – July 30

$25.00

Checks payable to Treasurer Town of North Haven

Patty Meglio
Bio for Creative Writing

Patty Meglio is a career Professional Writer, working for more than twenty-five years on scientific and communications documents, including user guides, newsletters, and instructional guides. She has filled several roles in her positions, including working as a Technical Writer, Grant Writer and Communications Specialist. As a writer and designer, Patty composed copy for newspapers and blogs, designed and maintains several websites, and uses social media to promote nonprofit groups. In the last two years, she has directed her creative energy to her first novel, a historical fiction set in the late 1800s. Patty participates in two creative writing groups in the New Haven area and works with Rachel Carter, a Young Adult Author, Freelancer, and Adjunct Professor.
Paint Your Picasso
With Cathy

Anyone can paint, no experience needed
Come for an evening of fun
Invite Family and Friends

July 18
4pm - Light Supper
5pm - Painting

$25

Checks payable to Treasurer Town of North Haven
Sign up begins June 6 & ends July 10
Picture of painting is posted on the bulletin board
Holiday Fair

Only 5 Months Away!!

We are looking for SEWERS to help with our holiday fair sewing projects

Please come and help support our Senior Center!
Knitters and Crochets

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, 8am-4pm.

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
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
  - Flannel Shirts (clean and not soiled 😊)

For your donations…
Patty & Jim Marshal, Carole Labagnara, Virginia & George LaMarsh
Rich Kaman, Bonnie & Richard Donahue, Sallie & Raymond Fowler, Arlene Herzog

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

To our new members:
Roberta Ambrose, Carolyn Petronella, Michelle Colafrancesco
Upcoming Summer Events:

July 18 – Painting Party with Light Supper – 4 pm – See photo of painting on the bulletin board
Lyman Orchard – Blueberry Picking and lunch at Apple Barrel
Miniature Golf & Lunch

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 will start in 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. 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.

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.

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.

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 may 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.
Collection Date: Last Day - June 1, 2018 at the Center 9-11am
Don’t miss out on this GREAT trip!!

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

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Friendship Tours arranges the component of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handed on a pro sig basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theatre / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.
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

Monday, SEPTEMBER 17, 2018
Olde Mistick Village • Lighthouse Cruise aboard a beautiful Catamaran • Capt Jack’s Lunch

- Morning visit to Olde Mistick Village, a delightful shopping experience with lots of options including a General Store for Fudge.
- We’ll then head to New London to board a multi-million dollar vessel: 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...
- Following our cruise enjoy local New England favorites at Cap’n Jack’s Restaurant located on the scenic Sachuest salt marsh in South Kingston, RI.
- Menu: Chowder & Clam Cakes, Choice of Lobster Salad Roll OR Fish & Chips OR Hanger Steak, Apple Crisp with Ice Cream, soda and coffee. Entrée choice in advance

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 Only Payable to:
Treasurer Town of North Haven
Father's Day Word Scramble

DIRECTIONS: Unscramble the letters to form the names of ten different words to describe Dad. Then unscramble the shaded letters to answer the riddle.

RFUELAC
OSDAEHNM
ONRGTS
YALLO
LUEHPFL
DINK
RLEECV
EEVDTOD
NLLTARIB
WIES

What do you call a monkey who is just like his father?

What do you call a monkey who is just like his father?
Car Makers

Find the names of the car manufacturers in the list. The names can be up, down, forward, backward, or diagonal.

ACURA
AUDI
BMW
BUICK
CADILLAC
CHEVROLET
CITROEN
CHRYSLER
DAEWOO
DODGE
EAGLE
FERRARI
FORD
GMC
HONDA
HUMMER
HYUNDAI
INFINITI
ISUZU
JAGUAR
JEEP
KIA
LAND ROVER
LAMBORGHINI
LEXUS
LINCOLN
LOTUS
MASERATI
MAZDA
MERCEDES BENZ
MERCURY
MITSUBISHI
NISSAN
OLDSMOBILE
PEUGOT

XPQKXKHDXPGXSPITWDZM
YAINFINITIIYNDOGDGE
NLNISSANEORTICYIOR
ELIBOMSDLOEIIEQOSNC
GIHSGFKMPLMTTUEU
ADGJGCAOVDMGAEAZAR
WARPIDNOFWUSLTNUGY
SCOUZRLWAHOEFNRN
KHBAVCEAOGBSDAFW
LRMTOCPANVUSUZUKID
OYAIBMWDDEERURIGIXGU
VSLATGAHPDQGARXREX
NLODASCSEZOJABESEL
UETNFDFECORPVUMVT
BRUUJBRRBJORUOITSY
XESYLEAOIERNHSWFU
LYAHMUXVFSDTTIBKPA
OPAGDSJRSNHILINCOLN
ZHBILUUJAFVRCFESVDMOETLGGHCSRPR

PONTIAC
PORSCHE
RENAULT
SAAB
SATURN

SUBARU
SUZUKI
TOYOTA
VOLKSWAGEN
VOLVO

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https://www.puzzles-to-print.com/image-files/car-makers-word-search.gif 5/18/2018
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<tr>
<td>6oz Split Pea Soup</td>
<td>1 pkt Unsalted crackers</td>
<td>1/6 broccoli and mushroom quiche</td>
<td>1/2 cup Roasted vegetables</td>
<td>1/2 cup Canned pears</td>
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<tr>
<td>6 oz Italian wedding soup</td>
<td>1 pkt unsalted crackers</td>
<td>Seafood salad plate</td>
<td>3 oz seafood salad</td>
<td>With 1/2 cup lettuce, cucumber</td>
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<tr>
<td>6 oz Cream of zucchini soup</td>
<td>1 pkt unsalted crackers</td>
<td>1/2 cup California blend</td>
<td>1 slice Italian bread</td>
<td>1 tsp margarine</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
**Lifebridge Community Services “CHOICE” MENU**

**Nutrition for Mind, Body and Spirit**

**June 2018**

<table>
<thead>
<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| 6 oz Italian wedding soup  
New York Hero – Smoked Turkey, Ham & Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce  
½ c. Tomato Cucumber Salad  
Fresh fruit  
8 oz low fat milk | 6 oz Cream of zucchini soup  
1 pkt crackers  
¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons  
1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers  
½ c. Beet Salad  
½ cup peaches  
8 oz low fat milk | Greek Olive | Greek Olive |        |
| 11     | 12      | 13        | 14       | 15     |
| 6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers  
1/2c Egg Salad on Multigrain Bread  
1/2c Coleslaw  
4 oz Apple juice  
Chocolate chip cookie  
8 oz low fat milk | Greek Olive | FATHER’S DAY SPECIAL | Greek Olive |        |
| 18     | 19      | 20        | 21       | 22     |
| 6 oz. Carrot soup  
3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce  
1/2c Carrot Raisin Salad  
1/2c Tomato & Cucumber Salad  
4 oz Apple Juice  
Fresh fruit  
8 oz low fat milk | **Father’s Day Summer Beginnings**  
Special  
$5.00 | **FIRST DAY OF SUMMER SPECIAL** |        |        |
| 25     | 26      | 27        | 28       | 29     |
| Happy Birthday  
6 oz Butternut Squash Soup  
1 pkt crackers  
Egg Salad Sandwich on Croissant  
1 tsp margarine  
½ cup Tossed Salad with Cucumber & Vinaigrette Dressing  
½ cup Three Bean Salad  
1 Dinner roll  
1 tsp margarine  
4 oz grape juice  
Marble Cake  
8 oz. Low fat milk | Special - Lunch on the Avenue  
Pay on your own |        |        |        |

**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:
9:30: 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
10:00: Beg Chair Yoga
10:00: Knitting/Crochet – New Class
12:30: Mah Jongg
12:45: Oil Painting
1:15: Senior Songsters

Wednesdays:
9:30: Fitness Fun
10:00: Bocce
10:30: Sitercise
12:00: Mah Jongg;
12:15: Intermediate Bridge
12:30: Bingo
12:30: Bocce

Thursdays:
9:00: Ceramics; Pinochle
10:00: Crafts
12:30: Canasta

Fridays:
9:30: Fitness Fun; Scrabble
12:15: 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></td>
<td>Last Day To</td>
<td>Register For</td>
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<td>“All You Can Eat Lobster”</td>
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<td>10:45 a.m.</td>
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<tr>
<td><strong>Errands Today</strong></td>
<td>12:30 p.m.</td>
<td>Greek Olive</td>
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<tr>
<td><strong>Senior Center</strong></td>
<td><strong>First Art Gala</strong></td>
<td>12 p.m.</td>
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<td><strong>No Medicals</strong></td>
<td><strong>Light Refreshments Served</strong></td>
<td><strong>Disabled Veterans Meeting</strong></td>
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<td><strong>No Errands</strong></td>
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<td>8 a.m.</td>
<td><strong>Last Day</strong></td>
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<tr>
<td><strong>Coffee Hour</strong></td>
<td><strong>Sign Ups for Greek Olive</strong></td>
<td><strong>Movie: Sign Ups for Movie</strong></td>
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<tr>
<td><strong>At Bagelicious</strong></td>
<td><strong>East Chicago Joe</strong></td>
<td><strong>“Where The Heart Is” Burgers and Beer</strong></td>
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<tr>
<td><strong>9 a.m.</strong></td>
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<td>12:00 p.m.</td>
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<tr>
<td><strong>Finance Meeting</strong></td>
<td><strong>Health Guidance</strong></td>
<td>Free with Popcorn (Rootbeer Float)</td>
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<td><strong>9:30 a.m.</strong></td>
<td><strong>Clinic</strong></td>
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<td><strong>Mini Trip:</strong></td>
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<td><strong>N.H. Walmart</strong></td>
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<td><strong>No Errands</strong></td>
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<td><strong>Errands Today</strong></td>
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<td><strong>No Medicals</strong></td>
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<td>11:30 a.m.</td>
<td>11:30 a.m.</td>
<td>8:30 a.m.</td>
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<tr>
<td>1 p.m.</td>
<td><strong>CT Legislative</strong></td>
<td><strong>Father’s Day and</strong></td>
<td><strong>AARP Driver Safety</strong></td>
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<tr>
<td><strong>Parkinson’s Support Group</strong></td>
<td><strong>Updates</strong></td>
<td><strong>Burgers and Beer</strong></td>
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<tr>
<td><strong>with Senator Fasano</strong></td>
<td><strong>And</strong></td>
<td><strong>1:00 p.m.</strong></td>
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<td><strong>State Representative</strong></td>
<td><strong>Cost: $5.00</strong></td>
<td><strong>Wood Carving Display and Discussion</strong></td>
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<td><strong>David Yaccarino</strong></td>
<td><strong>Errands Today</strong></td>
<td><strong>Strawberry Shortcake</strong></td>
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<td>25</td>
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<td>9:30 a.m.</td>
<td><strong>Finance Meeting</strong></td>
<td>12:30 p.m.</td>
<td><strong>Errands Today</strong></td>
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<tr>
<td><strong>Mini Trip:</strong></td>
<td>11:15 a.m.</td>
<td><strong>East Chicago Joe</strong></td>
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<tr>
<td><strong>Universal Drive</strong></td>
<td><strong>Lunch on The Ave</strong></td>
<td><strong>No Medicals</strong></td>
<td><strong>And</strong></td>
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<tr>
<td><strong>“Dino’s”</strong></td>
<td><strong>“Dino’s”</strong></td>
<td><strong>Strawberry Shortcake</strong></td>
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<td>12:00 p.m.</td>
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<td><strong>Ask The Physical Therapist (New)</strong></td>
<td><strong>Walk Ins Welcome</strong></td>
<td><strong>No Errands Today</strong></td>
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<td><strong>No Errands Today</strong></td>
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