Senior Happenings

JULY 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:** July 9 - Hamden Plaza
  - July 16 - 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
- **No Errands on July 25, Errands will be on Monday, July 23**

**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 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 - 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,

Medicare News...
Some facts for you to know...

Did you know that your Medicare Card has a new name?
Your Medicare card is now titled “M.B.I.” card.; Medicare Beneficiary Identifier

The new Medicare Card includes:
• Name
• New Medicare number
• Dates that Medicare Part A and Medicare Part B coverage started

The new cards remove:
• Signature
• Social Security Number
• Gender

Only the Medicare card and number are changing:
• Medicare benefits stay the same
• Social Security Number remains
• There is no impact on supplemental, Part C or Part D plans.

People with Medicare should use the new card once they get it, but either the SSN-based or the new random alphanumeric-based numbers can be used through December 2019

The transition period will run from April 2018 through December 31, 2019
Beginning January 1, 2020 only the new card will be usable

Social Security...
Have you moved over the last year? Did you update your address with Social Security? If the answer is yes I moved and no to changing your address then by all means do so now so your new Medicare Card will be sent to the correct address. To make a change you have three options:
• You can log on line https://www.ssa.gov/agency/contact/
• Call 1-866-331-528
or visit in person
• GIAIMO FED BLDG 4TH FL
  150 COURT ST. NEW HAVEN, CT 06510
  Hours: Monday 9am-4pm, Tuesday 9am-4pm, Wednesday 9am-12 noon, Thursday 9am-4pm, Friday 9am- 4pm
  Closed Weekends and Federal Holidays

FYI- On Wednesday July 11 the Center will Open at 1pm due to the annual maintence of the partition/wall. All morning activities will be canceled. In the event the partition/wall needs servicing it is possible that the Center will be closed for the day. Please call the Center before coming in to ensure that the Center is open. I apologize for the inconvenience. Thank you for your understanding and patience.

Help Wanted and Needed:
• Welcome Committee- position requires one to have an interest in working with people and able to meet with new members once a month.

Mark your Calendar for July 17 at 11:30am; we have the pleasure of having Senator Len Fasano, State Rep. Dave Yaccarino, and our First Selectman Mike Freda here to share State and Local Updates. Even with their busy schedules our leaders always make time for our seniors in Town, it is a honor to have them visit with us. Bring your questions, concerns, and learn what is happening. Seats are limited....reserve your seat today.
Independence Day commemorates the signing of the Declaration of Independence by the Continental Congress on July 4, 1776

At the time of the signing, the 13 colonies were under the rule of England. Prior to this, the colonies experience growth turmoil due to being forced to pay taxes to England, but they were not given any representation in the English Parliament. In 1774, King George III sent extra troops in hopes to subdue any rebellion. At the same time, the colonies sent delegates to Philadelphia to form the First Continental Congress. In April 1775 as the king’s troops advance on Concord, MA Paul Revere sounded the alarm “The British are coming! The British are coming!” As he rode his horse through the streets late at night. The battle of Concord and its “shot heard ‘round the world” marked the unofficial beginning of the Revolutionary War.
July Events…

Reminder:  Friday, July 13, All-You-Can-Eat-Lobster – Seats still available

Depart from the Center at 10:00am and don’t forget to bring your emergency forms

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.
**Ask the Nurse** will be held on Wednesday July 11, 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 July 25, 12noon -1:30pm; Have your walker and cane measured for you as well as ask a question about safety risks in the home.

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

**Free!**
No appointment necessary
Mini Trips: Monday, July 9 Hamden Plaza
   Monday, July 16 Universal Drive

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

Summer Raffle

Beautiful Framed Summer Puzzle
   Located by the coffee station
   Still time to enter

Ticket sales until July 11
   Tickets:
       1 = $1
       3 = $2
       10 = $5

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

Finance Meetings for the Month of July will be held on
   Monday July 9 and Wednesday July 25.
   Both meetings are held at 9 am and meet in the ceramic room.
   All are welcome.
Come blueberry picking at Lyman Orchard and have lunch at the Apple Barrel*

Monday, July 9
Bus departs at 9:15 from the Center
Last Day to RSVP is Thursday, July 5

*Seating is limited, RSVP today!
*No raindate – If inclement weather, unfortunately trip will have to be cancelled

Come join us for Shopping and Lunch

We will start our day shopping at the Christmas Tree Shop and lunch will be at Cracker Barrel

Wednesday, July 11
Time: 9:15am from the Center
Last Day to RSVP is Monday, July 2

*Seating is limited, RSVP today!
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 Succotash 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 203-230-5432
Depart: 8:15a North Haven Senior Center 189 Pool Road
Est. Return: 6:45p North Haven

Friendship Tours arranges the components of this 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 are non-refundable. Friendship Tours reserves the right to adjust costs based on fuel surcharge.
Hot Dogs Mondays!

July 16 - RSVP by Monday July 9
July 23- RSVP by Monday July 16
July 30- RSVP by Monday July 23
Time: 11:15am
$5 for two hotdogs, chips, and a soft drink

Monday, July 16- Parkinsons Support Group at Miller Hamden 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

PLEASE JOIN, State Representative Dave Yaccarino and State Senator Len Fasano at their Legislative Update and Q&A session. Items to be covered include, but are not limited to: Major Public Acts, Acts Affecting Seniors.

When: Tuesday, July 17, 2018
Where: North Haven Senior Center
Time: 11:30am
Tuesday, July 17 at 10:30, come join our amazing storyteller Kate Allen Smith, and enjoy an hour of great conversation and remarkable stories.

Paint Your Picasso with Cathy
Anyone can paint, no experience needed
Come for an evening of fun
Invite Family and Friends
When: July 18 Light Supper -4pm
Painting -5pm Fee-$25
RSVP by July 10

Picture of painting is posted on the bulletin board
Checks payable to Treasurer Town of North Haven

AARP®

Driver Safety
Thursday, July 19- AARP Driving Refresher Course- 8:30am - 12:30pm

Cost $15 for AARP Members
$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.
Come Out for Some Duck Pin Bowling Fun and have Lunch with Us

Johnson’s Duckpin Lanes in Hamden *

1 ½ hours of bowling with shoe rental
2 slices of Pizza and 1 Beverage
Only for $13.00
Thursday July 19
Leaving from the Center at 9:15am
Last Day to RSVP July 13

* FYI – There are 19 steps to enter and exit the bowling lane

Lunch on the Avenue
Adelphia Cafe
Wednesday, July 25
11:00am – (leaving from center)
Sign up early, seats limited on the bus
Time to be Creative
Make and Take a Beautiful Wine Bottle Torch!!

Thursday, July 26, 10am

Make and Take a Beautiful Wine Bottle Torch for you or one for a gift!

Cost: $3.00 which includes all supplies, excluding citronella oil

Signups, July 2 – July 20!

Keep those bugs away while enjoying an evening outside.😊
Space is limited, so don’t wait and sign up early.
A sample is in Marlene’s office.

Free Movie

Thursday, July 26, 1:30pm

Unlimited Popcorn and Beverage Available $1

Mamma Mia! Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter’s wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother’s past in hope of meeting her real father and having him escort her down the aisle on her big day.
Dyeing for a new scarf?  
Make and Take

Why not dye a washable silk one. Natural dyes are used on a hankie for practice, then on your scarf. The dyeing process results in unique backgrounds. A hummingbird and fuchsia pattern is placed under the scarf as a guide. Silk paints are used to complete the project. No experience is necessary. All supplies are provided.

Thursday, September 6
Time: 12-4   Cost:  $25

Sign up July 9 – August 17
Space is limited, please sign up earlier
A sample of the scarf is in Marlene’s office.
Checks payable to Treasurer Town of North Haven
The Centers’ Annual Holiday Fair
Is only 4 Months Away and Help Is Needed!

Do you know how to sew? Do you know how to use a scissor? Can you use a glue gun? Do you have a project to share? Above all would you like to meet new people? If you answered Yes to any of the above questions please contact the Center 203-239-5432

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.

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

Computer Class with Pat

New Session will begin September 11.
Call the Center to reserve your seat for the September’s session.
4 week session - 203-239-5432
Residents Free Non Residents $5

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?
Upcoming Summer Events

Thursday, August 9, 2018 Memory Loss with Aging vs. Alzheimer’s
Sign-ups begin on July 2 for presentation.

Thursday, August 30 - Alzheimer’s Presentation and Special Bingo
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 September 11.

OIL PAINTING – Tuesday, 12:45 to 2:45 p.m. June 12 - August 28, class is now filled.
New session for Beginners and Experienced: September 4 – November 20. Residents $30 (starting August 1) Non Residents $35 (starting August 15)

SITERCISE – Monday and Wednesday, 10:30 to 11:30 a.m. New Session begins: Monday, July 16, 2018 thru Monday, August 29, 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: $15 for residents $20 for non-residents. Maximum participants 15 people. *Checks payable to VNA Community Healthcare.

Tai Chi- Monday, 10:30-11:30 a.m. Present Session: Monday, May 14, 2018 thru Monday, September 10, 2018 No Class: July 2 and 23, August 20 and September 3. 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: $40 for residents $45 for non-residents. Max 15/Min 12 people.

BEGINNER CHAIR YOGA - Tuesday, 10:30 to 11:45 a.m. Registration will begin July 31. Free class August 21, New Session begins: Tuesday, August 28 thru October 30, 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 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

DISCLAIMER: Friendship Tours arranges the components of the tour and does not own or operate the independent suppliers of services, including transportation. Trips canceled due to weather conditions are handled on a per tour basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to shows/events are non-refundable. Friendship Tours reserves the right to make one based on that circumstances.
Fourth of July Word Scramble

Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

ASTSET
ENDDEEPPNICN
DEARAP
LUEB
TENIUD
TWEHI
AEQTIULY
ERIRFKWOS
ARLANCDITEO
FDREOME
DER
ILBEYTR

https://www.puzzles-to-print.com/image-files/july-fourth-word-scramble.gif
MONTHLY ACTIVITIES

Mondays:
9:30: Fitness Fun
10:00: Canasta
10:00: **Creative Writing Class – July 9 – 30th**
10:30: Sitercise – **Class ends July 9**
10:30: **Tai Chi – No Class on July 2**
12:30: Bingo
12:30: Bocce/Beginner Mah Jongg – ends August 13th
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 – **No Crafts for the month of July**
12:00: Canasta

Fridays:
9:30: Fitness Fun; Scrabble
12:15: Intermediate Bridge
12:30: Bingo; Setback; Pinochle; Bocce
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<th>Monday</th>
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<td>10:00 a.m.</td>
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<td>CENTER CLOSED</td>
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<td>Introduction to</td>
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<td>Creative Writing</td>
<td>Happy 4th of July</td>
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<td>with Patty Meglio</td>
<td>Free</td>
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<td>9:00 a.m.</td>
<td>Last Day To Sign Up</td>
<td>are cancelled due</td>
<td>10:00 a.m.</td>
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<td>Finance Meeting</td>
<td>for Paint your Picaso</td>
<td>to the Partition Wall</td>
<td>Trip: “All you</td>
<td>Can Eat Lobster”</td>
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<td>with Cathy</td>
<td>being serviced</td>
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<td>9:15 a.m.</td>
<td>Trip Out: Lyman Orchards</td>
<td>The Center will open</td>
<td>at 1:00 p.m. for afternoon activities</td>
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<td>9:30 a.m.</td>
<td>Mini Trip: Hamden Plaza</td>
<td>12 noon Health Guidance Clinic will meet in the Library</td>
<td>Trip Collection: Lighthouse Cruise</td>
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<td>9:15 a.m.</td>
<td>Trip Out: Christmas Tree Shop</td>
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<td>10:30 a.m.</td>
<td>Storyteller: Light Supper</td>
<td>AARP Driver Safety</td>
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<td>Universal Drive</td>
<td>Kate Allen Smith</td>
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<td>5:00 p.m.</td>
<td>Paint Your Picaso With Cathy</td>
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<td>11:30 a.m.</td>
<td>Hot Dogs, Chips and a Drink $5.00</td>
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<td>26</td>
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</tr>
<tr>
<td>9:00 a.m.</td>
<td>Hot Dogs, Chips and a Drink</td>
<td>Finance Meeting 1:30 p.m.</td>
<td>Free Movie</td>
<td></td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td></td>
<td>11:00 a.m. Lunch Out: Adelphia Cafe</td>
<td></td>
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</tr>
<tr>
<td>11:30 a.m.</td>
<td></td>
<td>12:00 p.m. “Mamma Mia”</td>
<td>Ask The Popcorn and Drink</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>$5.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ERRANDS</td>
<td>TODAY</td>
<td>Physical Therapist Cost: $1.00</td>
<td>NO ERRANDS</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Hot Dogs, Chips and a Drink $5.00</td>
<td></td>
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</tbody>
</table>
## LifeBridge Community Services
**NEW HAVEN SENIOR COMMUNITY CAFÉ**
**Nutrition for Mind, Body and Spirit**
**July 2018**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>3 oz Chicken tenders-ketchup</td>
<td>CENTER</td>
<td>4th of July Celebration</td>
<td>3 oz Eggplant rotolini</td>
<td></td>
</tr>
<tr>
<td>½ cup Sweet potato fries</td>
<td>CLOSED</td>
<td>Lemonade</td>
<td>½ cup Penne pasta with sauce</td>
<td></td>
</tr>
<tr>
<td>1 mini Corn on cob</td>
<td></td>
<td>BBQ Beef Ribs</td>
<td>½ cup Cauliflower</td>
<td></td>
</tr>
<tr>
<td>Dinner roll</td>
<td></td>
<td>Baked Beans</td>
<td>Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td></td>
<td>Coleslaw</td>
<td>1 slice Garlic bread</td>
<td></td>
</tr>
<tr>
<td>½ cup Melon</td>
<td></td>
<td>Wheat Roll</td>
<td>1 tsp margarine</td>
<td></td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td></td>
<td>Strawberry Shortcake</td>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>6 oz Italian wedding soup</td>
<td>3 oz cheeseburger</td>
<td>1/6 Spinach quiche</td>
<td>1 cup Tossed salad with carrots and olives, Italian dressing</td>
<td></td>
</tr>
<tr>
<td>1 pkt unsalted crackers</td>
<td>Bun</td>
<td>1 slice Garlic bread</td>
<td>1 slice Wheat bread</td>
<td></td>
</tr>
<tr>
<td>Seafood salad plate</td>
<td>ketchup</td>
<td>½ tsp margarine</td>
<td>1 tsp margarine</td>
<td></td>
</tr>
<tr>
<td>3 oz seafood salad</td>
<td>½ cup potato wedges</td>
<td>Fresh fruit</td>
<td>4 oz grape juice</td>
<td></td>
</tr>
<tr>
<td>With ½ cup lettuce, cucumber</td>
<td>½ cup lettuce, tomato and pickle</td>
<td>8 oz low fat milk</td>
<td>Ice cream cup</td>
<td></td>
</tr>
<tr>
<td>½ cup beet salad</td>
<td>½ cup peaches</td>
<td></td>
<td>8 oz low fat milk</td>
<td></td>
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<tr>
<td>Herb breadstick</td>
<td>8 oz low fat milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>Hot Dog Monday</td>
<td>Greek Olive</td>
<td>3 oz chicken picatta</td>
<td>3 oz potato crunch fish / tartar sauce</td>
<td></td>
</tr>
<tr>
<td>Cost: $5.00</td>
<td>Transportation Available</td>
<td>½ cup sweet potato</td>
<td>½ cup Macaroni and cheese</td>
<td></td>
</tr>
<tr>
<td>(See Newsletter For Details)</td>
<td></td>
<td>1 slice green beans</td>
<td>½ cup Mixed vegetables</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>1 tsp rye bread</td>
<td>1 slice Wheat bread</td>
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<tr>
<td></td>
<td></td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Fresh fruit</td>
<td>4 oz grape juice</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>8 oz low fat milk</td>
<td>½ cup Fruited gelatin</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>with whipped topping</td>
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<td></td>
<td></td>
<td></td>
<td>8 oz low fat milk</td>
<td></td>
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<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>Hot Dog Monday</td>
<td>Lunch on The Avenue</td>
<td>1 Crab cake/tartar sauce</td>
<td>3 oz stuffed shells with vegetable cream sauce</td>
<td></td>
</tr>
<tr>
<td>Cost: $5.00</td>
<td>Adelphia Café</td>
<td>and lemon</td>
<td>½ cup Roasted squash</td>
<td></td>
</tr>
<tr>
<td>(See Newsletter For Details)</td>
<td>Pay on your own</td>
<td>½ cup Roasted potato</td>
<td>1 cup Spinach salad with carrots and raspberry vinaigrette</td>
<td></td>
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<tr>
<td></td>
<td>Sign Up In The Office</td>
<td>½ cup Fresh zucchini</td>
<td>½ cup Melon</td>
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<td></td>
<td></td>
<td>1 Pumpernickel dinner roll</td>
<td>8 oz low fat milk</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>1 tsp margarine</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup pineapple</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>8 oz low fat milk</td>
<td></td>
<td></td>
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<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Hot Dog Monday</td>
<td>Happy Birthday</td>
<td></td>
<td>3 oz Beef taco salad with</td>
<td></td>
</tr>
<tr>
<td>Cost: $5.00</td>
<td>(See Newsletter For Details)</td>
<td></td>
<td>1 Tbsp cheese,</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>1 cup lettuce, tomato, salsa and ranch dressing</td>
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<td></td>
<td></td>
<td></td>
<td>1 oz Tortilla chips (about 12)</td>
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<td></td>
<td></td>
<td></td>
<td>4 oz Grape juice</td>
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<td></td>
<td></td>
<td></td>
<td>Marble cake</td>
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<td></td>
<td></td>
<td></td>
<td>8 oz low fat milk</td>
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</tr>
</tbody>
</table>

**MINIMUM PORTIONS SERVED AT EACH MEAL:**
- 1 C Milk - 1% or equivalent; 1 C Vegetable and Fruit equivalent; 3 oz. 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>
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</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>Monday</td>
<td>4</td>
<td>5</td>
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<tr>
<td></td>
<td></td>
<td>¾ c. Roasted Cauliflower Soup/LS Crackers</td>
<td>2 oz Thin Sliced Medium Roast Beef &amp; 1 oz Sliced Cheese W/Onions &amp; Tomato on Kaiser Roll</td>
<td>1 tsp Mayo/ Mustard</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>6 oz Italian Wedding Soup</td>
<td>1 pkt LS crackers</td>
<td>New York Hero – Smoked Turkey, Ham &amp; Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<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 Wheat Dinner Roll Chocolate Chip Cookie</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>6 oz Butternut Squash Soup</td>
<td>3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce</td>
<td>1/2c Carrot Raisin Salad</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td>6 oz Lentil soup</td>
<td>1 pkt crackers</td>
<td>¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins &amp; Mayo on Bed Of Lettuce/ Croutons</td>
</tr>
</tbody>
</table>

**Center Closed**

**Happy 4th of July**

**4th of July Celebration**

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**Greek Olive**

**Transportation Available**

**Lunch on the Avenue Adelphia Café**

**Pay on your own**

**Sign Up In The Office**

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**Lunch on The Avenue Adelphia Café**

**Pay on your own**

**Sign Up In The Office**

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**Happy Birthday**

**6 oz Lentil 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** | **4oz. Grape Juice** | **Marble Cake** | **8oz Low Fat Milk** |