Senior Happenings

AUGUST 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 North Haven adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities in the Town of North Haven.

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: August 6 – New Haven Walmart
August 20 - 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

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 – August 8 & 21, December 7 & 10

*Except if you already have an appointment scheduled with the Senior Center.
From the desk of Judy,

I often overhear conversations from members stating “the Center is their home away from home”. When I hear this I smile, it makes me feel good to know that members are enjoying themselves and are happy to be part of our senior center family. In my own home I find my family is happy when it is running smoothly and we are considerate, polite and patient with one another. To keep my home running smoothly I have a monthly calendar that I review daily. The same holds true at the Center. The senior center calendar states the days and times of all activities. In keeping our senior center family happy adhering to the calendar and noted times is helpful for all. There are times when you may arrive early at the Center and are ready to begin with your activity however please be patient and wait until the time of your scheduled activity. Not only is this considerate and polite it keeps our home away from home a happy family.

A friendly reminder that the North Haven Senior Center ONLY provides transportation to seniors who reside in North Haven. If you are a non-resident participating in an activity at the Center and need transportation please see me. I will be more than happy to assist you directing you to senior services in the Town that you reside.

Have you seen something new in the Community Room at the Center? You asked for it you got it!!!

Thanks to your support with the holiday fair and other fund raisers held over the last year the Center has a refrigerator for your use. The refrigerator will be helpful when you bring in a bagged lunch and beverage that needs to be refrigerated. Along with members who take the shopping bus on Tuesday and Friday that want to come to the Center. You now have a place to keep your food at a safe temperature while you are participating in an activity at the Center. As this is a public refrigerator, please adhere to the following:

- Only packaged, bagged, and unopened food allowed
- No open beverages
- No medications or any medical related items
- No leftovers from the daily lunch program including cartons of milk
- All items are to be marked with your name
- Any items left prior to a weekend or holiday will be thrown out, no exceptions
- No overnight groceries

Help us to keep the refrigerator clean and usable for all.
August Events…

**Ask the Nurse** will be held on Wednesday August 8, 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 August 22, 12noon -1:30pm; Have your walker and cane measured for you as well 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

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**Caregiver Support Group**
North Haven Community Services
5 Linsley Street, North Haven

- 1st Monday of each month 10AM-11AM.
- 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
It’s Mohegan Sun Casino Time!

October 10, 2018

From: North Haven Senior Center

Departure Time at 8:30am and
Estimated Return Time is 4:30pm

$26.00 Residents, Collection Time: 9am- 2pm:
Collection Date: Wednesday, August 1 - Friday, August 31,
or until bus is filled.

$31.00 Non-Residents, Collection Date:
Starts Wednesday, August 15

Checks Only - Payable to: Treasurer Town of North Haven

Bus will fill up quickly, so sign up early

Starting Wednesday, August 1, Food Drive Bingo – During the month of August we will host Food Drive Bingo. If you bring in a non-expired food item from the list below, you will receive 1 free bingo card up to 2 cards per person. (expect August 30-Special bingo)

- Mayo, ketchup, mustard, coffee, tea, tuna, soup, any Chef Boyardee products, instant mashed potatoes, jarred sauce, rice, canned fruit, macaroni and cheese
- cookies, crackers, peanut butter crackers, graham crackers, protein bars, granola bars, trail mix, nuts, jerky
- dried fruit, fruit roll ups, fruit snacks, fruit cups, applesauce, pudding cups
- peanut butter, jelly, cereal, pop tarts, pancake mix, syrup
Holiday Fair Meeting will take place on Tuesday, September 11 at 10am
Please join us as we plan for the Centers’ Largest Fundraiser.

Cookie Walk Table:
The Cookie Walk Table will be back at the Holiday Fair. Please begin to bring in your 1 pound empty, washed cans to the center. We are looking for bakers to bake at least 4 dozen of their favorite cookies. If you are willing to bake, please sign up on the volunteer sheet located on the bulletin board across from Judy’s office, thank you!

Granny’s Attic and Jewelry Table . . .
We are looking for your “once loved” items, all in good to excellent condition, for the Granny’s Attic and Jewelry tables for the Holiday Bazaar. Please begin bringing the items in on Wednesday, August 1 through Thursday, October 25.

The following items are acceptable donations:

- Housewares: cookware, sauce pans, dishes, serving utensils – please make sure they are clean!
- Appliances (small & portable): can openers, clocks, coffee makers/pots, & crockpots – please make sure they work and they are clean!
- Home goods: lamps, pictures/paintings, mirrors
- Miscellaneous: wicker baskets, children’s toys (no stuffed animals), dolls, board games, seasonal items, i.e. Christmas décor, Easter, Halloween, and collectibles.

The Center does not accept the following:

- Albums/vinyl records
- Knives
- Beddings/linens
- Cameras
- Clothing of any type including: shoes, purses, or coats
- Computers/ printers
- Books, magazines
- Medical equipment
- Plants
- Sewing machines
- Stereo equipment/tape recorders, TV’s, VHS tape players or tapes

Items that are in good working order are the most beneficial for the bazaar. We do not repair broken items, and the disposal of such items takes away from our bazaar. It’s hard to say “no thank you” to a donation however; at times we may have to if the donation does not benefit the goal of raising money for the Center.
Alzheimer’s Awareness Raffle
In conjunction with our August 30, Special Bingo

We are having a 50%, 25%, 25% raffle
50% will go to Alzheimer’s Awareness and there will be 2 raffle winners

Ticket sales August 1 – August 30
Tickets:
1 = $1
3 = $2
10 = $5

Drawing will be August 30 before the bingo begins

Mini Trips: Monday, August 6, New Haven Walmart
Monday, August 20, Universal Drive

All interested members who drive are asked to meet at the Center by 9:30 am.
Reserve your space no later than August 3, 2018 by calling the office 203-239-5432

Back by Popular Demand!
Shopping at the Christmas Tree Shop and
Lunch at Cracker Barrel

Wednesday, August 8
9:15am - Leaving from the Center

Please note: This bus trip is for North-Haven residents only.

Last Day to RSVP is Friday, August 3
Seating is limited, RSVP today!
Come join us on Thursday, August 9, Memory Loss with Aging vs. Alzheimer’s

Last Day to RSVP is August 6

A Gaylord wellness Lecture

Join us
Thursday, August 9, 2018
from 10:30-11:30 a.m.

Memory Loss with Aging vs. Alzheimer’s
Helpful Strategies for Everyday Life

Allison Accettullo, M.S. CCC-SLP has been a Speech-Language Pathologist at Gaylord for the past 12 years. Her area of interest is with the Brain Injury population, and she serves as a Level III Acquired Brain Injury Specialist.

She will be presenting on the aging brain and changes in memory as we age. The distinction between normal changes with memory and onset of Alzheimer’s will be outlined. Keep the brain healthy through preventative tips and exercises. Memory strategies will also be reviewed and practiced during the presentation.

Presented by:
Allison Accettullo, M.S. CCC-SLP
Speech and Language Pathologist

The North Haven Senior Center
189 Pool Road, North Haven | (203) 239-5432
Sign up at the desk for this FREE program.
Free Movie

Letters to Juliet
Thursday, August 9, 1:30pm
Ice Cream Bars and a Bottle of Water Available - $1.00

While visiting Verona, Italy, with her busy fiancé, a young woman named Sophie (Amanda Seyfried) visits a wall where the heartbroken leave notes to Shakespeare's tragic heroine, Juliet Capulet. Finding one such letter from 1957, Sophie decides to write to its now elderly author, Claire (Vanessa Redgrave). Inspired by Sophie's actions, Claire sets out to find her long-lost lover, accompanied by her disapproving grandson (Christopher Egan) and Sophie.

Bocce Tournament with Wallingford Senior Center
North Haven vs Wallingford

Date: Friday, August 10
Time: 10am-12noon
Place: Wallingford Senior Center
238 Washington Street, Wallingford

Morning Refreshments
Lunch on your own in the café at Wallingford Senior Center
Weather Permitting
Finance Meeting for the Month of August will be held on Monday, August 13. There will only be one meeting this month due to Judy’s Cataract Surgery.
The meeting will be held at 9 am and meet in the ceramic room.
All are welcome.

AARP®

Driver Safety
Thursday, August 16 - 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.

Hot Dogs Mondays!
August 20 - RSVP by Monday August 13
August 27 - RSVP by Monday August 20
Monday, August 20- Parkinson’s 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.

Tuesday, August 21 at 10:30, come join our amazing storyteller Kate Allen Smith, and enjoy an hour of great conversation and remarkable stories.

Come Shopping at Westfield Meriden on Tax Free Week
Leave the highway driving to us
Boscov, Macy’s, Sears and much more
Tuesday, August 21
9:30 - Leaving the Center
Reserve your seat by August 16

Wendy’s School of Dance
Come join us and see the wonderful talent these children have.
When: August 23
Where: North Haven Senior Center
Time: 12:30
Reserve your seat by August 17
Time to be Creative
Make and Take a Beautiful Kitchen Angel

Tuesday, August 28, 1:00pm

Make and Take a Beautiful Kitchen Angel for you or one for a gift!
Cost: $3.00 which includes all supplies

Signups, August 1 – August 20!

Space is limited, so don’t wait and sign up early.
A sample is in Marlene’s office.

Lunch on the Avenue
Dog House Grill
Wednesday, August 29
11:15am – (leaving from center)
Sign up early, seats limited on the bus

Going Purple for the Day
Come join us for an Alzheimer’s Presentation and Special Bingo Games
$1.00 per card which proceeds go to the Walk to END Alzheimer’s
Special prizes will be given to the winners
August 30
12:00pm
North Haven Senior Center
189 Pool Rd, North Haven, CT
Please RSVP by August 23

The Alzheimer’s Association mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

ALZHEIMER'S DISEASE FACTS

- It’s the only cause of death in the top 10 in America that cannot be prevented, cured or slowed.
- Almost two-thirds of Americans with Alzheimer’s disease are women.
- Alzheimer’s disease is the sixth-leading cause of death in the United States.
- More than 5 million Americans are living with the disease.
- There are an estimated 16 million caregivers of people living with Alzheimer's and other dementias in the United States.
- In 2017, 16 million caregivers of people living with Alzheimer's disease or other dementias provided an estimated 18.4 billion hours of unpaid care, a contribution to the nation valued at more than $232 billion.

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 27

Space is limited, please sign up earlier

A sample of the scarf is in Marlene’s office.

Checks payable to Patricia Cavanaugh

In celebration of Grandparent Week

🔥Come get your nails polished by Pam and make your hands look pretty

Monday, September 10 - Starting at 9:30

For only $5.00
Please sign up in the office starting Wednesday, August 1

Come listen to Hideki Yamaya who will be playing a lute during lunch

Thursday, September 13
Starting at 11:30

Please stay and join us for a Free ice cream sundae in honor of Grandparent Day!

Please sign up in the office starting Wednesday, August 1

Hideki Yamaya is a performer of lutes, early guitars, and early mandolins based in New Haven, Connecticut, USA. Born in Tokyo, Japan, he spent most of his career in the West Coast before settling in New Haven, where he is a freelance performer and teacher. He has a B.A. in Music and an M.A. in Ethnomusicology from University of California, Santa Cruz, where he studied with Robert Strizich, and an M.F.A. in Guitar and Lute Performance from University of California, Irvine, where he studied with John Schneiderman. He also studied with James Tyler at University of Southern California and with Paul Beier at Accademia Internazionale della Musica in Milan, Italy. In demand both as a soloist and as a continuo/chamber player, Hideki has performed with and for Portland Baroque Orchestra, Portland Opera, Santa Cruz Baroque Festival, Musica Angelica Baroque Orchestra, Los Angeles Master Chorale, Los Angeles Opera, California Bach Society, Oregon Bach Festival, Astoria Music Festival, Music of the Baroque, and Shakespeare’s Globe Theatre. He is one half of the Schneiderman-Yamaya Duo and is the artistic director for Musica Maestrale, an early music collective based in Portland. He is an internationally acclaimed musician and has performed in Canada, Japan, Great Britain, Germany, and Italy.

Come Join Us at Royalty Wine Making Group
311 Washington Ave., North Haven

September 19
3pm

During this 2 ½ hour event it will include wine sampling, learning the wine making process, have the opportunity to fill, cork and label your own bottle of wine to take home. Plus light appetizers will be served.

All for only $30.00

Checks Payable to: Royalty Wine Making Group

RSVP: August 6 - September 12
The Centers’ Annual Holiday Fair
Is only 3 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 Events

October -
Monday, October 1, 12noon, OKTOBERFEST!, More details to follow

Thursday, October 18, Flu Clinic, 11am-1pm

Friday, October 19, Free Hearing Screens, 9am-11am

November -
Saturday, November 3, Annual Holiday Fair, 9am-3pm

December -
Friday, December 7, 2018 Christmas Party, More details to follow

Monday, December 10, White Christmas at Aqua Turf

Senior Entertainment Events at Aqua Turf:
Tuesday, March 19, 2019, St. Patrick’s Day Celebration
Tuesday, April 16, 2019, The Glen Campbell Xperience
Lunch and Entertainment, More information to follow

Thank You

For your donations…
Sandra Mastroianni, Fran Bartlett, Pauline Duquette

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

Welcome

To our new members:
Kathy Boudreau, Linda D’Amico, Charles Davidson
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 July 31) Non Residents $35 (starting August 14)

SITERCISE – Monday and Wednesday, 10:30 to 11:30 a.m. New Session begins: Monday, September 17, 2018 thru Wednesday, December 5, 2018. Sponsored by the VNA Community Healthcare. Sitercise will focus on increasing muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; a specially designed program for those 50 and older who are at risk for falls. Cost: $30 for residents (starting August 1) $35 for non-residents (starting August 15). 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. New session will begin: Monday, September 17 – Monday, December 17 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 (starting August 13) $45 for non-residents (starting August 27). 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

Transportation available for non-drivers first. If space is available drivers may ride on the bus.
Bus is for residents only. Sign up early to reserve your seat on the bus.

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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
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Easy Puzzle 4,780,305,475
August Word Pictures

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. CHILI
2. PUNCHING
3. TAT TAT TAT TAT
4.
5.
6.
7. YOUR COURT
8. $$$ 2
9. TUBE - TIRE
10. GODIVA
11. RAT RAT RAT
12. FINISH

Answers on page 50
<table>
<thead>
<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>1</td>
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<tr>
<td>6 oz Butternut Squash Soup</td>
<td>½ 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>
<td>1/2c Potato Salad</td>
</tr>
<tr>
<td>1 pkt 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>
<td>1/2c Potato Salad</td>
<td>½ cup peaches</td>
</tr>
<tr>
<td>¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins &amp; Mayo on Bed Of Lettuce/ Croutons</td>
<td>1/2c melon</td>
<td>8 oz low fat milk</td>
<td>8 oz milk</td>
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<tr>
<td>1 c. Pasta, Vegetable, Olive Salad W/Broccoli &amp; Peppers</td>
<td>½ c. Beet Salad</td>
<td>1/2c melon</td>
<td>8 oz low fat milk</td>
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<tr>
<td>½ c. melon</td>
<td>1/2c melon</td>
<td>8 oz low fat milk</td>
<td>8 oz milk</td>
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<tbody>
<tr>
<td>6 oz Italian Wedding Soup</td>
<td>2 oz. Sliced Virginia Ham/1 oz Swiss Cheese Mustard/1 Mayonnaise</td>
<td>1/2c Salad (Tomato, Onion, Cucumber, Basil)</td>
<td>½ C. Coleslaw W/Shredded Carrot</td>
<td>½ cup Mandarin orange</td>
</tr>
<tr>
<td>1 pkt LS crackers</td>
<td>1/2c melon</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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</tr>
<tr>
<td>Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese &amp; 1 Hard Cooked Egg, LS DRESSING</td>
<td>1/2c melon</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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</tr>
<tr>
<td>1 Small Whole Wheat Roll</td>
<td>½c Tomato, Cucumber, Onion, Basil Salad</td>
<td>½c melon</td>
<td>8 oz low fat milk</td>
<td></td>
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<tr>
<td>1/2c cup Melon</td>
<td>½c melon</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<td>8 oz low fat milk</td>
<td>½c melon</td>
<td>8 oz low fat milk</td>
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<tbody>
<tr>
<td>6oz Italian Wedding Soup</td>
<td>1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll</td>
<td>1c. Tossed Salad W/LS Dressing</td>
<td>1/2c Chickpea Salad W/Onion, Green Pepper &amp; Garlic</td>
<td>½ cup peaches</td>
</tr>
<tr>
<td>1 pkt LS crackers</td>
<td>1c. Tossed Salad W/LS Dressing</td>
<td>1/2c Chickpea Salad W/Onion, Green Pepper &amp; Garlic</td>
<td>½ cup peaches</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>New York Hero – Smoked Turkey, Ham &amp; Provolone (3 oz total)</td>
<td>1/2c Chickpea Salad W/Onion, Green Pepper &amp; Garlic</td>
<td>½ cup peaches</td>
<td>8 oz low fat milk</td>
<td></td>
</tr>
<tr>
<td>W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce</td>
<td>½ cup peaches</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td></td>
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<tr>
<td>½ c. Tomato Cucumber Salad</td>
<td>½ cup peaches</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td></td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>½ cup peaches</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td></td>
</tr>
<tr>
<td>8oz Low Fat Milk</td>
<td>½ cup peaches</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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</thead>
<tbody>
<tr>
<td>¾/4c Tuna Salad on Small Deli Roll W/Shredded Lettuce</td>
<td>6 Oz Tomato Basil Soup</td>
<td>3 oz Egg Salad Sandwich Croissant</td>
<td>1 tsp margarine</td>
<td>Lettuce and tomato</td>
</tr>
<tr>
<td>1/2c Carrot Raisin Salad</td>
<td>1 tsp margarine</td>
<td>Lettuce and tomato</td>
<td>½ cup Three Bean Salad</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td>1/2c Tomato &amp; Cucumber Salad</td>
<td>½ cup Three Bean Salad</td>
<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>4 oz Apple Juice</td>
<td>½ cup Three Bean Salad</td>
<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>½ cup Applesauce</td>
<td>½ cup Three Bean Salad</td>
<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>Chocolate chip cookie</td>
<td>½ cup Three Bean Salad</td>
<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>8 oz Low fat milk</td>
<td>½ cup Three Bean Salad</td>
<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
</tbody>
</table>

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<th>27</th>
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</thead>
<tbody>
<tr>
<td>6 oz Sweet Potato Coconut Soup</td>
<td>6 oz Chicken Rice Soup</td>
<td>1 pkt LS Crackers</td>
<td>6 &quot; Veggie Sub (Roasted Eggplant, 1 oz Peppers, Onion,Tomato; 2 oz Am Cheese, 1 oz Cheese)</td>
</tr>
<tr>
<td>2 oz. Fresh Roast LS Turkey &amp; 1 oz. LS Cheese W/Lettuce &amp; Tomato on 6 &quot; Whole Wheat Wrap</td>
<td>6 oz Chicken Rice Soup</td>
<td>1 pkt LS Crackers</td>
<td>6 &quot; Veggie Sub (Roasted Eggplant, 1 oz Peppers, Onion,Tomato; 2 oz Am Cheese, 1 oz Cheese)</td>
</tr>
<tr>
<td>6 oz Chicken Rice Soup</td>
<td>1 pkt LS Crackers</td>
<td>6 &quot; Veggie Sub (Roasted Eggplant, 1 oz Peppers, Onion,Tomato; 2 oz Am Cheese, 1 oz Cheese)</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
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<td>9</td>
<td>10</td>
</tr>
<tr>
<td>3 oz chicken parmesan</td>
<td>3 oz chicken parmesan</td>
<td>6 oz Cream of zucchini soup</td>
<td>6 oz Cream of zucchini soup</td>
</tr>
<tr>
<td>½ cup penne</td>
<td>½ cup California blend</td>
<td>1 pkt unsalted crackers</td>
<td>1 pkt unsalted crackers</td>
</tr>
<tr>
<td>½ tsp margarine</td>
<td>½ cup peaches</td>
<td>3 oz Spanish omelet (tomato, pepper, onion)</td>
<td>3 oz Spanish omelet (tomato, pepper, onion)</td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>1 slice Italian bread</td>
<td>½ cup Hash brown potato</td>
<td>½ cup Hash brown potato</td>
</tr>
<tr>
<td>1 slice Italian bread</td>
<td>1 slice Italian bread</td>
<td>Blueberry muffin</td>
<td>Blueberry muffin</td>
</tr>
<tr>
<td>½ tsp margarine</td>
<td>½ cup peaches</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>½ cup fruit cocktail</td>
<td>½ cup fruit cocktail</td>
</tr>
<tr>
<td>3 oz chicken tenders-ketchup</td>
<td>3 oz chicken tenders-ketchup</td>
<td>3 oz Eggplant rotolini</td>
<td>3 oz Eggplant rotolini</td>
</tr>
<tr>
<td>½ cup Sweet potato fries</td>
<td>½ cup Sweet potato fries</td>
<td>½ cup Penne pasta with sauce</td>
<td>½ cup Penne pasta with sauce</td>
</tr>
<tr>
<td>1 mini Corn on cob Dinner roll</td>
<td>1 mini Corn on cob Dinner roll</td>
<td>½ cup Cauliflower Parmesan cheese</td>
<td>½ cup Cauliflower Parmesan cheese</td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>½ cup potato wedges</td>
<td>1 slice Garlic bread</td>
<td>1 slice Garlic bread</td>
</tr>
<tr>
<td>½ cup Melon</td>
<td>1 slice Wheat bread</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>½ cup potato wedges</td>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td>6 oz Italian wedding soup</td>
<td>6 oz Italian wedding soup</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>1 pkt unsalted crackers Seafood salad plate</td>
<td>1 pkt unsalted crackers Seafood salad plate</td>
<td>1/6 Spinach quiche</td>
<td>1/6 Spinach quiche</td>
</tr>
<tr>
<td>3 oz seafood salad With ½ cup lettuce, cucumber</td>
<td>3 oz seafood salad With ½ cup lettuce, cucumber</td>
<td>1 cup Tossed salad with carrots and olives, Italian dressing</td>
<td>1 cup Tossed salad with carrots and olives, Italian dressing</td>
</tr>
<tr>
<td>½ cup beet salad Herb breadstick</td>
<td>½ cup beet salad Herb breadstick</td>
<td>1 slice Garlic bread</td>
<td>1 slice Garlic bread</td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>4 oz Grape juice Ice cream cup</td>
<td>4 oz Grape juice Ice cream cup</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>3 oz Cheese baked ziti</td>
<td>3 oz Cheese baked ziti</td>
<td>Hot Dog Monday Cost: 5.00</td>
<td>Hot Dog Monday Cost: 5.00</td>
</tr>
<tr>
<td>½ cup Roasted vegetables</td>
<td>½ cup Roasted vegetables</td>
<td>Sign up by August 13</td>
<td>Sign up by August 13</td>
</tr>
<tr>
<td>1 cup Caesar salad with Caesar dressing</td>
<td>1 cup Caesar salad with Caesar dressing</td>
<td>Greek Olive Transportation Available</td>
<td>Greek Olive Transportation Available</td>
</tr>
<tr>
<td>1 slice Italian bread</td>
<td>1 slice Italian bread</td>
<td>3 oz Chicken picatta</td>
<td>3 oz Chicken picatta</td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>½ cup sweet potato</td>
<td>½ cup sweet potato</td>
</tr>
<tr>
<td>4 oz Apple juice Chocolate chip cookie</td>
<td>4 oz Apple juice Chocolate chip cookie</td>
<td>1 cup Green beans</td>
<td>1 cup Green beans</td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>1 slice Rye bread</td>
<td>1 slice Rye bread</td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>3 oz oven baked chicken qtr</td>
<td>3 oz oven baked chicken qtr</td>
<td>Hot Dog Monday Cost: 5.00</td>
<td>Hot Dog Monday Cost: 5.00</td>
</tr>
<tr>
<td>½ cup Wild and brown rice pilaf</td>
<td>½ cup Wild and brown rice pilaf</td>
<td>Sign up by August 20</td>
<td>Sign up by August 20</td>
</tr>
<tr>
<td>½ cup Tuscan blend veggies</td>
<td>½ cup Tuscan blend veggies</td>
<td>Dog House Grill Transportation Available</td>
<td>Dog House Grill Transportation Available</td>
</tr>
<tr>
<td>1 Wheat dinner roll</td>
<td>1 Wheat dinner roll</td>
<td>1 Crab cake/tartar sauce and lemon</td>
<td>1 Crab cake/tartar sauce and lemon</td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>½ cup Roasted potato</td>
<td>½ cup Roasted potato</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
<td>1 Fresh zucchini</td>
<td>1 Fresh zucchini</td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>1 Pumpernickel dinner roll</td>
<td>1 Pumpernickel dinner roll</td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>½ cup pineapple</td>
<td>½ cup pineapple</td>
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<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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</tbody>
</table>

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine. All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched. All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt.
MONTHLY ACTIVITIES

Mondays:
9:30: Fitness Fun
10:00: Canasta
10:30: Sitercise –
10:30: Tai Chi – No Class on August 20th
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 – No Songsters during the Month of August

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 Class on August 16
12:00: 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>
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<th>Thursday</th>
<th>Friday</th>
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**Food Drive Bingo Begins**

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<tbody>
<tr>
<td>9:15 a.m.</td>
<td>10:30 a.m.</td>
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<tr>
<td><strong>9:30 a.m.</strong></td>
<td>Bus Trip: Christmas Presentation:</td>
<td>10:00 a.m.</td>
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<tr>
<td><strong>Mini Trip:</strong></td>
<td>Tree Shops and Memory Loss with</td>
<td>Bocce Tournament</td>
<td></td>
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<tr>
<td><strong>New Haven</strong></td>
<td>Cracker Barrel Aging vs Alzheimer’s</td>
<td>Wallingford</td>
<td></td>
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</tr>
<tr>
<td><strong>Walmart</strong></td>
<td></td>
<td>1:30 p.m.</td>
<td>Senior Center</td>
<td></td>
</tr>
<tr>
<td>12 Noon</td>
<td>Free Movie:</td>
<td>“Letters to Juliet”</td>
<td></td>
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<tr>
<td>Health Guidance</td>
<td>Clinic</td>
<td>Ice Cream Bars $1</td>
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<tr>
<td>9 a.m.</td>
<td>10:45 a.m.</td>
<td>8:30 a.m.</td>
<td>Last Day Sign Ups</td>
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<tr>
<td>Finance Meeting</td>
<td>Greek Olive</td>
<td>AARP Driver Safety</td>
<td>Make and Take</td>
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<tr>
<td>Transportation</td>
<td>Available</td>
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<tr>
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<tbody>
<tr>
<td>9:30 a.m.</td>
<td>9:30 a.m.</td>
<td>10:45 a.m.</td>
<td>12:30 p.m.</td>
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</tr>
<tr>
<td><strong>Mini Trip:</strong></td>
<td><strong>Trip Out:</strong></td>
<td>Greek Olive</td>
<td>Wendy’s School</td>
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<tr>
<td><strong>Universal Drive</strong></td>
<td><strong>Meriden Mall</strong></td>
<td>Transportation</td>
<td>Of Dance</td>
<td></td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>10:30 a.m.</td>
<td>12 Noon</td>
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<tr>
<td><strong>VNA Parkinson</strong></td>
<td><strong>Storyteller:</strong></td>
<td>Ask The Physical</td>
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<tr>
<td><strong>Support Group</strong></td>
<td><strong>Kate Allen Smith</strong></td>
<td>Therapist</td>
<td></td>
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<tr>
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<tr>
<td>1:00 p.m.</td>
<td>11:15 a.m.</td>
<td>12 noon</td>
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</tr>
<tr>
<td><strong>Make and Take:</strong></td>
<td>Lunch on the Ave</td>
<td>Alzheimer’s</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Beautiful</strong></td>
<td><strong>Dog House Grill</strong></td>
<td>Presentation and</td>
<td></td>
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<tr>
<td><strong>Kitchen Angel</strong></td>
<td>Special Bingo</td>
<td>Cards: $1.00</td>
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<tr>
<td>All proceeds will go to</td>
<td>Walk to END</td>
<td>Alzheimers</td>
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