Senior Happenings

SEPTEMBER 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
e-mail: amarone.judy@town.north-haven.ct.us
Program Coordinator: Marlene Thorp
Secretary:  Laurie Feldman, 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: September 10 – Hamden Mart  
September 24 - 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 – October 1, December 7 & 10  
*Except if you already have an appointment scheduled with the Senior Center.*
From the desk of Judy,

We all want to do well – whether it’s for ourselves or our loved ones, the planet, or society at large. No matter how big or small, good deeds carry a double punch - we make a positive impact, and we feel great at the same time. In observance of September 11 (9/11), I welcome all to join together to do a good deed paying tribute through personal acts, expressions of kindness honoring those that have soared in service to help victims in need.

Here are some suggestions to start you on your way to doing Good Deeds

- Thank a Fireman or Police Officer for their service to our Community
- Make a double-batch of something yummy and gift to a neighbor.
- Buy a bag of good groceries and donate it to your local food bank or shelter.
- Cut fresh wildflowers and bring them to your local nursing home
- Bake a cake or cupcakes and give them out for no reason at all. Maybe give them to strangers too.
- Compliment people - either your friends/family members or perhaps compliment a stranger on their clothes and ask where they bought them.
- Give out free hugs
- Open doors for people
- Smile at everyone you pass on the street
- Take your neighbors trash to the curb while you’re taking yours.
- When in line at the grocery store, let the person behind you go in front of you.
- Write a note of appreciation to your mail carrier.
- Give a lottery ticket to a stranger
- Keep your city clean by picking up plastic bottles and other trash you see around your neighborhood.
- Put together a basket of treats for someone who has had a death in the family and deliver it after the funeral when they’ll need extra support.
- Offer a ride to someone who cannot drive or does not have a car
- Leave quarters at the laundromat for others to use

*When you are kind to others, it not only changes you, it changes the world.*

Harold Kushner

A warm Welcome to Laurie Feldman our newest staff member who is our afternoon secretary. Stop by to say hello and introduce yourself. We are happy to have her join our staff and the North Haven Senior Center Family 😊
September Events…

Ask the Nurse will be held on Wednesday September 12, 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 September 26, 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

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
Mini Trips: Monday, September 10, Hamden Mart
Monday, September 24, Universal Drive

All interested members who drive are asked to meet at the Center by 9:30 am.
Reserve your space by calling the office 203-239-5432

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

Signups through September 4

Space is limited, please sign up earlier

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

Checks payable to Patricia Cavanaugh
Holiday Fair Meeting will take place on Tuesday, September 11 at 10 am
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.
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 am
📅 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 am

📅 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.
Finance Meetings for the Month of September will be held on Monday September 10 and Wednesday September 26. Both meetings are held at 9 am and meet in the ceramic room. All are welcome.

Monday, September 17 - Parkinson’s Support Group in Hamden Senior Center 1-2 pm
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.

Driver Safety
Thursday, September 20 - 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 do a Make and Take with Judy!

Pick a design and make a beautiful picture

(many to choose from)

It will be a 2 day process

Tuesday, September 18 & 25

Time: 9:30 - 11:30 am (may not take the whole 2 hours)

Make a picture for only $5.00!

RSVP - September 4 - 13

Space is very limited sign up early
Come Celebrate National Breakfast Month

Breakfast Nook
Wednesday, September 19 at 10:00am
Sign up early, only 19 seats available on the bus

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
Want to Feel Better about your doctor visits?

Today’s healthcare environment is striving to get you more involved in your health and wellness decisions. Join us to discuss how you can become a better self-advocate.

How to prepare for a visit
What to bring with you
Do’s and Don’ts at the appointment
How to follow up

Thursday, September 20
12:30-1:30 pm
Signups start: Tuesday, September 4 - 17
You are invited to join a very special Happy Hour as we celebrate National Senior Center month!

TUESDAY, SEPTEMBER 25
4:00 p.m. – 6:00 p.m.
Stony Creek Brewery
Branford

Come party with your peers from across the State...

Join the fun at our State’s #4 tourist attraction. Enjoy a spectacular view of Branford River, play some of the outdoor games (bocci, corn hole) or simply get to know other CT Seniors. Beer, wine, and soda are available to purchase from the indoor & outdoor tap rooms. You bring the spirit, we’ll bring some appetizers, perfect!

To join the fun contact:
North Haven Senior Center 203-239-5432
RSVP no later than: September 18
Second Hand Lions
Thursday, September 27, 1:30pm
Afternoon Treats will be sold

A shy adolescent boy, Walter (Haley Joel Osment), is taken by his greedy mother (Kyra Sedgwick) to spend the summer with his two hard-boiled great-uncles, Hub (Robert Duvall) and Garth (Michael Caine), who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.
Monday, October 1
11:30 am - 1:30pm - (Bingo will follow)

Lunch followed by Oktoberfest Entertainment by John Banker

Lunch includes:
Bratwurst with Sauerkraut
German Potato Salad
Chocolate Cake

All for only $10.00

Cash or Check – Payable to: Treasurer Town of North Haven
Please sign up in office starting Wednesday, September 5 – September 21

Dressed in authentic Lederhosen, John presents authentic German Folk Music combined with traditional Oktoberfest Drinking Songs & lots of Polkas. John performs on Tuba, Trumpet and Accordian supported by a background recording. Show Highlights include selections on Alpine Bells and solos on a 12 ft Alpenhorn from Switzerland. Songs are performed in German, Polish & English with lots of audience participation.
Friday October 5 - 9:30 am Medicare Changes Again!!!

Now is the time to find out what changes will occur with Medicare for 2019 prior to Open Enrollement. Nick Cassella from Health Insurance Associates will be here to discuss the changes that may result in your health coverage and above all cost. RSVP is requested due to the number of anticipated attendance. Sign up begins Tuesday September 3. Call 203-239-5432 or stop by the office.

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, $31.00 Non-Residents, Collection Time: 9am- 2pm

Only 2 seats lefts, don’t wait if you are interested in going

Checks Only - Payable to: Treasurer Town of North Haven
Come Listen to a Wonderful Presentation on COPD
by Gaylord Specialty Healthcare
Thursday, October 11, 10:30 am
Seated Limited
Please RSVP by October 4

Hearing Screening Tests
FREE

Friday, October 19
9:00 to 11:30 am

Make your appointment to have a free hearing screen from John Caswell, hearing instrument specialist. Appointments will be every 20 minutes.

Sign up starting Tuesday, September 4 until Friday, October 12
Space is limited
Get your annual flu shot

All vaccines at our flu clinics will be administered by licensed and experienced nurses from VNA Community Healthcare & Hospice

- CDC recommends yearly flu shots for all ages
- Participating insurance or private pay (cash, check or MC/Visa)
- Bring all insurance cards with you

**Participating Insurances**

- **65 years or older:**
  - Medicare Part B
  - Aetna Medicare
  - Anthem BCBS Medicare
  - Connecticare VIP

- **18 & Older:**
  - Aetna
  - Anthem BCBS
  - Connecticare
  - Harvard Pilgrim Health

**Not Participating:**
- Cigna and United Healthcare

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**DATE** | Thursday, October 18, 2018
**TIME** | 11:00 a.m. - 1:00 p.m.
**LOCATION** | Joyce Budrow Senior Center
| 189 Pool Rd., North Haven
**FLU HOTLINE** | 203.458.5920

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Turn to us:
753 Boston Post Rd.
Guilford, CT 06437
2319 Whitney Ave.
Hamden, CT 06518
Toll Free Helpline: 1.866.474.5230

vnacommunityhealthcare.org
The Centers’ Annual Holiday Fair
Is only 2 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.

Computer Class with Pat

New Session will begin September 11. Call the Center to reserve your seat for the next session.
4 week session - 203-239-5432
Residents Only (Free)
Upcoming Events

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

Thursday, November 8 – Kindness Rocks and Coping with Holiday Blues
Thursday, November 15 – Dietitian

December -
Friday, December 7, 2018 Christmas Party. Tickets will go on sale on Monday, October 1

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

For your donations…
JoAnne Burlock, Joan DeMatteo, Flo Hagan, Joan Stellabotte, Madeline Guido,
JoAnn Buccetti, Jeanette Menker, Jan Helland, Donna Dunham,
Sharon Morris, Nancy Haag, Nick Mastroianni

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

To our new members:
Susan Fowler, Debra Jason, Catherine Rosenberg, Linda Johnson,
Veronica Brisson, Molly Dinneen, Anita Stephens
**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.  **New session for Beginners and Experienced:** September 4 – November 20.  Residents $30 Non Residents $35

**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: September 3.  
**New session will begin:** Monday, September 17 – Monday, December 17  
**No Class:** October 8, and November 12.  
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.  **Present Session:** Tuesday, August 28 thru November 13, 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.  **Class Filled 😊**
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 (Starting September 14). All community members are invited for companionship and a great meal. For more information call the Church Office 203-239-0156. Call to see when it starts up, actual date.

- 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.
LEARN T’AI-CHI (TAIJIQUAN)

Bill Banick of Long River T’ai-Chi

Taijiquan is an ancient Chinese martial art based on internal energy or “chi”. T’ai chi uses slow flowing and connected movement to integrate the mind and body and generate flexibility, strength and well-being.

Offering Ongoing Authentic T’ai-Chi Classes
Mondays
10:30-11:30 AM
FIRST CLASS FREE!

NORTH HAVEN SENIOR CENTER T’AI-CHI
MONDAY MORNINGS
10:30-11:30AM
189 POOL RD
NORTH HAVEN, CT

- build strength and stamina
- IMPROVE BALANCE TO HELP AVOID FALLING
- REDUCE STRESS WHILE DEVELOPING MINDFULNESS
- NO EXPERIENCE REQUIRED

Cost: $40 for residents
$45 for non-residents.
Max 15/Min 12 people.
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.

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 service including accommodations. Trips cancelled due to weather conditions are handled on a per trip basis. Results will depend on timing of the cancellation and refund policies. Trips in dinners’ services are non-refundable. Friendship Tours reserves the right to adjust tour based on fuel exchanges.
YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

TELEVISION SHOWS

1. KKKK 10 10
2. PAINS
3. WELCOME KOTTER

4. FAMILY
5. PARK

6.

7. 8.

9. MY

10. 11.

12.

STROKES STROKES STROKES STROKES

F I E S
F I E S

CARDS CARDS CARDS CARDS

Answers on page 50
Let’s have a word search in observance of September 11 (9/11)

Kind Word Wordsearch

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generous
smile
goodness
courtesy
gentle
unselfish

kindness
compassion
sweetness
humanity
kindhearted
hospitable

random
thoughtful
tenderness
understanding
helpful
empathetic

© http://worksheetplace.com
MONTHLY ACTIVITIES

Mondays:
  9:30: Fitness Fun – No Class October 1
  10:00: Canasta
  10:30: Crafts – No Class September 17 and October 1
  10:30: Sitercise
  10:30: Tai Chi
  12:30: Bingo – will begin at 1:30 on October 1
  12:30: Bocce
  12:30: Beginner Mah Jongg
  1:00: Pinochle

Tuesdays:
  9:00: Computer Class begins September 11
  9:00: Ceramics
  10:00: Beg Chair Yoga
  10:00: Knitting/Crochet
  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
  12:00: Canasta

Fridays:
  9:30: Fitness Fun; Scrabble
  12:15: Intermediate Bridge
  12:30: Bingo; Setback; Pinochle; Bocce
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<td>Make and Take:</td>
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<td>Dyed Scarf</td>
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<td>9:00 a.m.</td>
<td>12:00 p.m.</td>
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<td>Finance Meeting</td>
<td>Health Guidance</td>
<td>11:30 a.m.</td>
<td>Lute Performance</td>
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<td>9:30 a.m.</td>
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<td>6:00 p.m.</td>
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<td>Nail Polishing</td>
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<td>By Hideki Yamaya</td>
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<td>By Pam-$5.00</td>
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<td>9:30 a.m.</td>
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<td>Mini Trip:</td>
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<td>Aging Meeting</td>
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<td>Hamden Mart</td>
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<td>Public Welcome</td>
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<td>8:15 a.m.</td>
<td>9:30 a.m.</td>
<td>10:00 a.m.</td>
<td>8:30 a.m.</td>
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<tr>
<td>Trip Departs:</td>
<td>Make and Take:</td>
<td>Celebrate</td>
<td>AARP Driver</td>
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<td>Lighthouse</td>
<td>Signs with Judy</td>
<td>National Breakfast</td>
<td>Safety</td>
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<td>Cruise (finish on</td>
<td>2 day class</td>
<td>Month at the</td>
<td>12:30 p.m.</td>
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<td>the 25&quot;)</td>
<td>10:00 a.m.</td>
<td>Breakfast Nook</td>
<td>Presentation:</td>
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<td>1:00 p.m.</td>
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<td>“Want to feel better”</td>
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<td>VNA Parkinson’s</td>
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<td>3:00 p.m.</td>
<td>about your</td>
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<td>Support Group</td>
<td>10:30 a.m.</td>
<td>Royalty Wine</td>
<td>Doctor visits?”</td>
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<td>Hamden Storyteller:</td>
<td>Making</td>
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<td>By: Seabury</td>
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<td>Senior Center</td>
<td>Kate Allen Smith</td>
<td>311 Washington Av</td>
<td>Care Now</td>
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<td>Mini Trip:</td>
<td>Senior Center Month</td>
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<td>Universal Drive</td>
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<td>Happy Hour at</td>
<td>12:00 p.m.</td>
<td>Snacks will be Sold</td>
<td>“Second Hand Lions”</td>
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<td>Stony Creek</td>
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<td>Ask The</td>
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<td>Physical Therapist</td>
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<td>Oktoberfest</td>
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<td>John Banker</td>
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<td>1:30 - Bingo</td>
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<td>Activities</td>
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<td>Cancelled today:</td>
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<td>Fitness Fun</td>
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<td>Crafts</td>
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## Lifebridge Community Services “CHOICE” MENU

### Nutrition for Mind, Body and Spirit

**Sept. 2018**

<table>
<thead>
<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>Labor Day Special</strong>&lt;br&gt;Grilled hamburger au jus on roll&lt;br&gt;Cheese, lettuce and tomato&lt;br&gt;Fresh zucchini and carrots&lt;br&gt;German potato salad&lt;br&gt;Ketchup&lt;br&gt;Blueberry parfait with vanilla pudding</td>
<td>¼ c. Roasted Cauliflower Soup/LS Crackers&lt;br&gt;2 oz Thin Sliced Medium Roast Beef &amp; 1 oz Sliced Cheese W/ Onions &amp; Tomato on Kaiser Roll&lt;br&gt;1 tsp Mayo/ Mustard&lt;br&gt;1/2c Potato Salad&lt;br&gt;½ cup Peaches&lt;br&gt;8 oz low fat milk</td>
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<td>6 oz Lentil soup&lt;br&gt;1 pkt LS crackers&lt;br&gt;New York Hero – Smoked Turkey, Ham &amp; Provolone (3 oz total)&lt;br&gt;W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce&lt;br&gt;½ c. Tomato Cucumber Salad&lt;br&gt;½ cup applesauce&lt;br&gt;8 oz low fat milk</td>
<td>6 oz Cream of zucchini soup&lt;br&gt;1 pkt crackers&lt;br&gt;¼ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins &amp; Mayo on Bed Of Lettuce/ Croutons&lt;br&gt;1 c. Pasta, Vegetable, Olive Salad W/Broccoli &amp; Peppers&lt;br&gt;½ c. Beet Salad&lt;br&gt;Fresh fruit&lt;br&gt;8 oz LF Milk</td>
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<td>6 oz. Italian Wedding soup/LS Crackers&lt;br&gt;1/2c Egg Salad on Multigrain Bread&lt;br&gt;1/2c Coleslaw&lt;br&gt;Fresh Fruit&lt;br&gt;8oz LF Milk</td>
<td><em>Breakfast Nook&lt;br&gt;10:00 am&lt;br&gt;Transportation Available</em>&lt;br&gt;6 oz Butternut Squash Soup&lt;br&gt;1 pkt crackers&lt;br&gt;3oz Egg Salad Sandwich on Croissant&lt;br&gt;1 tsp margarine&lt;br&gt;½ cup Tossed Salad with Cucumber &amp; Vinaigrette Dressing&lt;br&gt;½ cup Three Bean Salad&lt;br&gt;1 Dinner roll&lt;br&gt;1 tsp margarine&lt;br&gt;Fruit Pie&lt;br&gt;8oz Low Fat Milk</td>
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<td>6 oz Tomato Basil Soup&lt;br&gt;3/4c Tuna Salad on Small Deli Roll W/Shredded Lettuce&lt;br&gt;1/2c Carrot Raisin Salad&lt;br&gt;1/2c Tomato &amp; Cucumber Salad&lt;br&gt;4 oz Pineapple juice&lt;br&gt;Brownie&lt;br&gt;8 oz Low Fat Milk</td>
<td>6oz Chicken Rice soup&lt;br&gt;2 oz. Fresh Roast LS Turkey &amp; 1 oz. LS Cheese W/Lettuce &amp; Tomato on 6 “ Whole Wheat Wrap&lt;br&gt;1/2c Potato Salad&lt;br&gt;Fresh Fruit&lt;br&gt;8 oz Low Fat Milk</td>
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### Minimum Portions Served at Each Meal:

All non-citrus juices are Vit C fortified

1c Milk – 1% or equivalent  
1c Vegetable and Fruit or equivalent  
3 oz. Protein  
1 pat Margarine

2 Bread servings or equivalent (enriched or whole grain); All rolls are seedless; All white rice is enriched

All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt
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<th>Monday</th>
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<td>3 oz Turkey/LS gravy</td>
<td>6 oz Squash and apple soup/crax</td>
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<td>½ cup stuffing</td>
<td>1/6 Spinach quiche</td>
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<td>½ cup fresh zucchini</td>
<td>½ Broiled tomato</td>
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<td>Corn bread</td>
<td>½ cup Roasted potato</td>
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<td>1 tsp margarine</td>
<td>Herb breadstick</td>
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<td>½ cup peaches</td>
<td>1 tsp margarine</td>
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<td>8 oz low fat milk</td>
<td>Fresh fruit</td>
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<td>10:00 am</td>
<td>Breakfast Nook</td>
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<td></td>
<td>4 oz Chicken pot pie with biscuit</td>
<td>3 oz Grandioli with sauce and cheese</td>
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<td></td>
<td>½ cup Baked acorn squash</td>
<td>1 cup Caesar salad with Caesar dressing</td>
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<td></td>
<td>1 tsp margarine</td>
<td>½ cup Broccoli</td>
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<td></td>
<td>4 oz Orange juice</td>
<td>1 slice Italian bread</td>
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<td></td>
<td>Fruit Pie</td>
<td>1 tsp margarine</td>
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<td>8 oz low fat milk</td>
<td>Fresh fruit</td>
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<td></td>
<td>3 oz Pot roast/gravy</td>
<td>3 oz veggie-chilli</td>
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<tr>
<td>Happy Birthday</td>
<td>3 oz Potato crusted fish patty</td>
<td>½ Baked potato/sour cream</td>
<td>½ cup baked sweet potato</td>
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<td></td>
<td>Tartar sauce and lemon</td>
<td>½ cup green bean</td>
<td>½ cup broccoli</td>
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<td></td>
<td>½ cup Macaroni and cheese</td>
<td>Wheat dinner roll</td>
<td>Corn bread</td>
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<td></td>
<td>½ cup Zucchini and tomato</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
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<td></td>
<td>1 slice Marble bread</td>
<td>Fresh fruit</td>
<td>½ cup baked apple slices</td>
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<td>1 tsp margarine</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<td></td>
<td>4 oz Pineapple juice</td>
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<td>Brownie</td>
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<td>8 oz low fat milk</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.