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: 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:** October 15 – New Haven Walmart
    - October 29 - 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 – December 7 & 10

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

The Senior Center was closed on September 27 and will continue to be closed through October 5 due to the construction in the parking lot and roadway that enters to the Senior Center. We will reopen on Tuesday October 9 since Monday October 8 the Town of North Haven is closed in honor of Columbus Day. Whereas the building is closed to the public staff will report to work as usual. Transportation will not be interrupted for errands, shopping, medical appointments etc. Closing the Center during this time period is necessary due to the large equipment that will be tearing up the parking lot and road making it an unsafe environment for all.

Please note all activities/classes/and events will be canceled including the lunch program. Paid classes will be extended at the end of the scheduled session.

Holiday Fair News… **All volunteers are invited to a meeting on October 16 at 10 am in the community room.** At this time we will confirm your volunteer positions. If you are planning on helping and have not signed up please be sure to come to the meeting or visit the sign-up sheets located outside of my office. This event is your major fundraiser that supports your Center supplementing low cost programing, supplies for daily card games, crafts, and ceramics, as well as free coffee/tea and hot cocoa daily.

*Many hands make light work*

*Thank you in advance*

If you are unable to donate time please be sure to stop by and support the Center as well as spreading the word that the best Holiday Fair in the Town of North Haven will happen on November 3 at the North Haven Senior Center.

In planning for the Holiday Fair the center will be closed Thursday November 1 and Friday November 2, however the doors will be open for volunteers to assist with setting up and for those who will be dropping off delicious homemade cookies; please be sure to note your name and number on the bottom of your dish or container so we can return it to you.

All activities including the lunch program will be cancelled; transportation will not be impacted for medical appointments as well as shopping and Hair salon/barber appointments.

**The center will reopen on Saturday, November 3 at 9am for the Holiday Fair**

**Halloween Fun!**

*Can you guess the number of candy corn that is in the Jar that is on the Piano? If you can you win the jar of candy as well as a small gift. Prize winner will be announced on Halloween!*
NORTH HAVEN SENIOR CENTER
189 Pool Road   203-239-5432

ANNUAL CRAFT FAIR
Saturday, November 3 - 9:00 a.m. to 3:00 p.m.
Come and see our beautiful selection of
Crafts, Ceramics, Grannies Attic and More!

Refreshments for Sale
Fried Dough Pizza, Meatball Subs,
Coffee, Tea, Soda
Ample Parking Available
Holiday Fair Cookies are needed!

Please consider baking 4 dozen of your favorite kind of Cookie. Last year the Cookie Walk sold out and was a great success largely due to your great tasty cookies. Sign up on the bulletin board outside of Judy’s Office.

The North Haven Senior Center Holiday Fair Cookie Walk Committee.

Cookies may be dropped off at the Center on
November 1 & 2 between the hours of 9am-3pm

If you wish to have your tray or container returned please put your name on the bottom with telephone number 😊

Please continue to bring in your 1 pound empty, washed cans to the center.

Thank You in Advance
Please we are still looking for:

Help Wanted:
Monday and Wednesday 9:30-11:30 Holiday Fair Elves are needed to assist with:
Sort/wash/tag granny’s attic treasures
Wash/dry coffee cans for the cookie walk
Sort/box/untangle and match for the jewelry booth

The Jewelry Booth and Granny’s Attic are still in need of more people to help. If you would like to join in on the Centers’ largest fundraiser stop by or call the Center. It’s a great way to meet new friends and above all join in on the fun supporting your Center.

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.
October Events…

**Ask the Nurse** will be held on Wednesday, October 10, 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, October 24, 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-12PM.
- 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, October 15, New Haven Walmart
Monday, October 29, 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

It’s Mohegan Sun Casino Time!

Wednesday, October 10, 2018

From: North Haven Senior Center

Departure Time at 8:30am and

Estimated Return Time is 4:30pm

A gentle reminder please park in the field across from the Center
and bring your emergency information on the day of the trip.
Collection Dates: October 9, 9-2pm and October 12, 9am-2pm
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
NORTH HAVEN SENIOR CENTER
CHRISTMAS PARTY
Collection Begins on October 9 - 9am-2pm
If you would like to sit with a group please fill out the form that is in the newsletter.

DATE: Friday, December 7, 2018
TIME: 11:45 a.m. to 2:45 p.m.
PLACE: Zandri’s Stillwood Inn
1074 South Colony Road, Route 5
Wallingford, CT

Entertainment By:
Boogie Boys

Cost: $30.00
Checks Only Payable to:
Treasurer Town of North Haven

Menu consists of:
individual antipasto, family style ziti with meat sauce, choice Stuffed Filet of Sole Prime Rib, or Roast Pork Loin, and vegetable medley, roasted potatoes, dessert, coffee and diet soda on tables

Cash Bar

Registration begins on Tuesday, October 9th through Friday, November 9th

Transportation available from the Center and Home for North Haven Residents
**NORTH HAVEN SENIOR CENTER**  
**2018 HOLIDAY PARTY**  
**ZANDRI'S STILLWOOD INN**

**Table Number:**

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<th>Name &amp; Phone #</th>
<th>Pork Loin</th>
<th>Baked Stuffed Sole</th>
<th>Prime Rib</th>
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**Received by:** ______________________________

**Senior Signature:** ______________________________

**Date:** ______________


Please join us as Gaylord Specialty Healthcare discusses

**COPD;**
Chronic Obstructive Pulmonary Disease

**Presentation will include:**
What is COPD? How to Manage COPD?
How Can I Prevent COPD?

Thursday, October 11, 10:30am
Medicare Changes Again!!!

Friday, October 12
9:30am

Now is the time to find out what changes will occur with Medicare for 2019 prior to Open Enrollment. 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.
Call 203-239-5432 or stop by the office to reserve a seat

Did you know that North Haven Senior Center has a CHOICES* counselor that can navigate you through those confusing health insurance forms and literature that you get in the mail? Her name is Maureen Fiore and she is a trained CHOICES volunteer counselor that can help you understand your options in making all those insurance decisions clear to you. It is important that you understand your insurance options, as well as making informed decisions about your healthcare coverage, especially if you are considering changing your insurance or in the event your physician no longer accepts your health insurance. If you have an insurance question regarding your medical coverage and are overwhelmed with all the insurance language, please contact the office 203-239-5432 or stop by and make an appointment to meet Maureen.

*CHOICES- Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening
Finance Meetings for the Month of October will be held on Monday, October 15 and Wednesday, October 24. Both meetings are held at 9 am and meet in the ceramic room. All are welcome.

Monday, October 15- Parkinson’s Support Group in North Haven 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.

Thursday, October 18- 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.
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: 18 & Older:
Medicare Part B Aetna
Aetna Medicare Anthem BCBS
Anthem BCBS Medicare Connecticare
Connecticare VIP Harvard Pilgrim Health

Not Participating:
Cigna and United Healthcare

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

VNA COMMUNITY HEALTHCARE & HOSPICE
Beside you at every turn

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
**VNA Community Healthcare & Hospice**  
**Influenza Immunization Consent Form**

Name: ____________________________________________  
Please print name as it appears on insurance card

Social Security #: ___________________________  
Email: ___________________________

Address: ___________________________  
Apt: ___________________________

City: ______________________  
State: ______________________  
Zip: ______________________

Birth Date: __/__/____  
Phone: ___________________________  
Please circle: Male  Female

Please show ALL of your medical insurance cards and write the ID number(s) below.

If your insurance is not on either list, your insurance DOES NOT participate with VNA Community Healthcare & Hospice for flu vaccine and you will be responsible for the cost of your flu shot.

<table>
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<tr>
<th>Medicare Plans</th>
<th>Commercial Plans</th>
<th>SELF PAY for all participating insurance</th>
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| □ Aetna Medicare #  
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 # | FLU SHOT Quadrivalent: $46.00  
 FLU SHOT High Dose: $55.00 |
| □ Anthem BC BS Medicare #  
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 Discover / AMX |
| □ Medicare Part B  
 # | □ Medicare Part B #  
 # |

1. Are you allergic to chicken (or its byproducts), eggs, Neomycin, or latex?  
   □ NO  □ YES

2. Have you ever had a serious reaction to a flu shot?  
   □ NO  □ YES

3. Have you ever had Guillain-Barre Syndrome?  
   □ NO  □ YES

4. Have you received any other immunizations in the past 30 days?  
   □ NO  □ YES

5. Are you sick with a fever today?  
   □ NO  □ YES

6. Are you pregnant or nursing?  
   □ NO  □ YES

**INFLUENZA CONSENT:** I have read or had explained to me the information sheet about the influenza vaccine. I have had a chance to ask questions which were answered to my satisfaction and I understand the benefits and risks of the vaccination as described. I request that the influenza vaccination be given to me (or the person named above for whom I am authorized to make this request). I authorize the release of any medical or other information necessary to process my insurance claim or for other public health purposes.

I release VNA Community Healthcare & Hospice, its employees, representatives and agents from any liability for giving me the influenza vaccination. I agree to indemnify, defend and hold VNA Community Healthcare & Hospice harmless from any claim. I accept responsibility for seeking medical attention for any problems associated with my receiving the influenza vaccination.

**FINANCIAL REQUEST:** I agree to pay for co-pay, co-insurance, or deductible amounts due as deemed by my insurance company. I also agree in the event I provided VNA Community Healthcare & Hospice with incorrect insurance information or if Medicare or my insurance company does not pay for my vaccination, I will be responsible for payment.

I have been offered and refused or received a copy of the Agency’s Notice to Privacy.

Signature (Self, Parent, or Legal Guardian) ___________________________  
Date ___________________________

**Injection Site:**

□ Left Arm  □ Right Arm

**Type of vaccine (please check)**  
Quadrivalent  High dose

Manufacturer: ___________________________  
Lot and Expiration: ___________________________

Nurse Signature ___________________________  
Date ___________________________

Home visit nurse also print name: ___________________________  
Date ___________________________
Free Hearing Screening Tests

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 until Friday, October 12
Space is limited

Free Pumpkin Painting
Friday, October 19,
2:45 - 4pm

Come have fun and a stress free afternoon. Join us as we paint and decorate pumpkins to take home. This free project is being brought to the Center by students from Quinnipiac University Community Action Project.
All interested participants are asked to register for the project no later than Oct 17. You may register in person or by calling 203-239-5432.
PIZZA AND POLITICS

ALL MEMBERS ARE INVITED TO JOIN FIRST SELECTMAN MICHAEL FRED A, STATE SENATOR LEN FASANO, AND STATE REPRESENTATIVE DAVE YACCARINO at the center for an informative conversation on updates regarding issues that impact CT residents on Monday, October 22, at 11:30am.

Complimentary Pizza from the Town of North Haven Republican Party will be served to all in attendance.

Due to the popularity of this event with limited seating please RSVP no later than October 17, stop by to register or call the Center 203-239-5432.

Sponsored by the Town of North Haven Republican Party

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Halloween Bingo

Wednesday, October 31 @ 12:45

Dress up in your favorite costume and receive one free bingo card!

Candy treats for all in attendance.
Come paint a flower garden on your T-shirt!
We will use fabric paints so your shirt will be washable.

Please be sure your shirt is at least 40% cotton.
Launder your shirt before class and do not use fabric softener or dryer sheets.

Cost $15
Wednesday, November 7
10am-2pm
Sign up Wednesday, October 10 - October 31

Space is limited

A sample of the T-shirt is in Marlene’s office
Checks payable to Patricia Cavanaugh
PLEASE JOIN US AT THE NORTH HAVEN SENIOR CENTER FOR A FUN AND INSPIRATIONAL ACTIVITY! SPONSORED BY

GOAL #1: INSPIRE OTHERS THROUGH RANDOMLY PLACED ROCKS, ALONG THE WAY OR GIVE THE GIFT OF A ROCK TO MAKE SOMEONE’S DAY!

GOAL #2: RECRUIT EVERY PERSON WHO STUMBLES UPON IT, TO JOIN IN THE PURSUIT OF INSPIRING OTHERS, THROUGH RANDOM ACTS OF KINDNESS

GOAL #3: HAVE FUN!!

Seabury will provide paint! BYOR!!! (Bring your own Rocks) or we will bring some extras!! Join us for this fun and inspirational activity and bring a friend!!

Thursday, November 8, 2018
10 AM – NOON
RSVP – Now until - Nov. 5
Due the Construction and Center Being Closed the Oktoberfest Has a New Date and Time

Wednesday, November 14
11:00 am - 1:00pm - (Bingo will follow)

Lunch followed by Oktoberfest Entertainment by John Banker

Lunch includes:
Bratwurst with Sauerkraut
German Potato Salad
Chocolate Cake

$10 per person*

Cash or Check; Checks are Payable to: Treasurer Town of North Haven
Reservations will be taken up to October 26 from 9am-2pm in the office

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 Accordion 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.

*for anyone who paid for the October 1 date and you are unable to attend the new date the office will refund your money.
Senior to Senior Breakfast  
December 4, 2018  
8-9:30am

All members are invited to the Annual Senior to Senior Breakfast held at the North Haven High School. This Annual Event is Free! Raffles, Prizes, and Homemade Breakfast Treats baked by the Culinary Department will be served. Best of all you get to meet and greet the seniors of the North Haven High School. The annual event is very popular in Town so sign up today. Transportation from the Center and home is available.

RSVP by October 31, 2018  
Call 203-239-5432  
or Stop by the Office
In collaboration with the First Selectman and the American Legion Post 76 we are going to do leaf clean ups for veterans in North Haven. The projects will take place on Saturday, November 10\textsuperscript{th} and will be completed that day.

All volunteers will meet at the North Haven Congregational Church at 28 Church Street in North Haven at 9:00 am on Saturday, November 10, 2018. We will share some coffee & donuts and be greeted by the First Selectman. We will then break off into groups to the veteran's home and begin.

You may sign up as a group or individual. All you need to bring that day is yourself and a rake! Any North Haven grandchild who volunteers will receive community service hours. There will be a group leader at every site. \textbf{Our Veterans deserve it!}

To sign up or get more information please use the contact information below:
Paulette DeMaio
203-824-6707
servingveterans112@gmail.com
Knitters and Crochets

Tuesdays 10am-12:00 noon*

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 and always open to new participants.

*There will be no class during the month of October in preparation of the Holiday Fair. While class is not in session this month please feel free to stop by and assist with pricing the handmade items for the holiday fair.

Computer Class with Pat

Fall Classes are in Session and Full. If you would like to join us for the next session please call the office to reserve your seat.

4 week session - 203-239-5432
Resident Only (Free)
Upcoming Events

November –

**Thursday & Friday, November 1 & 2 – Senior Center will be** closed to get ready for the Holiday Fair. Transportation will not be canceled for Shopping and Medical Appointments. All Center activities will be canceled which includes the lunch program.

**Saturday, November 3, Annual Holiday Fair** - from 9am – 3pm. This is the Centers’ largest fundraiser, spread the word it is the best Fair in Town!

**Thursday, November 7, Paint a flower garden on your T-Shirt**  
**Thursday, November 8, Kindness Rocks and Coping with Holiday Blues**  
**Monday, November 12, Town of North Haven will be closed in Honor of Veteran’s Day**  
**Wednesday, November 14, Oktoberfest**  
**Thursday, November 15, Dietitian**  
**Thursday, November 22, Town of North Haven closed in Celebration of Thanksgiving.**

December –

**Tuesday, December 4, Senior to Senior Breakfast**

**Friday, December 7, 2018 Christmas Party at Zandri’s – Center will be closed**

**Monday, December 10, White Christmas at Aqua Turf**

**Tuesday, December 25, Town of North Haven closed in Celebration of Christmas**

**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

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For your donations…

Rodger Salman, Maura Thompson, Carole Labagnara, Marguerite Campagnuolo, Madelyn Boni, Norman Juniewicz

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

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To our new members:

Christiane & Michael Cody, Gloria Stadolnik, Irene Holcomb, Arthur Tuttle, Maria Speranza, Abigail Rivera, Nancy Melilli
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. New session will begin: Monday, September 17 - Monday, December 17 No Class: October 1, 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 20, 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.

---

**Town’s Thanksgiving Food Baskets:**

They are in need of the following items:

Coffee, tea, canned fruit, cranberry sauce, stuffing, jelly & mayonnaise.

Please bring these following items to the Senior Center.

October 16 – November 13

Thank you for your generosity
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.
Call our FREE HelpLine to talk to an expert.

1-800-LUNGUSA

4 Reasons to Call the Lung HelpLine

1. Our experts have answers.
   Our HelpLine staff consists of experienced registered nurses, respiratory therapists and certified tobacco treatment specialists. You’ll speak directly to an expert about your lung disease or questions about quitting smoking or other tobacco products.

2. Understand your diagnosis and treatment options.
   Whether newly diagnosed with lung disease or dealing with a chronic condition, we can help with answers about what comes next, what your options are, and even provide you with resources, referrals and support.

3. Know your risks.
   Get information and help with your questions on smoking/tobacco use, radon, air pollution, genetic risk factors for lung disease, asthma, COPD, lung cancer and more. Find out how to reduce your risks for lung disease.

4. It's FREE.
   Our compassionate counseling is free, and there is no limit to the number or length of calls. You can call us as many times as needed.

Contact Us

Available 7 days a week, 8 a.m. to midnight (EST), except for major holidays.

Email a question to HelpLineInfo@Lung.org.


TTY for hearing impaired 1-800-501-1068.
Parkinson’s Exercise & Support Group

Presented By: VNA Community Healthcare & Hospice
Join us to share your experiences, challenges and concerns, and for exercises to improve strength, balance and flexibility.

Third Monday of each month, 1:00 - 2:00 p.m.

Alternating locations:
Miller Senior Center
2901 Dixwell Ave., Hamden
Sept. 17 and Nov. 19

Joyce Budrow Senior Center
189 Pool Rd., North Haven
Oct. 15 and Dec. 17

Call to register today, 1.866.474.5230 (toll free)

Supported by the towns of Hamden and North Haven.

VNA COMMUNITY HEALTHCARE & HOSPICE
RESIDE YOU AT EVERY TURN

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
T’ai chi 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.

LEARN T’AI-CHI (TAIJIIQUAN)

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
YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. CCCCCCCC
   THE DAY

2. FREE

3. NEXT IMPOSSIBLE IMPOSSIBLE

4. BOMB

5. 

6. 

7. CLEAN

8. THE GRINDSTONE

9. THE GRINDSTONE

10. 

11. 

12. THE CASH

Answers on page 50
PROTECT SENIORS FROM FRAUD

Hidden in this puzzle are 10 common scams to look out for—and 10 ways to protect ourselves from crooks that want to take our money.

10 scams to look out for...
DOOR TO DOOR
FAKE FRIENDS
GRANDPARENT SCAM
IDENTITY THEFT
INVESTMENT FRAUD
IRS SCAM
LONELY HEARTS
PHONY CHARITIES
SWEEPSTAKES
TECH SCAM

10 ways to avoid being defrauded...
AWARENESS
DO NOT CALL LIST
EDUCATION
HANG UP

GUT NRP M VMPHLLJI
VRMSROAUSEFNLATN
LZAIICOIGARWFEFV
UOPNSLCKNEIDIMEE
AENHDLIEONAUFSHSS
RWCETPFLLFTCTHUYT
IEAPLRAOARPNWYM
TERRIYRRTCOPKCTE
MKSIECHIEOTTOVIN
SZNSENOERNROYDTT
ZDMCMETAXTSNPNF
SHEMRAWSARXSVOER
KNYBEGMUSGTFCKDA
TSEKATSPREEWSUAIUE
SEITIRAHCNONHPMD
PROFESSIONALSZEK

LAW ENFORCEMENT
PROFESSIONALS
REPORT
SKEPTICISM
SUPPORT
VERIFY

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<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>Senior Center</td>
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<td>8</td>
<td>6 oz. LS Beef Broth W/ Vegetables &amp; Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw ½ cup Fruit Cocktail 8oz LF Milk</td>
<td>6 oz Chicken Rice Soup 2 oz. Sliced Virginia Ham/1 oz Swiss Cheese Mustard/1 Mayonnaise 1/2c Salad (Tomato, Onion, Cucumber, Basil) ½ C. Coleslaw W/Shredded Carrot ½ cup peaches 8 oz LF Milk</td>
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<td>9</td>
<td>6 oz Tomato Basil Soup 1 pkt LS crackers Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese &amp; 1 Hard Cooked Egg, LS DRESSING 1 Small Whole Wheat Roll ½c.Tomato, Cucumber, Onion, Basil Salad 1/2c applesauce sauce 8oz LF Milk</td>
<td>6 oz Cream of zucchini soup 1 pkt crackers ½ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins &amp; Mayo on Bed Of Lettuce/ Croutons 1 c. Pasta, Vegetable, Olive Salad W/Broccoli &amp; Peppers ½ c. Beet Salad Fresh Fruit 8 oz LF Milk</td>
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<td>10</td>
<td>6 oz Italian Wedding Soup 3/4c Tuna Salad on Small Deli Roll W/Shredded Lettuce 1/2c Carrot Raisin Salad 1/2c Tomato &amp; Cucumber Salad Fresh Fruit 8 oz Low Fat Milk</td>
<td>6oz Lentil soup 1 pkt LS crackers New York Hero – Smoked Turkey, Ham &amp; Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce ½ c. Tomato Cucumber Salad 4oz. orange juice Fruit Pie 8oz 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; 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>
<th>Tuesday</th>
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<td>Senior Center Closed</td>
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<tr>
<td>CLOSED</td>
<td>3 oz Chicken parmesan</td>
<td>3 oz Turkey/LS gravy</td>
<td>6 oz Squash and apple soup w/crackers</td>
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<tr>
<td></td>
<td>½ cup Penne with sauce Parmesan cheese</td>
<td>½ cup stuffing</td>
<td>1/6 Spinach quiche</td>
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<tr>
<td></td>
<td>½ cup Broccoli</td>
<td>½ cup Fresh zucchini Corn bread</td>
<td>½ Broiled tomato</td>
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<td></td>
<td>1 slice Italian bread 1 tsp margarine</td>
<td>1 tsp margarine ½ cup peaches</td>
<td>½ cup Roasted potato Herb breadstick</td>
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<tr>
<td></td>
<td>½ cup Fruit cocktail 8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>1 tsp margarine Fresh fruit</td>
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<td></td>
<td>3 oz Roast pork/gravy ½ cup mashed potato</td>
<td>½ cup Spaghetti 3 oz meatballs in sauce</td>
<td>6 oz Cream of carrot soup w/crackers</td>
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<tr>
<td></td>
<td>½ cup Peas and onions 1 slice Rye bread</td>
<td>½ cup California blend Garlic bread</td>
<td>tuna salad plate</td>
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<tr>
<td></td>
<td>1 tsp margarine ½ cup applesauce</td>
<td>1 tsp margarine Parmesan cheese Fresh fruit</td>
<td>½ cup tuna salad</td>
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<td></td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>1 cup Tossed salad with chick peas, French dressing</td>
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<td>6 oz Italian wedding soup w/crackers 3 oz Meat loaf/LS gravy</td>
<td>3 oz chicken pot pie ½ Baked acorn squash</td>
<td>3 oz Grandioli with sauce and cheese</td>
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<td></td>
<td>½ cup Smashed potato</td>
<td>½ cup Scandinavian blend 1 biscuit</td>
<td>½ cup cannellini beans</td>
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<tr>
<td></td>
<td>½ cup Mixed vegetables 1 slice Wheat bread</td>
<td>1 tsp margarine 4 oz Orange juice Fruit Pie</td>
<td>½ cup zucchini</td>
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<td></td>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td>1 slice Italian bread 1 tsp margarine</td>
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<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
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<td></td>
<td>3 oz Potato crusted fish patty Tartar sauce and lemon ½ cup Macaroni and cheese</td>
<td>3 oz chicken pot pie ½ Baked acorn squash</td>
<td>3 oz Grandioli with sauce and cheese</td>
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<td></td>
<td>½ cup Zucchini and tomato 1 slice Marble bread</td>
<td>½ cup Scandinavian blend 1 biscuit</td>
<td>½ cup cannellini beans</td>
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<tr>
<td></td>
<td>1 tsp margarine 4 oz Pineapple juice Brownie</td>
<td>1 tsp margarine 4 oz Orange juice Fruit Pie</td>
<td>½ cup zucchini</td>
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<td>8 oz low fat milk</td>
<td>Fresh fruit</td>
<td>1 slice Italian bread 1 tsp margarine</td>
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<td>8 oz low fat milk</td>
<td>Fresh fruit</td>
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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.
MONTHLY ACTIVITIES

Mondays:
9:30: Fitness Fun
10:00: Canasta
10:30: Crafts
10:30: Sitercise
10:30: Tai Chi
12:30: Bingo
12:30: Bocce
12:30: Beginner Mah Jongg
1:00: Pinochle

Tuesdays:
9:00: Computer Class
9:00: Ceramics
10:00: Beg Chair Yoga
10:00: Knitting/Crochet – Class cancelled for the Month of October
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>CENTER</td>
<td>8:30 a.m.</td>
<td>Trip Departs:</td>
<td>10:30 a.m.</td>
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<td>CLOSED</td>
<td>Trip Collection:</td>
<td>Mohegan Sun</td>
<td>COPD Presentation</td>
<td>White Christmas</td>
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<td>12:00 p.m.</td>
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<td>COLUMBUS DAY</td>
<td>ANNUAL</td>
<td>Health Guidance</td>
<td>9:00 a.m.</td>
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<td>HOLIDAY PARTY</td>
<td>Clinic</td>
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<td>ZANDRI'S</td>
<td>Medicare Changes</td>
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<td>SIGN-UP BEGINS</td>
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<td>9:00 a.m.</td>
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<td>AARP Driver Safety</td>
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<td>Finance Meeting</td>
<td>Holiday Fair Meeting</td>
<td>Tai Chi Make-up Class</td>
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<td>11:00 a.m.</td>
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<td>Screening Tests</td>
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<td>Flu Clinic By Appointment</td>
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<td>New Haven</td>
<td>Storyteller:</td>
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<td>VNA Community Only</td>
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<td>Walmart</td>
<td>Kate Allen Smith</td>
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<td>2:45 p.m.</td>
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<td>Free Pumpkin Painting</td>
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<td>By: Quinnipiac University Community Action Project</td>
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<td>11:30</td>
<td>9:00 a.m.</td>
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<td>FREE PIZZA &amp; POLITICS with</td>
<td>Finance Meeting</td>
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<td>Senator</td>
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<td>Fasano</td>
<td>12:00 p.m.</td>
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<td>State Rep Dave Yaccarino &amp;</td>
<td>Ask The Physical</td>
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<td>1st Selectman Mike Freda</td>
<td>Therapist</td>
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<td>9:30 a.m.</td>
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<td>Mini Trip:</td>
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<td>Universal Drive</td>
<td>Oktoberfest</td>
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