Senior Happenings

DECEMBER 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: 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: December 17 - 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 December 7, 25, 2018. The Center will be closing at noon on December 24 and 31. For 2019, January 1, 15; February 12, 22; April 19; May 30; July 4; September 2; October 12; November 11, 28; December 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 9:30 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, 2018, March 19, April 16, September 17, & November 12.
*Except if you already have an appointment scheduled with the Senior Center.
From the Desk of Judy,

Congratulations and a round of applause to the volunteers in the ceramic and craft class who worked endlessly all year making wares to sell at the Holiday Fair. As well as to all who donated to the raffle tables, all 31 of the raffles were amazing! To our members who baked cookies you out did yourself, the booth sold out! To all who donated, washed, and wrapped coffee cans for the cookies, to all who helped with setting up for the fair, to those that donated, priced and sorted grannies attic treasures along with the gems and gold for the jewelry booth, to all who sold raffle tickets, to those that made outstanding fried dough, and delicious meatball sandwiches, to Joe Villano who made our beautiful signs, and to all who cleaned up once the fair was over, and to Sandra M. for washing all the aprons ensuring they are clean and ready for wearing for next year, Last but not least to my staff who worked by your side ensuring that 2018’s Holiday Fair was the best one ever! To see how successful you did at your booth a Holiday Fair Result List is posted on the bulletin in the Community Room.

**Senior Center Inclement Weather Policy**

When North Haven Public Schools are **closed due to bad weather**, Senior Center transportation is cancelled.

When North Haven Public Schools are **delayed due to weather**, transportation services will be delayed the same time period as the schools.

When utilizing the Center bus moreover, for your safety, it is asked that your pathway is clear of snow and ice. In the event the pathway is not the driver will contact the office informing me that he will not be picking you up due to unsafe conditions of your pathway. For all members please lean on the side of caution when deciding to drive to the Center for a class or activity during inclement weather.

In the event the Center will be closed it will be publicized on:

- WFSB Channel -3
- NBC CT Channel -4
- WTNH Channel 8

In planning ahead for the month of December the Town of North Haven will be closing early on December 24 and 31. All activities at the Center will cease at 11:00am.

**Merry Christmas and Happy Holidays,**

Judy, Marlene, Maggie, Laurie, Keith, and Richard
December Events…

**Ask the Nurse** will be held on Wednesday, December 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, December 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
Mini Trips: Monday, December 17, 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

Finance Meetings for the Month of December will be held on Monday, December 10 and Wednesday, December 19. Both meetings are held at 9 am and meet in the ceramic room. All are welcome.

Monday, December 17- Parkinson’s Exercise and Support Group at the North Haven Senior Center 1-2 pm

In collaboration and guidance thru the VNA Community Healthcare our Center has an ongoing Parkinson’s Disease Exercise and Support Group. Groups will meet every third Monday of the month alternating at our North Haven Center and at the Miller Hamden Senior Center. Our group welcomes people with Parkinson’s disease, their family members, and caregivers.

Register with the Center 203-239-5432 or by calling 1-866-474-5230.
Christmas Raffles

Beautiful Porcelain Santa and Sleigh Set
Donated by Wendy Forbes

Beautiful Ceramic Christmas Tree
Painted by the Ceramic Group

Displayed at the Senior Center
Ticket Sales through December 19

Tickets:
2 tickets for $1
Arm Length for $5

Drawings will be December 19 after Bingo
No need to be present
Need some extra Christmas gifts. We still have some craft items for sale. We have:

- Crocheted Kitchen Towels - $5.00
- Pillows - $4.00
- Walker Bags - $8.00
- Microwave Potato Bags - $5.00
- Hats - $3.00 and Headbands - $2.00
- Kitchen Angels - $6.00
- Candy canes - $15.00
- and many ceramic items

Tuesday, December 4, 1:15pm - Caroling and Tree Trimming with our Senior Songsters. Bring a friend or family member creating an afternoon of fun and fellowship as we enter the holiday season. Eggnog and cookies will be served and all are welcome!
Friday, December 7 - Center closed, NORTH HAVEN SENIOR CENTER CHRISTMAS PARTY, 11:45 am-2:45pm at Zandri’s Stillwood Inn, 1074 South Colony Road, Route 5, Wallingford,

Monday, December 10 - White Christmas at Aqua Turf, Transportation available from the Center for North Haven Residents leaving at 10:15. If driving on your own, please arrive by 11:30.

Come Treat yourself for the Holidays!

Come in and have a Free Make Over
by a License Cosmetologist, Rachelle
Monday, December 3
Appointments will be Every 15 minutes - Starting at 9:30 am
Please sign up in the office starting Monday, November 5

Come get your Nails Polished
by Pam and make your hands look pretty
Monday, December 17
Appointments will be Every 15 minutes - Starting at 9:30 am
For only $5.00
Please sign up in the office starting Monday, November 5
Come learn about the Mobility & Balance Program called

SAFE STRIDES!
Reduce falls & Improve your quality of life!

Thursday, December 13 at 10:30am
North Haven Senior Center

Light Refreshments will be available
Please sign up in the office by December 11

Presented by.....

Seabury care now
for your immediate needs at home

Kindred at Home
Friday, December 14 - Creative Beginnings Preschool, 10am  Come join us at the Center for an enjoyable hour of singing with our preschool friends. Young children singing carols is a sure way of bringing back childhood holiday memories. Come one, come all.

Monday, December 17- 10:00am (Free!)  Cupcake Decorating with our friend, Kimberly, from Connecticut In Home Assistance is back to teach us how to decorate ordinary box mix cupcakes into work of art just in time for the holidays. This event is very popular and seating is limited. Registration begins on December 3 and ends on December 12th.

Thursday, December 20, 10:00am - December Make and Take – come make a cute holiday saying made out of cork rounds. Registration begins on December 3 and ends on December 14th. Cost Only: $2 per project.

Thursday, December 20 at 1:30pm - Free Christmas Movie - Miracle on 34th Street Afternoon Treats will be sold. Please sign up in the office to ensure ample amounts of refreshments will be available.
Is anyone interested in taking a bus trip to the New MGM Grand Casino in Springfield, MA? It is Smoke FREE! We were looking at the date of Tuesday, May 14, 2019. The cost would be $30.00 which includes $20.00 in slot play. Please let us know if you are interested by December 14. If there is enough interest we will book the trip.

Tuesday, January 15, 12:30 -2:30pm- Second Art Gala, Come view the art work of our very talented artists of our Oil Painting class of the North Haven Senior Center. (Snow date - January 22)

Friday, January 25, 10am- Re-Gifting Auction Come one come all to the Centers’ Annual Re Gifting Auction. Our auction is a favorite for all and as in the past it will be a fun filled morning. If you have never attended, or are new to the Center, don’t miss out on the fun. Donations of new and gently used Knick knacks, jewelry, household items are accepted. This is not a tag sale but a competitive auction among the members. Above all it is a way to re-gift a treasure and take part in the fun. All proceeds support your Center. Come one Come All! Snow date will be Friday, February 1 at 10:00 am.
East Chicago Joe

is back at the North Haven Senior Center

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

February 14 at 12:30pm

Remember how popular he was??
Seating is limited, so sign up early - Starting December 5

A special Valentine Dessert will be served 🍼❤️❤️
Line Dancing is coming back to the Senior Center

Please join us on Mondays and Wednesday from 1-2pm
If you are interested, sign up in the office and a start date will follow

Here is a list of some of the health benefits you will enjoy if you line dance on a regular basis:

* Cardiovascular and muscular strength and flexibility become better;
* High blood pressure, high cholesterol levels and high triglyceride levels, as well as high blood sugar levels can all improve;
* Coordination improves as you work through the different movements;
* Bone strength can increase; bone loss can be stopped or slowed down
* Help with weight control - half an hour of continuous line dancing can burn an average of 300 calories
* The social aspects of line dancing are obvious. Your sense of well-being and the camaraderie you have with the other dancers is wonderful for your health.

Knitters and Crochets

Tuesdays 10am-12:00pm

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.

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
Residents Only (Free)
Upcoming Events

January –
Tuesday, January 1, Town of North Haven closed in Celebration of New Year’s Day
Tuesday, January 15, Senior Center Second Art Gala, (Snow Date – January 22)
Monday, January 21, Town of North Haven closed in Celebration of Martin Luther King Jr Day
Friday, January 25, 10am- Re-Gifting Auction, (Snow Date - February 1)

February –
Tuesday, February 12, Town of North Haven closed in Celebration of Lincoln’s Birthday
Thursday, February 14, East Chicago Joe - Back by popular demand
Monday, February 18, Town of North Haven closed in Celebration of Washington’s Birthday

Senior Entertainment Events at Aqua Turf:
Tuesday, March 19, 2019, St. Patrick’s Day Celebration
Tuesday, April 16, 2019, The Glen Campbell Xperience
Tuesday, September 17, 2019, Come Fly with Me
Tuesday, November 12, 2019, Crooning the Classics
Lunch and Entertainment, More information to follow

For your donations: LoMonaco’s of Branford, Madelyn Boni, Nick Casella, Arlene D’Angelo, Brian Havens, and Anne McKeon

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

To our new members:
Pat Gilmore, Sylvia Harper, Susan Hoffman, and Steven Rolnick
Paid and Unpaid Classes*

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. Creative activities such as ceramics encourage a sense of competence, purpose, and growth—all of which contribute to aging well. Join us weekly in the ceramic room for socialization and a path to unlock your creativity. Novice and experienced are welcome to join in on the fun, above all it’s FREE!

COMPUTER CLASSES – Tuesday, 9:00 to 10:30 a.m. would you like to learn how to use a computer. Learning computers and basic internet skills is not only for accessing information. It is the tool now for keeping in touch with family members. Don’t be left behind in the world of technology and sign up for a free four week session. Next session will start November 27.

OIL PAINTING – Tuesday, 12:45 to 2:45 p.m. Learn to Oil Paint class is taught by Patty Meglio, who has more than eighteen years of experience as a professional artist and who has been teaching privately and in the classroom for more than a year. In the 12- week session, students will work from photographs to create scenes of still-life, seascapes, and urban and country landscapes. Each student will receive individual attention at every step along the way and learn techniques to create a beautiful picture to treasure for years to come. This class is geared for novice painters as well as experienced painters who want to expand their painting abilities December 4 – March 12, 2019. No class on December 25, January 1, and February 12. Registration begins November 6. Cost: $30 Residents $35 Non Residents

SITERCISE – Monday and Wednesday, 10:30 to 11:30 a.m. Sponsored by the Town of North Haven and class led staff of the VNA Community Healthcare. Sitercise will focus on increasing muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; a specially designed program for those 50 and older who are at risk for falls. Cost: $15 for residents $20 for non-residents Maximum participants 15 people. *Checks payable to VNA Community Healthcare. New 6 week Mini Session: Monday, February 4, 2019 Wednesday, March 13, 2019. Registration begins January 7.

Tai Chi- Monday, 10:30-11:30 a.m. 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 New session will begin: Monday, January 7 - Monday, April 8, 2019 No Class: January 21 and February 18. Registration begins December 3. Cost: $40 for residents $45 for non-residents Max 15/Min 12 people.
BEGINNER CHAIR YOGA - Tuesday, 10:30 to 11:45 a.m. 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.

Next Session: Tuesday, November 27 thru March 5, 2019 No class on December 25, January 1, and February 12. Registration begins November 6. Cost: $75 residents, $75 non-residents.

*Registration: If there is availability for non-residents, one may register two weeks prior to class start date.

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.
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.
Tuesday March 19, 2019
11:00 AM–3:30 PM
Collection Date Starts: January 2, 2019
Collection Date Ends: February 15, 2019

Aqua Turf Club’s
St. Patrick’s Day Celebration!!
Featuring:
The Maclean Avenue Band

Padraig Allen and The Maclean Avenue Band have their very own sound with old Irish Celtic folklore and the rock pop Celtic music of today! This band had played shows in both America and Europe for close to twenty years.

Definitely be prepared to dance!

Coffee & Donuts
Door Prizes
Complimentary Glass of Beer or Wine
Family Style:
Salad/ Pasta/ Corned Beef & Cabbage/ Baked Scrod/ Carrots & Potatoes/ Dessert

$43.00 pp
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.

Bus will be leaving at 9:45am.
Tuesday April 16, 2019
11:00 AM–3:30 PM
Collection Date Starts: February 1, 2019
Collection Date Ends: March 15, 2019

The Glen Campbell Xperience
Featuring:

Jimmy Mazz!!

Any Show with Jimmy Mazz is always a hit!!
Jimmy will sing the songs of beloved Country star Glen Campbell plus a few from other well-known Country Legends!!

Country Music

Coffee & Donuts
Door Prizes
Complimentary Glass of Beer or Wine

Family Style:
Salad/ Pasta / Chicken Marsala/
Baked Ham/ Vegetable/ Potato
Dessert

$43.00 pp
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. Bus will be leaving at 9:45am.
Riverboat Cruise
Aboard the Indian Princess on
Lake Chargoggagoggmanchauggagoggchubunagungamaugg
aka Webster Lake, Webster, MA

Wednesday, June 26, 2019
Collection begins March 1, 2019

You may not be able to pronounce the 45-letter name for this body of water, often cited as the longest place name in the United States, but you won’t be able to forget your scenic 90 minute cruise on board this 19th century Mississippi Riverboat as we cruise the shores dotted islands of this historical lake.

Lunch at the Indian Ranch. Enjoy a plated meal in the waterfront room with beautiful large glass windows. Seasonal Salad with warm rolls, Advance choice of: Baked Cod, Tuscan Steak Tips or Maple Glazed Grilled Chicken, all served with potato, vegetable and dessert.

After the cruise depart for Foppema’s Farm. Browse the produce and products of this family owned and operated farm - strawberries, blueberries, raspberries, apples, sweet corn, tomatoes, & more.

COST $93 pp based on 40-52

Reservations: North Haven Senior Center
203-239-5432
Checks payable to: Treasurer Town of North Haven

Depart: 9:00a North Haven Senior Center
189 Pool Road
Est. Return: 7:15p North Haven

Friendship Tours
The Ship Shop
763 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 888-243-1630
www.friendshiptours.net

Friendship Tours arranges the components of the tour and does not own or operate the independent suppliers of services including motorcoaches. Trips canceled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters/events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.
Holiday Word Search Challenge

Solve each clue to reveal the holiday-related words to find in the puzzle going across, down, and diagonal.

1. December 25th holiday: ___________
2. Jolly man in red suit: ___________
3. Hung by the chimney: ___________
4. December holiday celebrating African-American heritage: ___________
5. Family customs passed down to next generation: ___________
6. Kwanzaa candle holder: __________
7. Hung on a door at Christmas: __________
8. Jewish Festival of Lights: __________
9. Special Jewish candelabra: __________
10. Red and white striped Christmas sweet: __________
11. A wax light that is used as a ceremonial symbol of many holidays: __________
12. Number of days of Hanukkah: __________
13. Santa's vehicle: __________
14. Kwanzaa feast: __________
15. Gifts given on the last day of Kwanzaa: __________
16. Christmas songs: __________
17. Potato pancakes: __________
18. They pull Santa's sleigh: __________

Bonus: Find 5 more holiday words hidden in the word search grid.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>3 oz Beef Teriyaki</td>
<td>½ cup Brown Rice with Pineapple</td>
<td>½ cup oriental blend</td>
<td>1 Wheat Roll</td>
<td>1 tsp Margarine</td>
</tr>
<tr>
<td>Closed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>4 oz Chicken Pot pie with Biscuit</td>
<td>½ cup Carrots</td>
<td>½ cup Green Beans</td>
<td>1 tsp Margarine</td>
<td>4 oz Baked apple slices</td>
</tr>
<tr>
<td>18</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>3 oz Sausage and Pepper</td>
<td>½ cup Brown Rice Pilaf</td>
<td>½ cup Broccoli</td>
<td>1 Wheat Grinder Roll</td>
<td>1 tsp Margarine</td>
</tr>
<tr>
<td>Closed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>3 oz Chicken Puttanesca</td>
<td>½ cup bowtie pasta</td>
<td>½ cup Zucchini</td>
<td>Garlic Bread</td>
<td>1 tsp Margarine</td>
</tr>
</tbody>
</table>

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3 oz. Protein; 1 Pat Margarine

All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched. All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt.
<table>
<thead>
<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>5/2 c. Tomato Cucumber Salad</td>
<td>½ cup Mandarin oranges</td>
<td>8 oz low fat milk</td>
<td>½ c. Tomato Cucumber Salad</td>
<td>½ cup Mandarin oranges</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>6 oz. LS Beef Broth W/ Vegetables &amp; Orzo/LS Crackers</td>
<td>1/2c Egg Salad on Multigrain Bread</td>
<td>1/2c Coleslaw</td>
<td>Chanukah special</td>
<td>Pot Roast with gravy</td>
</tr>
<tr>
<td>4 oz Baked apple slices</td>
<td>8oz LF Milk</td>
<td></td>
<td>Potato Latkes with applesauce garnish</td>
<td>Carrots</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>6oz Vegetable barley soup</td>
<td>3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce</td>
<td>1/2c Carrot Raisin Salad</td>
<td>Christmas Special</td>
<td>Beef Wellington</td>
</tr>
<tr>
<td>1/2c Tomato &amp; Cucumber Salad</td>
<td>4 oz Grape Juice</td>
<td>Fresh fruit</td>
<td>Twice baked potato Peas and Mushrooms Snowflake dinner rolls</td>
<td>Holiday Cake</td>
</tr>
<tr>
<td>8 oz LF Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>29</td>
</tr>
<tr>
<td>CLOSED</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Mondays:
9:30: Fitness Fun – Class begins at 9:15 on December 17
10:00: Canasta
10:30: Crafts
10:30: Sitercise - Last Class December 5
10:30: Tai Chi – Last Class December 17
12:30: Bingo
   1:00: Pinochle
   1:00: Line Dancing

Tuesdays:
9:00: Computer Class
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
10:30: Sitercise
12:00: Mah Jongg
12:15: Intermediate Bridge
12:30: Bingo
   1:00: Line Dancing

Thursdays:
9:00: Ceramics; Pinochle
10:00: Crafts

Fridays:
9:30: Fitness Fun; Scrabble
12:00: Setback
12:15: Intermediate Bridge
12:30: Bingo; Pinochle
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td></td>
<td></td>
<td></td>
<td>CENTER CLOSED</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Senior to Senior</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Free Makeover</td>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>with Rachelle</td>
<td>NH High School</td>
<td>Annual Holiday</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:15 p.m.</td>
<td>Party at Zandri’s</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caroling and Tree</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trimming with Senior</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Songsters</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Finance Meeting</td>
<td></td>
<td>12 Noon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Health Guidance</td>
<td>Clinic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trip: Aqua Turf</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Christmas</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In Only Today</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nail Polishing</td>
<td></td>
<td>10:30 a.m.</td>
<td>10:00 a.m.</td>
<td></td>
</tr>
<tr>
<td>with Pam</td>
<td></td>
<td></td>
<td>Make and Take</td>
<td></td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td></td>
<td></td>
<td>Cork Round</td>
<td></td>
</tr>
<tr>
<td>Parkside Manor</td>
<td></td>
<td></td>
<td>Holiday Saying</td>
<td></td>
</tr>
<tr>
<td>Dedication</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ceremony for the</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Site</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Improvement</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Project</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td></td>
<td></td>
<td>Free Cupcake Decorating</td>
<td></td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td></td>
<td></td>
<td>1:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>VNA Parkinson’s</td>
<td></td>
<td></td>
<td>Free Movie:</td>
<td>Miracle on 34th Street</td>
</tr>
<tr>
<td>Support Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All</td>
<td>CENTER CLOSED</td>
<td>9:00 a.m.</td>
<td>Finance Meeting</td>
<td></td>
</tr>
<tr>
<td>All Activities</td>
<td></td>
<td></td>
<td>MERRY CHRISTMAS</td>
<td></td>
</tr>
<tr>
<td>All end at 11:00 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MERRY CHRISTMAS</td>
<td>12 Noon</td>
<td>Ask The Physical</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CLOSING EARLY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>January 1, 2019</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All</td>
<td>CENTER CLOSED</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All end at 11:00 a.m.</td>
<td></td>
<td></td>
<td>HAPPY NEW YEAR</td>
<td></td>
</tr>
<tr>
<td>CENTER</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CLOSING EARLY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>