Senior Happenings

JANUARY 2019

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: Monday, 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, Medical, Errands, Grocery Shopping, Mini Trips

Daily Transportation
Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

Schedule
For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

Mondays: (time frame for mini trips will be an hour and a half from time of drop off)
Mini Trips: January 14 - Hamden Plaza
January 28 - 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, 21; February 12, 18; April 19; May 27; July 4; September 2; October 14; November 1, 11, 28; December 6, 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 – March 19, April 16, August 12, September 17, & November 12.
*Except if you already have an appointment scheduled with the Senior Center.
From the Desk of Judy,

No One Has Ever Become Poor from Giving-
Maya Angelou

Did you know that there are nearly 4,000 children that are in CT Foster Care system? Also did you know that when a child comes into care, all too often he comes with a black plastic bag containing the few items in his/her possession, gathered together quickly by social workers and even law enforcement officers, in a hurry to collect both the child and his possessions in a quick manner? Many times children leave without a comb, brush, toothbrush, etc. In making a difference I invite you to join us in Project SACK (Seniors Assisting CT Kids). All interested participants will be making pull string tote bags (sacks) that will be filled with personal toiletries for children who are removed from their home in a time of crisis. With that being said toiletries will be collected at our Center, once the sacks are filled they will be donated to CT Kids who are in the CT Foster Care system. In addition to toiletries being needed, colorful cotton fabric, cording/ribbon, and most of all volunteers will be required to create a colorful handmade tote bag; sacks. For detailed information please refer to the body of the newsletter.

Enough Happiness To Keep You Happy

During this year may you have
Enough Happiness to keep you sweet.
Enough trials to keep you strong.
Enough sorrow to keep you human
Enough hope to keep you happy.
Enough failure to keep you humble.
Enough success to keep you eager.
Enough friends to give you comfort.
Enough wealth to meet your needs.
Enough enthusiasm to make you
look forward to tomorrow.
Enough determination to make
each day better than the day before.
Above all have
Enough kindheartedness to share with each other at the Center.

The staff and I would like to thank everyone for their thoughtfulness and overwhelming generosity thru the holiday season. May we all have continued good health and good times at the Center!

Happy New Year!
For your donations:
Saroj Baheti, Madelyn Boni, Betty Ferrara and Bertha Parese

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

To our new members: Dave DeLucia, Ruthanne DeLucia, Robert Power and Bonnie Sabo

January Events…

LifeBridge has extended the Lunch Program!!!
Lunch will now be served on a
Monday, Tuesday, Thursday and Friday at the Center.

Monday, January 7, 2019 is the first day of the extended lunch program. In order to secure a lunch for this day you will need to make a reservation no later than Friday January 4 to ensure you have a lunch for Monday January 7.

In order to partake in lunch you must call 203-239-4030, the day before between the hours of 9:30-11:30 am to reserve your meal.

If you reserve lunch it is important that you show up by 11:20am. Lunches are not held beyond 11:45am. If you are ill and are unable to keep your reservation for lunch please contact the meal site manager 203-239-4030

Please note repeated no shows without informing the meal manager may result in suspension of participating in the lunch program.
Ask the Nurse will be held on Wednesday, January 9, 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, January 23, 12noon -1:30pm; Have your walker and cane measured for you as well ask a question about safety risks in the home.

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

Free!
No appointment necessary

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

- 1st Monday of each month 10AM-11AM.
- Free drop in group for residents of North Haven, CT
- Contact: 203-239-5321 x501
- Are you caring for an elderly parent or family member?
- Share your caregiving experiences in a safe and confidential setting
- Discuss self care, problem solving and coping skills

Mini Trips: Monday, January 14, Hamden Plaza
Monday, January 28 - Universal Drive

All interested members who drive are asked to meet at the Center by 9:30 am.
Reserve your space by calling the Center 203-239-5430
Finance Meetings for the Month of January will be held on Monday, January 14 and Wednesday, January 23. Both meetings are held at 9 am and meet in the ceramic room. All are welcome.

Monday, January, 14 - Parkinson’s Exercise and Support Group at the Hamden 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.

The 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.

New Start Time for Bingo…

Bingo will now start at 12:45pm on Mondays, Wednesdays and Fridays.*

Help Wanted:

The Center is in need of Substitute bingo callers that we can call when one of the regular callers are unavailable to come call. If you are interested in calling bingo, please contact the office. If you have never called bingo, but would like to learn, call the Center. Thank you in advance.

*If the table has not been cleaned from the lunch program, please wait until the table has been washed cleaned prior to placing the Bingo cards down on the table.
This year’s month of giving will support CT Foster Kid’s with Project S.A.C.K.-Senior’s Assisting Connecticut Kids. In that most children are taken out of their homes without the opportunity to retrieve their personal toiletries we are going to be sure that when they are placed they have at least a toothbrush, comb, etc. We are asking that you donate toiletries for CT Kids who reside in the CT Foster care System. Toothbrushes (soft bristles), toothpaste, shampoo, hair brushes, combs, etc.). We will be sewing sacks and filling them. This will go to the Connecticut children in need. We are also looking for people to come sew and make the fabric sacks. If you are interested in assisting with cutting fabric, sewing, or donating colorful fabric to make these sacks, please contact the office. The collection will begin on January 2 and continue throughout the month. Invite your family and friends to participate in our month of giving.
Special Valentine’s Raffles

Items Displayed at the Senior Center
Ticket Sales through February 14

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

Drawings will be February 14
No need to be present

Our Valentine Raffle is made possible through the generosity of Rick Di Norscia, Arlene D’Angelo, Janet Rapuano and Margaret Maybury, thank you again!
Come Join the North Haven Senior Center Oil Painters for an Open House

Tuesdays, January 22 and 29, 12:30 - 2:30pm
Come try your hand at painting an 8 x 10 picture while partnered up with one of our center’s talented oil painters who will help you. Come discover the hidden talent you may never even know you have. (Snow dates - February 5 and 19)
Cost is $2.00 which includes all supplies
Sign up – January 2 - 17

It’s Movie Time
January 24, 2019
1:30 pm

Mamma Mia! Here We Go Again. Join the celebration, sing and dance, and discover how it all began! Ten years after Mamma Mia! The Movie premiered; you're invited back to the magical Greek island of Kalokairi in an all-new musical sequel based on the songs of ABBA. Sophie (Amanda Seyfried) is now pregnant, and like her mother Donna (Meryl Streep), she'll need to take risks. The film's original cast returns, with new additions including Lily James as a young Donna, Andy Garcia and Oscar winner Cher.

If at least 12 people sign up - All you can eat hot butter popcorn and a beverage will be sold, come join us for an afternoon with a good movie and laughter.
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.

Paul Mitchell Schools

Wednesday, February 6, 10am-12pm, Paul Mitchell School of Beauty will be here to provide FREE SERVICES of Manicures and Hand Massages. Sign up start January 2 – February 4.

Thursday, February 7, 10:00am – Make and Take a Suet bird feeder.

Come join us for a fun morning craft and help feed the birds. Cost is $2.00. Sign up start January 2 – February 4.

Wednesday, February 13, 12:45 pm - Valentine Bingo…instead of winning on the word BINGO we will be winning with the word HEART. Please note that it is requested that you bring the correct dollar amount to play. The office does not have the means to assist with you not having the correct dollar amount. Cards are .75 each.
In planning ahead…

AARP Smart Driver Course

The AARP Smart Driver course is the nation’s first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course.

Why Take the AARP Smart Driver Course?
The AARP Smart Driver course is the nation’s first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

The dates for the upcoming year-
March 21, 2019
April 18, 2019
May 16, 2019
July 18, 2109
August 15, 2019
September 19, 2019
December 19, 2019

Classes are held at the Center, 189 Pool Road from 8:30am-12:30pm
Registration is required by calling the Center 203-239-5432 or stopping in the office.

Checks payable to AARP $15 AARP member, $20 non AARP members and due on the day you are scheduled to take the class. Please bring your driver’s license as it is required by the instructor.

It’s time to dress up the Curio Cabinets*…if you have a hobby or a collection that you would like to share please inform the office that you would like to display them in the curio cabinets. To date we have had collections of clowns, nutcrackers, antique irons and toys, as well as photo’s. Each collection tells a story and all who have displayed in the cabinets has had an opportunity to tell the story of how they started collecting. Does anyone have a baseball hat collection, teacup collection or even a shell collection? We all collect something, what do you collect?

*Please note all items are in a locked Curio Cabinet 😊
**Line Dancing is Back - Join** us on Mondays and Wednesdays from 1-2pm. If you thought line dancing was just for fun 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 - Tuesday from 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 opens to new participants.

**Free Computer Class with Pat - Register now for the next 4 week session** that will take place on February 5. Call the office to reserve your seat, 203-239-5432 Residents Only

Don’t forget, in the event there is inclement weather please tune in to your local television stations. If school is closed there is no transportation and the Center will remain open unless it is deemed by the Town that we will be closed, which will also be posted on your local television stations. In the event schools have a delay in opening, transportation will be delayed for the number of hours that schools are delayed.

In the event transportation is running full service and you are scheduled for a ride please be sure your walkways, as well as your driveways, are clean of ice/snow. Drivers will not stop if your walkway is deemed unsafe, they will radio the office, and staff will give you a call. Please help us to keep you safe. If you have any questions feel free to contact the Center. Thank you in advance.
East Chicago Joe

Is back at the North Haven Senior Center

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

Thursday, 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 🍪❤️❤️
We will be having a bus trip to the NEW MGM Casino in Springfield, MA

Come see the New SMOKE FREE Casino
May 14, 2019

From: North Haven Senior Center
Departure Time at 8:30am and Estimated Return Time is 4:15
$30 Residents, Collection Date and Time March 4 – March 29, 9am-2pm
$35 Non-Residents, Collection Date and Time March 18 – March 29, 9am-2pm

Even if you had signed up letting us know you were interested, please sign up and pay with a check payable to: Treasurer Town of North Haven

There are some new changes with this trip. You will need a non-expired valid ID the day of the trip. The following information is needed in advance to save time: your name, address, date of birth and email (if available). They are trying to save you time from waiting in line to get your M Life card which will have the $20 free slot play. (the amount is subject to change without notice by MGM Casino)
Mark Your Calendar….

February –
Wednesday, February 6, Free Manicure and Hand Massage from Paul Mitchell

Thursday, February 7, Make & Take Bird Seed Feeders

Tuesday, February 12, Town of North Haven closed in Celebration of Lincoln’s Birthday

Wednesday, February 13, Valentine Bingo

Thursday, February 14, East Chicago Joe - Back by popular demand!

Monday, February 18, Town of North Haven closed in Celebration of Washington’s Birthday

March –
Friday, March 8, Taste of New Orleans…Mardi Gras fun with Judy’s Louisiana Bread pudding demonstration. If you would like to enjoy a piece $2 payable to the office by February 22

Special Senior Entertainment Events at Aqua Turf:
Tuesday, March 19, 2019, St. Patrick’s Day Celebration, only $43.00
Tuesday, April 16, 2019, The Glen Campbell Xperience, only $43.00
Monday, August 12, 2019, Kenny and Dolly, Together Again, only $76.00
Tuesday, September 17, 2019, Come Fly with Me, only $43.00
Tuesday, November 12, 2019, Crooning the Classics, only $42.00
Lunch and Entertainment, More information to follow
Enrichment Classes

CERAMICS – 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 – 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 February 5.

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 January 1 and February 12. Registration for new class TBA. 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 due on the first day of class 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 for new class TBA. 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. Registration Closed Class Filled. No class on January 1 and February 12.

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. Non Resident Registration: If there is availability 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.
Aqua Turf Club’s
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!!

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 Chargoggagoggmanchaуггагогочугаубунагуамагу**

**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

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**Friendship Tours**

**THE SHIP SHOP**

783 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 860-243-1630
www.friendshiptown.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.
WINTER WORD SEARCH

WORDS TO FIND:

BLIZZARD
COLD
FROZEN
HAT
ICE
MITTENS
SNOW
SNOWMAN
WINTER

BOOTS
FIREPLACE
GIVING
HOLIDAYS
ICESKATE
PINETREE
SNOWBALL
SNOWSUIT
CHILLY
FROSTY
GLOVES
HOTCHOCOLATE
ICICLE
SCARF
SNOWFLAKE
WIND

Amy Mascott of teachmama.com for Scholastic
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<td>3 oz sloppy Joe Wheat sandwich bun</td>
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<td>1/2 cup carrots</td>
<td>Mushroom Quiche</td>
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<td>1 tsp Margarine</td>
<td>1/2 cup Pineapple</td>
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<td>1 Slice Wheat Bread</td>
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<td>1 tsp Margarine</td>
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<td></td>
<td>1/2 cup fruited jelly</td>
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<td></td>
<td>4 oz Apple juice</td>
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<td></td>
<td>8 oz low fat milk</td>
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<tr>
<td>7</td>
<td>3 oz Chicken parmesan</td>
<td>3 oz Beef Teriyaki</td>
<td>3 oz Garlic chicken qt</td>
<td>1 cup tuna casserole</td>
</tr>
<tr>
<td>1/2 cup Bowtie Pasta</td>
<td>1/2 cup Brown Rice with Pineapple</td>
<td>1/2 baked potato</td>
<td>1/2 cup Italian Blend Veg</td>
<td>1/2 cup Italian Blend Veg</td>
</tr>
<tr>
<td>Parmesan Cheese</td>
<td>1/2 cup oriental blend</td>
<td>1 Wheat Dinner Roll</td>
<td>1/2 cup Green Beans</td>
<td>1/2 cup spinach</td>
</tr>
<tr>
<td>1/2 cup Zucchini and Tomato</td>
<td>1 Wheat Roll</td>
<td>1 tsp Margarine</td>
<td>1 Wheat Dinner Roll</td>
<td>Garlic breadstick</td>
</tr>
<tr>
<td>1 Slice Italian Bread</td>
<td>1/2 cup Mandarin oranges</td>
<td>1/2 cup Garlick oranges</td>
<td>1 tsp Margarine</td>
<td>1 tsp Margarine</td>
</tr>
<tr>
<td>1 tsp Margarine</td>
<td>8 oz Low Fat Milk</td>
<td></td>
<td>Fresh Fruit</td>
<td>Carrot cake</td>
</tr>
<tr>
<td>1/2 cup Peaches</td>
<td></td>
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<tr>
<td>8 oz Low Fat milk</td>
<td></td>
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<tr>
<td>14</td>
<td>3 oz Pulled Pork</td>
<td>3 oz Sausage and Pepper</td>
<td>6 oz French Onion Soup</td>
<td>Veggie Wedge with 3 oz mozzarella cheese,</td>
</tr>
<tr>
<td></td>
<td>1/2 cup Two Potato Mash</td>
<td>1/2 cup Brown Rice Pilaf</td>
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<tr>
<td></td>
<td>1/2 cup Country Style Veg</td>
<td>1/2 cup Broccoli</td>
<td>4 oz Stuffed Salmon with Lemon Butter Sauce</td>
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<tr>
<td></td>
<td>1 Slice Wheat Bread</td>
<td>1 Wheat Grinder Roll</td>
<td>1/2 cup Wild Rice Pilaf</td>
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<tr>
<td></td>
<td>1 tsp Margarine</td>
<td>1 tsp Margarine</td>
<td>1/2 cup Broccoli</td>
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<tr>
<td></td>
<td>Fruit Pie</td>
<td>Fresh Fruit</td>
<td>1 Wheat Dinner Roll</td>
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<tr>
<td></td>
<td>4 oz Orange juice</td>
<td>8 oz low fat milk</td>
<td>1 tsp Margarine</td>
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<td>8 oz low fat milk</td>
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<td>Fresh Fruit</td>
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<tr>
<td>21</td>
<td>MLK Day Special</td>
<td></td>
<td>3 oz Roast Beef-gravy Open Sandwich on</td>
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<td></td>
<td></td>
<td></td>
<td>Wheat</td>
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<td></td>
<td></td>
<td></td>
<td>1/2 cup Smashed Potato</td>
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<td></td>
<td></td>
<td>1/2 cup Glazed Carrots</td>
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<td></td>
<td></td>
<td>Brownie</td>
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<td></td>
<td>4 oz Mixed Fruit Juice</td>
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<td>8 oz low fat milk</td>
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<td></td>
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<tr>
<td>3 oz Meatballs/sauce</td>
<td>6 oz vegetable soup</td>
<td></td>
<td>3 oz Chicken Puttanesca</td>
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</tr>
<tr>
<td>1/2 cup Spaghetti</td>
<td>3 oz Herb Crusted Fish, Lemon &amp; Tartar Sauce</td>
<td></td>
<td>1/2 cup bowtie pasta</td>
<td></td>
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<tr>
<td>1/2 cup cauliflower and red pepper</td>
<td>1/2 cup roasted squash</td>
<td></td>
<td>1/2 cup Zucchini</td>
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</tr>
<tr>
<td>Herb Bread Stick</td>
<td>1/2 cup Peas</td>
<td></td>
<td>Garlic Bread</td>
<td></td>
</tr>
<tr>
<td>1 tsp Margarine</td>
<td>1 Slice Marble Bread</td>
<td></td>
<td>1 tsp Margarine</td>
<td></td>
</tr>
<tr>
<td>Parmesan Cheese</td>
<td>1 tsp Margarine</td>
<td></td>
<td>Fresh Fruit</td>
<td></td>
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<tr>
<td>1/2 cup Pears</td>
<td>Fresh Fruit</td>
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<td></td>
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<tr>
<td>8 oz low fat milk</td>
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</tbody>
</table>

**MINIMUM PORTIONS SERVED AT EACH MEAL:** 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 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>
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<td></td>
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<td></td>
<td>¾ c. Roasted Cauliflower Soup/LS Crackers 1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll 1c. Tossed Salad W/LS Dressing 1/2c Chickpea Salad W/Onion, Green Pepper &amp; Garlic) 1/2c pineapple 8oz Low Fat Milk</td>
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<td>7</td>
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<tr>
<td>6oz Lentil soup</td>
<td>1 pkt. LS Crackers 3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce ½ cup Beet Salad ½ cup Mandarin Oranges 8 oz low fat milk</td>
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<td>14</td>
<td>15</td>
<td>16</td>
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<td>18</td>
</tr>
<tr>
<td>6oz Carrot Soup</td>
<td>2 oz. Fresh Roast LS Turkey &amp; 1 oz. LS Cheese W/Lettuce &amp; Tomato on 6 ” Whole Wheat Wrap 1/2c Potato Salad Fresh Fruit 8oz LF Milk</td>
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<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
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<tr>
<td>MLK Day Special</td>
<td>Fried Chicken quarters Collard Greens Corn and Okra Biscuits Bread pudding with topping</td>
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<td>29</td>
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<tr>
<td>6 oz Butternut Squash Soup</td>
<td>1 pkt crackers ¾ 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 Fresh Fruit 8 oz LF Milk</td>
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</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
10:00: Canasta
10:30: Crafts
10:30: Sitercise
10:30: Tai Chi
12:45: 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
12:45: 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: Pinochle
12:45: Bingo

SPECIAL NOTICE:
Lifebridge Lunch Program will be re-instated on Mondays at the Senior Center
Starting on Monday, January 7, 2019
If you want to order lunch, you must call by Friday, January 4, by 11:30 a.m.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>CENTER CLOSED</td>
<td>1</td>
<td>2</td>
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<tr>
<td>HAPPY NEW YEAR!</td>
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<td>12:00 p.m.</td>
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<td>Health Guidance</td>
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<td>Clinic</td>
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<td>14</td>
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<tr>
<td>9:00 a.m.</td>
<td>Finance Meeting</td>
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<td>9:30 a.m.</td>
<td>Mini Trip:</td>
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<td>Hamden Plaza</td>
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<td>1:00 p.m.</td>
<td>VNA Parkinson’s</td>
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<td>Support Group</td>
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<td>Hamden Sr Center</td>
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<tr>
<td>10:30 a.m.</td>
<td>9:00 a.m.</td>
<td>1:30 p.m.</td>
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<tr>
<td>CENTER CLOSED</td>
<td>Storyteller</td>
<td>Finance Meeting</td>
<td>Free Movie:</td>
<td>10:00 a.m.</td>
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<tr>
<td>12:30 p.m.</td>
<td>“Mama Mia”</td>
<td>Re-Gifting Auction</td>
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<tr>
<td>MARTIN LUTHER</td>
<td>Open House with</td>
<td>12:00 p.m.</td>
<td>Here We Go Again”</td>
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<tr>
<td>KING JR DAY</td>
<td>Center Oil Painters</td>
<td>Ask The Physical</td>
<td>We need 12 sign ups</td>
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<tr>
<td></td>
<td>Paint your own 8x10</td>
<td>Therapist</td>
<td>to serve Hot Buttered</td>
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<tr>
<td></td>
<td>Picture - $2.00</td>
<td>by the VNA</td>
<td>Popcorn!!</td>
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<td>9:30 a.m.</td>
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<td>Mini Trip:</td>
<td>Open House with</td>
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<td>Universal Drive</td>
<td>Center Oil Painters</td>
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<td>Paint your own 8x10</td>
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<td>Picture - $2.00</td>
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