Senior Happenings

Happy Spring

MARCH 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, 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: March 11 – Walmart, New Haven
March 18 – Meriden Square
March 25 - 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)
No Errands on March 27
➢ 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: 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,

Some tips on how to purchase medication from an online pharmacy…

Have you ever been tempted to buy your medicines from an online pharmacy or another website? Protect yourself by using caution when buying medicine online. There are many pharmacy websites that operate legally and offer convenience, privacy, and safeguards for purchasing medicines. But the U.S. Food and Drug Administration warns that there are many online pharmacies that claim to sell prescription medicines at deeply discounted prices, often without requiring a valid prescription. These Internet-based pharmacies often sell unapproved or counterfeit medicines outside the safeguards followed by licensed pharmacies.

These sites often prominently display a Canadian flag, but may actually be operated by criminals from the other side of the globe with no connection to Canada. Medicines bought from these websites can be dangerous and may put your health at risk.

Signs of a False Online Pharmacy- Beware of online pharmacies that
- Allow you to buy prescription medicine without a valid prescription from your health care provider.
- Do not have a U.S. state-licensed pharmacist available to answer your questions.
- Offer very low prices that seem too good to be true.
- Are located outside of the United States or ship worldwide.

These pharmacies often sell medicines that can be dangerous because they may
- Have too much or too little of the active ingredient you need to treat your disease or condition. The active ingredient is what makes the medicine effective for the illness or condition it is intended to treat.

Know the Signs of a Safe Online Pharmacy
- They require a valid prescription from a doctor or another licensed health care professional.
- They are licensed by your state board of pharmacy, or equivalent state agency? To verify the licensing status of a pharmacy you can log on to: https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineS
- Are in the United States and provide a street address?
- Another way to check on a website is to look for the National Association of Boards of Pharmacy’s (NABP) Verified Internet Pharmacy Practice Sites™ Seal, also known as the VIPPS® Seal. This seal means that the Internet pharmacy is safe to use because it has met state licensure requirements, as well as other NABP criteria. You can log on to the VIPPS website to find legitimate pharmacies that carry the VIPPS Seal: https://nabp.pharmacy/programs/vipps/

Did you know that studies indicate that senior volunteers who are active and engaged leads to more happiness have longer lives, less disease, and better overall health? With that being said…

Volunteer Help Needed is needed in the craft room to assist with making items for the 2019 Holiday Fair. The group meets every Thursday at 10a.m.  P.S. - The group welcomes rookie and experienced crafters.
Why March is National Women’s History Month

*Do you remember Rosie?

Presidential and Congressional Support

The first steps toward success came in February 1980 when President Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women’s History Week. In the same year, Representative Barbara Mikulski, who at the time was in the House of Representatives, and Senator Orrin Hatch co-sponsored a Congressional Resolution for National Women’s History Week 1981. This co-sponsorship demonstrated the wide-ranging political support for recognizing, honoring, and celebrating the achievements of American women.

National Women’s History Month

By 1986, 14 states had already declared March as Women’s History Month. This momentum and state-by-state action was used as the rational to lobby Congress to declare the entire month of March 1987 as National Women’s History Month. In 1987, Congress declared March as National Women’s History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women.

Presidential Message 1980

President Jimmy Carter’s Message to the nation designating March 2-8, 1980 as National Women’s History Week.

* Rosie the Riveter is a cultural icon of World War II, representing the women who worked in factories and shipyards during World War II, many of whom produced munitions and war supplies. These women sometimes took entirely new jobs replacing the male workers who joined the military. Rosie the Riveter is used as a symbol of American feminism and women’s economic power.
for your donations: Charles Wicklein, Jennifer Johnson
Your kindness and support is a true measure of community spirit 😊

Welcome
To our new members, Nancy Maroney, Lori Belmont, Harold Brightman, Mary Anne Porto, Harriet Pearlin and Marvel Lang

Registration Begins for the following Trips. See enclosed flyers for detailed information:
MGM Casino- March 4 for Residents and March 18 for Non-Residents
Aqua Turf Club’s “The Glen Campbell Xperience”- now through March 8
Riverboat Cruise on Webster Lake - March 1 for Residents and March 15 for Non- Residents

Mini Trips
March 11 - Walmart, New Haven
March 18 - Meriden Square
March 25 - 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, 203-239-5432

UPDATED…..
In preparing for this year’s Volunteer Celebration it is requested that you sign up by March 8. You may sign up in person or by phone 203-239-5432. When signing up please inform the office of your volunteer position that you held over the last year.

Our Celebration for you is still in the planning stage, for now mark your calendar for April 23 for 12 noon.
Complete details will be posted at the Center, in the newspaper, and of course you will receive a personal invitation.
Thank you for all you do!!!
Tuesday, March 5, 10am - Mardi Gras Fun- The name Mardi Gras arose from the tradition of eating one last fatty indulgent meal before the beginning of the Lenten season. In celebrating the tradition of New Orleans, Judy will be demonstrating how to make Louisiana Bread Pudding which is not only delicious, but truly a calorie filled dessert. If you would like to indulge yourself in one last day of treats before the Lenten season join us for this fun filled presentation. All in attendance will be offered a taste and for those that would like to purchase a bowl there will be a $2 fee. Don’t forget to dress for the occasion, Gold, Purple, and Green!

Thursdays, beginning, March 7, 9am - Do you speak French? Do you want to learn how to have a conversation in French? If you answered yes to both of the questions then this program is for you! This program will be led by Marlene the center’s program coordinator who was born in Connecticut, but her first language is Canadian French.

Friday, March 8, 2019, 10am - FREE ORAL SCREENINGS Presented by University Of New Haven Dental Hygiene Program
Please sign up in the office by March 7

DID YOU KNOW THAT PROPER ORAL HYGIENE CAN HAVE AN IMPACT ON YOUR OVERALL HEALTH?
JOIN US to learn about:

• Proper brushing/flossing
• Risks of cavities and gum disease
• Nutrition for a healthy mouth
• Denture Care

ALL AUDIENCE MEMBERS GET A FREE BAG FULL OF DENTAL CARE ITEMS!!
Daylight Saving Time Begins on Sunday, March 10
Also on March 10, is **Check your Batteries Day**

This day was created to raise awareness of the importance of testing and having working batteries in household appliances like smoke detectors and carbon monoxide detectors.

Finance Meetings for the Month of March will be held on
Monday, March 11 and Wednesday, March 27.
Both meetings are held at 9 am and meet in the ceramic room.

**Ask the Nurse** will be held on Wednesday, March 13, 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, March 27, 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

**Wednesday, March 13 - Let’s Go To The Movies!** Join us for a morning movie at the North Haven Cinemark and immediately following the movie we will travel over to Chick- fil-A. Sign up begins on Friday, March 1, in person or by calling the Center. Whereas we are advertising the event we unfortunately cannot advertise the Movie Title or the definite time of the movie because Cinemark does not advertise upcoming titles until a week in advance which will be March 6. For now sign up and as soon as we know the title and time of the movie you will receive a call from the office. Transportation will be provided from the Center and from home for non-drivers. What we do know for sure is we will be going to the first showing (10 or 11am) and the price is $6.50 per person, and best yet it will be a great morning 😊
Project S.A.C.K.
(Seniors Assisting Connecticut Kids)
Thursday, March 14 at 10:00am
Thank you to all that have donated. If you haven’t donated and would like to, feel free to stop by and drop off your donation of toiletries until March 11. Please remember that only new products will be accepted. If you would like to assist with sewing the bags please join us in the craft room. Again thank you all for making a difference in a child’s life.

Friday, March 15 at 11:45am – Scams and you!!! Come join us for an informational session with Officer Keri Maciog from the North Haven Police Department. Come with your questions and concerns, learn to be proactive and prepared when faced with in the world of scam artist!

Monday, March, 18 - 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.
This Month’s Make and Take…

Wednesday, March 20, 10am- Celebrate the First Day of Spring By Making a Bracelet. Beads will vary from the picture. Cost: $5, which includes all supplies. Sign up in the office, March 1 - March 15! Space in limited, so don’t wait! No experience necessary 😊

In House Special Events

Tuesday, March, 19 at 12noon, NEW! Group Singing with Chris. Chris is a North Haven Resident who appreciates music and the joy it brings to others while one is singing and listening to music. Join Chris immediately following lunch to sing along as he plays his guitar.

Wednesday, March 20, 11:30 am - Fried Dough Anyone?
RSVP in office by March 13
Fried dough and a beverage $5 per person; payment is due upon signing up
Bingo will immediately follow 😃

Wednesday, March 20, 12:45pm - St Patrick’s Day Bingo…instead of winning on the word BINGO we will be winning with the word LUCKY. 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 per card
A Discussion on Aging in Memory
Presented by Emily
Thursday, March 21
9:30 am
Free Continental Breakfast
Please sign up in person or by phone 203-239-5432
by March 15

Ireland’s Great Hunger Museum

Who would be interested in visiting the Ireland’s Great Hunger Museum and having lunch at Playwright Irish Pub in Hamden this spring? If you are interested please let us know by phone 203-239-5432 or stopping by in person by March 15.
SPECIAL OUTING TO the Knights of Columbus museum
Featuring A GUIDED TOUR OF World War I Exhibit
Wednesday, March 27 - 9:30am
IMMEDIATELY FOLLOWING THE TOUR WE WILL TRAVEL OVER TO THE GREEK OLIVE FOR LUNCH

World War I: Beyond the Front Lines
Fought in 1914-1918, World War I was the modern world's first international conflict. The United States formally entered the war April 6, 1917, although American soldiers did not engage in significant combat until spring of the following year. By Armistice Day, November 11, 1918, more than 116,000 Americans died as a result of the war. Of these, more than 1,600 were Knights of Columbus. Both the first and last American military officers to die during the war were K of C members.

In addition to Knights who served on the battlefield as soldiers, the organization was active in war relief efforts, managing highly successful fundraising drives and providing hospitality to servicemen in America and abroad through Knights of Columbus recreation centers under the motto “Everybody welcome”

SIGN UP IN THE OFFICE BY MARCH 22
Thursday March 28, 1:30 pm - It’s Movie Time at the North Haven Senior Center Cinema Featuring “Field of Dreams” in Celebrating Major League Baseball Opening Day 2019. Opening Day is March 28, 2019, the earliest it has ever been in MLB history. In addition, every team will open on the same day for the first season since 1968. In keeping the tradition of stadium food, hot dogs, unlimited hot popcorn, and beverages will be offered $5 per person.

Due to the anticipated popularity of this event please be sure to stop by the office by March 21.

Friday, March 29, 10 am – Mind Diet…what does food have to do with my mind? All are invited to learn how what we eat can have an impact on memory. This presentation will include a free cooking demo that will be offered by Marisa McCoy, a Registered Dietitian from the Southington and Wallingford ShopRite stores. Marisa has a Bachelor’s Degree in Science of Nutrition from West Chester University and a Master’s Degree from the University of St. Joseph. Don’t miss out on how to help prevent dementia and slow the loss of brain function that can happen with age.

Registration ends on March 22, seating is limited be sure to sign up early.

Buttons, Buttons – Who got Buttons??

We are looking for donations of pretty buttons to go on our towels that we will be making here at the senior center for their 2019 Holiday Fair. If you have any buttons or have any questions, please see Marlene.
Medicare fraudsters are stealing
A LOT of your hard earned money!

Concerned Medicare beneficiaries have a right to be upset.

Many dollars a year are estimated to be lost due to Medicare fraud, errors and abuse.

The Senior Medicare Patrol program (SMP) was created to combat Medicare fraud.

The mission of the SMP program is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling and education.

SMP is looking to recruit and train retired professionals and senior citizens for the program.

Joan Kayser will do a presentation at the North Haven Senior Center on
Thursday, March 28, 2019 – 10:00am!

**(A short contest will be given after the presentation with prizes for winners.)**

The presentation will give an overview of Medicare and the Senior Medicare Program. If you have any questions regarding these topics, please call Joan Kayser at the Agency on Aging of South Central CT. The number is 203-785-8533 (1-800-994-9422) X3192.

We've moved! New Address: 117 Washington Ave, #17, North haven, CT 06473

This document was supported in part by a grant (No. 90MPO237) from the Administration for Community Living (ACL), U.S. Department of Health and Human Services (DHHS).
Upcoming in April…

Make and Take for April!!
Come join us and make your very own Easter Egg Basket!
It will be a 2 day project.
April 3 starting at 10am & April 4 starting at 1:30pm
Cost: $5, which includes all supplies, excluding the wicker basket. Sign up in the office, March 1 - 29!
Come see the sample at the center. Space is limited, so don’t wait!  It will be a whole lot of fun😊

Friday, April 5, 10:00am (Free!) Spring Cupcake Decorating with Kim, sponsored by Connecticut In-Home Assistance, LLC. Our friend Kim is back to teach us how to decorate cupcakes for spring or Easter, you will be making your own to take home. All supplies will be provided. This event is very popular and seating is limited, please sign up by March 29.

Thursday, April 11, 10:30am - Sign up begins March 1 and ends April 5.

A Gaylord Wellness Lecture

Join us
Thursday, April 11, 2019
from 10:30-11:30 a.m.

Just Breathe -
Living with Chronic Obstructive Pulmonary Disease (COPD)

Learn about COPD signs, symptoms and risk factors.
Support resources are key for the COPD patient as well as their caregivers, which will be explored. We will trial breathing exercises and know how changes in breathing can indicate an exacerbation of COPD. Environment, weather, emotions and stress factors will be discussed.
Time will be allotted for a spirometry demonstration and assessment for those interested.

Presented by:
Lorraine Cullen, M.S., RRT
Director of Respiratory Services

The North Haven Senior Center
189 Pool Road, North Haven | (203) 239-5432
Sign up at the desk for this FREE program.
Tuesday, April 16th, 11am-1pm - National Healthcare Decisions Day

In honor of National Healthcare Decisions Day, the VNA intends to get the word out about the importance of advanced planning. The VNA will be here at 11am and will have handouts with information, plus also be here to answer any questions that a person may have.

Join us for a day FILLED with FUN in honor of National Volunteer Week!

Wednesday, April 24, 10:00am – Special “Earth” Day Morning BINGO called by the Staff. Free Coffee and Donuts will be available. Bring your own lunch. At 12 noon, we will be entertained by The Humble Bees!! For the past 17 years the Humble Bees have played throughout CT delighting audiences with familiar songs in a sing a long format, comedy songs, and if you remember from last year they are energetic and fun! Immediately following Brownies Sundaes ($1 per person payable when signing up) will be served and we will end the afternoon with Progressive Bingo.

This will be a day filled with fun and you won’t want to miss it!

Sign up - March 6 - April 18
Plan your day accordingly:
10 am- Bingo with free donuts and coffee
12 Noon- Entertainment
1pm- Brownie Sundaes Served followed by Progressive Bingo
Free Hearing Screening Tests

Friday, April 26
9:00 to 12:00pm

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

Signups taken until April 18
Space is limited

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.

2019 Dates- March 21, April 18, May 16, July 18, August 15, September 19, and December 19, 2019

Classes are held at the Center, 189 Pool Road from 8:30am-12:30pm Registration is required 203-239-5432 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.
Group Games

NEW Open Game Play - Thursday, 12:30pm, Come play a game or two. Decisions of games played are made from whoever comes to play.

Did you Know that Card Games Improve Math Skills and Memory Skills

What better way to keep mentally fit than to get together with friends to learn a new game or enjoy an old favorite? Playing card games can help keep senior minds active by learning playing strategies and using math skills. Improve memory skills by playing games that depend on remembering which cards have been played and which are still likely to be in the opposing players’ hands. Sharpen math skills by quickly adding points played and keeping score – and leave that calculator in the drawer! Doing simple math in your head will exercise those brain cells! Card games that require players to develop strategies will force those new brain cells to connect and become active.

Bingo - Monday, Wednesday, Friday, 12:45 am - 2:45pm, Did you know that it turns out Bingo is more than a fun activity? Researchers have found that playing bingo has multiple health benefits for people. It takes concentration - which improves listening and short term memory skills and it promotes socialization - which is essential for all to maintain a happy and healthy lifestyle. So if you thought you were just winning you are doing much more! Becoming part of a regular bingo group provides the opportunity to stay acquainted with friends and even make some new ones. Connecting with others gives one something to look forward to as well as a purpose. Statics show that people who maintain social interaction have a much slower decline mentally and physically than those who do not! Cost: .75 Per card. The Center cannot make change please plan accordingly and bring the correct dollar amount for your card/s.

Intermediate Bridge - Wednesday and Friday, 12:15 pm - Newcomers are always welcome as well as one who has not played in sometime.

Canasta - Monday, 10am - This activity is open to all that know the game and those that want to learn a new skill and make friends.

Mah Jongg - Tuesday 12:30 pm and Wednesday, 12 noon - Games are played twice a week at the Center. If you have been away from the game and are feeling somewhat out of practice stop by for a quick refresher. All levels are welcome.

Pinochle – Monday, 12 noon - If you haven’t played in sometime and would like to get back into the game come on in. Novice players are welcome!!!
Enrichment Classes

Ceramics – FREE! 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.

Computer Training with Pat– FREE! 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 March 19. Call the office to register. This is open to residents only.

Crafts with Marlene - Thursdays, 10am, all the projects are made for the holiday fair. If you like to sew, are able to use scissors, glue gun or any type of crafting material. If you have a project to share or just want to meet new people while crafting. Please come in and join us.

Fun Fitness-FREE! Monday, Wednesday, Friday- 9:30am, it is never too late to start exercising! Despite all the anti-aging products pushed on us, it’s inevitable that we will get older. However some of the things we lose as we age can actually be prevented by exercising. When one loses their ability to do things on their own, it doesn't happen just because we have aged. It is more likely it is because we have become inactive. Stop the clock and join us for free fun exercise!

Knitting and Crocheting - FREE! Tuesday 10 am. This class is open to those who know the skill as well as for a newbie. All supplies are provided for the new student and best yet are free.

Line Dance Class – FREE! Monday and Wednesday 1pm - Have you ever wanted to join in when people are line dancing but didn’t know the steps? This is your chance to learn, better yet it’s FREE! Not only will you learn how to dance you will be making new friends and exercising, bring a friend and join the fun!

Oil Painting - Tuesday, 12:45 to 2:45 pm. 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. New session will be March 26 - June 11 2019. Registration for new class begins March 1. 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: $30 for residents $35 for non-residents Maximum participants 15 people. Checks due on the first day of class Payable to VNA Community Healthcare. Monday, March 25 - Wednesday, June 12, 2019.
Registration begins March 4.

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, April 15 - Monday, July 8. No Class on May 27. Registration begins March 11. 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, March 19 thru June 4, 2019. Registration Closed-Class Filled. Cost: $75 residents, $80 non-residents.

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. Non-residents are charged an additional $5 per paid class.

ANSWER TO PERSON,PLACE OR THING?

The answer is Theodor Seuss Geisel,
Well known as,

Dr. Seuss

Did you get the correct answer?
Help avoid falls with our Siterecision Program

Presented By: VNA Community Healthcare & Hospice

During this free program, trained experts will teach you:

- Increase muscle strength, improve flexibility, gait and balance.
- Exercises can be done in a chair.
- A specially designed program for those 60 and older who are at risk for falls.

*** No class when site is closed
*** No make-up dates

Funded by the Town of North Haven

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<thead>
<tr>
<th>DATE</th>
<th>Mondays &amp; Wednesdays, March 25 - June 12</th>
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<tbody>
<tr>
<td>TIME</td>
<td>10:30 - 11:30 a.m.</td>
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<tr>
<td>LOCATION</td>
<td>Joyce Budrow Senior Center</td>
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<td>189 Pool Rd., North Haven</td>
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<tr>
<td>COST</td>
<td>$30 for residents/$35 for non-residents</td>
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<tr>
<td>REGISTRATION</td>
<td>203.239.5432, Registration begins on March 1</td>
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Turn to us:
753 Boston Post Rd.
Guilford, CT 06437

2319 Whitney Ave.
Hamden, CT 06518

Toll Free Helpline: 866.474.5230

vnacommunityhealthcare.org
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….

April & May -
VNA Spring Session –
Thursday, April 18, 10:00am – Are you Sleeping?  **Sign up begins March 15**
Thursday, April 25, 10:00am – Be your own Healthcare Hero?  **Sign up begins March 15**
Thursday, May 9, 10:00am – Beat the Heat?  **Sign up begins April 1**
Thursday, May 23, 10:00am – Memory Matters?  **Sign up begins April 1**

May -
Wednesday, May 8, Southern CT State University Nursing Students will host a Health Fair.  **Free Continental Breakfast**

Tuesday, May 14, Bus trip to the NEW MGM Casino in Springfield, MA; see flyer for details

Thursday, May 16, 1:30pm, Seabury will be back to help us make Kindness Rocks

Thursday, May 30, 10:30am, Presentation from the Hearing, Balance and Speech Center

June -
Thursday, June 13, 1pm, Dignity of Life Seminar.  More detail to follow.

Wednesday, June 26, Riverboat Cruise on the Indian Princess on Webster Lake, MA; see flyer for details

June - 4-part caregiver education series
Tuesdays, June 4, June 11, June 18 and June 25, 6 - 7:30pm

Special Entertainment Events at Aqua Turf:
- Tuesday, March 19, 2019, St. Patrick’s Day Celebration, $43
- Tuesday, April 16, 2019, The Glen Campbell Xperience, $43
- Monday, August 12, 2019, Kenny and Dolly, Together Again, $76
- Tuesday, September 17, 2019, Come Fly with Me, $43
- Tuesday, November 12, 2019, Crooning the Classics, $42
Included in the price are lunch, entertainment, and free transportation
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.
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!!

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.
Collection will end on Tuesday April 23 or until full capacity
We are looking to see if anyone is interested in taking advantage of this wonderful NYC trip! Please let the office know if you are interested before March 29. If we have enough people interested than we will book this trip.
"Theo" was born at Springfield, MA on March 2, 1904 to Henrietta and Theodore. His father managed a brewery, and in keeping with the times, Henrietta was a homemaker.

Theo entered Dartmouth in 1921 at the conclusion of an unremarkable high school career. He joined the staff of the college's humor magazine, *Dartmouth Jack-O-Lantern*, and eventually rose to the position of editor-in-chief.

A gin party in his room came to the attention of the school's administration, and sanctions were required given the country's dalliance with prohibition. Theo was ordered to drop all extracurricular activities including his position on the *Jack-O-Lantern*. He continued to write for the magazine under the pen name that would become famous decades later. His pen name was inspired by his mother's maiden name.

He enrolled at Oxford to earn a doctorate in English literature but quit school to pursue a career as an artist with the encouragement of his future wife, Helen.

Back in the U.S., Theo took a job as a writer and illustrator for the humor magazine, *Judge*. One of his cartoons mentioned FLIT, a well-known bug spray, and he was soon hired away from *Judge* to ramrod the FLIT advertising campaign. His catchphrase, "Quick, Henry, the FLIT" caught on, and was used as a punch line in Fred Allen and Jack Benny skits.

Financial success enabled Theo and Helen to travel the world. His first book, *And to Think That I Saw It on Mulberry Street*, was rejected by either 24 or 40 publishers. (Theo cited both figures over the years.) The book was finally published by Vanguard Press. Four more books were published (with limited success) before the U.S. entered World War II.

Theo joined the U.S. Army as a captain, commanded the Army's animation department, and wrote and animated training films. His film, *Our Job in Japan*, inspired the documentary on Japanese culture titled *Design for Death* and won an Academy Award® for Best Documentary in 1947.

After the war and a move to California, Theo resumed his career as a children's book author. *If I Ran the Zoo, Horton Heears a Who!*, *If I Ran the Circus*, and *The Cat in the Hat* made him a household favorite.

His birthday, March 2, has been adopted as the annual date for National Read Across America Day.
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<td>3 oz Beef and bean chili</td>
<td>3 oz pot roast/gravy</td>
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<td>6 oz Butternut Squash Soup/crax</td>
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<td>Baked potato half</td>
<td>½ cup smashed potato</td>
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<td>3 oz Grandioli with sauce and Cheese</td>
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<td>½ cup Mexicali corn</td>
<td>½ cup broccoli</td>
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<td>½ cup Mixed Vegetables</td>
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<td>Corn bread</td>
<td>1 slice wheat bread</td>
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<td>Garlic breadstick</td>
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<td>1 tsp Margarine</td>
<td>1 tsp margarine</td>
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<td>½ cup Applesauce</td>
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<td>½ cup pineapple</td>
<td>4 oz grape juice</td>
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<td>8 oz low fat milk</td>
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<td>8 oz low fat milk</td>
<td>lemon cake</td>
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<td>3 oz chicken parmesan</td>
<td>Chef salad with 1 oz each turkey, ham, cheese and ½</td>
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<td>3 oz ratatouille with chick peas over ½ cup Brown rice</td>
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<td>½ cup penne pasta</td>
<td>Hard cooked egg, 1 cup romaine lettuce, cucumber French dressing</td>
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<td>1 cup spinach salad with fresh mushrooms and raspberry vinaigrette dressing</td>
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<td>1 Tbsp parmesan cheese</td>
<td>1 slice multigrain bread</td>
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<td>Wheat breadstick</td>
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<td>1 cup tossed salad with tomato and Italian dressing</td>
<td>1 tsp margarine</td>
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<td>1 tsp margarine</td>
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<tr>
<td>Garlic breadstick</td>
<td>½ cup tropical fruit</td>
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<td>4 oz apple juice</td>
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<td>1 tsp margarine</td>
<td>8 oz low fat milk</td>
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<td>Brownie</td>
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<td>fresh fruit</td>
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<td>6 oz tomato Florentine soup/crax</td>
<td>Happy Birthday</td>
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<td>½ cup tuna salad plate with 1 cup lettuce, tomato</td>
<td>3 oz sweet and sour pork</td>
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<td>3 oz hot open turkey sandwich on wheat</td>
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<tr>
<td>½ cup beet salad</td>
<td>½ cup oriental blend veggies</td>
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<td>½ cup steak fries</td>
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<td>wheat sandwich roll</td>
<td>1 dinner roll</td>
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<td>½ cup green beans cranberry sauce</td>
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<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
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<td>4 oz fruit juice fruit strudel</td>
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<td>½ cup pears</td>
<td>½ cup mandarin oranges</td>
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<td>8 oz low fat milk</td>
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<td>1 cup unstuffed cabbage over ½ cup rice</td>
<td>3 oz fish sticks/tartar sauce</td>
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<td>3 oz chicken cordon bleu</td>
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<td>½ cup glazed carrots</td>
<td>½ cup macaroni salad</td>
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<td>½ cup barley</td>
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<tr>
<td>wheat dinner roll</td>
<td>½ cup red cabbage slaw biscuit</td>
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<td>½ cup green beans dinner roll</td>
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<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
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<td>1 tsp margarine</td>
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<tr>
<td>4 oz orange juice chocolate chip cookie</td>
<td>fresh fruit</td>
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<td>6 oz cream of carrot soup/ crax</td>
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<td>1/6 broccoli quiche</td>
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<td>1/6 broccoli quiche</td>
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<td>½ broiled tomato</td>
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<td>½ cup fresh zucchini</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>½ cup apricots</td>
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MONTHLY ACTIVITIES

Mondays:
9:30: Fitness Fun
10:00: Canasta – being held in the Community Room on 3/11/19
10:30: Crafts
10:30: Sitercise
10:30: Tai Chi
12:45: Bingo
12:00: 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 – cancelled on 3/12/19

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
9:00: Conversational French Hour with Marlene (New)
10:00: Crafts – cancelled on 3/14/2019
12:30: Open Game Play (New)

Fridays:
9:30: Fitness Fun; Scrabble
12:00: Setback
12:15: Intermediate Bridge
12:45: Bingo
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<td>Sign Ups Begin For North Haven Cinemark And Sitercise Next Session</td>
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<td>10:00 a.m.</td>
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<td>Collection Begins: Taste of Disabled American MGM Grand New Orleans Vets Meeting Haven Dental Casino Trip Demonstration: Hygiene Program Bread Pudding Free Oral Cancer Screenings</td>
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<td>Finance Meeting North Haven Health Guidance Project S.A.C.K. “Scams and You” Information</td>
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<tr>
<td>9:30 a.m.</td>
<td>Meet and Greet</td>
<td>In the Craft Room</td>
<td>Session with Officer</td>
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<td>Mini Trip: With For this Officer New Haven Wallingford Movie and Lunch Special Project Keri Maciog Walmart Housing Authority North Haven Cinemark Housing Authority North Haven</td>
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<td>Trip Out: Aqua Turf Trip Make and Take: AARP Smart Driver</td>
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<td>Meriden Square</td>
<td>10:30 a.m.</td>
<td>Bead Bracelet-$5.00</td>
<td>Course</td>
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<td>1:00 p.m.</td>
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<td>VNA Parkinson’s Support Group In Hamden Group Singing with Guitarist Chris Fried Dough Lunch with a Beverage Cost: $5.00 Presentation: Aging in Memory Free Continental Breakfast</td>
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<td>6:00 p.m.</td>
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<td>Last day to sign up for Movie and Hotdogs</td>
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<td>Commission on Aging Meeting St. Patrick’s Day Bingo</td>
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<td>9:00 a.m.</td>
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<td>Finance Meeting</td>
<td>10:00 a.m.</td>
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<tr>
<td>Mini Trip: Universal Drive</td>
<td>9:30 a.m.</td>
<td>Trip Out: Knights of Columbus Museum and Lunch at the Greek Olive Presentation: Medicare Fraud Presented by: Joan Kayser Agency on Aging Free Cooking Demo with Shop Rite’s Dietician</td>
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<td>11:45 a.m.</td>
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<tr>
<td>Robin Wilson will be here with her Ask The Physical Baseball Fever! Therapy Dog Therapist “A Field of Dreams” by the VNA 2 Hotdogs, chips and soda Cost: $5.00</td>
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