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.
**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: April 8 - Walmart, Wallingford
    - April 15 - Grocery Shopping
    - April 29 - Universal Drive

- **Tuesdays:** (time frame for grocery shopping will be an hour and a half from time of drop off)
  - No shopping on April 16
    - 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: 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* – April 16, August 12, September 17, & November 12.

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

**Thank You to Our Volunteers**

**Volunteering** is the ultimate exercise in democracy. You vote in elections once a year, but when you **volunteer**, you vote every day about the kind of **community** you want to live in!

To all of our members who have volunteered this year I would like to thank you. Your commitment to others, your contribution of hard work, and time you continuously give to the Center is truly valued by all!

**It’s Time for the 2019 Holiday Fair!**

No this is not an April fool’s Joke…This is an invitation to our current members and residents inviting you to join us in preparing for this years’ annual fund raiser. Sadly many of our craft volunteers have retired leaving only a few to prepare for our grand event. If you would like to be part of our group that meets every Thursday morning, please call the office. Currently members are busy making those beautiful tinsel and lighted trees that were made last year, as well as sewing the popular kitchen towels that hang on oven handles, plus the popular microwave bowls. Nevertheless so much more needs to be done and they cannot do it without your help. If you like to sew but prefer to do so at home let us know; fabric and patterns/directions will be provided. As always new ideas are always welcome. Come alone or bring a friend. As my mom would say, when we all work together the job gets done! All funds support your Center keeping fees for supplies, classes, events, and so forth at low cost for you. 😊

**Project Sack**

I would like to thank everyone who donated to Project S.A.C.K. (Senior Assisting Connecticut Kids)* and to all who volunteered sorting and packing the bags for the children who reside in foster care. In sorting the toiletries it was realized that there were a limited amount of items for infants and small children. With that being said this worthwhile project will continue to the end of the month. If you would like to fill the void and ensure all the bags are equally filled it would be most appreciated. Here are the items desired; Baby shampoo, baby soap/wash, children’s toothpaste, wide tooth combs, and brushes. Please remember that only new products will be accepted. Again thank you to all for your generosity and kindness making a difference in a child’s life.

Consideration is needed! Please do not monopolize the handicap and the 30 minute parking spaces if you are going on a trip, as well as leaving your car in the spaces if you are not physically in the building. Our Center is like a mini household, everyone has to be considerate of their fellow member.

Thank you in advance.
for your donations: Joanne Broga, Norman Juniewic, Carole Labagnara and Judy Rolnick.

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

Welcome

To our new members: Mary Ann D’Amico, Joseph DeLucia, Rose DeLucia, and Anthony Vollano.

Registration Begins for the following Trips. See enclosed flyers for detailed information:
Riverboat Cruise on Webster Lake – Now until May 3 or until the trip is full

Please: When filling out the emergency contact information, DO NOT put the name of the person you are traveling with as the emergency contact. We need someone that is NOT on the trip with you.

Mini Trips

April 8 - Walmart, Wallingford
April 29 - Universal Drive

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

Our Project S.A.C.K.
(Seniors Assisting Connecticut Kids)
Continues

Thank you to all that have donated. We are still looking for some baby/young children items such as: baby/kids toothpaste, baby shampoo, baby body wash and wide tooth combs. If you are able to donate, please drop off your donations by April 30. Please remember that only new products will be accepted. Again thank you all for making a difference in a child’s life.
**Thursdays, 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.

Finance Meetings for the Month of April will be held on Monday, April 8 and Wednesday, April 24. Both meetings are held at 9 am and meet in the ceramic room.

**Ask the Nurse** will be held on Wednesday, April 10, 12noon -1:30 pm; Services at the Clinic include blood pressure, heart rate, weight and setting health goals, medication reviews and lists, and medical appointment preparation.

**Ask the Physical Therapist** will be held on Wednesday, April 24, 12noon -1:30pm; Have your walker and cane measured for you, as well as, 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
This Month’s Make and Take…

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. Last day to sign up is April 1!
Come see the sample at the center. Space is limited, so don’t wait! It will be a whole lot of fun😊

In House Special Events

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, last day to sign up is April 1!
Monday, April 15, 1-2pm - Parkinson’s Exercise and Support Group at the North Haven Senior Center 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.

Tuesday, April 16, 11am-1:15pm - National Healthcare Decisions Day, the VNA Community Healthcare & Hospice will be here to provide information that can help you feel better prepared to answer questions that arise on the healthcare journey. Written resources will be available including free copies of The Five Wishes, a document that helps detail five things: The Person I Want to Make Care Decisions for Me When I Can’t; The Kind of Medical Treatment I Want or Don’t Want; How Comfortable I Want to Be; How I Want People to Treat Me; What I Want My Loved Ones to Know. Please stop by and feel free to bring your questions!
Wednesday, April 17, 10:00am – Bocce Meeting, All members are welcome.

Thursday, April 18, 10:00am – Are you Sleeping? Come join us for this wonderful presentation from the VNA. Call 203-239-5432 or Stop by the Office to RSVP.

Are You Sleeping?

Presented By: VNA Community Healthcare & Hospice
During this free program:

- Discover why you are having trouble sleeping
- Find out when it's time to get help
- Learn causes for sleepless nights

Sponsored by the Town of North Haven.

DATE | Thursday, April 18, 2019
TIME | 10:00 a.m.
LOCATION | Joyce Budrow Senior Center
| 189 Pool Rd., North Haven
| 203.239.5432

Happy Passover!

Friday, April 19, in observance of Good Friday the Center will be closed.
In Honor of National Volunteer Week

Tuesday, April 23, 12noon - Volunteer Luncheon at Giulio’s for all volunteers who registered by March 8. If you are planning to travel by the senior center bus please be at the center by 11:45 am.

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 12noon, 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. Same as our regular bingo, cards are .75 per card and .25 per card for progressive bingo. There will be No 12:45pm bingo.

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

Sign up by April 18
Plan your day accordingly:
10am- Bingo with free donuts and coffee
11:15am - Lunch (Bring your own)
12 Noon- Entertainment
1pm- Brownie Sundaes Served followed by Progressive Bingo
**Thursday, April 25, 10:00am - Be your own Healthcare Hero?** Come join us for this wonderful presentation from the VNA. Call 203-239-5432 or Stop by the Office to RSVP.

---

**Be Your Own Healthcare Hero**

Presented By: VNA Community Healthcare & Hospice  
During this free program:

- Learn ways to improve communication with your health care provider  
- Speak up, ask questions, and be prepared

Sponsored by the Town of North Haven.

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**It’s Movie Time at the North Haven Senior Center Cinema**  
**Featuring “Because of Winn-Dixie”**  
**April 25, @ 1:30pm**

Abandoned by her mother years ago, Opal (Anna Sophia Robb), a 10-year-old girl, moves with her preacher father (Jeff Daniels) to a small town in Florida. Lonely and missing her old friends, Opal is ecstatic to find companionship with a rambunctious little dog she names Winn-Dixie, after the store where she found the pup. With Winn-Dixie's help, Opal befriends several colorful townsfolk and even begins mending her relationship with her father.

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.
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

MARY WADE

April 29 at 12Noon

Come listen to a very informative presentation on what Mary Wade has to offer you for Medical and Weekend Transportation!

The Medical Transportation program provides door-to-door service Monday through Friday for individuals age 60 and older residing in New Haven, East Haven, West Haven, North Haven and Hamden. This program is free of charge but collects voluntary donations to support the program. Riders for this program cannot be eligible for Medicaid.
Upcoming in May...

Wednesday, May 8 - Mini Health Fair and Continental Breakfast, 9am -12 noon - Health fairs increase awareness by educating families, promoting positive health behaviors, and encouraging early detection and treatment of disease. Join together with Southern CT State University for our annual Spring Health Fair. There will be informational booths as well as hands on activities. Call 203-239-5432 or Stop by the Office to RSVP by May 1.

Thursday, May 9, 10:00am – Call 203-239-5432 or Stop by the Office to RSVP by May 2

Beat the Heat

Presented By: VNA Community Healthcare & Hospice
Join us at this free program to learn:

- The signs of dehydration
- Why older adults are prone to dehydration
- Tips to stay hydrated

Sponsored by the Town of North Haven.

DATE | Thursday, May 9, 2019
TIME | 10:00 a.m.
LOCATION | Joyce Budrow Senior Center
| 189 Pool Rd., North Haven
REGISTRATION | 203.239.5432

Turn to us:
753 Boston Post Rd.
Guilford, CT 06437

2319 Whitney Ave.
Hamden, CT 06518

Toll Free Helpline: 1.866.474.5230

vnacommunityhealthcare.org
Tuesday, May 14, Bus trip to the NEW MGM Casino in Springfield, MA; has been filled. A couple of reminders for the people attending the trip:

1. Please remember to bring a non-expired valid ID.

2. Please Do Not park in the handicap spots. They need to be available to the members who need the handicap parking spaces who will be at the center while you are at the casino.

Back by Popular Demand!!

Thursday, May 16, 1:30pm, Seabury will be back to help us make Kindness Rocks.
Call 203-239-5432 or Stop by the Office to RSVP by May 10.

Please join us at the North Haven Senior Center for a fun and inspirational activity! Sponsored by

Seabury Care Now
Seabury At Home

Goal #1: Inspire others through randomly placed rocks, along the way or give the gift of a rock to make someone’s day!

Goal #2: Recruit every person who stumbles upon it, to join in the pursuit of inspiring others, through random acts of kindness

Goal #3: Have fun!!

Seabury will provide paint! BYOR!!! (Bring your own Rocks) or we will bring some extras!! Join us for this fun and inspirational activity and bring a friend!!
Tuesday, May 21, 9:30am - Meeting with Volunteers, Discussion of new requirements for volunteers.

Thursday, May 23, 10:00am - Sign up beginning April 1

**Memory Matters**

Presented By: VNA Community Healthcare & Hospice

Join us at this free program to:

- Learn why exercising your brain is as important as exercising your body
- Find out how to maintain brain function
- Dispel the myths of memory loss and aging

Sponsored by the Town of North Haven.

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

vnacommunityhealthcare.org
Thursday, May 30, 10:30am, Sign up beginning April 1

Hearing, Balance & Speech Center
2661 Dixwell Avenue Hamden, CT 06518
203.287.9915 | www.hearingbalance.com

Join us

at the North Haven Senior Center
THURSDAY, MAY 30, 2019 @ 10:30AM
as we celebrate Better Hearing & Speech month. Ronni Mathews, M.S., CCC-A from Hearing, Balance and Speech Center will be discussing the importance of healthy hearing and to answer any questions you might have.

A key to GOOD HEALTH... is regular checkups!
The following checkup schedule can be used as a handy point of reference.

- Dental checkup
- Hearing exam
- Eye exam
- Full physical
- Flu shot

- Diabetes screening
- Skin cancer screening
- HPV test
- Thyroid test
- Cholesterol screening

When scheduling routine care, don’t overlook your annual hearing assessment.

A baseline hearing exam is essential in promoting healthy hearing. It can help detect hearing loss early enough for your provider to treat it successfully, preventing or reducing the likelihood of physical, mental and social health complications from affecting your quality of life.

May is Better Hearing & Speech Month

COMMUNICATION ACROSS THE LIFESPAN
Better Hearing & Speech Month
Mark Your Calendar….

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

June - 4-part caregiver education series presented by the Alzheimers’ Association.
Tuesdays, June 4, June 11, June 18 and June 25, 6 -7:30pm

July -
Tuesday, July 23, 6pm, AAA Legacy Group, Social Security Workshop

Special Entertainment Events at Aqua Turf:
- 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

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 - April 18, May 16, June 20, 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 - 10:30 am, 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. Call the office to register. This is open to residents only. This will be the last class until it resumes in September.

Crafts with Marlene - Thursday, 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 Crochet - FREE! Tuesday, 10am - 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 - 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 - 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. Monday, March 25 - Wednesday, June 12.

Tai Chi - Monday, 10:30 - 11:30 am, 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 22 - Monday, July 22. No Class on May 27 and July 1. Cost: $40 for residents $45 for non-residents. Max 15/Min 12 people. Registration still being taken.

Beginner Chair Yoga - Tuesday, 10:30 - 11:45 am, 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 Full. Registration for new class TBA. 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.
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.
Collection will end on Friday, May 3 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 April 15. If we have enough people interested then we will book this trip.
YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. OF
2. DDUOMWPNS
3. Cabbage
   Cherry
   Chicken
   Chestnuts
   Croissant

4. CI2I
5. BAD DAY

6. HURDLE HURDLE
   (LOW)

7. KCIP
8. PERSONALITIES
   PERSONALITIES
   PERSONALITIES
   PERSONALITIES

9. WIRE — INTERNET
10. ROOT

Answers on page 50
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<tr>
<td>6 oz Butternut Squash Soup</td>
<td>1 cup Arroz con Pollo (chicken and rice)</td>
<td>6 oz vegetable barley soup/crax</td>
<td>Happy Birthday</td>
<td></td>
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<tr>
<td>1 pkt crackers</td>
<td>½ cup spinach</td>
<td>3 oz Hungarian goulash</td>
<td>½ cup spaghetti with 3 oz clam sauce</td>
<td></td>
</tr>
<tr>
<td>¾ c. California Cucumber Salad</td>
<td>1 piece corn bread</td>
<td>½ cup egg noodles</td>
<td>½ cup broccoli/cauliflower</td>
<td></td>
</tr>
<tr>
<td>Plate/Shredded Carrots, Sliced Apples, Raisins &amp; Mayo on Bed</td>
<td>1 tsp margarine</td>
<td>½ cup peas</td>
<td>1 slice Italian bread</td>
<td></td>
</tr>
<tr>
<td>Of Lettuce/ Croutons</td>
<td>4 oz apple juice</td>
<td>wheat dinner roll</td>
<td>1 tsp margarine</td>
<td></td>
</tr>
<tr>
<td>1 c. Pasta, Vegetable, Olive Salad W/Broccoli &amp; Peppers</td>
<td>½ cup fruit jello</td>
<td>½ cup peaches</td>
<td>4 oz grape juice</td>
<td></td>
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<tr>
<td>½ cup mandarin oranges</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>marble cake</td>
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<tr>
<td>8 oz low fat milk</td>
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<tr>
<td>3 oz beef and bean chili</td>
<td>3 oz pot roast/gravy</td>
<td>3 oz herb baked chicken qtr</td>
<td>1 vegetable lasagna roll-up</td>
<td></td>
</tr>
<tr>
<td>baked potato half</td>
<td>½ cup smashed potato</td>
<td>½ cup cut sweet potato</td>
<td>½ cup zucchini</td>
<td></td>
</tr>
<tr>
<td>½ cup Mexicali corn</td>
<td>½ cup broccoli</td>
<td>½ cup Bean blend</td>
<td>1 Tbsp parmesan cheese</td>
<td></td>
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<tr>
<td>Corn bread</td>
<td>1 slice wheat bread</td>
<td>1 slice Rye bread</td>
<td>1 slice Italian bread</td>
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</tr>
<tr>
<td>1 tsp Margarine</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
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<tr>
<td>½ cup pineapple</td>
<td>4 oz grape juice</td>
<td>½ cup fruit cocktail</td>
<td>fresh fruit</td>
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<tr>
<td>8 oz low fat milk</td>
<td>lemon cake</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<td>15</td>
<td>16</td>
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<tr>
<td>3 oz chicken parmesan</td>
<td>6 oz lentil soup/crax chef salad with 1 oz each turkey, ham, cheese and ¼ Hard cooked egg, 1 cup romaine lettuce, cucumber French dressing</td>
<td>Easter Special</td>
<td>Center Closed</td>
<td>Glazed Ham</td>
</tr>
<tr>
<td>½ cup penne pasta</td>
<td>chef salad with 1 oz each turkey, ham, cheese and ¼ Hard cooked egg, 1 cup romaine lettuce, cucumber French dressing</td>
<td>Good Friday</td>
<td>Sweet potato pone</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp parmesan cheese</td>
<td>1 slice multigrain bread</td>
<td>1 slice Italian bread</td>
<td>Whole green beans</td>
<td></td>
</tr>
<tr>
<td>1 cup tossed salad with tomato and Italian dressing</td>
<td>½ cup tropical fruit</td>
<td>Hot cross buns</td>
<td>Rye bread</td>
<td></td>
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<tr>
<td>Garlic breadstick</td>
<td>8 oz low fat milk</td>
<td>Fresh fruit</td>
<td>Hot cross buns</td>
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<tr>
<td>1 tsp margarine</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<td>fresh fruit</td>
<td>8 oz low fat milk</td>
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<tr>
<td>6 oz tomato Florentine soup/crax</td>
<td>3 oz sweet and sour pork ½ cup brown rice</td>
<td>3 oz hot open turkey sandwich on wheat ½ cup steak fries</td>
<td>1 cup cheese baked ziti</td>
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<tr>
<td>½ cup tuna salad plate with 1 cup lettuce, tomato</td>
<td>½ cup oriental blend veggies</td>
<td>½ cup green beans cranberry sauce</td>
<td>1 Tbsp parmesan cheese</td>
<td></td>
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<tr>
<td>½ cup beet salad wheat sandwich roll</td>
<td>1 dinner roll</td>
<td>4 oz fruit juice</td>
<td>1 cup tossed salad with cucumber and ranch dressing</td>
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<tr>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>fruit strudel</td>
<td>1 slice garlic bread</td>
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<tr>
<td>½ cup pears</td>
<td>½ cup mandarin oranges</td>
<td>8 oz low fat milk</td>
<td>fresh fruit</td>
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<td>8 oz low fat milk</td>
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<tr>
<td>1 cup unstuffed cabbage over ½ cup rice</td>
<td>6 oz cream of zucchini soup</td>
<td>15 16 17</td>
<td>18 19 20</td>
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<tr>
<td>½ cup glazed carrots</td>
<td>1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll</td>
<td>21 22 23</td>
<td>24 25 26</td>
<td></td>
</tr>
<tr>
<td>wheat dinner roll</td>
<td>1/2c Chickpea Salad W/Onion, Green Pepper &amp; Garlic</td>
<td>27 28 29</td>
<td>30 31 32</td>
<td></td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>fresh fruit</td>
<td>3 oz apple juice</td>
<td>1 cup chocolate chip cookie</td>
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<tr>
<td>4 oz orange juice chocolate chip cookie</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<td>8 oz low fat milk</td>
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MONTHLY ACTIVITIES

Mondays:
9:30: Fitness Fun
10:00: Canasta
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

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) – cancelled on April 11
10:00: Crafts – cancelled on April 11
12:30: Open Game Play (New)

Fridays:
9:30: Fitness Fun; Scrabble
12:00: Setback
12:15: Intermediate Bridge
12:45: Bingo
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>10:00 a.m.</td>
<td>10:00 a.m.</td>
<td>Make and Take:</td>
<td>1:30 p.m.</td>
<td>Spring Cupcake</td>
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<tr>
<td>Easter Egg Basket</td>
<td>Finish Make and Take</td>
<td>Decorating</td>
<td>Easter Egg Basket</td>
<td>with Kim of</td>
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<tr>
<td>12 p.m.</td>
<td>CT In-Home</td>
<td>Disabled American</td>
<td>Assistance</td>
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<td>Vets Meeting</td>
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<tr>
<td>9:00 a.m.</td>
<td>12:00 p.m.</td>
<td>Finance Meeting</td>
<td>Health Guidance</td>
<td>Clinic</td>
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<td>9:30 a.m.</td>
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<td>Mini Trip:</td>
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<tr>
<td>Wallingford</td>
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<td>Walmart</td>
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<tr>
<td>1:00 p.m.</td>
<td>9:45 a.m.</td>
<td>8:30 a.m.</td>
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<tr>
<td>VNA Parkinson’s</td>
<td>Trip Out:</td>
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<td>AARP Smart Driver</td>
<td>CENTER CLOSED</td>
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<tr>
<td>Support Group</td>
<td>Aqua Turf</td>
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<td>Course</td>
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<td>10:30 a.m.</td>
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<td>Storyteller:</td>
<td>10:00 a.m.</td>
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<tr>
<td>Grocery Shopping</td>
<td>Kate Allen Smith</td>
<td>Presentation by VNA</td>
<td>“Are You Sleeping”</td>
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<td>11:00 a.m.</td>
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<tr>
<td>National Healthcare</td>
<td>Decisions Day</td>
<td>By the VNA</td>
<td>No Grocery</td>
<td>Shopping</td>
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<tr>
<td>No Medicals</td>
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<tr>
<td>9:30 a.m.</td>
<td>12:00 p.m.</td>
<td>Finance Meeting</td>
<td>Presentation by VNA</td>
<td>Free Hearing</td>
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<tr>
<td>Volunteer Luncheon at Giulio’s</td>
<td>10:00 a.m.</td>
<td>“Be Your Own”</td>
<td>Screening Tests</td>
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<tr>
<td>“Earth Day Bingo”</td>
<td>12:00 p.m.</td>
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<td>Entertainment:</td>
<td>1:30 p.m.</td>
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<tr>
<td>“The Humble Bees”</td>
<td>Free Movie: “Because Ask The Physical of Winn-Dixie”</td>
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<tr>
<td>Therapist by VNA</td>
<td>We need 12 people</td>
<td>1:00 p.m. to sell Popcorn</td>
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<tr>
<td>Brownie Sundaes</td>
<td></td>
<td>Progressive Bingo</td>
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<tr>
<td>9:30 a.m.</td>
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<td>Mini Trip: Universal Drive</td>
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<tr>
<td>12:00 p.m.</td>
<td>Mary Wade</td>
<td>Transportation</td>
<td>Presentation</td>
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