Senior Happenings

MAY 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: May 6 - Walmart, New Haven
May 20 - 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: 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 - August 12, September 17, November 12 & December 6
*Except if you already have an appointment scheduled with the Senior Center.
From the desk of Judy,

It is that time of year again where I invite you to play in the dirt planting annual flowers in our raised flower boxes. If you have an interest to plant and maintain the flower boxes, please sign up in the office. By volunteering you will not only bring beauty to the Center you will gain many health benefits from gardening.

- **Gardening relieves stress.** Alleviating stress is something we all look to do and researchers found that gardening can lower levels of cortisol which causes stress, high blood pressure and even affects glucose levels.
- **Gardening increases serotonin levels.** Just as gardening lowers our cortisol levels, it also raises our serotonin levels. Serotonin is a chemical in the brain that helps to put you in a good mood and helps you feel calm.
- **Gardening boosts the immune system.** Studies have shown that spending time in the garden can also boost the immune system. The so-called “friendly soil bacteria” (Mycobacterium vaccae) found in garden dirt has been found to alleviate problems like asthma and psoriasis.
- **Gardening is good exercise.** While you may not be running a 5k, there’s no doubt that gardening gets the blood pumping. All the stretching, squatting, bending down, twisting and pulling whilst carrying out gardening tasks are the basis of this. And like any exercise if done in moderation and regularly, it will ensure significant improvements over time.

If you are unable to physically help, you are welcome to assist with purchasing flowers. Flowers that work best are those that prefer full or partial sun. If you have any questions please see me. Thank you in advance.

“**We don’t know them all, but we owe them all.**” Unknown

“**God could not be everywhere and therefore he made mothers**” Rudyard Kipling

Project SACK; Seniors Assisting CT Kids, was truly a success due to your generosity. With your kindness 50 filled bags of toiletries that will be donated to CT’s Department of Children and Family which will go to a child in need.
Please Note on Your Calendar

Due to a plumbing issue that requires attention in the building the Center will be **Closed for a Half Day;** (8am -12:30pm), On Wednesday May 8. All activities/programs in that time period will be canceled.

The Center **Doors will Re-Open** at 12:30pm and activities/programs will carry on for the afternoon.

Transportation will not be effected.

Thank you in advance.
For your donations: Frank Cheesman, Nancy Haag, Linda Howe, Margaret Kelly, Sandra Mastroianni, Barbara Midalo, Marion Nash, Tony and Joan Sangiovani.

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

Welcome

To our new members: George Ballough, Marie Boudreau, Claudina Buckley, Rosemary Cote, Karen Jackson and Maureen Paquette.

Registration Begins for the following Trips. See enclosed flyers for detailed information:
- Kenny & Dolly at the Aqua Turf - May 13
- Circle Line Sightseeing Cruises - June 3
- Come Fly with Me at the Aqua Turf - July 1
- Crooning the Classics at the Aqua Turf - September 3

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

May 6 - Walmart, New Haven
May 20 - 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
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 May will be held on Monday, May 13 and Wednesday, May 22. Both meetings are held at 9 am and meet in the ceramic room.

Ask the Nurse will be held on Wednesday, May 8, 12:30 -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, May 22, 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
In House Special Events
These events are for North Haven Residents only

Wednesday, May 1 and Thursday, May 2 – Senior Center will be closed.
We have planned two special outings.

It’s Movie Time at the North Haven Senior Center Cinema
Featuring “The Blind Side” - Thursday, May 9, @ 1:30pm

Michael Oher (Quinton Aaron), a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband Sean (Tim McGraw) take him in. The Tuohys eventually become Michael's legal guardians, transforming both his life and theirs. Michael's tremendous size and protective instincts make him a formidable force on the gridiron, and with help from his new family and devoted tutor, he realizes his potential as a student and football player.

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.
Thursday, May 9, 10:00am – Call 203-239-5432 or Stop by the Office to RSVP, if you are interested. Please RSVP by May 3. We will need to cancel if we don’t have enough interest.

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. The parking spaces need to be available to the members who will be at the center that day, while you are at the casino.
Celebrating Mother’s Day
Meatballs for Moms
Wednesday, May 15 at 11:15am
Meatball Subs and a Beverage - $5.00
Reserve your lunch before May 13

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

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 STUMBL ES 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!!

Friday, May 17, 10:00am - Meeting with Volunteers, Discussion of new requirements for volunteers.
Monday, May 20, 1-2pm - Parkinson’s Exercise and Support Group at the Hamden 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.

Thursday, May 23, 10:00am - Call 203-239-5432 or Stop by the Office to RSVP, if you are interested. Please RSVP by May 17. We will need to cancel if we don’t have enough interest.
Thursday, May 30, 10:30am, Sign up through May 24

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
Calling All Artist and Photographers!

2019 Art of Aging

In recognition of Older Americans Month the Agency on Aging of South Central CT will celebrate the creativity of seniors from the Greater New Haven area by displaying seniors beautiful artwork at the agency.

- Who can enter? Anyone 60 years or older can enter their artwork.
- Will you be charged an entry fee? There are no entries fees.
- What type of artwork can you enter? Framed paintings or photography
- When can you drop off your artwork? Between April 22 and May 3rd. Artwork must be ready to be hung and have an exhibitor form attached.

For more information please see Judy or register on line at [www.aoascc.org/artofaging](http://www.aoascc.org/artofaging)

Opening reception will be held on

Thursday May 16, 2019 from 1-7pm at the Agency on Aging of South Central CT

117 Washington Avenue North Haven

Open to the Public Free Admission

Refreshments Served
Upcoming in June...

Caregiver Course
A four-part training program for family members and friends of people with dementia, including Alzheimer’s disease.

Dates/Time: Tuesday’s – June 4, 11, 18 and 25 from 6 p.m. to 7:30 p.m. A light dinner will be served.

Location: Joyce C. Budrow Senior Center
Address: 189 Pool Road, North Haven, CT 06473

RSVP: Maria Tomasetti, Alzheimer’s Association, mtomasetti@alz.org or 203-230-1777, ext. 9706.

June 4, 2019
Understanding Alzheimer's and Dementia with MD as guest speaker + Alzheimer's Association Programs and Services

June 11, 2019
Effective Communication Strategies, including Strategies for Dementia-Related Behaviors with Maria Tomasetti, Alzheimer’s Association

June 18, 2019
Keeping the Caregiver Healthy, Community Resources, and Safety Tips with Health Services Panel

June 25, 2019
Legal and Financial Issues with local elder law attorney.
Wednesday, June 12 at 11:15am - Celebrating Father’s Day with Frank and Beans (2 hot dogs and baked beans) and a Beverage for $5.00. Reserve your lunch before June 7.

Thursday, June 13 - 1:00pm - Dignity of Life Seminar
The North Haven Senior Center along with The Catholic Cemetery Association, will be hosting a presentation focused on educating Seniors and their loved ones about the challenges facing every family: Maintaining the Dignity of Life during end-of-life decisions. The Catholic Cemeteries Association will conduct the program with the assistance of an Estate Planning and Elder Care Attorney from Guertin and Guertin LLC and a Funeral Director from the North Haven Funeral Home. We will answer questions on how to manage the elements of the golden years.
The seminar will last about an hour.
Topics include:
Choosing and Managing the cost of Cemetery Space and Funerals
Managing the cost of Elder costs
Managing the details of a Will and Final costs
The session will be offered at the North Haven Senior Center
Refreshments will be served.
Please RSVP by June 4

Thursday, June 20, 1:30 pm- Movie: Made of Honor

Wednesday, June 26, Riverboat Cruise on the Indian Princess on Webster Lake, MA

Thursday, June 27, 10:30am - Gaylord - Stroke Presentation , RSVP by stopping at the desk or calling 203-239-5432 for this FREE program before June 14.
Mark Your Calendar….

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

August –
Thursday, August 29, Alzheimer’s Bingo – More information to follow

Special Entertainment Events at Aqua Turf:
- 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 - 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**

**Time for Bocce!!**

Starting on May 6, 2019
Mondays, Wednesdays, and Fridays - 12:30 pm

All members are welcome to join in on the fun!
If you have never played the game or you have been playing for many years!

Some great benefits are: Getting fresh air, exercise, improves coordination, strategic planning, and make new friends.

**NEW Open Game Play - Thursday, 12:30pm,**
We have established the card game of “14”; all other games are also welcome.

**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 by doing simple math in your head. 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. 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. Classes will resume in September. Call the office to register for the fall session. This is open to residents only.

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 Crocheting - 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!

Beginner Mahjong Lessons- Monday, 12 noon. Lessons are free and taught by Maria Chan. Call the Office to have your name added to the upcoming class.

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 June 25 - Sept 10, 2019. Registration must occur before the start of the New Session. Registration for new class begins May 7. Cost: $30 Residents - $35 Non Residents
Siterecise - 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. Siterecise 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. New Session dates, TBA.

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: $45 for residents $50 for non-residents. Max 15/Min 12 people. Registration for new class begins June 17. New Session dates, TBA.**

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, June 11 – August 27, 2019. Registration must occur before the start of the New Session.** Registration for new class begins May 7. **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.

Remember: Registration must occur before the start of each New Session.

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.
TOGETHER AGAIN!
The #1 International TRIBUTE to Country Music’s Favorite Couple!

North Haven Senior Center Presents:

TOGETHER AGAIN!
The #1 International TRIBUTE to Country Music’s Favorite Couple!

Monday, August 12, 2019

TRIBUTE SHOW

Aqua Turf Club
Plantsville, CT

Together Again recreates the magic of Dolly Parton and Kenny Rogers, as these two seasoned professionals, deliver the incredible songs and onstage playfulness of Kenny & Dolly’s ‘Real Love’ Tour. Dolly Parton and Kenny Rogers are each legends in the entertainment world with singing and acting careers that spanned over 5 decades! This tribute act has it all...the songs, the mannerisms, the vocals, the professionalism and here they are - ‘Together Again.’

COFFEE & DONUTS ON ARRIVAL

Delicious lunch at the elegant Aqua Turf in Plantsville, CT

FAMILY STYLE MENU: Garden Salad, Pasta, Chicken Francaise, Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage

Cost: $76.pp

11:15am Arrival

Reservations: North Haven Senior Center 203-239-5432
Checks Payable to: Friendship Tours
Collection Dates: May 13th - July 3rd

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of service, including motorcoaches. Trips cancelled 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.
North Haven Senior Center presents:

26 Miles and no sore feet!
Sail on a 2 1/2 hour narrated sightseeing cruise around Manhattan
Thursday, September 5, 2019

• Get the BIG picture! Board the Circle Line and enjoy the Best of NYC Cruise - the ONLY sightseeing cruise in NYC to completely circumnavigate the island of Manhattan! This 2 1/2 hour cruise is the only way to see: all 5 boroughs, 3 rivers, all the major bridges and the rest of the city’s best sites, including the full Manhattan skyline, the growing Brooklyn waterfront, Yankee Stadium, Harlem Heights, plus an up-close view of the Statue of Liberty. Enjoy Circle Line’s wonderful live narration about the legends & lore of Manhattan Island, the ‘city that never sleeps.’

• Free time prior to cruise to enjoy lunch at Gotham West Market - one of the best food halls in NYC.

COST: $96 pp based on 40-50

Depart: 8:00am North Haven Senior Center, 189 Pool Road
Estimated Return: 7:15pm North Haven

Reservations: North Haven Senior Center 203-239-5432
Checks Payable to: FRIENDSHIP TOURS
Collection Begins: June 3, 2019

Friendship Tours arranges the components of the tour and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled 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.
Tuesday September 17, 2019
11:00 AM-3:30 PM
Collection Date Starts: July 1, 2019

Aqua Turf Club’s
Come Fly with Me!

Rob Zappulla Celebrates the Music of
Frank Sinatra!!!

Sit back and enjoy the music of Frank Sinatra!
Rob has headlined performances at the famous Birdland Jazz Club, Lincoln Center in NYC, and Foxwoods Casino to name just a few!
He performs to sold out audiences of all ages in theaters across the country and is keeping this great music alive at its best!!

No dancing for this one!

Coffee & Donuts
Door Prizes
Complimentary Glass of Beer or Wine

Family Style:
Salad/ Penne Bolognese/ Chicken Florentine/ Baked Scrod/ Vegetable/Potato/ Dessert

$43.00 pp
Checks Only Payable to: Aqua Turf Club

Transportation available for non-drivers first. If space is available drivers may ride on the bus. Bus is for residents only. Sign up early to reserve your seat on the bus. Bus will be leaving at 9:45am.
Tuesday November 12, 2019
11:00 AM–3:30 PM
Collection Date Starts: September 3, 2019

Aqua Turf Club’s
Crooning the Classics with Dave Colucci!!

Dave will perform many fan favorite songs from the 60’s & 70’s with Special Tributes to Neil Diamond, Barry Manilow, John Denver and More!

Dave’s shows are always crowd pleasers!!

Dave always enjoys watching folks dance to his music!!

Coffee & Donuts
Door Prizes
Complimentary Glass of Beer or Wine

Family Style:
Salad/ Penne alla Vodka/ Beef Burgundy/ Pan Seared Salmon/ Rice Pilaf/ Vegetable/ Dessert

$42.00 pp
Checks Only Payable to: Aqua Turf Club

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.
HERBS WORD SEARCH

WORD LIST

- BASIL
- CARAWAY
- CATNIP
- CHIVES
- CILANTRO
- DILL
- GARLIC
- LAVENDER
- MINT
- OREGANO
- PARSLEY
- ROSEMARY
- SAGE
- TARRAGON
- THYME

BASIL

PARSLEY

ROSEMARY

SAGE

TARRAGON

THYME

DILL

Answers on page 43
May Word Pictures  Rob Clagett

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. 2. 3.

4. 5. 6.

7. 8. 9.

10. 11. 12.

T A K E U S
N A T U R E N A T U R E

Y O U R L I S T

Answers on page 50
<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>Cinco de Mayo</td>
<td>Happy Birthday</td>
<td>3 oz beef and bean chili</td>
<td>3 oz herb baked chicken</td>
<td>3 oz ratatouille with chick peas over ½ cup</td>
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<tr>
<td>Taco bake with tortilla chip</td>
<td>1/2c Turkey Salad</td>
<td>½ cup penne pasta</td>
<td>½ cup cut sweet potato</td>
<td>Brown rice</td>
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<tr>
<td>Lettuce, tomato, cheese, sour cream and taco sauce</td>
<td>W/Celery on Whole</td>
<td>½ cup mandarin oranges</td>
<td>½ cup macaroni and cheese</td>
<td>1 cup spinach salad with fresh mushrooms and raspberry vinaigrette dressing</td>
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<tr>
<td>Fiesta corn</td>
<td>1 tsp Margarine</td>
<td>½ cup oriental blend veggies</td>
<td>½ cup zucchini and tomato</td>
<td>wheat breadstick</td>
</tr>
<tr>
<td>Rice pudding with raisins and whipped topping</td>
<td>1 dinner roll</td>
<td>1 tsp margarine</td>
<td>1 slice rye bread</td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td></td>
<td>1 tsp margarine</td>
<td>½ cup mandarin oranges</td>
<td>fresh fruit</td>
<td>fresh fruit</td>
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<td></td>
<td>½ cup tropical fruit</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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**MINIMUM PORTIONS SERVED AT EACH MEAL:**
- 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
- All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.
- All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt
MONTHLY ACTIVITIES

Mondays:
  9:30:  Fitness Fun
  10:00:  Canasta
  10:30:  Crafts
  10:30:  Sitercise
  10:30:  Tai Chi
  12:45:  Bingo
  12:00:  Pinochle
  12:00:  Beg Mah Jongg
  12:30-Bocce (Begins May 6)
  12:45-Bingo
  1:00:  Line Dancing

Tuesdays:
  9:00:  Ceramics
  9:00:  Computer Class (Class resumes in September)
  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
  10:00:  Bocce
  10:30:  Tai Chi
  10:30:  Sitercise
  12:00:  Mah Jongg
  12:15:  Intermediate Bridge
  12:30:  Bocce
  12:45:  Bingo
  1:00:  Line Dancing

Thursdays:
  9:00:  Ceramics; Pinochle
  9:00:  Conversational French Hour with Marlene (New)
  10:00:  Crafts
  12:30:  Open Game Play (New)

Fridays:
  9:30:  Fitness Fun; Scrabble
  12:00:  Setback
  12:15:  Intermediate Bridge
  12:30:  Bocce
  12:45:  Bingo
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<thead>
<tr>
<th>Monday</th>
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<td>Wallingford Outing</td>
<td>Christmas Tree Shop</td>
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<td>Chilli’s on your own</td>
<td>Cracker Barrel</td>
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<td>12:30-Help</td>
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