Senior Happenings

June 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:** June 10 - Walmart, Wallingford
    - June 24 - 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: July 4; September 2; October 14, 31; 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* - June 17-June 21, 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,

Happy Birthday to Our Members
In your honor of your birthday our very own First Selectman Mike Freda will be here to join in on our “Happy Birthday to You Party. June Birthday Celebrations will be held on June 21, at 11:45am. If you have a birthday this month please contact the Center and let us know that you will be coming to your party. Birthday Cake and Beverages will be served. RSVP by June 14.

The Sound of Music surely made it seem easy to say goodbye, perhaps if I could add a cheerful little tune like So long, farewell, auf Wiedersehen, to accompany this adieu; this message would not be so difficult.

On Friday, June 28 Maggie Maiden, our Centers’ morning secretary will be retiring from the Center. In all honesty my heart skipped a beat when she announced her retirement; a bit of me was hopeful that she would have a change of heart because I didn’t want to see her go.

In the course of thirteen plus years Maggie became more than an employee; co-worker, secretary, she became our friend. Her presence will be sorely missed by all. Although I can’t imagine Maggie not being here at the Center, I smile from ear to ear thinking of her enjoying time with her granddaughter discovering new adventures and making family memories. From the bottom of our hearts, Maggie thanks for your compassion and commitment to our Senior Center Family and Staff. We love you!

Please join us as we gather together to wish Maggie the best on Tuesday, June 25 at 10 am for a coffee hour.

RSVP by June 18, in person or by calling the Center 203-239-5432
For your donations: Silvanna Brescia, Arlene D’Angelo, Susan Esposito, Betty Ferrara, Carole Labagnara, Lynn Lassman, Sandra Mastroianni, Marion Nash, Bob Reynolds, Ridge Road School and Martha Vincent.

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

To our new members: Wayne Camarota, Mary Comfort, Bill Dean, Delores Drobilics, Carol Ferraiuolo, Jean Hilton, Marion Johnson, Robert Johnson, Maria Parillo, Kathryn Ross and Roseann Sampson.

Registration Begins for the following Trips. See enclosed flyers for detailed information:
Kenny & Dolly at the Aqua Turf - Continues
Radio City Christmas Spectacular - June 3
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

June 10 - Walmart, New Haven
June 24 - 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 June will be held on Monday, June 10 and Wednesday, June 26. Both meetings are held at 9 am and meet in the ceramic room.

**Ask the Nurse** will be held on Wednesday, June 12, 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, June 26, 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

Happy Father’s Day

Celebrating Father’s Day
Franks and Beans
Wednesday, June 12 at 11:15am
(2 hot dogs and baked beans) and a Beverage for $5.00.
Reserve your lunch before June 7.

Dignity of Life Seminar
Thursday, June 13 at 1:00pm

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

Refreshments will be served.
Please RSVP by June 4, in person or by calling the Center 203-239-5432
Friday, June 14, 10:00am

Memory Matters - Due to a postponement in May - This seminar will now occur on Friday, June 14. There is still time to RSVP by calling 203-239-5432 or Stopping by the Office.

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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.

DATE | Friday, June 14, 2019
TIME | 10:00 a.m.
LOCATION | Joyce Budrow Senior Center
| 189 Pool Rd., North Haven
REGISTRATION | 203.239.5432

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VNA COMMUNITY HEALTHCARE & HOSPICE

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
It’s Movie Time at the North Haven Senior Center Cinema
Featuring “Made of Honor” - Thursday, June 20, @ 1:30pm

Always shy of commitment, Tom (Patrick Dempsey) lives as a serial dater. Hannah (Michelle Monaghan), his best friend, has wanted to marry and now has found Mr. Right -- just as Tom realizes he really loves Hannah. When she asks him to be in her bridal party, Tom seizes the opportunity to prevent the nuptials and woo her himself.

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.

Celebrating June Birthdays
Please join us along with First Selectman Michael Freda on June 21 at 11:45am to celebrate all the June birthdays. Please RSVP by June 14, in person or by calling the Center 203-239-5432

Monday, June 24, 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.
Wednesday, June 26, Riverboat Cruise on the Indian Princess on Webster Lake, departing at 9am. 
Just a friendly reminder: 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 regular parking spaces.

Thursday, June 27, 10:30am - Gaylord - Stroke Prevention, Presented by: Anne Pacileo. Please RSVP by June 21, in person or by calling the Center 203-239-5432 for this FREE program See flyer for more details.

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

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.
You’re Invited!

Hello from ClearCaptions™

Please join your local ClearCaptions Title IV ADA Specialist, John Noonan for an informative conversation. We will be discussing how you can receive a FREE caption phone if you struggle with hearing on the phone.

Refreshments will be provided.

Where: Joyce C. Budrow Senior Center
Date: Thursday June 20th, 2019
Time: 11:30 – 12:30
John Noonan: 203-581-0382

clearcaptions.com

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Summer Raffle

Beautiful Framed Ocean Puzzle *
Located in the Community Room

ticket sales start Wednesday, June 5
Tickets:
1 = $1
3 = $2
10 = $5

Drawing will be Wednesday, July 3 - during “Beach” Bingo
No need to be present
*Puzzle donated and made by Betty Ferrara

Lunch on the Avenue
Dino’s

Wednesday, July 17
11:15am - (leaving from center)
Sign up early, only 19 seats available on the bus
Want to go to a Baseball game??

Please come and join the North Haven Senior Center to an afternoon at the New Britian Bees ballfield on Thursday, July 18 - 10:30am

Along with your ticket our wonderful package will include: a hotdog, chips and a soda or water plus transportation leaving from the center.

All this for only $10!

Tickets will be non-refundable. Weather Permitting.

Seating is limited.

Reserve your seat by June 21
Get The Most Out of Your Social Security Retirement Income
A Must Attend if You Are Between the Ages of 60-66
Tuesday, July 23, 6:00pm

Over $10,000,000 Lost in Social Security Claims!
Learn The Secrets To Maximize Your Retirement Income!

- Learn how the new claiming rules will affect you!
- Learn 3 ways you can increase your benefits by thousands!
- Learn methods to SAVE taxes on your social security income!
- Learn the right time to take Social Security to maximize your benefits!
- Learn a simple way to increase your social security income by 32%!
- Learn the key questions you need to ask to maximize your retirement income, and not to lose out on other benefits you may have coming!
- Learn about hidden benefits you may have from a former spouse or deceased spouse!
- Learn how savvy social security recipients increased their benefits by thousands of dollars just by knowing about “switches”!

Please come and attend this free seminar. Please RSVP by July 16, in person or by calling the Center 203-239-5432
Come paint a flowered tote bag!
No experience necessary.
Patricia will teach you everything you need to know.

Cost: $10
Friday, July 26
9am-12pm

Sign-ups start: Wednesday, June 5 - July 17

Space is limited

A sample of the tote bag is in Marlene’s office

Please make your non-refundable check payable to Patricia Cavanaugh
Mark Your Calendar….

August –
Monday, August 12, Kenny & Dolly at the Aqua Turf – RSVP before July 3

September –
Thursday, September 5, Circle Line Sightseeing Cruises - RSVP starting June 3
Tuesday, September 17, Come Fly with Me at the Aqua Turf - RSVP starting July 1
Friday, September 20, Jukebox Bingo with Keith Alan – 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 - 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!!

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
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, June 24 - Wednesday, August 14.

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, July 29 - Monday, November 4. No Class on August 5, September 2, and October 14. Cost: $45 for residents $50 for non-residents. Max 15/Min 12 people. Registration for new class begins June 17.

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 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. 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.
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 10:00am.

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: **$76.00**

11:15am Arrival

Reservations: North Haven Senior Center 203-239-5432

Checks Payable to: Friendship Tours

Collection Dates: May 13th - July 3rd
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.
MARK YOUR CALENDAR FOR THIS WONDERFUL TRIP OR THINKING AHEAD OF AN AMAZING CHRISTMAS PRESENT!
DOWN PAYMENT OF $70.00 WILL BE COLLECTED JUNE 3 - JUNE 28. CHECKS PAYABLE TO FRIENDSHIP TOURS.
FINAL PAYMENT OF $98.00 IS DUE BY SEPTEMBER 27.

North Haven Senior Center presents:

A FAVORITE HOLIDAY TRADITION!

RADIO CITY CHRISTMAS SPECTACULAR starring the world-famous Rockettes is back for its 90th year at Radio City Music Hall. Experience the magical line up of the Parade of Wooden Soldiers. Enjoy the wondrous 3D Journey with Santa and his sleigh through the skies of New York. Celebrate the miracle of the first Christmas with the living nativity scene. Dreams come to life with their unique take on the Nutcracker, complete with dancing Teddy Bears and ice Skaters.

Wednesday, November 20, 2019

Come relax in your Orchestra seat for America’s favorite holiday tradition!

Radio City Christmas Spectacular starring the world-famous Rockettes is back for its 90th year at Radio City Music Hall. Experience the magical line up of the Parade of Wooden Soldiers. Enjoy the wondrous 3D Journey with Santa and his sleigh through the skies of New York. Celebrate the miracle of the first Christmas with the living nativity scene. Dreams come to life with their unique take on the Nutcracker, complete with dancing Teddy Bears and ice Skaters.

Enjoy a pre-theatre lunch at Mont Blanc 52. Menu: Salad, Choice of: Chicken Marsala, Filet of Salmon with Capers, Lemon & Scallions, OR Cheese Ravioli, (Entrees served with Potato Pancakes & Vegetable (except for pasta entrée), Apple Strudel a la mode & Coffee.

Entrée choice in advance.

Cost: $168, pp based on 40-50

Depart: 8:00am North Haven Senior Center, 189 Pool Road
Estimated Return: 7:30pm North Haven

Reservations: North Haven Senior Center 203-239-5432
Checks Payable to: FRIENDSHIP TOURS
Collection Begins: June 3, 2019
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.
Help avoid falls with our Sitercise 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

| DATE      | Mondays & Wednesdays, June 24 - August 14 |
| TIME      | 10:30 - 11:30 a.m.                         |
| LOCATION  | Joyce Budrow Senior Center                |
|           | 189 Pool Rd., North Haven                 |
| COST      | $15 for residents/$20 for non-residents   |
| REGISTRATION | 203.239.5432                     |

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

Toll Free Helpline: 866.474.5230

vnacommunityhealthcare.org
Senior Medicare Patrol

The SMP Training will be held on
Thursday, June 13, 2019
from 9:30 am to 3:30 pm
At the Agency on Aging of
South Central CT
117 Washington Ave, #17
North Haven, CT 06473

******Lunch and training materials provided*******

Senior Medicare Patrol

Help Medicare and Medicaid beneficiaries Prevent, Detect and Report Health Care Fraud. SMP Volunteers play an important role in addressing this problem by educating Medicare beneficiaries, their families and caregivers through presentations, outreach events, and one-on-one counseling.

Training will cover:
- Medicare Parts A, B, C and D
- Explanation of Benefits
- Medicare Summary Notices
- How to identify and detect fraud and abuse
- How to report it

The SMP Training is Free.

RSVP by 5/31. For more information please contact Joan M Kayser 203-785-8533 or jkayser@aoascc.org.

The production of this event is supported in part by Grant No. 90MP0237 from the Administration on Aging, Administration for Community Living (ACL).
DOUGHNUT TRIVIA CROSSWORD PUZZLE

ACROSS
1. These were first sold in 1937 in Salem, NC. _____ Kreme®
4. What is the most popular doughnut in the U.S.? Donuts
5. Doughnuts were promoted as the "Hit Food of the Century" here. 1933 _____ World's Fair
7. Back in the 1950s, these people working the graveyard shift often stopped by doughnut shops to do paperwork because they were the only places open. Doughnut Dolly
9. It opened as Open Kettle in 1948. _____ Donuts®
13. Salvation Army volunteers were known as donut _____ (or doughnut dollies) during World War I.
14. Merriam-Webster Dictionary has accepted this spelling for doughnut.

DOWN
2. The first Doughnut Day was celebrated in 1938 as a fund raiser for this agency. _____ Army
3. Food historians believe the modern form of doughnuts came to North America by these immigrants.
6. These doughnuts are made with mashed potatoes. They even had their own chain called this.
8. Per capita, this country has more doughnut shops than any other country.
10. Voodoo Doughnuts in Portland, OR is famous for its crazy doughnut flavors. They even sold this one until the FDA stepped in.
11. More than 10 _____ doughnuts are made each year in the U.S.
12. This American city has the most doughnut shops per capita.

WORD LIST: BILLION, BOSTON, CANADA, CHICAGO, DONUT, DUNKIN', DUTCH, GLAZED, KRISPY, LASSIES, NYQUIL®, POLICE OFFICERS, SALVATION, SPUDNUTS

Answers on page 43
<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>3 oz BBQ chicken qtr</td>
<td>6 oz Vegetable gumbo soup</td>
<td>3 oz Cheeseburger</td>
<td>1 cup veggie chili</td>
<td>1 cup veggie chili</td>
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<tr>
<td>½ cup Roasted rosemary potato</td>
<td>1 pkt unsalted crackers</td>
<td>Bun ketchup</td>
<td>½ cup sweet potato wedges</td>
<td>½ cup sweet potato wedges</td>
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<tr>
<td>½ cup Coleslaw Biscuit</td>
<td>1 cup egg salad</td>
<td>½ cup Baked beans</td>
<td>½ cup broccoli</td>
<td>½ cup broccoli</td>
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<tr>
<td>1 tsp margarine</td>
<td>1 cup lettuce, cucumber Herb breadstick</td>
<td>½ cup tomato, pickles</td>
<td>corn bread</td>
<td>corn bread</td>
</tr>
<tr>
<td>½ cup Watermelon</td>
<td>1 tsp three bean salad</td>
<td>½ cup Peaches</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>1 tsp margarine Fresh fruit</td>
<td>8 oz low fat milk</td>
<td>½ cup Tropical fruit salad</td>
<td>½ cup Tropical fruit salad</td>
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</thead>
<tbody>
<tr>
<td>3 oz Pork Loin with gravy</td>
<td>Father’s Day</td>
<td>3 oz Chicken Florentine</td>
<td>3 oz Salmon and pasta salad</td>
<td>3 oz Salmon and pasta salad</td>
</tr>
<tr>
<td>½ cup Brown rice</td>
<td>Veal Parmesan</td>
<td>½ cup Bowtie noodles</td>
<td>1 cup Tossed salad</td>
<td>1 cup Tossed salad</td>
</tr>
<tr>
<td>½ cup Broccoli/carrots</td>
<td>½ cup penne pasta/sauce Herbed peas and onions</td>
<td>½ cup Green and wax beans</td>
<td>½ cup beet salad Breadstick</td>
<td>1 tsp margarine 1 tsp margarine</td>
</tr>
<tr>
<td>1 slice Multi grain bread</td>
<td>Garlic dinner roll</td>
<td>1 slice Rye bread</td>
<td>Herb dinner roll</td>
<td>4 oz Grape juice Lemon cookie</td>
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<tr>
<td>1 tsp margarine</td>
<td>Holiday cake</td>
<td>1 tsp margarine</td>
<td>Low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>½ cup Pineapple</td>
<td>Low fat milk</td>
<td>½ cup Melon</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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<tbody>
<tr>
<td>6 oz Black bean soup</td>
<td>3 oz Herb baked chicken</td>
<td>3 oz Fish croquette/tartar sauce and lemon</td>
<td>First Day of Summer</td>
<td>Low sodium hot dogs on rolls/mustard</td>
</tr>
<tr>
<td>1 pkt unsalted crackers</td>
<td>½ cup Sweet potato pone</td>
<td>½ cup Green and wax beans</td>
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<td>Chili</td>
</tr>
<tr>
<td>3 oz Beef taco on 1 cup salad with cheese, lettuce, tomato, salsa and salsa/ranch dressing</td>
<td>½ cup Bean blend Wheat dinner roll</td>
<td>½ cup Macaroni salad</td>
<td></td>
<td>Coleslaw</td>
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<tr>
<td>10 Tortilla chips</td>
<td>1 tsp margarine Fresh fruit</td>
<td>½ cup Beet salad Pumpernickel dinner roll</td>
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<td>Ice cream or vanilla pudding</td>
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<tr>
<td>½ cup tropical fruit</td>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
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<td>Low fat milk</td>
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<tr>
<td>8 oz low fat milk</td>
<td></td>
<td>4 oz Apple Juice Berry strudel</td>
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<tbody>
<tr>
<td>Happy Birthday</td>
<td>1 cup Tortellini with ham/tomato and pepper</td>
<td>3 oz Beef and Bean burrito</td>
<td>1 cup tuna and pasta salad</td>
<td>1 cup tuna and pasta salad</td>
</tr>
<tr>
<td>3 oz chicken cordon blue</td>
<td>½ cup Broccoli Herb breadstick</td>
<td>½ cup rice and beans corn bread</td>
<td>1 cup tossed salad with cucumber/French dressing</td>
<td>1 cup tossed salad with cucumber/French dressing</td>
</tr>
<tr>
<td>½ cup roast potato</td>
<td>1 tsp margarine</td>
<td>½ cup fiesta corn</td>
<td>1 Mini bagel</td>
<td>1 Mini bagel</td>
</tr>
<tr>
<td>½ cup Carrots Wheat dinner roll</td>
<td>4 oz Grape Juice Italian ice</td>
<td>Fresh Fruit</td>
<td>1 tsp cream cheese</td>
<td>1 tsp cream cheese</td>
</tr>
<tr>
<td>Brownie</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>½ cup Peaches</td>
<td>½ cup Peaches</td>
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<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
12:30: Beg Mah Jongg
12:30-Bocce
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:
8:00: Pinochle
9:00: Ceramics
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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<td>Registration for</td>
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<td>Circle Line Cruise &amp;</td>
<td>12:00 p.m.</td>
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<td>Radio City Christmas</td>
<td>Disabled American</td>
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<td>Spectacular</td>
<td>Veterans Meeting</td>
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<td>Begins today</td>
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<td>Caregiver Course</td>
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<td>Part 1-6:00 p.m.</td>
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<td>9:00 a.m.</td>
<td>11:15 a.m.-Father's</td>
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<td>Day Lunch:</td>
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<td>Franks &amp; Beans</td>
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<td>9:30 a.m.</td>
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<td>Mini Trip:</td>
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<td>Wallingford-Walmart</td>
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<td>June Birthdays</td>
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<td>Coffee hour</td>
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<td>Universal Drive</td>
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<td>Webster Lake</td>
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<td>10:30 a.m.-Gaylord</td>
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<td>Parkinson's</td>
<td>Caregiver Course</td>
<td>9:00 a.m. Departure</td>
<td>Specialty Healthcare</td>
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<td>Support Group</td>
<td>Part 4-6:00 p.m.</td>
<td>Stroke Presentation</td>
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