Senior Happenings

July 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
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: July 15 - Walmart, New Haven
July 29 - 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 – August 7, August 12, August 22, September 17, September 26, October 31, November 12 & December 6

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

Beware, School’s out!

With kids out of school they are usually out in their neighborhoods, at shopping malls, playgrounds, and just about everywhere enjoying their summer vacation. And, if you’re driving, you are largely responsible for their safety. If you think about it a child doesn’t have a chance against a 3,000-pound (or heavier) vehicle in the street or a parking lot. Motorists should keep their eyes open for an increased number of children playing outside. Here are a few reminders to make sure this summer stays wonderful by watching for children playing and enjoying their summer fun.

- As you drive, scan the area around you looking for youngsters playing near the street. Children can be unpredictable and unaware of the danger around them. Keep in mind that a child might suddenly dash into your path.
- Watch out for crosswalks, and be alert for children/people who might step off the curb and into your path.
- Stay focused on driving, without distraction, put your cell down; wait to talk and text once you have reached your designation.
- Expect children to run out in front of the vehicle; so watch for signs of children playing.
- **Slowdown in residential areas, around parks, playgrounds, and while entering and exiting the Senior Center Parking Lot.**

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**Did you know that studies have been done on the time a doctor spends with his patients?**
Findings have estimated that on average, patients can expect to spend no more than **10 to 16 minutes** with their doctor, depending on the negotiations that the doctor has made with that patient's insurance company. With that being the case here are five ways to make the most out of your doctor visits.

- Share your symptoms, medicines or vitamins, health habits, and any major life changes.
- Take notes or ask for written materials. Don't be afraid to ask the doctor to repeat or clarify important information.
- Make decisions with your doctor that meet your needs. Discuss risks, benefits, and costs of tests and treatments. Ask about other options and preventive things you can do.
- Be sure you are getting the message. If you have trouble hearing, ask your doctor to face you when talking and to speak louder and more clearly.
- Tell the doctor if you feel rushed, worried, or uncomfortable. You can offer to return for a second visit or follow up by phone or email.

**Happy Summer!**
For your donations: Pam & Erik Cucinelli, Margaret Kelly, Wendy Forbes, Cathy Giannelli, Jennifer Johnson, Diana Congdon, Yolanda Gagliardi, Carole Labagnara and Sandra & Nick Mastroianni

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

To our new members: Patsy Williams, Susan Culligan, Rosemary Buth, Stephen Collins, Ron Rossetti, Doreen Henninger, James Magson, Katy Hallberg, and Dorothy Mautte

Registration Begins for the following Trips. See enclosed flyers for detailed information:

- Kenny & Dolly at the Aqua Turf – sign up until July 12
- Circle Line Sightseeing Cruises - Continues
- Come Fly with Me at the Aqua Turf - July 1
- Crooning the Classics at the Aqua Turf - September 3
- MGM Casino in Springfield, MA - September 4
- Radio City Christmas Spectacular - Final payment due - September 27

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

July 15 - Walmart, New Haven
July 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
Finance Meetings for the Month of July will be held on Monday, July 8 and Wednesday, July 24. Both meetings are held at 9 am and meet in the ceramic room.

Ask the Nurse will be held on Wednesday, July 10, 12:00noon - 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, July 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

Reminder: Our New Start Time for Bingo…
Bingo will start at 12:45pm on Mondays and Fridays.*
12:30pm on Wednesdays

*Remember: If the table has not been cleaned from the lunch program, please wait until the table has been washed clean prior to placing the Bingo cards down on the table.
The Centers’ Annual Holiday Fair
Is only 4 Months Away and Help Is Needed!

Due to the Holiday Fair, we will need to close the Pool Room starting July 1 to store all the Granny’s Attic and Crafts.

Crafters Needed

Do you know how to sew? Do you know how to use a scissors? Can you use a glue gun? Do you have a project to share? Above all would you like to meet new people?

If you answered Yes to any of the above questions please contact the Center 203-239-5432

July 1, start bringing in your items:

Granny’s Attic and Jewelry Table . . .

We are looking for your “once loved” items, all in good to excellent condition, for the Granny’s Attic and Jewelry tables for the Holiday Bazaar. Please begin bringing the items in on Monday, July 1 through Friday, October 25.

The following items are acceptable donations:

- Housewares: cookware, sauce pans, dishes, serving utensils – please make sure they are clean!
- Appliances (small & portable): can openers, clocks, coffee makers/pots, & crockpots – please make sure they work and they are clean!
- Home goods: lamps, pictures/paintings, mirrors
- Miscellaneous: wicker baskets, children’s toys (no stuffed animals), dolls, board games, seasonal items, i.e. Christmas décor, Easter, Halloween, and collectibles.

The Center does not accept the following:

- Albums/vinyl records
- Knives
- Beddings/linens
- Cameras
- Clothing of any type including: shoes, purses, or coats
- Computers/ printers
- Books, magazines
- Medical equipment
- Plants
- Sewing machines
- Stereo equipment/tape recorders, TV’s, VHS tape players or tapes

Items that are in good working order are the most beneficial for the bazaar. We do not repair broken items, and the disposal of such items takes away from our bazaar. It’s hard to say “no thank you” to a donation, however, at times we may have to if the donation does not benefit the goal of raising money for the Center.
Come Join Us for Some pre-4th of July Bingo Fun

**Beach Bingo** 🌞
Wednesday, July 3rd – 12:30pm

**Summer Raffle**
Beautiful Framed Ocean Puzzle *
Located in the Community Room

Ticket sales start until Tuesday, July 2
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
Thursday, July 18, New Britain Bees Baseball Game - bus will leave the center at 10:30am
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 ball field.

Celebrating July Birthdays
Please join us along with First Selectman Michael Freda on July 19, at 11:45am to celebrate all the July birthdays. 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.
All Members are welcome to come help us celebrate.
Please RSVP by July 12, in person or by calling the Center 203-239-5432

Monday, July 22, 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.
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

It’s Movie Time at the North Haven Senior Center Cinema
Featuring - A New Release - “A Dog’s Way Home”- Thursday, July 25, @ 1:30pm

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog touches the lives of an orphaned mountain lion, a down-on-his-luck veteran and some friendly strangers who happen to cross her path.

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.
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
A sample of the tote bag is in Marlene’s office
Please make your non-refundable check payable to Patricia Cavanaugh

Come join us for lunch and a sweet treat!
Lunch out at Glenwood Diner and dessert at the famous Wentworth’s Ice Cream shop all in Hamden

Wednesday, August, 7
10:45am - (leaving from center)  
Sign-ups start: Tuesday, July 2 – 31

Sign up early, only 19 seats available on the bus
Come Join Us for some Extra Special Bingo

**Jukebox Bingo**
Combination of your Favorite Music and the Wonderful Game of BINGO
All brought to you by Keith Alan
Friday, September 20 at 1pm
Mark your calendars for this great event!

We are going to the Zoo!!
Please join us on Thursday, September 26 for a great day at the Beardsley Zoo!
Bus will be leaving the Senior Center at 8:30am

Comfortable shoes are a MUST; there will be a lot of walking. This wonderful zoo has Tigers, Leopards, Red Pandas, Bald Eagles, Monkeys, Bison, Wolves and much more.

A lunch is also available, choice of: Hot Dog, Hamburger, Chicken Tenders, Turkey & Cheese and Ham & Cheese.

A Day at the Zoo and Lunch all for $15.50.
Sign-ups start: Tuesday, July 2 - August 2

Sign up early, only 19 seats available on the bus
We will be having a bus trip to the MGM Casino in Springfield, MA

November 21, 2019

From: North Haven Senior Center

Departure Time at 8:30am and Estimated Return Time is 4:00

$30 Residents, Collection Date & Time September 4 - September 30, 9am-2pm

$35 Non-Residents, Collection Date & Time September 18 - September 30, 9am-2pm

or until the bus is filled

Bus will fill up quickly, so sign up early

Checks Only - Payable to: Treasurer Town of North Haven

There are some changes with this casino trip compared to other casino trips. You will need a non-expired valid ID the day of the trip along with your M Life Card (if you have one). The following information is needed in advance to save time: your name, address, date of birth and your M Life Card number (please bring in your card when you are signing up for the trip). They are trying to save you time from waiting in line to get your M Life card updated with the $20 free slot play and $10 food credit. (the amount is subject to change without notice by MGM Casino)
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
Thursday, September 12, Hideki Yamaya - Guitarist - 12noon
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
Thursday, September 26, Beardsley Zoo - RSVP starting July 1

November -
Saturday, November 2, Holiday Fair
Thursday, November 21, MGM Casino in Springfield MA

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 - 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

Bocce

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, 12:30 pm
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, 12:45 pm - Wednesday, 12:30 pm - Friday 12:45 pm - 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, 10 am - 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.

Conversational Canadian French Hour - Thursday, 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.

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 - Summer Break - Resume on September 9 - 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: $30 for residents $35 for non-residents** Maximum participants 15 people. *Checks due on the first day of class Payable to VNA Community Healthcare.* New Session Fall 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, July 29 - Monday, October 28. 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.
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: $96pp 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.

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 à la mode & Coffee. 
Entree 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 9:45 am.
PREVENTING DEHYDRATION

H2O 101

Water plays a vital role in all cellular activities, transporting essential vitamins and minerals at the cell level throughout the body. If your body becomes dehydrated, the capability of your transport system is compromised, and you will lose strength and energy. Lack of water can cause metabolic waste and by-products like lactic acid, uric acid, ammonia and other toxins to accumulate in our soft tissues. You don’t want your soft tissues to accumulate with these toxins. Drinking adequate amounts of water throughout the day will ensure that all this junk is properly flushed out.

HEALTH BENEFITS OF PROPER HYDRATION:

- Water helps remove toxins that lead to inflammation.
- Water increases the immune system and helps prevent movement system disorders.
- Water increases the lubrication of joints and helps prevent arthritis and back pain.
- Water gives your muscles an energy boost.
- Water helps to prevent heart disease and stroke by helping to prevent blockage of arteries.
- Water enhances brain function and helps prevent memory loss.
- Water improves skin health and outside appearance.

HOW MUCH WATER DOES OUR BODY NEED?

Many recommend 8-10 glasses of water per day as a good measure. But all people are not created equal, so we should probably do a little better than that. To determine how much water your body needs, you can take your body weight and divide that number by 2. That’s how many ounces of water you need every day! You may need more than this amount when you perspire more, like on a hot summer day. Question: “Do cola drinks count, it’s liquid and mostly water right?” Answer: Your body yearns for clean and pure water. We recommend that you stay away from liquid junk.

Drinking plenty of water is one of the most important things you can do for your health!

You should consume ½ your body weight in ounces per day.

For example:

160 pounds ÷ 2 = 80 oz. per day
YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. YOUR BONNET
2. MY DRAY
3. THE $\pi$ SKY
4. HAIRES
5. HAIRES
6. HAIRES
7. BREAD
8. PPOD
9. EASY
10. WEAR
11. WEAR
12. MINDS

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>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3 oz meatballs</td>
<td>4th of July Celebration</td>
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<td></td>
<td>6 oz Cream of zucchini soup</td>
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<tr>
<td>½ cup spaghetti</td>
<td>Lemonade</td>
<td>BBQ beef ribs</td>
<td></td>
<td>1 pkt unsalted crackers</td>
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<tr>
<td>½ cup Fresh zucchini</td>
<td>Baked beans</td>
<td>1/6 Spinach quiche</td>
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<td>½ cup stewed tomato</td>
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<tr>
<td>Garlic bread</td>
<td>Coleslaw</td>
<td>½ cup roasted potato</td>
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<td>1 herb breadstick</td>
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<tr>
<td>1 tsp margarine</td>
<td>Wheat roll</td>
<td>1 tsp margarine</td>
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<td>1 tsp margarine</td>
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<tr>
<td>Fresh fruit</td>
<td>Strawberry shortcake</td>
<td>½ cup Baked apple slices</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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<td>8 oz low fat milk</td>
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<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>
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<tr>
<td>½ cup Roasted rosemary potato</td>
<td>1 pkt unsalted crackers egg salad plate</td>
<td>Bun</td>
<td>½ cup sweet potato wedges</td>
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<tr>
<td>½ cup Coleslaw</td>
<td>1/2 cup egg salad</td>
<td>ketchup</td>
<td>½ cup broccoli</td>
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<tr>
<td>Biscuit</td>
<td>1 cup lettuce, cucumber</td>
<td>½ cup Baked beans</td>
<td>corn bread</td>
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</tr>
<tr>
<td>1 tsp margarine</td>
<td>½ cup three bean salad</td>
<td>½ cup Lettuce, tomato, pickles</td>
<td>1 tsp margarine</td>
<td></td>
</tr>
<tr>
<td>½ cup Watermelon</td>
<td>Herb breadstick</td>
<td>½ cup Peaches</td>
<td>½ cup Tropical fruit salad</td>
<td></td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<td>Lunch on the Avenue</td>
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<tr>
<td>Sign up in the Office</td>
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<tr>
<td>3 oz Pork Loin with gravy</td>
<td>3 oz Veal Parmesan</td>
<td>3 oz Chicken florentine</td>
<td>3 oz Salmon and pasta salad</td>
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</tr>
<tr>
<td>½ cup Brown rice</td>
<td>½ cup penne pasta/sauce Parmesan cheese</td>
<td>½ cup Bowie noodles</td>
<td>1 cup Tossed salad</td>
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<tr>
<td>½ cup Broccoli/carrots</td>
<td>1 cup Caesar salad with Caesar dressing</td>
<td>½ cup Green and wax beans</td>
<td>½ cup beef salad</td>
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<tr>
<td>1 slice Multi grain bread</td>
<td>1 slice Italian bread</td>
<td>1 slice Rye bread</td>
<td>Breadstick</td>
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<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>Herb baked chicken wheat roll</td>
<td>½ cup Melon</td>
<td>4 oz Grape juice</td>
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<tr>
<td>8 oz low fat milk</td>
<td>1/2 cup Sweet potato pone</td>
<td>8 oz low fat milk</td>
<td>Lemon cookie</td>
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<tr>
<td>8 oz low fat milk</td>
<td>½ cup Bean blend</td>
<td></td>
<td>8 oz low fat milk</td>
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<tr>
<td>8 oz low fat milk</td>
<td>Wheat dinner roll</td>
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<tr>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
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<tr>
<td>8 oz low fat milk</td>
<td>Fresh fruit</td>
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<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<td>6 oz Black bean soup</td>
<td>3 oz Herb baked chicken</td>
<td>3 oz fish croquettes/tartar sauce and lemon</td>
<td>3 oz Stuffed shells with vegetable cream sauce</td>
<td></td>
</tr>
<tr>
<td>1 pkt unsalted crackers</td>
<td>½ cup Sweet potato pone</td>
<td>½ cup Macaroni salad</td>
<td>½ cup Butternut squash</td>
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<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</td>
<td>½ cup Beet salad</td>
<td>1 cup Spinach salad with carrots and raspberry vinaigrette</td>
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<tr>
<td>10 Tortilla chips</td>
<td>Wheat dinner roll</td>
<td>Pumpernickel dinner roll</td>
<td>Garlic Bread</td>
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<tr>
<td>½ cup tropical fruit</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
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</tr>
<tr>
<td>8 oz low fat milk</td>
<td>Fresh fruit</td>
<td>4 oz Apple Juice</td>
<td>½ cup Melon</td>
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<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>Berry strudel</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 Fat 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 (Session resumes in Fall)
  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 (Class resumes in September)

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-(Session resumes in Fall)
  12:00: Mah Jongg
  12:15: Intermediate Bridge
  12:30: Bocce
  12:30: Bingo-(New Time)
  1:00: Line Dancing -(Class resumes in September)

Thursdays:
  8:00: Pinochle
  9:00: Ceramics
  9:00: Conversational French Hour with Marlene (No Class on July 11)
  10:00: Crafts (No Crafts on July 11)
  12:30: Open Game Play

Fridays:
  9:30: Fitness Fun; Scrabble
  12:00: Setback
  12:15: Intermediate Bridge
  12:30: Bocce
  12:45: Bingo
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Registration begins</td>
<td>CENTER CLOSED</td>
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<tr>
<td>For “Come Fly with Me” at Aqua Turf</td>
<td>“Beach Bingo”</td>
<td>INDEPENDENCE</td>
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<td>12:30 p.m.</td>
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<td>6:00 p.m.</td>
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<tr>
<td>Special Olympics</td>
<td>Bocce</td>
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<td>9:00 a.m.</td>
<td>Finance Meeting</td>
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<td>12:00 p.m.</td>
<td>Health Guidance</td>
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<td>Clinic</td>
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<td>6:00 p.m.</td>
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<td>Special Olympics</td>
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<td>10:30 a.m.</td>
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<tr>
<td>Mini-Trip: Walmart</td>
<td>Storytellers:</td>
<td>AARP Smart Driver</td>
<td>Course</td>
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<tr>
<td>New Haven</td>
<td>Kate Allen Smith</td>
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<td>11:15 a.m.</td>
<td>10:30 a.m.</td>
<td>11:45 a.m.</td>
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<tr>
<td>Lunch on the Avenue at Dino’s</td>
<td>New Britain Bees</td>
<td>Baseball Game</td>
<td>Celebrate July</td>
<td>Birthdays w.</td>
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<tr>
<td>6:00 p.m.</td>
<td>6:00 p.m.</td>
<td>6:00 p.m.</td>
<td>First Selectman</td>
<td>Michael Freda</td>
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<tr>
<td>Special Olympics</td>
<td>Special Olympics</td>
<td>Bocce</td>
<td>Bocce</td>
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<tr>
<td>9:00 a.m.</td>
<td>Finance Meeting</td>
<td>Paint A Flowered Tote Bag</td>
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<tr>
<td>1:30 p.m</td>
<td>Movie: “A Dog’s Way Home”</td>
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<td>1:00 p.m.</td>
<td>12:00 p.m.</td>
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<tr>
<td>Parkinson’s Support</td>
<td>Ask The Physical</td>
<td>We need at least 12 people to sign up to serve popcorn</td>
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<tr>
<td>Group (Hamden)</td>
<td>Therapist</td>
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<tr>
<td>Social Security Workshop</td>
<td>Special Olympics</td>
<td>Special Olympics</td>
<td>Bocce</td>
<td>Bocce</td>
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<tr>
<td>9:30 a.m.</td>
<td>Mini-Trip: Universal Drive-North Haven</td>
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<td>6:00 p.m</td>
<td>Informational Session-The Landing of North Haven</td>
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<tr>
<td>Social Security Workshop</td>
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<td>Informational Session-The</td>
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<td>Landing of North Haven</td>
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<tr>
<td>Social Security Workshop</td>
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