Senior Happenings

August 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: August 5 - Walmart, Wallingford
August 19 - 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: 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, October 16, October 31, November 12 & December 6

*Except if you already have an appointment scheduled with the Senior Center.
What is the Senior Farmers’ Market Nutrition Program (SFMNP)?

The SFMNP is a supplemental food program for individuals over the age of 60 or those who are disabled living in housing where congregate nutrition services are provided and meet income eligibility.

**AM I ELIGIBLE?**

Participants must be enrolled in another program with proper means testing; Renter’s Rebate, SNAP, or Energy Assistance to verify income. As well as not having an monthly income over $1,926 or annual income of $23,107 for one person household, or not having a monthly income of $2,607 for 2 person household or annual income of $31,284

**HOW MUCH DO YOU RECEIVE?**

Each eligible participant receives one (1) $18 check booklet annually containing six (6) three dollar ($3) checks. SFMNP checks can be redeemed at FMNP authorized locations throughout Connecticut for fruits, vegetables, and fresh cut herbs, and honey.

If you meet the requirements; booklets are available at the Center. Plan accordingly and call ahead to ensure I am in the office since I am the only person who can distribute the booklets. Booklets are valid until the end of September.

**Dinner by the Water Anyone?**

All members are invited to join together on August 20 at 5pm at the Hungry Dog Restaurant located in Branford at the Owenego’s Beach Club. Not only is it a wonderful way to spend a memorable evening with friends it is an evening sitting by the water taking in the beautiful view.

RSVP by August 12 in person or by calling the Center, 203-239-5432  Transportation is on your own.

Feel free to invite your family as well as your friends.

I have attached a menu for you to view.

In planning ahead the restaurant only takes cash.

Please be mindful that with a large party gratuity is 18%. The food, the view of the ocean, and the food is all well worth it!
For your donations: Jeanette Menker, Rose Regan, Jennifer Johnson, Lucille Martindale, Eleanor Kovach, and The Landing of North Haven

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

Welcome

To our new members: Gloria Bogen, Nancy Prete, Rose Ryan and Lynda Segel, and Beverly Williams

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

- Come Fly with Me at the Aqua Turf - Continues through August 23 or when filled
- 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

- August 5 - Walmart, Wallingford
- August 19 - 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

Farmer Joe’s Farmers Market of Wallingford

Wednesday, August 21, 2019 10:00 a.m.
Reserve your space by calling the Center, 203-239-5432
Finance Meetings for the Month of August will be held on Monday, August 5 and Wednesday, August 28. Both meetings are held at 9 am and meet in the ceramic room.

Ask the Nurse will be held on Wednesday, August 14, 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, August 28, 12noon - 1:30 pm; 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 3 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 scissor? 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.
Going Purple for the Month of August & September, by making a donation you will be helping “To End Alzheimer’s”! Your name will be posted on their Forget-Me-Nots and hung up at the senior center.

The Alzheimer’s Association mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

**ALZHEIMER'S DISEASE FACTS**

- It’s the only cause of death in the top 10 in America that cannot be prevented, cured or slowed.
- Almost two-thirds of Americans with Alzheimer’s disease are women.
- Alzheimer’s disease is the sixth-leading cause of death in the United States.
- More than 5 million Americans are living with the disease.
- There are an estimated 16 million caregivers of people living with Alzheimer's and other dementias in the United States.
- In 2017, 16 million caregivers of people living with Alzheimer's disease or other dementias provided an estimated 18.4 billion hours of unpaid care, a contribution to the nation valued at more than $232 billion.
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 through: Friday, August 2

Sign up early, only 19 seats available on the bus

Celebrating August Birthdays

Please join us along with First Selectman Michael Freda on August 16, at 11:45am to celebrate all the August 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 August 9, in person or by calling the Center 203-239-5432

*A special thank you to our new friends of The Landing for their generosity in providing our monthly Birthday Cake.
Wendy’s School of Dance
Come join us and see the wonderful talent these children have.
When: Tuesday, August 20
Where: North Haven Senior Center
Time: 12:30pm
Reserve your seat by August 16

Wednesday, August 21 - Let’s Go To The Movies! Join us for a morning movie at the North Haven Cinemark and immediately following the movie we will travel over to Chick-fil-A. Sign up begins on Friday, August 16, in person or by calling the Center. Whereas we are advertising the event we unfortunately cannot advertise the Movie Title or the definite time of the movie because Cinemark does not advertise upcoming titles until a week in advance which will be August 14. For now sign up and as soon as we know the title and time of the movie you will receive a call from the office. Transportation will be provided from the Center. What we do know for sure is we will be going to the first showing (10 or 11am) and the price will be $7.00 - $8.00 per person, and best yet it will be a great morning 😊
Monday, August 26, 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.

Bocce Tournament with Wallingford Senior Center
North Haven vs Wallingford

Date: Wednesday, August 28
Time: 10am-12noon
Place: North Haven Senior Center

Morning Refreshments will be available
Weather Permitting
RSVP to the center by August 23

Moving for Better Balance Demo
New Class at our Senior Center
Wednesday, August 28
10:30 – 11:30am
Presented by: VNA Community Healthcare & Hospice
Please see attached flyer for more details
It’s Movie Time at the North Haven Senior Center Cinema
Featuring - Mary Poppins - 40th Anniversary Edition –
Thursday, August 29, @ 1:00pm

Experience the extraordinary animation, dazzling special effects, and award-winning music of Walt Disney's MARY POPPINS - "practically perfect" Mary Poppins (Julie Andrews) for a "Jolly Holiday" as she magically turns every chore into a game and every day into a whimsical adventure. Along the way you'll be enchanted by unforgettable characters such as the multitalented chimney sweep Bert (Dick Van Dyke). Unpack Mary's magical carpetbag full of bonus features, including an all-new animated short, games, and a never-before-heard deleted song. You won't need "A Spoonful Of Sugar" to love every moment of this timeless Disney classic!

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.

Holiday Fair Volunteer Meeting will take place on
Tuesday, September 10 at 9:30am
Please join us as we plan for the Centers’ Largest Fundraiser.
In Memory of September 11

Please join us for lunch
Wednesday, September 11 at 11:30am

Cheese Pizza, Beverage and a Dessert
All for $3.00.
Please sign up in the office - August 1 - 30

Come listen to Hideki Yamaya who will be playing many different guitars during lunch

Thursday, September 12
Starting at 12:00 noon

Please stay and join us for a Free apple pie and ice cream in Honor of Grandparent Day!
Please sign up in the office starting Monday, August 5 - September 5

Hideki Yamaya is a performer of lutes, early guitars, and early mandolins based in New Haven, Connecticut, USA. Born in Tokyo, Japan, he spent most of his career in the West Coast before settling in New Haven, where he is a freelance performer and teacher. He has a B.A. in Music and an M.A. in Ethnomusicology from University of California, Santa Cruz, where he studied with Robert Strizich, and an M.F.A. in Guitar and Lute Performance from University of California, Irvine, where he studied with John Schneiderman. He also studied with James Tyler at University of Southern California and with Paul Beier at Accademia Internazionale della Musica in Milan, Italy. In demand both as a soloist and as a continuo/chamber player, Hideki has performed with and for Portland Baroque Orchestra, Portland Opera, Santa Cruz Baroque Festival, Musical Angelica Baroque Orchestra, Los Angeles Master Chorale, Los Angeles Opera, California Bach Society, Oregon Bach Festival, Astoria Music Festival, Music of the Baroque, and Shakespeare’s Globe Theatre. He is one half of the Schneiderman-Yamaya Duo and is the artistic director for Musical Maestrale, an early music collective based in Portland. He is an internationally acclaimed musician and has performed in Canada, Japan, Great Britain, Germany, and Italy.
Come Join Us for some Extra Special Bingo

Jukebox Bingo

Combination of your Favorite Music and the Wonderful Game of BINGO with PRIZES!

All brought to you by Keith Alan
Friday, September 20 at 1pm

We will conclude this fun filled afternoon with an early supper of a Free meatball sub.

Mark your calendars for this great event!

RSVP is required for this amazing afternoon of entertainment!
Please sign up in the office starting
Monday, August 5 - September 5
North Haven Senior Center
Second Art Gala

Tuesday, September 24
12:30 - 2:30pm

Come view the fantastic artwork and meet our talented artists from our Oil Painting Class.

Take Care of your feet!
A presentation by Dr. Zubaria Sarooj D.P.M
Friday, September 27 at 10:00am

Join Dr. Sarooj for an informative session on learning how to properly care for your feet. Many common foot conditions will be discussed as well as a question and answer session for any specific concerns you may have.

Please RSVP by September 20, in person or by calling the Center 203-239-5432
October’s Make and Take
Come be Creative, No Experience Necessary!

Why not dye a washable silk scarf. Natural dyes are used on a hankie for practice, then on your scarf. The dyeing process results in unique backgrounds. Silk paints are used to complete the project. No experience is necessary. All supplies are provided. Come make one for yourself or a lovely present for someone special.

Friday, October 6
Time: 9-12    Cost:  $25
Sign up August 1 – September 27
Space is limited, please sign up earlier
A sample of the scarf is in Marlene’s office.

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

October -
Tuesday, October 1, Zandri’s Holiday Party Tickets Go On Sale
Monday, October 14, Town of North Haven closed in Celebration of Columbus Day
Wednesday, October 16, Christmas Tree Shop & Cracker Barrel Trip
Friday, October 18, Cupcake decorating with Kim
Friday, October 25, Heather Taylor, Oboe player performing during lunch
Thursday, October 31, Closed for the set up for the Holiday Fair

November -
Friday, November 1, Closed for the set up for the Holiday Fair
Saturday, November 2, Holiday Fair
Wednesday, November 6, Meriden/Wallingford Shopping & Chili’s Day Out
Friday, November 8, David Stoltz, guitarist and vocalist performing during lunch
Monday, November 11, Town of North Haven closed in Celebration of Veterans Day
Tuesday, November 12, Crooning the Classics at Aqua Turf – RSVP starting September 3
Wednesday, November 20, Radio City in NY
Thursday, November 21, MGM Casino in Springfield MA

December -
Friday, December 6, 2019 Christmas Party at Zandri’s – Center will be closed

Special Entertainment Events at Aqua Turf:
• 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 - 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, 12:30 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 September 10. Call the office to register. 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.

“NEW CLASS” - Moving for Better Balance - Wednesday and Friday, 10:30 - 11:30 a.m. DEMO - Wednesday, August 28, 10:30 - 11:30 a.m. Sponsored by the Town of North Haven and class led staff of the VNA Community Healthcare. This class will help you increase your strength and balance, stay active, independent and prevent 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. Session will be Wednesday, September 18 - December 20.

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, 12:30. 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 October 1 - December 17, 2019. Registration must occur before the start of the New Session. Registration for new class begins August 6. Cost: $30 Residents - $35 Non Residents

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. Current Session: Monday, July 29 - Monday, October 28 - Closed - Class Full. No Class on August 5, September 2, and October 14. Cost: $45 for residents $50 for non-residents. Max 15/Min 12 people.

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, September 3 - November 19, 2019. Registration must occur before the start of the New Session. Registration for new class begins August 1. 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.
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.

Wednesday, November 20, 2019

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

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 ala 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.
Grow Better Health With Gardening

This puzzle contains 20 words about the many benefits of growing fruits, veggies and herbs. Give your brain a workout and find them all.

ACCOMPLISHMENT
ACTIVITY
BEAUTY
BULBS
EXERCISE
FLAVOR
FLOWER ARRANGING
FLOWERS
FRESH AIR
FRUITS
HARVEST
HERBS
NATURE
NUTRITION
SPIRIT
STRENGTHENING
STRETCHING
THERAPEUTIC
VEGGIES
VITAMINS

FLOWER ARRANGING
MIKPGPNYDYIWA
STRENGTHENING
FDSDGIDECJOTICL
JIMPVSTXSNBHAOB
SIDIZYEFVBEDMS
DTTFESIRRIERJPN
KCRVLGXCNTAAAYLU
AVREGOIMAUPTIT
TAGETBWSQMTEPSR
HCVDCCHEMIYUIHI
FLAVORHERNJTRMT
DFRESHAIRSYIIE
CCRXACYPNBECTNO
WGXFUITSZSGBPZTN

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<tr>
<td>3 oz meatballs</td>
<td>3 oz chicken tenders</td>
<td>3 oz Beef and Bean burrito</td>
<td>6 oz Cream of zucchini soup</td>
<td>Lunch Out At Glenwood Diner and dessert at Wentworth’s Ice Cream shop 10:45 a.m. departure</td>
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<tr>
<td>½ cup spaghetti</td>
<td>w/ketchup</td>
<td>½ cup fried brown rice</td>
<td>½ cup veggie chili</td>
<td>½ cup Brown rice</td>
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<tr>
<td>½ cup Fresh zucchini</td>
<td>½ cup macaroni and cheese</td>
<td>½ cup Oriental blend vegetables</td>
<td>½ cup sweet potato wedges</td>
<td>½ cup Broccoli/carrots</td>
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<tr>
<td>Garlic bread</td>
<td>½ cup peas and carrots</td>
<td>1 slice Multigrain bread</td>
<td>½ cup broccoli</td>
<td>1 slice Multi grain bread</td>
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<tr>
<td>Fresh fruit</td>
<td>Dinner roll</td>
<td>1 tsp margarine</td>
<td>corn bread</td>
<td>½ cup Pineapple</td>
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<tr>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
<td>Fresh Fruit</td>
<td>½ cup Tropical fruit salad</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>6 oz Vegetable gumbo</td>
<td>6 oz Vegetable gumbo</td>
<td>3 oz cheeseburger</td>
<td>1 cup veggie chili</td>
<td>12 oz Black bean soup</td>
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<tr>
<td>soup</td>
<td>1 pkt unsalted crackers</td>
<td>Whole wheat bun</td>
<td>½ cup sweet potato</td>
<td>1 pkt unsalted crackers</td>
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<tr>
<td>egg salad plate</td>
<td>½ cup egg salad</td>
<td>Ketchup</td>
<td>½ cup roasted tomato</td>
<td>½ cup Roasted rosemary potato</td>
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<tr>
<td>1 cup lettuce, cucumber</td>
<td>½ cup three bean salad</td>
<td>½ cup baked beans</td>
<td>1 tsp margarine</td>
<td>½ cup Coleslaw</td>
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<tr>
<td>Herb breadstick</td>
<td>1 tsp margarine</td>
<td>½ cup lettuce, tomato, pickles</td>
<td>1 tsp margarine</td>
<td>1 slice Multi grain bread</td>
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<tr>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
<td>½ cup peaches</td>
<td>½ cup mashed potatoes</td>
<td>½ cup Pineapple</td>
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<tr>
<td>8 oz low fat milk</td>
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<tr>
<td>3 oz Pork Loin with gravy</td>
<td>Taste of Italy</td>
<td>3 oz Chicken florentine</td>
<td>3 oz Salmon and pasta salad</td>
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<tr>
<td>½ cup Brown rice</td>
<td>Cannelloni cheese pasta</td>
<td>½ cup Buttie noodles</td>
<td>1 cup Tossed salad</td>
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<tr>
<td>½ cup Broccoli/carrots</td>
<td>with white sauce</td>
<td>½ cup Green and wax beans</td>
<td>½ cup beet salad</td>
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<tr>
<td>1 slice Multi grain bread</td>
<td>Cauliflower and zucchini</td>
<td>1 slice Rye bread</td>
<td>Breadstick</td>
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<tr>
<td>1 tsp margarine</td>
<td>Baked tomato half</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>Italian bread</td>
<td>½ cup Melon</td>
<td>4 oz Grape juice</td>
<td>½ cup Broccoli/carrots</td>
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<tr>
<td>8 oz low fat milk</td>
<td>Chocolate mousse with whipped topping</td>
<td>8 oz low fat milk</td>
<td>Lemon cookie</td>
<td>4 oz Grape juice</td>
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<td>26</td>
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<tr>
<td>6 oz Black bean soup</td>
<td>3 oz Herb baked chicken</td>
<td>Labor Day Special</td>
<td>3 oz Stuffed shells with vegetable cream sauce</td>
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<tr>
<td>1 pkt unsalted crackers</td>
<td>½ cup Sweet potato pone</td>
<td>Grilled hamburger au jus on roll</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>Cheese, lettuce and tomato</td>
<td>1 cup Spinach salad with carrots and raspberry</td>
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<tr>
<td>10 Tortilla chips</td>
<td>Wheat dinner roll</td>
<td>Fresh zucchini and carrots</td>
<td>Garlic Bread</td>
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<tr>
<td>½ cup tropical fruit</td>
<td>1 tsp margarine</td>
<td>German potato salad</td>
<td>1 tsp margarine</td>
<td>½ cup Melon</td>
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<tr>
<td>8 oz low fat milk</td>
<td>Fresh fruit</td>
<td>Ketchup</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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**MINIMUM PORTIONS SERVED AT EACH MEAL:**
- 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3 oz 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 Canceled)
  10:30:  Tai Chi (No Class August 5)
  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 Canceled)
  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
  10:00:  Crafts
  12:30:  Open Game Play

Fridays:
  9:30:  Fitness Fun; Scrabble
  12:00:  Setback
  12:15:  Intermediate Bridge
  12:30:  Bocce
  12:45:  Bingo
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<td>6:00 p.m.-Special</td>
<td>Olympics Bocce</td>
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<td>9:00 a.m.</td>
<td>10:45 a.m.-Lunch</td>
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<td>9:00 a.m.</td>
<td>Finance Meeting</td>
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<td>10:45 a.m.-Lunch</td>
<td>Out at Glenwood</td>
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<td>9:30 a.m.-Mini Trip:</td>
<td>10:45 a.m.-Lunch</td>
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<td>10:45 a.m.-Lunch</td>
<td>Diner and</td>
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<td>Walmart (Wallingford)</td>
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<td>10:45 a.m.-Lunch</td>
<td>Wentworth’s Ice</td>
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<td>10:45 a.m.-Lunch</td>
<td>Cream</td>
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<td>6:00 p.m.-Special</td>
<td>Special Olympics Bocce</td>
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<td>10:00 a.m.-Depart</td>
<td>8:30 a.m.</td>
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<td>8:30 a.m.</td>
<td>AARP Smart</td>
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<td>For Kenny &amp; Dolly @</td>
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<td>11:45 a.m.</td>
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<td>Aqua Turf</td>
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<td>11:45 a.m.</td>
<td>Celebrate</td>
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<td>12:00 p.m.-Health</td>
<td>August Birthdays</td>
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<td>4:00 p.m.-Return from</td>
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<td>12:00 p.m.-Health</td>
<td>Health</td>
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<td>Kenny and Dolly @</td>
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<td>12:00 p.m.-Health</td>
<td>Drivers Course</td>
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<td>Aqua Turf</td>
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<td>12:00 p.m.-Health</td>
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<td>9:30 a.m.-Mini Trip:</td>
<td>10:30 a.m.</td>
<td>10:00 a.m. Mini Trip:</td>
<td>10:00 a.m.</td>
<td>6:00 p.m.</td>
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<td>Universal Drive</td>
<td>Storytellers:</td>
<td>Farmer Joe’s</td>
<td>10:00 a.m.</td>
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<td>Kate Allen Smith</td>
<td>Market of Wallingford</td>
<td>Special Olympic</td>
<td>10:00 a.m.</td>
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<td>1:00 Parkinson’s Support Group</td>
<td>9:00 a.m.</td>
<td>Finance Meeting</td>
<td>10:00 a.m.</td>
<td>40th Anniversary</td>
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<td>(North Haven)</td>
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<td>1:30 p.m.</td>
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<td>Edition</td>
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<td>10:00 a.m.</td>
<td>Bocce Tournament</td>
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<td>North Haven vs.</td>
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<td>6:00 p.m.</td>
<td>Wallingford Seniors</td>
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<td>Special Olympic</td>
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<td>10:30 a.m.</td>
<td>“Exercise for Better</td>
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<td>10:30 a.m.</td>
<td>Bocce Balance”</td>
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<td>10:30 a.m.</td>
<td>Free Demonstration</td>
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<td>12:00-Ask The</td>
<td>Physical Therapist</td>
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<td>12:00-Ask The</td>
<td>Physical Therapist</td>
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