Senior Happenings

September 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:** September 16 - Walmart, New Haven  
  September 23 - 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  
  9/5 – Grocery Shopping

**Fridays:** (time frame for grocery shopping will be an hour and a half from time of drop off)

- Grocery Shopping  
  9/6 - No 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 – September 17, September 18, October 16, October 31, November 12 & December 6

*Except if you already have an appointment scheduled with the Senior Center.
Medicare 1st Official App is now available for iPad & iPhone. Now’s a great time to download Medicare’s “What’s covered” app — available for free on the App Store and Google Play. “What’s covered” makes it easy to see what items and services are covered by Medicare Part A and/or Part B, how to get covered benefits, and basic cost information. Use the app at the doctor’s office, hospital, or anywhere you use your phone or tablet!

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they’re walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe: Don’t block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic:

- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- If you’re driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.
- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

We Don’t Have to Agree About Everything to be FRIENDS. We Do Have to Treat Each Other With Respect

Did you know that September 18 is National Respect Day? It was created to encourage people to focus more on ways in which they can be respectful to others. As we know respect is a positive feeling or action shown towards someone or something considered important. While there are no known customs or rules set aside for this day I would like to honor this day as a polite approach inspiring all to think more about how we treat one another at our Center today and year round. While nobody is perfect, and one can mess up, it is important to remember some actions between members are unintentional acts and still one may get offended. An example; some members want to have silence while engaged in an activity and at the same time others like to be social. This is acceptable for both; however what is not acceptable is being disrespectful to one another. In life we all may not agree with one another nonetheless we can be respectful. When in doubt think about the Golden Rule;

"treat others as one would like others to treat oneself"
For your donations: Joanne Burlock, Barbara DeBrum, Joan DeMatteo, Madeline Guido, Flo Hagan, Janet Helland, Irene Holcomb, Brett Horne, Brenda Howlett, Martha Kirshner, Barbara Savino, Joan Stellabotte, and Barbara Wolfer

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

To our new members: Li-Ching Chen, Delfina French, George Parikh, Josephine Parikh, and Angel Quiles

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

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

September 16 - Walmart, New Haven
September 23 - 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 September will be held on Monday, September 9 and Wednesday, September 25. Both meetings are held at 9 am and meet in the ceramic room.

**Ask the Nurse** will be held on Wednesday, September 11, 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.

**Senior Songsters** will be back in Full Swing starting Tuesday, September 10 at 1:15pm. If you are interested in singing, please come join them. New singers are always welcome.

**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 2 Months Away and Help Is Needed!

Due to the Holiday Fair, the Pool Room will remain closed to store all the Granny’s Attic and Crafts.
The Senior Center will also be closed on Thursday, October 31 and Friday, November 1 - to set up for the holiday fair.

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

Continue 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 continue bringing the items in until 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.
Still Going Purple for the Entire Month of 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.
Holiday Fair **Mandatory** 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 through September 6

Come listen to Hideki Yamaya who will be playing many different guitars during lunch
Thursday, September 12, 12:00 noon

Please stay & join us for Free apple pie & ice cream in Honor of Grandparents Day!
Please sign up in the office through 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 lunch

Wednesday, September 18
Leaving the Senior Center at 11:00am

Start your meal with either:
Cup of New England Chowder, Rhode Island Chowder or House Salad

Your entree choices are:
Fried Ipswich Clam Strips
Broiled Chicken
Broiled Scrod, Salmon or Sole

Above entrees come with choice of Dockside Fries or Rice Pilaf
Penne ala Vodka
Fish and Chips

This also includes your choice of beverage of:
Coffee, Iced Tea or Soda

All this including tax and gratuity for only $18

Sign up in the office now - September 13 or until bus is full. $18 cash (exact amount would be appreciated) will be collected when reserve is made. Sign up early seating is limited.
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.

Transportation is available home if you travel to the Center with the morning regular pick ups.

Due to the popularity of this event the registration is now closed.
* Bingo cards cost .75 per sheet
All members are cordially invited to the North Haven Senior Centers’ 2nd Art Gala

All attendees will have the opportunity to meet the artists as well as appreciating their artwork.

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

Please RSVP in the office or by calling the Center 203-239-5432 by September 17
Light refreshments will be available

“every production of our senior artist is an expression of their soul”
JOIN CANOE BROOK CENTER AT THE STONY CREEK BREWERY FOR A STATEWIDE HAPPY HOUR CELEBRATION IN HONOR OF

NATIONAL SENIOR CENTER MONTH

Date: Thursday, September 26th  
Time: 4:00 - 6:00 p.m.
Location: Stony Creek Brewery
5 Indian Neck Avenue

Growing    Learning    Connecting    Giving

Senior Centers statewide have been invited to join the fun. There are indoor/outdoor tap rooms and games with a spectacular view of Branford River. Beer, wine, and soda are available to purchase. We will provide appetizers, if you would like, bring a snack to share or purchase food from the food truck in the lot.

Sign-up by 9/23 with Nancy Cohen at ncohen@branford-ct.gov or 203.315.0684
It’s Movie Time at the North Haven Senior Center Cinema
The Bucket List
Thursday, September 26, @ 1:15pm

You only live once, so why not go out in style? That’s what two cancer-ward roommates, an irascible billionaire (Jack Nicholson) and a scholarly mechanic (Morgan Freeman), decide when they get the bad news. They compose a bucket list and head off for the around-the-world adventure of their lives.

If at least 10 people sign up - All you can eat hot butter popcorn and a beverage will be sold, come join us for an afternoon with a good movie and laughter.

Celebrating September Birthdays
Please join us along with First Selectman Michael Freda on September 27, at 11:45am to celebrate all the September 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 September 20, 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.
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

NORTH HAVEN SENIOR CENTER
CHRISTMAS PARTY
Ticket Sales Begins on Tuesday, October 1 – October 30 - 9am-2pm

DATE: Friday, December 6, 2019
TIME: 11:45 a.m. to 2:45 p.m.
PLACE: Zandri’s Stillwood Inn
1074 South Colony Road, Route 5
Wallingford, CT

Look for more details in October’s Newsletter
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.

Wednesday, October 2
Time: 9-12    Cost: $25

Sign up until - 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
Trip Committee Meeting
Come help us decide what trips you would like to go on in 2020
Friday, October 11 at 10:30am

FLU Shot Clinic
Tuesday, October 15
11:00am-1:00pm
More information to follow in October’s newsletter

Shopping at the Christmas Tree Shop and Lunch at Cracker Barrel

Wednesday, October 16
9:30am - Leaving from the Center

Please note: This bus trip is for North-Haven residents only.

Please RSVP by Friday, October 11,
in person or by calling the Center 203-239-5432
Seating is limited, RSVP today!
Friday, October 18, 10:00am (Free!) Fall Cupcake Decorating with Kim, sponsored by Connecticut In-Home Assistance, LLC. Our friend Kim is back to teach us how to decorate cupcakes for spring or Easter, you will be making your own to take home. All supplies will be provided.

This event is very popular and seating is limited, Please RSVP by Friday, October 11, in person or by calling the Center 203-239-5432

Free Pumpkin Painting
Friday, October 18,
2:30 - 4pm

Come have fun and a stress free afternoon. Join us as we paint and decorate pumpkins to take home. This free project is being brought to the Center by students from Quinnipiac University Community Action Project.
All interested participants are asked to register for the project no later than Oct 15.
You may register in person or by calling 203-239-5432.
ANNUAL HOLIDAY FAIR
Saturday, November 2 - 9:00 a.m. to 3:00 p.m.
Come and see our beautiful selection of Crafts, Ceramics, Grannies Attic and More!
Refreshments will be Sold

Holiday Fair Cookies are needed!
Please consider baking 4 dozen of your favorite kind of Cookie. Last year the Cookie Walk sold out and was a great success largely due to your great tasty cookies. Sign up on the bulletin board outside of Judy’s Office.
Look for more details in October’s Newsletter

Thank You in Advance
We will be having a bus trip to the MGM Casino 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….

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
Friday, November 15, Jane Kircaldie, Alternative Medicine
Monday, November 18, Heather Taylor, Oboe player performing during lunch
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
Friday, December 13, Frank Tamburro, Trumpist performing during lunch
Wednesday, December 25, Town of North Haven closed in Celebration of Christmas Day

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 - 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

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 - 2 classes being offered - Wednesday and Friday, 9:15 - 10:15am or Wednesday and Friday, 10:30 - 11:30am. 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 - Resumes on September 5 - FREE! Thursday, 10:30-11:30am - 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 started on 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.


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 10 - November 26, 2019. Closed - Class Full. 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

• Sail around the island
  boroughs, including the
  Yankee Stadium, &
  Liberty. Enjoy Circle Line
  lore of Manhattan Island, &
• Free time prior to cruise to enjoy the
  best food halls in NYC.

COST: $96 pp based on

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

Reservations: North Haven Senior Center 203-234-2141
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 canceled because of weather conditions are handled on a pro rate basis. Refunds will depend on terms 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 with the Rockettes**

**Saturday, November 20, 2019**

Enjoy a pre-concert dinner:
- Chicken Marsala
- Ravioli (Entrees set in advance)
- Apple Strudel

Entree choice in advance.

Cost: $168.00 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 203-239-5450
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.

Rob Jr.
at the Club
and Fo.

He performs
audiences of all ages across the country and is this great music alive at its best.

No dancing for this one!

Coffee & Donuts
Door Prizes
Complimentary Glass of Beer or Wine

Family Style:
* Penne Bolognese/
* Florentine/ Baked Vegetable/Potato/...

Sold Out
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 10:00am.
YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. > OR <

2. THE BRIDGE

3. H₂O

4. THE COALS

5. NEXT

6. COURT

7. LOOKING

8. TROUBLE

9. TROUBLE

10. TROUBLE

11. TROUBLE

12. # OF FLESH

HORN HORN
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>2</td>
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<tr>
<td><strong>SENIOR CENTER CLOSED</strong></td>
<td><strong>LABOR DAY</strong></td>
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<td>9</td>
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<td>13</td>
<td></td>
</tr>
<tr>
<td>3 oz Pulled pork</td>
<td>3 oz fish sticks</td>
<td>3 oz Chicken Piccata</td>
<td>6 oz Vegetarian vegetable soup</td>
<td></td>
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<tr>
<td>½ cup baked beans</td>
<td>tartar sauce</td>
<td>½ cup sweet potato</td>
<td>1 pkt unsalted crackers</td>
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<tr>
<td>½ cup coleslaw vinaigrette</td>
<td>½ cup barley pilaf</td>
<td>½ cup broccoli</td>
<td>1/6 broccoli quiche</td>
<td></td>
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<tr>
<td>burger roll</td>
<td>½ cup California blend</td>
<td>wheat dinner roll</td>
<td>½ cup sweet potato</td>
<td></td>
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<tr>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>½ cup pears</td>
<td>½ cup fruit fries</td>
<td></td>
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<tr>
<td>fresh fruit</td>
<td>½ cup spinach</td>
<td>8 oz low fat milk</td>
<td>½ broiled tomato</td>
<td></td>
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<tr>
<td>8 oz low fat milk</td>
<td>pound cake with</td>
<td>8 oz low fat milk</td>
<td>1 slice multigrain bread</td>
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<td></td>
<td>strawberry topping</td>
<td></td>
<td>1 tsp margarine</td>
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<tr>
<td></td>
<td>8 oz low fat milk</td>
<td></td>
<td>½ cup fruit cocktail</td>
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<td></td>
<td></td>
<td></td>
<td>8 oz low fat milk</td>
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<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>3 oz Herb baked chicken</td>
<td>6 oz Lentil soup</td>
<td>3 oz baked salmon strips</td>
<td>No Lunch</td>
<td></td>
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<tr>
<td>quarter</td>
<td>1 pkt unsalted crackers</td>
<td>with dill sauce</td>
<td>Lunch</td>
<td></td>
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<tr>
<td>½ cup roasted squash</td>
<td>cold cut sandwich</td>
<td>½ cup wild and brown rice</td>
<td>Jukebox</td>
<td></td>
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<tr>
<td>½ cup spinach</td>
<td>1 oz each ham, turkey, cheese</td>
<td>pilaf</td>
<td>Bingo w. Keith Allan</td>
<td></td>
</tr>
<tr>
<td>wheat breadstick</td>
<td>½ cup lettuce, tomato and pickle chip</td>
<td>½ cup Scandinavian blend</td>
<td>(Event is filled)</td>
<td></td>
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<tr>
<td>1 tsp margarine</td>
<td>½ cup beet salad</td>
<td>1 slice wheat bread</td>
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<tr>
<td>4 oz orange juice</td>
<td>mustard/mayo</td>
<td>1 tsp margarine</td>
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<tr>
<td>½ cup chocolate pudding</td>
<td>grinder roll</td>
<td>½ cup mandarin oranges</td>
<td></td>
<td></td>
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<tr>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
<td>8 oz low fat milk</td>
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<tr>
<td></td>
<td>½ cup apricots</td>
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<tr>
<td></td>
<td>8 oz low fat milk</td>
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<td>23</td>
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<td>26</td>
<td>27</td>
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<tr>
<td>6 oz Tomato basil soup</td>
<td>3 oz pot roast/gravy</td>
<td>3 oz cheese baked ziti</td>
<td>No Lunch</td>
<td></td>
</tr>
<tr>
<td>1 pkt unsalted crackers</td>
<td>½ cup mashed potato</td>
<td>parmesan cheese</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>3 oz fish croquette</td>
<td>½ cup green beans</td>
<td>½ cup seasoned cannellini beans</td>
<td>Jukebox</td>
<td></td>
</tr>
<tr>
<td>Tartar sauce</td>
<td>1 slice marble bread</td>
<td>1 cup tossed salad with olive and Italian dressing</td>
<td>Bingo w. Keith Allan</td>
<td></td>
</tr>
<tr>
<td>½ cup confetti brown rice</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>(Event is filled)</td>
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</tr>
<tr>
<td>½ cup broccoli and cauliflower</td>
<td>½ cup mandarin oranges</td>
<td>½ cup margarine</td>
<td></td>
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<tr>
<td>dinner roll</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<td>1 tsp margarine</td>
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<tr>
<td>fresh fruit</td>
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<td>8 oz low fat milk</td>
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<td>30</td>
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<tr>
<td>1 cup beef stew</td>
<td>No Lunch</td>
<td>3 oz pot roast/gravy</td>
<td>No Lunch</td>
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<tr>
<td>½ cup bowtie noodles</td>
<td><strong>Senior Center</strong></td>
<td>½ cup mashed potato</td>
<td>Lunch</td>
<td></td>
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<tr>
<td>½ cup green beans</td>
<td><strong>Art Gala</strong></td>
<td>½ cup green beans</td>
<td>Jukebox</td>
<td></td>
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<tr>
<td>dinner roll</td>
<td>Please sign up in office by 9/17</td>
<td>1 slice marble bread</td>
<td>Bingo w. Keith Allan</td>
<td></td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td></td>
<td>1 tsp margarine</td>
<td>(Event is filled)</td>
<td></td>
</tr>
<tr>
<td>½ cup fruit cocktail</td>
<td></td>
<td>½ cup mandarin oranges</td>
<td></td>
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<tr>
<td>8 oz low fat milk</td>
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<td>8 oz low fat milk</td>
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MONTHLY ACTIVITIES

Mondays:
  9:30: Fitness Fun
  10:00: Canasta
  10:30: Crafts *(Starting 9/23)*
  10:30: Tai Chi
  12:45: Bingo
  12:00: Pinochle
  12:30: Beg Mah Jongg
  12:30: Bocce
  12:45: Bingo

Tuesdays:
  9:00: Ceramics
  9:00: Computer Class *(Resumes 9/10)*
  10:00: Beg Chair Yoga
  10:00: Knitting/Crochet
  12:30: Mah Jongg
  12:45: Oil Painting
  1:15: Senior Songsters *(Resumes 9/10, no class on 9/24)*

Wednesdays:
  9:15: *Moving for Better Balance (New Class)*
  9:30: Fitness Fun
  10:00: Bocce
  10:30: Tai Chi
  10:30: *Moving for Better Balance (New Class)*
  12:00: Mah Jongg
  12:15: Intermediate Bridge
  12:30: Bocce
  12:30: Bingo-*(New Time)*

Thursdays:
  8:00: Pinochle
  9:00: Ceramics
  9:00: Conversational French Hour with Marlene
  10:00: Crafts
  10:30-Line Dancing *(New Day and Time)*
  12:30: Open Game Play

Fridays:
  9:15: *Moving for Better Balance (New Class)*
  9:30: Fitness Fun; Scrabble
  10:30: *Moving for Better Balance (New Class)*
  12:00: Setback
  12:15: Intermediate Bridge
  12:30: Bocce
  12:45: Bingo
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>*Sign-ups begin</td>
<td>*Registration begins</td>
<td>8:00 a.m.</td>
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<tr>
<td>SENIOR CENTER</td>
<td>For “Crooning the Classics” @ Aqua Turf</td>
<td>For MGM Casino (Residents Only)</td>
<td>Circle Line Cruise NYC</td>
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<tr>
<td>CLOSED</td>
<td>9:00 a.m.-2:00 p.m.</td>
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<tr>
<td>LABOR DAY</td>
<td>9:00 a.m-2:00 p.m</td>
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<td></td>
<td>12:00 p.m.</td>
<td>Disabled American Vets Meeting</td>
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<td>6:00 p.m.</td>
<td>Special Olympics</td>
<td>Special Olympics</td>
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<td>Bocce</td>
<td>Bocce</td>
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<td>9:00 a.m.</td>
<td>9:30 a.m.</td>
<td>11:30 a.m.</td>
<td>12:00 p.m.</td>
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<tr>
<td>Finance Meeting</td>
<td>Holiday Fair Meeting</td>
<td>Patriot Day Pizza Lunch</td>
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<td>Hideki Yamaya</td>
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<td>12:00 p.m. (Grandparents Day Health Guidance)</td>
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<tr>
<td>9:30 a.m.</td>
<td>NO MEDICAL</td>
<td>NO MEDICAL</td>
<td>8:30 a.m. AARP</td>
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<tr>
<td>Mini Trip: Walmart (New Haven)</td>
<td>TRANSPORTATION TRANSPORTATION</td>
<td>Smart Driver Course Jukebox Bingo</td>
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<td></td>
<td>10:30 a.m.</td>
<td>11:00 a.m.</td>
<td>Ryan Featuring Keith</td>
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<td>Storytellers: Kate Allen Smith Lunch out at</td>
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<td>11:00 a.m. (Meatball Sub)</td>
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<td>Dockside of Branford</td>
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<tr>
<td>9:30 a.m.</td>
<td>10:30 a.m.</td>
<td>9:00 a.m.</td>
<td>1:15 p.m. Movie: 10:30 a.m.</td>
<td></td>
</tr>
<tr>
<td>Mini Trip: Universal Drive (New Haven)</td>
<td>Storytellers: Kate Allen Smith Finance Meeting</td>
<td>“The Bucket List” Presentation: Take Care of Your Feet</td>
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<tr>
<td>*Last Day to sign up For MGM Trip 9:00 a.m.-2:00 p.m. (Residents and Non-Residents)</td>
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