Senior Happenings

October 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: October 7 - Walmart, Wallingford
October 21 - 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: 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 – October 16, October 31, November 12 & December 6, 9, 10, 11, 12 and 13

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

The Holiday Fair is right around the corner and all the volunteers are buzzing around making the 2019 fundraiser another successful event. The fair will be held on Saturday November 2 from 9am-3pm. Due to the transformation of the Center for this event the Centers’ regular schedule has been changed so be sure to look at the October calendar that is posted in the newsletter. If you are planning on baking cookies for our Famous Cookie Walk please be sure to tape a note on the containers stating your cookie type you baked and your name so we can return your container/plate. All containers/plates will be available for pick up at the end of the day or you may pick it up on Monday after the event. Cookies may be dropped off on Thursday or Friday before the fair from 9am-3pm.

Continuing with the fall festivities tickets for the Annual Christmas Party are on sale from October 1-November 1. The menu and price of the ticket is found in the body of the newsletter. If you are planning to sit as a group table you may pick up a table registration form in the secretary’s office. Unfortunately a seat will not be held without a paid ticket, with that being said please be sure to have a full payment with a table registration form along with their meal choice.

In keeping you healthy for both the Holiday Fair and Christmas Party a Flu Clinic will be held VNA Community Healthcare and Hospice will be at the Center on October 15 from 11am-1pm dispensing flu vaccinations.

Listed are the following Participating Insurances

65 years or older:
Medicare Part B
Aetna Medicare
Anthem BCBS Medicare
Connecticare VIP

18 & older:
Aetna
Anthem BCBS
Connecticare
Harvard Pilgrim Health

Not Participating Cigna and United Healthcare

To save you time, it is suggested that you bring the completed fill consent form on the day of the clinic, along with your insurance cards; it is advised that you wear a short sleeve shirt/blouse as well. Consent forms can be found on the back of the newsletter.

HOT TOPICS!

Join Senator Len Fasano, State Representative, and our First Selectman Michael Freda on Tuesday October 8 at 10:30am at the Center. Discussions of the new FOOD TAX and how it impacts you. This is your time to ask questions and a chance to be heard.
For your donations: Al Bigliere, Pat Cook, Irene Holcomb, Neil Klein, John McKnight, Anne Raccio, and Lynda Segel

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

To our new members: Charlotte Ciccarelli, Carolyn Dale, Anna D’Amato, Sharon Dworkin, Elaine Footit, Stewart Glasson, Rena Lamarre, and Susana Silva

Mini Trips

October 7 - Walmart, Wallingford
October 21 - 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 October will be held on Monday, October 7 and Wednesday, October 23. Both meetings are held at 9 am and meet in the ceramic room.

Ask the Nurse will be held on Wednesday, October 9, 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 are back in Full Swing Tuesdays at 1:15pm. If you are interested in singing, please come join them. New singers are always welcome.

StoryTeller, Kate Allen Smith, Tuesday, October 15, 10:30 a.m
Come join Kate today to enjoy an hour of great conversation and awesome stories!
Please call the Center, 203-239-5432 to reserve your seat

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.
NORTH HAVEN SENIOR CENTER
189 Pool Road    203-239-5432
ANNUAL HOLIDAY FAIR
Saturday, November 2 - 9:00 am to 3:00 pm

Come and see our beautiful selection of Crafts, Ceramics, Grannies Attic and our Famous Cookie Walk!

Refreshments for Sale
Ample Parking Available
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.

Cookies may be dropped off at the Center on
October 31 & November 1 between the hours of 9am-3pm
If you wish to have your tray or container returned
please put your name on the bottom with telephone number 😊

Thank You in Advance
The Centers’ Annual Holiday Fair Is Next Month!

Due to the Holiday Fair, the Pool Room will remain closed. The Senior Center will be closed Wednesday, October 30 at noon, Thursday, October 31 and Friday, November 1 - to set up for the holiday fair.

Help Wanted:

Wednesdays 9:00am-2:00pm Holiday Fair Elves are needed to assist with:
Sort/wash/price granny’s attic treasures
Sort/price jewelry for the jewelry table

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.
NORTH HAVEN SENIOR CENTER
CHRISTMAS PARTY
Collection Begins on October 1 - 9am-2pm
If you would like to sit with a group please fill out the form that is in the newsletter.

DATE: Friday, December 6, 2019
TIME: 11:45 am to 3:00 pm
PLACE: Zandri’s Stillwood Inn
1074 South Colony Road, Route 5
Wallingford, CT

Entertainment By:
Boogie Boys

Cost: $31.00
Checks Only Payable to:
Treasurer Town of North Haven

Menu consists of:
individual antipasto, family style ziti with meat sauce, choice Bake Stuffed Shrimp, Prime Rib, or Chicken Marsala, vegetable medley, roasted potatoes, and dessert, coffee and diet soda on tables

Cash Bar and Cash Raffle

Registration begins on Tuesday, October 1st through Wednesday, October 30th

Transportation available from the Center and Home for North Haven Residents
NORTH HAVEN SENIOR CENTER
2019 HOLIDAY PARTY
ZANDRI'S STILLWOOD INN

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Received by: ____________________________________

Senior Signature: __________________________________

Date: ____________________
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

A sample of the scarf is in Marlene’s office.

Please make your non-refundable check payable to Patricia Cavanaugh

HOT TOPICS
At the North Haven Senior Center

with

Here at the Senior Center!
Tuesday, October 8th
10:30—11:30 am

189 Pool Road
203-239-5432

State Representative Dave Yaccarino

Come join us for a legislative update as we discuss all the hot-button issues and answer your questions and concerns.
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
Please find more information for the FLU shot clinic in the back of this newsletter

Because of the Flu Shot Clinic, there will be NO Knitting/Crochet class or Mah Jongg

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.
Friday, October 18, 10:00am (Free!) **Fall Cupcake Decorating with Kim**, sponsored by VNA Community. Our friend Kim is back to teach us how to decorate cupcakes for fall, 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.

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**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.
Lunch at McDonald’s
Wednesday, October 23
11:00am - (Leaving the Center) and we will be back in time for Bingo!
Please RSVP by Friday, October 18,
in person or by calling the Center 203-239-5432

It’s Movie Time at the North Haven Senior Center Cinema
Abbott and Costello meet Frankenstein
Thursday, October 24, @ 1:15pm

In the first of Bud Abbott and Lou Costello's horror vehicles for Universal Pictures, the inimitable comic duo star as railway baggage handlers in northern Florida. When a pair of crates belonging to a house of horrors museum are mishandled by Wilbur (Lou Costello), the museum's director, Mr. MacDougal (Frank Ferguson), demands that they deliver them personally so that they can be inspected for insurance purposes, but Lou's friend Chick (Bud Abbott) has grave suspicions.

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 October Birthdays
Please join us along with First Selectman Michael Freda on October 25, at 11:45am to celebrate all the October 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 October 18, 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.
Shopping at the Meriden & Wallingford Plazas & Lunch at Chili’s

Wednesday, November 6, 9:30am - Leaving from the Center
Please note: This bus trip is for North-Haven residents only.

Please RSVP by October 30, in person or by calling the Center 203-239-5432

Remember seating is limited

**Lunch Time Special Entertainments**
Please RSVP in person or by calling the Center 203-239-5432

**Come listen to David Stoltz who is a guitarist and vocalist will be performing during lunch on Friday, November 8 at 11:45pm**

Born and raised in West Hartford, CT. I saw the Beatles on the Ed Sullivan Show and my fate was decided then and there that I would be a musician. The garage bands got better and better. I went to Hartford Conservatory and got a teaching degree. I met up with Jaimoe from the Allman Brothers Band and we became fast friends and bandmates. I auditioned for the Allman Brothers Band on bass and came in 2nd, Three years later, Dickey Betts offered me a gig with a band he was forming and I did that for 4 years. We also did 2 albums. After that ended, Jaimoe formed a new band and invited me to play. I have also done 2 solo cds with my own music. I have played with Les Paul, members of the Byrds, jammed with Derek Trucks, Susan Tedeschi, Grayson Hugh, Kal David, Huston Person, Eddie Henderson, Billy Bob Thornton and many more.

**Come listen to Jane Kircaldie, Alternative Medicine who will be speaking to us about Alternative Medicine during lunch on Friday, November 15 at 11:45pm**

More than 1/2 of US adults have used some form of complimentary or alternative medicine including acupuncture, aromatherapy, food as medicine and chiropractic just to name a few! Come to this enlightening lecture which will cover these interventions and so much more.

**Come listen to Heather Taylor who will be playing the Oboe during lunch on Monday, November 18 at 11:45pm**

Heather Taylor received her Bachelor of Music degree from The Juilliard School as a student of Elaine Douvas, Principal Oboist of The Metropolitan Opera and Master’s Degree from The Cleveland Institute of Music as a student of the late John Mack, former Principal Oboist with the Cleveland Orchestra.

Ms. Taylor has performed as Principal Oboist with The Hartford Symphony since 1993 and is currently adjunct faculty at The University of Connecticut and also maintains a private teaching studio. Ms. Taylor performed the Vaughn Williams Oboe Concerto as a Concerto competition winner with the Cleveland Institute Orchestra. Prior Solo appearances with the Hartford Symphony include the Jennifer Higdon Oboe Concerto, Handel Concerto in g minor, Riley Fantasy for Oboe and String Orchestra and performances of the Bach Concerto for oboe and violin with Joseph Silverstein. Ms. Taylor has performed on stage with many commercial artists including Dizzy Gillespie, Rod Stewart, Judy Collins, Johnny Mathis, Andrea Bocelli Henri Mancini and Luciano Pavarotti; along with many Goodspeed Opera house and Bushnell Broadway series productions including Man of La Mancha, Beauty and The Beast, Lion King, King and I, Titanic, and Wicked.
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 4:00pm

$30 Residents, $35 Non-Residents Collection Date until - October 4, 9am-2pm
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…..

December –
Tuesday, December 3, Tree Trimming and Caroling with the Senior Songsters
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, 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.

Last 2019 Date - 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. Call the office to register. This is open to residents only.

Conversational Canadian French Hour - Thursday, 9am – No Classes in October. Class will resume November 7- 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. Closed - Class Full. New Session TBA. 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.

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 - 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. Closed - Class Full. New Session TBA. 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. Next Session: Monday, November 4 - February 3, 2020. Registration must occur before the start of the New Session. Registration for the new class starts October 7. No Class – November 11 and January 20, 2020. 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, December 3 - March 3, 2020. Registration must occur before the start of the New Session. Registration for the new class starts October 22. 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. If space is needed for a resident, the non-resident maybe no longer eligible for participation until space becomes available.
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.
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 10:00am.
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

Famed America’s favorite

Enjoy a pre-

Chicken Marsala,
Ravioli, (Entrees set.
entrees), Apple Strudel
Entree choice in advance.

Cost: $168. pp based on 40-50

Depart: 8:00am North Haven Senior Center,
189 Pool Road
Estimated Return: 7:30pm North Haven
Reservations: North Haven Senior Center 203-239-545
Checks Payable to: FRIENDSHIP TOURS
Collection Begins: June 3, 2019
Tips for Cleaning Your Reusable Bags

To prevent cross-contamination and reduce risk for foodborne illness, here are tips to ensure your bags stay germ free.

**Woven or Nonwoven Polypropylene Bags:** Machine-wash on gentle cycle with soap and cold water or hand-wash with soap and water, line dry.

**Nylon or Polyester Bags:** Hand-wash in warm water and soap. Turn inside out and line dry.

**Bamboo or Hemp Bags:** Machine-wash on gentle cycle with soap and cold water, machine or line dry.

**Cotton Bags:** Machine-wash with soap and hot water, machine or line dry.

**Insulated Bags:** Hand-wash in warm water and soap or wipe with disinfecting wipes, especially along seams, line dry.

**Take care to separate.** Whenever possible, designate separate bags to always use for the same type of product (e.g.: produce bag, seafood bag, meat bag, shelf-stable product bag and cleaner bag) and always place meats into a disposable plastic bag before placing in a reusable bag. Avoid using reusable shopping bags for multipurpose uses, too. You never want to carry fresh produce in bags that once served as a temporary diaper or gym bag.

**Store safely.** Once groceries are put away and bags are cleaned out, most of us never give a second thought to where bags are stored. Perhaps they’re thrown in the car so you don’t forget to use them during the next shopping trip? Unfortunately - that’s a big no-no! Reusable bags should be kept in a cool, dry space with adequate air flow, since dark, warm and humid environments (think: in the trunk of your car) are where bacteria thrive.

**Have a bag that’s seen better days?** Follow the ultimate food safety guideline: *When in doubt, throw it out!*

Based on information from the American Cleaning Institute® and foodsafety.gov.
Halloween Crossword Puzzle

ACROSS
2. What is the word for a man who is a witch?
4. According to The Farmer's Almanac, is the pumpkin a fruit or a vegetable?
5. This city in Minnesota is said to have held the first citywide Halloween celebration.
6. This bug is considered lucky to see on Halloween because it might be the spirit of a loved one.
9. This is the word for the fear of Halloween.
11. What is the name of Charlie Brown's sister who sits with Linus in the pumpkin patch waiting for the Great Pumpkin to appear?

DOWN
1. There were no pumpkins in Europe when Jack-o'-lanterns were first carved. What did they use instead?
2. Pumpkins are made up of 90% of this.
3. He sat with #11 across in the pumpkin patch.
7. What animal is lucky to see on Halloween?
8. This is the No.1 candy bar on Halloween.
10. On Halloween it is traditional to bob for this fruit.
11. This should be sprinkled across all the entryways to protect your home from spirits entering.

Word List: Anoka, apple, cat, fruit, kit kat, Linus, Sally, salt, Samhainophobia, spider, turnips, warlock, water
Get your annual flu shot

All vaccines at our flu clinics will be administered by licensed and experienced nurses from VNA Community Healthcare & Hospice

- CDC recommends yearly flu shots for all ages
- Participating insurance or private pay (cash, check or MC/Visa)
- Bring all insurance cards with you

**Participating Insurances**

<table>
<thead>
<tr>
<th>65 years or older:</th>
<th>18 &amp; Older:</th>
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<tbody>
<tr>
<td>Medicare Part B</td>
<td>Aetna</td>
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<tr>
<td>Aetna Medicare</td>
<td>Anthem BCBS</td>
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<tr>
<td>Anthem BCBS Medicare</td>
<td>Connecticare</td>
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<tr>
<td>Connecticare VIP</td>
<td>Harvard Pilgrim Health</td>
</tr>
</tbody>
</table>

**Not Participating:**
Cigna and United Healthcare

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**DATE** | October 15, 2019
**TIME** | 11:00 a.m. - 1:00 p.m.
**LOCATION** | Joyce Budrow Senior Center
189 Pool Rd., North Haven
**FLU HOTLINE** | 203.458.5920

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

Toll Free Helpline: 1.866.474.5230

vnacommunityhealthcare.org
Name: ____________________________

Email: ____________________________ Would you like to be added to our mailing list? Yes No

Address: ____________________________ Apt: ____________________________

City: ____________________________ State: ____________________________ Zip: ____________________________

Birth Date: / / Year Phone: ____________________________ Please circle: Male Female

Are you the insurance subscriber? Yes No

If no, what is the subscriber's name: ____________________________ Subscriber's date of birth: ____________________________

Please show ALL of your medical insurance cards and write the ID number(s) below.

If your insurance is not on the lists below, your insurance DOES NOT participate with VNA Community Healthcare & Hospice for flu vaccine and you will be responsible for the cost of your flu shot.

**Medicare Plans**
- □ Aetna Medicare
  - 
- □ Anthem BC BS Medicare
  - 
- □ Connecticare
  - 
- □ Medicare Part B
  - 

**Commercial Plans**
- □ Aetna
  - 
- □ Anthem BC BS
  - 
- □ Connecticare
  - 
- □ Harvard Pilgrim Health
  - 

**SELF PAY Those without participating insurance**
- FLU SHOT Quadrivalent: $46.00
- FLU SHOT High Dose: $55.00
- □ Cash
- □ Check#
- □ Charge – Visa / MC
- □ Discover / AMX

**INFLUENZA CONSENT:** I have read or had explained to me the information sheet about the influenza vaccine. I have had a chance to ask questions which were answered to my satisfaction and I understand the benefits and risks of the vaccination as described. I request that the influenza vaccination be given to me (or the person named above for whom I am authorized to make this request). I authorize the release of any medical or other information necessary to process my insurance claim or for other public health purposes.

I release VNA Community Healthcare & Hospice, its employees, representatives and agents from any liability for giving me the influenza vaccination. I agree to indemnify, defend and hold VNA Community Healthcare & Hospice harmless from any claim. I accept responsibility for seeking medical attention for any problems associated with my receiving the influenza vaccination.

**FINANCIAL REQUEST:** I agree to pay for co-pay, co-insurance, or deductible amounts due as deemed by my insurance company. I also agree in the event I provided VNA Community Healthcare & Hospice with incorrect insurance information or if Medicare or my insurance company does not pay for my vaccination, I will be responsible for payment.

I have been offered and refused or received a copy of the Agency’s Notice to Privacy.

**Signature (Self, Parent, or Legal Guardian)** ____________________________

**Date** ____________________________

**Injection Site:** ____________________________

**Type of vaccine (please circle)**
- Quadrivalent
- Over 65 yrs

**Manufacturer:** ____________________________

**Lot and Expiration:** ____________________________

**Nurse Signature** ____________________________

**Date** ____________________________

Home visit nurse also print name: ____________________________
NOTICE

USE & DISCLOSURE OF PROTECTED HEALTH INFORMATION

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

VNA Community Healthcare is required by law to maintain the privacy of protected health information and to provide you with notice of its legal duties and privacy practices. VNA Community Healthcare reserves the right to change the terms of the notice currently in effect; however VNA Community Healthcare must abide by the terms of this notice as well as make the new provisions effective for all protected health information maintained. If there is a change, VNA Community Healthcare will have a copy of the effective change which will be posted at all times in the office.

VNA COMMUNITY HEALTHCARE IS NOT REQUIRED TO OBTAIN CONSENT OR AUTHORIZATION TO USE AND DISCLOSE INFORMATION ABOUT YOU UNDER THE FOLLOWING CIRCUMSTANCES:

- For purposes of treatment, payment, and healthcare operations, including the release of information to:
  - An insurance company, Medicare, Medicaid
  - Any person or entity affiliated with billing & quality & risk management
  - Any hospital, nursing home, or other health care facility in which you may be admitted
  - Any assisted living or personal care facility
  - Any physician providing you care
  - Any business associate of VNA Community Healthcare
  - Licensing and accrediting bodies
- When VNA Community Healthcare is required by law
- For certain public health activities or health care oversight activities
- In certain judicial administrative hearings
- In certain circumstances, to coroners, medical examiners and funeral directors
- For certain law enforcement purposes
- For cadaveric organ, eye, or tissue donation purposes
- For certain research purposes
- For specialized government functions, including military and veteran’s activities, medical suitability determinations, correctional institution and custodial situations

VNA COMMUNITY HEALTHCARE IS ONLY REQUIRED TO INFORM YOU IN ADVANCE AND ALLOW YOU TO OBJECT TO THE USE AND DISCLOSURE OF INFORMATION ABOUT YOU UNDER THE FOLLOWING CIRCUMSTANCES:

- Disclosure to a family member, other close relatives, close personal friend, or other identified person involved in your care
- Disclosure to a public or private entity authorized by law or charter to assist in disaster relief efforts

USES AND DISCLOSURES NOT SPECIFICALLY ADDRESSED IN THIS NOTICE WILL BE MADE ONLY WITH YOUR WRITTEN AUTHORIZATION, INCLUDING:

- Psychotherapy notes (notwithstanding the provisions allowing uses)
- Marketing, except communication describing products or services provided by the agency, face-to-face communication and promotional gifts of nominal value

Your Rights

SUBJECT TO CERTAIN CONDITIONS, YOU HAVE THE RIGHT UNDER LAW, TO:

- Request restrictions on certain uses and disclosure of information about you (although this PROVIDER is not required to agree with the request.)
- Receive confidential communication of protected health information
- Inspect and copy protected health information
- Amend protected health information
- Receive an accounting of disclosures

COMPLAINTS

If you believe your privacy rights have been violated, you may complain to VNA Community Healthcare and the Secretary of the U.S. Department of Health and Human Services. There will be no retaliation for complaints filed. For further information or to make a complaint, contact:

Dir. Of Quality Management, VNA Community Healthcare
753 Boston Post Rd., Guilford, CT 06437
(203) 458-4200

-OR-

The U.S. Department of Health and Human Services, Office of the Secretary
200 Independence Avenue, S.W. Washington, D.C. 20201
(202) 619-0257 OR Toll Free: 1-800-6963-6775
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<th>Monday</th>
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<td>1</td>
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<tr>
<td>3 oz sausage and meatballs ½ cup penne pasta parmesan cheese ½ cup Italian blend veggies 1 garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk</td>
<td>6 oz butternut squash and apple soup 1 pkt unsalted crackers 3 oz sliced turkey/gravy ½ cup baked potato ½ cup broccoli cranberry sauce dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk</td>
<td>3 oz Spanish omelet ½ cup orzo pilaf ½ cup mixed vegetables wheat dinner roll 1 tsp margarine 4 oz grape juice 1 slice crumb cake 8 oz low fat milk</td>
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<td>3 oz taco meat ½ cup brown rice ½ cup fiesta blend Wheat tortilla 1 tsp margarine ½ cup tropical fruit 8 oz low fat milk</td>
<td>Columbus Day Special Lunch @ 12:15 3 oz chicken parm a la Santa Maria ½ cup new world shells ½ cup Columbus vegetable blend 1 Tsp parmesan cheese 1 slice Italian bread 1 tsp margarine 4 oz grape juice 1 slice cake 8 oz low fat milk</td>
<td>3 oz pork loin/gravy ½ cup baked sweet potato ½ cup carrots pumpernickel dinner roll 1 tsp margarine 4 oz apple juice chocolate chip cookie 8 oz low fat milk</td>
<td>1 cup butternut squash ravioli with cream sauce ½ cup white beans ½ cup spinach 1 slice Italian bread 1 tsp margarine ½ cup bake apple slices 8 oz low fat milk</td>
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<td>CLOSED</td>
<td>COLUMBUS DAY</td>
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<td>3 oz fish sticks tartar sauce ½ cup barley pilaf ½ cup California blend wheat dinner roll 1 tsp margarine 4 oz grape juice pound cake with strawberry topping 8 oz low fat milk</td>
<td>6 oz Lentil soup 1 pkt unsalted crackers cold cut sandwich 1 oz each ham, turkey, cheese ½ cup lettuce, tomato and pickle chip ½ cup beet salad mustard/mayo grinder roll 1 tsp margarine ½ cup apricots 8 oz low fat milk</td>
<td>3 oz Chicken Piccata ½ cup sweet potato ½ cup broccoli wheat dinner roll 1 tsp margarine ½ cup pears 8 oz low fat milk</td>
<td>6 oz Vegetarian vegetable soup 1 pkt unsalted crackers 1/6 broccoli quiche ½ cup sweet potato fries ½ broiled tomato 1 slice multigrain bread 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk</td>
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<td>6 oz Tomato basil soup 1 pkt unsalted crackers 3 oz fish croquette Tartar sauce ½ cup confetti brown rice ½ cup broccoli and cauliflower dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk</td>
<td>3 oz chicken Francese ½ cup bowtie noodles ½ cup fresh zucchini 1 slice Italian bread 1 tsp margarine ½ cup peaches 8 oz low fat milk</td>
<td>3 oz baked salmon strips with dill sauce ½ cup wild and brown rice pilaf ½ cup Scandinavian blend 1 slice wheat bread 1 tsp margarine fresh fruit 8 oz low fat milk</td>
<td>3 oz vegetarian chili ½ cup potato wedges ½ cup broccoli 1 corn muffin 1 tsp margarine ½ cup pineapple 8 oz low fat milk</td>
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MONTHLY ACTIVITIES

Mondays:
  9:30: Fitness Fun
  10:00: Canasta
  10:30: Crafts
  10:30: 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
  10:00: Beg Chair Yoga
  10:00: Knitting/Crochet (No Class October 15)
  12:30: Mah Jongg (No Mah Jongg October 15)
  12:45: Oil Painting
  1:15: Senior Songsters

Wednesdays:
  9:00- Oil Painting (New Class)
  9:15-Moving for Better Balance (New Class)
  9:30: Fitness Fun
  10:00: Bocce
  10:30-Moving for Better Balance (New Class)
  10:30: Tai Chi
  12:00: Mah Jongg (No Mah Jongg October 30)
  12:15: Intermediate Bridge (No Bridge October 30)
  12:30: Bocce (No Bocce October 30)
  12:30: Bingo (No Bingo October 30)

Thursdays:
  8:00: Pinochle
  9:00: Ceramics
  9:00: Conversational French Hour with Marlene (resumes Nov. 7)
  10:00: Crafts
  10:30-Line Dancing
  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>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Zandri's</td>
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<tr>
<td><em>Tickets for Zandri’s</em></td>
<td>9:00 a.m.-12:00 p.m</td>
<td>Holiday Party</td>
<td>Make and Take:</td>
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<td></td>
<td></td>
<td>Go on sale</td>
<td>Tie Dye Scarf</td>
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<td>9:00 a.m.-2:00 p.m.</td>
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<td>12:00 p.m.</td>
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<td>Finance Meeting</td>
<td>10:30 a.m. “Hot Topics”</td>
<td>Health Guidance</td>
<td>Trip Committee</td>
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<td>w. Senator Republican Clinic</td>
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<td>9:30 a.m.</td>
<td>Leader Len Fasano</td>
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<td>Mini Trip:</td>
<td>and State</td>
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<td>Wal-Mart (Wallingford)</td>
<td>Representative Dave Yaccarino</td>
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<tr>
<td>SENIOR CENTER</td>
<td>CLOSED</td>
<td>10:30 a.m.</td>
<td>9:30 a.m.</td>
<td>10:00 a.m.</td>
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<td>IN OBSERVANCE</td>
<td>Storytellers: Kate Christmas Tree</td>
<td>Fall Cupcake</td>
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<td>COLUMBUS DAY</td>
<td>Allen Smith</td>
<td>Shop and Lunch</td>
<td>Decorating</td>
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<td>11:00-Flu Shot Clinic</td>
<td>At Cracker Barrel</td>
<td>with Kim</td>
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<td>9:30 a.m.</td>
<td>9:00 a.m.</td>
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<td>11:45 a.m.</td>
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<tr>
<td>Mini Trip: Universal Drive (North Haven)</td>
<td>Finance Meeting</td>
<td>Movie: Celebrate “Abbott and October Lunch at Costello Meet Birthdays w. McDonald’s Frankenstein” First Selectman Michael Freda</td>
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<td>12:00 P.M.</td>
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<td>HOLIDAY FAIR</td>
<td>SET UP</td>
<td>NO MEDICAL</td>
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<td>SET UP</td>
<td>HOLIDAY FAIR</td>
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<td>TRANSPORTATION</td>
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<td>Last Day for Zandri’s Ticket</td>
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<tr>
<td>Sales 9 am-12 pm</td>
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