Senior Happenings

November 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: November 18 - Walmart, New Haven
           November 25 - 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: 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 –November 12 & December 6, 9, 10, 11, 12 and 13
*Except if you already have an appointment scheduled with the Senior Center.
Don’t let open enrollment open your bank account!

You're on Medicare? For you, Oct. 15 to Dec. 7 means open enrollment. For scammers, it means prime time to try to steal your money and identity.

Although Medicare scams occur year-round, they dramatically spike through the annual window of open enrollment for participants to make changes to their health and prescription coverage.

During this month and through December 7 remember the absolutely easiest step to avoid a Medicare scam: Never reveal your card number or your Social Security number — or other personal health and financial information to anyone who's not a bona fide member of your health care team. Remember scammers are all designed to capture your Medicare number so the crooks can charge Medicare for services you didn’t receive.

What do these Open Enrollment scams look like?

Refund rip-offs are another common scam this time of year. The scammer tells you you’re entitled to a refund for last year’s Medicare premiums. All you need to do is verify your identity. They may claim that your refund must be direct-deposited into your bank account. In fact, that’s just another lie to glean your account number and possibly drain your checking or savings funds.

You may also be contacted by unscrupulous salesmen using open enrollment period to try to sell you products that will supposedly save you thousands of dollars in insurance costs. Despite claims of representing Medicare or companies endorsed by it, the motivation is often to sell unrelated, high-commission life insurance or annuities using aggressive sales tactics.

YOU have the power to protect yourself!

Do hang up immediately if you get an unsolicited call from someone who claims to be from Medicare and asks for personal information. Medicare will never call you and ask you for your personal information, such as your Medicare number, over the phone. Nor will Medicare email or visit your home unannounced to collect data that, after all, it already has.

Review your Medicare Summary Notices (MSN) or Explanation of Benefits (EOB) when they arrive. Look for signs of fraud, including claims you don’t recognize. Don’t share your Medicare or Social Security number (or other personal information) with anyone who contacts you out of the blue by phone or email, or shows up unannounced at your door. Don’t believe a caller is a Medicare employee simply because he or she knows some information about you. And don’t trust caller ID – it can be spoofed.

Guard your personal information. Treat Medicare, Medicaid and Social Security numbers like a credit card number, and never give these out to a stranger.
For your donations: Anonymous, Delia Countey, Donna Marie Dunham, Irene Holcomb, and Camille Patton

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

To our new members: Michael Casele, Nathan D’Amato, Natalia Frioni, Gini Kramer, Eva Liscio, Gina Montauti, Elvira Oliveira and Gary Zempel

Mini Trips

November 18 - Walmart, New Haven
November 25 - 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 November will be held on Thursday, November 7 and Wednesday, November 27. Both meetings are held at 9 am and meet in the ceramic room.

**Ask the Nurse** will be held on Wednesday, November 13, 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, November 19, 10:30 a.m.**
Come join Kate for her LAST story telling. We will have a small party to show our appreciation. Please call the Center, 203-239-5432 to reserve your seat

Please Note our Changes for Bingo…
BEGINNING NOVEMBER 4th
Bingo will now be starting at 1:00pm on Mondays and Fridays.*
Wednesdays Bingo has been Postponed until Further Notice

*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
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. Non-Drivers will be given first priority on buses. Members who wish to ride the bus from the center must arrive at center no later than 10:45 a.m.

FOR THIS REASON, CARPOOLS STRONGLY RECOMMENDED
You are cordially invited to attend the 2019 Republican Town Committee Pizza Party (FREE)

Monday November 4, 2019
11:30 am held at the North Haven Senior Center
189 Pool Road
203-239-5432

Sponsored by the
Town of North Haven Republican Committee

This is a free event for all parties celebrating the 15 Amendment; our right to vote!
Limited Seating- (65 maximum)
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 11:45am

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 11:45am

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 11:45am

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.
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 November 4, in person or by calling the Center 203-239-5432
Remember seating is limited

Lunch at McDonald’s

Wednesday, November 20
11:00am - (Leaving the Center)
Please RSVP by Friday, November 15,
in person or by calling the Center 203-239-5432

It’s Movie Time at the North Haven Senior Center Cinema
Julie & Julia
Thursday, November 21, @ 1:15pm

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.

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs’ landmark cookbook, “Mastering the Art of French Cooking.” Intertwined with Julie’s story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.
Medicare Changes!!!
Friday, November 22
10:00am

Now is the time to find out what changes will occur with Medicare for 2020 prior to Open Enrollment. Nick Cassella from Health Insurance Associates will be here to discuss the changes that may result in your health coverage and above all cost.

RSVP is requested due to the number of anticipated attendance. Call 203-239-5432 or stop by the office to reserve a seat.

Celebrating November Birthdays

Please join us along with First Selectman Michael Freda on November 22, at 11:45am to celebrate all the November 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 will be served. *

All Members are welcome to come help us celebrate.

Please RSVP by November 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.

Tuesday, November 26, 1:15pm - Caroling and Tree Trimming with our Senior Songsters. Bring a friend or family member creating an afternoon of fun and fellowship as we enter the holiday season. Eggnog and cookies will be served and all are welcome!
Annual Senior to Senior Breakfast
Tuesday, December 3, 2019
8-9:15am

All members are invited to the Annual Senior to Senior Breakfast held at the North Haven High School. This Annual Event is Free!
Raffles, Prizes, and Homemade Breakfast Treats baked by the Culinary Department will be served. Best of all you get to meet and greet the seniors of the North Haven High School. The annual event is very popular in Town so sign up. Transportation from the Center and home is available.

Please Call 203-239-5432 or Stop by the Office to RSVP before November 26
Decorate, Make and Take a Christmas Tree

Thursday, December 12 at 10:00am

Come in and decororate your very own 18 inch Christmas Tree
For ONLY $5.00

Please Stop by the Office to Sign up before December 9
We only have 9 trees, so sign up early
Mark Your Calendar….

December –
Tuesday, December 3, Senior to Senior Breakfast
Friday, December 6, 2019 Christmas Party at Zandri’s – Center will be closed
Thursday, December 12, Decorate and Take a Christmas Tree
Friday, December 13, Frank Tamburro, Trumpist performing during lunch
Friday, December 20, Celebrating December Birthdays
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

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 and Friday, 1:00 p.m. beginning November 4th. - 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 - 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 – Resume in the Spring - 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 or Wednesday, 9 - 11am. 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. **Next Session: Tuesday, January 7 - March 24, 2020 or Wednesday, January 8 - April 1, 2020. Registration must occur before the start of the New Session. Registration for the new class starts November 26. 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 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.
America’s Music Cities
featuring New Orleans, Memphis & Nashville

8 Days and 10 Meals
9/27/2020 - 10/4/2020
Highlights: French Quarter, Choice on Tour, Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame

Enjoy a finger-snapping, toe-tapping time on a tour of America’s most famed musical cities – New Orleans, Memphis, and Nashville.

join us
FOR A TRAVEL PRESENTATION!

Friday, February 21, 2020 at 10am
Please RSVP February 19, 2020

North Haven Senior Center
189 Pool Rd, North Haven, CT 06473

To RSVP or for more information, contact North Haven Senior Center
203-239-5432 / thorp.marlene@town.north-haven.ct.us
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.
MACY’S PARADE BALLOONS WORD SEARCH

WORD LIST

- CHARLIE BROWN
- DINO
- PILLSBURY DOUGHBOY
- ELF ON THE SHELF
- GRINCH
- JETT
- RONALD MCDONALD
- NUTCRACKER
- OLAF
- PIKACHU
- RED MIGHTY MORPHIN POWER RANGER
- SPIDERMAN
- SPONGEBOB SQUAREPANTS
- TROLLS

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YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. WISH
2. isballs isballs
3. PEN
4. H2O
5. THE KNEE
6. (LOW)
7. AI4D
8. SKIRT
9. MUSICALLY
10. ADAM'S
11. CHARLEY
12. Fish
<table>
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<th>Monday</th>
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<td>NO LUNCH PROGRAM</td>
<td>Trip/Lunch Out Shopping: Meriden &amp; Wallingford Plaza Lunch at Chili's</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>5</td>
<td>Republican Committee Pizza Party 11:30 a.m. (FILLED)</td>
<td>Please see Office</td>
<td>11:00</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>Senior Center Closed Holiday Fair Set Up</td>
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<td>11</td>
<td>Senior Center Closed Veterans’ Day</td>
<td>3 oz Chicken parmesan ½ cup penne pasta with sauce parmesan cheese 1 cup tossed salad with cucumber and Italian dressing herb breadstick 1 tsp margarine fresh fruit 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>3 oz butternut squash ravioli with cream sauce ½ cup white beans ½ cup spinach 1 slice Italian bread 1 tsp margarine ½ cup baked apple slices 8 oz low fat milk</td>
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<td>20</td>
<td>Lunch At McDonalds 11:00 Please sign up In Office</td>
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<td>Thanksgiving Special Roast turkey with giblet gravy Savory stuffing Cranberry sauce Sweet potatoes Seasoned peas, carrots and corn Corn bread Cranberry juice Pumpkin pie</td>
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<td>22</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>18</td>
<td>3 oz Pulled pork ½ cup baked beans ½ cup coleslaw vinaigrette burger roll 1 tsp margarine fresh fruit 8 oz low fat milk</td>
<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>Lunch At McDonalds 11:00 Please sign up In Office</td>
<td>Senior Center Closed Happy Thanksgiving!</td>
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Senior Center Closed

Happy Thanksgiving!

Senior Center Open

LIFEBRIDGE CLOSED (No Lunch)
Mondays:
- 9:30: Fitness Fun
- 10:00: Canasta
- 10:30: Crafts
- 10:30: Tai Chi
- 1:00: Bingo (New Time)
- 12:00: Pinochle
- 12:30: Beg Mah Jongg
- 12:45: Bingo

Tuesdays:
- 9:00: Ceramics
- 9:00: Computer Class
- 10:00: Beg Chair Yoga
- 10:00: Knitting/Crochet
- 12:30: Mah Jongg
- 12:45: Oil Painting
- 1:15: Senior Songsters

Wednesdays:
- 9:00 Oil Painting
- 9:15 Moving for Better Balance
- 9:30: Fitness Fun
- 10:30 Moving for Better Balance
- 10:30: Tai Chi
- 12:00: Mah Jongg
- 12:15: Intermediate Bridge
- 1:00: Bingo (Postponed until further notice)

Thursdays:
- 8:00: Pinochle
- 9:00: Ceramics
- 9:00: Conversational French Hour with Marlene (Class resumes November 7)
- 10:00: Crafts
- 10:30 Line Dancing
- 12:30: Open Game Play

Fridays:
- 9:15: Moving for Better Balance
- 9:30: Fitness Fun; Scrabble
- 10:30 Moving for Better Balance
- 12:00: Setback
- 12:15: Intermediate Bridge
- 1:00: Bingo (New Time)
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td>Senior Center</td>
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<tr>
<td>11:30 a.m.</td>
<td>9:30 a.m.-Trip and</td>
<td>9:00 a.m.</td>
<td>11:45 a.m.</td>
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<tr>
<td>Republican Lunch Out</td>
<td>Finance Meeting</td>
<td>Guitarist and Vocalist</td>
<td>Party</td>
<td>Plaza and Lunch at Chilli’s</td>
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<td>Committee Pizza Wallingford/Meriden</td>
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<td>SENIOR CENTER 10:15 a.m.</td>
<td>Health</td>
<td>Alternative</td>
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<td>CLOSED Depart for Guidance Clinic</td>
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<td>Medicine with “Crooning the Classics” Jane Kircaldie</td>
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<tr>
<td>IN OBSERVANCE at Aqua Turf</td>
<td>(Estimated Return</td>
<td>VETERANS’ DAY 4:00 p.m.)</td>
<td>NO MEDICAL TRANSPORTATION</td>
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<td>9:30 a.m. Mini Trip 10:30 a.m.</td>
<td>8:00 a.m.</td>
<td>MGM CASINO TRIP 10:00 a.m.</td>
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<td>Walmart Storytellers</td>
<td>Depart for SPRINGFIELD Presentation: SPRINGFIELD</td>
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<td>(New Haven) Kate Allen Smith</td>
<td>Radio City CANCELED Medicare</td>
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<td>Christmas Show Changes</td>
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<td>11:45 a.m.</td>
<td>(Estimated Return</td>
<td>Oboe Player 6:00 p.m.</td>
<td>4:00 p.m.)</td>
<td>1:15 p.m. Movie: “Julie &amp; Julia” Celebrate</td>
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<tr>
<td>Heather Taylor Commission on Aging Meeting</td>
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<td>McDonald’s Lunch 11:00 a.m.</td>
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<td>November</td>
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<td>First Selectman Michael Freda</td>
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<td>9:30 a.m. Mini Trip 1:15 p.m.</td>
<td>Finance Meeting SENIOR CENTER Closed</td>
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<td>Universal Drive Caroling &amp; Tree Trimming with Senior Songsters</td>
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<td>NO LUNCH HAPPY</td>
<td>PROGRAM</td>
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<td>(North Haven)</td>
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