Senior Happenings

January 2020

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: January 13 - Walmart, Wallingford
January 27 - 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

Thursdays: (time frame for mini trips will be an hour and a half from time of drop off)
➤ Hairdressers, Nail Salons, Barbers and Library

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 January 1, 20; February 12, 17; April 10; May 25; July 3; September 7; October 12; November 5, 6, 11, 26; December 4, 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.

*No Medicals - March 17, April 14, November 17, and December 4
*Except if you already have an appointment scheduled with the Senior Center.
From the desk of Judy,

For thousands of years, New Year’s has been a festival of rebirth and reflection, allowing people all over the world to celebrate another great year. Celebrations to bring in the New Year vary all over the world, however here in the United States there are common traditions which include:

• Making resolutions or goals to improve one’s life
• A gathering of loved ones
• Fireworks, parades, concerts, and banging pots and pans at midnight

Also people eat certain foods that are considered to bring you “luck” and some eaten during the festivities include:

• Circular shaped foods (doughnuts)
• Black-eyed peas
• Cabbage
• Pork

In the spirit of having fun and in joining the festivities, the Center will be serving Circular Shaped Foods (donuts) on January 2. It is believed that anything in the shape of a ring is good luck because it symbolizes "coming full circle," completing a year's cycle.

A friendly reminder: unless there is an emergency and you have to exit out the nearest door, I am asking that you only use the front door as an entrance and exit. Also, if a room is being used for an activity and you are not a participant, please do not disturb the activity by walking through the room.

Just a reminder, if you haven’t already done so, please sign up in the office for the upcoming luncheon in honor of our volunteers who supported the 2019 Holiday Fair. It’s a small way of saying a big thank you to you. Please see the invitation in the body of the newsletter.

Happy New Year!
Senior Center Inclement Weather Policy

As we head into the winter weather season, here is a reminder of the Senior Center Inclement Weather Policy.

- If North Haven Public Schools are closed due to weather, Senior Center transportation is cancelled.

- If North Haven Public Schools are delayed due to weather, transportation services will be delayed the same time period as the schools. If you had a reservation for transportation in that time unfortunately the appointment will have to be rescheduled or canceled.

When utilizing the Center bus, for your safety, it is asked that your pathway is clear of snow and ice. In the event the pathway is not clear of ice or snow the driver will contact the office informing that the pathway is not clear and the driver will be directed to go to the next stop.

Always lean on the side of caution when deciding to drive or get dropped off at the Center for a class or activity during inclement weather.

Updates on Transportation or Activities During Inclement Weather can be found on:

- WFSB Channel -3
- NBC CT Channel -4
- WTNH Channel 8

The Center rarely closes in inclement weather however this is unpredictable and our Selectman may close Town buildings in extreme poor weather conditions. It is best to call ahead prior to venturing out on the roads to see if we are open or closing early.

203-239-5432
For your donations: Mary Anne Anderson and Linda Dickerson

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

To our new members: Janet Bumsted, Joanne Gazzara, Bene & Frank Jablonski

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

Atlantic City, Deposit - December 2, 2019
St. Patrick’s Day Celebration - Aqua Turf - January 6, 2020
Tom Jones & Englebert - Aqua Turf - February 3, 2020
Essex Steam Train & River Boat - March 4, 2020
All-You-Can-Eat-Lobster - May 6, 2020
“Elvis” - Aqua Turf - September 2, 2020

Mini Trips

January 13 - Walmart, Wallingford
January 27 - Universal Drive: Target, Michaels, Panera Bread, Big Lots, Home Depot, TJ Maxx, DSW, and more!

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
North Haven Senior Citizens Finance Meetings
The Current Finance Committee is inviting members to join the monthly meetings. Interested persons with a background in banking or those that have worked in finances are encouraged to contribute their knowledge and support of the Centers’ account. If you are interested please come to this months’ meeting/s which will meet on Monday, January 6 and Wednesday, January 22 and will take place in the ceramic room.

Ask the Nurse will be held on Wednesday, January 8, 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, Tuesdays at 1:15pm. If you are interested in singing, please come join them. New singers are always welcome.

Dominos Anyone?
Are you interested in playing dominos, if so please sign up in the office? Once there are 4 or more people interested they will start playing on Thursday at 12:30 pm, Game Day.

Bingo - Mondays and Fridays at 1:00pm.*
**Wednesdays Bingo has been Postponed until Further Notice**

Help Wanted:
We would like to resume our Bingo on Wednesdays
The center is looking for a bingo caller for Wednesday’s Bingo.
If you are interested in calling bingo, please contact the office. Thank you in advance.

*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.*
2020 Hats, Mittens & Gloves Tree

We will be collecting NEW Hats, Mittens & Gloves

The Mitten, Gloves and Hat Tree will support organizations in town and surrounding area in time of need.

As winter is quickly approaching, no one likes to be cold. We can all make a small difference in someone’s life by donating a pair of mitten/gloves or a hat. Just place your hats, mittens & gloves on our tree at the center.

Beginning January 2nd, we are inviting all of you, along with your friends and family to participate in this great event.
“New” Drawing Class - Come take a drawing class here at the Senior Center on Thursdays 1-2:30pm, starting on February 6. This will be a 12 week basic drawing class which will teach you basic drawing skills and also will incorporate design principles, color theory, and exercises to promote creativity. This course will be great for a total beginner or those who want to refresh their own drawing techniques. On the first day of class, Sharon, your instructor, will show you the exact materials you will need for this class. Cost: $30 for residents $35 for non-residents. Maximum participants 10 people. Registration for this new class will begin on December 3.

Celebrating January Birthdays
Please join us along with First Selectman Michael Freda on January 17, at 11:45am to celebrate all the January 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 January 15, 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.

SPECIAL OUTING:
The Knights of Columbus Museum
CHRISTMAS IN EUROPE

Due to the cancellation because of the weather on December 18, we have rescheduled for Wednesday, January 22 - 9:30am

Immediately following our museum visit, we will have lunch at the Greek Olive

SIGN UP in the office by January 15
Seating is limited
Weather Permitting
North Haven Residents Only
It’s Movie Time at the North Haven Senior Center Cinema

**Now You See Me**

Thursday, January 23, @ 1:15pm

An elite FBI squad is in a game of cat and mouse against The Four Horsemen, a super-team of the world's greatest illusionists. The Four Horsemen pull off a series of daring heists against corrupt business leaders during their performances, showering the stolen profits on their audiences while staying one step ahead of the law.

**Come join us for an afternoon with a good movie**

*If less than 10 have RSVP the movie will be postponed to a later date*

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**Friday, January 24, 10am- Re-Gifting Auction** Come one come all to the Center’s Annual Re Gifting Auction. Our auction is a favorite for all and as in the past it will be a fun filled morning. If you have never attended, or are new to the Center, don’t miss out on the fun. Donations of new and never used items such as Knick knacks and jewelry will be accepted. This is **not a tag sale**; it is a fun and at times a competitive auction among the members. **Come one Come All! Snow date** will be Friday, January 31 at 10:00 am.
North Haven Holiday Fair Volunteers!

Dear Holiday Fair Volunteer,

You are cordially invited to attend a Special Volunteer Luncheon held in your honor for your assistance in making this holiday fair a huge success on Wednesday, January 29, 2020.

Place: North Haven Senor Center
Time: 12 noon
Kindly RSVP by January 13, 2020
Call (203) 239-5432 or Stop by the Office

Menu: Soup, Salad, Sandwich, and Dessert
Come join us along with the students from the ACES Mill Academy
Painting/Decorating Flower Pots and Planting Seeds for Spring Flowers
Wednesday, February 5 at 10:00am
Snow Date: February 7 at 10:00am
Please sign up in the office before February 3
(No. Haven Residents only)

Thursday, February 6, 10am-12pm, Paul Mitchell School of Beauty will be here to provide **FREE SERVICES** of Manicures and Hand Massages. A special note of thanks in advance to Paul Mitchell School of Beauty, for their community involvement and time given to our members.
Please sign up in the office before February 3
(No. Haven Residents only)

**Friday, February 7 is**

Any Bingo player that **wears RED** on Friday February 7 will get **One Free Bingo Card**
Come Join Us for a Valentine’s Special Lunch With Our Traveling Chef!!

Friday, February 14 at 11:30am
Pasta Bar
(Choose one)
Chicken Alfredo or Red Sauce with Sausage
Garden Salad
Dinner Roll
Delicious Cake

Please RSVP by Tuesday, January 21
This whole lunch is for only $5.00
Cash or Check Payable to LifeBridge
Seating Limited, so don’t wait
Thursday, February 20, 10:30am
Back by popular demand
Make and Take a Suet heart shape bird feeder.
Come join us for a fun morning craft and help feed the birds only for $2.00
Sign up January 6 - February 13
Snow date: February 27, 10:30am
(No. Haven Residents only)

Celebrating February Birthdays
Please join us along with First Selectman Michael Freda on February 21, at 11:45am
to celebrate all the February 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 February 14, 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.
Mark Your Calendar…

Trips, Entertainment, and, More!

February-
Wednesday, February 5, Aces Mill Academy, Project (snow date: 2/7/20)

Thursday, February 6, Paul Mitchell, Manicures and Hand Massages

Friday, February 7, National Wear Red Day-Be Proud & Wear Red-receive 1 FREE Bingo card!

Wednesday, February 12, Lincoln Birthday- Center will be closed

Monday, February 17, President’s Birthday- Center will be closed

Tuesday, February 18, NEW Merry Chats with Mary

Thursday, February 20, Make & Take Heart Shape bird Suets

Friday, February 21, Collette Tours In House Presentation - “America’s Music Cities” (snow date: 2/28/20)

Friday, February 21, Celebrating February Birthdays

March-
Tuesday, March 10, Songesters singing at The Landing

Tuesday, March 17, St Patrick’s Day Celebration at Aqua Turf – RSVP starting January 6

Friday, March 20, Celebrating March Birthdays

Friday, March 20, Free Bird Housing Painting with the QU students

2020 Aqua Turf

Tuesday, March 17, 2020, St. Patrick’s Day, $45 - Registrations begins - January 6, 2020

Tuesday, April 14, 2020, Tom Jones & Englebert, $45 - Registrations begins - February 3, 2020

Tuesday, November 17, 2020, “Elvis”, $45 - Registrations begins - September 2, 2020

Included in the price: lunch, entertainment, and free transportation

Note: Transportation is only available to No. Haven residents
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.

2020 Dates
January 16, 2020
April 16, 2020
July 16, 2020*
October 15, 2020

All Classes held at the North Haven Center
189 Pool Road
1-5pm (new time)

Registration is required 203-239-5432

Checks only payable to AARP $15 AARP member, $20 non AARP members and due on the day you are scheduled to take the class. Along with your class fee you are required to bring your driver’s license to the Class.

* Effective July 1, 2020, the fees will increase to $20.00 for AARP members and $25.00 for non-members.

Connecticut Defensive Driving Course
North East AAA

If you are unable to attend the dates for the AARP Smart Driver Class North East AAA offers a free Defensive Driving Course. This free classroom program is a nationally recognized defensive driving course held at venues throughout the area.

You may register for a class by calling 1-866-901-8457
Monday- Friday 8am-6pm;
Saturday or Sunday 9am-6pm.

Program attendees will receive a certificate of completion within 10 days of the class and participants 60+ will be eligible for a 2-3 year auto insurance discount.
Group Games

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. - 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.

Bridge (intermediate) - Wednesday and Friday, 12:30 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.

Open Game Play - Thursday, 12:30 pm, Come play a game or two or three. Decisions of games will be made from whoever comes to play. Anyone interested in playing dominos, if so please sign up in the office. Once there are 4 or more people interested they will start playing.

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 - 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.

Crafts with Marlene - Resumes on March 19 - 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.

Drawing Class - Thursday, 1 - 2:30pm - Did you always want to learn how to draw? This is a 12 week basic drawing class which will teach you basic drawing skills and also will incorporate design principles, color theory, and exercises to promote creativity. This course will be great for a total beginner or those who want to refresh their own drawing techniques. On the first day of class, you will be shown the exact materials you will need for this class. Session: February 6 - April 23, 2020. Registration started December 5. Cost: $30 for residents $35 for non-residents. Maximum participants 10 people.

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!

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!

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.

Moving for Better Balance - “Mini 8 Week Special” - 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. Next Sessions: January 8 - February 28, 2020. Registration must occur before the start of the New Session. Registration for the new class started December 4. Cost: $20 for residents $25 for non-residents Maximum participants 15 people. Checks are due on the first day of class Payable to VNA Community Healthcare.
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. 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, February 10 – May 4, 2020. Registration must occur before the start of the New Session. Registration for the new class starts January 6. No Class – February 17. 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. Current Session: Tuesday, December 3 - March 3, 2020. Closed - Class Full. Next Session: Tuesday, March 17 - June 2, 2020. Registration must occur before the start of the New Session. Registration for the new class starts February 11. 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.
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 cancels the trip, refunds may be issued and or rescheduled at another time. If available travel insurance is recommended.

✓ 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.

When filling out the emergency contact information, Please **DO NOT** put the name of the person you are traveling with as the emergency contact. An emergency contact needs to be someone that is **NOT** on the trip with you.
Moving for Better Balance

Presented By: VNA Community Healthcare & Hospice
Funded by the Town of North Haven

It Works... This class will help you increase your strength and balance, stay active, independent and prevent falls.

It's Fun... Meet other older adults, make new friends.

Exercises can be modified for each person's fitness level and can be performed seated or standing.

<table>
<thead>
<tr>
<th>DATE</th>
<th>Wednesdays &amp; Fridays, January 8 - February 28</th>
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<tbody>
<tr>
<td>TIME</td>
<td>First class: 9:15 - 10:15 a.m.</td>
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<td></td>
<td>Second class: 10:30 - 11:30 a.m.</td>
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<tr>
<td>LOCATION</td>
<td>Joyce Budrow Senior Center, 189 Pool Rd., North Haven</td>
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<tr>
<td>COST</td>
<td>$20 for residents/$25 for non-residents</td>
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<tr>
<td>REGISTRATION</td>
<td>1.866.474.5230 (toll free)</td>
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*** No class when site is closed, No make-up dates

VNA COMMUNITY HEALTHCARE & HOSPICE

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

Toll Free Helpline: 866.474.5230

vnacommunityhealthcare.org
Tuesday, March 17, 2020
11:00am - 3:30pm
Collection Date Starts: January 6, 2020

Aqua Turf Club’s
St. Patrick’s Day Celebration!!
Featuring:
The Mclean Avenue Band!!

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 10:15am.

Traditional Irish meal, traditional Irish music & lots of dancing!
There is no better way to celebrate St. Patrick’s Day!
The Mclean Avenue Band will be playing old Irish Celtic folklore mixed with today’s pop rock Celtic music!

Coffee & Donuts
Door Prizes
Complimentary Glass of Beer or Wine

Family Style:
Salad/ Pasta / Corned Beef & Cabbage/ Baked Scrod/ Carrots & Potatoes/ Dessert
$45.00 pp
Checks Only Payable to: Aqua Turf Club
Tuesday, April 14, 2020
11:00am - 3:30pm
Collection Date Starts: February 3, 2020

Aqua Turf Club’s
Tom Jones & Englebert - The Way it Used to Be!!
Featuring:
Richie Mitnick (Musical Director) & Joe Saimeri!!

Sit back, close your eyes and be transported to great moments in musical history. From Delilah to Release Me, you’ll enjoy every second of this Powerful tribute to these unforgettable entertainers!

Definitely be prepared to dance!

Coffee & Donuts
Door Prizes
Complimentary Glass of Beer or Wine

Family Style:
Salad/ Pasta / Chicken
Kathryn/ Baked Ham/
Vegetable & Potatoes/ Dessert

$45.00 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 10:15am.
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 / thorpe.marlene@town.north-haven.ct.us
NORTH HAVEN SENIOR CENTER PRESENTS:

RESORTS
Casino-Hotel

ATLANTIC CITY

May 11-13, 2020  Mon-Wed

Stay at Resorts Casino Hotel, with a prime location at the northern end of the famed Atlantic City Boardwalk overlooking the Atlantic Ocean. Enjoy Resorts newer addition - Jimmy Buffet's Margaritaville. This tropical-themed casino section now offers a 5 O’Clock Somewhere Bar, LandShark Bar & Grill and Coffee Shop.

FABULOUS CASINO BONUS:
1 Show,
$30 Slot, $10 Food Credit,
2 - $20 meal credits *

* The $20 food credits are worth $25 if used at Breadsticks, Capriccio's, and East Wind.

COST: $289 pp double;
$279 pp triple;
$379 pp single
Based on 40-50

The features of the Resorts Casino bonus may be changed and/or eliminated at the discretion of the casino. If a show is not available, Resorts will not provide a substitute.

...Continued on back
DEPARTURE: North Haven Senior Center, 189 Pool Rd

DEPOSIT: $50 pp by February 3, 2020

FINAL PAYMENT: March 23, 2020

CHECKS PAYABLE TO: Friendship Tours

FOR RESERVATIONS: North Haven Senior Center 203-239-5432

CANCELLATION POLICY: If a passenger cancels from deposit to March 30, 2020 fee of $25 pp; March 31 to April 27, 2020 fee of $75 pp; no refunds if cancelled on April 28, 2020 or later unless a substitute is provided.

Trip Protection Coverage is strongly recommended. Aon Affinity administers the NTA Travel Protection plan designed specifically for members of the National Tour Association. The Pre-existing medical condition exclusion can be waived by purchasing the Enhanced Plan within 14 days of your deposit or initial payment. Purchase of the plan within this time period also provides eligibility for the Financial Insolvency benefit. Traveling companions / roommates are required to take the same plan (Basic or Enhanced) in order to be properly covered. Premium is non-refundable once paid. Three ways to enroll:

1. Website: https://nta.aontravelprotect.com Tour Operator Location #076068. You can also view plan details on this site.
2. Call Aon 1-800-388-1470. Tour Operator Location #076068. Customer service agents can also answer questions about each plan.
3. Call Friendship Tours / The Ship Shop 860-243-1630 or 800-243-1630

RESPONSIBILITY: Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.
North Haven Senior Center presents:

**Essex Steam Train and Riverboat**

with Lunch aboard restored 1920’s Pullman Diner

Enjoy a 3-course lunch aboard a restored 1920’s Pullman Diner as part of a 3 ¼ hour Lunch, Train, and Riverboat sightseeing excursion.

**Wednesday, May 27, 2020**

We’ll step back in time as we board our Dining Car to savor a hot lunch at historic Essex Station that is prepared and cooked on board. *Entrée choice in advance.* Next, we’ll travel aboard the train, pulled by an historic diesel locomotive, along the Lower Connecticut River Valley while we finish our meal.

At Deep River Landing we will transfer to the Becky Thatcher Riverboat for a cruise on the Connecticut River, bursting with lush scenery and historic sights such as Gillette Castle. We’ll finish our journey riding in Coach Passenger Cars aboard the train back to Essex Station.

**Cost:** $97 pp based on 40-48 passengers

**Depart:** 9:45am North Haven Senior Center, 189 Pool Road

**Estimated Return:** 4:30pm North Haven

**Reservations:** North Haven Senior Center 203-239-5432

**Checks Payable to:** FRIENDSHIP TOURS

**Collection Begins:** March 4, 2020

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**Menu**

Tossed Mix Greens Salad

**Entrée (Choose one)**
- Beef Tips & Gravy
- Baked Chicken
- Eggplant Parmesan

All entrées served with Chef’s Choice Vegetable, Starch, & Roll.

**Dessert**
- Chef’s Choice
- Coffee

---

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.
North Haven Senior Center presents:

**ALL-YOU-CAN-EAT-LOBSTER**

**SHOWTIME: LOU VILLANO**

The Delaney House, Holyoke, MA  
July 16, 2020 Thursday

**SERVED AT YOUR TABLE**
- Cheese & Vegetable Platter
- Shrimp Cocktail & Salad
- Bread Basket

**BUFFET MENU**

**Lobster! Lobster! Lobster:**
Variety of Salads, Fruit, Pork Marengo, Focaccia, Haddock, Chicken Marsala, Baked Ziti, Vegetables, Delicious Dessert & Beverage

_Lou Villano presents The Best of Paul Anka_

Talented Lou Villano will amaze you with his resemblance and vocal stylings as Paul Anka in this memorable show.

"Diana", "Lonely Boy", "Times of Your Life", "My Way"

A first rate entertainer!!

**COST: $105** pp based on 40-52

*Depart: 9:15am North Haven Senior Center, 189 Pool Road
Estimated Return: 5:15pm North Haven
Reservations: North Haven Senior Center 203-239-5432
Checks Payable to: FRIENDSHIP TOURS
Collection Begins: May 6, 2020
*Departure Time Subject to Change
OXYMORONS CROSSWORD PUZZLE

ACROSS
1. Bitter____
4. Deafening____
6. Good____
7. Clearly____
9. Working____
11. Freezer____
12. Plastic____
14. Definite____

DOWN
2. Steel____
3. Lead____
4. Jumbo____
5. Awful____
8. Idiot____
10. Alone____
11. One-man____
13. Civil____

Oxymorons

WORD LIST: BALLOON, BAND, BURN, GLASSES, GOOD, GRIEF, MAYBE, MISUNDERSTOOD, SAVANT, SHRIMP, SILENCE, SWEET, TOGETHER, VACATION, WAR, WOOL

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January Word Pictures  Rob Clagett

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. 

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12. 

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GATEWAY

$EDDIE$ A PHRASE

EXCHANGE4RATE AuRCHES

MATTER

CONTENTION

MAIN

*Creative Forecasting, Inc. January 2025 (719) 633-3174, Fax: (719) 632-4721, E-mail: cf@effective.com, www.creativefi
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SENIOR CENTER CLOSED</td>
<td>HAPPY NEW YEAR!</td>
<td>6 oz Chicken noodle soup</td>
<td>3 oz cheese omelet</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1 pkt unsalted crackers</td>
<td>½ cup O’Brien potato</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>3 oz Sloppy Joe</td>
<td>½ cup Roasted tomato</td>
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<td></td>
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<td></td>
<td>Wheat bun</td>
<td>blueberry muffin</td>
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<td></td>
<td></td>
<td>½ cup sweet potato tots</td>
<td>1 tsp margarine</td>
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<td></td>
<td></td>
<td></td>
<td>½ cup Peas</td>
<td>½ cup orange wedges</td>
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<td></td>
<td></td>
<td></td>
<td>½ cup Cinnamon Baked apple slices</td>
<td>8 oz low fat milk</td>
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<td>6</td>
<td></td>
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<td>8</td>
<td>9</td>
</tr>
<tr>
<td>3 oz fish croquettes</td>
<td>3 oz Chicken paprikash</td>
<td>Hot open roast beef sandwich/ gravy</td>
<td>1 cup Turkey pot pie with</td>
<td>6 oz Vegetable barley soup</td>
</tr>
<tr>
<td>tartar sauce</td>
<td>½ cup bowtie noodles</td>
<td>3 oz roast beef</td>
<td>1 biscuit</td>
<td>1 pkt unsalted crackers</td>
</tr>
<tr>
<td>½ cup Rice and orzo pilaf</td>
<td>½ cup Zucchini</td>
<td>½ cup diced winter squash</td>
<td>½ cup Peas</td>
<td>Veggie Wedge with 3 oz</td>
</tr>
<tr>
<td>½ cup Green beans</td>
<td>1 slice Rye bread</td>
<td>½ cup broccoli</td>
<td>½ cup Broccoli</td>
<td>mozzarella cheese and ½</td>
</tr>
<tr>
<td>Wheat dinner roll</td>
<td>1 tsp margarine</td>
<td>¾ cup Beets</td>
<td>1 tsp margarine</td>
<td>cup roasted veggies on</td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td>4 oz Orange juice</td>
<td>Fresh fruit</td>
<td>WG grinder roll</td>
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<tr>
<td>4 oz grape juice</td>
<td></td>
<td>Chocolate chip cookie</td>
<td>6 oz low fat milk</td>
<td>½ cup Baked apple slices</td>
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<tr>
<td>Carrot cake</td>
<td></td>
<td>8 oz low fat milk</td>
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<td>8 oz low fat milk</td>
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<tr>
<td>8 oz low fat milk</td>
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<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>3 oz Chicken Florentine</td>
<td>Hot open roast beef sandwich/ gravy</td>
<td>3 oz Roast pork with honey garlic sauce</td>
<td>1/6 Spinach quiche</td>
<td></td>
</tr>
<tr>
<td>½ cup roasted potato</td>
<td>3 oz roast beef</td>
<td>½ cup mashed sweet potato</td>
<td>½ Roasted tomato</td>
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<tr>
<td>½ cup Zucchini</td>
<td>1 slice wheat bread</td>
<td>½ cup Bean medley</td>
<td>1 cup Caesar salad with croutons and Caesar dressing</td>
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<tr>
<td>Herb breadstick</td>
<td>½ cup diced winter squash</td>
<td>1 slice Rye bread</td>
<td>Wheat dinner roll</td>
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<tr>
<td>1 tsp margarine</td>
<td>½ cup Beets</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
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<tr>
<td>Fresh fruit</td>
<td>4 oz Orange juice</td>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
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<tr>
<td>8 oz low fat milk</td>
<td>Chocolate chip cookie</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
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<tr>
<td>SENIOR CENTER CLOSED</td>
<td>Mini Trip: Knights of Columbus &amp; Lunch at</td>
<td>Chinese New Year Special</td>
<td></td>
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<tr>
<td>Martin Luther King, Jr. Day</td>
<td>The Greek Olive</td>
<td>Mandarin chicken Rice</td>
<td>6 oz Minestrone soup</td>
<td></td>
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<tr>
<td></td>
<td>(Trip is FULL)</td>
<td>Oriental blend vegetables</td>
<td>1 pkt unsalted crackers</td>
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<td></td>
<td></td>
<td>Oatmeal bread</td>
<td>1 square Vegetable lasagna</td>
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<td></td>
<td></td>
<td>Mandarin Oranges</td>
<td>½ cup Zucchini and tomato</td>
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<td></td>
<td></td>
<td>Spinach salad with shredded carrots and</td>
<td>1 slice garlic bread</td>
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<td></td>
<td></td>
<td>raspberry vinaigrette</td>
<td>Fresh fruit</td>
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<td></td>
<td></td>
<td>Garlic breadstick</td>
<td>8 oz low fat milk</td>
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<td>1 tsp margarine</td>
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<td></td>
<td></td>
<td>½ cup Mandarin oranges</td>
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<td>8 oz low fat milk</td>
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<td>30</td>
<td>31</td>
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<tr>
<td>3 oz Meatloaf/gravy</td>
<td>6 oz Italian wedding soup</td>
<td>3 oz Chicken Piccata</td>
<td>3 oz fish sticks</td>
<td></td>
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<tr>
<td>½ cup mashed potato</td>
<td>1 pkt unsalted Crackers</td>
<td>½ cup Barley pilaf</td>
<td>tartar sauce</td>
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<tr>
<td>½ cup Scandinavian blend</td>
<td>1 cup Ravioli with sauce and cheese</td>
<td>½ up broccoli</td>
<td>½ cup Macaroni and cheese</td>
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<tr>
<td>1 slice Multigrain bread</td>
<td>parmesan cheese</td>
<td>wheat dinner roll</td>
<td>½ cup Mixed vegetables</td>
<td></td>
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<tr>
<td>1 tsp margarine</td>
<td>1 cup spinach salad with shredded carrots and</td>
<td>1 tsp margarine</td>
<td>1 slice multigrain bread</td>
<td></td>
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<tr>
<td>½ cup Mandarin oranges</td>
<td>raspberry vinaigrette</td>
<td>fresh fruit</td>
<td>1 tsp margarine</td>
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<tr>
<td>8 oz low fat milk</td>
<td>Garlic breadstick</td>
<td>8 oz low fat milk</td>
<td>4 oz orange juice</td>
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<tr>
<td>8 oz low fat milk</td>
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<td></td>
<td>marble cake</td>
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<td>22</td>
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<tr>
<td>3 oz Italian wedding soup</td>
<td>Senior Center Holiday Volunteer Luncheon</td>
<td>Chinese New Year Special</td>
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<td>1 pkt unsalted Crackers</td>
<td></td>
<td>Mandarin chicken Rice</td>
<td>6 oz Minestrone soup</td>
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<tr>
<td>1 cup Ravioli with sauce and cheese</td>
<td></td>
<td>Oriental blend vegetables</td>
<td>1 pkt unsalted crackers</td>
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<tr>
<td>parmesan cheese</td>
<td></td>
<td>Oatmeal bread</td>
<td>1 square Vegetable lasagna</td>
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<tr>
<td>1 cup spinach salad with shredded carrots</td>
<td></td>
<td>Mandarin Oranges</td>
<td>½ cup Zucchini and tomato</td>
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<tr>
<td>and raspberry vinaigrette</td>
<td></td>
<td>Spinach salad with shredded carrots and</td>
<td>1 slice garlic bread</td>
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<tr>
<td>Garlic breadstick</td>
<td></td>
<td>raspberry vinaigrette</td>
<td>Fresh fruit</td>
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<tr>
<td>1 tsp margarine</td>
<td></td>
<td>Garlic breadstick</td>
<td>8 oz low fat milk</td>
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<tr>
<td>½ cup Pears</td>
<td>12:00 p.m.</td>
<td>Finger food</td>
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<td>8 oz low fat milk</td>
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<td>Please sign up at office before</td>
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<td>1/13/20</td>
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MONTHLY ACTIVITIES
Mondays:
9:30: Fitness Fun
10:00: Canasta
10:30: Tai Chi
12:00: Pinochle
12:30: Beg Mah Jongg
1:00: Bingo

Tuesdays:
9:00: Computer Class/Ceramics
10:00: Knitting/Crochet
10:30: Beg Chair Yoga
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
12:00: Mah Jongg
12:30: Intermediate Bridge

Thursdays:
8:00: Pinochle
9:00: Ceramics/French Hour
10:00: Crafts (resumes in Spring)
10:30: Line Dancing
12:30: Open Game Play

Fridays:
9:15: Moving for Better Balance
9:30: Scrabble/Fitness Fun
10:30: Moving for Better Balance
12:00: Setback
12:30: Intermediate Bridge
1:00: Bingo
<table>
<thead>
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<tbody>
<tr>
<td></td>
<td>CENTER CLOSED</td>
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<tr>
<td></td>
<td>HAPPY NEW YEAR!</td>
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<td>6</td>
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<td>9:00 A.M.</td>
<td>12:00 P.M.</td>
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<tr>
<td></td>
<td>Finance Meeting</td>
<td>Ask The Nurse</td>
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<tr>
<td></td>
<td>Registration begins</td>
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<tr>
<td>For St. Patrick’s Day Celebration</td>
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<td>At Aqua Turf</td>
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<td></td>
<td>9:30 A.M.</td>
<td>1:00 P.M.</td>
<td>11:45 A.M.</td>
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<tr>
<td></td>
<td>Mini Trip:</td>
<td>AARP</td>
<td>Celebrate</td>
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<td>Walmart of Wallingford</td>
<td>Smart Driver</td>
<td>January Birthdays</td>
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<tr>
<td></td>
<td>(New Time)</td>
<td>Course w. First Selectman</td>
<td>Michael Freda</td>
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<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
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<tr>
<td></td>
<td>9:30 A.M.</td>
<td>1:15 P.M.</td>
<td>10:00 A.M.</td>
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</tbody>
</table>
|       | SENIOR CENTER CLOSED | Finance Meeting | Movie: “Now You Re-Gifting"
|       | Martin Luther King, Jr. Day | Mini Trip: Knights of Columbus & Lunch at The Greek Olive (rescheduled from 12/18/19) |        |
| 27    | 28     | 29     | 30     |
|       | 9:30 A.M. | 12:00 P.M. |        |
|       | Mini Trip: Universal Drive | Holiday Fair Volunteer Luncheon at the Center |        |