Senior Happenings

February 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: February 10 - Walmart, New Haven
February 24 - 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 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.

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 – February 26, 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,

Social Security is warning the public that telephone scammers may send fake documents by email to convince victims to comply with their demands.

The latest variation on Social Security phone scams, which continue to be widespread throughout the United States. Using robocalls or live callers, fraudsters pretend to be government employees and claim there is identity theft or another problem with one’s Social Security number, account, or benefits. They may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift card, cash, wire transfer, internet currency such as Bitcoin, or pre-paid debit card.

I encourage you to be vigilant against all types of phone scams no matter what “proof” callers may offer. Criminals/scammers will come up with new ways to convince you of their legitimacy.

**Remember Social Security will never:**

- threaten you with arrest or other legal action unless you immediately pay a fine or fee;
- promise a benefit increase or other assistance in exchange for payment;
- require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card; or
- send official letters or reports containing personally identifiable information via email.

If there is ever a problem with your Social Security number or record, in most cases Social Security will mail you a letter. If you do need to submit payments to Social Security, the agency will send a letter with instructions and payment options. **You should never pay a government fee or fine using retail gift cards, cash, internet currency, wire transfers, or pre-paid debit cards. The scammers ask for payment this way because it is very difficult to trace and recover.**

If you receive a call or email that you believe to be suspicious, about a problem with your Social Security number or account, **hang up or do not respond.**

It is encouraged that you report any issues to Social Security by using their dedicated online form, at [https://oig.ssa.gov](https://oig.ssa.gov) or you may contact by

**U.S. Mail:** Social Security Fraud Hotline  
P.O. Box 17785  
Baltimore, Maryland 21235

**FAX:** 410-597-0118  **Telephone:** 1-800-269-0271 from 10 a.m. to 4 p.m. Eastern Standard Time, Monday through Friday, excluding Federal holidays. **TTY:** 1-866-501-2101 for the deaf or hard of hearing.

![coffee](image)

A note of thanks to all for not putting coffee cups filled with coffee, tea bags, and other debris in the collection dish pan. This helps staff at the end of the day when cleaning up the coffee bar and above all it keeps germs at bay.
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: Martha Kirshner, Carole Labagnara, Sandra Mastroianni and Arnold’s Jewelers.

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

To our new members: Carl Cohen, Cecile Cohen, Mary Cubitt, Jack Reynolds, Jo-Ann Sweet, Linda Taft, Kathy Williams and Carol Wulff

**Registration Begins for the following Trips:**

See enclosed flyers for detailed information:

- Tom Jones & Englebert - Aqua Turf - February 3, 2020
- Mohegan Sun Casino – March 2, 2020
- Essex Steam Train & River Boat - March 4, 2020
- Atlantic City, Final Payment – March 23, 2020
- Newport Flower Show – April 8, 2020
- All-You-Can-Eat-Lobster - May 6, 2020
- Newport Playhouse - “On the Golden Pond” - June 3, 2020
- Westchester Broadway Theater - “9 to 5” - June 3, 2020
- “Elvis” - Aqua Turf - September 2, 2020

**Mini Trips**

**February 10 - Walmart, New Haven**

**February 24 - Universal Drive:** Target, Michaels, 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, February 3 and Wednesday, February 19 and will take place in the ceramic room.

Ask the Nurse due to the holiday on February 12 this will be postponed until Wednesday, March 11, 12:00noon - 1:30 pm; Services at the Clinic include blood pressure, heart rate, weight and setting health goals, medication reviews and lists, and medical appointment preparation.

Senior Songsters, 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, Wednesdays and Fridays at 1:00pm.*
Please Note our Changes for Bingo…
**Wednesdays Bingo has Returned starting February 5th!!**

*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.*
Special Valentine’s Raffle

Come See at the Senior Center
Ticket Sales through February 14

Tickets:
2 tickets for $1
Arm Length for $5

Drawings will be February 14
No need to be present

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**

**Valentine’s Special Lunch**
With Our Traveling Chef!!

**Friday, February 14 at 11:30am**
**Pasta Bar**
Seating limit has been reached

**New Merry Chat with Mary, Tuesday, February 18, 10:30 am**
Come join Mary and enjoy an hour of great conversation and awesome stories!
Please call the Center, 203-239-5432 to reserve your seat.
Thursday, February 20, 10:00am
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, 10:00am
(No. Haven Residents only)

It’s Movie Time at the North Haven Senior Center Cinema

While You Were Sleeping
Thursday, February 20, at 1:15pm

This latter-day romantic screwball comedy stars Sandra Bullock as a love-starved subway toll booth operator, Lucy. Lucy pines for regular customer Peter Callaghan (Peter Gallagher), but the self-absorbed attorney pays her no heed. One day, Peter is beaten by a gang of thugs and tossed onto the tracks. Lucy rescues him from death. While he is comatose in the hospital, a comment she makes at his bedside is misinterpreted. She then allows his family members to believe that she is his fiancée. Peter's parents take a liking to Lucy. But Lucy takes a liking to Peter's brother Jack (Bill Pullman), though Jack is suspicious about her claim to be Peter's intended.

Come join us for an afternoon with a good movie
*If less than 10 people RSVP, the movie will be postponed to a later date
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.

Shopping at the Christmas Tree Shop &
Lunch at TGI Fridays

Wednesday, February 26
9:30am - Leaving from the Center

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

Signups until Friday, February 21
Snow Date: March 4
Seating is limited, RSVP today!
Friday, March 6, 1:00 pm – Mardi Gras Bingo…instead of winning on the word BINGO we will be winning with the word BEADS. Please note that it is requested that you bring the correct dollar amount to play. Cards are .75 each. Please RSVP in the office before March 2

Senior Songsters On the Road!

Our Senior Songsters - Tuesday, March 10, 2020 will be taking their talent on the road and will be singing the Luck of the Irish at North Haven’s newest assisted living facility

The Landing
201 Clintonville Rd, No. Haven
Time: 12 noon

Please sign up in the office by March 3 to confirm you will be performing on this day.
All songsters are asked to wear a white shirt/blouse and black slacks/skirt
Note: This invitation at The Landing is only open to Current Senior Songsters that are on the Roster. New members are encouraged to join and participate in future performances beginning April 2020.
Free Hearing Screening Tests

Thursday, March 12
9:30 to 12:00pm

Make your appointment to have a free hearing screen from John Caswell, hearing instrument specialist. Appointments will be every 20 minutes.

Signups taken until March 10
Space is limited

Tom Callinan

Will be at the North Haven Senior Center preforming the “Luck of the Irish”
Come listen to all the Irish music in preparation for the St Patrick’s Day!
Friday, March 13 at 1:00pm
A special St. Patrick’s Dessert will be served
Please RSVP in the office before March 6
Celebrating March Birthdays
Please join us along with First Selectman Michael Freda on March 20, at 11:45am
to celebrate all the March 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.

Free Bird House Painting
Friday, March 20
2:30 - 4pm
Come have fun and a stress free afternoon. Join us as we paint and decorate a bird house
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 March 13
You may register in person or by calling 203-239-5432
(No. Haven Residents only)

Shopping at the Meriden & Wallingford Plazas & Chick-Fil-A
Wednesday, March 25, 9:30am - Leaving from the Center
Please note: This bus trip is for North-Haven residents only.
Please RSVP starting March 3, in person or by calling the Center 203-239-5432
Remember seating is limited

Friday, March 27, 10:00am - “Join Marisa our very own registered dietitian from the ShopRite of Wallingford for “Step into Spring Cooking!” You will learn tips and tricks on how to make
springtime cooking healthier and also more delicious! Many recipes will be included and a sampling of
one of Marisa’s best spring time recipe! Happy Spring! Please sign up, February 3 - March 20
It’s Mohegan Sun Casino Time!

May 13, 2020

From: North Haven Senior Center

Departure Time at 8:30am and Estimated Return Time is 4:15pm

$30.00 Residents, Collection Time: 9am - 2pm: Collection Date: Monday, March 2 - March 30, or until bus is filled.

$35.00 Non-Residents, Collection Date: Starts Wednesday, March 16

Checks Only - Payable to: Treasurer Town of North Haven

Bus will fill up quickly, so sign up early
Come Join Us for some Extra Special Bingo

Jukebox Bingo
Back by Popular Demand!!

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

All brought to you by Keith Alan
Wednesday, May 20 at 1pm

We will conclude this fun filled afternoon with an early supper of a meatball sub, beverage and dessert.

Mark your calendars for this great event!

This Whole Amazing Afternoon for only $5.00!

Please sign up in the office starting Monday, April 1 - 30
Come Join us for a Fabulous Lunch to Celebrate Summer!!

Wednesday, June 24, 2020
12 Noon

All you can eat pizza, green salad, gelato and Italian coffee

Please RSVP starting May 1 – May 29

This whole wonderful lunch for only $10

This will need to be eaten in-house Only, NO take outs will be permitted

Seating is Limited, so don’t wait to sign up
Mark Your Calendar…
Trips, Entertainment, and, More!

March - Extra -
Monday, March 16, 2-3:45pm - The Housing Authority Tenant Commission

April-
Thursday, April 2, Move & Groove Demo
Friday, April 3, University of New Haven - Dental Hygiene Program
Tuesday, April 7, Easter Egg Hunt (Rain Date - 4/9/2020)
Tuesday, April 14, Tom Jones & Englebert at Aqua Turf
Thursday, April 16, National Health Care Decisions Day
Friday, April 17, Celebrating April Birthdays
Tuesday, April 21, Merry Chats with Mary
Wednesday, April 22, Movies in Wallingford & Lunch at 99 Restaurant
Thursday, April 23, Come Paint with Mary, (more information to follow)
Thursday, April 30, Ray Sola, Bee Keeper

2020 Aqua Turf

Tuesday, March 17, 2020, St. Patrick’s Day, $45 - Registrations began - 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
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, Wednesday 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.

“New” 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. Closed - Class Full. New Session TBA. Cost: $30 for residents $35 for non-residents. Maximum participants 15 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 - 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: March 11 – May 29, 2020. Registration must occur before the start of the New Session. Registration for the new class started February 7. Cost: $30 for residents $35 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, April 7 - June 23, 2020 or Wednesday, April 8 – June 24, 2020. Registration must occur before the start of the New Session. Registration for the new class starts March 3. 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.

DATE | Wednesdays & Fridays, March 11 - May 29
TIME  | First class: 9:15 - 10:15 a.m.
       | Second class: 10:30 - 11:30 a.m.
LOCATION | Joyce Budrow Senior Center, 189 Pool Rd., North Haven
COST | $30 for residents/$35 for non-residents
REGISTRATION | 1.866.474.5230 (toll free)

*** No class when site is closed, No make-up dates

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!!

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

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.
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 Buffett’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**

**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.
Collection Date Begins: April 8, 2020

The North Haven Senior Center Presents:

Newport Flower Show

June 19, 2020 | $117 pp

Information & Reservations
North Haven Senior Center-203-239-5432
Checks Payable: Tours of Distinction
*Meal selection needed at registration

Depart: 8:30 am – Senior Center, 189 Pool Road, North Haven
Estimated Return: 7:15 pm

Tour Includes:
- Motor Coach
- ToD Tour Director
- Lunch
- Admission to the Flower Show
- All Gratuities (Including Driver and Tour Director)

Enjoy lunch at the Mooring. For over 35 years, the Mooring has been serving locals and tourists alike at their historic waterfront location in Newport. Your lunch starts off with a Salad. Then, you have a choice of: Grilled Chicken (served with Wild Mushroom Gravy) or Local White Fish (served with Fresh Citrus). All served with Potato, Vegetable, Warm Bread, Butter, Dessert, Coffee, Tea, and Soda.

Next, we will head over to the 25th Annual Newport Flower Show! This superb seaside flower show is unlike any other flower and garden show around. Between the fabulous Gilded Age “summer cottage” setting of Rosecliff, the excellent vendors, live music, sweeping views and ocean breezes, every corner of this event is a delight for the senses - and that's before you even get to the amazing flower displays!

This year’s theme is “Voices in the Garden”. Voices are like fingerprints. Each has a unique register and leaves an indelible signature. A garden is the reflection of the gardener’s voice. Whether that voice echoes the strength in mighty trees, the romance of fragrant flowers, or the laughter of bubbling water, all are still heard in great gardens. Celebrate the voices of great American gardeners with us!

Disclaimer: We are in the business that plans for ahead of the tour’s start date which can, at times, leave us with a change of itinerary, attraction, meal or accommodation. Due to any unforeseen circumstances, Tours of Distinction, Inc., must reserve the right to change the booked itinerary, attractions, restaurants or accommodations. In such an event, the alternative will be of equal or greater value. Any refunds to be issued from the company will be processed and sent no later than 30 days after the initial refund request.
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

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 costs based on fuel surcharges.
Collection Date Begins: June 3, 2020

The North Haven Senior Center Presents:

Newport Playhouse: On Golden Pond

August 13, 2020 | $120 pp

Information & Reservations
North Haven Senior Center- 203-239-5432
Checks Payable: Tours of Distinction

Depart: 8:30 am – Senior Center, 189 Pool Road, North Haven
Estimated Return: 7:45 pm

Tour Includes:
- Motor Coach
- ToD Tour Director
- Reserved Seats for Lunch and Show
- All Gratuities (Including Driver and TD)

Trip Activity Level: 🚣

Having been established in 1983, the Newport Playhouse is a family operated business that has been a favorite with locals and tourists ever since it opened.

Enjoy a very unique experience where you will have a buffet lunch, then enter into their theatre to see “On Golden Pond,” followed by a fun-filled Cabaret.

The love story of long married couple Ethel and Norman Thayer, told with plenty of laughs and hard-won wisdom. As Norman nears 80 his memory might be failing, but his sharp-tongued wit and the torch he carries for his wife Ethel have never dimmed. When their middle-aged daughter brings a surprise young guest for the summer, they find themselves with a “grandchild” the couple has longed for. The touching and funny story of a winning older couple facing their twilight years with humor and heart.

Disclaimer: We are in the business that plans far ahead of the tour’s start date which can, at times, leave us with a change of itinerary, attraction, meal or accommodation. Due to any unforeseen circumstances, Tours of Distinction, Inc., must reserve the right to change the booked itinerary, attractions, restaurants or accommodations. In such an event, the alternative will be of equal or greater value. Any refunds to be issued from the company will be processed and sent no later than 30 days after the initial refund request.
North Haven Senior Center presents:

WESTCHESTER BROADWAY THEATRE

Thursday, August 20, 2020

Westchester Dinner Theatre located in Elmsford, NY is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, you’ll select from an excellent menu and enjoy a pre-show lunch.

With music and lyrics by Dolly Parton, 9 To 5 is based on the 1980 hit movie. Set in the late 1970s, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking and even a little romantic.

Pushed to the boiling point, three female coworkers concoct a plan to get even with the sexist, egotistical, lying, hypocritical boss. They conspire to take control of the company and learn there’s nothing they can’t do, even in a man’s world! Featuring Dolly Parton’s original hit title song, and her Tony and Grammy-nominated score including “Backwoods Barbie” and “Shine Like the Sun.”

COST: $112.00 per person based on 40-50

Depart: 8:15am North Haven Senior Center, 189 Pool Road

Estimated Return: 6:30pm North Haven

Reservations: North Haven Senior Center
203-239-5432

Checks Payable to: Friendship Tours
Collection Begins: June 3, 2020

Friendship Tours reserves the components of the tour and does not own or operate the independent suppliers of services including transportation. Trip cancellation because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to events / shows are non-refundable. Friendship Tours reserves the right to adjust cost based on final exchanges.
YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. BAKED
2. STATE
3. HIT
4. RETURN
5. FECK
6. AFF4AIRS
7. AIR 4CE 1
8. JERK
9. STATE
10. TUNNEL
11. DOWN
12. .5 BAKED TlOOOnTgH__ON__
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>3 oz Chicken parmesan</td>
<td>3 oz potato crusted fish</td>
<td>6 oz Chicken noodle soup</td>
<td>3 oz cheese omelet</td>
<td>3 oz cheese omelet</td>
</tr>
<tr>
<td>½ cup penne pasta with sauce</td>
<td>tartar sauce</td>
<td>tartar sauce</td>
<td>½ cup O'Brien potato</td>
<td>½ cup O'Brien potato</td>
</tr>
<tr>
<td>Parmesan cheese</td>
<td>½ cup Potato wedges</td>
<td>1 pkt unsalted crackers</td>
<td>½ cup Roasted tomato</td>
<td>½ cup Roasted tomato</td>
</tr>
<tr>
<td>½ cup broccoli and cauliflower</td>
<td>½ cup Tuscan vegetable blend</td>
<td>Wheat bun</td>
<td>blueberry muffin</td>
<td>blueberry muffin</td>
</tr>
<tr>
<td>1 slice Italian bread</td>
<td>Dinner roll</td>
<td>½ cup sweet potato tots</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td>½ cup Peas</td>
<td>½ cup orange wedges</td>
<td>½ cup orange wedges</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>4 oz grape juice</td>
<td>½ cup Cinnamon Baked apple slice</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>oatmeal raisin cookie</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz fish croquettes</td>
<td>3 oz Chicken paprikash</td>
<td>SENIOR CENTER CLOSED</td>
<td>1 cup Turkey pot pie with 1 biscuit</td>
<td>Valentine's Special Lunch PASTA BAR</td>
</tr>
<tr>
<td>tartar sauce</td>
<td>½ cup bowtie noodles</td>
<td>SENIOR CENTER CLOSED</td>
<td>½ cup Peas</td>
<td>Served at 11:30 PM $5</td>
</tr>
<tr>
<td>½ cup Rice and orzo pilaf</td>
<td>½ cup Zucchini</td>
<td>LINCOLN’S BIRTHDAY</td>
<td>½ cup Broccoli</td>
<td>(Sign up in office by 1/21/2020)</td>
</tr>
<tr>
<td>½ cup Green beans</td>
<td>1 slice Rye bread</td>
<td>Fresh fruit</td>
<td>1 tsp margarine</td>
<td></td>
</tr>
<tr>
<td>Wheat dinner roll</td>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td></td>
</tr>
<tr>
<td>4 oz grape juice</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td></td>
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<tr>
<td>Carrot cake</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
</tr>
</thead>
<tbody>
<tr>
<td>SENIOR CENTER CLOSED PRESIDENTS’ DAY</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>3 oz Roast pork with honey garlic sauce</td>
<td>3 oz Roast beef</td>
<td>½ cup mashed sweet potato</td>
<td>½ Roasted tomato</td>
<td></td>
</tr>
<tr>
<td>½ cup bowtie noodles</td>
<td>½ slice wheat bread</td>
<td>½ cup Bean medley</td>
<td>1 cup Caesar salad with croutons and Caesar dressing</td>
<td></td>
</tr>
<tr>
<td>½ cup Zucchini</td>
<td>½ cup Diced winter squash</td>
<td>1 slice Rye bread</td>
<td>Wheat dinner roll</td>
<td></td>
</tr>
<tr>
<td>1 tsp Beets</td>
<td>½ cup Beets</td>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
<td></td>
</tr>
<tr>
<td>4 oz Orange juice</td>
<td>4 oz Orange juice</td>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td>Chocolate chip cookie</td>
<td>Chocolate chip cookie</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
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</thead>
<tbody>
<tr>
<td>3 oz Sliced turkey/gravy</td>
<td>1 cup Sausage and pepper</td>
<td>Mini Trip/Lunch Out Chinese New Year Special</td>
<td>6 oz Minestrone soup</td>
<td></td>
</tr>
<tr>
<td>½ cup Stuffing</td>
<td>½ cup Penne pasta</td>
<td>Christmas Tree Out Special</td>
<td>1 pkt unsalted crackers</td>
<td></td>
</tr>
<tr>
<td>½ cup Mashed squash</td>
<td>½ cup Broccoli</td>
<td>Shop &amp; lunch at TGI Friday’s</td>
<td>1 square Vegetable lasagna</td>
<td></td>
</tr>
<tr>
<td>Cranberry sauce</td>
<td>Wheat grinder roll</td>
<td>Space is Limited Chinese New Year Special</td>
<td>½ cup Zucchini and tomato</td>
<td></td>
</tr>
<tr>
<td>Corn muffin</td>
<td>1 tsp margarine</td>
<td>Sign up at office by 2/21/2020</td>
<td>1 slice garlic bread</td>
<td></td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>Fresh fruit</td>
<td></td>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td>½ cup applesauce</td>
<td>8 oz low fat milk</td>
<td></td>
<td>8 oz low fat milk</td>
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<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<td>8 oz low fat milk</td>
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</table>
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
1:00: Bingo (resumes 2/5)

Thursdays:
8:00: Pinochle
9:00: Ceramics/French Hour
10:00: Crafts (resumes in Spring)
10:30: Line Dancing
12:30: Open Game Play
1:00: Drawing Class-New (Starts 2/6)

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>
<tr>
<th>Time</th>
<th>Location</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>9:00 A.M.</td>
<td></td>
<td>Finance Meeting</td>
</tr>
<tr>
<td>10:00 A.M.</td>
<td>Paint Flower Pots &amp; Plant Seeds w.</td>
<td>Paul Mitchell</td>
</tr>
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<td>10:00 A.M.</td>
<td></td>
<td>School of Beauty</td>
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<tr>
<td>1:00 P.M.</td>
<td></td>
<td>Bingo- “Wear Red&quot; Day”</td>
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<tr>
<td></td>
<td></td>
<td>Collection begins for ACES Mill Academy</td>
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<tr>
<td></td>
<td></td>
<td>Manicures &amp; Hand</td>
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<td></td>
<td><em>(wear Red to</em></td>
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<td></td>
<td>Tom Jones &amp; Englebert</td>
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<td><em>wear Red to</em></td>
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<tr>
<td></td>
<td></td>
<td>School of Beauty</td>
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<tr>
<td></td>
<td></td>
<td>Bingo Card</td>
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<tr>
<td></td>
<td></td>
<td><em>(wear Red to</em></td>
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<tr>
<td></td>
<td></td>
<td>School of Beauty</td>
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<td></td>
<td></td>
<td>Bingo Card</td>
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<tr>
<td></td>
<td></td>
<td><em>(wear Red to</em></td>
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<tr>
<td>9:30 A.M.</td>
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<td>SENIOR CENTER</td>
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<tr>
<td></td>
<td></td>
<td>Closed</td>
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<tr>
<td></td>
<td></td>
<td>Pasta Bar Lunch</td>
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<tr>
<td></td>
<td></td>
<td>Walmart</td>
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<tr>
<td></td>
<td></td>
<td>New Haven</td>
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<tr>
<td></td>
<td></td>
<td>LINCOLN’S</td>
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<tr>
<td></td>
<td></td>
<td>BIRTHDAY</td>
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<tr>
<td>10:30 A.M.</td>
<td></td>
<td>SENIOR CENTER</td>
</tr>
<tr>
<td>9:00 A.M.</td>
<td>Merry Chats w. Mary</td>
<td>Finance Meeting</td>
</tr>
<tr>
<td>10:00 A.M.</td>
<td></td>
<td>Make &amp; Take: Collette Tours</td>
</tr>
<tr>
<td>10:00 A.M.</td>
<td></td>
<td>Suet Bird Feeder</td>
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<tr>
<td>10:00 A.M.</td>
<td></td>
<td>In-House</td>
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<td></td>
<td>WASHINGTON’S BIRTHDAY</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:45 A.M.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:15 P.M</td>
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<tr>
<td></td>
<td></td>
<td>Celebrate</td>
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<tr>
<td></td>
<td></td>
<td>Movie: “While You Were Sleeping”</td>
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<tr>
<td></td>
<td></td>
<td>January Birthdays</td>
</tr>
<tr>
<td></td>
<td></td>
<td>w. First Selectman</td>
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<tr>
<td></td>
<td></td>
<td>Michael Freda</td>
</tr>
<tr>
<td>9:30 A.M.</td>
<td></td>
<td>Mini Trip:</td>
</tr>
<tr>
<td>9:30 A.M.</td>
<td></td>
<td>Mini Trip/Lunch Out:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Universal Drive</td>
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<tr>
<td></td>
<td></td>
<td>Christmas Tree Shop</td>
</tr>
<tr>
<td></td>
<td></td>
<td>North Haven &amp; lunch at TGIFriday’s</td>
</tr>
</tbody>
</table>

*Note: All activities are subject to change without notice.*