Senior Happenings

March 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 a.m. - 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: David Majlak
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: March 9 - Walmart, Wallingford
March 23 - Universal Drive

Tuesdays: (time frame for grocery shopping will be an hour and a half from time of drop off)
- Grocery Shopping

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)
- Errands to include – Pharmacies, Bank, Post Office

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 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 – April 14, November 17, and December 4
*Except if you already have an appointment scheduled with the Senior Center.
From the desk of Judy,  

Are you new to Medicare?  

If you want to know how Medicare works and learn which options might be best for you the Agency on Aging of South Central CT is launching a new program designed for anyone who is turning 65 or collecting Social Security Disability benefits. This informational program will explain the different parts of Medicare, how Medicare works, how to choose among different Medicare options, and the cost assistance programs available in Connecticut. Presentations are held on the first Wednesday of every month at 4pm at the Agency on Aging of South Central Connecticut, 117 Washington Avenue, No. Haven. RSVP to Jon Modica at 203-785-8533 x3282

Tax Season is Here Avoid IRS Impersonators

A reminder to all the IRS will not call you with threats of jail or lawsuits. Don't fall for an ingenious twist; in which scammers tell you about a tax windfall you're owed. You're blinded by the promise of unexpected money! In this scheme, they ask you to verify your bank account number or Social Security number. This may seem convincing, as fraudsters sometimes know part of these numbers. But guess what: Once you "verify" a number, they have it and they can try to drain your bank accounts or collect your Social Security benefits. The IRS will not send you an unsolicited email suggesting you have a refund or that you need to update your personal information. Emails and other messages purporting to be from the IRS or related government agencies may be phishing scams. Don't open any email or text attachments, either, which can be used to gain access to your data or harm your computer. The IRS will not request any sensitive information online. These are all scams, and they are persistent, don't fall for them.

New Support Group

Are you a Caregiver for a family member or friend with Alzheimer's disease or another type of dementia? Do you feel stressed by the demands of caregiving and don't know where to find support? If so, The Landing of North Haven has recently formed a Caregiver Health Support Group in collaboration with Alzheimer Association. The group meets monthly on the 4th Wednesday of every month from 4 – 5pm. For more information please contact 203-780-0111 or ahebert@leisurecare.com

Quinnipiac University to Offer Free Lectures for Lifelong Learning

Quinnipiac University, occupational therapy, will host a QU Lifelong Learning Week from March 30th to April 3rd 2020. Seniors are invited to engage in one or all three, college-level lectures by acclaimed professors. Lectures address studio art, creative writing, and the Academy Awards. Lecture titles are Discovering the Many Layers of Art (Mon. March 30th, 1:00 pm), Writing your Personal Story (Wed. April 1, 10:00 am), and A Brief Look at Academy Awards History: Which Films Won and Which Should Have (Fri. April 3, 10:00 am). All lectures are free, open to the public, no registration, and held at Quinnipiac University North Haven campus, 370 Bassett Rd, North Haven.

Senior Center Membership Application Updates

In reviewing members’ applications it was realized that the information listed is no longer valid especially telephone numbers and emergency contacts. With that being said I am asking you to stop by the office to review your application as well as reviewing the participant code of conduct. If you would prefer to fill out a new application along with the participant conduct to save time copies of both documents are found in the body of the newsletter. Once completed please drop it off in the office. If you have any questions feel free to stop or call me. Thank you all in advance.
For your donations: Madelyn Boni, Irene Holcomb, Jen Johnson, and Carol Labagnara

Donations made in Memory of Doryce Coon: Fran Bartlett, Mary Connolly, Diane & Kerry Daley, Maryann Dinneen, Joan Gillooly and Bernie & Faye Shedd

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

To our new members: Lillie Aldri, Patricia Barlow, Angelina Esposito, Nelson Gonzales, Javier & Leona Izaguirre, Lorna Mangles, and Rita Mauro

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

Tom Jones & Engle Bert - 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

March 9 - Walmart, Wallingford
March 23 - 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
Looking for Donations:
100% cotton thread, please see Marlene if you have any questions.

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 month’s meeting/s which will meet on Monday, March 2 and Wednesday, March 18 and will take place in the ceramic room.

Ask the Nurse will be held on 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, come on Thursdays and join in on the fun. They play on Thursday at 12:30pm, Game Day.

Bingo - Mondays at 1:00pm, Wednesdays and Fridays at 12:30pm.*

Please Note our Time Change for Bingo on Wednesdays and Fridays to 12:30pm...

*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.
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

Daylight Saving Time Begins on Sunday, March 8
Also on March 8, is Check your Batteries Day

This day was created to raise awareness of the importance of testing and having working batteries in household appliances like smoke detectors and carbon monoxide detectors.

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, Mint Chocolate Chip Brownie Sundaes
will be served at the conclusion.
Plus, everyone who signs up before March 6 and attends will receive
one free lotto ticket at the conclusion of the program!
So Don’t Wait and Sign up Today!
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.

Please RSVP by March 18, in person or by calling the Center 203-239-5432
*A special thank you to our new friends of The Landing for their generosity in providing our monthly Birthday Cake.

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 with Lunch at 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
Due to the yearly maintenance of the retractable wall the center will be Closed for a Half Day; On Wednesday March 25, (8am -12:00pm).

All activities/programs in that time period will be canceled.

The Center Doors will Re-Open at 12:00pm and activities/programs will carry on for the afternoon.

Transportation will not be effected.

Thank you in advance.
Thursday, March 26, 10:00am (Please note the date change) - 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

Wednesday, April 1, 10:00am - “Join Marlene in an Easter Wreath Make and Take”
Cost: $5.00 which includes all supplies. A sample of the wreath is displayed at the center. Space is limited, so don’t wait! Please sign up before March 27
The beauty of Dance Therapy is that it allows the clients the ability to mold the session into what they need it to be. “I focus on the use of the body as a tool. Whether it's dancing, creating music or creating art I see all forms of movement as dance. We start where you are ready and comfortable. Don't let "dance" scare you!”

Come join us for a FREE Demo of Move & Groove
Thursday, April 2 at 9:30am
Please sign up in the office starting Tuesday, March 3
Come prepared with the name of your favorite song
Friday, April 3, 9:30am - FREE ORAL SCREENINGS
Presented by University Of New Haven Dental Hygiene Program
Please sign up in the office before March 7

DID YOU KNOW THAT PROPER ORAL HYGIENE CAN HAVE AN IMPACT ON YOUR OVERALL HEALTH?

JOIN US to learn about:

- Proper brushing/flossing
- Risks of cavities and gum disease
- Nutrition for a healthy mouth
- Denture Care

ALL AUDIENCE MEMBERS GET A FREE BAG FULL OF DENTAL CARE ITEMS!!

Wednesday, April 15, 10:30am - Bocce Meeting, All members are welcome.

National Health Care Decisions Day
Thursday, April 16, 11am – 1pm

In an effort to educate and empower people to learn about and engage in advance healthcare decision-making, VNA Community Healthcare & Hospice has planned a day of outreach. National Healthcare Decisions day is a collaborative effort of national, state and community organizations aimed at ensuring information, opportunity and access is available for all to document important healthcare decisions.

The VNA Community Healthcare & Hospice will be here to provide information that can help you feel better prepared to answer questions that arise on the healthcare journey. Written resources will be available including free copies of The Five Wishes, a document that helps detail five things: The Person I Want to Make Care Decisions for Me When I Can’t; The Kind of Medical Treatment I Want or Don’t Want; How Comfortable I Want to Be; How I Want People to Treat Me; What I Want My Loved Ones to Know. Please stop by and feel free to bring your questions!

Celebrating April Birthdays
Please join us along with First Selectman Michael Freda on April 17, at 11:45am to celebrate all the April 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.
New Merry Chat with Mary, Tuesday, April 21, 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.

Wednesday, April 22 - Let’s Go To The Movies and Lunch Out!
Join us for a morning movie at the Wallingford Cinemas and immediately following the movie we will travel over to IHop for lunch. Sign up begins on Friday, March 20, in person or by calling the Center. Whereas we are advertising the event we unfortunately cannot advertise the Movie Title or the definite time of the movie because the Cinema does not advertise upcoming titles until a few days before. We should know by Monday, April 20. For now sign up and as soon as we know the title and time of the movie you will receive a call from the office. Transportation will be provided from the Center. What we do know for sure is we will be going to the first showing (10 or 11am) and the price will be $8.00 per person, and best yet it will be a great morning 😊

Come Paint with Mary and Have an Afternoon of Fun
Thursday, April 23, 1 - 3pm
Anyone can paint, no experience needed
She will show you step by step
Cost: $20 (Includes all supplies)
RSVP before April 20
Color Picture of painting is displayed at the Center
Checks payable to Treasurer Town of North Haven
Special program on climate change, energy efficiency and clean energy alternatives

Friday, April 24, 10 - 11:30

The Senior Center will have a special program on climate change, energy efficiency and clean energy alternatives. Representatives from the North Haven Clean Energy Task Force will present a slide show on some basics about our changing climate, and how the Town of North Haven and its residents have made many positive efforts to address climate change and save money.

Also, a representative from New England Conservation Services, Inc. will be on hand to talk about how residents can **save money** by having a Home Energy Solutions (HES) energy assessment for their home. Recently, the EnergizeCT program has cut the cost of these assessments by half (from $149 to $75!). Also, some residents may qualify for free HES services. The assessments include installation of energy-saving light bulbs and water measures, weatherization services and rebate coupons for deeper measures. Homeowners see average savings of $200-300 every year after this service.

**Please RSVP before April 20**

in person or by calling the Center 203-239-5432

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Come Meet Ray Sola, Bee Keeper

Come in and learn all about bees and see a living hive

(More information to follow)

Thursday, April 30 at 1:00m

Please RSVP in the office before April 27

in person or by calling the Center 203-239-5432
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 March, 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
Wednesday, 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!

May-
Friday, May 8, Join Marisa our very own registered dietitian from the ShopRite of Wallingford for “Benefits of Dark Chocolate!”
Wednesday, May 13, Mohegan Sun
Thursday, May 14, VNA, presenting Recipes for Healthy Stress
Friday, May 15, Celebrating May Birthdays
Tuesday, May 19, Merry Chats with Mary
Wednesday, May 20, Back by popular demand - Jukebox Bingo
Monday, May 25, Memorial Day - Center Closed
Wednesday, May 27, Essex Steam Train and Riverboat

2020 Aqua Turf

Tuesday, March 17, 2020, St. Patrick’s Day, SOLD OUT!!

Tuesday, April 14, 2020, Tom Jones & Englebert, $45 - Registrations began - February 3, 2020
(Only a few tickets left, if you are interested don’t wait.)

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 - 1:00pm, Wednesday and Friday, 12:30 pm - Did you know that it turns out Bingo is more than a fun activity? Researchers have found that playing bingo has multiple health benefits for people. It takes concentration - which improves listening and short term memory skills and it promotes socialization - which is essential for all to maintain a happy and healthy lifestyle. Becoming part of a regular bingo group provides the opportunity to stay acquainted with friends and even make some new ones. Connecting with others gives one something to look forward to as well as a purpose. Statics show that people who maintain social interaction have a much slower decline mentally and physically than those who do not! Cost: .75 per card. The Center cannot make change please plan accordingly and bring the correct dollar amount for your card/s.

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.
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, May 11 – August 10, 2020. Registration must occur before the start of the New Session. Registration for the new class starts April 6. No Class – May 25 & July 6. Cost: $45 for residents $50 for non-residents. Max 15/Min 12 people.

Beginner Chair Yoga - Tuesday, 10:30 - 11:45 am - Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses. Suitable for all and anyone who feels uncomfortable getting up and down from the floor. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. Next Session: Tuesday, March 17 - June 2, 2020. Registration must occur before the start of the New Session. Registration for the new class started 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. 2319 Whitney Ave.
Guilford, CT 06437  Hamden, CT 06518
Toll Free Helpline: 866.474.5230

vna-communityhealthcare.org
Quinnipiac University, Occupational Therapy, will host three college-level lectures during the week of March 30th- April 3rd on the North Haven campus. Attend one or all three lectures presented by acclaimed professors at Quinnipiac. Expand your knowledge and meet new friends with similar interests! The lectures include:

**Monday, March 30th, 2020**
- Title: *Discovering the Many Layers of a Work of Art*
- Featuring: Dr. Stephen Henderson
- Time: 1:00 PM- 2:00 PM

**Wednesday, April 1st, 2020**
- Title: *Creatively Writing Your Personal Story*
- Featuring: Dr. Kenneth Cormier
- Time: 10:00 AM- 11:00 AM

**Friday, April 3rd, 2020**
- Title: *A Brief Look at Academy Awards- Who Won and Who Should Have*
- Featuring: Dr. Raymond Foery
- Time: 10:00 AM- 11:00 AM

Quinnipiac University North Haven Campus
370 Bassett Rd, North Haven, CT 06473

For more information, call Martha Sanders (203) 582-8416

**FREE & OPEN TO THE PUBLIC- NO REGISTRATION NEEDED!**
LIFELONG LEARNING PROGRAM

DISCOVERING THE MANY LAYERS OF A WORK OF ART

Come and learn about the complex process of painting in layers to develop beautiful works of studio art. In this one-hour lecture, Dr. Henderson will explain the layering process and reveal artistic features of well-known pieces of artwork. Discover the secrets!

MARCH 30TH, 2020

1:00pm-2:00pm
Quinnipiac University
North Haven Campus
370 Bassett Rd,
North Haven, CT 06473
Room: MNH 202

Lecturer:
Dr. Stephen Henderson,
Professor of Fine Arts

Hosted by QU Occupational Therapy, For more information, call Martha Sanders (203) 582-8416

FREE & OPEN TO THE PUBLIC- NO REGISTRATION NEEDED!
LIFELONG LEARNING PROGRAM
CREATIVELY WRITING YOUR PERSONAL STORY
Come learn how to write your personal narrative during a one-hour, interactive presentation! Dr. Cormier will start you off with creative ideas, tips to get you started, and exercises to introduce you the exciting world of creative writing!

APRIL 1ST, 2020
10:00-11:00am
Quinnipiac University
North Haven Campus
370 Bassett Rd,
North Haven, CT 06473
Room: MNH 280
Lecturer:
Dr. Kenneth Cormier,
Director, QU Creative Writing Program

Hosted by QU Occupational Therapy. For more information, call Martha Sanders (203) 582-8416

FREE & OPEN TO THE PUBLIC- NO REGISTRATION NEEDED!
LIFELONG LEARNING PROGRAM

A Brief History of the Academy Awards: Which Films Won And Which SHOULD Have..

Does the Academy always get it right? Take a journey back through your favorite movies over the decades. Discuss why movies win awards. Debate who won the Academy Awards and who you believe should have won!

APRIL 3RD, 2020

10:00-11:00am
Quinnipiac University
North Haven Campus
370 Bassett Rd,
North Haven, CT 06473
Room: MNH 101
Lecturer:
Dr. Raymond Foery,
Author and Professor of Film,
Television & Media Arts

Hosted by QU Occupational Therapy. For more information, call Martha Sanders (203) 582-8416

FREE & OPEN TO THE PUBLIC- NO REGISTRATION NEEDED!
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 Started: 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.
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 canceled 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 1/2 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.

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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

---

**Cost:** $97.00 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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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

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

Tour Activity Level: 🏃‍♂️ 🏃‍♀️

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

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 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:

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 cost based on fuel surcharges.
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

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.

Tour arranged by: Tours of Distinction
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. pp 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
March Word Pictures

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. DAYS
2. PARK
3. TAXI
4. GRACE
5. WING
6. FILES
7. 2.5
8. ANNE
9. FAMILY
10. PEAK
11. PEAK
12. COMPANY

*Creative Forecasting, Inc. March 2020 (719) 633-3174, Fax: (719) 632-4721, E-mail: cfi@cfactive.com, www.creativeforecasting.com
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>2</td>
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<tr>
<td>3 oz Hot open turkey sandwich on wheat /gravy 1/2 cup Potato wedges 1 cup Tossed salad w/carrots Italian dressing 1/2 cup Apple Slices with cinnamon 8 oz Low fat milk</td>
<td>3 oz Salisbury Steak w/LS gravy 1/2 cup Mashed sweet potato 1/2 cup Broccoli Multigrain roll 1 tsp margarine Fresh fruit 8 oz Low fat milk</td>
<td>3 oz Chicken Marsala 1/2 cup Roasted squash 1/2 cup Green beans 1 slice Multigrain bread 1 tsp margarine 4 oz Orange juice 1/2 cup Chocolate pudding 8 oz Low fat milk</td>
<td>1 square Eggplant rotatini 1/2 cup Ziti w/ sauce 1 cup Caesar salad w/Caesar dressing 1 slice Italian bread 1 tsp margarine Fresh fruit 8 oz Low fat milk</td>
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<td>3 oz Beef Stroganoff 1/2 cup Bowtie noodles 1/2 cup Green beans 1 slice Whole wheat bread 1 tsp margarine Fresh fruit 8 oz Low fat milk</td>
<td>3 oz Roasted chicken 1/2 cup Roasted rosemary potatoes 1/2 cup Scandinavian blend 1 Wheat dinner roll 1 tsp margarine 4 oz Apple juice Carrot cake 8 oz Low fat milk</td>
<td>6 oz Chicken Tortilla soup 1 pkt LS Crax 1/6 Mushroom- spinach Quiche 1/2 Broiled tomato 1/2 cup orzo pilaf 1 slice marble bread 1/2 cup Fruit cocktail 8 oz Low fat milk</td>
<td>3 oz Mediterranean fish Tartar/lemon 1/2 cup Brown rice pilaf 1/2 cup Bean blend Dinner roll 1 tsp margarine 1/2 cup Pineapple 8 oz Low fat milk</td>
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<td>6 oz Minestrone soup 1 pkt LS crackers Cold grinder (1 oz each turkey, ham, cheese w/lettuce and tomato) mustard/mayo 1/2 cup beet salad 1/2 cup peaches 8 oz Low fat milk</td>
<td>St. Patrick’s Day Special Corned beef and cabbage Boiled potatoes Carrots Irish Soda bread Bread pudding with topping</td>
<td>1 cup Beef and bean chili 1/2 cup Roast potato wedges 1/2 cup Green beans 1 tsp margarine Fresh fruit 8 oz low fat milk</td>
<td>1 cup Baked ziti 1 cup Tossed salad w/cucumbers and ranch dressing 1 Breadstick 1 tsp margarine 4 oz Orange Juice Iced chocolate cake 8 oz Low fat milk</td>
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<td>3 oz Chicken Cacciatore 1/2 cup Bowtie noodles 1/2 cup Cauliflower Italian bread 1 tsp margarine Fresh fruit 8 oz Low fat milk</td>
<td>6 oz Italian Wedding soup 1 pkt LS crackers 1 cup Unstuffed peppers 1 cup Tossed salad w/tomatoes and balsamic dressing 1 slice Whole wheat bread 1/2 cup pears 8 oz Low fat milk</td>
<td>Shopping at Wallingford &amp; Meriden Plaza Lunch at Chick-Fil-A Sign up in office 3 oz Roasted turkey breast 1/2 cup Mashed butternut squash 1/2 cup Green beans 1 slice Rye bread 1 tsp margarine 4 oz Apple juice Brownie 8 oz Low fat milk</td>
<td>Tuna boat- 1/2 cup tuna salad in Hot dog bun 1/2 cup lettuce/tomato 1/2 cup Pasta and veg salad 4 oz Mixed fruit juice 1/2 cup vanilla pudding with berries 8 oz Low fat milk</td>
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<td>1 cup Ravioli w/meat sauce 1/2 cup Broccoli Parmesan cheese 1 slice Italian bread 1 tsp margarine 4 oz apple juice chocolate chip cookie 8 oz Low fat milk</td>
<td>3 oz Fish sticks Tartar sauce/lemon 1/2 cup Macaroni and cheese 1/2 cup Green beans 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz Low fat milk</td>
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MONTHLY ACTIVITIES

Mondays:
9:30:  Fitness Fun
10:00:  Canasta
10:30:  Tai Chi
12:00:  Pinochle
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
12:30  Bingo-New Time

Thursdays:
8:00:  Pinochle
9:00:  Ceramics/French Hour
10:00:  Crafts (resumes March 19)
10:30:  Line Dancing
12:30:  Open Game Play
 1:00:  Drawing Class

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
12:30:  Bingo (New Time-No Bingo on 3/13)
<table>
<thead>
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<th>Monday</th>
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<td>2 9:00 A.M.</td>
<td>3 9:00 A.M.-2:00 P.M.</td>
<td>4 1:00 P.M.</td>
<td>5</td>
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<tr>
<td>Finance Meeting</td>
<td>Collection begins</td>
<td>For Essex Steam Train</td>
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<td>and Riverboat Trip</td>
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<td>1:00 P.M.</td>
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<td>“Registration begins”</td>
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<td>Mardi Gras</td>
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<td>For Mohegan Sun</td>
<td>(5/27/2020)</td>
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<td>Bingo</td>
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<td>Casino Trip</td>
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<td>(9:00 A.M.-2:00 P.M)</td>
<td>Residents Only</td>
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<td>9:30 A.M.-12:00 P.M.</td>
<td>1:00 P.M.</td>
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<tr>
<td>Senior Songsters</td>
<td>Health Guidance</td>
<td>Free Hearing</td>
<td>“Luck of the Irish”</td>
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<td>Perform at</td>
<td>Clinic</td>
<td>Screenings</td>
<td>Featuing Tom</td>
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<td>9:30 A.M.</td>
<td>The Landing</td>
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<td>Mini Trip: Walmart</td>
<td>(Wallingford)</td>
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<td>Collection begins</td>
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<td>Finance Meeting</td>
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<td>For Mohegan Sun</td>
<td>Turf St. Patrick’s</td>
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<td>March Birthdays</td>
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<td>Casino Trip</td>
<td>Day Celebration</td>
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<td>(5/13/2020)</td>
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<td>Michael Freda</td>
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<tr>
<td>(Non- Residents)</td>
<td>4:00 P.M.</td>
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<tr>
<td>Estimated Return</td>
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<tr>
<td>From Aqua Turf</td>
<td></td>
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<tr>
<td>2:30 P.M.</td>
<td>Bird House</td>
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<tr>
<td>6:00 P.M.</td>
<td>Painting w.</td>
<td></td>
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<tr>
<td>Commission on</td>
<td>Quinnipiac</td>
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<tr>
<td>Aging Meeting</td>
<td>Students</td>
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<tr>
<td>NO MEDICAL TRANSPORTATION</td>
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<tr>
<td>23 24</td>
<td>25</td>
<td>26</td>
<td>27</td>
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</tr>
<tr>
<td>9:30 A.M.</td>
<td>ALL MORNING</td>
<td>10:00 A.M.</td>
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<tr>
<td>Mini Trip:</td>
<td>ACTIVITIES</td>
<td>“Step into Spring”</td>
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<tr>
<td>Universal Drive</td>
<td>CANCELED</td>
<td>Cooking” w. Marisa</td>
<td></td>
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<tr>
<td>(North Haven)</td>
<td></td>
<td>From Shop Rite</td>
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<tr>
<td>Final Payment for</td>
<td>9:30 A.M.</td>
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<tr>
<td>Atlantic City Trip</td>
<td>Wallingford/Meriden</td>
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<tr>
<td>due</td>
<td>Shopping Trip</td>
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<tr>
<td></td>
<td>Lunch @ Chick-Fil-A</td>
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<td>30 31</td>
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<tr>
<td>“Last Day to register”</td>
<td>For Mohegan Sun</td>
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<tr>
<td>Casino Trip</td>
<td>(5/13/20)</td>
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