

SENIOR HAPPENINGS NOVEMBER 2014



HAPPY Veterans Day!
to those who courageously gave
their lives and those who
bravely fight today . . .
Thank You!

And have a
HAPPY and THANKFUL
THANKSGIVING!



November's Happenings

- ∞ **NOVEMBER 3:** Men's Night Out, 5:30 p.m.
Buffalo Wild Wings
- ∞ **NOVEMBER 5:** Ombudsman Meeting, 10:00 a.m.
- ∞ **NOVEMBER 6:** Holiday Bazaar Meeting, 10:30 a.m.
- ∞ **NOVEMBER 7:** National Sandwich Day
- ∞ **NOVEMBER 11:** Center Closed, Veterans Day
- ∞ **NOVEMBER 13:** Presentation: "A Few Meds Too Many: Older Adults and Over-Medication",
SPONSORED BY UHA COMMUNITY HEALTHCARE
- ∞ **NOVEMBER 13:** Presentation: *Get the Most out of your Social Security Retirement Income*,
SPONSORED BY Dave Cowan
- ∞ **NOVEMBER 13:** Center closed after lunch today
to setup for Holiday Bazaar
- ∞ **NOVEMBER 14 & 15:** Holiday Bazaar
- ∞ **NOVEMBER 18:** Finance Meeting
- ∞ **NOVEMBER 18:** Presentation: *2015 Medicare Made Clear*,
presented by Nick Cassella of Health Insurance Associates
- ∞ **NOVEMBER 18:** Kate Allen Smith, Storyteller
- ∞ **NOVEMBER 18:** Commission on Aging, 6:00 p.m.
- ∞ **NOVEMBER 19:** Welcome Newcomers Breakfast
- ∞ **NOVEMBER 20:** Make It Take It Craft: T-shirt Scarf
- ∞ **NOVEMBER 20:** Thanksgiving Dessert Day
- ∞ **NOVEMBER 21:** Open Forum with First Selectman,
Mike Freda
- ∞ **NOVEMBER 24:** Left, Center, Right, 10:30 a.m.
- ∞ **NOVEMBER 25:** Kings In the Corner, 10:30 a.m.
- ∞ **NOVEMBER 25:** Ladies Night Out, 4:30 p.m.
LUDALS
- ∞ **NOVEMBER 25:** National Cranberry Relish Day
- ∞ **NOVEMBER 26:** Card Game: 31, 10:30 a.m.
- ∞ **NOVEMBER 27:** Center Closed,
Happy Thanksgiving
- ∞ **NOVEMBER 28:** BINGO-a-thon and LUNCH

Joyce C. Budrow NORX Haven Senior Center
189 Pool Road, NORX Haven, Ct

OFFICE: 203-239-5432 ♦ Fax: 203-234-7185

www.town.norx-haven.ct.us

HOURS: Weekdays 8:00 a.m. to 4:00 p.m.

Manager – Judy Amarone
Secretary – Maggie Maiden and Ellen McDonald
Café Manager – Arlene Herzog

PROGRAM COORDINATOR – Sue Trenken-Jung
BUS DRIVER – ARELIS RODRIGUEZ

Daily and Medical Transportation Information, Scheduled, Mini and Day Trips . . .

Daily Transportation

Transportation to and from the Center is available on weekdays at no charge to the Seniors. This service is curb to curb service. Please call the Center to sign up for your daily transportation by 8:30 a.m. the day you would like to come in. Transportation to lunch on a daily basis is provided from Senior Housing, a 24 hour notice is required to reserve a meal.

Scheduled and Mini Trips

The Senior Center provides transportation to area North Haven businesses at no charge to the Seniors - grocery stores, pharmacies, post office, banks, card shop, hairdressers, barbers, library and town pool. Please see below for scheduled days and times. Please note errands are quick and should last a half hour. Grocery shopping is one and half hour from time of being dropped off. Please be considerate of your time! It is suggested that no more than 3 bags per person. Thank you.

Mondays:

- Grocery Shopping – **please check calendar for availability**

Tuesdays:

- Hairdressers, Barbers and Nail Salons – **please check calendar for availability**

Wednesdays:

- Errands to include – pharmacies, bank, post office, card shop – **please check calendar for availability**

Thursdays:

- Town Pool
- Mini Trips – **there will be no mini trips until further notice**

Fridays:

- Grocery Shopping – **please check calendar for availability**

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.

Medical Transportation

The Center provides medical transportation to all members of the Center at no charge to the Seniors – we travel to North Haven, New Haven, Hamden and VA Hospital of West Haven. Hours of medical transportation are Monday through Friday, 9:00 a.m. and must be ready to go home by 2:00 p.m. **New Haven and VA appointments will begin at 9:00 a.m.** Please call for availability – as soon as you make your appointment, please call to reserve your ride – appointments are taken on a first come basis and unfortunately, not all requests can be fulfilled. If you feel you need assistance going to your medical appointment, feel free to bring a relative, friend or aide at no charge. When making your appointment please **indicate if you will be bringing them with you.** **Please make note: there will be no medical transportation on the following days – November 11 and November 27; December 5, 9 and December 25.**

Please note: All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 10:30 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.

Health Guidance Clinic

Sponsored by the VNA Community Healthcare and Paid for by the Town of North Haven

2nd Tuesday of each month
from 12:00 to 1:30 p.m.

and

4th Tuesday of each month
from 11:00 a.m. to 12:30 p.m.

Blood pressure and glucose screenings
will be available

From the Desk of Judy

Medicare Insurance Made Simple...

As you may know Medicare is not a “one size fits all” program. There are various choices, and important differences within those choices. To determine which plan best suits your needs, it is best to speak with a professional that specializes in this arena so that it does not become overwhelming. On November 18 at 10:30 Nick Cassella of Medicare CT will be here to update you on the changes that are happening with Medicare and how this may affect your current plan. Most importantly, if you are a Gray Card Holder or receive Extra Help there are several new benefits that will enhance your health care and lifestyle.

Prior to our presentation, here are some of the very important questions that you should be asking and getting straight answers on:

- *Is your preference to keep with original Medicare Part A and Part B?*
If so, which of the eleven standardized Medigap Plans are right for you?
- *Which Part D (Prescription) Plan should you choose?*
- *Would a Medicare Advantage Plan work best for you since it is all inclusive and less expensive?*
- *What kind of Medicare Advantage Plan an HMO or a PPO?*
Which option offers freedom of choice with doctors and hospitals?

In addition you should ask yourself these questions:

1. *Are my doctors in the plan?*
2. *If I need any of these services how much will I have to pay out of pocket?*
 - *Hospital*
 - *Skilled nursing facility for rehabilitation*
 - *Home care*
 - *Emergency room*
3. *If I get sick, and need to use expensive health services, will I pay more than I will save with a low premium plan?*

If you are choosing a Medicare Drug Plan ask yourself:

1. *Are my medicines on the plan drug list (formulary)?*
2. *How much will I pay out of pocket for my medicine?*

The Medicare Annual Enrollment Period ends December 7, 2014. If you are currently enrolled in Medicare or approaching age 65 you will benefit from this program. Don't miss your opportunity to make the right decision for you. Seating is limited please sign up in the office to ensure that you have a seat for this important and most of all informative presentation.

November's Happenings . . .

- ∞ **Men's Night Out** – Monday, November 3, 5:30 p.m. Join us at Buffalo Wild Wings for some football, wings and beer! Buffalo Wild Wings has over 30 wide-screened TV's so you are bound to find a game of your choice! Transportation and cost of food is on your own. Women are welcome to join us; FYI - Judy and Sue have already signed up. Please call the Center by Wednesday, October 29th, 203-239-5432 to make your reservation.
- ∞ **Holiday Bazaar Final Meeting** – Thursday, November 6, 10:30 a.m. Come join us for the final touches before our big event begins!!
- ∞ **National Sandwich Day** – Friday, November 7, 12:00 noon - we will be serving 2 open faced mini corned beef Reuben sandwiches, with a pickle, potato chips and a drink for national sandwich day. Cost: \$5.00
- ∞ **Presentation: "A Few Meds Too Many: Older Adults and Over-Medication"** – Thursday, November 13, 10:30 a.m. Come and find out the interactions and side effects when taking several medications, what to ask your doctor and pharmacist, organize your daily regimen and medication records and how to properly dispose of unused medication. Sponsored by VNA Community Healthcare.
- ∞ **Presentation: "Get The Most Out of your Social Security Retirement Income"** – Thursday, November 13, 6:00 p.m. A must attend if you are between ages 60 to 66!! This presentation will help you learn how to maximize your benefits, the difference could be much as \$100,000 more in lifetime benefits. Call the Center to reserve your spot, 203-239-5432.
- ∞ **Annual Holiday Bazaar** – Friday, November 14, 2:00 to 7:00 p.m. and
Saturday, November 15, 9:00 a.m. to 2:00 p.m.
Lots of nice new ideas and great homemade crafts, ceramics, raffles, tea cup raffle, homemade pepper jelly and the kitchen will be open serving meatball subs on Friday and Saturday along with hot dogs with sauerkraut, and fried dough pizzas!! So save the date and come support our Center! Back by popular demand Granny's Attic and the Baked Good Items!!
- ∞ **Presentation: Medicare Made Clear** - Tuesday, November 18, 10:30 a.m. A presentation regarding the changes in Medicare and new benefits that will enhance your lifestyle and most of all gain new benefits saving you money. This program is geared to those that are already enrolled in Medicare and for those who are about to sign up in Medicare. This is not a pitch to sell insurance it is a program designed to help you make the best choices for you! Seating is limited please sign up in the office or call 203-239-5432 to reserve your seat today! Presented by Nick Cassella of Health Insurance Associates.
- ∞ **New Members Welcome Breakfast** – Wednesday, November 19, 9:30 a.m. For those of you who have joined the Center from September 17 through this month, we invite you to attend this informational breakfast to find out first-hand about activities & services that are available to you! Gloria will be your tour guide for this morning. Breakfast will be egg sandwiches or egg and cheese sandwiches and coffee. For any of our current members who would like to join us for breakfast, the cost will be \$2.00. Please let us know by calling or stopping by the Center by Friday, November 14, 203-239-5432.

- ∞ **Make It Take It Craft: Learn to Make a T-shirt Scarf** – Thursday, November 20, 10:30 a.m. Bring in a clean solid t-shirt and learn how to make a beautiful scarf!! It's lots of fun and will only take 30 minutes!! Please call the Center to sign up, 203-239-5432.
- ∞ **Thanksgiving Dessert Day** – Thursday, November 20, 1:30 p.m. To start an untraditional event, the Center will have a dessert day to celebrate Thanksgiving!! Desserts to be served will be all homemade; pumpkin spice cake with salted caramel sauce, our traditional pumpkin pie and one of many favorites, apple pie a la mode. Please sign up by Monday, November 17th at the Center, cost: \$3.00. Coffee, tea and hot apple cider will be served.
- ∞ **Open Forum with First Selectman, Mike Freda** – Friday, November 21, 10:30 a.m. First Selectman, Mike Freda will be in today to discuss the happenings of North Haven. If you are interested in coming down to listening or ask questions of Mike, please sign up with the Center by Wednesday, November 19, 203-239-5432.
- ∞ **Homemade Cranberry Walnut Relish** – Tuesday, November 25, 10:00 a.m. Let's make some cranberry walnut relish to serve at your dinner table for Thanksgiving; everybody will be leaving with an 8 ounce container of relish. Cost: \$2.00, please sign up by Friday, November 21st at the Center.
- ∞ **Ladies Night Out – LuDals**, Tuesday, November 25, 4:30 p.m. Transportation on your own. Cost: \$20.00 per person (does not include tax or gratuity) and \$6.00 martinis! If you would like to join us, please call the Center by Friday, November 21st so we will be able to make the appropriate reservations with LuDals. Men are welcome to join us however you will be charged the full menu price.
- ∞ **Bingo-a-thon** – Friday, November 28, 10:00 to 11:30 a.m. and 12:45 to 2:45 p.m. Come on in for a bingo-a-thon, cost is \$10.00 per person and includes up to 4 cards (any additional card costs .75 cents extra) lunch is included, meatball subs, drink and dessert. Pre-registration is required, beginning on Monday, October 27th through Tuesday, November 18th.

“One Man’s Trash is Another Man’s Treasure”
Granny’s Attic is Back!!

We are looking for your “once loved” household items for the Granny’s Attic section of the Holiday Bazaar. Please begin bringing the items in on Wednesday, October 15th through Wednesday, November 12th. No shoes, no clothes, no pocketbooks, only “gently used” clean household items will be accepted.

The Jewelry Committee is also accepting Jewelry and jewelry boxes for their table. If you have any that you would like to donate, please bring the jewelry into the Center by Wednesday, November 12th.

If anybody would like to donate a baked good or homemade candy for our “Goodie” table, please have the item to the Center by Friday morning, November 14th. Please list the ingredients on a separate piece of paper in the event of allergies.

December's Happenings . . .

- ◆ **Senior to Senior Breakfast** – Tuesday, December 2, 8:00 a.m. held at the North Haven High School cafeteria. **Transportation on your own – there will not be a bus available.**
- ◆ **Tri-Town Annual Christmas Party** – Friday, December 5, 11:00 a.m. to 3:00 p.m. at Zandri's Stillwood Inn, 1074 S. Colony Road, Route 5, Wallingford, Connecticut. Menu consists of: individual antipasto, family style ziti with meat sauce, choice of Chicken Francais, Stuffed Filet of Sole or Prime Rib, vegetable medley, roasted potatoes, dessert, coffee and diet soda on tables. Cash bar will be available. There will be a 50/25/25 door prize and entertainment by The Boogie Boys. Tables of 10 will be available – please sign up with your party so we can ensure you will be sitting together. Tickets cost: \$25.00 per resident and \$30.00 per non-resident. Collection starts Monday, October 20 and will end Friday, November 21 – **Please, checks only**, made payable to: **North Haven Senior Citizen!** Transportation will be available, please make your reservations early. **If you would like to ride the bus to Zandri's and drive, please meet us at the Center by 10:00 a.m. All activities and medical transportation at the Center will be cancelled for the day.**
- ◆ **Purple Red Hatters Annual Christmas Party** – Wednesday, December 10, 1:00 p.m.
- ◆ **Bring In the New Year** – Wednesday, December 31, 11:30 a.m. Celebrate and have fun times with your friends and bring in 2015 with a bang! There will be a 50/25/25 door prize, great background music by Sal Anastasio and our dinner will be catered by Zandri's Stillwood Inn, which will include; ziti, Yankee Pot Roast, green beans and carrots, mashed potatoes, rolls and butter, assorted soda and dessert. Cost: \$13.00 per person, reservations will begin on Monday, November 24 through Monday, December 22nd by stopping by the Center.

 **Help us to help you** Looking for those surveys!! Anyone who brings their completed survey back by Friday, November 21 will receive a free raffle ticket for a chance for a \$25.00 gift certificate to Bellini's (sorry this survey applies to North Haven members only!)

North Haven Senior Center – Memorial Donation

A gift to the Senior Center in honor of or in memory of a loved one will assist the Center in serving other seniors today and throughout the coming years. It will also help keep the costs down for programs and other activities held at the Center. Such monetary gifts will be very much appreciated. Checks may be payable to: "*North Haven Senior Center*" and sent to: North Haven Senior Center, 189 Pool Road, North Haven, CT 06473. A special acknowledgement will be sent to the family at your request.

_____ In Memory of _____

_____ In Honor of _____

I am enclosing \$ _____

Please send the acknowledgement to:

Name: _____

Address: _____

City, State, Zip: _____

Donor's Name: _____



Did You Know?

Judy Amarone, Manager of the Senior Center, is the Municipal Agent for the Town of North Haven. She can help you in many different ways. If you need help with the following, please call the Center to make an appointment to meet with her, 203-239-5432. Medicare, Medicaid, Social Security, Protective Services, Legal Services, SNAP (formerly known as food stamps), transportation needs, etc.

Make A Difference Day Project – This year we will be making prayer shawls and lap robes for our North Haven Hospice. If you like to crochet or knit, please join our newly formed Knitting/Crocheting Group on Wednesday’s from 12:30 to 2:30 p.m. If you want to help make a difference but don’t know how to knit or crochet we have a lovely volunteer who is on site to get you started. The group is open to all; what better way to ward off the upcoming winter season by knitting and crocheting among friends at your Center. New acrylic bright colored yarn is needed to ensure our finished projects are lovely just like our volunteers!



Anybody interested in starting a Pool League, please contact the Center, 203-239-5432 by Friday, November 21, 2014 to put your name on the list, we have to have at least 8 players to begin the League. The League will be held on Fridays, from 10:00 to 11:30 a.m. If you are non-resident interested, there is a \$5.00 quarterly fee to join.



Welcome to Our New Members

**Elizabeth Ardolino, JoAnn Criscuola, Gloria Dube, Millie Pettella,
Warren Salomon, Kathleen&Louis St. John, Joyce Wells**





Thank you to the following for your donation:

**Ann Alexander, Marie Barnhart, Ann DellaValle, Jeanne Diamonte,
Judy D'Leone, Sandra & Nick Mastroianni and Stephanie Witteman**

Please remember to sign our donations list when making a donation to the Joyce C. Budrow North Haven Senior Center. For those who donated and did not sign our list – we greatly appreciate your donation.



Daily Lunch Program

Our Senior Community Café serves a hot, full-course meal on a daily basis at 11:30 a.m. – please see the newsletter for time changes due to a special program or presentation happening at the Senior Center. Menus are available in the newsletter.

Suggested donation is \$3.00 and you must be over 60 years of age or disabled. Meal cost \$5.60 for anyone who wishes to participate and does not meet the required age.

A required application is necessary prior to participating in the program and is available in the office. Please remember to call our Café Manager at 203-239-4030 between 9:00 and 11:00 a.m. by the previous day to order your lunch.

All meals include bread, butter and milk. Soups, entrees, gravies, sauces, salad dressings and desserts are low fat and low sodium.



PROGRAMS and CLASSES

Registration and payments are due two weeks prior to the first day of class!

A \$5.00 activity fee for non-residents is due quarterly for each activity you would like to join at the North Haven Senior Center.

The North Haven Senior Center will take North Haven Senior residents first. Should the class fill, non-residents will be put on a waiting list.

Registration begins two weeks prior to class start date.

Please see the Office for payment – all checks made payable to: ***North Haven Senior Citizen***

A class with insufficient enrollment will be cancelled prior to the starting date.

Registrants are notified by telephone if a course must be cancelled.

BEGINNER/INTERMEDIATE PINOCHLE - Monday, 1:00 to 3:00 p.m.

ADVANCED PINOCHLE – Thursday, 10:00 to 11:30 a.m.

INTERMEDIATE BRIDGE - Wednesday and Friday, 12:30 to 3:30 p.m.

BINGO - Monday & Friday, 12:45 p.m.

CANASTA - Monday, 10:15 a.m.

Do you enjoy the game of canasta? Or would you like to learn? The Senior Center will now offer Beginner Canasta on Mondays at 10:15 a.m.

CERAMICS - Tuesday and Thursday, 9:00 a.m. to 12:00 p.m.

Inexperienced people are welcome to join in on the fun. All materials included in the fee.

Fee: \$2.00 per week.

CRAFT CLASSES - Tuesday and Thursday, 12:30 to 2:30 p.m.

If you know your way around a sewing machine, enjoy working with your hands and spending a nice afternoon helping our craft class please join us. **The crafters will be taking a vacation in December and January.**

See you in February.

COMPUTER CLASSES – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m. Beginner and advanced classes available. Call to put your name on our list, 203-239-5432.

EZ EXERCISE - Monday, Wednesday and Friday, 9:30 to 10:00 a.m.

Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.

BEGINNER KNITTING/CROCHETING – Wednesday, 12:30 to 2:30 p.m.

Wednesday, 12:30 to 2:30 p.m. If you like to crochet or knit, please join our newly formed Knitting/Crocheting Group. If you don't know how to knit or crochet we have a lovely volunteer who is on site to get you started. The group is open to all! What better way to ward off the upcoming winter season by knitting and crocheting among friends at your Center. New acrylic bright colored yarn is needed to ensure our finished projects are lovely, just like our volunteers!

LINE DANCING - Monday and Wednesday, 9:00 to 10:00 a.m.

MAH JONGG

Advanced meets on Tuesday, 12:30 p.m.

Intermediate meets on Wednesday, 12:00 p.m.

*Beginners Mah Jongg will take place ongoing. We must have 4 people to commit to attending on a weekly basis for at least ten weeks in order for the class to be a success. If you are interested please call the office to put your name on the beginners list or for more information.

OIL PAINTING - Monday, 12:30 to 2:30 p.m. and Tuesday, 12:30 to 2:30 p.m.

Monday's class will run from September 15 through Monday, December 8. Tuesday's class will run from September 23 through December 15. **There will be no class on Monday, October 13 due to Columbus Day.** Fee: residents, \$20.00; non-residents, \$25.00. A list of supplies will be given to you prior to the first class.

SENIOR SONGSTERS - Tuesday, 1:15 to 2:15 p.m.

SIT-ERCISE - Monday and Wednesday, 9:30 to 10:30 a.m. and 10:30 to 11:30 a.m.

New session begins, Monday, September 15 and will end Wednesday, December 3. Fee: \$15.00 residents; \$20.00 non-residents. Increase muscle strength, improve flexibility, gait and balance to help prevent falls – exercises are done in a chair and this program is specially designed for those 50 and older who are at risk for falls. Sponsored by: VNA Community Healthcare. **Please make checks payable to VNA Community Healthcare.**

TAI CHI: FOR BETTER BALANCE - Monday and Thursday, 10:00 to 11:00 a.m.

Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. New session begins, Monday, September 15 and will end Thursday, December 4. Fee: residents, \$30.00; non-residents \$35.00. Sponsored by: VNA Community Healthcare. **Please make checks payable to VNA Community Healthcare.**

BEGINNER CHAIR YOGA - Tuesday, 9:00 to 10:30 a.m. and 10:45 a.m. to 12:15 p.m.

Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. 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. New session will begin on Tuesday, October 21 and run through January 13. **No class on Tuesday, November 11th.** Fee: residents, \$50.00; non-residents, \$55.00.

GENTLE HATHA YOGA - Thursday, 1:00 to 2:30 p.m.

Yoga is a gift! With Yoga, the body remains open and flexible; Yoga will strengthen, stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. New session will begin on Thursday, October 30 through February 5. **No class on Thursday, November 27; Thursday, December 25 and Thursday, January 1.** Fee: residents, \$50.00; non-residents, \$55.00.

2015 Day Trip Policies

- ☞ Trips are open to all North Haven seniors on a first come basis for the first four weeks. Non-resident seniors may sign up four 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 eight weeks prior to trip to secure your reservation. Please see description as to whom to make checks payable to. **The non-resident \$5.00 fee is payable in cash only.**
- ☞ 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 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 highly recommended to bring a family member or friend.
- ☞ There will be no refunds. If the travel agent or the Center cancels the trip, refunds will be issued.
- ☞ Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.
- ☞ 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 during the trip for classes held at the Center, please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.

**2015 TRIPS WILL BE ANNOUNCED IN OUR
DECEMBER'S NEWSLETTER**



NORTH HAVEN SENIOR CENTER

189 Pool Road * 203-239-5432



ANNUAL CRAFT AND VENDOR FAIR

Friday, November 14 - 2:00 to 7:00 p.m.

Saturday, November 15 - 9:00 a.m. to 2:00 p.m.

Come and see our beautiful selection of
homemade crafts by our talented Seniors!

~ Many Outside Vendors Available ~

~ Great Raffle Prizes ~

~ Tea Cup Raffle ~

Brought Back By Popular Demand . . .

~ Granny's Attic ~

~ Baked Good Items ~



A different look this year ~ so come on down
and support your local Senior Center!

Refreshments for sale by our own kitchen:

Coffee, tea, hot chocolate

Meatball Subs (*sold Friday & Saturday*)

Fried Dough Pizza

Hot dogs, Chips and Soda

Ample Parking Available



NOVEMBER 2014 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 11:30 A.M.*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00-Line Dance	9:00-Ceramics	9:00- Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
9:30-Sit-Ercise	9:00 & 10:45-Computer Class	9:30-Sit-Ercise	10:00-Tai Chi	10:30-Shopping/Errands
10:00-Canasta	10:30-Hairdressers	10:00-Ombudsman Meeting	10:30-Holiday Bazaar	11:30-Lunch
10:00-Tai Chi	10:45-Chair Yoga	10:30-No Errands	Final Meeting	12:00-National Sandwich
10:30-Sit-Ercise	11:30-Lunch	10:30-Sit-Ercise	11:30-Lunch	Day
10:30-Grocery Shopping	12:30-Mah Jongg	11:30-Lunch	12:30-Crafts	12:30-Bridge
11:30-Lunch	12:30-Crafts	12:00-Mah Jongg	1:00-Gentle Hatha Yoga	12:45-Bingo
12:30-Oil Painting	12:30-Oil Painting	12:30-Bridge		
12:45-Bingo	1:15-Senior Songsters			
1:00-Beg Pinochle		No Transportation In	No Transportation In	
5:30-Men's Night Out		Home Only	Home Only	
Buffalo Wild Wings				
10	11	12	13	14
9:00-Line Dance		9:00-Line Dance	9:00-Ceramics	All Activities Cancelled
9:30-E-Z Exercise	CENTER CLOSED	9:30-E-Z Exercise	10:00-Pinochle	No Lunch
9:30-Sit-Ercise	VETERANS DAY	9:30-Sit-Ercise	10:00-Tai Chi	10:30-Errands/Shopping
10:00-Canasta		10:30-No Errands	10:30-Presentation:	Annual Holiday Bazaar
10:00-Tai Chi	NO LUNCH	10:30-Sit-Ercise	"A Few Meds Too Many: Older	2:00 – 7:00 p.m.
10:30-Sit-Ercise	NO TRANSPORTATION	11:30-Lunch	Adults and Over-Medication"	No Transportation In or
10:30-Grocery Shopping		12:00-Mah Jongg	11:30-Lunch	Home Today
11:30-Lunch		12:30-Bridge	12:30-No Crafts	
12:30-Oil Painting		No Transportation In	1:00-No Gentle Hatha Yoga	
12:45-Bingo		Home Only	Center Closing After Lunch	Saturday 11/15
1:00-Beg Pinochle			Afternoon Activities are	Annual Holiday Bazaar
			Cancelled	9:00 a.m. – 2:00 p.m.
			Transportation In and Home	
			Following Lunch	
			6:00 Get the Most Out of Your	
			Social Security!	
			Free Presentation!	
			Limited Seating!!!	

NOVEMBER 2014 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 11:30 A.M.*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinocle	9:30-Scrabble Challenge
9:30-Sit-Ercise	9:00 & 10:45-Computer Class	9:30-Sit-Ercise	10:00-Tai Chi	10:30-Grocery Shopping
10:00-Canasta	10:30-Hairdressers	9:30-New Members	10:30-Quick Craft: T-shirt Scarf	10:30-Open Forum with
10:00-Tai Chi	10:30-Storyteller:	Welcome Breakfast	11:30-Lunch	1st Selectman Mike Freda
10:30-Sit-Ercise	Kate Allen Smith	10:30-Errands	1:00-Gentle Hatha Yoga	11:30-Lunch
10:30-Grocery Shopping	10:30-Presentation: Medicare	10:30-Sit-Ercise	1:30-Thanksgiving Dessert Day	12:30-Bridge
11:30-Lunch	Made Clear	11:30-Lunch		12:45-Bingo
12:30-Oil Painting	10:45-Chair Yoga	12:00-Mah Jongg		
12:45-Bingo	11:30-Lunch	12:30-Bridge		
1:00-Beg Pinocle	12:30-Mah Jongg +Oil Painting	12:30-Knitting/Crocheting		
	12:30- No Crafts			
	1:15-Senior Songsters			
	6:00-Commission on Aging			
	No Transportation In			
	Home Only			
24	25	26	27	28
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance		9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	9:30-E-Z Exercise	CENTER CLOSED	9:30-Scrabble Challenge
9:30-Sit-Ercise	9:00 & 10:45-Computer Class	9:30-Sit-Ercise	THANKSGIVING DAY	10:00-Bingo-a-thon*
10:00-Canasta	10:00-Homemade Cranberry	10:30-Errands/Shopping		10:30-No Grocery Shopping
10:00-Tai Chi	Walnut Relish	10:30-Sit-Ercise	NO LUNCH	11:30-No FSW Lunch
10:30-Left, Center, Right*	10:30-Hairdressers	10:30-Card Game: 31	NO TRANSPORTATION	12:30-Bridge
10:30-Grocery Shopping	10:30-Kings in the Corner	11:30-Lunch		12:45- Bingo-a-thon*
10:30-Sit-Ercise	10:45-Chair Yoga	12:00-Mah Jongg		*See Newsletter for Details
11:30-Lunch	11:30-Lunch	12:30-Bridge		
12:30-Oil Painting	12:00-Health Guidance Clinic	12:30-Knitting/Crocheting		
12:45-Bingo	12:30-Mah Jongg			
1:00-Beg Pinocle	12:30- No Crafts			
	12:30-Oil Painting			
Game Week – Please	1:15-Senior Songsters			PLEASE CALL FOR AN
join us to have fun and win	4:30-Ladies Night Out			APPOINTMENT TO SET
some great prizes!!	LuDals			UP TRANSPORTATION
				TO THE TOWN POOL
				OR LIBRARY
				ACTIVITY DATES
*Bring Your Nickels				TRANSPORTATION AND
				TIMES ARE SUBJECT TO
				CHANGE

North Haven Community Café Sponsored by the North Haven Senior Center in Collaboration with FSW, Inc.

Please contact Arlene Herzog, Café Manager to Reserve Your Lunch

By Calling the Day Before Between 9-11 a.m. 203-239-4030

November, 2014

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
3 oz. boneless grilled chicken with a garlic lemon sauce ½ cup Oven-baked sweet potato ½ cup Riviera vegetable blend 1 slice Rye bread 1 tsp. margarine 4 oz mixed fruit juice ½ cup Butterscotch pudding 8 oz. low fat milk	3 oz. sliced pork/LS gravy ½ cup roasted garlic mashed potatoes ½ cup Italian vegetable blend 1 slice Pumpernickel bread 1 tsp. margarine 1 Fresh apple 8 oz. low fat milk	¾ cup cream of broccoli soup with 2 LS crackers Seafood salad Cole slaw 3 bean salad Whole wheat bun 1 tsp. margarine ½ cup peaches 8 oz. low fat milk	½ cup grandolioli with marinara sauce Parmesan cheese ½ cup zucchini ½ cup braised carrots 1 slice Italian bread 1 tsp. margarine 4 oz. Apple juice 1 Chocolate chip cookie 8 oz. low fat milk	3 oz. cheeseburger 1 wheat bun 1 pkt. ketchup ½ cup tomato cucumber salad ½ cup potato salad ½ cup pears 8 oz. low fat milk
10	11	12	13	14
3 oz. sliced turkey/LS gravy ½ cup mashed turnip ½ cup green beans 1 slice marble rye bread 1 tsp margarine 4 oz. orange juice ½ c. Mandarin Oranges 8 oz. low fat milk	VETERANS' DAY SENIOR CENTER CLOSED	3 oz. roasted chicken with hickory BBQ sauce ½ cup sweet cranberry rice pilaf ½ cup wax beans 1 slice pumpernickel bread 1 tsp margarine ½ cup fruit cocktail 8 oz. low fat milk	¾ cup roasted cauliflower soup/LS crackers 3 oz crab cake Tartar sauce/lemon ½ cup macaroni salad ½ cup broccoli 1 wheat dinner roll 1 tsp margarine ½ cup fresh fruit 8 oz. low fat milk	NO FSW LUNCH SENIOR CENTER ANNUAL HOLIDAY BAZAAR TODAY CENTER OPENS AT 2 p.m.
17	18	19	20	21
½ cup whole wheat spaghetti with 3 oz. meatballs in marinara Parmesan cheese 1 cup garden salad with tomato and balsamic vinaigrette dressing 1 garlic breadstick 1 tsp margarine fresh fruit 8 oz. low fat milk	¾ chicken orzo soup/LS crackers ½ cup vegetable quiche 1 Italian breadstick 1 tsp margarine ½ cup tomato, cucumber, and basil salad Fresh fruit 8 oz. low fat milk	3 oz. pot roast/ LS gravy ½ cup smashed potatoes ½ cup carrots and onions 1 slice marble rye bread 1 tsp margarine ½ cup fruit cocktail 8 oz. low fat milk	THANKSGIVING CELEBRATION 3 oz. Roast Turkey 1/2c. Savory Stuffing Cranberry Sauce 1/2c. Sweet Potatoes ½ c. Seasoned Peas, Carrots & Corn 1 small piece Cornbread 1 tsp Margarine 1/8 slice Pumpkin Pie 8 oz. LF Milk	HAPPY NOVEMBER BIRTHDAYS 3 oz. sliced pork with sweet and sour sauce ½ cup brown rice ½ cup oriental vegetable blend 1 slice family grain bread 1 tsp margarine 4 oz. apple juice 1 slice carrot cake 8 oz. low fat milk
24	25	26	27	28
Vegetable Omelet Roasted Tomato Grilled Vegetables Rye Bread Pineapple Tidbits 8oz. low fat milk	3 oz. pulled pork with BBQ sauce 1 wheat hamburger bun ½ cup coleslaw ½ cup baked sweet potato wedges/ ketchup 4 oz. cranberry juice 1 ice cream sandwich 8 oz. low fat milk	½ cup vegetable lasagna 1 cup Caesar salad with croutons and Caesar dressing 1 multigrain dinner roll 1 tsp margarine ½ cup scalloped apples 8 oz. low fat milk	THANKSGIVING DAY CENTERS ARE CLOSED	No FSW Lunch Senior Center is Open

MINIMUM PORTIONS SERVED AT EACH MEAL:

1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 3 oz. Protein 1 pat Margarine

2 Bread servings or equivalent (enriched or whole grain)

All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt

All Rolls are Seedless. All White rice Is Enriched. All Non-citrus juices are Vitamin C fortified.