

SENIOR HAPPENINGS DECEMBER 2014

*Wishing you all the
Hope, Wonder, and Joy
that the
Season can bring!
And a smashing
New Year!*



December's Happenings

- ◆ December 2: SENIOR to SENIOR BREAKFAST at
NORFOLK HAVEN HIGH SCHOOL
- ◆ December 2: DECORATING THE CENTER
- ◆ December 5: TRI-TOWN ANNUAL CHRISTMAS PARTY
CENTER CLOSED FOR THE DAY
- ◆ December 10: PURPLE RED MATTERS ANNUAL
CHRISTMAS PARTY
- ◆ December 11: HOLIDAY BAZAAR RECAP MEETING
- ◆ December 12: HOLIDAY CRAFT: CHOCOLATE HOUSES
- ◆ December 16: CELEBRATE HANUKKAH
WITH BREAKFAST
- ◆ December 18: NATIONAL FRUIT CAKE DAY
- ◆ December 23: CHRISTMAS TIME at THE
NORFOLK HAVEN SENIOR CENTER
- ◆ December 24: CENTER OPEN NO AFTERNOON ACTIVITIES
- ◆ December 25: CENTER CLOSED - MERRY CHRISTMAS
- ◆ December 31: BRING IN THE NEW YEAR - 2015!

Joyce C. Budrow NORFOLK HAVEN SENIOR CENTER
189 POOL ROAD, NORFOLK HAVEN, CT

OFFICE: 203-239-5432 ◆ FAX: 203-234-7185

WWW.TOWNSHIP.NORFOLK-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 Bienken-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 – 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,

Senior Center Inclement Weather Policy

As we head into the winter weather season, a reminder of the **Senior Center Inclement Weather Policy**. If North Haven Public Schools are **closed** due to bad weather, all Senior Center activities/classes/transportation/lunches are cancelled and the **Senior Center will be closed**. However, the staff still reports to the Center.

If North Haven Public Schools are **delayed 90 minutes or more** due to bad weather, the **Senior Center morning** activities/classes/transportation services from **8:30-10:30 a.m. are cancelled**. **Senior Center will open at 10:30 a.m.** to ensure the grounds have been cleaned and salted for your safety.

Senior Center Closings and Delays will be publicized on TV

If travel becomes hazardous during the course of the day due to bad weather, I may decide to cancel activities for the remainder of the day. If this occurs, all bus passengers will be driven home. Members are encouraged to check for cancellations or delays during inclement weather. The following sources will have information on weather-related schedule changes:

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

Recipe for Christmas All Year Long

*Take a heap of child-like wonder
 That opens up our eyes
 To the unexpected gifts in life—
 Each day a sweet surprise.
 Mix in fond appreciation
 For the people whom we know;
 Like festive Christmas candles,
 Each one has a special glow.
 Add some giggles and some laughter,
 A dash of Christmas food,
 (Amazing how a piece of pie
 Improves our attitude!)
 Stir it all with human kindness;
 Wrap it up in love and peace,
 Decorate with optimism, and
 Our joy will never cease.
 If we use this healthy recipe,
 We know we will remember
 To be in the Christmas spirit,
 Even when it's not December.*

By Joanna Fuchs

Merry Christmas and Happy Holidays to All!
We thank you today and all year through for your friendship and support.
Fondly,

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.**
- ◆ **Decorating the Center** – Tuesday, December 2, 1:00 p.m. Help us decorate the Christmas Tree and sing-a-long with our Senior Songsters to Christmas Carols and enjoy some hot chocolate and Christmas cookies.
- ◆ **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. **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. at Dino's Restaurant, 540 Washington Avenue. Choice of meal: Triple House Combo (white or red), Fried Shrimp, Baked Stuffed Sole, Chicken Parmigiana with ziti, New York Strip Steak, tossed salad, baked potato, soda, coffee, tea and choice of dessert: cheesecake or red velvet cake – cash bar will be available. Please call Louise Musso, 203-239-4383 or Betty Martin, 203-281-7935. Tickets cost \$19.00 per person (tip included), checks made payable to the Purple Red Hatters, "No Cash". Last day to reserve your space is Thursday, December 4. Please bring your check and choice of dinner to the Center.
- ◆ **Holiday Bazaar Recap** – Thursday, December 11, 10:30 a.m. There will be a recap meeting for all who volunteered at the Holiday Bazaar this year. Please plan on joining to give us your opinions, points of view and any new ideas you may have!
- ◆ **Holiday Craft: Chocolate Houses** – Friday, December 12, 1:00 p.m. Come and have lots of fun by decorating your very own Chocolate House. Not a Gingerbread House, but a Chocolate House for the Holidays! Cost: \$3.00 for supplies. Please register at the office by Thursday, December 4th!
- ◆ **Celebrate Hanukkah with Breakfast** - Tuesday, December 16, 10:30 a.m. We will be celebrating Hanukkah with a traditional breakfast of cheese blintz, potato pancakes and challah bread. Coffee, tea and orange juice will be served. Cost: \$5.00, please make your reservations by Friday, December 12th.
- ◆ **National Fruit Cake Day** – Thursday, December 18, 10:00 a.m. What would Christmas be without your typical fruit cake? Well let's learn how to make Grandma Leone's Fruit Cake! Each person will leave with a small fruit cake (made in a small bread pan). Cost: \$5.00, please stop by the Center to register by Monday, December 16th.

- ◆ **Christmas Time at the North Haven Senior Center** – Tuesday, December 23, Christmas Movies all day – come and enjoy a day of the old time favorite movies with some hot chocolate and homemade cookies! Please sign up by calling the office by Monday, December 22nd (so we can have enough hot chocolate and coffee!)
- ◆ **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 resident; \$18.00 non-resident, reservations will begin on Monday, November 24 through Monday, December 22 by stopping by the Center.



Help us to help you Looking for those surveys!! Anyone who brings their completed survey back by Friday, December 12 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.



Welcome to Our New Members

**Ann Lewin, Emilio Parente, Jean Tirozzi,
Frances and Robert Tomczyk, Shirley Yelle**



Thank you to the following for your donation:

**Ann Alexander, Gloria Ferraro, Ziggy Klein, Ginny LaMarsh,
North Haven Rotary Club, Rodger Salman, Ana May Schmidt**

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, 12:15 to 3:15 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.

KNITTING/CROCHETING – Wednesday, 12:30 to 2:30 p.m. **Beginners are welcome!**

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.

New Session will begin: Monday's class will begin on Monday, January 26 through Monday, April 20, **there will be no class on Monday, February 16 due to President's Day. New Session will begin:** Tuesday's class will begin on Tuesday, January 27 through April 14. **New Fee:** residents, \$25.00; non-residents, \$30.00. A list of supplies will be given to you prior to the first class.

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

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 Tuesday, 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 Thursday, 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 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 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.

Sneak Peak of the 2015 Trips planned . . . Final Calendar will be published in the January newsletter

Casino: Mohegan Sun – Tuesday, April 21, 2015. Collection date: Friday, February 20, 2015. Cost: \$23.00 per resident; \$28.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:30 p.m.
Make checks payable: North Haven Senior Citizen.

Brand New! 9/11 Memorial Museum at the World Trade Center Site – Date TBA sometime in May. Cost: \$80.00 per resident; \$85.00 per non-resident. Departure time and return TBA. At long last, the 9/11 Memorial Museum has opened. The museum's 110,000 square feet is located in the archaeological heart of the World Trade Center site. **The Museum:** The National September 11 Memorial and Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events, and exploring 9/11's continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of each and every victim of both the 2001 and 1993 attacks. **The Memorial:** The names of every person who died in the terrorist attacks are inscribed in bronze around the twin memorial pools. Your timed entry to the 9/11 Memorial and admission to the 9/11 Museum are included. **Little Italy:** Free time in the morning to explore historic Mulberry Street in Little Italy. Enjoy a wide variety of restaurants for lunch on your own prior to the museum. **Make checks payable: Friendship Tours.**

Westchester Broadway Theatre: West Side Story – Thursday, June 11, 2015. Collection date: Friday, March 6, 2015. Cost: \$100.00 per resident; \$105.00 per non-resident. Departure time from the North Haven Senior Center at 9:15 a.m. and return time is approximately 5:15 p.m. West Side Story – Possibly the greatest musical ever created! A modern version of Shakespeare’s Romeo and Juliet set on the mean streets of New York during the turbulent fifties. Caught between two warring street gangs, the Jets and the Sharks, Tony and Maria attempt to create a life together. This brilliant collaboration by Broadway greats Leonard Bernstein and Stephen Sondheim combines music, lyrics and dance into a timeless tribute to young love. WBT, 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, each person selects from an excellent menu and enjoys a pre-show lunch. **Make checks payable: Friendship Tours.**

Casino: Mohegan Sun – Tuesday, June 30, 2015. Collection date: Friday, May 8, 2015. Cost: \$23.00 per resident; \$28.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:30 p.m. **Make checks payable: North Haven Senior Citizen.**

Casino: Mohegan Sun – Tuesday, August 11, 2015. Collection date: Friday, June 19, 2015. Cost: \$23.00 per resident; \$28.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:30 p.m. **Make checks payable: North Haven Senior Citizen.**

The Turkey Train Winnepesaukee Railroad – Tuesday, September 29, 2015. Collection date: June 26, 2015. Cost: \$92.00 resident; \$97.00 non-resident. Departure time and return time: TBA. Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. It’s a Great Fall Daytrip!! Relax on board as we watch the boats on the lake and enjoy the scenery as we travel roundtrip from Meredith, NH. Hart’s Turkey Farm Dinner on board the Train. This is a Hart’s famous home style turkey dinner, just like grandma made at Thanksgiving. Menu: Turkey, potato, gravy, stuffing, cranberry sauce, rolls, vegetable, dessert and beverage. Yum! Following our train ride, visit Kellerhaus for delicious ice cream, handmade chocolates, gifts and collectibles, New Hampshire liquor stop as well. **Make checks payable: Friendship tours.**

Westchester Broadway Theatre: Showboat – Thursday, October 22, 2015. Collection date: Friday, July 24, 2015. Cost: \$100.00 resident; \$105.00 non-resident. Departure time from the North Haven Senior Center at 9:00 a.m. and return time is approximately 5:45 p.m. Showboat is a timeless masterpiece with music by Jerome Kern and lyrics by Oscar Hammerstein II. Spanning the years of 1880-1927 the story follows the lives, loves and heartbreaks of show people on the Mississippi . . . The WBT, 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, each person selects from an excellent menu and enjoys a pre-show lunch. **Make checks payable: Friendship Tours.**

Aqua Turf Presents: Country Diva’s – Patsy! Reba! Minnie Pearl! . . & the one and only Dolly! – Tuesday, November 17, 2015. Departure from the Senior Center at 10:00 a.m. and estimated return time is 4:00 p.m. **Cost: \$42.00 per resident – the Center’s bus will be driving this day so we cannot accommodate non-residents. If they would like to meet us at the Aqua Turf Club in Southington, we will be able reserve a spot at our table. Collection Date: Friday, September 25, 2015 – limited seats available.** Three women, Four legends, One great show, unlike any you’ve seen before! Country’s top legends and their #1 hits portrayed by nationally renowned tribute artists. This is a show event, there will be no dancing allowed. Upon arrival you will receive complimentary coffee and donuts, complimentary door prize ticket and a token for a complimentary glass of wine or beer. Served family style; salad, pasta, chicken Florentine, sliced roast beef, vegetable, potato and dessert. **All checks made payable to: North Haven Senior Citizens.**

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

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
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
10:00-Canasta	9:00 & 10:45-Computer Class	10:30-Errands	10:00-National Fruit Cake Day	10:30-Grocery Shopping
10:30-Grocery Shopping	10:30-Hairdressers	11:30-Lunch	11:30-Lunch	11:30-Lunch
11:30-Lunch	10:30-Storyteller:	12:00-Mah Jongg	12:30-No Crafts	12:30-Bridge
12:45-Bingo	Kate Allen Smith	12:30-Bridge	1:00-Gentle Hatha Yoga	12:45-Bingo
1:00-Beg Pinochle	10:30-Celebrate Hanukkah with Breakfast	12:30-Knitting/Crocheting		
	10:45-Chair Yoga			
	11:30-Lunch			
	12:30-Mah Jongg			
	12:30-No Crafts			
	12:30-Oil Painting			
	1:15-Senior Songsters			
22	23	24	25	26
9:00-Line Dance	Christmas Time at the North Haven Senior Center	9:00-Line Dance		9:30-E-Z Exercise
9:30-E-Z Exercise		9:30-E-Z Exercise	CENTER CLOSED	9:30-Scrabble Challenge
10:00-Canasta	9:00-Ceramics	10:30-Errands	MERRY CHRISTMAS	10:30-Grocery Shopping
10:30-Grocery Shopping	9:00 & 10:45-Chair Yoga	11:30-Lunch		11:30-No FSW Lunch
11:30-Lunch	9:00 & 10:45-Computer Class	No Afternoon Activities	NO FSW LUNCH	12:30-Bridge
12:45-Bingo	10:30-Hairdressers		NO TRANSPORTATION	12:45-Bingo
1:00-Beg Pinochle	11:00-Health Guidance Clinic			
	11:30-Lunch			
	12:30-Mah Jongg			
	12:30-No Crafts			
	1:15-Senior Songsters			
29	30	31		PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY ACTIVITY DATES TRANSPORTATION AND TIMES ARE SUBJECT TO CHANGE
9:00-Line Dance	9:00-Ceramics	All Activites Cancelled Center Opens at 10:30 a.m.		
9:30-E-Z Exercise	9:00-Chair Yoga			
10:00-Canasta	9:00 & 10:45-Computer Class			
10:30-Grocery Shopping	10:30-Hairdressers	11:30-Bring In The New Year See Newsletter for Details		
11:30-Lunch	10:45-Chair Yoga			
12:45-Bingo	11:30-Lunch			
1:00-Beg Pinochle	12:30-Mah Jongg			
	12:30-No Crafts			
	12:30-Oil Painting			
	1:15-Senior Songsters			

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

December 2014

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
3 oz Eggplant Rollatini W/Marinara Sauce/Parmesan Cheese ½ c Penne Pasta ½ c Winter Mixed Vegetables 1 Garlic Breadstick 1 Tsp Margarine ½ c Peach and Pear Halves 8 oz Low Fat Milk	½ c Orange Juice 3 oz Cheeseburger on Wheat Roll/Ketchup ½ c Coleslaw Lettuce & Tomato 1 Tsp Margarine Brownie 8 oz. Low Fat Milk	3 oz Sliced Pork/LS Gravy ½ c Roasted Sweet Potato ½ c Green Peas W/Pearl Onions 1 Slice Pumpnickel Bread 1 Tsp Margarine ½ c. Scalloped Apples 8 oz Low Fat Milk	3 oz Oven roasted Chicken qtr 1/2c Mashed Potatoes 1/2c Green Beans 1 Biscuit 1 Tsp Margarine 1/2c Mandarin Oranges 8oz. Low Fat Milk	No FSW Lunch Today Senior Center Closed Tri Town Christmas Party
8	9	10	11	12
3 oz. baked pork /LS Gravy ½ c Escalloped Potatoes ½ c. Cooked Red Cabbage 1 slice Rye Bread 1 tsp margarine ½ c. Cinnamon Applesauce 8 oz Low fat milk	½ c Apple Juice 3 oz Roast Turkey/LS Gravy Cranberry Sauce ½ c. Roasted Sweet Potato ½ cup green beans 1 Whole Wheat Roll 1 tsp Margarine 1/8 Pumpkin Pie 8 oz. LF Milk	3 oz Meatballs with sauce ½ c Ziti W/Sauce ½ c Sliced Zucchini 1 pkt parmesan cheese 1 slice Italian Bread 1 tsp margarine ½ c Sliced Peaches 8 oz low fat milk	3 oz Taco Ground Beef Over ½ c. Brown Rice ½ c. Fiesta Blend Vegetables 1 -6" Corn Tortilla Taco sauce ½ c Chopped Lettuce & Tomato ½ cup tropical fruit 8 oz low fat milk	HAPPY DECEMBER BIRTHDAYS 3 oz crab cake Tartar sauce ½ c. Roasted New Potatoes ½ c. Broccoli 1 Slice Rye Bread 1 tsp margarine ½ c. Apricots 8 oz low fat milk
15	16	17	18	19
½ c. Grape Juice 3 oz Chicken Stew ½ c. Egg Noodles 1 c. Spinach Salad W/ Shredded Carrots Vinaigrette Dressing 1 Small Piece Cornbread 1 tsp Margarine ½ cup apple Crisp 8 oz. LF Milk	Chanukah 3 oz. Pot Roast W/ LS Gravy 2 Potato Latkes W/Applesauce ½ c Carrots 1 Slice Rye Bread 1 tsp Margarine 1 Jelly Donut 8 oz LF Milk	3 oz. Tangerine Baked Chicken qtr ½ c. Brown Rice ½ c. Oriental Vegetables 1 Whole Wheat Roll 1 Tsp Margarine ½ c. fruit compote 8 oz. LF Milk	Christmas Meal Celebration 3 oz. Beef Wellington ½ Twice Baked Potato ½ c. Peas & Pearl Onions 1 Snowflake Dinner Roll 1 tsp Margarine Holiday Cake 8 oz. Milk	½ c. Creamed Broccoli Soup 3 oz Vegetable Omelet ½ C. roasted potato w/ pepper and onions ½ c. Peas and Carrots 1 Slice Multigrain Bread 1 tsp Margarine ½ c. Fruit Cocktail 8 oz. LF Milk
22	23	24	25	26
3 oz meatballs 1 grinder roll Parmesan cheese ½ c. Green Beans ½ c. Marinated Cucumber and Tomato Salad Seasonal Fresh Fruit 8 oz. LF Milk	½ c Cranberry Juice 3 oz Roasted Chicken W/Hickory BBQ Sauce ½ c. fresh acorn squash ½ c. Potato Salad 1 Slice Rye Bread 1 Tsp Margarine ½ cup banana Pudding 8 oz. LF Milk	3 oz. Sweet & Sour Pork Chop ½ c. Brown Rice Pilaf ½ c. oriental blend vegg 1 Slice Multigrain Bread 1 tsp Margarine ½ c. Pineapple Chunks 8 oz. LF Milk	Christmas Day Centers are Closed	No Lunch Served Program Closed
29	30	31		
1 c. Pasta "Romesco" (Spaghetti, Diced Chicken, Cherry Tomatoes, Parsley) Parmesan 1/2c. Italian Blend Vegetables 1 Slice Garlic Bread 1 Tsp Margarine ½ c. Peach Slices in Juice 8 oz LF Milk	New Year's Celebration Chicken Breast W/Spinach & Red Pepper 1/2c. Brown Rice 1/2c. Parsley Carrots ½ c. Sparkling Juice 1 Herbed Dinner Roll 1 tsp Margarine Holiday Cake 8 oz. Milk	No FSW Lunch Bring In the New Year Party See Newsletter for Details		
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.