

# SENIOR HAPPENINGS

## JANUARY 2015

*Wishing You  
A Very Happy and Safe  
New Year!*



### JANUARY'S HAPPENINGS . . . .

- ❖ JANUARY 1: Center Closed – Happy New Year
- ❖ JANUARY 2: BINGO-a-thon and LUNCH
- ❖ JANUARY 16: SPECIAL LUNCH: *The Traveling Chef*
- ❖ JANUARY 16: CHRISTMAS Re-GIFTING AUCTION
- ❖ JANUARY 19: Center Closed – MARTIN LUTHER

King

### JR. Day

- ❖ JANUARY 20: COMMISSION ON AGING MEETING
- ❖ JANUARY 22: NATIONAL BLONDE BROWNIE DAY
- ❖ JANUARY 29: NEW MEMBERS BREAKFAST
- ❖ JANUARY 30: SUPER BOWL SUNDAY LUNCH

Joyce C. BUDROW NORWICH HAVEN SENIOR CENTER  
189 POOL ROAD, NORWICH HAVEN, CT

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

[WWW.TOWN.NORWICH-HAVEN.CT.US](http://WWW.TOWN.NORWICH-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 TIENKEN-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**

### **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 – January 1 and 19; February 12 and 16; April 3; May 25; July 3; September 7; October 12; November 11 and 26 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. Activity dates, transportation and times are subject to change, please be patient.**

### **Health Guidance Clinic**

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

2<sup>nd</sup> Tuesday of each month  
from 12:00 to 1:30 p.m.  
and

4<sup>th</sup> Tuesday of each month  
from 11:00 a.m. to 12:30 p.m.  
Blood pressure and glucose screenings  
will be available

***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.***

From the desk of Judy,

I would like to give a round of applause to our volunteers and staff who participated in the 2014 Holiday Fair. Your commitment to the Center and fellow members brings about the true meaning of community. Because of your labors funds realized will enhance the wonderful programs that are offered. I would be remiss if I didn't thank everyone who donated to our annual event; baked goods, granny's attic, handmade items, jewelry, tea cup raffle and raffle table, and to everyone who made purchases. Last but not least I would like to thank my staff for the long hours and intense efforts in making this and all events great. A great day of teamwork, fellowship and fun!

Auction Fun is scheduled for January 16 and I am looking forward to being the auctioneer as in the past. Bring the goodies in and leave with another's treasure! See page 3 for complete details.

January 24, 2015 National Compliment Day- On this day it is a great opportunity to say something positive about the people you come in contact with. Everyone has good attributes...that's right...everyone. In keeping with the holiday spirit pass a compliment to family and friends. Not only will it have a positive impact on them it will do the same for you!

### **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**

*A friendly reminder to all-*  
**IF YOU TAKE IT OUT..... PUT IT BACK.**  
**IF YOU OPEN IT.....CLOSE IT.**  
**IF YOU DROP IT/KNOCK IT DOWN.....PICK IT UP**  
**IF YOU FINISH IT.....THROW IT OUT.**  
*Thank you!*

Happy New Year! May our year ahead be filled with happiness, good health, and love of family and friends!

## January's Happenings . . .

- ❖ **Bingo-a-thon and Reuben Sandwiches – *BACK BY POPULAR DEMAND*** - Friday, January 2, 10:00 to 11:30 a.m. begins the first round of bingo; lunch will be served at 12:00 noon and then the afternoon bingo will begin at 1:00 p.m. Lunch will consist of: corned beef Reuben sandwiches, pickle, potato chips, a drink and cream puffs for National Cream Puff Day. Cost: \$11.00 for all day bingo and lunch (includes up to 4 cards - any additional card costs .75 cents extra), please reserve your spot by stopping by the office by Wednesday, December 31<sup>st</sup>. If you would like to join us for lunch only, the cost is \$7.00.
- ❖ **Special Lunch sponsored by FSW: The Traveling Chef** - Friday, January 16, 11:45 a.m. Cost: \$4.00\* and you must pre-register with payment to the Office by Tuesday, January 13<sup>th</sup>. Lunch will consist of pumpkin apple soup, twice baked potato, and your choice of a hot panini: chicken panini (marinated chicken breast, provolone cheese, roasted peppers and fresh basil pesto) **OR** vegetarian panini (roasted vegetables, cheddar cheese and pesto spread) and lemon cake. \*Participants must have a Form 5 on file with the FSW program, if you do not have a Form 5, please see Arlene or the office for a form.
- ❖ **Christmas Present Re Gifting Auction** – Friday, January 16, 12:30 p.m. Did you receive something you really didn't like or have two too many of one!! Well bring it in and we can auction it off. All proceeds will go to the Senior Center. Bring in all your goods beginning Monday, January 5<sup>th</sup>.
- ❖ **National Blonde Brownie Day** – Thursday, January 22, 12:15 p.m. Come on in and enjoy a blonde brownie sundae with chocolate ice cream, whipped cream and to top it off a cherry! Please sign up by Tuesday, January 20<sup>th</sup>. Cost: \$3.00.
- ❖ **New Members Breakfast** – Thursday, January 29, 9:30 a.m. For those of you who have joined the Center from November 19 through this month, we invite you to attend this informational breakfast to find out first-hand about activities & services that are available to you! One of our volunteers will be on hand to answer any of your questions and give you a tour. 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 Monday, January 26<sup>th</sup>, 203-239-5432.
- ❖ **Super Bowl Sunday Lunch** – Friday, January 30, 12:00 noon. Come enjoy a pre-game Super Bowl Sunday Luncheon, we will be starting off with stuffed mushrooms and an artichoke/spinach dip; then for lunch a tasty meatball sub with a drink; we'll then top lunch off with an ice cream sandwich cake! Cost: \$6.00 – Come by the Center to reserve your spot by Friday, January 23<sup>rd</sup>. Take a chance at a pool as well – purchase squares for .75 cent a square and win some great prizes!! Winners will be announced on Monday, February 2<sup>nd</sup>.

**Sneak Peak of February . . .**

- ☞ **Valentine’s Breakfast** – Wednesday, February 11, 10:30 a.m. Treat your sweetheart and come in and enjoy the most important day of the year . . . Valentine’s Day! We will be serving breakfast this morning, the menu will be: homemade waffles with strawberry and whipped cream topping, sausage, hash browns, orange juice, coffee and tea. Please come into the office to reserve your spot by Friday, February 6<sup>th</sup>. Cost: \$6.00, residents; \$11.00, non-residents.
  
- ☞ **Flashback Wednesday** – Wednesday, February 25, 4:30 p.m. Can you guess what you will be having for our first flashback Wednesday? ANTHONY, ANTHONY, you gonna miss dinner! ANTHONY, ANTHONY!! Enjoy the evening with your friends!! Please come to the office to reserve your spot by Friday, February 20<sup>th</sup>. Cost: Free to the first 60 North Haven residents 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

**Richard Chuckrey, Emilia Donahue  
Dolores Mazzotta, Joanne Necklas**



**Thank you to the following for your donation:**

**Ann Alexander, Andy & Anne Amatruda, Madelyn Bonnie, Maria Chan,  
Bonnie Donohue, Rosemary Saldamarco, Janet Sola, Georgianna Stamp,  
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, 12:15 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 begin 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 21. **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. Session will end on Tuesday, January 20. 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. Session will end on February 5. **No class on 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 . . .

**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.**

**JANUARY 2015 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
<b>PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY ACTIVITY DATES TRANSPORTATION AND TIMES ARE SUBJECT TO CHANGE</b>			<b>1</b>	<b>2</b>
			<b>CENTER CLOSED HAPPY NEW YEAR!</b>	9:30-E-Z Exercise
			<b>NO LUNCH NO TRANSPORTATION</b>	9:30-Scrabble Challenge
				<b>10:00-Bingo*</b>
				<b>10:30-No Grocery Shopping</b>
				<b>11:30-No FSW Lunch</b>
				<b>12:00-Reuben Sandwiches*</b>
				12:15-Bridge
				<b>1:00-Bingo*</b>
				<b>*See Newsletter for Details</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
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	<b>10:30-No Errands</b>	<b>11:30-Lunch</b>	<b>10:30-Grocery Shopping</b>
<b>10:30-No Grocery Shopping</b>	<b>10:30-No Hairdressers</b>	<b>11:30-Lunch</b>	12:30-No Crafts	<b>11:30-Lunch</b>
<b>11:30-Lunch</b>	10:45-Chair Yoga	12:00-Mah Jongg	1:00-Gentle Hatha Yoga	12:15-Bridge
12:45-Bingo	<b>11:30-Lunch</b>	12:15-Bridge	<b>No In Transportation</b>	12:45-Bingo
1:00-Beg Pinochle	12:30-Mah Jongg	12:30-Knitting/Crocheting		<b>No In Transportation</b>
	12:30-No Crafts	<b>No Daily Transportation</b>		
	1:15-Senior Songsters			
	<b>No In Transportation</b>			
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
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	<b>10:30-Errands</b>	<b>11:30-Lunch</b>	<b>10:30-Grocery Shopping</b>
<b>10:30-No Grocery Shopping</b>	<b>10:30-Hairdressers</b>	<b>11:30-Lunch</b>	12:30-No Crafts	<b>11:30-Lunch: Traveling Chef</b>
<b>11:30-Lunch</b>	10:45-Chair Yoga	12:00-Mah Jongg	1:00-Gentle Hatha Yoga	<b>Sponsored by: FSW</b>
12:45-Bingo	<b>11:30-Lunch</b>	12:15-Bridge		12:15-Bridge
1:00-Beg Pinochle	<b>12:00-Health Guidance Clinic</b>	12:30-Knitting/Crocheting		12:45-No Bingo
<b>No In Transportation</b>	12:30-Mah Jongg	<b>12:45-Bingo Today!</b>		<b>12:45 Re-gifting Auction</b>
	12:30-No Crafts			<b>Late Daily Pickups</b>
	1:15-Senior Songsters			<b>Please check with the office for pickup time</b>



**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**

**January 2015**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<b>HAPPY NEW YEAR!</b>	<b>NO FSW LUNCH TODAY</b> See Newsletter for Special Lunch
5	6	7	8	9
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 ½ c. Mashed Potatoes ½ c. Green Beans 1 Biscuit 1 tsp Margarine ½ c. Mandarin Oranges 8 oz LF Milk	¾ c Minestrone Soup/ Unsalted Crackers 4 oz Cheese Ravioli W/basil white Sauce ½ c. grilled vegetables 1 pkt parmesan cheese 1 Slice Italian Bread 1 tsp margarine 1 Seasonal Fresh Fruit (Small Banana) 8 oz Low Fat Milk
12	13	14	15	16
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	<b>MLK DAY CELEBRATION</b> Fried Chicken Quarter 1/2c Collard Greens 1/2c Corn and Okra 1 Biscuit 1/2c Bread Pudding W/Topping 1 tsp Margarine 8 oz. LF Milk	<b>The Traveling Chef</b> <b>Cost: \$4.00</b> Please see newsletter for details <b>Sponsored by: FSW</b>
19	20	21	22	23
<b>MARTIN LUTHER KING, JR DAY</b>	3 oz Vegetable Lasagna 1 c Tossed Salad W/Tomato Italian Dressing 1 Slice Garlic Bread Fresh Seasonal Fruit 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	3 oz Pulled Pork on Wheat Bun ½ c. Baked Sweet Potato Fries ½ c. Coleslaw ½ c. pumpkin bread pudding 4 oz cranberry juice 8 oz. LF 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
26	27	28	29	30
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 vgs 1 Slice Multigrain Bread 1 tsp Margarine ½ c. Pineapple Chunks 8 oz. LF Milk	<b>CHINESE NEW YEAR</b> 3 oz Mandarin Chicken ½ c. Rice 1/2 c Oriental Blend Vegetable 1 slice Oatmeal Bread 1 tsp margarine 8 oz. LF Milk	<b>HAPPY BIRTHDAYS!</b> ½ c. Grape Juice ¾ cup cream of mushroom soup/ LS crackers 3 oz. Cod in a Chunky Tomato & Mozzarella Sauce ½ c. Brown Rice ½ c. Scandinavian Blend Veg. 1 Slice Rye Bread 1 tsp Margarine Small piece Birthday Cake 8 oz LF Milk

MINIMUM PORTIONS SERVED AT EACH MEAL: All non-citrus juices are Vit C fortified

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 rolls are seedless; All white rice is enriched

