

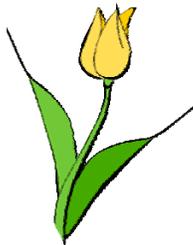
SENIOR HAPPENINGS

APRIL 2015

Spring Has Sprung . . .

"And Spring arose on
the garden fair,
Like the Spirit of
Love felt everywhere;
And each flower and
herb on Earth's dark breast
rose from the dreams
of its wintry rest."

Quote by: Percy Bysshe Shelley



APRIL SHOWERS OF FUN . . .

- ✧ APRIL 2: Learn to Make Eva Cocchiaro's APizza GAIN
- ✧ APRIL 2: LUNCH and LEARN: *Diabetes Prevention and Management, SPONSORED BY FSN*
- ✧ APRIL 3: GOOD FRIDAY - CENTER CLOSED
- ✧ APRIL 6: Presentation: *Has YOUR "Get Up and Go" Got Up and Left? SPONSORED BY Hamden Health Care*
- ✧ APRIL 9: NEW MEMBERS BREAKFAST
- ✧ APRIL 10: SENIOR MOMENTS WITH
MIKE FREDA, FIRST SELECTMAN
- ✧ APRIL 14: Finance Meeting
- ✧ APRIL 16: AARP Smart DRIVER COURSE
- ✧ APRIL 16: VOLUNTEER LUNCHEON
- ✧ APRIL 21 and 28: QUILTING 101
- ✧ APRIL 21: Kate ALLEN SMITH, STORYTELLER
- ✧ APRIL 22: "Free" SPRING FLING LUNCHEON,
see page 3 FOR DETAILS!
- ✧ APRIL 23: Presentation: *TRANSPORTATION Issues FOR SENIORS,*
Presented BY The Kennedy Center
- ✧ APRIL 23: A DINNER and MOVIE:
The Best Exotic Marigold Hotel
- ✧ APRIL 24: Bocce Meeting, 10:00 a.m.
- ✧ APRIL 28: LADIES NIGHT at LUDALS
- ✧ APRIL 29: BIRTHDAY CAKE and ICE CREAM
- ✧ APRIL 30: TRIP: NEWPORT PLAYHOUSE

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

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

Manager - JUDY AMARONE

Secretary - MAGGIE MAIDEN and ELLEN McDONALD

Caré Manager - ARLENE HERZOG

PROGRAM COORDINATOR - SUE TIENKEN

Daily, Medical, Mini Trips etc. are on Hold until the Driver Position/s are Filled

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.

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. If you need assistance with your packages on and off the bus the driver is available to assist. Thank you.

Mondays:

- Grocery Shopping – **please check calendar**

Tuesdays:

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

Wednesdays:

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

Thursdays:

- Town Pool
- Mini Trips

Fridays:

- Grocery Shopping – **please check calendar**

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 9:30 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 indicate if you will be bringing them with you. Please make note: there will be *no medical transportation* on the following days – April 3; May 25; July 3; September 7; October 12; November 11 and 26 and December 25. The Town is closed on these days as well as the Center.**

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.

**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**

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,

As we bid farewell to the Long Cold Snowy Winter it's so nice to see members back at the Center. I am overjoyed that I will not be canceling or postponing programs due to the snow or ice, having to call members to inform them of the cancellations due to the weather. Hopefully Mother Nature will apologize to us by giving us lovely weather from here on end. As always, we have a full month ahead with great programs for you. Be sure to read your newsletter thoroughly to make certain you don't get left out of a fun filled month, especially our Volunteer Luncheon and Spring Fling. Our Spring Fling is a free event; please note all **free programs are for North Haven Residents only**. For all other programs where there is a fee, nonresidents will be charged an additional \$5 above the resident fee. This additional non-resident fee applies to all events, craft/cooking projects, class fees, trips, etc. Non Resident quarterly fees still apply.

Transportation-It is with mixed feelings that we all said farewell to our full time bus driver Arelis (Lilly) who was with us for nearly six years. Arelis accepted a position on March 23 at the Agency on Aging as a Care Manager Apprentice. Throughout her employment, she was an excellent driver and moreover, a person that cared about our members on and off the bus. Her presence and kind demeanor will be missed. Opportunities may come to people who are at the right place at the right time. But success comes to people who strive to better themselves! All the best to Arelis!

In the interim I have compiled a list of available options if transportation is needed, and have advertised the position. Once a list of qualified drivers has been compiled the interviewing process will begin. Thank you for your patience ☺ and please consider the options listed below.

American Cancer Society: Transportation to cancer treatment destinations throughout CT. No charge, four day notice in advance is required, must be ambulatory, 1-800-227-2345.

DAV-Disabled American Vets-Non-emergency Transportation to VA Hospital: West Haven, no charge, appointments can be made months in advance otherwise a four day notice is required, must be ambulatory, 203-937-3420.

Greater New Haven Transportation: Non-emergency Medical Transportation and Shopping, Errands, Etc.: Membership for the *Regional Rides or Dial-A-Ride* program is open to any individual currently residing in one of the member towns and is over the age of 60 or has a disability. Membership for ADA service is open to all persons whose temporary or permanent disability prevents them from using the regular fixed route transportation system, buses operated by CT Transit. Fee \$3 per one way 203-288-6282.

Interfaith Volunteer Caregivers: Non-emergency transportation and escort to doctor visits; age 60+, must be ambulatory. No charge 203-230-8994.

Mary Wade Home: Non-emergency medical transportation to doctors, etc. from Monday – Friday, 8:30 am to 4:00 pm. Weekend rides for shopping, church, etc. from 10 am- 2 pm; participants must not be on Medicaid and have to be 60 + years and older. No charge 203-672-7837

LogistiCare: Non-emergency medical transportation for Husky/Medicaid participants. Car service as well as wheelchairs and must be under 70 years of age. Must provide Medicaid Card Number when making appointments, 1-888-248-9895.

April's Showers of Fun . . .

- ✧ **Learn to Make Eva Cocchiario's Apizza Gain Pie** – Thursday, April 2, 10:30 a.m. come in and learn how to make Eva Cocchiario's Apizza Gain Pie without the crust. We will also accept orders if you do not want to learn how to make the pie itself. Pickup will be Thursday, April 2 at 2:00 p.m. Cost: **Residents \$10.00 Non Resident \$15.00** for 8" round. Stop by the Center to reserve your spot and/or order a pie by Thursday, March 26. Payment must accompany order – no phone orders will be taken.
- ✧ **Lunch and Learn: Diabetes Prevention and Management** – Thursday, April 2, 11:45 a.m. Please join Annette Hise, Dietitian/Nutritionist from FSW, who will be here to speak to you during lunch.
- ✧ **Presentation: Has Your "Get Up and Go" Got Up and Left?** – Monday, April 6, 10:30 a.m. Do you have a little less pep in your step? Do you get out of breath going upstairs? Do you sleep on the first floor because it's too difficult for you to make it to your bedroom on the second floor? Are you too exhausted to do your own grocery shopping? As you age, if you don't use your muscles regularly, they will become deconditioned. In other words, if you don't use it, you will lose it!!! Come join us for this presentation on how to recondition your unused muscles and start getting back to yourself! Call the Center to reserve your spot by Tuesday, March 31st. Sponsored and presented by Staff from Hamden Health Care.
- ✧ **New Members Breakfast** – Thursday, April 9, 9:30 a.m. For those of you who have joined the Center from January through this month, we invite you to attend this informational breakfast to find out first-hand about activities & services that are available to you! Our hostess will be Gloria Abbot. Our volunteer will be on hand to answer any of your questions and give you a tour. We will be serving fresh fruit, warmed corn muffins and coffee or tea. 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, April 6, 203-239-5432. **Residents Only.**
- ✧ **Senior Moments with 1st Selectman, Mike Freda** – Friday, April 10, 10:30 a.m. If you have an issue and would like to discuss it with Mike, please call the Center to make an appointment to meet with him, 203-239-5432. Appointments will be made every 20 minutes. If you cannot make your appointment, please be sure to call and cancel.
- ✧ **Volunteer Luncheon** – Thursday, April 16, 12:00 noon. To All of our Yearly and Holiday Bazaar Volunteers, you are cordially invited to our Yearly Volunteer Luncheon. The menu will be a carving station of Roast Pork, vegetable, potato and salad. Also served will be rolls, drinks and a delicious dessert. FSW will be the caterer. All volunteers will be our guest. **For non-volunteers the cost is \$5.00 per resident and \$10.00 per non-resident.** Please RSVP by Monday, April 6th to the Center by calling 203-239-5432.
- ✧ **Quilting 101** – Tuesdays, April 21 and April 28, 10:30 a.m. Come join Judy and learn how to make a Quilted Bag, free of charge – you will have to provide your own material. A list of what you will need will be available to you when you reserve your spot. Please stop by the Center no later than Thursday, April 16th to register. **Residents Only.**

- ✧ **Spring Fling** – Wednesday, April 22, 12:00 noon – Let's celebrate the beautiful weather with a nice assortment of gourmet sandwiches, homemade broccoli pasta salad, crisp garden salad with dressing, assorted fresh baked cookies and drinks, all provided by Stellato's Deli and Catering; Sit back and enjoy one of our new entertainers, Mr. Walter Martin! The event is free to all North Haven residents. Registration will begin on Monday, March 16th to the first 65 people or by April 13th if space is available. **Residents only.**

- ✧ **Presentation: Transportation Issues for Seniors** – Thursday, April 23, 1:00 p.m. Have you ever wondered what types of transportation are available in your community? Do you have questions or concerns about public transportation? Christine Maguire, Regional Mobility Manager at The Kennedy Center, will be presenting to the Seniors different types of transportation that you can access in your town. Christine's role as the Regional Mobility Manager is to connect people with disabilities and seniors with accessible, reliable transportation so that they are able to participate in their communities. A key goal of the program is to identify gaps and barriers in the transportation network that prevent individuals from using existing services. As gaps are uncovered, we work with our partners from the transportation and social service communities to find creative solutions. Please join us for a conversation about local transportation options! Please reserve your spot by calling the Center, 203-239-5432 by Monday, April 20th.

- ✧ **A Dinner and A Movie: *The Best Exotic Marigold Hotel*** – Thursday, April 23, 3:15 p.m. Menu will consist of: eggplant parmesan sub, drink and dessert. Cost: \$5.00 residents and \$10.00 non-residents. *The Best Exotic Marigold Hotel* is about a group of British retirees who decide to "outsource" their retirement to less expensive and seemingly exotic India. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a shell of its former self. Though the new environment is less luxurious than imagined, they are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past. Dinner will be served approximately 4:30 p.m., transportation on your own. Come to the office to sign up by Monday, April 20th. **Residents only.**

- ✧ **Bocce Informational Meeting** – Friday, April 24, 10:00 a.m. Calling all Bocce Lovers . . . If you have never played the game but wished you had learned — now is your opportunity!! Members play on Mondays, Wednesdays and Fridays beginning at 12:30 p.m. Come for the day or just come to play! For more information, please call the Center at 203-239-5432. **\$5 Non Resident quarterly activity fee applies.**

- ✧ **Ladies Night at LuDals** – Tuesday, April 28, 5:30 p.m. Transportation on your own. Cost: \$22.00 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, April 24th 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.

- ✧ **Birthday Cake and Ice Cream** - Wednesday April 29, 12 noon. Because you are our family come have cake and ice cream as we celebrate our lives making it another memorable year. Let the office know if will be attending so Judy and Sue will have cake and ice cream enough for all. **No gifts allowed, just your presence since we have the gift of working with you. Residents Only.**

May Flowers Bring In Fun Celebrations . . .

- ☞ **“Free” Cinco de Mayo Celebration** – Thursday, May 7, 12:00 noon - Come join us to celebrate the 5th of May with music and food of Mexico!!! This day we will serve chili with corn chips and Spanish rice. At 1:00 p.m. exciting entertainment by Dave Giardina. He will be playing his Mexican music, and to end the celebration we will be serving non-alcoholic margaritas and Margarita Cake!! Please call the Center, 203-239-5432 to reserve your seat by Friday, May 1st. This event is open to **North Haven residents only** and to the first 60 people.
- ☞ **Miracle Ear Hearing Clinic** – Thursday, May 14, 9:30 a.m. to 12:30 p.m. A Miracle Ear Representative will be available for hearing screenings, education on hearing loss and rehabilitation, otoscopic wax checks and cleaning and servicing hearing aids. Please contact the office to reserve your spot, 203-239-5432.
- ☞ **Memorial Day Party** – Tuesday, May 19, 12:00 noon – Let’s kick off to the barbeque season with (2) hot dogs or (1) hamburger or (1) cheeseburger, baked beans, three bean salad and ice cream sandwich cake. We will be celebrating our Veterans and our current servicemen with our Senior Songsters. Cost: \$7.00 residents and \$12.00 non-residents, sign-ups will begin on Friday, May 1 and end on Wednesday, May 13 or to the first 80 people.
- ☞ **Mah Jong Tournament** – Thursday, May 21, 11:30 a.m. Please see the attached flyer for more details.
- ☞ **Kick Off to Summer with Fried Dough Friday** – Friday, May 22, 12:00 noon Michael, our famous fried dough maker from the Holiday Fair will be here to serve up the Fried Dough to kick off the Friday’s summer specials!! **Cost: Residents \$3.00 Non Residents \$8.00**; includes fried dough, chips and soda! Reservations required by the Monday, May 18th!

Save the Date!!!!

- **Tri-Town Comedy and Pasta Night** - Wednesday, June 16 at 5:00 p.m. More information to follow!!

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.

Please note: food and dairy products are not allowed to be taken home from the Lunch Program.

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

**Ann Alexander, Andy&Anne Amatruda,
Gloria Ferraro, Maggie Goodwin,
Carol Labagnaro**

Welcome to Our New Members:

**Virginia Amendola, Nadine Lewis,
Richard Naccarato, Emelia Prete
Josephine Reilly, Yuet Wu**

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.

COMPUTER CLASSES – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m. Beginner and advanced classes available. Please call the Center to be added to 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 and lead by a member of the Center.

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. No experience necessary!

MAH JONGG-

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

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

Beginner meets on Friday, 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 - Tuesday, 12:30 to 2:30 p.m.

Current Session: Tuesday, February 10 through Tuesday, April 28th. **New Fee:** residents, \$25.00; non-residents, \$30.00. A list of supplies will be given to you prior to the first class.

RUMMIKUB – Wednesday, 1:00 to 2:30 p.m.

A game of challenge and fun at the same time! If you are interested in learning or have some skill at Rummikub come join this newly formed group.

SENIOR SONGSTERS –Tuesday, 1:15 to 2:15 p.m. If you like to sing then join us!

SITERCISE – Monday & Wednesdays, 10:30 to 11:30 a.m. **New session will begin:** Monday, March 16 through Wednesday, June 10, **no class Monday, May 25 due to Memorial Day.** **New Fee:** residents, \$15.00, non-residents, \$20.00. Increase muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; and a specially designed program for those 50 and older who are at risk for falls.

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, March 16 and ends Thursday, June 11. **No classes on Monday, April 6 due to teacher and Monday, May 25 due to Memorial Day.** **New Fee:** residents, \$35.00; non-residents \$40.00. Registration begins; Tuesday, February 10. **Please make checks payable to the 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 begins:** Tuesday, 9:00 to 10:30 a.m. class will begin on Tuesday, February 24 and will run through Tuesday, May 12; the 10:45 a.m. to 12:15 p.m. class will begin on Tuesday, February 10 and will run through Tuesday, April 28. 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 begins:** Thursday, February 26 and will run through Thursday, May 14. 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 two weeks after collection date. A \$5.00 non-resident fee will be charged for each trip. Residents on the waiting list will take precedence over non-residents.
- ☞ Full payment is due 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.

2015 Trips . . .

Brand New! 9/11 Memorial Museum at the World Trade Center Site – Thursday, May 14, 2015. Cost: \$97.00 per resident; \$102.00 per non-resident (price change by Travel Agent). Collection date: Friday, March 13, 2015. Departure time from the North Haven Senior Center at 8:15 a.m. and return time is approximately 7:00 p.m. 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. Prior to our visit to The Museum we'll enjoy a delicious lunch at Fino's, a popular Wall Street restaurant. **Menu:** Soup or Salad, your choice of either Chicken Parmagiana or Sole Oreganata; penne vodka or cheese ravioli marinara, dessert, soda or coffee. **When you reserve your spot you must make your dinner choice at time of reservation. Make checks payable: Friendship Tours.**

Westchester Broadway Theatre: West Side Story – Thursday, June 11, 2015. Collection date: Friday, April 10, 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 25, 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. Collection Date: Friday, September 25, 2015 – **limited seats available.** 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.** 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.**

APRIL 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
13	14	15	16	17
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:30-AARP Smart Driver Course	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Tai Chi	9:30-Scrabble Challenge
10:30-Sitercise	9:00 & 10:45-Computer Class	10:30-Sitercise	12:00-Volunteer Lunch	11:30-Lunch
10:00-Canasta	10:00-Finance Meeting	10:30-Eat Well Be Happy	Catered by: FSW	12:00-BEG Mah Jongg
10:00-Tai Chi	10:45-Chair Yoga	Healthy Presentation	(The Traveling Chef)	12:15-Bridge
11:30-Lunch	11:30-Lunch	11:30-Lunch	See Newsletter for Details	12:45-Bingo
12:45-Bingo	12:00-Health Guidance Clinic	12:00-Mah Jongg	1:00-Gentle Hatha Yoga	
1:00-Beg Pinochle	12:30-Mah Jongg	12:15-Bridge		
	12:30-Oil Painting	12:30-Knitting/Crocheting		
	12:30-Crafts	1:00-Rummikub		
	1:15-Senior Songsters			
20	21	22	23	24
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 & 10:45-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
10:30-Sitercise	9:00 & 10:45-Computer Class	10:30-Sitercise	10:00-Tai Chi	10:00-Bocce Informational
10:15-Canasta	10:30-Storyteller:	10:30-Eat Well Be Happy	11:30-Lunch	Meeting
10:00-Tai Chi	Kate Allen Smith	Healthy Presentation	12:30-Crafts	11:30- Lunch
11:30-Lunch	10:30-Quilting 101	(Last One)	1:00-Gentle Hatha Yoga	12:00-BEG Mah Jongg
12:45-Bingo	11:30-Lunch	11:30-No FSW Lunch	1:00-Presentation:	12:15-Bridge
1:00-Beg Pinochle	12:30-Mah Jongg	12:00-Spring Fling	Transportation Issues for seniors	12:45-Bingo
	12:30-Oil Painting	12:00-No Mah Jongg	presented by	
	12:30-Crafts	12:15-Bridge	The Kennedy Center	
	1:15-Senior Songsters	12:30-No Knitting/Crocheting	3:15-Dinner and A Movie:	
		1:00-No Rummikub	"The Best Exotic Marigold Hotel"	
27	28	29	30	
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:30-Trip: Newport Playhouse	
9:30-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	
10:30-Sitercise	9:00 & 10:45-Computer Class	10:30-Sitercise	10:00-Pinochle	
10:15-Canasta	10:30-Quilting 101	11:30-Lunch	10:00-Tai Chi	
10:00-Tai Chi	(Finishing Project)	12:00-Birthday Cake	11:30-Lunch	
11:30-Lunch	11:00-Health Guidance Clinic	and Ice Cream	12:30-Crafts	
12:45-Bingo	11:30-Lunch	12:00-Mah Jongg	1:00-Gentle Hatha Yoga	
1:00-Beg Pinochle	12:30-Mah Jongg	12:15-Bridge		
	12:30-Oil Painting	12:30-Knitting/Crocheting		
	12:30-Crafts	1:00-Rummikub		
	1:15-Senior Songsters			
	5:30-Ladies Night at LuDals			

North Haven Community Café Sponsored by the North Haven Senior Center in Collaboration with Life Bridge CT

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Reservations for Lunch are Made by Calling the Day Before Between 9-11 a.m. (203) 239-4030	<i>April</i> 2015	3 oz Chicken Marsala ½ cup Whole wheat pasta with olive oil and garlic and basil Parmesan cheese ½ cup Stewed tomatoes 1 slice Italian bread 1 tsp margarine ½ cup Cinnamon apple sauce 8 oz low fat milk	EASTER CELEBRATION 3 OZ Glazed Ham 1/2c Sweet Potato Pone 1/2c Whole Green Beans Rye Bread 1 tsp Margarine Hot Cross Bun 8 oz LF Milk	CENTER CLOSED GOOD FRIDAY 
6	7	8	9	10
3 oz Baked Chicken w/ BBQ sauce ½ cup mashed sweet potato ½ cup Fiesta blend 1 Whole wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	6 oz chicken orzo soup/LS crackers 3 oz Sausage and ½ cup peppers ½ cup Roast potatoes 1- 4 inch grinder 1 tsp margarine ½ cup Peaches 8 oz low fat milk	3 oz Turkey Sloppy Joe on a wheat roll ½ cup mashed squash ½ cup spinach banana 8 oz low fat milk	4 oz Grape juice 3 oz Swedish meatballs ½ cup Egg noodles ½ cup Steamed green beans 1 slice Whole Wheat 1 tsp margarine ½ cup fruited Jell-O 8 oz low fat milk	1 Crab cake Tatar sauce ½ cup mashed potato ½ cup Steamed broccoli 1 slice Rye bread 1 tsp margarine ½ cup scalloped apple 8 oz low fat milk
13	14	15	16	17
4 oz Cranberry juice 4 oz Burger w/ whole wheat bun/ketchup ½ cup Sweet potato fries ½ cup Baked beans ½ cup Butterscotch pudding 8 oz low fat milk	1 cup Chicken primavera over Egg noodles ½ cup zucchini Whole wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	4 oz Apple juice 3 oz Light crunch fish with lemon sauce. ½ cup southwest rice ½ cup California blend 1 slice 12 grain bread 1 tsp margarine Brownie 8 oz low fat milk	Volunteer Lunch Traveling Chef See Newsletter for Details 	6 oz Tomato soup/LS crackers 1 Grilled cheese on w/w bread 1 cup tossed green salad with cucumber and Italian dressing ½ cup fruit cocktail 8 oz low fat milk
20	21	22	23	24
6 oz Beef and Barley Soup L/S Crackers Grilled chicken Caesar salad with 1 cup salad with croutons and Caesar dressing and 3 oz grilled chicken Wheat Bread stick 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Eggplant parmesan ½ cup Penne with sauce Parmesan cheese ½ cup Italian blend vegetables Garlic bread ½ cup Apricots 8 oz low fat milk	Spring Fling See Newsletter for Details 	3 oz Oven Baked Chicken qtr ½ cup spinach and pumpkin Rissoto ½ cup broccoli Whole wheat dinner roll 1 tsp margarine ½ cup tropical fruit cup 8 oz low fat milk	1 Cheese omelet ½ cup Spinach ½ cup Roasted potatoes 2 -12 grain bread 1 tsp margarine ½ cup pineapple 8 oz low fat milk
27	28	29	30	
HAPPY APRIL BIRTHDAYS 4 oz Grape juice 3 oz Stuffed chicken breast With herb cream sauce ½ cup Rice pilaf ½ cup Steamed spinach Chocolate cake with vanilla frosting 8 oz low fat milk	Sea food salad plate with 1 cup lettuce and cucumber with 3 oz seafood salad ½ cup Marinated beet/onion salad 1 Whole wheat bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Baked Ham/LS gravy ½ cup scalloped potato ½ cup green and wax beans Applesauce garnish 1 slice 12 grain bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	Chicken gumbo soup L/S Crackers 3 oz Turkey/LS gravy Cranberry sauce ½ cup mashed sweet potato ½ cup broccoli 1 wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	

MINIMUM PORTIONS SERVED AT EACH MEAL:

1 C Milk-1% or equivalent 1 C Vegetable and Fruit equivalent; All non-citrus juices are Vitamin C fortified. 3oz. Protein 1 Pat Margarine
2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low