

SENIOR HAPPENINGS

JULY 2015

***Have a Safe
and Happy
JULY 4th!***



JULY'S FUN IN THE SUN . . .

- JULY 2: 4th OF JULY CELEBRATION WITH STRAWBERRY SHORTCAKES
- JULY 9: NEW MEMBERS BREAKFAST
- JULY 9: JEWELRY MAKING 101 AND 102
- JULY 10: HOT DOG FRIDAYS
- JULY 16: JEWELRY MAKING 101 AND 102
- JULY 16: MINI TRIP: HAMDEN MART
- JULY 16: DINNER AND A MOVIE: *Kate and Leopold*
- JULY 17: HOT DOG FRIDAYS
- JULY 20: PRESENTATION: *Inconceivable*
PRESENTED BY SUSANN YARANO, MD
- JULY 23: MINI TRIP: WALLINGFORD WALMART
- JULY 28: LADIES NIGHT OUT AT LUDALS
- JULY 30: LUNCHEON: LUNCHEON AT JIMMIES
OF SAYIN ROCK
- JULY 31: HOT DOG FRIDAYS

Joyce C. BUDROW NORWICH HAVEN SENIOR CENTER
189 POOL ROAD, NORWICH HAVEN, CT 06473
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.

LUNCHEON PROGRAM: 203-239-4030

MANAGER – JUDY AMARONE
SECRETARY – MAGGIE MAIDEN AND
ELLEN McDONALD
FULL TIME DRIVER – KELLY BAEDOR

PROGRAM COORDINATOR – SUE TIENKEN
PART TIME DRIVERS – KEVIN SMITH AND
RICHARD KAMAN
CAFÉ MANAGER – ARLENE HERZOG

Daily, Medical, Errands, Grocery Shopping, Mini Trips

Please see attached Flyer for New Updated Transportation Guidelines

Daily Transportation

Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center (203)239-5432.

Scheduled and Mini Trips

For errand, grocery, grooming, and mini trips all riders must be on time, and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

Tuesdays:

- Hairdressers, Barbers and Nail Salons

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)

- Errands to include – pharmacies, bank, post office, card shop

Thursdays: (time frame for mini trips will be an hour and half from time of drop off)

- Mini Trips:
 - ⇒ **Thursday, July 16:** Hamden Mart
 - ⇒ **Thursday, July 23:** Wallingford
Walmart
 - ⇒ **Thursday, July 30:** Lunch out to
Jimmies of Savin Rock

Fridays: (time frame for grocery shopping will be an hour and half from time of drop off)

- Grocery Shopping

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

Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. **Pickup times are approximate.** Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven, Hamden and **on a very limited basis** to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor's office.

Please make note: there will be *no medical transportation* on the following days – 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 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there *will not* be a make-up day during that week for transportation.

Activity dates, transportation and times are subject to change.

Top Scams Targeting Seniors

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams often go unreported or can be difficult to prosecute so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse.

The Grandparent Scam-Grandparent Scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts. Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research. Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me." While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

Counterfeit Prescription Drugs-Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

Telemarketing-Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore might not be fully aware of the risk. With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly. Examples of telemarketing fraud include: "The Pigeon Drop" The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger. In the "Fake Accident Ploy", the con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money. With "Charity Scams", money is solicited for fake charities. This often occurs after natural disasters.

If you suspect that you've been the victim of a scam... Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank, and the senior center.

Farmers Market Coupons are In!
Booklet will be disbursed starting on July 6, 2015 at the
Senior Center from 9am-3pm

2015 Eligibility Guidelines:

- ☆ Single Person=\$21,775 Annually
- ☆ Couple=\$29,471
- ☆ Available for those 60 years of age or older or permanently disable living in subsidized senior housing
- ☆ Booklet value \$18
- ☆ One booklet per household
- ☆ Couples may receive a second booklet if the Center does not distribute all booklets by the end of September



July's Fun in the Sun

- **Fourth of July Celebration with Strawberry Shortcakes** – Thursday, July 2, 12:30 p.m. Enjoy an afternoon of strawberry shortcakes, homemade biscuits, strawberries and real whipped cream. Cost: \$5.00 per resident and \$10.00 per non-resident. Please sign up with the office by Friday, June 26th.
- **New Members Breakfast** – Thursday, July 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 volunteer hostess will be on hand to answer any of your questions and give you a tour. We will be serving egg sandwiches with or without cheese 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, July 6, 203-239-5432. **Residents only.**
- **Jewelry Making 101 and 102** – Thursday, July 9, 16 and August 6 and 13, 10:30 a.m. On the first day, we will learn what you need to finish a bracelet, a pair of earrings and a necklace. **No class on July 23 or 30.** Cost will vary on the color of the stones and what style you would like to make. **Residents only.** Please stop by or call the office to make your reservations by Monday, July 6, 203-239-5432.
- **Hot Dog Fridays for the Month of July** – Friday, July 10, 17, 31, 12 noon, you will receive 2 hot dogs, bag of chips, soda and a dessert. **On July 17th, we will add chili to the menu, cost: \$6.00, residents and \$11.00 non-residents.** Please stop by the office by the Wednesday before, cost: \$5.00, residents and \$10.00, non-residents. **No hot dog Friday on Friday, July 24.**
- **Dinner and a Movie: *Kate and Leopold*** – Thursday, July 16, 3:30 p.m. When two strangers meet in New York City, a century's worth of differences come crashing together. Kate McKay is a modern-day executive, a 21st century woman driven to succeed in the corporate world. Leopold, the Third Duke of Albany, is a charming 19th century bachelor. Each has grown weary of waiting for love. But when a dramatic twist of fate lands Leopold in present-day New York, they must confront the prospect of a love affair 100 years in the making. Starring Meg Ryan and Hugh Jackman. Rated PG-13 by the Motion Picture Association of America for mature thematic material including sexual content, alcohol and tobacco use, and for language. Run time: 1 hour 18 minutes. Dinner will be served at 5:00 p.m. Our entrée will be for the evening your choice: chicken salad wrap (grapes, celery, onion will be in the chicken salad) or tuna fish (celery and onion will be mixed in the tuna fish) sandwich (lettuce and tomato will be served on the sandwich) served with sweet potato fries, drink and dessert. Please stop by the office by Friday, July 10 to reserve your spot. Cost: \$6.00, **Resident's only.**
- **Presentation: Incontinence - presented by Susann Varano, MD** - Monday, July 20, 10:30 a.m. If you are having a difficult time making it to the restroom or have had embarrassing moments, this lecture may interest you. Please call the Center to make your reservations by Wednesday, July 15th.
- **Ladies Night Out at LuDals** – Tuesday, July 28, 5:15 p.m. Transportation on your own. We will be collecting the cost of dinner when you make your reservation at the Center, cost \$28.00 per person which includes appetizer, entrée, dessert, tax and tip. Drinks such as martinis, wine, soda or coffee will be provided on separate checks. Please make your reservations and payment by Monday, July 20th 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.

- **Lunch Out: Lunch at Jimmies of Savin Rock** – Thursday, July 30, 11:00 a.m. Yes, we are taking our famous ride to Jimmies of Savin Rock in West Haven. The bus will depart at 11:00 a.m. from the Center and will arrive at Jimmies by 11:45 a.m. Reservations are required! First preference will be given to resident members that do not drive. Also, those who drive are asked to drive to the Center. Sign-ups start on Wednesday, July 1 through Tuesday, July 21, 20 person maximum. If there are more than 20 people interested, a second date will be offered. Lunch is on your own; separate checks will be provided. All members are asked to have an updated application on file in the office as well as information on them stating medications and allergies.

The Dog Days of Summer, What's Happening in August . . .

- ☆ **Military Whist Party and Dinner** – Thursday, August 6, 3:30 p.m. See attached flyer for more information.
- ☆ **Hot Dog Fridays for August** – Friday, August 7 and 21 - 12 noon, you will receive 2 hot dogs, bag of chips, soda and a dessert. **On August 28th, we will add chili to the menu, cost: \$6.00, residents and \$11.00 non-residents.** Please stop by the office by the Wednesday before, cost: \$5.00, residents and \$10.00, non-residents. **No hot dog Friday on Friday, August 14 and 28.**
- ☆ **Spring/Summer Cleaning Auction** – Thursday, August 13, 12:00 noon, this should be fun and exciting to see what we can purchase from other's treasures!! If you have something that is clean, on the newer side and do not have a place for it in your home, feel free to donate it to the Center for our Auction. Please start bringing items in on July 1. We will **not** accept clothing, pocketbooks or shoes we will only accept clean and "newer" items.
- ☆ **National Ice Cream Sandwich Day** – Friday, August 21, 12:30 p.m. Today is National Ice Cream Sandwich Day and Amanda's 19th birthday so come on in, make your own ice cream sandwich and celebrate with us, enjoy this tasty treat. We will have a variety of cookies with vanilla or chocolate ice cream. Cost: \$2.00, please stop by the office by Monday, August 17, to sign up for this delicious event!
- ☆ **Hoagie Sandwich Day** – Friday, August 28, 12 noon; Today we celebrate National Hoagie Sandwich Day. Cost: \$6.00, residents and \$11.00, non-residents, this includes Hoagie, chips, deli pickle and a drink. Please stop by the Center to register by Tuesday, August 11th.

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

***Ann Alexander, Antonia&Frank Buono,
David Cowan, Ann DellaValle,
Ann DellaValle, Judy DiLeone, Pat Gormley,
Terry Joyce, Carole Labagnaro***

Welcome to Our New Members:

***Sharon Alpert, Jannie Balogh,
Roberta Montagna, Theodore Olesen,
Joan Perrelli and Mary Vacca***

Save the Dates

Always lots happening here at the North Haven Senior Center, we want to make sure you mark these exciting events on your calendar so you don't miss out on the fun!!

September . . .

- ❖ **Sew and Sandwiches Project for Ronald McDonald House** – Tuesday, September 8 and 15, 3:30 to 5:30 p.m. This year our Community Project will be sewing the 10 minute runners to donate to the Ronald McDonald House. If you have a portable sewing machine, please bring it if you are willing. Finger sandwiches, a light salad, drink and dessert will be served as a thank you from us for your help!! Please stop by the office by Tuesday, September 1 to let us know if you can volunteer your time. You do not have to volunteer both days, whatever day is easier for you. We will be honored!
- ❖ **Holiday Bazaar Meeting** – Thursday, September 10, 10:00 a.m.
- ❖ **Pinochle Tournament** – Thursday, September 24, 12:30 p.m.

October . . .

- * **October Fest** – Thursday, October 1, 12:00 noon
- * **Ghost Project** – Tuesday, October 6 and 13, 10:30 a.m.
- * **Mah Jongg Tournament** – Thursday, October 29, 11:15 a.m.
- * **Halloween Bingo** – Friday, October 30, 12:45 p.m.

November . . .

- ⇒ **Daytime Gardeners Presentation: Making Nut Ball Decorations** –
Tuesday, November 10, 10:00 to 11:30 a.m.
- ⇒ **Holiday Bazaar** – Friday, November 13 from 1:00 to 6:00 p.m.
and Saturday, November 14, 9:00 a.m. to 3:00 p.m.
- ⇒ **Annual Tree Decorating Party with a Sing-a-long with our Songsters** –
Tuesday, November 24, 1:00 p.m.
- ⇒ **Black Friday Shopping** – Friday, November 27, 10:00 a.m. we will be venturing up to the Meriden Mall, signups will begin September 15 and end October 23.
- ⇒ **All Day Bingo and Lunch** – Friday, November 27, 10:00 to 11:30 a.m., lunch will be served at 11:45 a.m. and then bingo will resume at 12:20 p.m.

December . . .

- * **Senior to Senior Breakfast** – Tuesday, December 1, 8:00 a.m. held at the North Haven High School, transportation will be provided.
- * **Tri-Town Christmas Party** – Friday, December 4, 11:00 a.m. held at Zandri's Stillwood Inn, transportation will be provided.
- * **Hanukkah Breakfast** – Tuesday, December 8, 10:00 a.m.
- * **Military Whist Party** – Thursday, December 10, 12:00 noon
- * **Bring In the New Year** - Thursday, December 31, 11:45 a.m.

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 and 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 11:30 p.m.

Inexperienced people are welcome to join in on the fun.

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. **Classes will resume in September.**

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.

*Beginner 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.

Tuesday, May 5 through July 28. 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 the group.

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

The Songsters will not meet on July 14 and August 11th.

SITERCISE – Monday and Wednesdays, 10:30 to 11:30 a.m. Will be breaking for the summer, look for a new class to begin in September.**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: 9:00 to 10:30 a.m., Tuesday, May 19 through Tuesday, August 11.

Session: 10:45 a.m. to 12:15 p.m. class on Tuesday, July 28 through Tuesday, October 13.

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:** Thursday, June 11 through Thursday, August 27. Fee: residents, \$50.00; non-residents, \$55.00.

2015 Day Trip Policies

- ☞ Trips are open to all North Haven seniors on a first come first basis starting on the collection date. Non-resident seniors may sign up two weeks after collection date. A \$5.00 non-resident fee will be charged for each trip. Residents on the waiting list will take precedence over non-residents.
- ☞ Full payment is due in order to secure your reservation. Please see description as to whom to make checks payable to. **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 . . .

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.**

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.

JULY 2015 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 11:30 A.M.*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
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
10:00-Canasta	11:30-Lunch	10:00-Bocce	10:30-Jewelry Making 101 & 102	11:30-Lunch
11:30-Lunch	12:30-Mah Jongg	11:30-Lunch	11:30-Lunch	12:00-BEG Mah Jongg
12:30-Bingo	12:30-Oil Painting	12:00-Mah Jongg	12:30-No Crafts	12:00-Hot Dog Friday
1:00-Beg Pinochle	12:30-Crafts	12:15-Bridge	1:00-Gentle Hatha Yoga	12:15-Bridge
1:00-Bocce	1:15-No Senior Songsters	12:30-Knitting/Crocheting	3:30-Dinner and a Movie:	12:30-Bingo
		1:00-Rummikub	Kate and Leopold	1:00-Bocce
		1:00-Bocce		
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
10:15-Canasta	10:30-Storyteller:	10:00-Bocce	11:30-Lunch	11:30- Lunch
10:30-Presentation:	Kate Allen Smith	11:30-Lunch	12:30-No Crafts	12:00-BEG Mah Jongg
Incontinence	12:30-Mah Jongg	11:45-Health Guidance Clinic	1:00-Gentle Hatha Yoga	12:00-No Hot Dog Friday
Presented by:	12:30-Oil Painting	12:00-Mah Jongg		12:15-Bridge
Susann Varano, MD	12:30-No Crafts	12:15-Bridge		12:30-Bingo
11:30-Lunch	1:15-Senior Songsters	12:30-Knitting/Crocheting		1:00-Bocce
12:30-Bingo		1:00-Rummikub		
1:00-Beg Pinochle		1:00-Bocce		
1:00-Bocce				
27	28	29	30	31
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
10:15-Canasta	11:30-Lunch	10:00-Bocce	11:00-Lunch Out:	11:30-Lunch
11:30-Lunch	12:30-Mah Jongg	11:30-Lunch	Jimnies of Savin Rock	12:00-BEG Mah Jongg
12:30-Bingo	12:30-Oil Painting	12:00-Mah Jongg	11:30-Lunch	12:00-Hot Dog Friday
1:00-Beg Pinochle	12:30-Crafts	12:15-Bridge	12:30-No Crafts	12:15-Bridge
1:00-Bocce	1:15-Senior Songsters	12:30-Knitting/Crocheting	1:00-Gentle Hatha Yoga	12:30-Bingo
	5:15-Ladies Night Out:	1:00-Rummikub		1:00-Bocce
	Ludals	1:00-Bocce		

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 am (203) 239-4030	<i>JULY</i> 2015	3 oz Oven fried chicken ½ cup Macaroni and cheese ½ cup Spinach 1 slice Wheat bread 1 tsp margarine ½ cup apricots 8 oz low fat milk	Independence Day 1/2c Lemonade 4oz. BBQ Beef Ribs 1/2c Baked Beans 1/2c Coleslaw Small Wheat Roll 1tsp Margarine Strawberry Shortcake	6 oz Tomato soup 1 pkt LS crackers 1 oz each turkey ham and cheese on 4 inch grinder roll with mustard 1 cup Tossed salad with tomato and ranch dressing Fresh fruit 8 oz low fat milk
6	7	8	9	10
3 oz Swedish meatballs ½ cup Bowtie noodles ½ cup Green beans 1 Wheat dinner roll 1 tsp margarine ½ cup Peaches 8 oz low fat milk	6 oz Escarole and bean soup 1 pkt LS crackers 3 oz Crab cake/tartar sauce ½ cup Confetti brown rice ½ cup California blend 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Herb roasted chicken qtr ½ cup Spanish rice ½ cup spinach salad with shredded carrot, raspberry vinaigrette 1 slice Wheat bread 1 tsp margarine 4 oz Apple juice 1 Chocolate chip cookie 8 oz low fat milk	3 oz Pot roast/LS gravy ½ cu p Smashed potato ½ cup Broccoli 1 Pumpernickel dinner roll 1 tsp margarine ½ cup Fresh melon 8 oz low fat milk	3 oz Spinach grandolioli with LS sauce 1 tsp Parmesan cheese 1 cup Tossed Salad with cucumber and Italian dressing 1 Garlic breadstick 1 tsp margarine ½ cup Pineapple 8 oz low fat milk
13	14	15	16	17
3 oz Mandarin chicken ½ cup Vegetable fried rice ½ cup Oriental blend 1 slice Wheat bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	Bastille Day 4oz Chicken Cordon Bleu 1/2c Rice Pilaf 1/2c French Green Beans Small Croissant Fruit & Pudding Parfait W/ Topping	1 slice Broccoli quiche ½ cup Beets ½ cup Green beans 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	6 oz Chicken noodle soup 1 pkt LS crackers 3 oz Turkey/LS gravy ½ cup Stuffing ½ cup spinach 1 slice Rye bread 1 tsp margarine ½ cup Baked apple wedges 8 oz low fat milk	July Birthdays Seafood salad 3 oz seafood salad 1 cup lettuce and tomato ½ cup three bean salad 1 Portuguese roll 1 tsp margarine 4 oz Cranberry juice 1 slice Iced yellow cake 8 oz low fat milk
20	21	22	23	24
6 oz Cream of carrot soup 1 pkt LS crackers 3 oz Light crunch fish Tartar sauce/lemon 1 cup tossed salad with tomato and Italian dressing 1 slice Family grain bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Chicken cacciatore ½ cup Bowtie pasta ½ cup Cauliflower with parsley 1 slice Italian bread 4 oz Pineapple juice ½ cup Ice cream cup 8 oz low fat milk	3 oz Meatloaf/LS gravy 1 Baked potato 1 Tbsp sour cream ½ cup Glazed carrots 1 slice Multi grain bread 1 tsp margarine ½ cup Tropical fruit 8 oz low fat milk	3 oz Fresh ham/LS gravy ½ cup Mashed sweet potato ½ cup Bean blend 1 Biscuit 1 tsp margarine ½ cup pineapple 8 oz low fat milk	4 oz Eggplant rolitini with cheese ½ cup Penne pasta ½ cup Spinach 1 slice Garlic bread ½ cup Melon 8 oz low fat milk
27	28	29	30	31
½ cup Spaghetti 3 oz meat sauce Parmesan cheese 1 cup Spinach salad with shredded carrot and raspberry vinaigrette 1 slice Garlic bread 4 oz Mixed fruit juice ½ cup Italian ice 8 oz low fat milk	6 oz Shrimp bisque 1 pkt LS crackers Chef salad with 1 oz each turkey, ham and cheese 1 cup Lettuce, tomato, cucumber French dressing 1 Wheat breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Stuffed salmon with rosemary cream sauce ½ cup Brown rice pilaf ½ cup Roasted Fresh zucchini and yellow squash 1 slice Marble rye bread 1 tsp margarine ½ cup pears 8 oz low fat milk	3 oz Roast beef/LS gravy 1 Baked potato 1 Tbsp sour cream ½ cup Tuscan blend 1 slice Multigrain bread 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz Vegetable omelet ½ cup Sweet potato fries ½ cup Coleslaw vinaigrette 1 slice Pumpernickel bread 1 tsp margarine 4 oz Apple juice 1 M&M cookie 8 oz low fat milk

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
All non-citrus juices are Vitamin C fortified. 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 Salt