

SENIOR HAPPENINGS

FEBRUARY 2014



A quick glance of February:

- ☞ February 3: Purple Red Hatters non-board meeting
- ☞ February 3: **Mini Trip:** Hamden Mart
- ☞ February 4: **Drop In Presentation:**
CT Home Solutions: Energy Audit Program
- ☞ February 6: Monopoly Day
- ☞ February 7: National Wear Red Day
- ☞ February 7: **Collection Date:** Beauty & the Beast
- ☞ February 11: Get To Know Your Senior Center
- ☞ February 12: **Center Closed:** Lincoln's Birthday
- ☞ February 14: Special Valentine Bingo
- ☞ February 17: **Center Closed:** Washington's Birthday
- ☞ February 18: Valentine Party with Rich DePalma
- ☞ February 19: Purple Red Hatters Fried Dough Party
- ☞ February 20: AARP Safe Drivers Course
- ☞ February 20: Dinner and A Movie
- ☞ February 24: **Center Closed for the morning**
– no morning activities
- ☞ February 25: Wii Bowling Demonstration
- ☞ February 25: **Story Teller:** Kate Allen Smith
- ☞ February 26: Card Game of Hearts
- ☞ February 27: **Mini Trip:** Universal Drive
- ☞ February 28: **Presentation:** Keeping Seniors
Connected to Family and Friends: A Fun and Free
discussion about how seniors can use wireless phones
and technology – hosted by AT & T Connecticut

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT

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

www.town.north-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 Drivers – Arelis Rodriguez, Eileen Mogensen
and Lisa Marasco

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:

- Mini Trip:
 - ⇒ Hamden Mart, February 3

Tuesdays:

- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:

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

Thursdays:

- Town Pool
- Mini Trip:
 - ⇒ Universal Drive, February 27

Fridays:

- Grocery Shopping – Big Y or Stop and Shop -

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. **During the winter months, 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 please **indicate if you will be bringing them with you. Please make note of this there will be no medical transportation on the following days – February 12 and February 17; April 18; May 26; July 4; September 1; October 13; November 11 and November 27; December 25.**

Please note: All Scheduled 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 during that week for transportation.

Health Guidance Clinic

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

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

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

Blood pressures and glucose screenings will be available

From the desk of Judy,

Winter weather news...

With winter upon us I would like to share with all members and their families of the Center's Winter Storm Policies. If it snows and North Haven schools are closed, the Center buses will not go on the road. In the event North Haven schools have a delayed opening, the Center also has a delayed opening. For example, a 2 hour delay would mean the Center would open at 10 a.m. as our regular opening time is 8 a.m. Any scheduled appointment/trip that falls within the delayed time period will be canceled; medical, shopping/errand trips, hairdressing, etc. Medical appointments scheduled after the delayed time will not be affected. Additionally, when schools are dismissed early due to inclement weather all passengers who arrived to the Center by bus will be brought home early and afternoon programs will be canceled. Detailed information is posted on the following channel: WTNH Channel 8, NBC Channel 4, and WSFB Channel 3.

Your safety is my concern; please consider staying home if your walkway has not been shoveled or is icy. In the event the buses are on the road and you are scheduled for a pick up and your walkway has not been cleaned or appears icy, the driver will not stop to pick you up. This is for your safety. Staff is not allowed to exit the bus to assist members, especially when safety is an issue.

Although winter is here it doesn't mean you should close yourself in and not participate in the Centers free programs. This time of year is a great time to try something new or refresh your skills and talents.

A few examples;

- *Crochet and knitting, join in on the fun in a social setting. You can see what other people are making while working on your own project. If you need help getting started there are plenty of people to learn from. Free supplies are available and men are welcome as I challenge them to try something new!*
- *Chorus, here is your chance to sing a variety of songs, including favorites of yester-year. If you are not a confident in your singing ability, don't worry, no prior singing experience is needed! Male voices are needed!*
- *Line Dance, does not require a partner, and is a fun and great way of exercising. This class is designed for little or no experience as well as a skilled dancer. Yes this is for men too!*

Times and days are listed in the newsletter along with other classes and upcoming parties/events. If you have a talent/interest that you would like to see happen at your Center stop by my office and share it with me. Your idea may create a new opportunity for someone in our community.

I look forward to hearing from you and welcome new ideas.



February: The Month of Love

Drop In Presentation: CT Home Solutions: Energy Audit Program – Wednesday, February 4, 11:00 a.m. – Drop in to learn about how to make your home more efficient. You will have technicians actually fixing and upgrading. The typical home receives products and services worth \$1,000, on average. The energy audit program consists only of a small co pay (either \$75 or \$99, depending on how you heat your house). An authorized contractor will perform an energy assessment, make on the spot improvements to make your home weather-tight, including caulking, sealing of critical air leaks, install up to 40 new CFL light bulbs, hot water pipe insulation and depending on your eligibility, provide exclusive money-saving rebates on insulation (up to 50%), appliances and HVAC systems.

National Wear Red Day - Friday, February 7 - On the 11th Annual National Wear Red Day all who participate will raise awareness that cardiovascular disease is the number 1 health threat facing people today and the leading cause of death for women. By increasing awareness of the risk factors and taking action to reduce them, we can save thousands of lives each year. So be proud and wear RED today!! The Center will have hearts available for a \$1 donation all month long. All proceeds will go directly to the American Heart Association. Thanks for your participation.

Special Valentine Bingo – Friday, February 14, 12:45 p.m. We will celebrate Valentine's Day with special bingo games. In addition to special chocolate prizes, light refreshments will be served. Everyone is welcome, the more the merrier! Cost for bingo cards is .75 per card.

Valentine Party – Tuesday, February 18, 11:45 a.m. Come celebrate the most romantic day of the year by renewing your vows with Justice of the Peace, Lynn Fredricksen and then our very own Rich DiPalma will be singing his romantic Italian songs. **For all of our couples who will participate in our renewing of your vows, please bring in a wedding picture so we may display this during our party.** Our menu will be tossed salad, lasagna, meatballs, bread, soda and bring in your own beverage of choice and for dessert New York style cheesecake with strawberry topping, Zandri's will be catering this event. Cost: \$12.00 residents; \$17.00 non-residents. Registration begins Tuesday, January 21 through Tuesday, February 11 or until the first 80 people have signed up, a \$5.00 late charge will be added after Tuesday, February 11 if there are available seats.



TIME CHANGE: Red Hatters Fried Dough Pizza and Left, Center, Right Party – Wednesday, February 19, **12:00 noon** – We will be making homemade fried dough pizza, served promptly at 12:00 noon. Come in and learn a whole different type of game, Left, Center, Right (bring your nickels!) Please bring in a fun dessert to share with our other Red Hatters! \$20.00 dues will be collected today as well! Please RSVP to Louise Musso at 203-239-4383 by Friday, February 7th. Cost: \$5.00.

Dinner and A Movie – Thursday, February 20, 3:30 p.m. Menu will be chili and corn bread – dinner will be served during the movie at 4:45 p.m. Cost: \$4.00. Movie: **“The Heat”** (Rated R)- Starring: Sandra Bullock and Melissa McCarthy, along with a great cast. Uptight and straight-laced, FBI Special Agent Sarah Ashburn is a methodical investigator with a reputation for excellence--and hyper-arrogance. Shannon Mullins, one of Boston P.D.'s "finest" is foul-mouthed and has a very short fuse, and uses her gut instinct and street smarts to catch the most elusive criminals. Neither has ever had a partner, or a friend for that matter. When these two wildly incompatible law officers join forces to bring down a ruthless drug lord, they become the last thing anyone expected: buddies. Run time: 1 hour and 57 minutes. **Last day to sign up is Friday, February 14th. Transportation is available – and this will be held at the Senior Center, 189 Pool Road.**

Wii Bowling Demonstration (Virtual Bowling) – Tuesday, February 25, 1:30 p.m. Have you ever wanted to learn how to use the Wii and bowl – come on in for a demonstration and who knows, we would like to get a Wii Bowling League together!

Card Game of Hearts – Wednesday, February 26, 1:30 p.m. In celebration of “heart” month, join us for a Game of Hearts. This popular game is easy to play and the directions will be available at each table as well as a brief demonstration. Please sign up if you plan to attend as we will be hosting special Valentine treats.

“Keeping Seniors Connected to Family and Friends: A Fun and Free discussion about how seniors can use wireless phones and technology” – Friday, February 28, 10:00 to 11:00 a.m. While new technologies are exciting and can help seniors stay connected to family and friends, sometimes learning about a new technology can be difficult. So at today’s presentation you will see a demonstration on a Smartphone (iPhone); how to text, surf the web, use apps as well as make phone calls; how to utilize local “wifi” as opposed to paying for cellular data and discussion of “apps” and a Tablet (iPad); you can do everything on a tablet that can be done on a smartphone except phone calls; facetime demonstration; web surfing/google search and apps. Sponsored by Connecticut Legislators and hosted by AT & T Connecticut. Please register by calling the Center at 203-239-5432 or stopping by the office no later than Friday, February 21st – limited seats available.



A Sneak Peek of March

Homemade Irish Soda Bread for Sale – Pre-order your Irish soda bread for pick up on Friday, March 14th between the hours of 10:00 a.m. and 12:00 noon. Place your order beginning Tuesday, February 18th through Monday, March 10th. Payment must accompany order – no phone orders can be taken. Cost: \$6.00 for large round and \$3.00 for small loaf. “The recipe that we use is so good that it was asked if it could be on the menu of a Vermont Inn.” Thank you to Ann Sullivan of Hamden for sharing it to Judy years ago and is now a favorite in the North Haven community as well.

Taste of New Orleans – Tuesday, March 4, 2:00 p.m. Come celebrate what we call “Fat Tuesday” the day before our 40 days of fasting, Ash Wednesday. We will be having a smorgasborg of various foods celebrated during Mardi Gras in New Orleans. Come try some jambalaya, Po Boys, fried okra, creole cornbread and then the traditional King Cake. Cost: \$5.00, registration begins Monday, February 10th and ends Thursday, February 27th. This is a great way to celebrate and munch out before our fasting. Join us!!

Wooster Street Exhibit; “Beyond the New Township: Wooster Square” and Pizza at Pepes – Thursday, March 13, 10:00 a.m. – We will head down to the New Haven Museum – this exhibit is the largest show ever mounted by the historical museum and the first to incorporate technology. In one corner of the gallery sits a corset that visitors are welcome to try on. The things that the museum brought up reflect a multifaceted neighborhood, with its share of triumph, tragedy, dignity, distinction, even some weirdness. The day will begin with a tour on your own of the Museum, and then once done with the tour, we will head over to Pepes Pizza to enjoy one of the best known pizza places on Wooster Street. Cost for the museum is \$3.00 for seniors, and lunch will be on your own. Please sign up no later than Thursday, March 6th – seats are limited.

St. Patrick’s Day Breakfast and St. Joseph’s Day Celebration - Wednesday, March 19 at 10:30 a.m. Today we will mix our Irish and Italian friends and celebrate with a tasty Ireland favorite breakfast; Irish French toast, sausage coddle, Irish soda bread and then we will top it off with our zeppoles from Rocco’s bakery. Cost for breakfast will be \$7.00 for residents and \$12.00 for non-residents (this includes the cost of a zeppole). When paying for breakfast, please indicate your flavor of zeppole; vanilla, chocolate or ricotta. Registration will begin on Monday, March 3rd through Friday, March 14th, or until the first 80 people have signed up, a \$5.00 late charge will be added after Friday, March 14th if there are available seats. For entertainment we will have Tony Baloney.

Dinner and A Movie – Thursday, March 20 at 3:30 p.m. Dinner will consist of corned beef rubeens, cost \$5.00. Dinner will be served during the movie at 4:45 p.m., *“Captain Phillips”*, Starring: Tom Hanks, Catharine Keener, Max Martini. The film focuses on the relationship between the Alabama’s commanding officer, Captain Richard Phillips, and the Somali pirate captain, Muse, who takes him hostage. Phillips and Muse are set on an unstoppable collision course when Muse and his crew target Phillips’ unarmed ship; in the ensuing standoff, 145 miles off the Somali coast, both men will find themselves at the mercy of forces beyond their control. Run time: 2 hours and 14 minutes. **Last day to sign up is Friday, March 14th.**
Transportation is available – and this will be held at the Senior Center, 189 Pool Road.

Breakfast and Shopping - Monday, March 24, 8:45 a.m. – all morning activities will be canceled at the center. We will be venturing off to IHop in Hamden to enjoy some of their famous pancakes and sausages (or whatever you choose to have – breakfast is on your own) and then we can stop along the way to WalMart, Kohls, Joanne Fabrics, Bon Tons. Please sign up by calling or stopping by the office by Wednesday, March 19th, 203-239-5432.

Puzzlemania Tournament – Tuesday, March 25, 12:15 noon to 2:45 p.m. Cost: \$10.00 per person, includes lunch, tossed salad, bacon and swiss cheese quiche and dessert. Lunch begins at 11:00 a.m. Registration begins Monday, March 3 through Monday, March 17. Limited seats available so register early! See attached flyer for rules and more information. If you would like to join us for lunch only, cost: \$5.00 or if you would like to participate in the tournament without lunch, the cost is \$5.00.

The Happenings in April . . .

A Program of Laughs and Comic Fun from Soup to Nutz – Tuesday, April 1, 3:00 p.m. Come for an afternoon of laughter and dinner with Rick Stromoski, an award winning syndicated cartoonist and humorous illustrator brings an engaging and funny presentation to our group that is guaranteed to entertain and leave us laughing. From his humble beginnings growing up in a family of 12 children, Rick is a self taught comic artist who has found critical acclaim through his particular style of humor that he shares with you through samples of his humorous work over the past 3 decades. From magazine cartoons to greeting cards, children's books to newspaper comics, Rick relates his journey from day laborer in his early 20's to award winning cartoonist and President of the largest professional comic artists organization in the world. Rick's work has appeared in national magazines, children's and humor books, newspapers, licensed products, national advertising and network television. During the show, we will begin with an appetizer of cheese, pepperoni and crackers; second course will be tossed salad; third course will be baked zit and garlic bread and ending in a scrumptious dessert of a brownie sundae with nuts! And of course you can bring your drink of choice. **Transportation will be available – this is being held at the Center, 189 Pool Road. Sign ups will begin on Monday, March 10th. Cost: \$5.00.**

Seniors Corner**“My Spirit You Can’t Take Away”**

My legs may not work like they used to
 many miles I’ve walked so easily
 now I need a cane or walker
 My hands that once were strong
 are now shaky and weak
 but are gentle and love to be held
 My eyes may not see as well as they used to
 but when I close them,
 I capture the beauty I once saw
 My ears don’t hear as they used to
 but I can only hope any sound I do hear
 would be words of kindness and compassion
 My heart may not beat as strong as it used to
 but when it does it is of good things of the past
 I may not have all these things I used to
 but the one thing I still have is . . .
 spirit and you can’t take that away

- Written by:
 Jo-Ann Buccetti, April 2013

Almond Pignoli Cookies

1 lb. almond paste
 2 cups sugar
 4 egg whites
 1 lb. pignoli nuts

Blend almond paste with sugar until smooth. Beat egg whites until firm and blend with sugar mixture. Shape into small crescents and roll in pignoli nuts. Place on ungreased parchment on ungreased cookie sheet.

Bake at 350 degrees for about 20 minutes or until lightly browned. When cool, peel cookies from paper.

From the Kitchen of:
 Louise Musso

Anginets

1 cup sugar
 6 eggs
 ¼ cup Wesson oil
 6 cups flour
 6 tsp. baking powder
 1 tsp. lemon extract
 1 tsp. orange extract

Topping:

1 cup of confectionary sugar
 cold water – drop by tablespoons
 To make topping for anginets – drop water by tablespoons, until smooth and creamy, not too watery

Mix sugar and eggs with other ingredients, dough should not be sticky. Roll pieces of dough between fingers to make small loops. Bake at 400 degrees for 10 minutes. Once cool, drop top of cookies in the topping mixture and then decorate with colored sprinkles.

From the Kitchen of:
 Jennie Valentino (deceased 2013)



Welcome to Our New Members

Rose Cantu, Nicholas Grasso, Arline Roche, Louise Rudnicki



Thank you to the following for your donation:

Ann Alexander, Antonia Buono, Eileen Coppola

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.

Please remember to call our Café Manager at 203-239-4030 between 9:00 a.m. 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 PINOCHLE**

Monday, 1:30 – 3:00 p.m. and there is an advance pinochle group who plays on Thursday, 10:00 a.m.



- **INTERMEDIATE BRIDGE**

Wednesday and Friday, 12:15 to 3:00 p.m.

- **BEGINNER BRIDGE**

Tuesday and Thursday, 12:30 to 3:00 p.m. You must commit to 8 consecutive weeks. If you are interested please sign up in the office.

- **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, 1:00 – 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 on Thursday afternoons.

- **COMPUTER CLASSES**

Our Computer Classes will meet on Tuesdays, and run for 5 consecutive weeks. Beginners are scheduled from 9:00 to 10:30 a.m. and advanced scheduled from 10:30 a.m. to 12 noon! Call to put your name on our list, 203-239-5432.



- **E-Z EXERCISE**

Monday, Wednesday and Friday, 9:30 – 10:00 a.m. Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.



- **INTERMEDIATE FOOTLIGHTERS**

Friday, 10:00 – 11:15 a.m. Did you love tap dancing as a child and your mother always told you not to tap in the house? Learn all the updated tap moves by our certified instructor, Judyth Nilsson. Come join in the fun. Fee: \$25.00 per month. Tap shoes are required.

- **KNITTING AND CROCHETING**

Wednesday, 12:30 – 2:30 p.m. The knitting and crocheting class is looking for any yarn donations, must be in useable condition.

- **LINE DANCING**

Monday and Wednesday, 9:00 - 10:00 a.m. Studies show by dancing you will reduce your risk of future memory problems. Come join our line dancing program and help reduce your risk of memory loss

- **MAH JONGG**

Advanced meets on Tuesday, 12:30 p.m. and *Beginner/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.**



- **OIL PAINTING**

Monday, 12:30 – 2:30 p.m. Session will begin: Monday, January 13 and will run through Monday, April 14. **No class Monday, February 17 due to President's Day.** Fee: residents, \$20.00; non-residents, \$25.00. A list of supplies will be given to you prior to the first class.

- **BINGO** – Monday & Friday, 12:45 p.m. Bingo no longer to be held on Thursdays due to low attendance.

- **SENIOR SONGSTERS**

Meets on Tuesdays, from 1:15 to 2:15 p.m.

- **SIT-ERCISE**

Mondays and Wednesdays, 10:30 to 11:30 a.m. New session will begin: Monday, March 17 - Wednesday, June 11. **No classes on Monday, May 26.** Increase muscle strength, improve flexibility, gait and balance to help prevent falls – exercises are done in a chair and this program is specially designed for those 50 and older who are at risk for falls. Cost: residents, \$10.00; non-residents, \$15.00. Sign up start February 10. Sponsored by VNA Community Healthcare. **Please make checks payable to VNA Community Healthcare.**

- **TAI CHI: FOR BETTER BALANCE**

Monday and Thursday, 10:00 to 11:00 a.m. Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. New session begins: Monday, March 17 and ends Thursday, June 12. **No classes on Monday, May 26.** Fee: residents, \$25.00; non-residents \$30.00. Sign up start February 10. **Please make checks payable to the VNA Community Healthcare.**

- **BEGINNER CHAIR YOGA**

Tuesday, 9:00 a.m. - 10:30 a.m. and 10:45 a.m. - 12:15 p.m. Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. New session will begin: Tuesday, December 3rd and run until Tuesday, March 4th. **No class on Tuesday, December 24th.** 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: Tuesday, January 9th through Thursday, April 27th. Fee: residents, \$50.00; non-residents, \$55.00.



For Your Information . .

The Agency on Aging of South Central CT will be hosting: “Welcome to Medicare” presentations on the following days:

Wednesday, February 12th
Wednesday, March 12th
Wednesday, April 16th

Place: One Long Wharf Drive,
 1st Floor, New Haven, CT
Time: 2:00 to 3:30 p.m.

There is no charge for these presentations. Seats are limited! If you are interested please register by calling Tom Davis, 203-785-8533 ext. 3187.



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.

2014 Day Trip Policies

- ☞ Trips are open to all North Haven seniors, on a first come basis. 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 or separate check only.
- ☞ Please remember to bring in your emergency contact information, their name and telephone numbers where they can be reached during the day (including work and cell numbers.) Please remember to bring your emergency forms with you on day of trip this is important since it has an emergency contact person, medications and allergies.
- ☞ Please make the staff aware of any special seating requests as you sign up for the trips. The first two rows are reserved for persons with disabilities. Unfortunately due to the fact some trips are sponsored by a Travel Agent, special menus cannot be accommodated.
- ☞ If special assistance is needed, it is highly recommended to bring a family member or friend.
- ☞ There will be no refunds. If the travel agent or the Center cancels the trip, refunds will be issued.
- ☞ Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.
- ☞ Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there will not be a refund issued. You must come into the Center to check in prior to boarding the bus. No passengers are to board the bus until your name is called and checked off by trip escort.

Mohegan Sun, Tuesday, March 11, 2014 leaving the Center at 9:00 a.m. and will be back into North Haven by 5:30 p.m. **Cost: \$23.00 per resident and \$28.00 per non-resident. Collection date: Friday, January 10, 2014. All checks made payable to: North Haven Senior Citizens.**

Westchester Broadway Theatre: Ragtime, Thursday, March 27, 2014 leaving the Center at 9:00 a.m. and will be back into North Haven by 5:45 p.m. **Cost: \$90.00 resident; \$95.00 non-resident. Collection Date: Friday, January 24, 2014 – we only have 29 seats on hold.** E.L. Doctorow's novel comes vividly to life in this Tony Award-winning musical, set against the backdrop of the ragtime craze in New York City and New Rochelle. This award winning musical intertwines the stories of three families, as they confront timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in turn of the century America. Musical styles range from the ragtime rhythms of Harlem and Tin Pan Alley to the klezmer of the Lower East Side, from bold brass band marches to delicate waltzes, from up-tempo banjo tunes to period parlor songs and expansive anthems." Featured are such show stopping songs as "Getting Ready Rag," "Your Daddy's Son," "Wheels of a Dream," "Till We Reach That Day," "Back To Before," and "Make Them Hear You." It won 1998

Tony Awards for Best Score, Book and Orchestrations, and won both the Drama Desk and Outer Critics Circle Awards for Best Musical and Best Score. Westchester Dinner Theatre is 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: North Haven Senior Citizens.**

The Bushnell: Disney's Beauty and the Beast, Wednesday, May 7, 2014, 10:30 a.m. show and then lunch on your own at Pazzo Cafe. Ticket Cost: \$50.00 per resident and \$55.00 per non-resident. Collection date: Friday, February 7, 2014 – limited seats available. Leaving the Center at 9:00 a.m. and will be back in North Haven by 4:00 p.m. The most beautiful love story ever told comes to life! Tale as old as time, true as can be. Disney's Beauty and the Beast, the smash hit Broadway musical is a lush, romantic musical for all generations. Based on the Academy Award-winning animated feature film, this eye-popping spectacle has won the hearts of over 35 million people worldwide. This classical musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including "Be Our Guest" and the beloved title song. Experience the romance and enchantment of Disney's Beauty and the Beast! **Make checks payable: North Haven Senior Citizens.**

Westchester Broadway Theatre: Mary Poppins, Wednesday, June 4, 2014 leaving the Center at 9:00 a.m. and will be back into North Haven by 5:45 p.m. **Cost: \$90.00 resident; \$95.00 non-resident. Collection Date: Friday, April 4, 2014 – we only have 31 seats on hold.** One of the most popular Disney movies of all time is capturing hearts in a whole new way: as a hit musical! Mary Poppins is the story of a mysterious nanny who magically appears at the Banks household in Edwardian London to care for Jane and Michael Banks. Adventure abounds as she then whisks them away to meet chimney sweeps, shopkeepers and more. It features an irresistible story, breathtaking dance numbers and beloved songs such as "Chim Chim Cheree," "A Spoonful of Sugar" and "Supercalifragilisticexpialidocious". The New York Post calls it "a perfect piece of musical theater." It received 7 Tony Award nominations, including Best Musical, winning for Best Scenic Design. Believe in the magic of Mary Poppins and discover a world where anything can happen if you let it! Westchester Dinner Theatre is 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: North Haven Senior Citizens.**

Mohegan Sun, Tuesday, June 24, 2014 leaving the Center at 9:00 a.m. and will be back into North Haven by 5:30 p.m. **Cost: \$23.00 per resident and \$28.00 per non-resident. Collection date: Friday, April 25, 2014. All checks made payable to: North Haven Senior Citizens.**

Celebrate Italia, Tuesday, July 15, 2014 leaving the Center at 10:00 a.m. and will be back in North Haven by 4:00 p.m. **Cost: \$45.00 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, March 14, 2014 – limited seats available.** We will be heading to the Aqua Turf Club in Southington to enjoy a family style Italian luncheon which consists of salad, pasta and meatballs, chicken parmesan, porchetta, vegetable, potato and dessert. Door prizes and a complimentary beverage will be awaiting us when we arrive. And then after lunch we will be celebrating Italia with The Italian Connection Band, Boston’s Best Italian Band!

Mohegan Sun, Tuesday, August 19, 2014 leaving the Center at 9:00 a.m. and will be back into North Haven by 5:30 p.m. **Cost: \$23.00 per resident and \$28.00 per non-resident. Collection date: Friday, June 27, 2014. All checks made payable to: North Haven Senior Citizens.**

Suffolk Downs, Thoroughbred races, Wednesday, September 17, 2014 leaving the center at 7:15 a.m. and will be back into North Haven by 7:30 p.m. **Cost: \$66 per resident; \$71.00 per non-resident. Collection date: Friday, July 18, 2014.** Enjoy the action-packed excitement of thoroughbred racing at this beautiful track located outside of downtown Boston. Wonderful luncheon buffet in the Topsider room on the fourth floor of the clubhouse; menu: salad, fruit cocktail, hot entrees, vegetable, potatoes, dessert and coffee.

Celebrate Polka, Tuesday, September 23, 2014 leaving the Center at 10:00 a.m. and will be back in North Haven by 4:00 p.m. **Cost: \$45.00 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, May 30, 2014 – limited seats available.** We will be heading to the Aqua Turf Club in Southington to enjoy a family style Polish luncheon which consists of salad, pasta, stuffed cabbage, kielbasa & kraut, pierogies, vegetable, potato and dessert. Door prizes and a complimentary beverage will be awaiting us when we arrive. And then after lunch we will be celebrating Polka with Jimmy Sturr and his orchestra.

Westchester Broadway Theatre: Rodgers & Hammerstein’s South Pacific, October 2, 2014 leaving the Center at 9:00 a.m. and will be back to North Haven by 5:45 p.m. **Cost: \$95.00 per resident; \$100 per non-resident. Collection date: Friday, August 22, 2014 – we only have 19 seats available.** The original Broadway production won ten Tony awards and the songs from the show are timeless. Remember “Some Enchanted Evening”, “I’m Gonna Wash That Man Right Out of My Hair”, “Happy Talk”, “Bali Ha’I” and so many more Rodgers & Hammerstein’s South Pacific is considered one of the greatest musicals of the 20th century. Westchester Dinner Theatre is 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.

FSW, INC. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

February 2014

Please contact the Café Manager to reserve your lunch by calling the day before between the hours of 9-11 a.m. (203-239-4030)

Monday		Tuesday		Wednesday		Thursday		Friday		
3		4		5		6		7		
Potato Crusted Pollock ½ cup Israeli couscous ½ cup Bean blend vegs 2 slices 100% whole wheat bread 1 tsp margarine 4 oz Blended fruit juice ½ cup Vanilla pudding with strawberry topping 8 oz low fat milk		3 oz Roast pork with LS gravy ½ cup Scalloped potato ½ cup Spinach 1 oz Applesauce garnish 1 Dinner roll 1 tsp margarine ½ cup Pineapple 8 oz low fat milk		3 oz Meatloaf with gravy ½ Baked potato/ sour cream ½ cup Jardinière blend vegs 2 slices Pumpnickel bread 1 tsp Margarine ½ cup Mandarin oranges 8 oz low fat milk		3 oz Oven fried chicken ½ cup Macaroni and cheese 1 cup spinach salad with Italian dressing 2 slices oat bread 1 tsp margarine Fresh fruit 8 oz low fat milk		HAPPY BIRTHDAY ¾ cup Minestrone soup/LS crax 2 Cheese stuffed shells With 2 oz meat sauce ½ cup Broccoli Parmesan cheese 1 slice garlic bread 1 tsp margarine 1 Slice Birthday Cake 8 oz low fat milk		
10		11		12		13		14		
3 oz BBQ chicken quarter ½ cup Baked beans ½ cup Coleslaw 1 Biscuit 1 tsp Margarine ½ cup mandarin oranges 8 oz Low fat milk		3 oz Light crunch fish with lemon and tarter sauce ½ cup confetti brown rice ½ cup Broccoli 1 Wheat dinner roll 1 tsp Margarine ½ cup pistachio pudding 8 oz Low fat milk		CENTER CLOSED		3 oz Sliced turkey with LS gravy ½ cup Herb stuffing ½ cup Roman 2 oat bread 1 tsp Margarine 4 oz orange juice 1 oatmeal raisin cookie 8 oz low fat milk		Valentine's Day 3 oz Beef Braciolo W/LS Gravy ½ c. Au Gratin Potatoes 1/2c. Green Beans Wheat Dinner Roll 1 tsp Margarine Holiday Cake 8 oz. LF Milk		
17		18		19		20		21		
PRESIDENTS DAY Centers are Closed		Valentine Party Cost: \$12.00 See Newsletter for Details		3 oz Chicken with broccoli and cheese ½ cup Brown rice ½ cup Carrot 1 Dinner roll 1 tsp margarine 4 oz Cranberry juice 1 slice apple strudel 8 oz low fat milk		½ cup Spaghetti with 3 oz meatballs ½ cup California blend vegs 1 tsp Parmesan cheese 1 garlic breadstick 1 tsp Margarine ½ cup pineapple tidbits 8 oz low fat milk		3 oz Salmon with Honey Mustard Sauce ½ cup Orzo ½ cup Green beans 2 rye bread 1 tsp margarine ½ cup fruited jello 8 oz low fat milk		
24		25		26		27		28		
ALL MORNING ACTIVITIES CANCELED NO LUNCH TODAY		3 oz Herb roasted chicken thigh ½ Baked sweet potato ½ cup summer spring blend 2 Rye bread 1 tsp Margarine 4 oz Apple juice 1 coffee cake 8 oz low fat milk		1 cup NE clam chowder/LS crax 3 oz Seafood salad on bed of lettuce with tomato and pasta salad 2 oat bread 1 tsp margarine 1 tsp margarine ½ cup apricots 8 oz low fat milk		3 oz Roast beef with LS gravy ½ cup Smashed potato ½ cup Peas and carrots 1 corn bread 1 tsp margarine 4 oz grape juice ½ cup chocolate pudding 8 oz low fat milk		3 oz Sweet and sour pork ½ cup Lo Mein ½ cup Oriental blend vegs 2 wheat bread 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 3oz. Protein 1 Pat Margarine

2 Bread Servings or equivalent (enriched or whole grain)

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

All Rolls are Seedless. All White rice is enriched. All Non-citrus juices are Vitamin C fortified.