

# SENIOR HAPPENINGS

## APRIL 2014



April Showers is bringing . . .

***HAPPY SPRING!!  
HAPPY EASTER!!***



- ☞ April 1: Laughs and Comic Fun from Soup to Nutz
- ☞ April 2: **Trip:** Mohegan Sun
- ☞ April 8: Get to Know Your Senior Center
- ☞ April 9: Purple Red Hatters Tea Party
- ☞ April 10: **Mini Trip:** Hamden Mart
- ☞ April 10: **Presentation:** Fall Prevention Seminar  
Sponsored by VNA Community Healthcare
- ☞ April 10: Easter Craft Project
- ☞ April 11: **Presentation: Lunch & Learn** – Free  
Memorial & Cognitive Ability Evaluations
- ☞ April 11: Senior Moments with  
Mike Freda, First Selectman
- ☞ April 15: **StoryTeller:** Kate Allen-Smith
- ☞ April 16: Volunteer Luncheon
- ☞ April 17: AARP Smart Drivers Class
- ☞ April 18: Center Closed due to Good Friday
- ☞ April 22: Earth Day Celebration
- ☞ April 22: **Presentation:** Bone Health for Seniors  
Sponsored by FSW
- ☞ April 23: **Presentation:** Be Your Own Healthcare  
Hero – Sponsored by VNA Community Healthcare
- ☞ April 24: **Mini Trip:** Universal Drive

**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](http://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:**

- Grocery Shopping – Big Y or Stop and Shop

#### **Tuesdays:**

- Hairdressers, Barbers and Nail Salons.
- Town Pool

#### **Wednesdays:**

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

#### **Thursdays:**

- Town Pool
- Mini Trip: April 10, Hamden Mart
- Mini Trip: April 24, Universal Drive

#### **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 – 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

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

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

Blood pressures and glucose screenings  
will be available

***From the Desk of Judy,***

Last month I published an article "Going Green" and I was impressed by the comments I received about how much they liked the article! I am told that "Going Green" is not a new idea but rather the way everyone lived out of necessity, and without being asked to "Go Green". With the environment in mind, I thought it would be fun to celebrate Earth Day which is celebrating its 44th anniversary on Tuesday, April 22. The idea behind the day - honoring the planet and all living things that inhabit it - began during the early **1960's hippie movement**, as Earth Day bloomed into a grass roots cause that eventually culminated in the first official U.S. observance of Earth Day celebrated in 1970.

To celebrate our environment, I invite all members of the Center to join us on Earth Day, Tuesday, April 22 and participate in following:

- Walking to the new walking trail located at the Blakeslee Field - we will start at the Center at 9:30am
- Cleaning out the raised garden boxes and planning our Center Herb boxes
- Bringing in our own utensils and plates to use at lunch instead of styrofoam dishes and cups
- Making Coffee Grind garden ornaments
- Ending our day of celebrating the Earth with an afternoon dessert "Earth Day Dirt Cups".

For added fun, wear green and brown to match the trees and grass!

*Please sign up no later than Wednesday, April 16 - hope to see you there!*

**"Earth laughs in flowers."** -Ralph Waldo Emerson

Did you know I love birthdays? I do, and it's a day where I celebrate my life and all I am blessed with - and this includes being with all of you. I invite everyone to join me with cake and punch as I celebrate my 56<sup>th</sup> birthday on Tuesday, April 29 immediately following lunch. Please sign up in the office by Friday, April 18.

*"Do not regret growing older, it's a privilege denied by many"- Unknown*



### April Showerings . . . .

**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. And you know what they say, laughter is the best medicine around!!! 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 ziti 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 10<sup>th</sup>. Cost: \$5.00.**

**Red Hatters: A Proper Tea Party** – Wednesday, April 9, 1:00 p.m. The Purple Red Hatters will be prim and proper today – we will talk about the proper way to host a tea party; have various teas available, with tea sandwiches and scones. Please bring your own tea cup and if you have a tea pot and would like to share with us, please bring that as well. Don't forget to wear your white gloves. Please RSVP to Louise Musso, 203-239-4383, by Monday, April 7<sup>th</sup> so we will have enough treats for all.

**Presentation: Fall Free Living Seminar** – Thursday, April 10, 10:00 a.m. Presented by the VNA Community Healthcare this presentation includes a half hour presentation followed by orthostatic blood pressure screenings, balance assessments and a Sitercise demonstration. Funded by the CT Collaboration for Fall Prevention at Yale University School of Medicine. Please register for this presentation no later than, Friday, April 4<sup>th</sup> by calling, 203-239-5432 or stop by the office to register.

**Senior Moments with Mike Freda, First Selectman** – Friday, April 11, 10:30 a.m. If you have an concern 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.

**Presentation: Free Memory & Cognitive Ability Evaluations Lunch and Learn** – Friday, April 11, 11:30 a.m. Dr. Susann Varano, Geriatrician will be conducting evaluations on this day. Dr. Varano is a Yale University trained physician. Prior to the evaluation, a brief questionnaire is filled out by the participant. At the evaluation, which is held in a relaxed setting, the participant responds to a series of questions focusing on cognitive skills and memory. Please register for this presentation no later than, Friday, April 4<sup>th</sup> by calling, 203-239-5432 or stop by the office to register.

*In honor of your commitment to the Center  
Our North Haven Senior Center Volunteers  
are Cordially Invited  
to a  
Volunteer Luncheon  
on Wednesday, April 16, 2014 at 12:30 p.m.*

*Menu will be: Assorted Tea Sandwiches and Quiche with a  
Garden Salad and Dessert*

*Please RSVP by Thursday, April 10<sup>th</sup>*

*As indicated in our Volunteer Guidelines, if you have volunteered  
20 hours or more, you are considered a Volunteer and are  
cordially invited to attend our Luncheon!*

*Cost for non-volunteers: \$10.00*

**Apizza Gain aka Ham Pie** – Pickup on Thursday, April 17 between 11:30 a.m. and 1:00 p.m. - orders will be taken for our famous no crust apizza gain beginning Friday, April 1 and ending Friday, April 11 – payment must accompany the order! Cost: \$3.00 per slice or \$8.00 for a 7” pie. Come early to sign up, limited quantities will be made!



**Earth Day Celebrations** – Tuesday, April 22, 9:30 a.m. Please call the center or stop by to register for these fun and exciting events by Wednesday, April 16, 203-239-5432.

9:30 a.m. – Walking the new walking trail at Blakeslee Field  
11:00 a.m. – Cleaning and preparing our garden boxes  
12:15 p.m. – “Earth Day Dirt Cups” Dessert  
1:30 p.m. – Coffee Grind garden ornaments

**Presentation: Be Your Own Healthcare Hero** – Wednesday, April 23, 10:30 a.m. Speak Up! Ask questions! Be Prepared! Learn many ways to improve communication with your Health Care provider. Sponsored by the VNA Community Healthcare. Please call the Center or stop by to register by Monday, April 21<sup>st</sup>, 203-239-5432.

**Looking for . . . . .**



Do you enjoy Pinochle, looking to play? The Pinochle group who meets every day is looking for you!! They play during the hours of: 10 to 11:30 a.m. or 12 noon to 2:30 p.m. Come join in on the fun!!



### Bringing May Happenings . . . .

**The Art of Making Chocolate** – Tuesday, May 6 at 1:00 p.m. Ever wanted to learn how to make chocolate – come on and learn all about the art and history of making chocolate. This event is our kickoff to support our Town’s One Town, One Book Read – **Charlie and The Chocolate Factory**. Please register by calling or stopping by the Center, 203-239-5432 by Monday, April 21<sup>st</sup>, we need to make sure we have enough supplies for all to participate.

**Movie, Dinner and a Dessert Walk** – Thursday, May 8, 3:30 p.m. To continue with our kickoff to our Town’s One Town, One Book Read, we will be hosting a dessert walk during our evening. **Ticket price: \$2.00 for a chance.** The movie will be **Calendar Girls**, based on a true story, eleven middle-aged Englishwomen pose (nude) for their annual Women’s Institute calendar as a fundraiser for the local hospital. Chris gets the idea to raise money for the hospital after Annie’s husband dies of leukemia. The calendar is little different in that each woman is posing behind a different task that the Women’s Institute teaches their members, such as making bread rolls, knitting, planting flowers, and playing the piano. Before they know it, the calendar is a big hit in England with tremendous sales. Eventually, they are flown to America to be interviewed by Jay Leno. The calendar has made almost a million dollars for the local hospital. Starring in this hilarious and outrageous film: Helen Mirren, Celia Imrie, Julia Walters, Linda Bassett, Annette Crosbie, Ciaran Hinds, John Alderth, Philip Glenist and Penelope Wilton. Dinner will be served during the movie and will be: chicken salad sandwiches, chips, drink and chocolate ice cream cones with chocolate sprinkles. Cost: \$5.00 per person. Run time: 1 hour and 48 minutes. **Last day to sign up is Monday, April 21<sup>st</sup>. Transportation is available – and this will be held at the Senior Center, 189 Pool Road.**

**Healthy Habits for Life** – Join us for the 4 part series beginning Thursday, May 8 and ending Thursday, May 29 from 12:45 to 1:45 p.m. You will learn ways to improve communication with your Health Care Provider; how to improve your health and fitness through diet and exercise; safe, effective ways to manage your medications; practice the “Power of Positive Thinking” and home safety strategies. Presented by the VNA Community Healthcare and sponsored by the Town of North Haven. Please call the center or stop by to register for this class by Friday, May 2, 203-239-5432.

**Open Forum with First Selectman, Michael Freda** – Friday, May 9<sup>th</sup>, 10:30 a.m. Mike will be in today to discuss the happenings of North Haven and answer any questions you may have for him. Please register by calling or stopping by the Center, 203-239-5432.

**Mother’s Day Teas and Treats** – Friday, May 9, 1:00 p.m. Save the date, more details will follow!

**Keeping Strong: An Introduction to Food and Fitness** – Wednesday, May 14, 10:30 to 11:30 am. Presented by the VNA Community Healthcare, join them and learn ways to improve your health and fitness through diet and exercise; what a healthy diet looks like and how to develop a more active lifestyle. Please register by Monday, May 12 by calling or stopping by the Center, 203-239-5432.

**Purple Red Hatters Spring Luncheon** – Wednesday, May 14, 1:00 p.m. Don Giovannis Bistro, 680 North Colony Road, Wallingford. Enjoy a seamless fusion of classic and modern cuisine from gourmet stone oven baked pizzas to venetian small-plates and more. Don Giovanni's has an excellent reputation for serving authentic Italian food, appreciated by people who love everything about Italian cuisine. There is a lunch buffet for \$8.95 plus tax, gratuity and drinks or you can order off the menu with prices ranging from sandwiches and wraps, \$8.50 to entrees, \$15.00. Please contact Louise Musso, 203-239-4383 by Friday, May 9<sup>th</sup> as we need to finalize our reservations by Monday, May 12<sup>th</sup>!

**Celebrate Memorial Day** – Tuesday, May 20, 11:30 a.m. – Let's kick off to the barbeque season with (2) hot dogs or hamburgers (cheeseburgers), baked beans, homemade cole slaw and ice cream sandwich cake. We will be celebrating our Veterans and our current servicemen with our Senior Songsters. Cost: \$6.00 residents and \$11.00 non-residents, sign-ups will begin on Friday, May 2 and end on Wednesday, May 14 or to the first 80 people, after May 14 the cost will be \$11.00. Please indicate your choose of meal when you sign up.

**Seniors Corner . . . .**

So I have received lots and lots of requests for the following recipes since they were such a great hit at our St. Patty's Day Breakfast.

**Sausage Coddle – serves 8**

1 pound pork sausage links – I used the breakfast sausage, mild and hot  
½ pound bacon  
2 onions thinly sliced  
3 carrots chopped  
4 large potatoes, peeled and cubed  
Ground black pepper to taste  
1 teaspoon dried parsley  
1 cup beef stock  
1 ½ cups Irish stout beer – Guinness  
½ cup heavy cream

Preheat oven to 325 degrees. Place the sausages and bacon into a large skillet over medium heat and cook until the sausages are browned on both sides, about 10 minutes. Slice the sausages into large chunks and crumble the bacon, set aside. Put all ingredients in a 9x13 inch baking dish – mix together. Warm the beef stock in a saucepan over medium heat, and pour in the stout beer and cream. Pour the sauce over the casserole, and let the sauce fill in the spaces. Bake in preheated oven until potatoes and vegetables are tender about 1 ½ hours.

**Irish Toast – serves 6**

1 (16 ounce) loaf French bread  
4 large eggs  
1 fluid ounce Irish whiskey  
1 ½ fluid ounces Irish cream liqueur  
1 teaspoon vanilla extract  
2 cups oil  
Confectioner sugar for dusting

Cut the bread in 12 slices. In a bowl, whisk together the eggs, Irish whiskey, Irish cream liqueur, and vanilla extract until well blended. Heat oil in a skillet over medium heat until the oil is hot. Press each bread slice into the egg mixture, then fry in the hot skillet until nicely browned on both sides, about 2 minutes per side. Take out of oil, and put on paper towel to drain. Sprinkle with confectioner sugar and serve.



**Welcome to Our New Members  
Tara Buccino, Josephine George, Julia Lawrence,  
Ronald Morro and Ann Plano**



Thank you to the following for your donation:

Ann Alexander, Maureen Emler

Please remember to sign our donations list when making a donation to the Joyce C. Budrow North Haven Senior Center. For those who donated and did not sign our list – we greatly appreciate your donation.



### **Daily Lunch Program . . . .**

Our Senior Community Café serves a hot, full-course meal on a daily basis at 11:30 a.m. – please see the newsletter for time changes due to a special program or presentation happening at the Senior Center. Menus are available in the newsletter. Suggested donation is \$3.00 and you must be over 60 years of age or disabled. Meal cost \$5.60 for anyone who wishes to participate and does not meet the required age. A required application is necessary prior to participating in the program and is available in the office.

Please remember to call our Café Manager at 203-239-4030 between 9:00 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, 1:00 – 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.**

- **BINGO**

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

- **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, April 21<sup>st</sup> through Monday, July 14<sup>th</sup>. **No class on Monday, May 26<sup>th</sup> due to Memorial Day.** Fee: residents, \$20.00; non-residents, \$25.00. A list of supplies will be given to you prior to the first class.

- **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, April 1<sup>st</sup> and run until Tuesday, June 17<sup>th</sup>. 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, April 10<sup>th</sup> through Thursday, June 26<sup>th</sup>. 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, April 16<sup>th</sup>**

**Place:** One Long Wharf Drive, 1<sup>st</sup> 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.

## **Income Tax Information**

VITA Income Tax volunteers are at the library on Tuesdays, Wednesdays and Thursdays from 1:00 to 4:00 p.m. through April 15<sup>th</sup>. Bring your tax documents and last year’s returns and they will do your basic state and federal taxes FREE. No appointments. First come, first served.



### *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.

**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, Tuesday, August 5, 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 20<sup>th</sup> 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

**April 2014**

Please contact Arlene Herzog, 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
	1	2	3	4
	3 oz Broccoli stuffed chicken supreme ½ cup Bowtie noodles ½ cup Green beans 1 Pumpnickel roll 1 tsp margarine 4 oz Cranapple juice ½ cup butterscotch pudding 8 oz low fat milk	<b>HAPPY APRIL BIRTHDAYS</b>  1 cup Beef Stew Mashed Squash Green Cabbage 1 Biscuit 1 tsp margarine 1 slice Carrot cake 8 oz low fat milk	3 oz Meatloaf/LS gravy ½ cup Mashed potato ½ cup Peas and Onions 1 slice Oat bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	¾ c. Vegetarian Veg Soup 1 pkt. Unsalted Crax 3 oz/ Baked ziti with cheese 1 Tbs. Parmesan cheese 1/2c. Italian blend vegs 1/2c. Caesar salad with croutons and Caesar dressing 1 Slice Garlic bread Fresh fruit 8 oz. Low Fat Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
3 oz Herb baked chicken qtr ½ cup Fresh Sweet potato ½ cup Green beans 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Stuffed pepper ½ cup White Rice ½ cup Carrot coins 1 Wheat dinner roll 1 tsp margarine 4 oz Grape juice 1 Lemon cookie 8 oz low fat milk	3 oz Hot open turkey sandwich with gravy on 1 Wheat bread ½ cup Steak fries ½ cup California blend 1 tsp margarine ½ cup Vanilla pudding with berry topping 8 oz low fat milk	¾ cup Chicken noodle soup 1 pkt LS crackers 3 oz fish with Florentine sauce ½ cup Confetti brown rice ½ cup Tuscan blend 1 Multigrain dinner roll 1 tsp margarine ½ cup Pears 8 oz low fat milk	1/6 broccoli quiche ½ cup stewed tomato and zucchini ½ cup Tossed salad with cucumber and Italian dressing 1 slice oat bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
½ cup Barilla plus spaghetti 3 oz Meatballs marinara ½ cup Broccoli 1 pkt Parmesan cheese 1 Herbed breadstick 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz Pork loin with LS gravy 1 oz Applesauce garnish ½ cup Scalloped potato ½ cup Peas and mushrooms 1 slice Multigrain bread 1 tsp margarine Fresh fruit 8 oz low fat milk	<b>Volunteer Luncheon at 12:30 p.m.</b>  <b>See page 4 for more details</b>  <b>Volunteer – free</b> <b>Non-Volunteer – \$10.00</b>	<b>HAPPY EASTER</b> 1/2c. Pineapple Juice 3 oz. Glazed Ham 1/2c. Sweet Potato Pone ½c. Whole Green Beans 1 Slice Rye Bread 1 tsp margarine Hot Cross Bun	<b>Center closed due to Good Friday</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
3 oz Lite crunch fish 1 pkt Tarter sauce ½ cup Sweet potato fries ½ cup Fresh zucchini 1 slice 100% whole wheat bread 1 tsp margarine 4 oz Cranberry juice 1 Chocolate chip cookie 8 oz low fat milk	3 oz Oven fried chicken ½ cup macaroni and cheese ½ cup spinach 1 biscuit 1 tsp margarine ½ cup applesauce 8 oz low fat milk	3 oz Swedish meatballs ½ cup Noodles ½ cup Green and wax bland 1 slice Oat bread 1 tsp margarine ½ cup Peaches 8 oz low fat milk	¾ cup Lentil soup/LS crax **Chef salad 1 oz Turkey, 1 oz ham, 1 oz cheese 1 cup Tossed salad/cucumber 1 pkt French dressing 1 Croissant 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	Vegetable Omelet ½ cup roasted tomato ½ cup Grilled vegetables 1 slices Rye bread 1 tsp margarine ½ cup pineapple tidbits 8 oz low fat milk
<b>28</b>	<b>29</b>	<b>30</b>		<b>31</b>
<b>No morning programs</b> <b>No FSW lunch</b>  <b>Grease Trap being cleaned</b>	¾ cup minestrone soup 1 pkt unsalted crackers 1 Granioli spinach ravioli 2 oz Meatball marinara 1 cup Tossed salad with tomato 1 pkt Italian dressing 1 slice Italian bread 1 tsp margarine ½ cup Italian ice 8 oz low fat milk	3 oz Baked Ham with LS gravy ½ cup O'brien potato ½ cup Mixed vegetables 1 slices Oat bread 1 tsp margarine ½ cup apricots 8 oz low fat milk		

MINIMUM PORTIONS SERVED AT EACH MEAL:

All soups and entrees, gravies and sauces, salad dressing and desserts are Low Fat and Low Salt

1c Milk – 1% or equivalent    1c Vegetable and Fruit or equivalent (Non citrus juice is Vit C. fortified;    3 oz. Protein    1 pat Margarine

2 Bread servings or equivalent (enriched or whole grain) All rolls are seedless; All white rice is enriched;