

SENIOR HAPPENINGS

DECEMBER 2013

*May this Holiday Season
BRING YOU JOY AND PEACE!!*



A quick glance of December:

- ∞ December 3 – Senior to Senior Breakfast at the North Haven High School
- ∞ December 3 – Holiday Bazaar Follow Up Meeting
- ∞ December 4 - Coffee and Holiday Thank You to our Veterans
- ∞ December 5 – Decorating the Center
- ∞ December 6 – Tri-Town Christmas Party at Zandri's, Center Closed
- ∞ December 9 – **Day Trip:** Trees of Hope and lunch
- ∞ December 11 – Finance Meeting, 10:30 a.m.
- ∞ December 11 – Purple Red Hatters Holiday Party
- ∞ December 12 – **Presentation:** Heart Healthy Cooking, Demonstration & Food Tasting
- ∞ December 13 – Open Forum with First Selectman, Mike Freda
- ∞ December 13 – **Day Trip:** Trees of Hope and lunch
- ∞ December 16 – 5th Annual Staff Christmas Cookie Contest
- ∞ December 17 – **Story Teller:** Kate Allen Smith
- ∞ December 17 – **Night Trip:** Dinner and Fantasy of Lights
- ∞ December 19 – **Mini Trip:** Hamden Mart
- ∞ December 24 – Center Open **No** Lunch, Classes, or Chorus
- ∞ December 25 – Merry Christmas – Center Closed
- ∞ December 30 – **Mini Trip:** Universal Drive
- ∞ January 1 – Happy New Year – Center Closed

**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 Bienen-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:
 - ⇒ Universal Drive, December 30

Tuesdays:

- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:

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

Thursdays:

- Town Pool
- Mini Trip:
 - ⇒ Hamden Mart, December 19

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 – December 6 and 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,

“Many hands make light work.” - Heywood, John

A round of applause goes out to everyone including my staff for working diligently making our senior centers' 2013 Holiday Bazaar another success. As always it is hustle and bustle prior to and on the day of the event. However in the end we look back and focus on how it was a day of fun, food, and fellowship.

This year's event realized a profit of \$2,200. _If you were unable to attend the bazaar and would like to support the efforts of this fundraiser there are a few remaining handmade items on display at the Center throughout the month of December. Great gifts at a great price! Again thank you All for Supporting Your Center! Remember all proceeds go toward the betterment of your center, supporting programs and supplies that make our Center great!!!

In being thankful, I would like to thank Larry Lazaroff for introducing Gary Takach of the North Haven Masonic Lodge to us at the Center. Because of this introduction the Center's Thanksgiving Dinner was very successful. Gary baked six 25 pound turkeys along with carving all of them, ensuring that we would be prepared to serve 80 plus people on November 26. In that there was a critical change and the planned sponsor was unable to sponsor the event it all came together with Gary's community spirit and kindness. I would be remiss if I didn't thank the Regency House of Wallingford for donating the pies. It was a great event with ample food and I am thankful for our continued community support.

North Haven Senior Center Happiness Jar

What is a Happiness Jar? Basically, a happiness jar is just a jar, stuffed with strips of "memories". Just a word or two of what made you smile or happy. Simply write down any happy moment on a slip of paper, and put in the jar! On the last day of the year we will open the jar and be surprised how even the smallest of things have made us happy. Our Happiness Jar will be available in the beginning of January. I invite all members to join me as we jot down things that bring us happiness. In a world full of sadness, fear, and unhappiness I can assure you we will find that the world we live in is a Happy Place and our jar will overflow with Happiness Shared by All!

May the Spirit of Christmas Bring You Peace, the Gladness of Christmas Bring You Hope, The Warmth of Christmas Give You Love.

From our Hearts to Yours,

Merry Christmas!

Fondly the North Haven Senior Center Staff



'Tis The Season

- ⇒ **Senior to Senior Breakfast – Tuesday, December 3, 8:00 a.m.** at the North Haven High School. Transportation will be provided – please call the Center at 203-239-5432.
- ⇒ **Holiday Fair Follow-up Meeting – Tuesday, December 3, 10:30 a.m.** Please join us with your comments and ideas.
- ⇒ **Coffee And Holiday Thank You for Veterans – Wednesday, December 4, 10:30 a.m.** Please sign up by Monday, December 2nd or call 203-239-5432.
- ⇒ **Tri-Town Christmas Party – Friday, December 6, 11:00 a.m. to 3:00 p.m.** at Zandri's Stillwood Inn, 1074 S. Colony Road, Route 5, Wallingford, Connecticut.
- ⇒ **Ronald McDonald House Trees of Hope and lunch at the Greek Olive – Monday, December 9 and Friday, December 13, 10:30 a.m.** Please register by Thursday, December 5th.
- ⇒ **Purple Red Hatters Christmas Party – Wednesday, December 11, 1:00 p.m.** at Dino's Restaurant, 540 Washington Avenue Please call Louise Musso, 203-239-4383 or Betty Martin, 203-281-7935.
- ⇒ **Presentation: Heart Healthy Cooking, Demonstration and Food Tasting, Thursday, December 12, 10:45 a.m.** Sponsored by The Anthem Blue Cross & Blue Shield Foundation and presented by the VNA Community Healthcare. Join Ellen Liskov, Registered Dietician to learn strategies for healthy cooking, including baked goods and gluten free and tips and tricks to make your meals healthier. Please register by calling the Center, 203-239-5432 by Monday, December 9th.
- ⇒ **Open Forum with First Selectman, Mike Freda – Friday, December 13, 10:30 a.m.** If you have a 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.
- ⇒ **5th Annual Staff Cookie Contest – Monday, December 16, 1:00 p.m.** Come and enjoy an afternoon of cookies and hot chocolate as you vote for the best cookie made by our own Senior Center's Staff! Let the office know by December 13th if you will be joining us in order to make sure we have enough cookies, 203-239-5432.
- ⇒ **Dinner at Athena Diner and Fantasy of Lights, Lighthouse Point, New Haven, Tuesday December 17, 4:30 p.m.** Come and enjoy an evening in New Haven as we ride through Lighthouse Point to see the beautifully decorated lights. First we will stop en route to have dinner (on your own). Please sign up by calling or stopping by the Office, 203-239-5432 by Wednesday, December 12, 2012. Weather permitting.



Welcome to Our New Members

**Alison Davie-Lewis, Izala S. Hogan, Dolores A. & Robert Johnson,
Anthony Mancini, Lynda Marone, Marion Rogers, Delores Shaw,
Carol Ann Rappa**



Thank you to the following for your donation:

Ann Alexander, Ann Della Valle, Carol Labagnara

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. **Craft classes will begin again in February.** 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 begin on Tuesday, September 10 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 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.**

- **MEMORY MATTERS PART 2: TAKING IT TO THE NEXT LEVEL**

Thursdays, 12:45 to 1:45 p.m. You have to have taken Memory Matters Part 1 before joining in this 7 week program, this class will be taking it to next level, enjoy new and creative brain exercises and total brain fitness workout. Session Begins: Thursday, October 31 through Thursday, December 19. No class on Thursday, November 28. Fee: residents, \$5.00; non-residents, \$10.00. Please make checks payable to the VNA Community Healthcare.



OIL PAINTING

Monday, 12:30 – 2:30 p.m. Session will begin: Monday, September 23 and will run through Monday, December 23.

No class on Monday, October 14 due to Columbus Day and Monday, November 11 due to Veterans 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.

- **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. Session ends: Tuesday, November 19th. New session will begin: Tuesday, December 3rd. **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. Thursday, September 12th through

December 19th. 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. Fee: residents, \$50.00; non-residents, \$55.00.



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.

