

# SENIOR HAPPENINGS

## MAY 2014

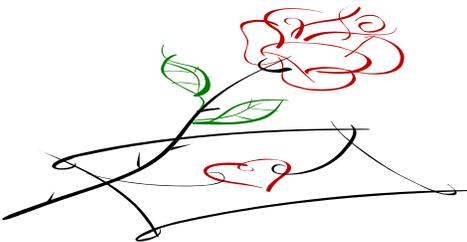


### May's Sneak Peak . . .

### *A Mother*

A mother is a woman like no other. She gave us life, nurtured us, taught us, dressed us, fought for us, held us, shouted at us, kissed us but most importantly, loved us unconditionally.

*Happy Mother's Day!*



- ☞ May 2: Happy 50<sup>th</sup> Birthday Sue Jung!!!
- ☞ May 5: Bocce Meeting, 12:30 p.m.
- ☞ May 5: Cinco de Mayo Special Bingo
- ☞ May 6: Chocolate Demonstration
- ☞ May 7: **Trip:** Beauty & the Beast
- ☞ May 8: Dinner, A Movie and Dessert Walk
- ☞ May 9: Mother's Day Tea and Treats
- ☞ May 13: **StoryTeller:** Kate Allen Smith
- ☞ May 14: **Presentation:** *Keeping Strong: An Introduction to Food and Fitness*
- ☞ May 15: **Mini Trip:** Wallingford WalMart
- ☞ May 19: **Breakfast Adventure:** Breakfast Nook
- ☞ May 20: Celebrating Memorial Day
- ☞ May 21: Finance Meeting
- ☞ May 22: **Presentation:** *Animal Haven – the advantages of volunteering!*
- ☞ May 26: Center Closed – Happy Memorial Day!
- ☞ May 27: Ice Cream for All in Honor of Older American's Month, Mother's Day, and Memorial Day
- ☞ May 29: **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 Rodriquez, 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 curbside to curbside 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: May 15 – Wallingford  
WalMart
- Mini Trip: May 29 – Universal Drive

#### **Fridays: No shopping May 16 or 26th**

- 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 – 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

**Please Note: A staff member will contact you the day before to inform you of your pickup time when you have a scheduled medical appointment for the following day.**

## *From the desk of Judy,*

Each May, the nation celebrates “Older Americans Month” to recognize older Americans for their contributions and provide them with information that helps them stay healthy and active. This year the focus is on injury prevention with the theme,

### *“Safe Today for a Healthy Tomorrow”*

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to your population result in millions of medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month I would like to raise awareness about this critical issue. By taking control of one’s safety, older Americans can live healthier lives.

#### **Safety Tips:**

**Talk to Your Healthcare Provider-** Discuss physical activities that are appropriate for you. Regular exercise helps to improve endurance, strength, balance, and coordination. Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community. Learn more about safely managing your medications, activities, and lifestyle.

**Manage Medications-** Be aware of how your medications interact with other prescription and over-the-counter drugs, certain foods, alcohol, and other medical conditions. Learn how medications may make you unsteady on your feet or impact your ability to operate a motor vehicle. Create a medication schedule or use a scheduler box to make sure you take no less or more than prescribed. Ask your pharmacist for help. Large-print labels, medication-tracking devices, and easy-open containers.

**Prevent Falls -**Install handrails and grab bars wherever they are helpful, especially around stairs and in bathrooms. Ensure ample lighting inside and outside of your home, particularly around frequently used walkways. Add one or more nightlights between your bedroom and bathroom.

**Drive Wisely-** Plan your route before you drive and use the safest routes that are well-lit, familiar, and offer easy parking. Daytime driving in good weather conditions is best. Wear your seat belt, even during short trips. Eliminate distractions inside the vehicle and stay focused on the road. Know when it might be time to limit or stop driving, and learn how to get around town without driving.

**Prevent Fires and Burns -**Set your water heater to 120 degrees. You can also install anti-scald devices on sinks, tubs, and showers. Test smoke detectors regularly. Be sure you have a smoke alarm in or very near your cooking area. Alarms should also be installed in all bedrooms. When cooking, wear snug-fitting or short-sleeve clothing and high-quality oven mitts that cover the lower part of your arms. Do not smoke in your home, especially if oxygen therapy is used.

**Welcome to Medicare Presentations:** Turning age 65? New to Medicare? Learn more at the Agency on Aging of South Central CT, One Long Wharf Drive, New Haven on **May 21, June 18 and July 16, 2:00-3:30 p.m.** Call Tom Davis at the Agency to register: 203-785-8533

*“Live a longer, healthier life by taking control of your safety today!”*

**In Honor of Older American’s Month, Mother’s Day, and Remembering those on Memorial Day *Free* Ice Cream for all on Tuesday May 27<sup>th</sup> at 1:30 pm. Please contact the office (203) 239-5432 if you will be attending.**



### Bringing May Happenings . . . .

**Cinco De Mayo Bingo** – Monday, May 5, 12:45 p.m. come and enjoy an afternoon of bingo with some great Cinco De Mayo treats, salsa with chips, non-alcohol margaritas, some fun prizes and great times!

**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 28<sup>th</sup>, we need to make sure we have enough supplies for all to participate. **The Purple Red Hatters are also invited to attend this program, this will be our May meeting.**

**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, May 5<sup>th</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 (you must attend all 4 parts) 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.

**Mother’s Day Teas and Treats** – Friday, May 9, 1:00 p.m. The best way to honor thy mother is to pamper thy self . . . we will be hosting a High Tea and desserts that will be served at 1:00 p.m. Cost for the tea and desserts: \$5.00. Our area resident Beekeeper, Ray Sola will be in to present to us *All About Bees and their Honey*. A pampered mom is always a happy mom so we will be having mini-manicures at the cost of \$5.00 and 10 minute massages at the cost of \$10.00. Reservations are required, please call or stop by the Center by Tuesday, May 6<sup>th</sup>.

**Keeping Strong: An Introduction to Food and Fitness** – Wednesday, May 14, 10:30 to 11:30 a.m. 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.

**Hula Lessons** – Thursdays, May 15, 22 & 29 – 1:00 p.m. To prepare ourselves for the Tri-Town Hawaiian Luau night, we will be learning the art of hula dancing. Anybody interested in joining in the fun, please join us starting Thursday, May 15<sup>th</sup>.

**Breakfast Adventure: Breakfast Nook** – Monday, May 19, 8:45 a.m. We will venture out to the Breakfast Nook to have breakfast and nice conversation. Breakfast on your own. Please call the Center or stop by to register, 203-239-5432 by Friday, May 16<sup>th</sup>.

**Celebrate Memorial Day** – Tuesday, May 20, 12:00 noon – Let's kick off the barbeque season with (2) hot dogs or hamburgers (cheeseburgers), baked beans, homemade coleslaw 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 residents and \$16.00 non-residents.

**Animal Haven Visits** – Thursday, May 22, 12:45 p.m. Come and learn how you may volunteer at Animal Haven on Mill Road in North Haven. They have many different volunteer opportunities. A representative from Animal Haven will be bringing a couple of the pets the shelter cares for on a daily basis. A drop off box will be at the Center to donate pet supplies beginning in June.



### June's Summer Fun Happenings . . . .

**Senior Safety and Scams** – Tuesday, June 3, 10:30 a.m. Tracey V. Parks, from Domestic Violence Services will be presenting and discussing the awareness of Senior Safety and Scams and will provide up-to-date information on how older Americans can avoid being scammed by strangers, as well as by family members. Please join us for this very pertinent conversation. You worked hard for your money. Learn how to avoid the scams that are designed to take it away from you. Please call or stop by the Center to register by Friday, May 30<sup>th</sup>, 203-239-5432.

**Welcome Breakfast** – Tuesday, June 10, 9:30 a.m. Breakfast will be served for our new members, egg sandwiches and coffee will be provided. Joanie will be our tour guide and explain to you the in's and out's and the processes of the Center. Please let us know by calling or stopping by the Center by Friday, June 6, 203-239-5432. For any of our current members, if you would like to join us for breakfast, the cost will be \$2.00. Please RSVP by June 6<sup>th</sup>.

**Cooking for One on a Budget** – Wednesday, June 11, 10:30 a.m. Join the VNA Community Healthcare to learn how to save money while eating well; plan meals and shopping trips ahead of time; create, new, great tasting meals using leftovers. Presented by the VNA Community Healthcare and sponsored by The Town of North Haven. Please register by calling or stopping by the Center, 203-239-5432.

**Purple Red Hatters Spring Luncheon** – Wednesday, June 11, 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, June 6<sup>th</sup> as we need to finalize our reservations by Monday, June 9<sup>th</sup>!

**Senior Moments with 1<sup>st</sup> Selectman, Mike Freda** – Friday, June 13, 10:30 a.m. If you have an issue and would like to discuss it with Mike, please call the Center to make an appointment to meet with him, 203-239-5432. Appointments will be made every 20 minutes. If you cannot make your appointment, please be sure to call and cancel.

**Tri-Town Hawaiian Luau** - Tuesday, June 17, 5:30 to 7:30 p.m. Wallingford Senior Center, 238 Washington Street, Wallingford. This will be an exciting and fun night out with your friends so come join in the fun and let's get the party going! Entertainment provided by Kahana Hula and there will be a hula demonstration. Menu will consist of Hawaiian chicken, Hawaiian pasta salad, strawberry mesculin salad, dessert and beverages. Cost: \$15.00 per person. Transportation will be provided. Tickets will go on sale starting Monday, May 5<sup>th</sup>. Make checks payable to: North Haven Senior Citizens.

**Father's Day Breakfast** – Thursday, June 19, 10:30 a.m. In honor of our favorite men in our lives, come in and enjoy a good old fashion breakfast with 2 eggs any style, 2 pancakes, sausage, bacon and toast. Orange juice, coffee or tea will also be served. Cost: \$6.00 residents; \$11.00 non-residents. Reservations are required by Friday, June 13<sup>th</sup> or to the first 60 people. Any reservations taken after June 13<sup>th</sup>, the cost will be \$11.00 residents; \$16.00 non-residents. After breakfast we will host and have fun with the Name That Tune presented by James Roberson from Pandora Healthcare.

**Outdoor Tag Sale** – Saturday, June 28, 9:00 a.m. to 2:00 p.m. Rent a table for \$10.00. "One man's junk is another man's treasure!" Please remember you must bring any unsold items home with you. All proceeds will support your Center! The grill will be serving hot dogs, hamburgers, chips, ice cream, water and soda! Raffles chances will be sold. Table rentals will begin on Thursday, May 15<sup>th</sup>.



**Welcome to Our New Members**  
**Robert Archibald, Sr., Rose Bernabucci, Julia Cervero,**  
**Anna D'Agostino, Alice Estabrook, Claire Murphy,**  
**Patricia Perkins, Gloria Stadolnik**



Thank you to the following for your donation:

Richard Embler, Louise Fezza, Theresa Joyce, Ziggy Klein, Nancy Wilcox

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. Start date will be determined once we get 4 interested players.

- **BINGO**

Monday & Friday, 12:45 p.m.

- **CANASTA**

Monday, 10:15 a.m. Do you enjoy the game of canasta? Or would you like to learn? The Senior Center will now offer Beginner Canasta on Mondays at 10:15 a.m.

- **CERAMICS**

Tuesday and Thursday, 9:00 a.m. to 12:00 p.m. Inexperienced people are welcome to join in on the fun. All materials included in the fee. Fee: \$2.00 per week.

- **CRAFT CLASSES**

Tuesday and Thursday, 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.

- **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 28<sup>th</sup> through Monday, July 21<sup>st</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.



***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.**

**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!!



**Help Wanted**

Do you crochet or knit and would like some extra cash to teach seniors at the Center. If so please see Judy or Sue to discuss how we can make this happen. Thank you in advance. ☺

### 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.**

**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. 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. Checks made payable to: North Haven Senior Citizens.** 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. Checks made payable to: North Haven Senior Citizens.**



**Suffolk Downs, Thoroughbred races, Wednesday, July 30, 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, May 23, 2014. Checks made payable to: Friendship Tours.** 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. Checks made payable to: North Haven Senior Citizen.** 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, Thursday, 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. Checks made payable: Friendship Tours.** 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’l” 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.

**MAY 2014 CALENDAR OF EVENTS\*LUNCH SERVED DAILY AT 11:30 A.M.\*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY</b>			<b>1</b>	<b>2</b>
			9:00-Ceramics	9:30-E-Z Exercise
			10:00-Pinochle	9:30-Scrabble Challenge
			<b>10:00-Tai Chi</b>	<b>New Time!</b>
			<b>11:30-Lunch</b>	10:00-Footlighters
			<b>12:30-Bocce</b>	<b>10:30-Massages by Kimberly</b>
<b>ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE</b>			<b>12:30-No Crafts</b>	<b>11:30-Lunch</b>
			1:00-Gentle Hatha Yoga	12:15-Bridge
			<b>2:30-Computer Help w/Billy</b>	12:45-Bingo
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00-Line Dance	9:00-Ceramics	<b>9:00-Trip: The Bushnell Beauty and the Beast</b>	9:00-Ceramics	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga		10:00-Pinochle	9:30-Scrabble Challenge
<b>10:00-Tai Chi</b>	9:00-Computer Class	9:00-Line Dance	<b>10:00-Tai Chi</b>	10:00-Footlighters
10:15-Canasta	10:30-Computer Class	9:30-E-Z Exercise	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>
<b>10:30-Sit-Ercise</b>	10:45-Chair Yoga	10:30-No Ombudsman Meeting	<b>12:30-Bocce</b>	12:15-Bridge
<b>11:30-Lunch</b>	<b>11:30-Lunch</b>	<b>10:30-Sit-Ercise</b>	<b>12:30-No Crafts</b>	<b>12:30-Bocce</b>
12:30-Oil Painting	12:30-Mah Jongg	<b>11:30-Lunch</b>	<b>12:45-Healthy Habits For Life</b>	<b>12:45-No Bingo</b>
<b>12:30-Bocce Meeting</b>	<b>12:30-No Crafts</b>	12:00-Mah Jongg	<b>Sponsored by the VNA</b>	<b>1:00-Mother's Day Teas and Treats</b>
<b>12:45-Cinco de Mayo Special Bingo</b>	<b>1:00-The Art of Making Chocolate - Free!!!</b>	12:15-Bridge	1:00-Gentle Hatha Yoga	
1:00-Beg Pinochle	1:15-Senior Songsters	<b>12:30-Bocce</b>	<b>2:30-Computer Help w/Billy</b>	
			<b>3:30-Movie, Dinner and a Dessert Walk</b>	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	<b>8:30-AARP Safe Driver's Course</b>	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	9:30-Scrabble Challenge
<b>10:00-Tai Chi</b>	9:00-Computer Class	<b>10:30-Sit-Ercise</b>	10:00-Pinochle	10:00-Footlighters
10:15-Canasta	10:30-Computer Class	<b>10:30-Keeping Strong: An Introduction to Food and Fitness</b>	<b>10:00-Tai Chi</b>	<b>10:30-Massages by Kimberly</b>
<b>10:30-Sit-Ercise</b>	10:45-Chair Yoga		<b>10:30-Mini Trip: Wallingford Wal Mart</b>	<b>11:30-Lunch</b>
<b>11:30-Lunch</b>	<b>10:30-Storyteller: Kate Allen Smith</b>	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>	12:15-Bridge
12:30-Oil Painting	<b>11:30-Lunch</b>	12:00-Mah Jongg	<b>12:30-Bocce</b>	<b>12:30-Bocce</b>
<b>12:30-Bocce</b>	<b>12:00-Health Guidance Clinic</b>	12:15-Bridge	<b>12:30-No Crafts</b>	12:45-Bingo
12:45-Bingo	12:30-Mah Jongg	<b>12:30-Bocce</b>	<b>12:45-Healthy Habits For Life</b>	<b>There will be No Grocery Shopping today</b>
1:00-Beg Pinochle	12:30-Crafts		<b>Sponsored by the VNA</b>	
	1:15-Senior Songsters		1:00-Gentle Hatha Yoga	
			<b>1:00-Hula Lessons</b>	
			<b>2:30-Computer Help w/Billy</b>	



**North Haven Community Café' Sponsored by the North Haven Senior Center in Collaboration with FSW, Inc.**

*Please Contact Arlen Herzog, Café Manager to Reserve Your Lunch*

*By Calling the Day Before Between 9-11a.m. 203-239-4030*

# May 2014

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Turkey with LS gravy Stuffing Bean blend Cranberry sauce Whole Wheat Roll Margarine Green Jell-O with fruit Low Fat Milk	Baked Tuna W/Salsa Verde Roasted potato Broccoli 100% whole wheat bread Margarine Pineapple juice Berry strudel Low Fat Milk
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Cinco de Mayo</b> Taco Bake W/Tortilla Chips Lettuce, Tomatoes, Sour Cream, Taco Sauce Fiesta Corn Lime Jell-O W/Fruit and Whipped Topping	Chicken cacciatore Bowtie noodles Green beans Pumpnickel roll Margarine Cranapple juice Pistachio pudding Low Fat Milk	<b>Happy May Birthdays</b> Beef Stew Mashed squash Green Cabbage Biscuit/Margarine Carrot cake Low Fat Milk	<b>Mother's Day Celebration</b> Fresh Fruit Cup Spinach, Broccoli and Mushroom Quiche Home Fries Tossed Salad/Italian Dressing Cinnamon Coffee Cake	Meatloaf/LS gravy Mashed potato Peas and onions Oat bread Margarine Mandarin oranges Low Fat Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Herb baked chicken quarter Fresh Sweet potato Green beans Rye bread Margarine Fresh fruit Low Fat Milk	Stuffed pepper Mashed potato Carrot coins Wheat dinner roll Margarine Grape juice Lemon cookie Low Fat Milk	Hot open turkey sandwich with gravy on Wheat bread Steak fries California blend Vanilla pudding with berry topping Low Fat Milk	Chicken noodle soup Unsalted crackers Baked Salmon W/Honey Mustard Sauce Confetti brown rice Spinach Multigrain dinner roll Margarine Pears Low Fat Milk	Eggplant rotatini Cauliflower Parmesan cheese Tossed salad with cucumber and Italian dressing Garlic bread Mandarin oranges Low Fat Milk
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Barilla plus spaghetti Meatballs marinara Broccoli Parmesan cheese Herbed breadstick Peaches Low Fat Milk	<b>Memorial Day Celebration</b> <b>Cost: \$6.00</b> <b>See Newsletter for Details</b>  <b>No FSW Lunch</b>	New Orleans Chicken Brown rice Oriental blend Wheat bread Margarine Pineapple tidbits Low Fat Milk	<b>Memorial Day Celebration</b> Cheeseburger W/Sautéed Onions and Peppers Hamburger Roll/Ketchup Potato Salad Baked Beans Pickle Wedge Blueberry Pie	Vegetable barley soup Unsalted crackers Seafood salad plate with lettuce, tomato and carrot/raisin salad Pumpnickel bread Margarine Cherry Jell-O with pears Low Fat Milk
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>MEMORIAL DAY HOLIDAY</b>   Cafe' Closed	Chicken breast with lemon sauce Couscous pilaf Scandinavian blend Wheat dinner roll Margarine Fresh fruit Low Fat Milk	Swedish meatballs Noodles Green and wax blend Oat bread Margarine Peaches Low Fat Milk	Lentil soup/unsalted crackers Chef salad Turkey, ham, cheese Tossed salad/cucumber French dressing Croissant Margarine Mandarin oranges Low Fat Milk	Vegetable Omelette Roasted Tomato Grilled vegetables Rye bread Margarine Pineapple Low Fat Milk

MINIMUM PORTIONS SERVED AT EACH MEAL: All Rolls are Seedless. All White rice is enriched. All Non-citrus juices are Vitamin C fortified. 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