

SENIOR HAPPENINGS

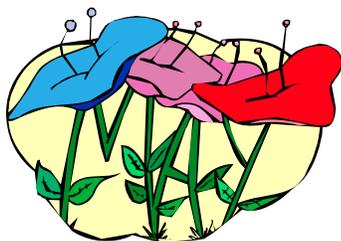
APRIL 2013



At A Glance . . .

APRIL SHOWERS
BRING MAY FLOWERS . .

HAPPY APRIL!



- ☞ April 1 – Purple Red Hatters non-board meeting
- ☞ April 3 – Sing-A-Long with Sal
- ☞ April 3 - Family Care Giver Series: 6:00 to 7:30 p.m.
Overview of Alzheimer's Disease
- ☞ April 8 - **Mini Trip:** Hamden Mart
- ☞ April 9 – Game Day with Lynette
- ☞ April 10 - Sydney Sherman, Author, Medium,
Paranormal Investigator
- ☞ April 10 - Family Care Giver Series: 6:00 to 7:30 p.m.
Communication Techniques
- ☞ April 11 - **Trip:** Westchester Broadway Theatre:
Guys & Dolls
- ☞ April 11 - Food Demonstration by Chef Sara
from Skyview
- ☞ April 12 – Open Forum with First Selectman, Mike Freda
- ☞ April 13 – Spring Fling Dinner Dance
- ☞ April 17 - Family Care Giver Series: 6:00 to 7:30 p.m.
Family Dynamics, Keeping the Caregiver
Healthy
- ☞ April 18 - AARP Driving Course
- ☞ April 18 - Lunch Bunch: Habachi Grill & Seafood Buffet
- ☞ April 18 - StoryTeller: Kate Allen Smith
- ☞ April 22 – **Mini Trip:** Universal Drive
- ☞ April 23 – Living A Heart Healthy Life Style – presented
by VNA Community Healthcare
- ☞ April 24 - Volunteer Luncheon
- ☞ April 24 - Family Care Giver Series: 6:00 to 7:30 p.m.
Legal and Financial Issues
- ☞ April 25 - Presentation: SNAP
- ☞ April 30 - Liver Wellness Education Program –
presented by American Liver Foundation

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

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

www.town.north-haven.ct.us

Hours: Weekdays 8:00 a.m. to 4:00 p.m.

Manager – Judy Amarone
Secretary – Maggie Maiden and Ellen McDonald
Café Manager – Arlene Herzog

Program Coordinator – Sue Tienken-Jung
Bus Drivers – Arelis Rodriguez, Eileen Mogensen
and Lisa Marasco

Daily and Medical Transportation Information, Scheduled, Mini and Day Trips . . .

Daily Transportation

Transportation to and from the Center is available on weekdays at no charge to the Seniors. This service is 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:

- Mini Trips:
- ⇒ Hamden Mart, Monday, April 8
- ⇒ Universal Drive, Monday, April 22

Tuesdays:

- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:

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

Thursdays:

- Town Pool

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 spring and summer months, New Haven and VNA appointments will begin at 9:00 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. **Due to the Holidays there will be no medical transportation on the following days – May 27, July 4, September 2, October 14, November 11, November 28 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. If there are less than ten people signed up for a mini-trip, the trip will be cancelled.

Health Guidance Clinic

Sponsored by the VNA Community Healthcare

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

Members of the Center and community are invited to gather at the Center for a four part training program for caregivers of people with Alzheimer's disease & other dementias.

All sessions begin at 6 p.m. and end at 7:30 p.m. You need not attend all four sessions, however you are asked to register since a light supper will be served to all in attendance.

- April 3rd - Overview of Alzheimer's Disease & Other Dementias + Treatment & Research: Adam S. Mednick, MD, PhD, CT Comprehensive Neuralgic Management LLC
- April 10th - Communication Techniques, Behavioral Challenges/Strategies, and Safety: Maria Tomasetti, Alzheimer's Association, CT Chapter, South Central Region
- April 17th – Family Dynamics, Keeping the Caregiver Healthy, and Community Resources: Laura Kaplan, LCSW, MPH, OTR, Connecticut Eldercare Solutions, LLC and Maria Tomasetti
- April 24th – Legal and Financial Issues: Paul T. Czepiga, Attorney at Law, Czepiga Daly LLC – Estate Planning, Probate & Elder Law

PROTECT THE LITTLE ONES YOU LOVE!

People love to look at, play with, hold, and kiss babies! As affection toward the little one is expressed, "big people" germs can be passed into little, tiny bodies. Infants do not develop immunity to pertussis until they are a year old. As you age, your immunity to pertussis germs fades away, making you more susceptible to the disease. You can protect the infant you care about by protecting yourself against pertussis. If you don't get the illness, you won't risk passing it onto the baby! Quinnipiack Valley Health District (QVHD) is now offering the pertussis vaccine (in the form of Tdap-tetanus, diphtheria and pertussis) to parents, grandparents and great-grandparents, aunts, uncles, babysitters and other caregivers or contacts of newborns and infants 12 months and younger. If you are over age 18 and have never had a Tdap vaccine, (a combined booster immunization containing tetanus, diphtheria and pertussis protection) you are eligible to receive this vaccine. A \$10.00 administration fee is requested. No one will be turned away for lack of ability to pay this fee. The next clinics dates are: April 10 and May 21 2013 between 4:00 p.m. and 4:30 p.m. at the QVHD office, 1151 Hartford Turnpike, North Haven. (Call for dates after 5/21/2013) Call the QVHD, 203 248-4528 or visit us online, www.qvhd.org for more information.

Spring Fling Dinner Dance

Tickets are selling quickly and seating is limited. If you haven't purchased your ticket yet please do so or you will miss our first dinner dance held at your Center on a Saturday evening. Catering by Cusano will be offered with a choice of Prime Rib, Chicken Marsala, or Stuffed Sole, along with penne pasta, salad, and dessert. B.Y.O.B. Stop by the office before April 5th and purchase your ticket. Family and friends are welcome, the more the merrier!

Volunteer Tea

In appreciation of the Center's Volunteers, a special tea will be held on April 24th to show our volunteers how much you are valued for all you do to make our Center a warm community. Please stop by the office to sign up no later than April 18 to ensure you are not forgotten.

Guess who turns 55 today?

On April 29th I will officially be a senior citizen and blessed to join the ranks of so many wonderful senior citizens who now will be my peers. Since I am honored to work for you and with you I will be hosting a Senior Birthday Social Hour with cake and ice cream on April 29th, 11:45 a.m. - 12:45p.m. For many another birthday means getting old, but for me it's another day of living and loving life with opportunities to learn new things, enjoying good health, and having fun with family and friends. Life is good and so is being 55!

What's Going On In April . . .

Learn About



Sydney Sherman, Author, Medium, Paranormal Investigator – Wednesday, April 10, 1:00 p.m. Author Sydney Sherman grew up in a small town in Connecticut. Baseball games, dance recitals and Sunday car rides were a normal part of her life growing up in the 60's. But soon she found out everything was not normal, she had a secret – Sydney saw dead people! Longing to know why they appeared to her and not for others was the beginning of understanding. She began allowing herself to be open to the spirits. She learned from them and listened as she became confident in herself. She began educating others on how they too could continue their relationship with their loved ones. If you are interested in learning more about Sydney and her book *You Are Not Alone, Our Loved Ones Are Here . . . You're Just Not Listening*. To register contact the office by calling, 203-293-5432 by Wednesday, April 3rd!

Living A Heart Healthy Lifestyle – Tuesday, April 23, 12:30 to 2:30 p.m. Discover the facts about heart disease, risk factors, and what they mean to you at his class. Join us to: get motivated to live a heart healthy life; learn how to easily make changes to your daily routine to take care of your heart; have heart and cardiac screenings by a team of nurses. Sponsored by: Anthem Blue Cross and Blue Shield Foundation and presented by: VNA Community Healthcare

Liver Wellness And You – Tuesday, April 30, 10:30 a.m. Did you know that everything you eat, drink, breathe or absorb through your skin processed by your liver? Did you know that alcohol is not the only thing that can damage the liver? Right now, there are approximately 30 million Americans with liver-related health issues, and some of the causes may surprise you. Donna Sciacca, Program Manager at the Connecticut Chapter of the American Liver Foundation, will present information including these facts: There are more than 100 different kinds of liver disease; what you eat can affect your liver health; your liver can be affected by medications – even over the counter drugs; cirrhosis of the liver has many causes – not just overuse of alcohol; and some liver diseases are caused by viruses. Join us for this presentation, which will help you understand the functions of the liver, how to maintain liver health, and how to talk to your doctor about liver health and wellness. Please register by calling the Center, 203-239-5432 by Tuesday, April 23!

Supplemental Nutritional Assistance Program (SNAP) – Thursday, April 25, 10:30 a.m. More than 70,000 older residents may qualify for SNAP. AARP has raised awareness among older adults to increase SNAP enrollment. If your monthly gross income and family size are within the guidelines you may be eligible to receive SNAP benefits. You may be able to receive SNAP even if you receive Meals on Wheels, have multiple income sources, live with others or live alone. Please join us to hear more on SNAP. Contact the office to save your seat, 203-239-5432.

Party with Us

Spring Fling Dinner Dance – Saturday, April 13, 6:00 p.m. Enjoy an evening out with family and friends. Catering by Cusano Catering by Maria, dinner choice: prime rib, chicken marsala, stuffed filet of sole, with cold antipasto, mixed green salad, penne pasta, roasted potatoes, fresh green beans, fresh bread, coffee and dessert. This event is a BYOB. Special entertainment will be available for dancing the night away! Cost: \$25.00 per person for residents and \$30.00 for non-residents. Registration begins Friday, March 8th for North Haven residents and will end Friday, April 5th or with the first 100 people. Non-residents may register beginning Friday, March 22nd.



Sing-A-Longs are back with Sal Anastasia . . .

Come, enjoy sing-a-longs on the first Wednesday of every month Wednesday, April 3rd from 10:30 to 11:30 a.m. Enjoy the olde tyme songs and some fun singing along!!!



Food Demonstration by Chef Sara of Skyview – Thursday, April 11, 1:30 p.m. Come and enjoy an afternoon of learning a new recipe and taste testing what you have experienced.

Open Forum with First Selectman, Mike Freda – Friday, April 12, 10:30 a.m. Mike will speak with us regarding the happenings of the town and will answer any and all questions you may have. Come join us for coffee and conversation with Mike.





Purple Red Hatters Meeting – Wednesday, April 10, 1:00 p.m. Sydney Sherman, Author, Medium, Paranormal Investigator will be here to discuss with us her beginnings of being a Medium. If you would like to learn more about Sydney and her book *You Are Not Alone, Our Loved Ones Are Here . . . You're Just Not Listening*.

To register contact the office by calling, 203-293-5432 by Wednesday, April 3rd!

Do you have a question or need to know something about your computer? Want to learn the ins and outs of Facebook or your emails? Come on in and talk with one of the North Haven High School Students who can help you find your answer – drop in any time on Thursdays, between 2:45 and 3:45 p.m.



May's Sneak Peak

Mother's Day Brunch – Friday, May 10, 10:45 a.m. Celebrate our mom's that have given their time, energy and love towards their families in many different ways!! Menu: Belgian waffles, fresh fruit, coffee, tea and a special dessert for our moms. Karen Wagner will be our entertainer for the day! Cost: \$5.00

Pinochle Tournament – Thursday, May 9, Lunch will begin promptly at 11:15 a.m. which will consist of finger sandwiches, chips, pasta salad, and dessert. Tournament will begin promptly at 12:30 p.m. and run until 3:00 p.m. Cost: \$10.00 per person – partners will be determined day of event.

Celebrate Memorial Day - Tuesday, May 28, 11:30 a.m. Kick off to the Barbeque Season with hot dogs, homemade potato salad, baked beans and good old fashion dessert. We will be celebrating our Veterans and our current Servicemen with our Senior Songsters. Cost: \$5.00 - registration will begin on Thursday, May 2 and end on Monday, May 20 or to the first 80 people.



Welcome to Our New Members

**Carol Anastasio, Eileen & Robert Ayers, JoAnn Burlock, Vincent Cedillo,
Margaret Centone, Joan Cody, Christina Doran, William Herzog,
Eunice Jegede, Joan Kulenski, John & Margaret Maselli,
Esther Menta, Mary Lou Morgan**



Thank you to the following for your donation:

Ann Alexander, JoAnn Buccetti, Ann DellaValle, Jose Escalante, Gloria Ferraro,
Carol Labagnaro, Pauline Laudano, Millie Stankiewicz, Barbara Walsh

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 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 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.



- **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.



- **CHAIR AEROBICS**

Thursday, 10:30 – 11:30 a.m. Chair Aerobics is designed for those who need to exercise while seated. This program focuses on muscle tones, joint flexibility and cardiovascular strength. Pat Velleca will be our instructor. The session runs for 12 weeks from Thursday, April 18 through July 18. Fee: residents, \$10.00; non-residents, \$15.00.

- **CRAFT CLASSES**

Tuesday and Thursday, 1:00 – 2:30 p.m. **Craft classes will begin on Tuesday, May 7.** 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**

Classes are being offered every five weeks. Class times are 9:00 to 10:30 a.m. or 10:30 a.m. to 12:00 noon. If you are interested in one of our classes, please contact the Center and we will be glad to put you on our class list.

- **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.

- **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**

Tuesday, 12:30 p.m. and Wednesday, 12:00 p.m.



- **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 (if a month has an additional week it will be \$30.00). Tap shoes are required.

- **BEGINNER LINE DANCING**

Tuesday, 10:00 to 11:00 a.m. 12 week session will begin: Tuesday, May 7 through July 23, 2013. Cost: residents, \$20.00; non-resident, \$25.00. Babe Dinneen, will be our certified dance instructor. We must get at least 12 dancers for the class to begin. This class will demonstrate and teach the line dancing terminology and show the basic steps to make your way to become a confident line dancer.

- **KNITTING AND CROCHETING CLASS**

Wednesday, 12:30 – 2:30 p.m.



• **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, May 9 through Thursday, June 20. Fee: residents, \$5.00; non-residents, \$10.00. **Please make checks payable to the VNA Community Healthcare.**



OIL PAINTING

Monday and Thursday, 12:30 – 2:30 p.m. New Session will begin: Monday, May 6 and will run through Monday, July 29. No class on Monday, May 27. Now offering a Thursday class – we need 10 people to begin a Thursday class. Fee: residents, \$20.00; non-residents, \$25.00. A list of supplies will be given to you prior to the first class.

• **SIT-ERCISE**

Mondays and Wednesdays, 10:45 to 11:45 a.m. New session will begin: Monday, April 1 through Wednesday, May 8. 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. Sponsored by VNA Community Healthcare. **Please make checks payable to VNA Community Healthcare.**

SENIOR SONGSTERS

Tuesdays, 1:15 to 2:15 p.m.

Do you enjoy singing? Looking to entertain? The Senior Songsters are looking for you to join the chorus and sing those old tyme songs. We travel to area assisted living communities and convalescent centers as well as the public school system during the Holiday Season. If you are interested, please call the Center, 203-239-5432 for more information.



• **BEGINNER CHAIR YOGA**

Tuesday, 9:00 to 10:30 a.m. and 10:45 a.m. to 12:15 p.m. Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. Session ends Tuesday, May 7. 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. Fee: residents, \$50.00; non-residents, \$55.00.

• **TAI CHI: TO PREVENT FALLS**

Tuesday and Fridays, 12:30 to 1:30 p.m. Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. Session Begins: Tuesday, March 19 and ending Friday, June 13. Fee: residents, \$25.00; non-residents \$30.00.

Please make checks payable to the VNA Community Healthcare.

Benefit Quicklinks Information

This program helps you find state, federal, and private benefits programs available where you live. These benefits programs can help pay for prescriptions, health care, food, utilities, and more. You can also get help with tax relief, transportation, legal issues, or finding work. A volunteer is available for you on the first Friday of every month from 10:30 a.m. Please call the Center to make your appointment, 203-239-5432.



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.

ARIL 2013 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
1	2	3	4	5
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:00-Computer Class	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
9:30-E-Z Exercise	10:00-Line Dance with Babe	10:30-Ombudsman Meeting	10:30-Chair Aerobics	10:00-Scrabble Challenge
10:15-Canasta	10:30-Hairdresser/Barber/Nails	10:30-Errands	11:30-Lunch	10:30-Grocery Shopping
10:30-Computer Class	10:45-Chair Yoga	10:30-Sing-A-Long with Sal	12:45-Memory Matters Part 1	10:30-Benefits Quicklink
10:30-Purple Red Hatters	11:30-Lunch	10:45-Sit-Ercise	1:00-Sing-A-Longs	11:30-Lunch
Non board meeting	12:30-Mah Jongg	11:30-Lunch	1:00-Crafts	12:15-Bridge
10:45-Sit-Ercise Begins	12:30-Tai Chi	12:00-Mah Jongg	2:45-Computer Help	12:30-Tai Chi
11:30-Lunch	1:00-Crafts	12:15-Bridge	See Page 5 of Newsletter	12:45-Bingo
12:30-Oil Painting	1:15-Senior Songsters	12:30-Knitting w/Eleanor	For Details	
12:45-Bingo		12:45-Bingo		
1:30-Beg Pinochle		6:00-Alzheimer's Family		
		Caregiver Series Begins		
		A Four Part Training Program		
		A light dinner Served		
		See Flyer For Topics		
8	9	10	11	12
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:00-Computer Class	9:00-Chair Yoga	9:30-E-Z Exercise	9:30-Trip: Westchester	10:00-Footlighters
9:30-E-Z Exercise	10:00-Line Dance with Babe	10:30-Errands	Broadway Theatre: Guys&Dolls	10:00-Scrabble Challenge
10:15-Canasta	10:30-Hairdresser/Barber/Nails	10:45-Sit-Ercise	10:00-Pinochle	10:30-Grocery Shopping
10:30-Mini Trip:	10:30-Game Day w/Lynette	11:30-Lunch	10:30-Chair Aerobics	10:30-Open Forum with
Hamden Mart	10:45-Chair Yoga	12:00-Mah Jongg	11:30-Lunch	Mike Freda
10:30-Computer Class	11:30-Lunch	12:15-Bridge	12:45-Memory Matters Part 1	11:30-Lunch
10:45-Sit-Ercise	12:00-Health Guidance Clinic	12:30-Knitting w/Eleanor	1:00-Sing-A-Longs	12:15-Bridge
11:30-Lunch	12:30-Mah Jongg	12:45-No Bingo	1:00-Crafts	12:30-Tai Chi
12:30-Oil Painting	12:30-Tai Chi	1:00- Author, Medium,	1:30-Food Demonstration by:	12:45-Bingo
12:45-Bingo	1:00-Crafts	Paranormal Investigator,	Chef Sara of Skyview	
1:30-Beg Pinochle	1:15-Senior Songsters	Sydney Sherman discusses	2:45-Computer Help	
		her book		Saturday, April 13
		6:00-Alzheimer's Family		Spring Fling Dinner Dance
		Caregiver Series		See Page 3 for Details

ARIL 2013 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 11:30 A.M.*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:00-AARP Driving Program	9:30-E-Z Exercise
9:00-Computer Class	9:00-Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	10:00-Footlighters
9:30-E-Z Exercise	10:00-Line Dance with Babe	10:30-Errands	10:00-Pinochle	10:00-Scrabble Challenge
10:00-Massages by Kim	10:30-Hairdresser/Barber/Nails	10:45-Sit-Ercise	10:30-Chair Aerobics	10:30-Grocery Shopping
10:15-Canasta	10:45-Chair Yoga	11:30-Lunch	11:30-Lunch	10:30-Collection Date:
10:30-Computer Class	11:30-Lunch	12:00-Mah Jongg	12:45-Memory Matters Part 1	World Trade Center Site
10:45-Sit-Ercise	12:30-Mah Jongg	12:15-Bridge	1:00-Crafts	And New 9/11 Memorial Site
11:30-Lunch	12:30-Tai Chi	12:30-Knitting w/Eleanor	1:00-Storyteller:	11:30-Lunch
12:30-Oil Painting	1:00-Crafts	12:45-Bingo	Kate Allen Smith	12:15-Bridge
12:45-Bingo	1:15-Senior Songsters	6:00-Alzheimer's Family	2:45-Computer Help	12:30-Tai Chi
1:30-Beg Pinochle		Caregiver Series		12:45-Bingo
22	23	24	25	26
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:00-Computer Class	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
9:30-E-Z Exercise	10:00-Line Dance with Babe	10:30-Errands	10:30-Chair Aerobics	10:00-Scrabble Challenge
10:15-Canasta	10:30-Hairdresser/Barber/Nails	10:45-Sit-Ercise	10:30-Presentation: SNAP	10:30-Grocery Shopping
10:30-Mini Trip:	10:45-Chair Yoga	11:30-No FSW Lunch	11:30-Lunch	11:30-Lunch
Universal Drive	11:00-Health Guidance Clinic	12:00-Mah Jongg	12:45-Memory Matters Part 1	12:15-Bridge
10:30-Computer Class	11:30-Lunch	12:15-Bridge	1:00-Sing-A-Longs	12:30-Tai Chi
10:45-Sit-Ercise	12:30-Mah Jongg	12:30-No Knitting w/Eleanor	1:00-Crafts	12:45-Bingo
11:30-Lunch	12:30-Tai Chi	12:30-North Haven Senior	2:45-Computer Help	
12:30-Oil Painting	12:30-Presentation:	Center Volunteer Luncheon		
12:45-Bingo	"Living A Heart Healthy Lifestyle"	Cost: Non-Volunteers: \$15.00		
1:30-Beg Pinochle	1:15-Senior Songsters	12:45-No Bingo		
		6:00-Alzheimer's Family		
		Caregiver Series		
29	30			
9:00-Line Dance	9:00-Ceramics			
9:00-Computer Class	9:00-Chair Yoga			
9:30-E-Z Exercise	10:00-Line Dance with Babe			
10:00-Massages by Kim	10:30-Hairdresser/Barber/Nails			
10:15-Canasta	10:30-Presentation:			
10:30-Computer Class	"Liver Wellness And You"			
10:45-Sit-Ercise	10:45-Chair Yoga			
11:30-Lunch	11:30-Lunch			
12:30-Oil Painting	12:30-Mah Jongg			
12:45-Bingo	1:00-Crafts			
1:30-Beg Pinochle	1:15-Senior Songsters			
				APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE

FSW, INC. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

April 2013

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

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
3 oz Herb baked chicken qtr ½ cup Fresh Sweet potato ½ cup Green beans 2 slices Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Stuffed pepper ½ cup Mashed potato 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 L.S. gravy on 2 oat 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 l.s.crackers 3 oz Stuffed salmon with lemon dill sauce ½ cup Confetti brown rice ½ cup Spinach 1 Multigrain dinner roll 1 tsp margarine ½ cup Pears 8 oz low fat milk	3 oz Eggplant rotatini ½ cup Cauliflower Parmesan cheese ½ cup Tossed salad with cucumber and Italian dressing 1 slice Garlic bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk
8	9	10	11	12
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 2 slices Multigrain bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz New Orleans Chicken ½ cup Brown rice 1/2 cup Oriental blend 2 slices Wheat bread 1 tsp margarine 1/2 cup Pineapple tidbits 8 oz low fat milk	HAPPY APRIL BIRTHDAYS 3 oz Pot roast with LS gravy ½ Mashed potato ½ cup Green beans 1 Wheat dinner roll 1 tsp margarine 4 oz Apple juice 1 slice Iced chocolate cake 8 oz low fat milk	¾ cup Vegetable barley soup Unsalted crackers Seafood salad plate with 3oz seafood salad, ½ cup lettuce, tomato and ½ cup carrot/raisin salad 2 slices Pumpnickel bread 1 tsp margarine ½ cup Cherry jello with pears 8 oz low fat milk
15	16	17	18	19
3 oz Lite crunch fish 1 pkt Tarter sauce ½ cup Sweet potato fries ½ cup Fresh zucchini 2 slices 100% whole wheat bread 1 tsp margarine 4 oz Cranberry juice 1 Chocolate chip cookie 8 oz low fat milk	3 oz Chicken breast with lemon sauce ½ cup Couscous pilaf ½ cup Scandinavian blend 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Swedish meatballs ½ cup Noodles ½ cup Green and wax beans 2 slices 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 ½ cup Tossed salad/cucumber 1 pkt French dressing 1 Croissant 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	1/6 Spinach quiche ½ cup roasted tomato ½ cup Grilled vegetables 2 slices Rye bread 1 tsp margarine ½ cup pineapple tidbits 8 oz low fat milk
22	23	24	25	26
3 oz Cheeseburger 1 wheat bun Lettuce/tomato 1 pkt Ketchup 1 tsp margarine ½ cup Coleslaw ½ cup Baked beans 1 fresh fruit 8 oz low fat milk	¾ cup Beef onion soup 1 pkt unsalted crackers 1 Granioli spinach ravioli 2 oz Meatball ½ 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	North Haven Senior Center Volunteers – Volunteer Tea Cost non-volunteers: \$15.00 See page 4 for details	3 oz Turkey with LS gravy ½ cup Stuffing ½ cup Bean blend 1 oz Cranberry sauce 1 Biscuit 1 tsp margarine ½ cup Green jello with mixed fruit 8 oz low fat milk	3 oz Cod with lemon dill sauce ½ cup Roasted potato ½ cup Broccoli 2 slices 100% whole wheat bread 1 tsp margarine 4 oz Pineapple juice 1 slice Berry strudel 8 oz low fat milk
29	30			
3 oz Turkey and bean chili ½ cup Brown rice ½ cup Chuck wagon blend 1 slice Corn bread 1 tsp margarine ½ cup Tropical fruit salad 8 oz low fat milk	3 oz Chicken Cacciatore 1/c Bowtie Noodles 1/c Green Beans Pumpnickel roll 1 tsp margarine ½ c Cranapple Juice 1/c Pistachio Pudding 8 oz low fat milk			

MINIMUM PORTIONS SERVED AT EACH MEAL:

1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 3oz. Protein 1 pat Margarine

2 Bread servings or equivalent (enriched or whole grain)

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

All Rolls are Seedless. All White rice Is Enriched. All Non-citrus juices are Vitamin C fortified.