

SENIOR HAPPENINGS

FEBRUARY 2013



Happy Valentine's Day!!

At A Glance . . .

***Eat lots of candy and
enjoy your loved ones!***



- ☞ February 1 – Super Bowl Sunday Breakfast
- ☞ February 1 – National Wear Red Day
- ☞ February 4 – Purple Red Hatters non-board meeting
- ☞ February 5 - **Mini Trip:** Yankee Quilt Shop
- ☞ February 7 – Afternoon of Cards and Raffles
- ☞ February 8 – Open Forum with 1ST Selectman,
Mike Freda
- ☞ February 11 – **Mini Trip:** Hamden Mart
- ☞ February 12 – **Center Closed**
- ☞ February 14 – **Presentation:** Love Is In the Ear!
- ☞ February 14 – Happy Valentines Day celebrating with
a movie entitled: *Valentine's Day*
- ☞ February 18 – **Center Closed**
- ☞ February 19 – Valentine Party with Rich DiPalma
- ☞ February 21 – **Story Teller:** Kate Allen Smith
- ☞ February 26 - Bingo with Moira sponsored by
Hamden Healthcare
- ☞ February 28 – **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

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 Lienken-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, February 11
- ⇒ Universal Drive, Thursday, February 28

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. ***Beginning December 1, 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. **Due to the Holidays there will be no medical transportation on the following days – February 12, February 18, March 29, 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 Judy . . .

Transportation News

The Mary Wade Home of New Haven is now offering free weekday medical transportation Monday through Friday, from 8:30 a.m. to 4:30 p.m. Services are open to individuals age 60 and older. Whereas this is a free service an application is required. For more information call 203-672-7837 or log on to www.marywade.org

What You Should Know and Do this Flu Season If You Are 65 Years and Older:

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults. It's estimated that 90 percent of seasonal flu-related deaths and more than 60 percent of seasonal flu-related hospitalizations in the United States each year occur in people 65 years and older. This is because human immune defenses become weaker with age so influenza can be a very serious disease for people 65 and older. Actions to Take This Flu Season:

- **It's not too late to "Get Your Flu Shot"** The best way to prevent the flu is with a flu vaccine. The CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine as soon as it becomes available in your community. Vaccination is especially important for people 65 years and older because they are at increased risk for complications from flu.
- **Take Everyday Preventive Action** including covering coughs/sneezes; cough and sneeze in the inner part of your elbow, washing hands often; when washing your hands use the techniques that are most effective; lathering your hands and "vigorously" rub your hands together while counting to twenty. Then rinse with warm to hot water. It is the friction caused by rubbing soapy hands that kill germs and bacteria. Please don't unnecessarily infect others. If you are feeling ill, please stay home, and by all means don't volunteer to assist in handling food or setting up for gatherings.
- **Seek medical advice quickly if you develop flu symptoms** to see whether you might need medical evaluation or treatment with antiviral drugs. It's very important that antiviral drugs be used early to treat flu. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

A Friendly Note to our Out of Town Seniors: In that the Center is funded through North Haven Tax Dollars, small fees are required for you to participate at the North Haven Senior Center. A non-resident fee for trips, instructed classes and a quarterly fee of \$5 for activities are required along with a current non resident membership form on file. You may participate in the daily lunch program and join members for coffee hour daily. Although North Haven residents have first preference, you may sign up for classes, trips, and activities two weeks after they are posted in the newsletter. Lastly, transportation is only available to North Haven seniors.

Looking for something different

Secret Pal Project 2013 - Would you like to be remembered throughout the year with a card or a friendly note? If so then why not sign up to be part of our Secret Pal Project happening right at your Center. It's easy! Stop by the office, pick up a questionnaire form and complete it by February 22. On March 1st the office will inform you of your secret pal and the fun begins! Being someone's secret pal does not have to be expensive—in fact, like most things in life, simple is best. Here are some ideas that I have used in the past: cards/notes, a poem, perhaps a lottery ticket and anything handmade, of course. Have fun and remember you are making someone smile just by remembering them throughout the year. Next year at this time the Center will hold a Secret Pal Party and each member will disclose their secret pal. It's a fun way to be remembered and a way to make a new friend. I'm joining in on the Secret Pal Project, are you?

 <p style="text-align: center;">National Wear Red Day Friday, February 1</p> <p>On the 10th Annual National Wear Red Day all who participate will raise awareness that cardiovascular disease is the number 1 health threat facing people today and the leading cause of death for women. By increasing awareness of the risk factors and taking action to reduce them, we can save thousands of lives each year. So be proud and wear RED today!! The Center will have hearts and/or Red Dress pins available for a \$1 donation. All proceeds will go directly to the American Heart Association. Thanks for your participation.</p>	 <p style="text-align: center;">Afternoon of Cards Thursday, February 7 1:00 p.m.</p> <p>Come on in and enjoy an afternoon of cards; pinochle, bridge, kings in the corner along with raffle prizes, \$1.00 per ticket. Coffee and cake will be provided. Sign up in the office by Tuesday, February 5th.</p>
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Open Forum with 1st Selectman, Mike Freda – Bring your questions, your comments, your thoughts! Mike will be presenting current issues of North Haven in an open forum discussion on Friday, February 8 at 10:30 a.m.

PROGRAMS and CLASSES

Registration and payments are due one week 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, January 10 and will end on Thursday, March 28. Fee: residents, \$5.00; non-residents, \$10.00.

- **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**



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.

- **KNITTING AND CROCHETING CLASS**

Wednesday, 12:30 – 2:30 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.

- **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.

- **INTERMEDIATE LINE DANCING**

Tuesday, 10:00 to 11:00 a.m. 12 week session will begin: Tuesday, January 8 through Tuesday, April 16, 2013. **No class Tuesday, February 12 and February 19.** Cost: residents, \$24.00; non-resident, \$29.00. Babe Dinneen, will be our certified dance instructor. We must get at least 12 dancers for the class to begin.

- **MAH JONGG**

Tuesday, 12:30 p.m. **No class on Tuesday, February 12 and 19** and Wednesday, 12:00 p.m.



- **OIL PAINTING**

Monday and Thursday, 12:30 – 2:30 p.m. New Session will begin: Monday, February 4 and run through Monday, April 29. Thursday session will begin on Thursday, February 7 and run through Thursday, April 25. **No class on Monday, February 18.** 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, February 4 through Wednesday, March 27. **No class on Monday, February 18.** 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. Registration begins Tuesday, January 15, 2013. 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 Begins: Tuesday, February 5 through Tuesday, May 7. **No classes on February 12 and 19.** 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, January 10 through Thursday, March 28. Fee: residents, \$50.00; non-residents, \$55.00.



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.



2013 Day Trip Policies

- ☞ Full payment is due six weeks prior to trip to secure your reservation. Please make checks payable to: Friendship Tours – the non-resident \$5.00 fee is payable in cash or separate check only. This does not apply to trips sponsored by the North Haven Senior Center. Please see each trip for checks made payable to.
- ☞ 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 make the staff aware of any special seating requests as you sign up for the trips.
- ☞ 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.

Casino: Foxwoods – Tuesday, March 5, 2013. **Register now.** **Cost:** \$22.00 per resident; \$27.00 per non-resident. Departure time at 8:00 a.m. and approximate return time is 4:00 p.m. **Make checks payable: North Haven Senior Citizen.**

Maple Madness & Butterflies – Wednesday, March 27, 2013 – departure from the Senior Center at 8:00 a.m. and will be home by 5:30 p.m. **Cost:** \$69.00 resident; \$74.00 non-resident. **Register now.** Hop on with us to the Parker’s Maple Barn in Mason, New Hampshire. Upon arrival enjoy the “Parker’s Original Sugar Party Brunch” – scrambled eggs, sausage, bacon, a slab of maple ham, a plain pancake, a blueberry pancake, and real maple syrup! Coffee, tea, milk or hot chocolate! Following brunch a staff member will lead us on a tour of the Sugar House, where we will learn about the sugaring process and see how maple sugar is made. Spend some time in the Corner Crib Gift Shop – here you will see local country crafts, dozen of flavors of jams, jellies, scented candles, herbal teas, greeting cards and a grand candy and toy section. Then off to Magic Wings visiting the amazing butterfly Conservatory in South Deerfield, MA - an experience you will never forget – over 4000 gorgeous butterflies are flying free in the conservatory. Your guide explains the habits, life styles, favorite foods and origins of these kaleidoscopic beauties. Nice gift shop here with Butterfly themes! **Make checks payable: Friendship Tours.**

Westchester Broadway Theatre Presents: Guys & Dolls – Thursday, April 11, 2013 – departure from the Senior Center at 9:30 a.m. and will be home by 5:30 p.m. **Cost:** \$90.00 resident; \$95.00 non-resident. **Collection Date:** Friday, February 8, 2013. The Winner of five Tony Awards, including the Best Musical, Guys and Dolls may well be the greatest musical of all time! Subtitled “A Musical Fable of Broadway,” the show is set in the colorful world of New York City in the mid 20th century. Guys and Dolls is populated with gangsters and gamblers, missionary dolls and beautiful showgirls, and has one of the great musical scores in the history of American theatre. 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: Friendship Tours.**

Savor the Flavor: Federal Hill, Little Italy, Providence, RI – Thursday, May 16, 2013 – departure from the Senior Center at 8:00 a.m. and will be home by 5:30 p.m. **Cost:** \$73.00 resident; \$78.00 non-resident. **Collection Date:** Friday, March 8, 2013. We’ll begin our day at Scilio’s Bakery, well known for their fine bread and pastries. Enjoy a tour and demonstration along with a sample of pastry and coffee or tea. We then continue to Gepetto’s Pizzeria, famous for its legendary pizza. The chef delights and entertains you with his tableside demonstration of the techniques used in grilling the perfect pizza. Our 5 course meal includes: house salad, Rhode Island style calamari, penne pasta with homemade pink vodka sauce, four varieties of Gepetto’s famous grilled pizzas and homemade tiramisu and beverage. Following lunch we will stroll over to Venda’s Ravioli Emporium to shop for fine Italian foods, olive oils and cheeses and then we will complete our day with a riding Tour of Providence with our local step on guide. **Make checks payable: Friendship Tours.**

Casino: Mohegan Sun – Tuesday, May 21, 2013. **Collection date:** Friday, March 1, 2013. **Cost:** \$22.00 per resident; \$27.00 per non-resident. Departure time at 9:00 a.m. and approximate return time is 4:30 p.m. **Make checks payable: North Haven Senior Citizen.**

World Trade Center Site and New 9/11 Memorial with a 2 Hour Circle Line Cruise – Tuesday, June 11, 2013 – departure from the Senior Center at 9:00 a.m. and will be home by 8:30 p.m. **Cost:** \$74.00 resident; \$79.00 non-resident. **Collection Date:** Friday, April 19, 2013. About the Memorial – honoring the lives of those who were lost is at the heart of this memorial. Occupying 8 out of the 16 acres the World Trade Center, the Memorial is a tribute to the past and a place of hope for the future. The nearly 3,000 names of every person who died in the terrorist attacks on February 26, 1993 and September 11, 2001 are inscribed in bronze on parapets surrounding the twin memorial pools. Lunch on your own at South Street Seaport, a cultural marketplace along the dynamic Lower Manhattan waterfront with attractions, shops and restaurants. Then we board the Circle Line and enjoy a 2 hour cruise; world renowned landmarks and a magnificent close-up of the Statute of Liberty. Enjoy Circle Line’s wonderful love narration about the legends and lore of Manhattan Island, the “city that never sleeps.” **Make checks payable: Friendship Tours.**

All You Can Eat Lobster & Comedy Show – Thursday, July 10, 2013 – departure from the Senior Center at 9:30 a.m. and will be home by 5:00 p.m. Cost: \$89.00 resident; \$94.00 non-resident. Collection Date: Friday, May 3, 2013. We are heading off to the famous Delaney House in Holyoke, Massachusetts and upon arrival we will be greeted by cheese and vegetable platter with shrimp cocktail, salad and bread basket. A buffet lunch will be served with the famous All You Can Eat Lobsters along with beef tips marsala with noodles, seafood newburg, chicken cordon bleu, variety of salads, baked ziti, dessert and beverages. After lunch we will be entertained by Andre & Cirell, a perfect combination of side splitting comedy and songs! **Make checks payable: Friendship Tours.**

Casino: Mohegan Sun – Tuesday, July 30, 2013. **Collection date:** Friday, May 31, 2013. **Cost:** \$22.00 per resident; \$27.00 per non-resident Departure time at 9:00 a.m. and approximate return time is 4:30 p.m. **Make checks payable: North Haven Senior Citizen.**

DATE CHANGE: Saratoga Raceway – New York – Tuesday, August 20, 2013 – departure from the Senior Center at 7:30 a.m. and will be home by 9:30 p.m. **Cost:** \$62.00 resident; \$69.00 non-resident. **Collection Date:** Friday, March 15, 2013 – due to the fact we have to give the raceway a \$10.00 non-refundable deposit to hold our seats!! We're off to the races! It's race time and the excitement fills the air at the world-renowned Saratoga Race Course. Come see where the Champion Man O' War lost his only race. Debuting in 1863, it is the oldest race track in America. Enjoy the best in horse racing. Admission and reserved grandstand seating, lunch on your own at the raceway – choose from the Turf Terrace, The Porch Dining area, The Club Terrace at the Rail Pavilion or the concession stands. Dinner-stop on your own en route home. **Make checks payable: Friendship Tours.**

Casino: Foxwoods – Tuesday, September 10, 2013. **Collection date:** Friday, August 2, 2013. **Cost:** \$22.00 per resident; \$27.00 per non-resident Departure time at 8:00 a.m. and approximate return time is 4:00 p.m. **Make checks payable: North Haven Senior Citizen.**

Vincent Talarico: Feel The Energy A Dynamic Entertainer – Wednesday, September 25, 2013 – departure from the Senior Center at 10:30 a.m. and will be home by 4:30 p.m. **Cost:** \$77.00 resident; \$82.00 non-resident. **Collection Date:** Friday, July 19, 2013. Multi-talented, Vincent dances, sings in three languages, is an accomplished drummer and wows the audience with his drum solos. He uses his outgoing personality to incorporate jokes and audience participation. If there is a performer today that can make any audience laugh, cry and be fully entertained in every sense of the world, it is Vincent Talarico. Vincent moves people with passion, sincerity, emotion and power both with his voice and stage presence. A critic once said, "You can feel every word he sings." Join us at Grand Oak Villa with a delicious menu included: crackers, cheese and pepperoni upon arrival and then family style garden salad, pasta with homemade house sauce, chicken Florentine, tilapia with cracker crumb topping, potato, vegetable and dessert. And don't forget Wine on every table! **Make checks payable: Friendship Tours.**

DATE CHANGE: Westchester Broadway Theatre: **Kiss Me Kate** – Friday, October 25, 2013 – departure from the Senior Center at 9:15 a.m. and will be home by 5:00 p.m. **Cost:** \$90.00 resident; \$95.00 non-resident. **Collection Date:** Friday, September 6, 2013. Westchester Broadway Theatre located in Elmsford, New York 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. Once lunch is over seat back and relax as we watch Cole Porter’s *Kiss Me Kate*, a smash hit on Broadway and later produced as a successful film, is a delightful romp of a play within a play. Sparkling with 18 classic Cole Porter tunes, “Another Opening Another Show”, “It’s Too Darn Hot”, “So In Love”, and “Wunderbar.” **Make checks payable: Friendship Tours.**



In Need of . . .



A piano player – once a month on the first Wednesday of every month from 10:15 to 11:30 a.m. If you would like to host the sing-a-longs, please contact Sue at the Center, 203-239-5432 for more information!

Bingo with Moira

Sponsored by Hamden Healthcare
Tuesday, February 26, 10:30 a.m.



Enjoy an hour of Bingo . . . prizes include groceries!

What's Going On In February . . .

Learn About

Love is In The Ear – Thursday, February 14, 10:30 a.m. Sponsored by Beltone Hearing Healthcare. A Special Valentine's Hearing Event includes; Free sampling of Chocolates, a treat for your taste buds; Free hearing Screening by an Audioprosthologist; Free Hearing Aid Cleaning and Free Video Otoscopic Scan and Evaluation, so you may see the condition of your eardrum. Reservations are required for event, please call Beltone directly at, 203-453-3003.



Party with Us

Breakfast for Super Bowl Sunday - Friday, February 1, 10:30 a.m. Menu consists of: egg sandwiches with or without cheese, hash browns, bacon or sausage, juice and coffee or tea. Take a chance at a pool as well – purchase squares for .75 cent a square and win some great prizes!! Winners will be announced on Monday, February 4th. Cost: \$5.00. Reserve your seat by Friday, January 25th.

Valentine Party with Rich DiPalma – NEW DATE – Tuesday, February 19, 2013, 11:30 a.m. Come celebrate the most romantic day of the year with our very own Rich DiPalma. Our menu will be tossed salad, lasagna, garlic bread and for dessert New York style cheesecake with strawberry topping. Cost: \$12.00. Registration begins Monday, January 28 through Monday, February 11 or until the first 80 people have signed up.

Popcorn and A Movie . . .

Thursday, February 14
1:00 p.m.

Showing: Valentine's Day



11

Intertwining couples and singles in Los Angeles break-up and make-up based on the pressures and expectations of Valentine's Day. Starring: Julia Roberts, Jamie Fox, Anne Hathaway, Patrick Dempsey and many more famous stars.

March's Upcoming Events . . .

- **Puzzlemania Tournament** – Thursday, March 7, 12:00 noon to 2:30 p.m. Cost: \$10.00 per person, includes lunch, soup, sandwich, chips, coffee, tea and cake, lunch begins at 11:15 a.m. Registration will run from Friday, February 8 through Monday, February 25. Limited seats available so register early! See attached flyer for rules and more information.
- **Women's History Day in Connecticut** – Tuesday, March 12, 12:00 noon, Celebrate Women's History Month by exploring the life of the first woman elected governor in Connecticut, Ella Grasso. Jon Purmont, author of *Ella Grasso: Connecticut's Pioneering Governor* and former executive assistant to Gov. Grasso, will present. The Connecticut Network's Diane Smith will moderate a related panel discussion. The program is free and lasts one hour. This is being held at the Connecticut's Old State House in Hartford. Departure time is 10:30 a.m. After the presentation, a stop for lunch on your own, place to be determined. Registration begins on Monday, February 4th – to the first 19 people.
- **Purple Red Hatters Meeting** – Wednesday, March 13, 1:00 p.m. The Purple Red Hatters have invited area Red Hatters to have an open forum to brainstorm different programs, activities and fun times.
- **Garden Club** – Thursday, March 14, 10:30 a.m. If you like gardening and want to help with our herb garden this summer, come on and join us to begin our list of items we would like to see planted this year in our garden boxes.
- **Marching Into Spring Fair** – Saturday, March 16, 9:00 a.m. to 2:00 p.m. Spring Time selection of homemade crafts by talented Seniors for sale! This year we will host a cake walk, great raffle prizes, taking advanced orders for Irish Soda Bread, refreshments for sale, corned beef sandwiches. Come visit us and support our local Senior Center! See attached flyer for more details!
- **St. Patrick's Day Celebration** – Tuesday, March 19, 11:45 a.m. Enjoy some corned beef, cabbage, carrots and potatoes, with good ole fashion rye bread, drinks and dessert included. Catering done by Zandri's Catering. Cost: \$17.00, registration begins Friday, February 15th and will end Monday, March 11th or to the first 75 people. Immediately following lunch, our very own Senior Songsters will entertain us with some good old St. Patrick's Day songs.
- **St. Joseph's Day** - Wednesday, March 20, 10:30 a.m. Enjoy a snack in honor of St. Joseph's Day. We will be celebrating St. Joseph's Day the day after since our St. Patrick's Day celebration will take place. Choice of: chocolate or vanilla – cost \$2.25 or ricotta – cost \$2.75. Please sign up with the office by Friday, March 15.

More March's Upcoming Events

- **Presentation: ID Fraud and Scams** – Tuesday, March 26, 10:30 a.m. Mike Savenelli from BCI Financial Cheshire will be presenting Identity Fraud and Scams. He will cover ten major points that will help you prevent becoming a victim and what to do if you've been a victim. Today's numbers are staggering; 10.1 million people are victims every year. Mike has been in the credit industry for 43 years and has a vast background and continues to work and follow issues on this subject matter. He has served on a number of Credit Fraud organizations and has worked with law enforcement professionals. Please register by Friday, March 22 by calling the Center, 203-239-5432.
- **Apizza Gain Day** – pick up your Apizza Gain on Thursday, March 28 at 1:00 p.m., orders will be taken for our famous no crust apizza gain beginning Friday, March 1 and ending Friday, March 22 – payment must accompany the order! Cost: \$2.00 per slice or \$6.00 for a 6" pie. Come early to sign up, limited quantities will be made!



Monthly Game Day . . .

Beginning every 2nd Tuesday of each month, Lynette Ryan will begin Game Day and sponsor a fun game each month. If you are interested in joining in the fun please join us on Tuesday, March 12 at 10:30 a.m.

Save the Date



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 and will end Friday, April 12th or to the first 80 people.



Welcome to Our New Members

Anna Damiani, Susan Damiani, Joan Humphrey, Nancy Gorman,
Mary Gorman, Patricia Macolino, Arthur Murgo, Cherukara Thomas, Jessy
Thomas, Joseph Santagata, Rita Ward



Thank you to the following for your donation:
Howard Luppi, Anna Dellavalle, Ann Alexander, Carol Labagnaro, Izola Hogan,
Eleanor Kovach, Andy Amatruda, Arlene D'Angelo

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.

FEBRUARY 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
				9:30-E-Z Exercise
				10:00-Footlighters
				10:00-Scrabble Challenge
				10:30-Grocery Shopping
				10:30-Super Bowl Breakfast
				10:30-Benefits Quicklink
				11:30-No FSW Lunch Today
				12:15-Bridge
				12:45-Bingo
				National Wear Red Day
4	5	6	7	8
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-Mini Trip: Yankee Quilt	10:30-Errands	11:30-Lunch	10:30-Open Forum with
10:30-Computer Class	Shop, Wallingford	10:45-Sit-Ercise	1:00-Intermediate Yoga Begins	Mike Freda
10:30-Purple Red Hatters	10:30-Hairdresser/Barber/Nails	11:30-Lunch	1:00-Afternoon of Cards	10:30-Grocery Shopping
non board meeting	10:45-Chair Yoga	12:00-Mah Jongg	and Raffles	10:30-Collection Date:
10:45-Sit-Ercise Begins	11:30-Lunch	12:15-Bridge	1:00-No Crafts	Guys & Dolls
11:30-Lunch	12:30-Mah Jongg	12:30-Knitting w/Eleanor		11:30-Lunch
12:30-Oil Painting	1:00-Out-trip for Crafters			12:15-Bridge
12:45-Bingo	- See 10:30 Mini Trip -			12:45-Bingo
1:30-Beg Pinochle	1:15-Senior Songsters			Registration begins for
				Puzzlemania Tournament
11	12	13	14	15
9:00-Line Dance	CENTER CLOSED	9:00-Line Dance	9:00- No Ceramics	9:30-E-Z Exercise
9:00-Computer Class	LINCOLN'S BIRTHDAY	9:30-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
9:30-E-Z Exercise		10:30-Errands	10:30- No Chair Aerobics	10:00-Scrabble Challenge
10:00-Massages by Kim		10:45-Sit-Ercise	10:30-Presentation:	10:30-Grocery Shopping
10:15-Canasta	NO TRANSPORTATION	11:30-Lunch	Love Is In the Ear!	11:30-Lunch
10:30-Computer Class	NO LUNCH	12:00-Mah Jongg	11:30-Lunch	12:15-Bridge
10:30-MiniTrip:		12:15-Bridge	1:00-Intermediate Yoga	12:45-Bingo
Hamden Mart		12:30-Knitting w/Eleanor	1:00-Movie Day:	Registration begins for
10:45-Sit-Ercise		12:45-Bingo	Valentine's Day	St. Patrick's Day Celebration
11:30-Lunch			1:00-No Crafts	
12:30-Oil Painting				
12:45-Bingo				
1:30-Beg Pinochle				

FSW, INC. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit- FEBRUARY 2013

Please contact the Café Manager to reserve your lunch by calling the day before between the hours of 9-11:00 a.m. (203-239-4030)

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Breakfast for Super Bowl Sunday
				Cost: \$5.00
4	5	6	7	8
4 oz apple juice 4 oz southern chicken quarter ½ cup butternut squash ½ cup spinach 2 slices whole wheat bread 1 tsp margarine ½ cup bread pudding	4 oz pineapple juice 4 oz Swedish meatballs ½ cup egg noodles ½ cup country style vegetables 2 slices whole wheat bread 1 tsp margarine ½ cup pears	4 oz Italian style cod with lemon ½ cup fresh sweet potato ½ cup green cabbage and carrots 1 pumpernickel roll 1 tsp margarine Banana	4 oz sliced steak with LS onion gravy ½ cup red bliss potato ½ cup Belgium carrots 1 slice corn bread 1 tsp margarine 1 fresh orange	¾ cup hearty vegetable soup 1 pkt unsalted crackers 4 oz chicken parmesan ½ cup penne with marinara sauce ½ cup broccoli 1 slice Italian bread 1 tsp margarine 1 slice berry strudel
11	12	13	14	15
4 oz fresh baked ham with LS gravy ½ cup scalloped potato ½ cup peas and carrots 2 slices rye bread 1 tsp margarine 1 baked apple	SENIOR CENTER CLOSED	4 oz hamburger with onions and mushrooms Ketchup ½ cup baked beans ½ cup green beans 1 wheat burger roll 1 tsp margarine ½ cup pineapple tidbits	VALENTINE'S DAY 4 oz cranberry juice 4 oz hot open turkey sandwich with LS gravy on 2 slice wheat bread ½ cup roasted sweet potato ½ cup broccoli and cauliflower 1 tsp margarine 1 brownie	4 oz herb baked chicken leg quarter ½ cup orzo ½ cup grilled winter vegetables 1 multi grain roll 1 tsp margarine ½ cup mandarin oranges
18	19	20	21	22
PRESIDENTS' DAY HOLIDAY-CLOSED	Valentine Party See page 10 for More information. Cost: \$12.00	4 oz orange juice 4 oz roast beef with LS gravy 1 baked potato with sour cream ½ cup Scandinavian vegetables 2 slice wheat bread 1 tsp margarine 1 slice marble cake	4 oz oven fried chicken quarter ½ cup macaroni and cheese ½ cup green beans 1 buttermilk biscuit 1 tsp margarine ½ cup apricots	¾ cup Italian wedding soup 1 pkt unsalted crackers 1/6 of broccoli quiche ½ cup sliced zucchini 1 wheat dinner roll 1 tsp margarine Seasonal fresh fruit
25	26	27	28	
4 oz meatloaf with LS gravy ½ cup mashed potato ½ cup baked fresh acorn squash 2 slices 100% whole wheat bread 1 tsp margarine ½ cup pears	4 oz chicken teriyaki ½ cup brown rice ½ cup oriental blend vegetables 2 slices oat bread 1 tsp margarine ½ cup mandarin oranges	¾ cup minestrone soup 1 pkt unsalted crackers 4 oz lite crunch fish with lemon and tarter sauce ½ cup roasted potatoes ½ cup stewed tomato 1 multi grain roll 1 tsp margarine Seasonal fresh fruit	4 oz pork loin with LS gravy ½ cup mashed sweet potato ½ cup peas and onions 2 slices rye bread 1 tsp margarine ½ cup applesauce	

MINIMUM PORTIONS SERVED AT EACH MEAL:

1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 2oz. 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.