

# SENIOR HAPPENINGS

## JANUARY 2013



***HAPPY New Year!***  
***to YOUR Health, Happiness***  
***and PROSPERITY!***  
***Love ~***  
***the STAFF at***  
***NORWICH Haven***  
***SENIOR Center***

### At A Glance . . .

- ∞ January 1 – New Year’s Day – **Center Closed**
- ∞ January 2 – Fantasy of Lights Trip and Dinner
- ∞ January 3 – “Bring In the New Year Party”
- ∞ January 7 – Purple Red Hatters non-board Meeting
- ∞ January 8 – Get To Know Your Senior Center – Welcome to Our New Members!
- ∞ January 8 – Spring Fair Committee Meeting
- ∞ January 9 – Finance Committee Meeting
- ∞ January 9 – Purple Red Hatters: Pizza & Bingo
- ∞ January 10 – Program Committee Meeting
- ∞ January 14 – **Mini Trip:** Wallingford WalMart
- ∞ January 17 – AARP Safe Driving Class
- ∞ January 17 – StoryTeller: Kate Allen Smith
- ∞ January 21 – Martin Luther King Jr. Day – **Center Closed**
- ∞ January 29 – Holiday Bazaar Volunteer Luncheon
- ∞ January 31 – **Mini Trip:** Universal Drive
- ∞ January 31 – **Presentation:** Your Home is an Investment; Use that Investment to Pay You!



**Joyce C. BUDROW NORWICH Haven Senior Center**  
**189 POOL Road, NORWICH Haven, Ct**

**OFFICE: 203-239-5432 ♦ Fax: 203-234-7185**

[WWW.TOWN.NORWICH-HAVEN.CT.US](http://WWW.TOWN.NORWICH-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 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:**

- Mini Trips:
- ⇒ Wallingford WalMart, Monday, January 14
- ⇒ Universal Drive, Thursday, January 31

#### **Tuesdays:**

- Hairdressers, Barbers and Nail Salons. **No Hairdressers on January 1.**
- 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 – January 1, January 21, 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 is less than ten people signed up for a mini-trip, the trip will be cancelled.**



## 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.

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**

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 2, 2013. **No class Tuesday, February 12.** 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, January 1** 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 Monday, 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 ends: January 22, 2013. Fee: residents, \$40.00; non-residents, \$45.00.



- **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 - non-resident fee payable in cash only. This does not apply to trips sponsored by the North Haven Senior Center.
- ☞ 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. **Collection date:** Friday, January 4, 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.

**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. **Collection Date:** Friday, January 25, 2013. 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!

**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 20<sup>th</sup> 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.

**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.

**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.

**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.”

**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!

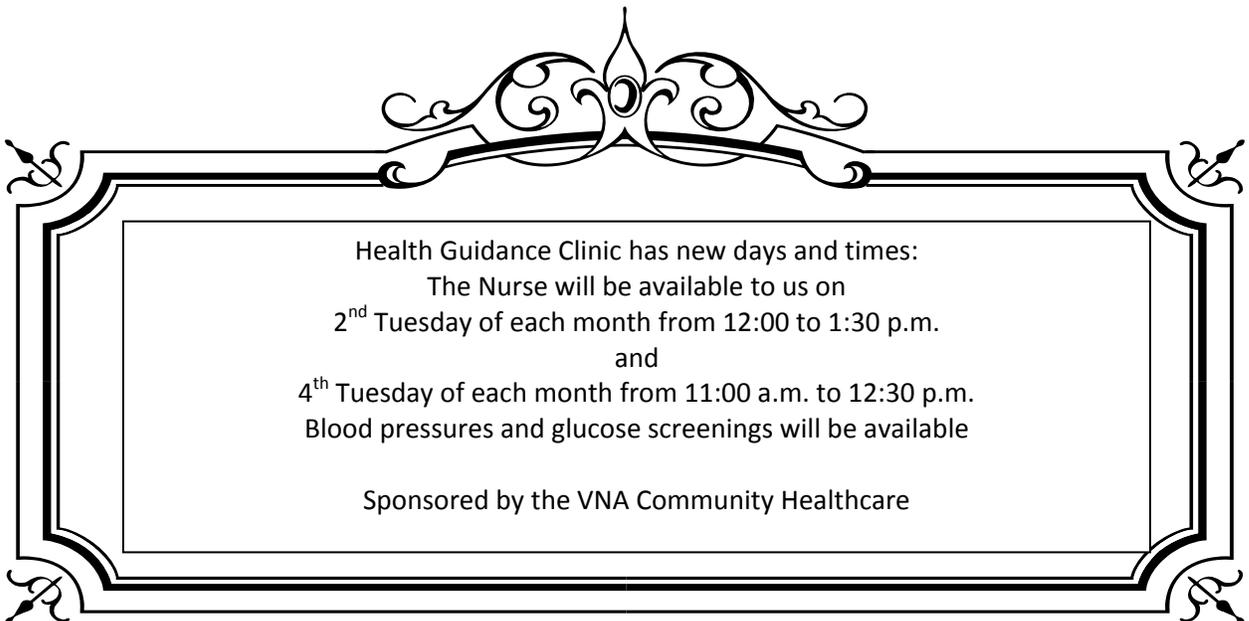
**Casino: Mohegan Sun** – Tuesday, July 30, 2013. **Collection date:** Friday, May 31, 2013. **Cost:** \$22.00 per resident; \$27.00 per non-resident. **Departure time** at 9:00 a.m. and approximate return time is 4:30 p.m.

**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.

**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.

**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!

**Westchester Broadway Theatre: Kiss Me Kate** – Thursday, November 7, 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."



Health Guidance Clinic has new days and times:  
The Nurse will be available to us on  
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

Sponsored by the VNA Community Healthcare

## Judy's Corner . . .

### Happy New Year Wishes....

**H**ours of happy times with friends and family  
**A** bundant time for relaxation  
**P**rosperity  
**P**lenty of love when you need it the most  
**Y**outhful excitement at lifes simple pleasures

**N**ights of restful slumber  
**E**verything you need  
**W**ishing you love and light

**Y**ears and years of good health  
**E**njoyment and mirth  
**A**ngels to watch over you  
**R**embrances of a happy year ahead for all!

In honor of Martin Luther King Jr. the Center will be collecting new socks for the VA Hospital throughout the month of January. New socks will be given to our Nations heroes keeping their feet warm. Socks may be placed in the basket outside of my office. A small gesture for our freedom but a wonderful gift to show we appreciate what Veterans have done for us.



Life's most persistent and urgent question is,

'What are you doing for others?'

[Martin Luther King Jr.](#)

**Important reminder-If you are feeling under the weather with a cold or sick with flu symptoms or any other illness I highly encourage you to stay home and avoid contact with other people except to get medical care. This is not only for your sake but for those you come in contact with especially at the Sr. Center. Please be considerate and stay home if you are not feeling well. Thank you in advance for thinking of others.**

## January's Happenings . . .



### Learn About . . . .

**Your Home Is an Investment; Use that Investment to Pay You!** – Thursday, January 31, 2013, 10:30 a.m. This is an educational seminar for seniors and their family members. Many features of the Reverse Mortgage are misunderstood. Learn how an average senior and their families can benefit from a Reverse Mortgage. Learn how a Reverse Mortgage for a senior homeowner can dramatically increase your ability to pay for long-term care while aging in place; enable them to stay in their home and use the funds to pay off various expenses and how you can obtain funds from a Reverse Mortgage in the form of a lump sum, a monthly income, a line of credit, or any combination of these options. To reserve your space please call the office, 203-239-5432.



### Party with Us . . . . .

**Bring In the New Year** – Thursday, January 3, 2013, 11:45 a.m. Catered by Zandri's Stillwood Inn – seating is limited to the first 80 people. Cost: \$15.00 by Thursday, December 27<sup>th</sup> – reservations begin Tuesday, December 4. Menu will consist of: tossed salad, ziti with meat sauce, roast beef au jus, green beans, roasted potatoes, champagne toast, sundae parfaits, with raspberry or chocolate sauce. Entertainment by: John Paolillo.

**Holiday Bazaar Volunteer Luncheon** – Tuesday, January 29, 2013, 11:45 a.m. All Holiday Bazaar Volunteers are cordially invited to attend a luncheon to thank you for your help and support in our Annual Holiday Bazaar. Registration begins Tuesday, January 2 through Friday, January 25 or until the first 60 people have signed up. Menu for the day: antipasto, stuffed shells, garlic bread, dessert. Holiday Bazaar Volunteers will be our honored guests; cost to non-volunteers: \$10.00.

## Looking for your help . . . .

### **Reading Volunteers** – Do you enjoy reading, do you enjoy children?

Clintonville Elementary School is looking for senior volunteers to read with students. Commitment is one day a week for one hour, and you can choose your own day of the week that fits your schedule. If you are interested please call the Center to add your name to our list, 203-239-5432. You must be a member of the Senior Center.



**Program Committee Meeting** – Thursday, January 10, 10:30 a.m. Looking for your ideas, help and suggestions in planning programs for our Seniors. Please join us!! Coffee and cake will be served.

## *Sneak Peek of February . . . .*

- ↪ **National Wear Red Day** – Friday, February 1, On the 11th 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!! Thanks for your participation.
- ↪ **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 4<sup>th</sup>. Cost: \$5.00. Reserve your seat by Friday, January 25<sup>th</sup>.
- ↪ **Afternoon of Cards and Raffles** – Thursday, February 7, 1:00 p.m. 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.
- ↪ **Valentine Party with Rich DiPalma** – Wednesday, February 20, 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 Friday, February 15 or until the first 80 people have signed up.



### **Welcome to Our New Members**

Emily Ascari, Catherine Colomonico, Barbara Congetta,  
Mary DeMenna, Carol Kay, Sandra Hendrickson, Kevin Smith



Thank you to the following for your donation:  
Ann Alexander, Nancy Caprio, Maria Chan, Joan DeMatteo,  
Millie Stankewicz and 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 \$2.00 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.

**JANUARY 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
<b>December 31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
9:00-No Line Dance	<b>CENTER CLOSED</b>	9:00-Line Dance Begins Again!	<b>Center Open at 11:00 a.m.</b>	9:30/10:00-E-Z Exercise
9:00-No Computer Class	<b>HAPPY NEW YEAR!</b>	9:30/10:00-E-Z Exercise	<b>Today</b>	10:00-Footlighters
9:30/10:00-E-Z Exercise		<b>10:30-Errands</b>	<b>11:45-Bring In The New Year</b>	10:00-Scrabble Challenge
10:15-Canasta	<b>NO TRANSPORTATION</b>	<b>11:30-Lunch</b>	<b>Entertainment by:</b>	<b>10:30-Benefits Quicklinks</b>
10:30-No Computer Class	<b>NO LUNCH</b>	12:00-Mah Jongg	<b>John Paolillo</b>	<b>10:30-Grocery Shopping</b>
<b>11:30-No FSW Lunch</b>		12:15-Bridge		<b>10:30-Collection Date:</b>
<b>Lunch Out Dino's*</b>		12:30-Knitting w/Eleanor	<b>(all activities cancelled today)</b>	<b>Foxwoods</b>
12:30-No Oil Painting		12:45-Bingo		<b>11:30-Lunch</b>
12:45-No Bingo		<b>4:00-Fantasy of Lights Trip</b>		12:15-Bridge
1:30-Beg Pinochle		<b>and Dinner</b>		12:45-Bingo
<b>*Transportation Available</b>				
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:00-No Computer Class	9:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
9:30/10:00-E-Z Exercise	<b>9:30-Get to know Your</b>	<b>10:30-Errands</b>	<b>10:30-Chair Aerobics Begins</b>	10:00-Scrabble Challenge
10:15-Canasta	<b>Senior Center</b>	<b>10:30-Finance Committee</b>	<b>10:30-Program Committee</b>	<b>10:30-Grocery Shopping</b>
10:30-No Computer Class	<b>10:00-Line Dance with Babe</b>	<b>Meeting</b>	<b>Meeting</b>	<b>11:30-Lunch</b>
<b>10:30-Purple Red Hatters</b>	<b>New Session Begins</b>	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>	12:15-Bridge
<b>non board meeting</b>	10:30-Hairdresser/Barber/Nails	12:00-Mah Jongg	1:00-Intermediate Yoga Begins	12:45-Bingo
<b>11:30-Lunch</b>	<b>10:30-Spring Fair</b>	12:15-Bridge	<b>1:00-No Crafts</b>	
12:30-Oil Painting	<b>Committee Meeting</b>	12:30-Knitting w/Eleanor		
12:45-Bingo	10:45-Chair Yoga	<b>1:00-Purple Red Hatters</b>		
1:30-Beg Pinochle	<b>11:30-Lunch</b>	<b>Pizza &amp; Bingo</b>		
	<b>12:00-Health Guidance Clinic</b>			
	12:30-Mah Jongg			
	1:00-Senior Songsters			
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	<b>8:00-AARP Driving Program</b>	9:30/10:00-E-Z Exercise
9:00-No Computer Class	9:00-Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-Footlighters
9:30/10:00-E-Z Exercise	10:00-Line Dance with Babe	<b>10:30-Errands</b>	10:00-Pinochle	10:00-Scrabble Challenge
<b>10:00-Massages by Kim</b>	10:30-Hairdresser/Barber/Nails	<b>11:30-Lunch</b>	10:30-Chair Aerobics	<b>10:30-Grocery Shopping</b>
10:15-Canasta	10:45-Chair Yoga	12:00-Mah Jongg	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>
10:30-No Computer Class	<b>11:30-Lunch</b>	12:15-Bridge	1:00-Sing-A-Longs	12:15-Bridge
<b>10:30-MiniTrip:Wallingford</b>	12:30-Mah Jongg	12:30-Knitting w/Eleanor	1:00-Intermediate Yoga	12:45-Bingo
<b>Wal Mart</b>	1:00-Senior Songsters	12:45-Bingo	<b>1:00-No Crafts</b>	
<b>11:30-Lunch</b>	<b>6:00-Commission on Aging</b>		<b>1:00-Storyteller:</b>	
12:30-No Oil Painting	<b>Public Welcome</b>		<b>Kate Allen Smith</b>	
12:45-Bingo				
1:30-Beg Pinochle				



**FSW, INC. NEW HAVEN SENIOR COMMUNITY CAFÉ**

**Nutrition for Mind, Body and Spirit**

**January 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	2	3	4
	<b>HAPPY NEW YEAR</b>	4 oz Italian style cod with lemon ½ cup fresh sweet potato ½ cup green cabbage and carrots 1 pumpernickel roll Banana	<b>“Bring In the New Year” Party</b>  <b>Cost: \$15.00</b> <b>Catered by Zandri’s</b>	¾ cup hearty veg soup 1 pkt unsalted crackers 4 oz chicken parmesan ½ cup penne with marinara sauce ½ cup broccoli 1 slice Italian bread 1 slice berry strudel
7	8	9	10	11
4 oz fresh baked ham with LS gravy ½ cup scalloped potato ½ cup peas and carrots 2 slices rye bread 1 baked apple	¾ cup New England Clam Chowder 1 pkt unsalted crackers 4 oz crab cake with tarter sauce ½ cup brown rice pilaf ½ cup coleslaw 2 slices oat bread Seasonal fresh fruit	4 oz hamburger with onions and mushrooms Ketchup ½ cup baked beans 1/c green beans 1 wheat burger roll ½ pineapple tidbits	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 brownie	4 oz herb baked chicken leg quarter ½ cup orzo ½ cup grilled winter vegetables 1 multi grain roll ½ cup mandarin oranges
14	15	16	17	18
4 oz pineapple juice 4 oz baked tilapia with lemon dill sauce ½ cup confetti brown rice ½ cup spinach 2 slices 12 grain bread ½ cup chocolate pudding	1 lasagna roll with 2 oz meat sauce ½ cup tossed salad with tomato and Italian dressing 1 slice garlic bread ½ cup orange jell-o with peaches	4 oz orange juice 4 oz roast beef w/ LS gravy 1 baked potato with sour cream ½ cup Scandinavian vegetables 2 slice wheat bread 1 slice marble cake	4 oz oven fried chicken quarter ½ cup macaroni and cheese ½ cup green beans 1 buttermilk biscuit 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 Seasonal fresh fruit <b>GINGER BREAD CAKE WITH TOPPING</b>
21	22	23	24	25
<b>MARTIN LUTHER KING HOLIDAY-CLOSED</b>	4 oz chicken teriyaki ½ cup brown rice ½ cup oriental blend vegetables 2 slices oat bread 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 Seasonal fresh fruit	4 oz pork loin with LS gravy ½ cup mashed sweet potato ½ cup peas and onions 2 slices rye bread ½ cup applesauce	4 oz grape juice ½ cup whole grain spaghetti with marinara sauce 3 oz chicken meatballs 1 slice Italian bread ½ cup Caesar salad with croutons and vinaigrette dressing ½ cup vanilla pudding with strawberries
28	29	30	31	
4 oz cranapplejuice 4 oz sliced turkey with LS gravy 1 Tbsp cranberry sauce ½ cup apple stuffing ½ cup California blend vegetables 1 whole wheat dinner roll 1 slice pumpkin pie	<b>Holiday Day Bazaar Volunteer Luncheon</b>  <b>Cost: \$10.00 non-volunteers</b>  <b>See Page 2 For more details</b>	¾ cup cream of carrot soup 1 pkt unsalted crackers 4 oz BBQ chicken ½ cup black beans and corn ½ cup collard greens 2 slices wheat bread Seasonal fresh fruit	4 oz pot roast wit LS gravy ½ cup mashed potato ½ cup Tuscan blend vegetables 2 slices rye bread 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.				