

SENIOR HAPPENINGS

JUNE 2013



***Have Father's Day
to all of our Dads,
Grandpas and Uncles!***

ENJOY YOUR DAY!



- ☞ June 3 – Purple Red Hatters non-board meeting
- ☞ June 5 – Sing-A-Long with Sal
- ☞ June 7 – Shuffleboard Meeting, 10:00 a.m.
- ☞ June 7 - Open Forum with
First Selectman, Mike Freda, 10:30 a.m.
- ☞ June 7 – Ice Cream Social – sponsored by Village
Green, 12:30 p.m.
- ☞ June 10 - **Mini Trip:** Hamden Mart
- ☞ June 10 – iPhone Training, 10:30 a.m.
- ☞ June 11 – **Trip:** 9/11 Circle Tours
- ☞ June 11 – Game Day, 10:30 a.m.
- ☞ June 12 – Purple Red Hatters Spring Luncheon
- ☞ June 13 – Father's Day Lunch, 12:00 noon
- ☞ June 14 – Center Closed due to maintenance
- ☞ June 14 – **NEW DATE:** Lunch Bunch, trip to Outlets
- ☞ June 18 - **Presentation:** “Laughter is the Best
Medicine” presented by Bayada Home
Health Care
- ☞ June 18 – Tri-Town Dinner at the Wallingford
Senior Center, 5:00 to 8:00 p.m.
- ☞ June 19 – Finance Meeting, 10:30 a.m.
- ☞ June 20 – AARP Driving Class
- ☞ June 20 – **StoryTeller:** Kate Allen Smith
- ☞ June 24 – **Mini Trip:** Universal Drive
- ☞ June 27 – **Mini Trip:** Strawberry Picking
- ☞ June 28 - Strawberry Shortcakes

**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 Hienken-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, June 10
- ⇒ Universal Drive, Monday, June 24

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 – 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

Judy's Corner

From the desk of Judy,

With the weather getting warmer, there's no doubt that summer is fast approaching. The summer can be a great time for relaxing with family and enjoying the nice weather. But it can also be dangerous if you don't take the proper precautions.

Your body works hard every day to maintain a normal temperature. Excessive heat forces your body to work harder than normal, which often is the root cause of heat-related illness. Essentially the heat forces your body to work beyond its limits. For senior citizens, this can be a dangerous – and even deadly – problem.

Typically, heat-related illnesses are a direct result of prolonged exposure to the sun. This includes simple sunburns, heat exhaustion and sometimes even heat stroke. There are many different ways to combat these illnesses, however, some of which are very simple and easy to do. Here are some of the easiest ways to stay safe from the heat this summer:

- Drink cool, non-alcoholic beverages; if your doctor generally limits the amount of fluid you drink or prescribes water pills for you, ask how much you should drink when the weather is hot
- Rest
- Take a cool shower, bath or sponge bath
- **Seek an air-conditioned environment if your home is not air conditioned, come to the Center for the day and bring a friend**
- Wear lightweight, loose-fitting, cotton clothing; if outdoors, wear a hat
- Plan outdoor activities in early morning when it is cooler

Mark your calendar for Friday, June 7 for an open forum with our First Selectman. Mike will be at the Center at 10:30 a.m. for a morning of open dialogue. Donuts and coffee/tea will be served to all in attendance. In fairness to everyone's schedule and donut purchase, please contact the Center to make a reservation. This will guarantee you a seat and a donut. Thank you in advance.



June 14th is National Flag Day



If you like to study flags, then you are called a _____.

It takes how many pieces of fabric to make the American Flag _____.

Answers are posted outside my office on the bulletin board. Stop by and see if you answered correctly.

June's Happenings . . .

Sing-A-Long with Sal Anastasia . . .

Come, enjoy sing-a-longs on the first Wednesday of every month Wednesday, June 5th from 10:30 to 11:30 a.m. Enjoy the olde tyme songs and some fun singing along!!!



Open Forum with First Selectman, Mike Freda – Friday, June 7, 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 donuts, coffee and conversation with Mike. In fairness to everyone's schedule we ask you to contact the Center if you plan on attending. Thank you. 203-239-5432.

Ice Cream Social – Friday, June 7, 12:30 p.m. Sponsored by Village Green, come enjoy and ice cream sundae with many different toppings!! Please sign up by Wednesday, June 5th by calling the Center, 203-239-5432.



IPhone Training – Beginning Monday, June 10, 10:30 to 11:30 a.m. Please check the calendar for continued training. A student volunteer will be in to demonstrate, help and show us the in's and out's of new cell phone technology.



Purple Red Hatters Annual Spring Luncheon – Wednesday, June 12, 1:00 p.m. We will be venturing off to Lenny & Joe's Fish Tale, 501 Long Wharf New Haven to enjoy an afternoon of great friends and food!! Lunch and drinks on your own (they will give us separate checks)! Transportation is not provided!! Please contact Louise Musso, 203-239-4383 to reserve your seat.

NEW DATE!!! Out Trip: Westbrook Outlets and Lunch – Friday, June 14, 9:30 a.m. departure from the Center. Enjoy the day out at the Westbrook Outlets and then out to lunch at a destination to be determined. Sign ups begin on Monday, June 3 to the first 19 people.





Strawberry Picking at Pell's Farm – Thursday, June 27 – weather permitting!!
Time: 10:30 a.m. As Sue's old Italian Grandfather used to say, early bird catches the worm!! In anticipation of a warm morning, picking earlier in the day will be more comfortable.

Strawberry Shortcakes – Friday, June 28, 1:30 p.m. Enjoy an afternoon of strawberry shortcakes, home made biscuits, strawberries and real whipped cream. Cost: \$5.00. Please sign up with the office by Tuesday, June 25th. If you sign up after the cutoff date the new cost will be \$10.00.



Hot Dog Fridays 2 hot dogs, chips and soda will be served for a cost of \$5.00. Please sign up by the Wednesday before!!



NEW! Fried Dough Fridays! Every third Friday of the month members will be offered Fried Dough made by Michael – Fried Doughs will be served at 3:00 p.m. (hot dogs will not be served on the days of Fried Dough Fridays) Cost: \$5.00 which includes fried dough, chips and soda! Reservations required by the Monday before!

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.



ATTENTION SENIOR SONGSTERS: The Songsters will take a summer break. Rehearsals will resume in September, new members will be welcomed in the fall!



Learn About



“Laughter is the Best Medicine” – Tuesday, June 18, 10:15 a.m.

Some researchers think laughter just might be the best medicine, providing people numerous health benefits. In the last few decades, researchers have studied laughter's effects on the body and turned up some potentially interesting information. Laughter is a release of tension, much like sneezing. Learn how laughing positively affects your body and health. In this program you will learn: physical health benefits of laughter, including how it boosts immunity and decreases pain; mental health benefits of laughter, including how it improves mood and eases anxiety; social benefits of laughter, including how it promotes group bonding and enhances teamwork; numerous jokes in the presentation to laugh at and share with friends and family. Please call the Center, 203-239-5432 by Thursday, June 17th to reserve your spot!



Party with Us

Father’s Day Cookout – Thursday, June 13, 12:00 noon – Enjoy an afternoon of fun and food with John Banker. Cost: \$8.00 by Friday, June 7 or to the first 80 people. If you sign up after the cutoff date, the new cost will be \$13.00. Menu for the day will be: Sue’s favorite meatloaf, gravy, mash potatoes and peas, and dessert

15th Annual Tri-Town All You Can Eat Dinner: “At the Hop” – Tuesday, June 18, 5:00 to 8:00 p.m. at the Wallingford Senior Center, 238 Washington Street, Wallingford. Live DJ, dinner and lots of fun will be had by all. Transportation will be available for residents but seats on the bus are limited. Tickets go on sale Friday, May 17th through Tuesday, June 12th. Cost: \$15.00, residents and \$20.00, non-residents. Get your tickets early for this popular event! An All You Can Eat Dinner will include hot dogs, hamburgers, cheeseburgers, pickles, French fries, onion rings, root beer floats and dessert. Zandri’s will cater our event.

July's Dates

4th of July Picnic – Wednesday, July 3, 11:45 a.m. Come and enjoy a nice picnic with your friends. The Regency House will be sponsoring this event. Cost: \$4.00 – sign-ups begin Wednesday, June 5 through Monday, June 24 or to the **first 80 people**, if you sign up after the cutoff date, new cost will be \$9.00.

Sherbet Social with Village Green – Friday, July 12, 12:30 p.m. come and enjoy a nice ice cold sherbet sponsored by Village Green of Wallingford. Sign-ups are required by Tuesday, July 9th.

Senior Moments with 1st Selectman, Mike Freda – Friday, July 12, 10:30 a.m. If you have an issue and would like to discuss it with Mike, please call the Center to make an appointment to meet with him, 203-239-5432. Appointments will be made ever 20 minutes.

Lunch Bunch – either Thursday, July 18 or July 25, since it is so popular we are reserving two dates, please only sign up for one of these dates – yes we are taking our famous ride to Jimmy's of Savin Rock in West Haven. The bus will depart at 10:45 a.m. from the Center and will arrive at Jimmy's at 11:30 a.m. Reservations are required! We will begin with sign-ups on Monday, July 1st through Friday, July 12th. Lunch is on your own!

Save the Dates

Fun upcoming events



Baby Boomer Blast – Saturday, August 17, 5:00 to 10:00 p.m. Enjoy the evening of good old music from the 50's and 60's, friends, food and relaxation! BYOB! Sign ups begin on Monday, June 17th and will end to the first 80 people or on Monday, July 15th. Cost: \$15.00, menu includes; Chef salad, corned flake chicken, macaroni and cheese, vegetables, cranberry sauce and pineapple upside down cake.

Mah Jongg Tournament – Saturday, September 28, from 9:00 a.m. to 4:00 p.m. More information to follow next month!!





Welcome to Our New Members

**Eleanor Antonucci, Blaze & Celeste Calabrese, Lolita Calubiran,
Albina Cannavaciolo, Florence Cappelli, Leslie Coes, William DeMatteo,
Marise Krampovitis, Rosemarie Lester, Jerri Narracci, Sharon & Ralph Rodriquez,
Anita Rossetti, Valentina Woliver**



Thank you to the following for your donation:

**Ann Alexander, Dorothy Cavadini, Ann DellaValle, Lena Falanga,
Helen Fusaris, Linda Harder, Arlene Herzog, Ziggy Klein,
Carol Labagnara, Kay Lofquist**

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 is due quarterly for each activity you would like to join at the North Haven Senior Center. The North Haven Senior Center will take North Haven Senior residents first. Should the class fill, non-residents will be put on a waiting list. Registration begins two weeks prior to class start date.

Please see the Office for payment – all checks made payable to:

North Haven Senior Citizen

A class with insufficient enrollment will be cancelled prior to the starting date.

Registrants are notified by telephone if a course must be cancelled.

- **BEGINNER PINOCHLE**

Monday, 1:30 – 3:00 p.m. and there is an advance pinochle group who plays on Thursday, 10:00 a.m.



- **COMPUTER CLASSES**

Will resume in the Fall – please continue to contact the Center to put your name on the waiting list.



- **INTERMEDIATE FOOTLIGHTERS**

Friday, 10:00 – 11:15 a.m. Did you love tap dancing as a child and your mother always told you not to tap in the house? Learn all the updated tap moves by our certified instructor, Judyth Nilsson. Come join in the fun. Fee: \$25.00 per month. Tap shoes are required.

- **BRIDGE**

Wednesday and Friday, 12:15 to 3:00 p.m. **If you always wanted to learn to play bridge – this is your opportunity now!! We are taking names and numbers for all beginners, we are in need of 4 individuals to begin a beginners class, please call the Center if you are interested, 203-239-5432.**

- **E-Z EXERCISE**

Monday, Wednesday and Friday, 9:30 – 10:00 a.m. Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.

- **LINE DANCING**

Monday and Wednesday, 9:00 - 10:00 a.m.

- **KNITTING AND CROCHETING**

Wednesday, 12:30 – 2:30 p.m.



- **CANASTA**

Monday, 10:15 a.m.

- **CERAMICS**

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

- **CRAFT CLASSES**

Tuesday and Thursday, 1:00 – 2:30 p.m. If you know your way around a sewing machine, enjoy working with your hands and spending a nice afternoon helping our craft class please join us on Thursday afternoons.

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.

- **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 the 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. 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, June 19. 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

The Songsters will take a summer break. Rehearsals will resume in September, new members will be welcomed in the fall!

• **BEGINNER CHAIR YOGA**

Tuesday, 9:00 a.m. - 10:30 a.m. and 10:45 a.m.-12:15 p.m. Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. New session begins: Tuesday, May 21 through Tuesday, August 13. 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. **This class will begin in September!**

The Center will be offering a Tuesday night gentle hatha yoga class from 6:00 to 7:30 p.m., beginning in September. This class is designed for those who can get up and down from the floor. Fee: residents, \$50.00; non-residents, \$55.00. **We will need a minimum of 5 people in order to begin this class.**

• **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 Tuesday, June 11. 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.

JUNE 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
3	4	5	6	7
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:00-Computer Class Ends	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
9:30-E-Z Exercise	10:30-Hairdresser/Barber/Nails	10:30-Ombudsman Meeting	11:30-Lunch	10:00-Scrabble Challenge
10:15-Canasta	10:45-Chair Yoga	10:30-Errands	12:30-Bocce	10:00-Shuffleboard Meeting
10:00-Massages by Kim	11:30-Lunch	10:30-Sing-A-Long with Sal	12:45-Memory Matters Part 2	10:30-Grocery Shopping
10:30-Purple Red Hatters	12:30-Mah Jongg	10:45-Sit-Ercise	1:00-Sing-A-Longs	10:30-Benefits Quicklink
Non Board Meeting	12:30-Tai Chi	11:30-Lunch	1:00-Crafts	10:30-Open Forum with
10:30-Computer Class Ends	1:00-Crafts	12:00-Mah Jongg	2:45-Computer Help	Mike Freda
10:45-Sit-Ercise		12:15-Bridge		Donuts & Coffee Served
11:30-Lunch	Senior Songsters begin their	12:30-Knitting and Crocheting		11:30-Lunch
12:30-Oil Painting	summer break	12:30-Bocce		11:30-Tai Chi **
12:30-Bocce		12:45-Bingo		12:15-Bridge
12:45-Bingo				12:00-Hot Dog Friday
1:30-Beg Pinochle				12:30-Bocce
				12:30-Ice Cream Social
				Sponsored by: Village Green
				12:45-Bingo
				** NOTE TIME CHANGE FOR
				TODAY'S CLASS
10	11	12	13	14
9:00-Line Dance	8:00-Trip: 9/11 Circle Tours	9:00-Line Dance	9:00-Ceramics	
9:30-E-Z Exercise	9:00-Ceramics	9:30-E-Z Exercise	11:30-No FSW Lunch	CENTER CLOSED
10:15-Canasta	9:00-Chair Yoga	10:30-Errands and Grocery	12:00-Father's Day Cookout	DUE TO MAINTENANCE
10:30-IPhone Training	10:30-Hairdresser/Barber/Nails	Shopping Today	Cost: \$8.00	
10:30-Hamden Mart	10:30-Game Day	10:45-Sit-Ercise	Entertainer: John Banker	NO LUNCH
11:30-Lunch	10:45-Chair Yoga	11:30-Lunch	12:15-Bridge Today	All Activities Cancelled
12:30-Oil Painting	11:30-Lunch	12:00-Mah Jongg	12:30-Bocce	
12:30-Bocce	12:00-Health Guidance Clinic	12:15-Bridge	12:45-Memory Matters Part 2	9:30-Lunch Bunch Trip:
12:45-Bingo	12:30-Mah Jongg	12:30-Knitting and Crocheting	1:00-No Sing-A-Longs	Westbrook Outlets
1:30-Beg Pinochle	12:30-Tai Chi Ends	12:30-Bocce	2:45-Computer Help	
	1:00-Crafts	12:45-Bingo		
		1:00-Purple Red Hatters		
		Spring Luncheon-Lenny&Joe's		
		Ticket sales end for		
		Tri-Town Dinner		

FSW, INC. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

June 2013

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
3 oz Hot Open Roast Beef Sandwich on 2 Wheat with LS gravy ½ cup Smashed potato ½ cup Bean Blend 4 oz Grape Juice 1 Oatmeal cookie 1 tsp margarine 8 oz low fat milk	¾ cup Escarole and Bean Soup 1 pkt unsalted Crackers 3 oz Grilled chicken Caesar salad with croutons and Caesar dressing 1 Herbed Wheat breadstick 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	½ cup Barilla plus Spaghetti with 3 oz chicken meatballs in marinara sauce 1 pkt Parmesan cheese ½ cup Fresh zucchini and yellow squash 1 slice Garlic bread 1 tsp margarine ½ cup Italian Ice 8 oz low fat milk	3 oz Turkey with LS gravy 1 oz Cranberry sauce ½ cup Apple stuffing ½ cup Roasted vegetables 2 slice Oat bread 1 tsp margarine 4 oz Pineapple juice 1 slice Berry strudel 8 oz low fat milk	3 oz Baked Parmesan encrusted scrod with lemon ½ Baked potato ½ cup Tossed salad with tomato and Italian dressing 1 Wheat dinner roll 1 tsp margarine Fresh fruit-peach 8 oz low fat milk
10	11	12	13	14
1 cup Baked ziti with meat sauce and cheese 1 pkt Parmesan cheese ½ cup cauliflower ½ cup Tossed salad with tomato and ranch dressing 1 slice Italian bread 1 tsp margarine ½ cup Pears 8 oz low fat milk	1/6 Broccoli quiche ½ Broiled tomato ½ cup Cucumber salad 1 Multigrain dinner roll 1 tsp margarine 4 oz Cranberry juice 1 slice Marble cake 8 oz low fat milk	3 oz Herb baked chicken qtr ½ cup Baked sweet potato ½ cup Scandinavian blend 2 slices Wheat bread 1 tsp margarine 1 slice Fresh melon 8 oz low fat milk	FATHER'S DAY COOKOUT COST: \$8.00 See Newsletter for more details	CENTER CLOSED TODAY
17	18	19	20	21
3 oz BBQ chicken qtr ½ cup Baked beans ½ cup Coleslaw 1 cornbread 1 tsp margarine ½ cup Watermelon 8 oz low fat milk	3 oz Roast pork/LS gravy 1 oz Applesauce garnish ½ cup Sweet potato pone ½ cup French green beans 2 slices Rye bread 1 tsp margarine ½ cup Pears 8 oz low fat milk	¾ cup Shrimp bisque/ unsalted crackers Chef salad with ½ cup lettuce, cucumber, 1 oz each turkey, ham, cheese, French dressing 2 slices Oat bread ½ cup Pineapple tidbits 8 oz low fat milk	HAPPY JUNE BIRTHDAYS 3 oz sweet potato encrusted fish fillet 1 pkt tarter sauce ½ cup Brown rice ½ cup California blend Wheat dinner roll 1 tsp margarine 4 oz Pineapple juice 1 slice Strawberry shortcake 8 oz low fat milk	3 oz Eggplant rololini with marinara sauce ½ cup Penne pasta with marinara sauce 1 pkt Parmesan cheese ½ cup Tossed salad with carrot and Italian dressing 1 Garlic breadstick 1 tsp margarine ½ cup Grapes 8 oz low fat milk
24	25	26	27	28
¾ cup Cream of carrot soup Unsalted crackers 3 oz Tuna salad plate With ½ cup lettuce, tomato, ½ cup beet salad 2 slices Wheat bread 1 tsp margarine ½ cup Vanilla pudding with berry topping 4 oz cranberry juice 8 oz low fat milk	3 oz Oven roasted chicken qtr ½ cup German potato salad ½ cup Red cabbage 2 slices Oat bread 1 tsp margarine Banana 8 oz low fat milk	1 Spinach grandoli 1 pkt Parmesan cheese ½ cup Summer spring vegetables ½ cup Caesar salad with croutons and Caesar dressing 1 slice Italian bread 1 tsp margarine ½ cup Apricots 8 oz low fat milk	3 oz Roast beef with LS gravy 1 Baked potato ½ cup Mixed vegetables 2 slices Rye bread 1 tsp margarine 4 oz Orange juice 1 slice Frosted chocolate cake 8 oz low fat milk	3 oz Crab cake with tarter sauce ½ cup Macaroni and cheese ½ cup Spinach 2 slices Wheat bread 1 tsp margarine ½ cup Peaches 8 oz low fat milk
MINIMUM PORTIONS SERVED AT EACH MEAL:				
1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 3 oz. 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.				

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)