

SENIOR HAPPENINGS

MARCH 2013



At A Glance . . .

*May ALL YOUR
IRISH Blessings Happen!*

HAPPY St. Patrick's Day!



- ☞ March 4 – **Mini Trip:** Wallingford WalMart
- ☞ March 4 - non-board Purple Red Hatters Meeting
- ☞ March 5 – **Trip:** Foxwoods
- ☞ March 7 – Puzzlemania Tournament
- ☞ March 8 – Senior Moments with 1st Selectman, Mike Freda
- ☞ March 12 - Game Day: Gin Rummy
- ☞ March 12 - Get To Know Your Senior Center greeter will be Joan
- ☞ March 12 - Commission on Aging: Public Welcome
- ☞ March 13 - Finance Meeting
- ☞ March 13 - Purple Red Hatters Meeting of the Minds
- ☞ March 14 - Garden Club Meeting
- ☞ March 14 - Chef by Skyview will be demonstrating a special dessert
- ☞ March 15 - All activities canceled; except Footlighters
- ☞ March 16 - Marching Into Spring Fair (see attached flyer)
- ☞ March 19 - St. Patty's Day Celebration
- ☞ March 20 - St. Joseph's Day – celebrate with Zeppoles
- ☞ March 21 - StoryTeller: Kate Allen Smith
- ☞ March 21 - **Mini Trip:** Universal Drive
- ☞ March 25 - **Presentation:** SNAP
- ☞ March 26 - **Presentation:** ID Fraud & Scam Workshop
- ☞ March 27 - **Trip:** Maple Madness & Butterflies
- ☞ March 28 - Apizza Gain Pickup
- ☞ March 29 - **Center Closed** – Good Friday

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 curb to curb 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, March 4
- ⇒ Universal Drive, Thursday, March 21

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 winter months, New Haven and VA appointments will begin at 9:30 a.m.** Please call for availability – as soon as you make your appointment, please call to reserve your ride – appointments are taken on a first come basis and unfortunately, not all requests can be fulfilled. If you feel you need assistance going to your medical appointment, feel free to bring a relative, friend or aide at no charge. When making your appointment please indicate if you will be bringing them with you. **Due to the Holidays there will be no medical transportation on the following days – 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 the Desk of Judy,

North Haven Senior Center Café

Our Center hosts a daily lunch program titled "North Haven Senior Center Café" which offers a daily lunch to all North Haven adults age 60 plus years of age. While there is not a fee for this program, a suggested modest donation of \$3 is greatly appreciated. Donations collected go directly back into the lunch program and reduce the cost for supplies. Without monetary support, the cost is \$6 a person.

Another piece of information that you may not know is the lunch program is formally called the Title III Elderly Nutrition Program. This program, funded through our federal government via the Older Americans Act, is designed to address problems of food insecurity, promote socialization, and promote the health and well-being of older persons through nutrition and nutrition-related services.

An obligatory requirement for all lunch participants upon reserving a meal is to complete a Form 5 – Consumer Registration Form. Forms are updated once a year and reports are used as a tool to measure the need for a nutrition program at our Center. New members and existing members in the lunch program will be required to complete the Form 5 because it is a federally subsidized program.

Lunch reservations must be **made daily**, between the hours of 9 -11:00 a.m. with our Café manager by phone, 203-239-4030 or in person. When calling by phone please do not leave a message, as it will not be honoured. Confirmation of a lunch for the next day is only confirmed once you speak with the Café' manager or kitchen volunteer, and not the Senior Center staff. Bear in mind, food is not prepared on site and meals are prepared by an outside caterer/vendor. Without a reservation you will not be included in the count for the next day. As with any Café that requires reservations, if you did not make a reservation you will be turned away. Only those with prior reservations will be served.

- If the Center is closed on a Friday and you would like lunch for the upcoming Monday, make your reservation on Thursday morning.
- Because the lunch program is subsidized, the Center is penalized for wasted meals. To ensure that there are no wasted meals, no additional meals are ordered without a reservation. "No-shows" for lunch count as wasted meals.

March Happenings . . .



DON'T FORGET DAYLIGHT SAVINGS TIME
Sunday, March 10, 2013
Turn Your Clocks Ahead an Hour

Learn About



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

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.



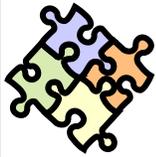
Party with Us

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, resident and \$22.00, non-resident. Registration began 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.

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

Come, enjoy sing-a-longs on the first Wednesday of every month, beginning on Wednesday, March 6th from 10:30 to 11:30 a.m. Enjoy the olde tyme songs and some fun singing along!!!



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. If you would like to join us for lunch only, cost: \$4.00.

Senior Moments with 1st Selectman, Mike Freda – Friday, March 8, 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.



“GET TO KNOW YOUR SENIOR CENTER”

Tuesday, March 12, 9:30 a.m.

Calling all new members . . .

Please join Joan, who will introduce you to the Senior Center, what to do if you would like lunch, how to sign up for trips and classes, meet the staff and learn the ins and outs of the Center.

Public Welcome to the Commission on Aging Meeting – Tuesday, March 12, 6:00 p.m. Representatives from the following Senior Housing Communities, Carmen Romano, Elderly Housing Management and North Haven Housing Authority will discuss the process of the waiting list, why there is lack of housing and how each one is funded.



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 – please join us!

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.



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!



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. This will begin Thursday, March 14, 2013.



Sneak Peak of April

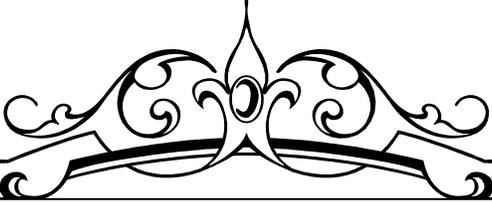


Sydney Sherman, Author, Medium, Paranormal Investigator – Wednesday, April 10, 1:00 p.m. Author Sydney Sherman grew up in a small town in Connecticut. Baseball games, dance recitals and Sunday car rides were a normal part of her life growing up in the 60's. But soon she found out everything was not normal,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

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

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

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



*Our North Haven Senior Center Volunteers
are Cordially Invited in honor of your commitment to the Center
to a
Volunteer Tea
on Wednesday, April 24, 2013 at 12:30 p.m.*

*Menu will be: Assorted Tea Sandwiches and Quiche with a
Garden Salad and Dessert*

*Cost for non-volunteers: \$15.00
Please RSVP by Thursday, April 18th*



Welcome to Our New Members

Frank&Katherine Peterson, Erika Garfi, Phyllis Ide,
Min-Hsien Keh, Rose Marie Peterson, William Rumskas



Thank you to the following for your donation:
Ann Alexander, Linda Eger, Jennifer Johnson, Janet Sola,
Rose Salerno, Wanda Stockman, Kay Warren

Please remember to sign our donations list when making a donation to the
Joyce C. Budrow North Haven Senior Center. For those who donated
and did not sign our list – we greatly appreciate your donation.



Daily Lunch Program

Our Senior Community Café serves a hot, full-course meal on a daily basis at
11:30 a.m. – please see the newsletter for time changes due to a special program or
presentation happening at the Senior Center. Menus are available in the newsletter.
Suggested donation is \$3.00 and you must be over 60 years of age or disabled. Meal cost
\$5.60 for anyone who wishes to participate and does not meet the required age.

Please remember to call our Café at 203-239-4030 between
9:00 a.m. and 11:00 a.m. by the previous day to order your lunch.

All meals include bread, butter and milk. Soups, entrees, gravies, sauces,
salad dressings and desserts are low fat and low sodium.

PROGRAMS and CLASSES

Registration and payments are due two weeks prior to the first day of class!

A \$5.00 activity fee for non-residents due quarterly for each activity you would like to join at the North Haven Senior Center. The North Haven Senior Center will take North Haven Senior residents first. Should the class fill, non-residents will be put on a waiting list. Registration begins two weeks prior to class start date.

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

North Haven Senior Citizen

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

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

- **BEGINNER PINOCHLE**

Monday, 1:30 – 3:00 p.m.



- **CERAMICS**

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



- **CHAIR AEROBICS**

Thursday, 10:30 – 11:30 a.m. Chair Aerobics is designed for those who need to exercise while seated. This program focuses on muscle tones, joint flexibility and cardiovascular strength. Pat Velleca will be our instructor. The session runs for 12 weeks from Thursday, 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.

- **LINE DANCING**

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

Studies show by dancing you will reduce your risk of future memory problems. Come join our line dancing program and help reduce your risk of memory loss.

- **MAH JONGG**

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



- **INTERMEDIATE FOOTLIGHTERS**

Friday, 10:00 – 11:15 a.m. Did you love tap dancing as a child and your mother always told you not to tap in the house? Learn all the updated tap moves by our certified instructor, Judyth Nilsson. Come join in the fun. Fee: \$25.00 per month (if a month has an additional week it will be \$30.00). Tap shoes are required.

- **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.

- **KNITTING AND CROCHETING CLASS**

Wednesday, 12:30 – 2:30 p.m.



• **MEMORY MATTERS**

Thursdays, 12:45 to 1:45 p.m. Join in this 7 week program, to have fun with brain fitness activities; identify strategies to enhance brain function and learn about the normal changes as you age. Session Begins: Thursday, March 21 through Thursday, May 2. 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, February 4 and run through Monday, April 29. **No class on Monday, February 18.** 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, 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.

• **TAI CHI: TO PREVENT FALLS**

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

Benefit Quicklinks Information

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



Did You Know . . . ?

Judy Amarone, Manager of the Senior Center is the Municipal Agent for the Town of North Haven. She can help you in many different ways. If you need help with the following, please call the Center to make an appointment to meet with her, 203-239-5432.

- Medicare, Medicaid, Social Security, Protective Services, Legal Services, SNAP (formerly known as food stamps), transportation needs, etc.

MARCH 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- Collection Date:
				Mohegan Sun
				10:30-Benefits Quicklink
				11:30-Lunch
				12:15-Bridge
				12:45-Bingo
4	5	6	7	8
9:00-Line Dance	8:00-Trip: Foxwoods	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:00-Computer Class	9:00-Ceramics	9:30-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
9:30-E-Z Exercise	9:00-Chair Yoga	10:30-Ombudsman Meeting	10:30-Chair Aerobics	10:00-Scrabble Challenge
10:15-Canasta	10:00-Line Dance with Babe	10:30-Errands	11:15-Special Lunch	10:30-Senior Moments
10:30-Computer Class	10:30-Hairdresser/Barber/Nails	10:30-Sing-A-Long with Sal	See page 4	with Mike Freda
10:30-Mini Trip: WalMart	10:45-Chair Yoga	10:45-Sit-Ercise	11:30-FSW Lunch	10:30-Grocery Shopping
10:30-Purple Red Hatters	11:30-Lunch	11:30-Lunch	12:00-Puzzlemania Tournament	10:30- Collection Date:
Non-board meeting	12:30-Mah Jongg	12:00-Mah Jongg	1:00-Intermediate Yoga	Savior the Flavor
10:45-Sit-Ercise	1:00-Crafts	12:15-Bridge	1:00-No Crafts	11:30-Lunch
11:30-Lunch	1:15-Senior Songsters	12:30-Knitting w/Eleanor		12:15-Bridge
12:30-Oil Painting		12:45-Bingo		12:45-Bingo
12:45-Bingo				
Sunday, March 10				
Daylight Savings Time				
11	12	13	14	15
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	All Activities
9:00-Computer Class	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	Cancelled Except:
9:30-E-Z Exercise	9:30-Welcome to the Center	10:30-Errands	10:30-Chair Aerobics	10:00-Footlighters
10:00-Massages by Kim	10:00-Line Dance with Babe	10:30-Finance Meeting	10:30-Garden Club Meeting	10:30-Grocery Shopping
10:15-Canasta	10:30-Hairdresser/Barber/Nails	10:45-Sit-Ercise	11:30-Lunch	10:30- Collection Date:
10:30-Computer Class	10:30-Game Day: Gin Rummy	11:30-Lunch	1:00-Intermediate Yoga	Saratoga Races
10:45-Sit-Ercise	10:45-Chair Yoga	12:00-Mah Jongg	1:00-Crafts	11:30-No FSW Lunch
11:30-Lunch	11:30-Lunch	12:15-Bridge		
12:30-Oil Painting	12:30-Mah Jongg	12:30-Knitting w/Eleanor		Saturday, March 16
12:45-Bingo	1:00-No Crafts	12:45-No Bingo		9:00 a.m. to 2:00 p.m.
1:30-Beg Pinochle	1:15-Senior Songsters	1:00-Purple Red Hatters		Marching Into Spring Fair
		<i>"Meeting of the Minds"</i>		

FSW, INC. NEW HAVEN Hispanic/Atwater SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

March 2013

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

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Eggplant Rolatini Cauliflower Parmesan cheese Tossed salad with cucumber and Italian dressing Garlic bread Mandarin oranges
4	5	6	7	8
Barilla plus spaghetti Meatballs marinara Broccoli Parmesan cheese Herbed breadstick peaches	Baked Pernil (Whole Roast Pork Shoulder) Corn Boiled Green Bananas Multigrain bread Fresh fruit	New Orleans Chicken Brown rice Oriental blend Wheat bread Pineapple tidbits	HAPPY MARCH BIRTHDAYS Pot roast with LS gravy Mashed potato Fresh Acorn Squash Wheat dinner roll Apple juice Chocolate cake	Vegetable barley soup Unsalted crackers Seafood salad plate with lettuce, tomato and carrot/raisin salad Pumpnickel bread Cherry jello with pears
11	12	13	14	15
Lite crunch fish Tarter sauce Sweet potato fries Fresh zucchini 100% whole wheat bread Cranberry juice Chocolate chip cookie	Spanish Style Baked Chicken Topped W/Caramelized Onions Baked Yams Scandinavian Blend Wheat dinner roll Fresh fruit	Swedish meatballs Noodles Green and wax beans Oat bread Peaches	St. Patrick's Day Celebration 1/c Cranapple Juice 3 oz Corned Beef W/ 1/c Cabbage ½ c baby Belgium Carrots 1 slice Irish Soda Bread 1 Shamrock Cookie	NO FSW LUNCH
18	19	20	21	22
Cheeseburger on bun Lettuce/tomato Ketchup Coleslaw Baked beans Fresh fruit	St. Patty's Day Celebration Cost: \$17.00 See page 3 for more details!	Baked Ham with gravy O'Brien potato Mixed vegetables Oat bread apricots	Turkey with LS gravy Stuffing Bean blend Cranberry sauce Biscuit Green jello with fruit	Baked Cod with Green Pepper, Onion & Sazon Seasoning Roasted potato Broccoli 100% whole wheat bread Pineapple juice Berry strudel
25	26	27	28	29
Turkey and bean chili Brown rice Chuck Wagon blend Corn bread Tropical fruit salad	Chicken cacciatore Bowtie noodles Green beans Pumpnickel roll Cranapple juice Pistachio pudding	Minestrone soup/ unsalted crax Tilapia with Florentine sauce Mashed squash Broccoli Multi grain dinner roll Carrot cake	Easter Celebration ½ c Apple Juice 3.5 oz LS Fresh Ham W/LS Gravy ½ c Smashed Potato W/ Chives ½ c Green Beans Almandine 1 Pumpnickel Raisin Roll 1 Easter Cupcake	CENTER CLOSED GOOD FRIDAY

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.