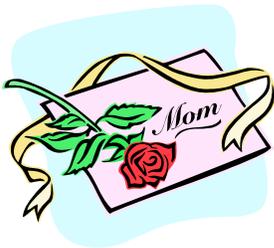


SENIOR HAPPENINGS

MAY 2013



***Wishing all of our
wonderful moms a beautiful
Mother's Day!***



- ☞ May 6 - **Mini Trip:** Wallingford WalMart
- ☞ May 7 - **Presentation:** Understanding the Differences between Osteoarthritis, Rheumatoid Arthritis and Osteoporosis
- ☞ May 8 - Bocce Meeting
- ☞ May 9 - Pinochle Tournament
- ☞ May 10 - Open Forum with Mike Freda
- ☞ May 10 - Mother's Day Brunch
- ☞ May 13 - Purple Red Hatters non-board Meeting
- ☞ May 14 - Welcome Committee with Joan
- ☞ May 14 - Volunteer Meeting
- ☞ May 15 - Purple Red Hatter Meeting
- ☞ May 16 - **StoryTeller:** Kate Allen Smith
- ☞ May 16 - **Trip:** Savor the Flavor
- ☞ May 20 - **Mini Trip:** Universal Drive
- ☞ May 21 - **Trip:** Mohegan Sun
- ☞ May 23 - **Lunch Bunch:** Leons
- ☞ May 27 - **Center Closed:** Happy Memorial Day
- ☞ May 28 - Memorial Day Barbeque

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

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

www.town.norx-haven.ct.us

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

Manager - Judy Amarone

Secretary - Maggie Maiden and Ellen McDonald

Café Manager - Arlene Herzog

Program Coordinator - Sue Tienken-Jung

**Bus Drivers - Arelis Rodriguez, Eileen Mogensen
and Lisa Marasco**

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

Daily Transportation

Transportation to and from the Center is available on weekdays at no charge to the Seniors. This service is curbside service. Please call the Center to sign up for your daily transportation by 8:30 a.m. the day you would like to come in. Transportation to lunch on a daily basis is provided from Senior Housing, a 24 hour notice is required to reserve a meal.

Scheduled and Mini Trips

The Senior Center provides transportation to area North Haven businesses at no charge to the Seniors - grocery stores, pharmacies, post office, banks, card shop, hairdressers, barbers, library and town pool. Please see below for scheduled days and times. Please note errands are quick and should last a half hour. Grocery shopping is one and half hour from time of being dropped off. Please be considerate of your time! It is suggested that no more than 3 bags per person. Thank you.

Mondays:

- Mini Trips:
- ⇒ Wallingford WalMart, Monday, May 6
- ⇒ Universal Drive, Monday, May 20

Tuesdays:

- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:

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

Thursdays:

- Town Pool

Fridays:

- Grocery Shopping – Big Y or Stop and Shop

Medical Transportation

The Center provides medical transportation to all members of the Center at no charge to the Seniors – we travel to North Haven, New Haven, Hamden and VA Hospital of West Haven. Hours of medical transportation are Monday through Friday, 9:00 a.m. and must be ready to go home by 2:00 p.m. **During the spring and summer months, New Haven and VNA appointments will begin at 9:00 a.m.** Please call for availability – as soon as you make your appointment, please call to reserve your ride – appointments are taken on a first come basis and unfortunately, not all requests can be fulfilled. If you feel you need assistance going to your medical appointment, feel free to bring a relative, friend or aide at no charge. When making your appointment please indicate if you will be bringing them with you. **Due to the Holidays there will be no medical transportation on the following days – May 27, July 4, September 2, October 14, November 11, November 28 and December 25.**

Please note: All Scheduled Mini Trips begin pickups at 10:30 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there *will not* be a make up during that week for transportation. If there are less than ten people signed up for a mini-trip, the trip will be cancelled.

Health Guidance Clinic

Sponsored by the VNA Community Healthcare

2nd Tuesday of each month
from 12:00 to 1:30 p.m.

and

4th Tuesday of each month
from 11:00 a.m. to 12:30 p.m.

Blood pressures and glucose screenings
will be available

Judy's Corner

From the desk of Judy,

In honor of May being proclaimed Older Americans Month, the Agency on Aging will be presenting an Art Show for the public to view. With excitement, North Haven will be participating in this event. If you paint or draw and would like to have your work on display please contact me no later than May 10. We welcome everyone – the public, family and friends - to attend this event at the Agency on Aging on May 29th from 2:00 – 5:00 p.m. and view our members' artistic works!

North Haven Senior Center Walking Group-

Walking is one of the simplest, safest and most effective ways to get regular exercise. When done briskly on a regular basis, walking can reduce blood pressure, increase the efficiency of the heart and lungs, boost bone strength, and help burn excess calories. In fact, walking briskly for one mile in 15 minutes burns about the same number of calories as jogging an equal distance in 8.5 minutes. And walking an extra 20 minutes each day will burn off 7 pounds of body fat per year. With each step you take, you will be helping to prevent chronic health conditions. In that walking is one of the easiest forms of exercise and the Town of North Haven has one of the best walking tracks in the area, the Center will be forming a walking group. If you are interested in joining the walking group please join us for a meeting at the Center on May 15th at 4pm. While you may already walk on your own, walking with others may enhance safety, socialization, accountability, friendship, and above all may keep you motivated.

Above all walking is the greatest thing ever and free!

Today, an American develops Alzheimer's disease every 68 seconds. In 2050, an American will develop the disease every 33 seconds. In CT alone nearly 70,000 people age 65 and older have Alzheimer's. In that Alzheimer's has no cure and is the sixth leading cause of death in the United States I invite all members, family, friends, and staff to join in the 2013 Alzheimer's Walk to be held on September 29 at Lighthouse Point in New Haven. This year our Center has joined with the Hamden Senior Center and formed a team titled the "Q-Striders". With the hope that we will recruit several walkers, transportation will be provided. So mark your calendars and remember: **Alzheimer's has no current cure but treatments for symptoms are available and research continues with support from fundraisers and support from the Q-Striders!**

Happy Mother's Day to All!

"M" is for the million things she gave me,
 "O" means only that she's growing old,
 "T" is for the tears she shed to save me,
 "H" is for her heart of purest gold;
 "E" is for her eyes, with love-light shining,
 "R" means right, and right she'll always be,

*Put them all together, they spell
 "MOTHER", Howard Johnson (c. 1915)*

May's Happenings . . .



Bocce Meeting – Wednesday, May 8, 12:30 p.m. If you are interested in joining us to play Bocce this year, come to our informational meeting. Please note this meeting is open to all seasoned, past, novice along with new players. It's a great way to meet new friends and get fresh air while with staying in shape. Friendly competitions are held with Wallingford and the Town of North Haven Department heads along with our First Selectman Michael Freda.

Pinochle Tournament – Thursday, May 9, Lunch will begin promptly at 11:15 a.m. which will consist of finger sandwiches, chips, pasta salad, and dessert. Tournament will begin promptly at 12:30 p.m. and will run until 3:00 p.m. Cost: \$10.00 per person – please register with a partner or if you do not have a partner, partners will be determined day of event. Deadline to register is Friday, May 3.



Open Forum with First Selectman, Mike Freda – Friday, May 10, 10:30 a.m. Mike will speak with us regarding the happenings of the town and will answer any and all questions you may have. Come join us for coffee and conversation with Mike. In fairness to everyone's schedule we ask you to contact the Center if you plan on attending. Thank you. 203-239-5432

Volunteer Meeting – Tuesday, May 14, 10:30 a.m. Please plan on attending the Center's volunteer meeting to discuss the 2013/2014 volunteer guidelines and pre-planning of the upcoming Holiday Fair and Fundraising Plans. Discussion will also include: programs, events, and trip committees. If you have never volunteered and always wanted to now is the time.

Get To Know Your Senior Center - Tuesday, May 14, 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.



Purple Red Hatters Meeting – Wednesday, May 15, 1:30 p.m. The Wallingford Senior Center's Red Hat Society has cordially invited us to a special presentation by the Connecticut Historical Society. *"From Hula Hoops to High Fashion: G. Fox in the 1950's"*. You are on your own for transportation to the Wallingford Senior Center, 238 Washington Avenue. Wallingford.

Lunch Bunch Trip: Leon's – Thursday, May 23, 11:45 a.m. Please make your reservations by calling the Center, 203-239-5432 by Tuesday, May 21. Menu is available in the office. Lunch Bunch trips are open to all members and residents of the Town of North Haven. It's a great way to meet new friends while enjoying an afternoon in May.



Learn About

Understanding the Differences between Osteoarthritis, Rheumatoid Arthritis and Osteoporosis - Tuesday, May 7, 10:30

a.m. Dr. Joseph Mortati, PT, MS, DPT owner and practicing clinician at Aftercare Physical Therapy Services will be presenting to us what current rehabilitation treatments are available to help relieve the symptoms of these diseases and improve your quality of life. This presentation will be about 45 minutes long and very informative. Please reserve your seat by calling the office by Friday, May 3, 203-239-5432.



Party with Us

Mother's Day Brunch – Friday, May 10, 10:45 a.m. Celebrate our moms that have given their time, energy and love towards their families in many different ways!! Menu: Belgian waffles, fresh fruit, coffee, tea and a special dessert for our moms. Karen Wagner will be our entertainer for the day, sponsored by Aetna! Cost: \$5.00 by Monday, May 6 or to the first 80 people, if you miss the sign up cutoff date the new cost will be \$10.00.

Celebrate Memorial Day - Tuesday, May 28, 11:30 a.m. Kick off to the Barbeque Season with hot dogs, homemade red bliss German potato salad, baked beans and good old fashion dessert. We will be celebrating our Veterans and our current Servicemen with our Senior Songsters. Cost: \$5.00, sign ups will begin on Thursday, May 2 and end on Monday, May 20 or to the first 80 people. If you miss the sign up cut-off date the new cost will be \$10.00.

Your help is needed!!!

We are looking for volunteers to help “man” our table at the May 18th Tag Sale sponsored by the Friends of the Library. We also are looking for people to bake items to sell at the tag sale. Please drop off the baked goods by Friday, May 17th with a list of ingredients.

What's Happening In June

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, new cost will be \$13.00. Menu for the day will be: meatloaf, gravy, mash potatoes and peas, and dessert

15th Annual Tri-Town 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! Dinner will include hot dogs, hamburgers, cheeseburgers, pickles, French fries, onion rings, root beer floats and dessert. Zandri's will cater our event.

Out Trip: Westbrook Outlets and Lunch – Thursday, June 20, 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 Shortcake Date – 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.

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.





Hot Dog Fridays are coming back Beginning on Friday, June 7th – hot dog Fridays will be back!!! 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 – Mark your calendar for June 21st at 3:00 p.m. Cost: \$5.00 which includes fried dough, chips and soda! Reservations required by the Monday, June 17th.



Save the Date Fun upcoming event



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! More information to follow!



Do you like to Wii Bowl? Or interested in learning how to Wii Bowl? Come join our league of Wii Bowling – we will be bowling on Friday mornings at 10:30 a.m. Other area Senior Centers are looking to start a tournament, we would like to participate in these tournaments but need bowlers first – looking for at least 4 to 6 players.



Welcome to Our New Members

Michaelina Avitabile, Charles Batterson Jr., Janice Bruce, Celeste Calabrese,
Donald & Florence Ellis, George Gorman, Serig Klein, Brian Trottier,
Maureen Alessandrini and Paula Mazeika



Thank you to the following for your donation:

Ann Alexander, Maureen Alessandrini, Bill and Doris McDonough,
Anthony Ricciardelli, Amanda Royka

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.



- **CERAMICS**

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



- **CHAIR AEROBICS**

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

- **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. and Wednesday, 12:00 p.m.



- **INTERMEDIATE FOOTLIGHTERS**

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

- **BEGINNER LINE DANCING**

Tuesday, 10:00 to 11:00 a.m. 12 week session will begin: Tuesday, May 7 through July 30, 2013. Cost: residents, \$20.00; non-resident, \$25.00. **No class on Tuesday, May 21.** Babe Dinneen, will be our certified dance instructor. We must get at least 12 dancers for the class to begin. This class will demonstrate and teach the line dancing terminology and show the basic steps to make your way to become a confident line dancer.

- **KNITTING AND CROCHETING**

Wednesday, 12:30 – 2:30 p.m.



• **MEMORY MATTERS**
PART 2 – TAKING IT TO THE
NEXT LEVEL

Thursdays, 12:45 to 1:45 p.m. You have to have taken Memory Matters Part 1 before joining in this 7 week program. This class will be taking it to 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. **No class on Monday, May 27.** Now offering a Thursday class – we need 10 people to begin a Thursday class. Fee: residents, \$20.00; non-residents, \$25.00. A list of supplies will be given to you prior to the first class.

• **SIT-ERCISE**

Mondays and Wednesdays, 10:45 to 11:45 a.m. New session will begin: Monday, April 1 through Wednesday, 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

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. New session begins: Tuesday, May 21 through Tuesday, August 6. 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!**

• **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.

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

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:00-Trip: Savor the Flavor	9:30-E-Z Exercise
9:00-Computer Class	9:00-Chair Yoga	9:30-E-Z Exercise	Tri Town Dinner "At the Hop"	10:00-Footlighters
9:30-E-Z Exercise	9:30-Welcome Committee	10:30-Errands	Tickets On Sale Today	10:00-Scrabble Challenge
10:00 Massages by Kim	with Joan	10:45-Sit-Ercise	9:00-Ceramics	10:30-Grocery Shopping
10:15-Canasta	10:00-Beg Line Dance with Babe	11:30-Lunch	10:00-Pinochle	11:30-Lunch
10:30-Computer Class	10:30-Hairdresser/Barber/Nails	12:00-Mah Jongg	10:30-Chair Aerobics	11:30-Tai Chi *
10:30-Purple Red Hatters	10:30-Volunteer Meeting	12:15-Bridge	11:30-Lunch	12:15-Bridge
Non Board Meeting	10:45-Chair Yoga	12:30-Knitting and Crocheting	12:30-Bocce	12:30-Bocce
10:45-Sit-Ercise	11:30-Lunch	12:30-Bocce	12:45-Memory Matters Part 2	12:45-Bingo
11:30-Lunch	12:00-Health Guidance Clinic	12:45-Bingo	1:00-Crafts	
12:30-Oil Painting	12:30-Mah Jongg & Tai Chi	1:30-Purple Red Hatters	1:00-Storyteller:	
12:30-Bocce	1:00-Crafts	Meeting in Wallingford	Kate Allen Smith	* NOTE TIME CHANGE
12:45-Bingo	1:15-Senior Songsters	4:00-Walking Group Meeting	2:45-Computer Help	
1:30-Beg Pinochle				
20	21	22	23	24
9:00-Line Dance	9:00-Trip: Mohegan Sun	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-Errands	10:30-Chair Aerobics	10:00-Scrabble Challenge
10:15-Canasta	10:00- No Beg Line Dance	10:45-Sit-Ercise	11:30-Lunch	10:30-Grocery Shopping
10:30-Computer Class	10:30-Hairdresser/Barber/Nails	11:30-Lunch	11:45-Lunch Bunch: Leons	11:30-Lunch
10:30-Mini Trip: Universal	10:45-Chair Yoga	12:00-Mah Jongg	12:30-Bocce	12:15-Bridge
10:45-Sit-Ercise	11:30-Lunch	12:15-Bridge	12:45-Memory Matters Part 2	12:30-Bocce
11:30-Lunch	12:30-Mah Jongg	12:30-Knitting and Crocheting	1:00-Sing-A-Longs	12:30-Tai Chi
12:30-Oil Painting/Bocce	12:30-Tai Chi	12:30-Bocce	1:00-Crafts	12:45-Bingo
12:45-Bingo	1:15-Senior Songsters	12:45-Bingo	2:45-Computer Help	
1:30-Beg Pinochle	6:00-Commission on Aging			
27	28	29	30	31
	9:00- No Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
CENTER CLOSED	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
MEMORIAL DAY	10:00-Beg Line Dance with Babe	10:30- Errands	10:30-Chair Aerobics	10:00-Scrabble Challenge
	10:30-Hairdresser/Barber/Nails	10:45-Sit-Ercise	11:30-Lunch	10:30-Grocery Shopping
NO TRANSPORTATION	10:45-Chair Yoga	11:30-Lunch	12:30-Bocce	11:30-Lunch
NO LUNCH	11:30-Memorial Day Barbeque	12:00-Mah Jongg	12:45-Memory Matters Part 2	12:15-Bridge
	with Senior Songsters	12:15-Bridge	1:00-Sing-A-Longs	12:30-Bocce
	Cost: \$5.00	12:30-Knitting and Crocheting	1:00-Crafts	12:30-Tai Chi
	11:00-Health Guidance Clinic	12:30-Bocce	2:45-Computer Help	12:45-Bingo
	12:30- No Mah Jongg	12:45-Bingo		
	12:30-Tai Chi			

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

FSW, INC. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

May 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
		¼ cup Minestrone soup 1 pkt unslated crax 3 oz Tilapia with Florentine sauce ½ cup Mashed squash ½ cup Broccoli 1 Multi grain dinner roll 1 tsp margarine 1 slice Carrot cake 8 oz low fat milk	3 oz Baked ziti with cheese 1 Tbsp Parmesan cheese ½ cup Italian blend Parmesan cheese ½ cup Caesar salad with croutons and Caesar dressing 1 slice Garlic bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Meatloaf/LS gravy ½ cup Mashed potato ½ cup Peas and onions 2 slices Oat bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk
6	7	8	9	10
3 oz Herb baked chicken qtr ½ cup Fresh Sweet potato ½ cup Green beans 2 slices Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Stuffed pepper ½ cup Mashed potato ½ cup Carrot coins 1 Wheat dinner roll 1 tsp margarine 4 oz Grape juice 1 Lemon cookie 8 oz low fat milk	3 oz Hot open turkey sandwich with gravy on 2 oat bread ½ cup Steak fries ½ cup California blend 1 tsp margarine ½ cup Vanilla pudding with berry topping 8 oz low fat milk	¾ cup Chicken noodle soup 1 pkt LS crackers 3 oz Stuffed salmon with lemon dill sauce ½ cup Confetti brown rice ½ cup Spinach 1 Multigrain dinner roll 1 tsp margarine ½ cup Pears 8 oz low fat milk	MOTHERS' DAY BRUNCH COST: \$5.00 See Page 4 of the Newsletter for details
13	14	15	16	17
½ cup Barilla plus spaghetti 3 oz Meatballs marinara ½ cup Broccoli 1 pkt Parmesan cheese 1 Herbed breadstick 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz Pork loin with LS gravy 1 oz Applesauce garnish ½ cup Scalloped potato ½ cup Peas and mushrooms 2 slices Multigrain bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz New Orleans Chicken ½ cup Brown rice 1/2 cup Oriental blend 2 slices Wheat bread 1 tsp margarine 1/2 cup Pineapple tidbits 8 oz low fat milk	HAPPY MAY BIRTHDAYS 3 oz Pot roast with LS gravy ½ Mashed potato ½ cup Fresh Acorn Squash 1 Wheat dinner roll 1 tsp margarine 4 oz Apple juice 1 slice Iced chocolate cake 8 oz low fat milk	¾ cup Vegetable barley soup Unsalted crackers Seafood salad plate with 3oz seafood salad, ½ cup lettuce, tomato and ½ cup carrot/raisin salad 2 slices Pumpnickel bread 1 tsp margarine ½ cup Cherry jello with pears 8 oz low fat milk
20	21	22	23	24
3 oz Lite crunch fish 1 pkt Tarter sauce ½ cup Sweet potato fries ½ cup Fresh zucchini 2 slices 100% whole wheat bread 1 tsp margarine 4 oz Cranberry juice 1 Chocolate chip cookie 8 oz low fat milk	3 oz Chicken breast with lemon sauce ½ cup Couscous pilaf ½ cup Scandinavian blend 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Swedish meatballs ½ cup Noodles ½ cup Green and wax blend 2 slices Oat bread 1 tsp margarine ½ cup Peaches 8 oz low fat milk	¾ cup Lentil soup/LS crax Chef salad 1 oz Turkey, 1 oz ham, 1 oz cheese ½ cup Tossed salad/cucumber 1 pkt French dressing 1 Croissant 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	MEMORIAL DAY OBSERVED ½ cup pineapple juice 2 (turkey) hot dogs ½ c baked beans 1/2 c coleslaw mustard, ketchup, relish 2 wheat hot dog buns fresh watermelon 8 oz low fat milk
27	28	29	30	31
	MEMORIAL DAY BARBEQUE COST: \$5.00 See page 3 of the Newsletter for details	3 oz Baked Fresh Ham LS gravy ½ cup O'brien potato ½ cup Chuck Wagon Blend 2 slices Oat bread 1 tsp margarine ½ cup apricots 8 oz low fat milk	3 oz Turkey with LS gravy ½ cup Stuffing ½ cup Bean blend 1 oz Cranberry sauce 1 Biscuit 1 tsp margarine ½ cup Green jello with mixed fruit 8 oz low fat milk	3 oz Cod with lemon dill sauce ½ cup Roasted potato ½ cup Broccoli 2 slices 100% whole wheat bread 1 tsp margarine 4 oz Pineapple juice 1 slice Berry strudel 8 oz low fat milk

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.