

SENIOR HAPPENINGS

SEPTEMBER 2013



A quick glance of September:

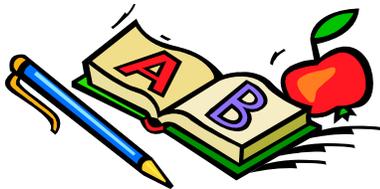
September Means:

SCHOOL IS BACK IN SESSION

FALL FUN AT THE FAIRS

COOLER WEATHER

ENJOYING FAMILY & FRIENDS



- ∞ September 2 Labor Day Celebration – Center Closed
- ∞ September 9: **Mini Trip:** WalMart in Wallingford
- ∞ September 9: Purple Red Hatters non-boarding meeting
- ∞ September 10: Get To Know Your Senior Center
- ∞ September 10: Holiday Bazaar Meeting, 10:30 a.m.
- ∞ September 11: Finance Meeting, 10:30 a.m.
- ∞ September 11: Pasta Dinner & Bingo, 5:00 p.m.
- ∞ September 12: **Follow Up Presentation:**
Living A Heart Healthy Lifestyle
presented by VNA Community Healthcare
- ∞ September 17: **Presentation:** End of Life Planning . . .
What Would Your Five Wishes Be?
- ∞ September 18: Fall Fun Picnic with our Department Heads
- ∞ September 19: AARP Driving Course
- ∞ September 19: Winery Trip to Gouveia Winery
in Wallingford, 3:30 p.m.
- ∞ September 20: Trip Committee Meeting, 10:00 am.
- ∞ September 26: **Lunch Bunch:** Breakfast Nook
- ∞ September 27: Department Head Bocce Tournament
- ∞ September 28: Mah Jongg Tournament
- ∞ September 29: Alzheimer's Walk at Lighthouse Point
- ∞ September 30: **Mini Trip:** Universal Drive

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 Eienken-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, September 9
- ⇒ Universal Drive, Monday, September 30

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 VA 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 other obligations and the Holidays there will be no medical transportation on the following days – September 2, October 14, November 11, November 28, December 6 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.

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

RECIPIES WANTED!

If you are looking for a new recipe or would like to share one of your family recipes then this is the time. The Center is getting ready to move forward with publishing a cookbook with recipes donated by members of the Center.

To make it successful, the book is in need of a few more of your favorite dishes! In the technological world we live in today, downloading recipes is a snap however it will never replace the memories that come to mind when I prepare a special dish that was passed down to me by family and friends.

Just recently I had the opportunity to review the first cookbook that the Center published many years ago. As I read through the pages tears came to my eyes because the authors of many of the recipes were from members who passed on or moved away. I could feel their presence in my heart and how wonderful it would be if you could pass on your special dish to your children, grandchildren, and friends by sharing that one favorite dish that will create a memory today and for years ahead.

If you would like to participate in this project, recipes are needed no later than Friday, September 27. You don't even have to rewrite what you already have. Bring a copy to the office and we will copy it for you. Our goal is to have the book published in time for our annual holiday fair and we will use it as a fund raiser.

Eye Care America is a program that facilitates eye care for U.S. citizens or legal residents who are without an ophthalmologist and who do not belong to an HMO or do not have eye care coverage through the Veterans Administration. To be found eligible for the program an individual should fall into one of the two categories below.

- Those who are age 65 or older and who have not seen an ophthalmologist in three or more years may be eligible to receive a comprehensive medical eye exam and up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam. Volunteer ophthalmologists will waive co-payments, accepting Medicare and /or other insurance reimbursement as payment in full. Patients without insurance receive this care at no charge.
- Those determined to be at increased risk for glaucoma (by age, race and family history) and have not had an eye exam in 12 months or more may be eligible to receive a free glaucoma eye exam if they are uninsured. Those with insurance will be billed for the exam and are responsible for any co-payments. The initiation of treatment is provided if deemed necessary by the doctor during the exam.

To see immediately if you, a loved one or a friend is eligible to receive a referral for an eye exam and care, visit www.eyecareamerica.org. If you do not have access to a computer contact me at 203-239-5432 for an appointment and I will be more than happy to provide assistance.

*With love to all our grandparents on September 8
Happy Grandparents Day!*

Fun Times at the North Haven Senior Center



Pasta Dinner and Bingo to support the Alzheimer's Association Walk – Wednesday, September 11, from 5:00 to 8:00 p.m. Cost: \$10.00. Come support and be part of our team effort to donate to a great cause!!



Reservations begin August 9th – menu consists of Sue's pasta, meatballs, tossed salad, garlic bread and an awesome dessert. Raffles will be hosted. Transportation will be available. All proceeds will benefit the Alzheimer's Association. *If you are unable to attend and would like to support the cause, raffle donations are needed. Remember this is a fund raiser and the more that is donated to the Dinner and Raffle the more that the Center can donate to the Alzheimer's Association. Thank you in advance.*



Fall Fun Picnic with Department Heads – Wednesday, September 18, 12:00 noon,

Enjoy an afternoon of food and fun with our Department Heads waiting on us! Catering will be done by Zandri's and the menu will include barbecue chicken, macaroni and cheese, baked beans, coleslaw, bread and butter, beverages, and an unbelievable dessert. Entertainment will be by Al Leone. **NEW COST** for this shin-dig is \$5.00 for residents; \$10.00 for non-residents. Sign-ups begin Monday, August 26 through Friday, September 13 or to the **first 80 people**. After September 13th the cost will be \$10.00 for residents and \$15.00 for non-residents.

Presentations, Education and Lots to Learn at the North Haven Senior Center

Follow-up: Living A Heart Healthy Lifestyle - Thursday, September 12, 10:30 a.m. to noon. This is a follow up from our last presentation of Living a Heart Healthy Lifestyle. If you participated in the original program, please contact Beth Capobianco from VNA Community Healthcare to schedule your follow up visit, 203-458-4369. This program will measure your progress; blood pressure tests; pulse oximetry readings; total cholesterol screenings; glucose/blood sugar check and your Body Mass Index (BMI) results.

End of Life Planning . . . What Would Your Five Wishes Be? – Tuesday, September 17, 10:30 a.m. Sponsored and presented by a VITAS representative. You will discuss what would your five wishes be, how five wishes can help you and your family, how five wishes began, who should use five wishes and how do I change to five wishes? Please sign up at the office or by calling, 203-239-5432 by Friday, September 13th.

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 Bill, one of the North Haven High School Students who can help you find your answer. He will be available on Thursdays at 2:30 p.m. beginning Thursday, September 5th.



Mark Your Calendar



Hot Dog Fridays September 6, 13, 20 and 27 - 2 hot dogs, chips and soda will be served for a cost of \$5.00. Please sign up by the Wednesday before! Chili will be sold on Friday, September 20th – chili (only) will cost \$5.00; add it on your hot dog for an extra \$2.00.

Holiday Bazaar Meeting – Tuesday, September 10, 10:30 a.m. Calling all helpers! There will be a meeting of the minds for the Annual Holiday Bazaar – please plan on joining us as we embark on some new ideas and adventures.



Get To Know Your Senior Center - Tuesday, September 10, 9:30 a.m. Calling all new members . . . Please join Gloria, 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.

Winery Trip – Thursday, September 19, 3:30 p.m. to Gouveia Winery, 1339 Whirlwind Hill Road, Wallingford. Please sign up by Monday, September 16, to ensure your reservation by calling 203-239-5432. Transportation is on your own. Cost: \$5.00 for hors d'oeuvres. Purchase of wine is on your own, cost for a glass of wine is \$7.00.



Trip Committee Members – Friday, September 20, 10:00 a.m. Calling all Seniors, we are looking for your input!! We need your help in choosing trips for the 2014 season! So save the date for our upcoming meeting.

Lunch Bunch – Thursday, September 26th, 11:45 a.m. Come join the bunch at Breakfast Nook on Washington Avenue. Great menu, great food and lots of laughs with some great friends!! Sign up in the office by Monday, September 23rd, 203-239-5432.



Annual Bocce Tournament with the Department Heads – Friday, September 27, 12:00 noon. Come on down for our annual bocce tournament with our department heads. Hot dogs, chips, drinks and dessert will be provided by the Department Heads. Sign-ups required by stopping by or calling the office, 203-239-5432.

Mah Jongg Tournament – Saturday, September 28, from 9:00 a.m. to 4:00 p.m. Cost: \$25.00 per person, includes: coffee/tea and water all day, continental breakfast, lunch and snacks. Tournament play is based on 15 minute games, using the NMJL card. See flyer to register – Register early to ensure your seat. The tournament is open to all Mah Jongg players, so bring your friends and neighbors for a fun day. Prizes will be awarded to the first, second, third and fourth place person.





2013 Walk to End Alzheimer with the Q-Striders – Sunday, September 29. Registration begins at 9:00 a.m. and walk starts at 10:00 a.m. at Lighthouse Point, One Lighthouse Road in New Haven. We are joining forces with the Hamden Senior Center to become one to help raise awareness and to reach our donation goal for this deadly disease. Every 68 seconds someone in America is diagnosed with Alzheimer's disease and one out of three individuals pass away from complications of Alzheimer's. So help support the Q-Striders and make your donation today. See flyer for more information on how to donate.

Community Outreach

“Will You Remember Me?” Did you know Alzheimer Society's symbol is the “Forget Me Not” flower? It represents memory loss – which is one of the symptoms of Alzheimer's disease – and serves as a reminder to people with Alzheimer's disease and related dementias and their caregivers. “Those we love are never truly gone. They live in treasured memories, in the hearts of those whose lives they touched and shared along the way.” To honor and remember those that live in our hearts the Center will be selling Forget Me Not flower symbols for \$1.00. Our goal is to have a full bouquet of Forget Me Not's to display on the wall at the Center which we have named “Will You Remember Me?”



Collecting Toiletries for our Make A Difference Day Beginning in September and ending in October, we will collect full-size toiletry items; shampoos, conditioners, soap, toothbrushes, toothpaste, mouth wash, etc. They must be unused and full-sized, please no travel size items. On Saturday, October 26th at 10:00 a.m. we will need volunteers to come in and help sort the items to be donated to an area food shelter. If you are interested in volunteering, please contact the office, 203-239-5432.

The North Haven Senior Center continues to help the Ronald McDonald House by collecting soda tabs. Please bring them to the Center so we can send them down to our families in New Haven. Thank you for your continued support.



October Happenings

- ∞ **Reverse Mortgage, is it right for you?** – Tuesday, October 8, 1:30 p.m.
- ∞ **Oktoberfest** – Thursday, October 10, 12:00 noon
- ∞ **Special Craft Program sponsored by Bayada** – Tuesday, October 15, 10:15 a.m.
- ∞ **Meet the Dietician** – Thursday, October 17, 10:45 a.m.
- ∞ **Relay Connecticut CapTel 840 Presentation** – Tuesday, October 22, 10:15 a.m.
- ∞ **Flu Clinic and Blood Pressure Screening** – Tuesday, October 22, 11:00 a.m.
- ∞ **Make A Difference Day** – Saturday, October 26, 10:00 a.m.
- ∞ **Halloween Fun** – Thursday, October 31, 1:00 p.m.

Save The Dates



Annual Holiday Bazaar – Friday, November 22, 3:00 p.m. to 6:00 p.m. and Saturday, November 23, 9:00 a.m. to 2:00 p.m. Lots of nice new ideas and great homemade crafts!! So save the date and come support our Center!

Tri-Town Christmas Party – Friday, December 6, 11:00 a.m. to 2:30 p.m. at Zandri's Stillwood Inn, 1074 S. Colony Road, Route 5, Wallingford, Connecticut. Entertainment by Bob Giannotti. More information to follow!



Welcome to Our New Members

**Dolores & Ronald Colombo, Barbara Davis,
Anna Katherine Dunn, Patricia Maloney,
Anne Marie Peach, Phyllis Pieper, Carmen Rivera,
Connie Snyder, Angelo Verdini, Antoinette Verdini**



Thank you to the following for your donation:

Ann Alexandar, Mary DeSanto and Ziggy Klein

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 Manager 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.



2013 End of Year Day Trip Schedule

Westchester Broadway Theatre: Kiss Me Kate – Friday, October 25, 2013 – departure from the Senior Center at 9:15 a.m. and will be home by 5:00 p.m. Cost: \$90.00 resident; \$95.00 non-resident. Collection Date: Friday, September 6, 2013. Westchester Broadway Theatre located in Elmsford, New York is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, each person selects from an excellent menu and enjoys a pre-show lunch. Once lunch is over, sit back and relax as we watch Cole Porter's Kiss Me Kate, a smash hit on Broadway and later produced as a successful film, is a delightful romp of a play within a play. Sparkling with 18 classic Cole Porter tunes, "Another Opening Another Show", "It's Too Darn Hot", "So In Love", and "Wunderbar". **Make checks payable: Friendship Tours.**



DATE CHANGE: Casino: Foxwoods – Tuesday, October 29, 2013. Collection date: Friday, August 2, 2013. Cost: \$22.00 per resident; \$27.00 non-resident. Departure time at 8:00 a.m. and approximate return time is 4:00 p.m. **Make checks payable: North Haven Senior Citizens.**

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.



- **INTERMEDIATE BRIDGE**

Wednesday and Friday, 12:15 to 3:00 p.m.

- **BEGINNER BRIDGE**

Tuesday and Thursday, 12:30 to 3:00 p.m. Class will begin on Tuesday, September 17th and will run for 8 weeks until Thursday, November 7th. If you are interested please sign up in the office.

- **CANASTA**

Monday, 10:15 a.m. **Do you enjoy the game of canasta? Or would you like to learn? The Senior Center will now offer Beginner Canasta on Mondays at 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.

- **COMPUTER CLASSES**

Our Computer Classes will begin on Tuesday, September 10 and run for 5 consecutive weeks. Beginners are scheduled from 9:00 to 10:30 a.m. and advanced scheduled from 10:30 a.m. to 12 noon! Call to put your name on our list, 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.



- **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.

- **KNITTING AND CROCHETING**

Wednesday, 12:30 – 2:30 p.m. **The knitting and crocheting class is looking for any yarn donations, must be in useable condition.**

- **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**

Advanced meets on Tuesday, 12:30 p.m. and *Beginner/Intermediate meets on Wednesday, 12:00 p.m.

***Please note we will not be able to take any beginner Mah Jongg players due to the fact we are to capacity. A new beginner class will begin late Fall, look for more information in October.**

- **MEMORY MATTERS PART 1**

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, September 12 through Thursday, October 24. Fee: residents, \$5.00; non-residents, \$10.00. Please make checks payable to the VNA Community Healthcare.

• **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 next level, enjoy new and creative brain exercises and total brain fitness workout. Session Begins: Thursday, October 31 through Thursday, December 19. No class on Monday, November 28. Fee: residents, \$5.00; non-residents, \$10.00. Please make checks payable to the VNA Community Healthcare.



OIL PAINTING

Monday, 12:30 – 2:30 p.m. New Session will begin: Monday, September 23 and will run through Monday, December 23. No class on Monday, October 14 due to Columbus Day and Monday, November 11 due to Veterans Day. 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, 10:30 to 11:30 a.m. New session will begin: Monday, September 16 through Wednesday, December 4. No classes on Monday, October 14 and Monday, November 11. 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**

Meets on Tuesdays, from 1:15 to 2:15 p.m.



• **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, August 27th and run until Tuesday, November 12th. Fee: residents, \$50.00; non-residents, \$55.00.



GENTLE HATHA YOGA

Thursday, 1:00 to 2:30 p.m. Thursday, September 12th through December 5th. 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.

• **TAI CHI: FOR BETTER BALANCE**

Monday and Thursday, 10:00 to 11:00 a.m. Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. Session Begins: Monday, September 16 and end Thursday, December 5. **No classes on Monday, October 14 and Monday, November 11.** Fee: residents, \$25.00; non-residents \$30.00. Please make checks payable to the VNA Community Healthcare.

• **WALKING CLUB**

Every Thursday at 4:00 p.m. at the North Haven Middle School, 55 Bailey Road. Walking is great exercise and adds years to your life, come join us! Weather permitting! Call the Center if you are not too sure if we are going to meet.

Do You Need Help . . .

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.

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

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
9:00-Line Dance	9:00-Ceramics	All Activities Cancelled	8:30-AARP Driving Program	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	Today except for:	9:00-Ceramics	10:00-Footlighters
10:00-Tai Chi Begins	9:00-Computer Class	10:30-Sit-Ercise	10:00-Pinochle	10:00-Scrabble Challenge
10:15-Canasta	10:30-Presentation:		10:00-Tai Chi	10:00-Trip Committee
10:30-Sit-Ercise Begins	End of Life Planning	12:00-Fall fun Picnic	11:30-Lunch	Meeting
10:30-Massage by Kimberly	10:30-Computer Class	w/Department Heads	12:15-Bridge	10:30-Grocery Shopping
11:30-Lunch	10:45-Chair Yoga	Center Opens at 11:00 a.m.	12:30-Bocce	And Farmer's Market
12:30-Bocce	11:30-Lunch		12:45-Memory Matters Part 1	11:30-Lunch
12:45-Bingo	12:30-Mah Jongg		1:00-Crafts	12:00-Hot Dog Friday w/Chili
1:30-Beg Pinochle	1:00-Crafts		1:00-Storyteller:KateAllenSmith	12:15-Bridge
	1:15-Senior Songsters		2:30-Computer Help w/Billy	12:30-Bocce
	6:00-Commission on Aging		3:30-Winery Trip to Gouveia	12:45-Bingo
			Winery in Wallingford	
			4:00-Walking Group	
23	24	25	26	27
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
10:00-Tai Chi	9:00-Computer Class Begins	10:30-Sit-Ercise	10:00-Tai Chi	10:00-Scrabble Challenge
10:15-Canasta	10:30-Computer Class Begins	12:00-Mah Jongg	11:30-Lunch Bunch To: Breakfast	11:30-Lunch
10:30-Sit-Ercise	10:45-Chair Yoga	12:15-Bridge	Nook	12:00-Hot Dog Friday
11:30-Lunch	11:00-Health Guidance Clinic	12:30-Knitting and Crocheting	11:30-Lunch	12:00-Department Head
12:30-Oil Painting Begins	11:30-Lunch	12:30-Bocce	12:30-Bocce	Bocce Tournament
12:30-Bocce	12:30-Mah Jongg	12:45-Bingo	12:45-Memory Matters Part 1	12:15-Bridge
12:45-Bingo	1:00-Crafts	12:45-Bingo	1:00-Sing-A-Longs	12:30-Bocce
1:30-Beg Pinochle	1:15-Senior Songsters		1:00-Crafts	12:45-Bingo
			2:30-Computer Help w/Billy	
			4:00-Walking Group	
30				Saturday 28
9:00-Line Dance				9:00-Mah Jongg
9:30-E-Z Exercise	PLEASE CALL FOR AN			Tournament
10:00-Tai Chi	APPOINTMENT TO SET			
10:15-Canasta	UP TRANSPORTATION			
10:30-Sit-Ercise	TO THE TOWN POOL			
10:30-MiniTrip:UniversalDr	OR LIBRARY			
10:30-Massage by Kimberly				
11:30-Lunch	ACTIVITY DATES AND			
12:30-Oil Painting	TIMES ARE SUBJECT TO			
12:30-Bocce	CHANGE			
12:45-Bingo				
1:30-Beg Pinochle				
				Sunday 29
				9:00-Alzheimer's Walk
				At Lighthouse Point

FSW, INC. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

September 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
2	3	4	5	6
LABOR DAY CENTERS ARE CLOSED	3 oz Chicken Teriyaki ½ cup Brown rice ½ cup Oriental vegetable blend 2 slices Oat bread 1 tsp Margarine ½ cup Pineapple 8 oz Low Fat Milk	HAPPY SEPTEMBER BIRTHDAYS ½ cup Apple Juice 3 oz Sweet Potato Crusted Fish w/Lemon & Tartar Sauce ½ cup Roasted Red Potatoes ½ cup Green, Wax & Carrot Veg Blend 2 slices Multi Grain Bread 1 tsp Margarine Frosted Yellow Cake 8 oz Low Fat Milk	3 oz Pot Roast w/LS Gravy ½ Mashed Potatoes ½ cup Peas and Carrots 2 slices Whole Wheat Bread 1 tsp Margarine ½ cup Fruit Cocktail 8 oz Low Fat Milk	1 Spinach Grandioli Ravioli W/ Sauce Parmesan Cheese 2 oz. Meatballs in marinara sauce ½ cup Broccoli 2 slice Italian Bread 1 tsp Margarine ½ cup sliced peaches 8 oz Low Fat Milk
9	10	11	12	13
1 cup Stuffed Cabbage Casserole ½ cup Rice ½ cup Belgium carrots Whole Wheat dinner roll 1 tsp Margarine Fresh Baked Apple 8 oz Low Fat Milk	½ cup Orange Juice 1 cup Beef Stew ½ cup Noodles ½ cup Collard Greens 2 slices Wheat Bread 1 tsp Margarine Coffee Cake 8 oz Low Fat Milk	¾ cup L.S. Escarole Bean Soup 1 pkt L.S. Crackers 1/6 Broccoli Quiche ½ cup Fresh Zucchini ½ cup Roast Potato 1 Wheat Dinner Roll 1 tsp Margarine Fresh Fruit 8 oz Low Fat Milk	3 oz Oven Fried Chicken ½ cup Macaroni and Cheese ½ cup Green Beans 2 slices Marble Rye 1 tsp Margarine ½ cup Applesauce 8 oz Low Fat Milk	3 oz BBQ Pulled Pork ½ cup Sweet Potato Fries 1/2 cup Cabbage Slaw 1 Wheat Sandwich Roll 1 tsp Margarine ½ cup Pineapple Tidbits 8 oz Low Fat Milk
16	17	18	19	20
3 oz Fresh Baked Ham W LS Gravy ½ cup Scalloped Potato ½ cup Peas and Carrots 2 slices Rye Bread Margarine ½ Cin. Apple Sauce 8 oz Low Fat Milk	3 oz BBQ Chicken Quarter ½ cup Vegetarian Baked Beans ½ cup Green Beans 1 Multigrain Roll 1 tsp Margarine ½ cup Fruit Cocktail 8 oz Low Fat Milk	No FSW Lunch Today Fall Fun Picnic See Newsletter For Details	½ cup Cranberry Juice 3 oz Sliced Turkey w/LS Gravy Cranberry Sauce ½ cup Mashed Potato ½ cup California Blend Vegetables 2 slices 100% Whole Wheat Bread 1 tsp Margarine Oatmeal Raisin Cookie 8 oz Low Fat Milk	3 oz Vegetable Omelet ½ cup Hash Brown Potatoes ½ cup Grilled Vegetables 2 slices Multigrain Bread 1 tsp Margarine ½ cup Tropical Fruit Salad 8 oz Low Fat Milk
23	24	25	26	27
3 oz Herbed Baked Chicken Leg Qtr. ½ cup Orzo ½ cup Broccoli 2 slices Wheat Bread 1 tsp. Margarine ½ cup Mandarin Oranges 8 oz Low Fat Milk	½ cup Apple Juice 3 Oz Roast Beef W/LS Gravy 1 small Baked Potato ½ cup Scandinavian Blend Vegetables 2 slices Rye Bread 1 tsp Margarine Mixed Berry Strudel 8 oz Low Fat Milk	¾ cup New England Clam Chowder 1 pkt Unsalted Crackers 3 oz Parmesan Crusted Scrod w/Tarter Sauce & Lemon ½ cup Succotash ½ cup Spinach 2 slices Oat Bread 1 tsp Margarine Fresh Fruit 8 oz Low Fat Milk	½ cup Grape Juice ½ cup Whole Grain Spaghetti/Meat Sauce Parmesan Cheese ½ cup Caesar Salad w/CROUTONS 1 slice Italian Bread 1 tsp Margarine ½ cup Vanilla Pudding W/ Strawberry Topping 8 oz Low Fat Milk	3 oz Sweet & Sour Pork ½ cup Brown Rice ½ cup Oriental Vegetable Blend 2 slices Oat Bread 1 tsp Margarine ½ cup Pineapple Tidbits 8 oz Low Fat Milk
30				
1 cup Baked Ziti W/ Meat Sauce and Cheese 1 Pkt Parmesan Cheese ½ cup Steamed Broccoli 1 Slice Italian 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.				