

Senior Happenings

APRIL 2011

Joyce C. Budrow Senior Center
189 Pool Road, North Haven, CT
203-239-5432

Hours: Weekdays 8:30 a.m. to 4:30 p.m.



Manager: Judy Amarone
Part time secretary: Maggie Maiden
Bus driver: Arelis Adorno

Program Coordinator: SueTienkenJung
Part time secretary: Ellen McDonald
Part time bus driver: Eileen Mogensen
Café Manager: Mary Ellen Durso

NORTH HAVEN DEPARTMENT OF COMMUNITY SERVICES & RECREATION

Joyce C. Budrow Mission Statement

The mission of the Senior Center is to respond to the ever-changing needs of mature adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness, and social and recreational activities.

HEALTH GUIDANCE CLINIC - The VNA Community Healthcare will be conducting FREE blood pressure screenings and general health counseling at the Senior Center, 189 Pool Road, on Monday, April 11, from 12 – 1:00 p.m. and Wednesday, April 27, from 11:00 a.m. – 12:30 p.m.

SENIOR COMMUNITY CAFÉ INFORMATION (Daily lunch program)

Phone the Senior Community Café at 203-239-4030 between 9 and 11:30 a.m. by the previous day to order lunch. **Suggested donation is \$3.**

TRANSPORTATION SCHEDULE

Transportation to and from the Center is available on weekdays at no charge to North Haven seniors. **Please schedule your transportation the day before for Daily Transportation as well as one of these services. Thank you. *Reminder: Bus leaves 189 Pool Road approximately 10:30 a.m. to start pick-ups.**

- **North Haven Library:** Call for availability
- **Town Pool:** Call for availability
Tuesdays and Thursdays
- **Grocery shopping:** Every Friday, 10:30 a.m. to noon at *Big Y* or *Stop & Shop*.
No Shopping 4/8 and 4/22
- **Hairdresser/Nails:** Every Tuesday, 10:30 a.m.*
- **Errands:** Every Wednesday, 10:30 a.m. Trips include: bank, post office, card shop, and pharmacy.
- **NOTE: For prescription pick ups at pharmacies it is recommended you phone your pharmacy ahead.**

Please remember Wednesday errands are quick and should last a half hour. Friday shopping is one and a half hour long from time of being dropped off. Please be considerate of your time!! Thank you.

PLEASE NOTE: If errands, hairdresser or grocery trips are scheduled on a holiday, or any day the Center is closed, there will not be a make up day during that week for transportation.

MEDICAL TRANSPORTATION/APPOINTMENTS

The Center provides transportation to all members of the Center for medical appointments in North Haven, Hamden and New Haven according to the following schedule:

- **North Haven and Hamden Doctor Appointments (Tuesday, Wednesday and Thursday):** Make all appointments between 9:30 a.m. and 1:30 p.m. (You must be ready to go home by 2:00 p.m.)
- **New Haven Doctor Appointments (Tuesday, Wednesday and Thursday):** Make all appointments between 9:30 a.m. and 1:30 p.m. (You must be ready to go home by 2:00 p.m.)
- **Friday:** Limited medical appointments in North Haven only.
- **When you call to schedule your transportation, please be prepared to give us the doctor’s name, address and phone number. Please reserve your ride by calling us as soon as you make your appointment. Appointments are taken on a first come basis and, unfortunately, not all requests can be fulfilled.**

No Medical Transportation: May 3, 4, 5, 26 and 31; June 1 and 2; August 16, 17 and 18; November 24

MINI TRIPS

Reservations start on the first day of the month the trip is scheduled. Please call the Senior Center to reserve a seat, or sign up in the office. Transportation is provided from your home. Bus leaves at approximately 10:30 a.m. from the Senior Center to start pick-ups. **PLEASE NOTE ANY DATE CHANGE**

APRIL MINI TRIPS		MAY MINI TRIPS
APRIL 11 – HAMDEN HAMDEN PLAZA		MAY 9 – WALLINGFORD WAL MART
APRIL 25 – NORTH HAVEN UNIVERSAL DRIVE		MAY 23 – NORTH HAVEN UNIVERSAL DRIVE

From the desk of Judy,

April is National Humor Month and Stress Awareness Month

Is there too much stress in your life? Maybe it's time you tried a natural therapy that's been used for hundreds of years and has been PROVEN to relieve stress and make you feel better. It's Laughter! Best of all, this priceless medicine is fun, free, and easy to use.

- *Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.*
- *Laughter works on several levels to make us feel better and less stressed.*
- *Laughing relieves physical stress. Studies show that stress hormones in our blood (like cortisol) actually reduce when we laugh.*
- *Laughter improves our health and releases hormones that make us feel happier.*
- *Laughing boosts our immune system. When our immune system is strong we tend to feel better overall and are prepared to meet life's challenges.*
- *Laughing also eases emotional stress. We are designed to release our emotions physically through laughing and crying. Laughing releases our negative emotions.*
- *Laughing can change our thought process – and we know our thoughts are what lead us to our emotions.*
- *Laughing helps you to think positive, worry less and be happier.*
- *Laughter makes us forget about our negative thoughts and worries.*

When you laugh with your loved ones and your friends you are actually promoting social bonding. Bonding with people promotes supportive relationships. When we feel supported we feel less stress about our personal situation.

You might be saying

“My life just isn't that funny, so what do I do?”

“What if I just can't find any thing to laugh at?”

Fake it!!! Yes, that's right just laugh. Let out a loud hardy laugh. Keep doing and you'll begin laughing at yourself – you just can't help it.

Join us this month on April 19 and 26, for laughter and feel your stress slip away. See page 7 for details.

“Adopting the right attitude can convert a negative stress into a positive one”

~ Hans Selye

BIRTHDAY CELEBRATIONS

Happy Birthday to all! Our staff wishes you good health, happiness and a fun filled year.

As a special treat, we welcome you to come celebrate with us on April 12, which is designated "Birthday Cake Day" during the noon meal. If you are planning on attending, please call 203-239-4030 by April 11, between 9 – 11:30 a.m. to reserve your meal.
(\$3 suggested donation)

Joseph Albo
Anne Angeloni
Norma Bell
Rose Camputoro
Mary Chapman
Camille Dawson
Joan DeMatteo
Richard Embler
Alan Fontana
Ruth Gejda
Elizabeth Gudas
Pearl Johnson
Julia Labanca
Theresa Madigan
Carol Marcarelli
Bernice McNamara
Priscilla Mosher
Carmel Panagrossi
Emily Pino
Sal Prisco
John Purcella
Holly Ricci
Anna Rubino
Diana Savo
Helen Scelzo
Henry Sullo
Lenore Tiffan
Thomas Windsor

Alfred Alessandrini
John Balletto
Claire Bennett
Julie Cappetta
Eithne Cleary
Angelina Deluca
Antoinette DeVivo
Angelina Esposito
Janet Fregeau
Nancy Glasser
Richard Guglielmo
Margaret Kelly
Harry Landino
Julia Majusky
Mary Martin
Celia Mezick
Louise Nazario
Elinor Pedalino
Viola Plant
Joyce Pritchett
Louise Raccio
Shirley Roberts
Victor Rucinski
Margaret Sbabo
Barbara Sisson
Janet Szeliga
Connie Turro

Anita Amore
Lois Barry
Marjorie Bergin
Mary Cervoni
Nicholas D'Angelo
Michael Deluca
Diane Drozd
Giro Esposito
Anthony Gambardella
Joe Guandalini
Joseph Guidone
Janice Kozen
Mary Landino
Mary Mancuso
Jennette Maturo
Donald Mitchell
Sophie Oboyski
Pat Perrelli
Rita Prentice
Carol Puchalski
Theresa Rapuano
Pasquale Rosadini
Gloria Santamauro

Howard Stebbins
Sonya Tetmeyer
Valerie Vasseur

WELCOME TO OUR NEW MEMBERS

Marlene Avidon, Lorraine Cirillo, Adrenne DeFilio, Judy DiLeone, Chris Rainone,
Janine Stevens, Joan Vaughan, Richard Vaughan

THANK YOU FOR YOUR DONATIONS!!

Be sure to sign our donations list when making a donation to the Joyce C. Budrow Senior Center. Thanks to Ann Alexander, Toni Buono, Maria Chan, Frank Contento, Ann DellaValle, Judy Dileone, Pat Ferraro, Joe Jaquinto, Mary Miller, Pat Piscitelli, Marge Reilly, JoAnn Robinson-Gorman, Stop & Shop, Maryanne Tarantino, Carole Vercellone, Yalesville United Methodist Church. **For those who donated and did not sign our donations list - Thank You.**

APRIL EVENTS

- April 1 Benefits Quicklink – 10:30 a.m.
Biggest Loser Program – 11:00 a.m. – See page 6 for details
Collection Begins for Senior Center Tag Sale
- April 6 Presentation: Medication Management – 10:30 a.m.
- April 7 “SMYLE” North Haven Middle School Visit – 10:30 a.m.
“Free” Cholesterol Screening - 10:30 a.m.
- April 8 Collection Date: “Tribute to Frankie Valli” – 10:30 a.m.
“Bring In Spring Party and Volunteer Celebration” – 11:45 a.m. – Cost: \$10.00
No Grocery Shopping
- April 11 MiniTrip: Hamden Plaza
Massages by Kimberly – By Appointment
- April 12 “Get To Know Your Senior Center” – 9:30 a.m.
Poetry Day – 10:30 a.m.
St. Rita’s Elementary School Presents: “*Bye Bye Birdie*”
- April 13 Manicures by Francine – By Appointment
“Free” Ice Cream Social – 12:30 p.m.
- April 14 Trip: “Singin” in the Rain – Bus departs Center 9:30 a.m.
- April 15 Benefits Quicklink – 10:30 a.m.
- April 18 Coloring Easter Eggs – 10:30 a.m.
- April 19 Joker’s Wild Open Mike – 10:30 a.m.
- April 20 Apizza Gain Party – 10:30 a.m.
- April 21 AARP Driver Safety Program – 8:30 a.m.
Meriden Mall Trip – 10:30 a.m. (GNHTD)
Story Teller, Kate Alan Smith – 1:00 p.m.
- April 22 Center Closed/No Transportation/No Lunch
- April 25 MiniTrip: Universal Drive
Massages by Kimberly – By Appointment
- April 26 Presentation: “Laugh Your Stress Away” – 10:30 a.m.
- April 27 Manicures by Francine – By Appointment
Garden Club Meeting – 10:30 a.m.
Presentation: “Using Hired Caregivers” – 6:00 p.m.
- April 28 Casino Trip: Mohegan Sun – Bus departs center 8:45 a.m.
- April 29 Senior Visitation Program with Honorable Judge Mark T. Gould – 10:30 a.m.
Collection Date: “Godfather’s Meshugannah Wedding” – 10:30 a.m.
Taste of North Haven – 12 noon – Cost: \$7.50

APRIL EVENTS

BENEFITS QUICKLINK – Friday, April 1, 10:30 a.m. to 12:30 p.m. Contact Judy Amarone for more information, 203-239-5432.

BIGGEST LOSER PROGRAM – Friday, April 1, 11:00 a.m. Do you want to lose those few pounds and don't have the energy to go to Weight Watchers? Well the Center will be hosting their own Biggest Loser Program!! This program begins on Friday, April 1, at 11:00 a.m. to meet and greet your trainers, get weighed in, measured and to receive your food journals. This program will run for 8 consecutive weeks on every Monday and Wednesday from 11:00 a.m. to 12:00 noon, beginning Monday, April 4th through Wednesday, May 25th. You will receive lectures on nutrition, exercise programs and have lots of fun!!! Cost: \$80.00 for 8 weeks which breaks down to \$5.00 per session! The winner will receive a Congratulatory prize...so join in the fun and let's get ready to get skinny. Please call to reserve your spot, 203-239-5432.

PRESENTATION: MEDICATION MANAGEMENT – Wednesday, April 6, 10:30 a.m. A registered pharmacist will be available to you for any questions or concerns you may have with your medication. This is sponsored by St. Raphael's Care Card Program. Please call the Center to register for this program, 203-239-5432.

"FREE" CHOLESTEROL SCREENING – Thursday, April 7, 10:30 a.m. St. Raphael's Care Card Program will be sponsoring a "FREE" Cholesterol Screening for adults 50 years of age or older, **BY APPOINTMENT ONLY**, please call 203-789-3565 to make your appointment. Date of Birth and Social Security Number is required!

"SMYLE" NORTH HAVEN MIDDLE SCHOOL VISIT – Thursday, April 7, 10:30 a.m. Come and visit with our middle school students today and enjoy conversations with them!

"BRING IN SPRING AND VOLUNTEER CELEBRATION" PARTY - Friday, April 8, 11:45 a.m. Come and enjoy a nice afternoon as we recognize our volunteers and dance along with Bob Giannotti, the entertainer. Menu consists of: Stuffed shells, tossed salad, garlic bread and a delicious dessert. **Please RSVP by Tuesday, April 5. Cost: \$10.00 – Residents; \$15.00 – Non-Residents**

MASSAGES BY KIMBERLY – Monday, April 11, 10:00 a.m. to 12:00 noon. Please call the Center to schedule your appointment, 203-239-5432. **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

MINI TRIP: HAMDEN PLAZA – Monday, April 11, 10:30 a.m.

"GET TO KNOW YOUR SENIOR CENTER" – Tuesday, April 12, 9:30 a.m. Calling all new members – come and join Joan and Gloria to get to know your 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.

POETRY DAY – Tuesday, April 12, 10:30 a.m. Today is Poetry Day, so come in and share with us poetry you might have written or a favorite poem that you enjoy and would like to share with us!

MANICURES BY FRANCINE – Wednesday, April 13, 10:00 a.m. – 12 noon. Please make your appointment by calling or stopping by the office, 203-239-5432. Cost: \$6.00 **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

"FREE" ICE CREAM SUNDAE – Wednesday, April 13, 12:30 p.m. Come and enjoy a free ice cream sundae sponsored by Hamden Healthcare.

HOMEMADE PASTA FAGIOLI MADE BY CHEF RICH – Friday, April 15, 12 noon, come in for a nice bowl of homemade pasta fagioli, Italian garlic bread, tossed salad and a nice Italian dessert!! Cost: \$5.00. Please sign up in the office by Monday, April 11!

BENEFITS QUICKLINK – Friday, April 15, 10:30 a.m. to 12:30 p.m. You must call the Center to make an appointment to see the benefits quicklink representative.

ANNUAL COLORING OF THE EASTER EGGS – Monday, April 18, 10:30 a.m. Enjoy the morning of the traditional coloring of Easter Eggs!! Please sign up with the office by Friday, April 15th!

JOKER'S WILD OPEN MIKE – Tuesday, April 19, 10:30 a.m. Come on in and tell us your best joke since April is considered "Joke Month". Laughter and tears will be shared by all.

APIZZA GAIN PARTY – Wednesday, April 20, 10:30 a.m. Come and learn how to make "Ham Pie" a long time "Italian" tradition. This year we are making the pie **without** crust. Cost: \$2.00 per slice or \$6.00 for a 6" pie. Please sign up with the office or call, 203-239-5432 by Tuesday, April 19.

MERIDEN MALL TRIP – NEW DATE: Thursday, April 21. The bus will leave the center at 10:30 a.m. and return home at 3:00 p.m. This is sponsored by Greater New Haven Transit. **You must be here by 10:30 a.m.**

STORYTELLER, KATE ALAN SMITH – Thursday, April 21, 1:00 p.m. Come and enjoy an hour of laughter and fun with our story teller!!!

MASSAGES BY KIMBERLY – Monday, April 25, 10:00 a.m. to 12:00 noon. Please call the Center to, schedule your appointment 203-239-5432. **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

MINI TRIP: UNIVERSAL DRIVE – Monday, April 25, 10:30 a.m.

PRESENTATION: "LAUGH YOUR STRESS AWAY" – Tuesday, April 26, 10:30 a.m. Come and enjoy Kathy Trusdell, a former Recreation Therapist. Kathy has worked in community recreation, skilled nursing facilities and adult daycare. She worked in the music industry for thirteen years and uses it for her own stress therapy. Kathy has had her share of stress through life, but gets through her stress on a daily basis by being able to joke and smile about the most challenging situations. You know what they say: "Laughter is the best form of medicine". So come on in and enjoy a laugh or two! Sponsored by CareCard from the Hospital of St. Raphael.

MANICURES BY FRANCINE – Wednesday, April 27, 10:00 a.m. – 12 noon. Please make your appointment by calling or stopping by the office, 203-239-5432. Cost: \$6.00 **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

SENIOR CENTER GARDEN CLUB – Wednesday, April 27, 10:30 a.m. Do you enjoy gardening? Do you want to help with our "home" grown herb garden? Come to this meeting!

PRESENTATION: "USING HIRED CAREGIVERS" – Wednesday, April 27, 6:00 p.m. Sponsored by the VNA Community Healthcare. Some family caregivers know how to use family and paid help to share the care. This program covers how to hire the right people, set clear expectations and manage the situation so that your loved one receives kind, skilled care. Please call the Center, 203-239-5432 to pre-register for this class.

SENIOR VISITATION PROGRAM WITH HONORABLE JUDGE MARK T. GOULD – Friday, April 29, 10:30 a.m. Come on in and enjoy a morning of questions and answers with Judge Gould, who also lives in North Haven, who will tell you his typical day sitting on the bench! He will also answer any questions you may have.

TASTE OF NORTH HAVEN – Friday, April 29, 12:00 noon, *Luigi's Apizza* of North Haven will be catering lunch today. Choices include the following wraps: grilled chicken Caesar wrap; buffalo chicken wrap with bleu cheese, lettuce & tomato; turkey club wrap with bacon, cheese, lettuce & tomato; steak & cheese wrap; tuna wrap with lettuce, tomato & bacon; cheeseburger wrap with lettuce,

tomato & mayo, chips, drink and dessert will be included for the price of: \$7.50. Please sign up with the office by Wednesday, April 27th!!

MAY UPCOMING EVENTS

SPECIAL LUNCHESES THROUGHOUT THE MONTH OF MAY!! – HOMEMADE BY CHEF

RICH – Every Friday in May we will have a special 3-course homemade meal by Chef Rich right in front of our eyes!!! Chef Rich will demonstrate the recipe of choice for us, cook it and then we get to enjoy the scrumptious meal!!! We will start with soup, salad, menu course and then dessert. Sample recipes are: escarole & beans, clam chowder, tortellini, stuffed pork loin with spinach, steak pizzaiola over pasta, clams over linguine, homemade pizzas, fried dough pizza and many more selections!!! Cost: \$9.00 per person each Friday.

KENTUCKY DERBY BINGO PARTY – Friday, May 6, 11:45 a.m. Come on in and start celebrating the Kentucky Derby with some appetizers, non-alcoholic drinks, lunch and scrumptious desserts. Bet on your favorite horse!! Cost: \$6.00. Menu will consist of: glazed cocktail franks, glazed ham, sweet potato casserole, tossed salad, corn bread and pecan pie. And to drink, the famous “Mint Julep”! Please sign up with the office by Wednesday, May 4. Prizes will be awarded for “Best Hat”

FINANCE COMMITTEE MEETING – Wednesday, May 11, 2011, 10:30 a.m.

PURPLE RED HATTERS ANNUAL LUNCHEON – Wednesday, May 11, 1:00 p.m. Come and enjoy an afternoon of great food and fun. New place: Serafino's, 72 South Turnpike Road, Wallingford. Menu will consist of All You Can Eat Buffet; garlic bread, penne ala vodka, chicken francese, stuffed filet of sole, tossed salad, roasted potatoes, string beans and dessert, soda and coffee. Cost: \$19.00. Checks made payable to: Purple Red Hatters and RSVP by Wednesday, May 4, 2011 by calling Jennie Valentino, 203-239-1462 or Louise Musso, 203-239-4383. ***Please bring your checks to the Senior Center Office.***

NORTH HAVEN SENIOR CENTER 1ST ANNUAL SELECTMEN'S BALL – Thursday, May 12, 5:30 to 9:00 p.m. Zandri's Stillwood Inn, 1074 South Colony Road, Wallingford. Cost: \$25.00 per Senior Resident, \$35.00 per non-Resident and North Haven Resident. This is a community event open to all North Haven residents. Come and enjoy an evening of great entertainment, fun conversations and lots of laughs! Entertainment by The Stan Scott Band. Menu consists of: Antipasto, Cavatelli, Choice of: Chicken Florentine, Baked Scrod or Roasted Pork Loin Roulade with carrots and roasted potatoes, dessert and coffee. Cash bar will be available. **Reservations will be accepted beginning Friday, April 1st.** Transportation will be provided for North Haven Seniors. ***All proceeds will benefit the North Haven Senior Center.***

HOBBY DAY – Friday, May 13, All Day!! In honor of Older Americans Month we will be featuring weekly fun activities!! So this week bring in your favorite hobby to share with your peers. Please sign up with the office by Thursday, May 12.

SENIOR MOMENTS WITH MIKE – Friday, May 13, 10:30 a.m. to 12:00 noon, please call the Center, 203-239-5432 to arrange for an appointment with Mike. Appointments will be scheduled every 20 minutes.

HOW HEART DISEASE HAPPENS – PLAYING “WHEEL OF FORTUNE” – Thursday, May 19, 10:30 a.m. Both high blood pressure and high cholesterol contribute to a gradual disease process called atherosclerosis. Learn how to lower your blood pressure and control your cholesterol with Jay Humphrey, PA from MidState Medical Center and Kathyann Coon.

STORYTELLER, KATE ALAN SMITH - Thursday, May 19, 1:00 p.m. Come and enjoy an hour of storytelling and laughter!!!

NORTH HAVEN SENIOR CENTER ANNUAL OUTDOOR TAG SALE - Saturday, May 21, from 9:00 a.m. to 3:00 p.m. Rent a space for \$15.00 or a space and a table for \$25.00. Just remember "One man's junk is another man's treasure"! Rain date: Saturday, June 4. More details to come!!! The Center will be collecting ***gently used*** knick knacks, jewelry or household items. **NO** clothing, shoes,

purses, or books will be accepted! Collection begins Friday, April 1st. All proceeds will support your Center!

TAKE A TOUR OF THE URGENT CARE CENTER AND LUNCH – Tuesday, May 24, 10:30 a.m. Enjoy a tour of the new Urgent Care Center located in the Universal area next to Home Depot. Listen to what they have to offer, their hours of operation and meet the staff. Then let us go on over to the Olive Garden for lunch.

DIGITAL MOBILE MAMMOGRAPHY VAN - Wednesday, May 25, 8:00 a.m. to 2:30 p.m. Sponsored by Yale-New Haven Hospital. Please pre-register by calling 203-688-6800.

COMMISSION ON AGING MEETING – Tuesday, May 24, 6:00 p.m. Public Welcome!

MOTHER’S DAY CELEBRATION: “A WOMAN’S WORK IS NEVER DONE” – Thursday, May 26, 1:30 p.m. Come on in and enjoy an hour of 100 kitchen tools and housework helpers used from the 1900 to 1950’s. The 150 pounds of items range from flan irons to laundry wringers and curtain stretchers. The gadgets are antiques of today, but you all saw them in use during your younger years. Come on in and tell us a story or two of how you used the tools!!! Dessert and coffee will be served; cost: \$5.00. Please sign up in the office by Wednesday, May 25.

SOMETHING NEW COMING TO THE SENIOR CENTER

SENIOR CENTER GARDEN CLUB – Do you enjoy gardening? Do you want to help with our “home” grown herb garden? Come to a meeting on Wednesday, April 27, 10:30 a.m.

BEGINNER TAP CLASS – Did you ever want to tap and felt it was too late because you are too “old”? Here at the North Haven Senior Center you are never too old to begin to tap. We will begin a “beginners” tap class on Friday, May 6 from 9:00 to 10:00 a.m. for 10 weeks. Cost: \$50.00 for residents and \$60.00 for non-residents. *Must have a minimum of 10 people to hold class.* If you are interested, please come to the Center by Thursday, April 28 to register.

COMMITTEES

WELCOME COMMITTEE MEMBERS

Gloria Abbott
Joan DeGennaro

SUNSHINE COMMITTEE*

Ann D’Agostino
Bernice McNamara
Jan Rapuano

FINANCE COMMITTEE MEMBERS

Richard Adler
Dottie Esposito
Eleanor Kovach
Barbara Moski
Rodger Salman

Fran Bartlett
Eileen Fletcher
Lucy Minichino
Viola Plant
Jennie Valentino

Guilie DeAngelo
Matilda Jenschke
Mary Ann Mitchell
Jan Rapuano
Margaret Wells

***If you know of a North Haven Senior who will benefit from a friendly visit or call – please inform the office, 203-239-5432.**

**North Haven Senior Center
Memorial Donation**

A gift to the Senior Center in honor of or in memory of a loved one will assist the Center in serving with seniors today and throughout the coming years and will help keep costs down for programs, etc.

Such monetary gifts will be very much appreciated. Checks may be made payable to: "North Haven Senior Citizens" and sent to: North Haven Senior Center, 189 Pool Road, North Haven, CT 06473

A special acknowledgement will be sent as you request:

_____ In Memory of _____

_____ In Honor of _____

I am enclosing \$ _____

Please send the acknowledgement to:

Name: _____

Address: _____

City, State, Zip: _____

Donor's Name: _____

FREE CLASSES

BEGINNER PINOCHLE – Mondays, 1:30 – 3:00 p.m. If you love to play cards and are looking to learn a "new" hand, come join this Beginner Pinochle group. Please call the Center to reserve your spot, 203-239-5432.

BOCCE – Mondays, Wednesdays, Fridays, 12:30 p.m. Beginners Welcome! The courts are cleaned and ready for you to enjoy!! ***We will begin Bocce on Monday, April 18th so come and join us for an afternoon of fun!!***

COMPUTER CLASSES – Beginner and Intermediate classes will run for five weeks. Please register for a class by calling 203-239-5432. You will receive a phone call when your session begins.

JENNIE'S E-Z EXERCISE – Monday, Wednesday and Friday, 9:30 – 10:00 and 10:00 –10:30 a.m.

INTERMEDIATE MAH JONGG – Wednesday , 12:30 p.m.

BEGINNER MAH JONGG - Thursday, 12:30 p.m.

CRAFT CLASSES –Tuesdays and Thursdays from 1 - 2:30 p.m. New and inexperienced crafters are welcome to join in on the fun.

CHAIR AEROBIC EXERCISE – **A new session will begin on Tuesday, April 5 – Thursday, May 19, 10:30 to 11:30 a.m. and will run on Tuesday and Thursdays. No class on Tuesday, April 19 and Thursday, April 21.** The class will provide simple strengthening and flexibility exercises all while in a seated position. This is a new session. A physician release form is necessary for you to begin this class. Please contact the Center to reserve your spot. Sponsored by the Hospital of St. Raphael CareCard Program.

ELEANOR'S KNITTING CLASS – Wednesdays, 1:00 – 3:00 p.m. Beginners will be supplied with needles and yarn. The knitting club is looking for donations of **new** yarn.

CLASSES AND LESSONS

Registration and payments are due one week before the first day of class.

Non-residents may register for paid classes two weeks after registration begins. You will be required to pay an additional \$10 non-resident fee over and above the resident cost. A class or lessons with insufficient enrollment will be cancelled one week before the starting date. Registrants are notified by telephone if a course must be cancelled.

CHECKS ARE THE ONLY FORM OF PAYMENT THAT WILL BE ACCEPTED, THANK YOU.

FOR A FEE CLASSES

LINE DANCING WITH ROXY – Monday and Wednesday, 9:00 to 10:00 a.m. Fee: 8 sessions for \$16.00 per month. Registration begins Monday, April 4. New and inexperienced dancers are welcome to participate.

CERAMICS – Tuesday and Thursday from 9:00 a.m. - 12 noon. \$2 per week. New and inexperienced people are welcome to join in on the fun.

FOOTLIGHTERS I – TAP – Fridays, 10:00 – 11:15 a.m. **Session ends May 20. Classes will run for 10 weeks.** Fee: residents, \$50; non-residents, \$60.

BEGINNER TAP CLASS – Did you ever want to tap and felt it was too late because you are too “old”? Here at the North Haven Senior Center you are never too old to begin to tap. We will begin a “beginners” tap class on Friday, May 6 from 9:00 to 10:00 a.m. for 10 weeks. Cost: \$50.00 for residents and \$60.00 for non-residents. *Must have a minimum of 10 people to hold class.* If you are interested, please come to the Center by Thursday, April 28 to register.

OIL PAINTING – Mondays, 12:30 – 2:30 p.m. Session ends May 23. Fee: residents, \$20, non-residents, \$30.

YOGA – Beginner Chair Yoga, Tuesdays, 10:00 – 11:30 a.m. Session ends May 17. Fee: residents, \$40; non-residents, \$50. **Gentle Hatha Yoga**, Thursdays, 1:00 – 2:30 p.m. Session ends April 14, 2011. New session begins: Fee: residents, \$40; non-residents, \$50.

UPCOMING DAY TRIPS 2011

- **A Musical Tribute to: Frankie Valli and the Four Seasons** – Wednesday, May 25, 2011 - Collection Date: Friday, April 8, 2011, 10:30 a.m.
- **Casino: Foxwoods** – ***NEW DATE:*** Wednesday, June 22, 2011 - Collection Date: Friday, May 6, 2011, 10:30 a.m.
- **Godfather’s Meshugannah Wedding** – Tuesday, June 28, 2011 - Collection Date: Friday, April 29, 2011, 10:30 a.m.
- **All You Can Eat Lobster & Comedy Show** – Tuesday, July 19, 2011 – Collection Date: Friday, May 27, 2011, 10:30 a.m.

UPCOMING 2011 DAY TRIPS

“Singin’ in the Rain” – Thursday, April 14, 2011. Departure time 9:30 a.m. and return home approximately 5:00 p.m.

Casino: Mohegan Sun - Thursday, April 28, 2011. Departure time: 8:45 a.m. and approximate return time is 5:00 p.m.

A Musical Tribute to: Frankie Valli and the Four Seasons – Wednesday, May 25, 2011. Delicious lunch at the elegant Aqua Turf, family style menu: garden salad, pasta, chicken parmigiana, broiled scrod with cracker crumb toppings, vegetables, potatoes, rolls, dessert and beverages. “*Big Girls Don’t Cry, Walk Like A Man, Can’t Take My Eyes Off of You, My Eyes Adored You, Working My Way Back To You, Let’s Hang On and Who Loves You*” are just some of the many hits you’ll enjoy from the dynamic songbook of those boys from Jersey. While the smash hit *JERSEY BOYS* is a scripted musical biography of the group, “*OH WHAT A NIGHT!*” is a loving concert and tribute. Between the score of recognizable tunes, the show delivers informative and often hilarious banter between our stellar, high-spirited cast. Cost: \$77.00 per person, checks made payable to: *North Haven Senior Citizen*. Collection Date: Friday, April 8, 2011, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 pm.

Casino: Foxwoods – *New Date:* Wednesday, June 22, 2011. Collection date: Friday, May 6, 10:30 a.m. Cost: \$20.00 per person, checks made payable to: *North Haven Senior Citizen*. Departure time: 8:00 a.m. and approximate return time is 5:00 p.m.

Godfather’s Meshuggannah Wedding – Tuesday, June 28, 2011. Great time, Great food, Dancing, Music, Audience Participation at this Comedy Italian/Jewish Wedding Extravaganza. Delicious menu at the Hartford Chowder Pot – choice of prime rib or seafood stuffed sole, garden salad, house baked bread, potato, vegetable, soda, Tiramisu, coffee and tea. This afternoon you will have a great time, dancing, laughing and pretending you are part of this amazing wedding! Cost: \$74.00 per person, checks made payable to: *North Haven Senior Citizen*. Collection Date: Friday, April 29, 2011, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

All You Can Eat Lobster & Comedy Show – Tuesday, July 19, 2011. We are off to The Delaney House in Holyoke, Massachusetts for a Great Time with a Great Menu! Served at your table cheese & vegetable platter, shrimp cocktail & salad, Buffet Menu: Lobster! Lobster! Lobster! Beef tips Marsala with noodles, Seafood Newburg, Chicken Cordon Bleu, variety of salads, mixed vegetables, bread basket, dessert and beverages. Bob Goss, musician and comedian is “Ready to Have a Good Time.” Cost: \$90.000 per person, checks made payable to: *North Haven Senior Citizen*. Collection Date: Friday, May 27, 2011, 10:30 a.m. Departure time: 9:45 a.m. and approximate return time is 4:30 p.m.

DAY TRIP INFORMATION

IMPORTANT: *Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.* When registering for trips sponsored by the Joyce C. Budrow Senior Center, please remember to bring in your emergency contact information, their name and telephone numbers (including work and cell numbers). **Please note: All checks will be payable to the: North Haven Senior Citizen.**

APRIL 2011 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 12:00 NOON*CALL 203-239-4030 BETWEEN 9-11:30 THE DAY BEFORE

Monday	Tuesday	Wednesday	Thursday	Friday
				1
*PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY				9:30-E-Z Exercise
				10:00-E-Z Exercise
				10:00-Footlighters 1
				10:00-Scrabble Challenge
				10:30-Grocery Shopping
				10:30-Benefits QuickLink
ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE				11:00-Biggest Loser Program – Cost: \$80.00
				12:00-Lunch - \$5.00
				12:15-Bridge
				1:00-Bingo w/Jim
4	5	6	7	8
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:00-Beg. Computer Class	10:00-Beg Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	10:00-E-Z Exercise
9:30- E-Z Exercise	10:30-Hairdresser/Nails	10:00-E-Z Exercise	10:30-“SMYLE” North Haven	10:00-Footlighters 1
10:00- E-Z Exercise	10:30-Chair Aerobic Exercise	10:30-Presentation:	Middle School Visits	10:00-Scrabble Challenge
10:30-Beg. Computer Class	12:00-Lunch	Medication Management	10:30-Chair Aerobic Exercise	10:30-No Grocery Shopping
10:30-Canasta	1:00-Mah Jongg	10:30-Errands	10:30-“Free” Cholesterol	10:30-Collection: “Tribute
11:00-Biggest Loser	1:00-Crafts	11:00-Biggest Loser	Screening	To Frankie Valli”
12:30-Oil Painting	1:15-Senior Songsters	12:00-Lunch	12:00-Lunch	11:45-“Bring In Spring
1:00-Bingo with Theresa		12:15-Bridge	12:30-Beg Mah Jongg	Party” – Cost: \$10.00
1:30-Beg Pinochle		12:30-Int Mah Jongg	1:00-Crafts	12:15-Bridge
		1:00-Knitting w/Eleanor	1:00-Intermediate Yoga	
		1:00-Bingo w/George	1:30-Wii Bowling	
		3:00-Computer Class		
11	12	13	14	15
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:00-Beg. Computer Class	9:30-“Get To Know Your Senior Center”	9:30/10:00-E-Z Exercise	9:30- Trip: “Singin” In The Rain	10:00-E-Z Exercise
9:30-E-Z Exercise		10:00-Manicures by Francine	10:00-Pinochle	10:00-Footlighters 1
10:00-E-Z Exercise	10:00-Beg Chair Yoga	10:30-Errands	10:30-Chair Aerobic Exercise	10:00-Scrabble Challenge
10:30-Canasta	10:30-Poetry Day	11:00-Biggest Loser	12:00-Lunch	10:30-Grocery Shopping
10:30-Beg. Computer Class	10:30-Hairdresser/Nails	12:00-Lunch	12:30-Beg Mah Jongg	10:30-Benefits QuickLink
10:30-Massages by Kim	10:30-Chair Aerobic Exercise	12:15-Bridge	1:00-Crafts	12:00-Lunch - \$5.00
10:30-MiniTrip: Hamden Plaza	12:00-Lunch	12:30-Int Mah Jongg	1:00-Intermediate Yoga	12:15-Bridge
	1:00-Mah Jongg	12:30-“Free” Ice Cream	1:30-Wii Bowling	1:00-Bingo w/Jim
11:00-Biggest Loser	1:00-Crafts	Social		
12:00-Lunch	1:15-Senior Songsters	1:00-Bingo w/George		
12:00-Health Guidance	6:00-St. Rita’s Elementary:	1:00-Knitting w/Eleanor		
12:30-Oil Painting	“Bye Bye Birdie”	3:00-Computer Class		
1:00-Bingo with Theresa	School Play			
1:30-Beg Pinochle				

