

# SENIOR HAPPENINGS

## APRIL 2012

***The North Haven  
Senior Center  
Staff Would like  
to Thank All of  
our volunteers!***



April at a glance . . .

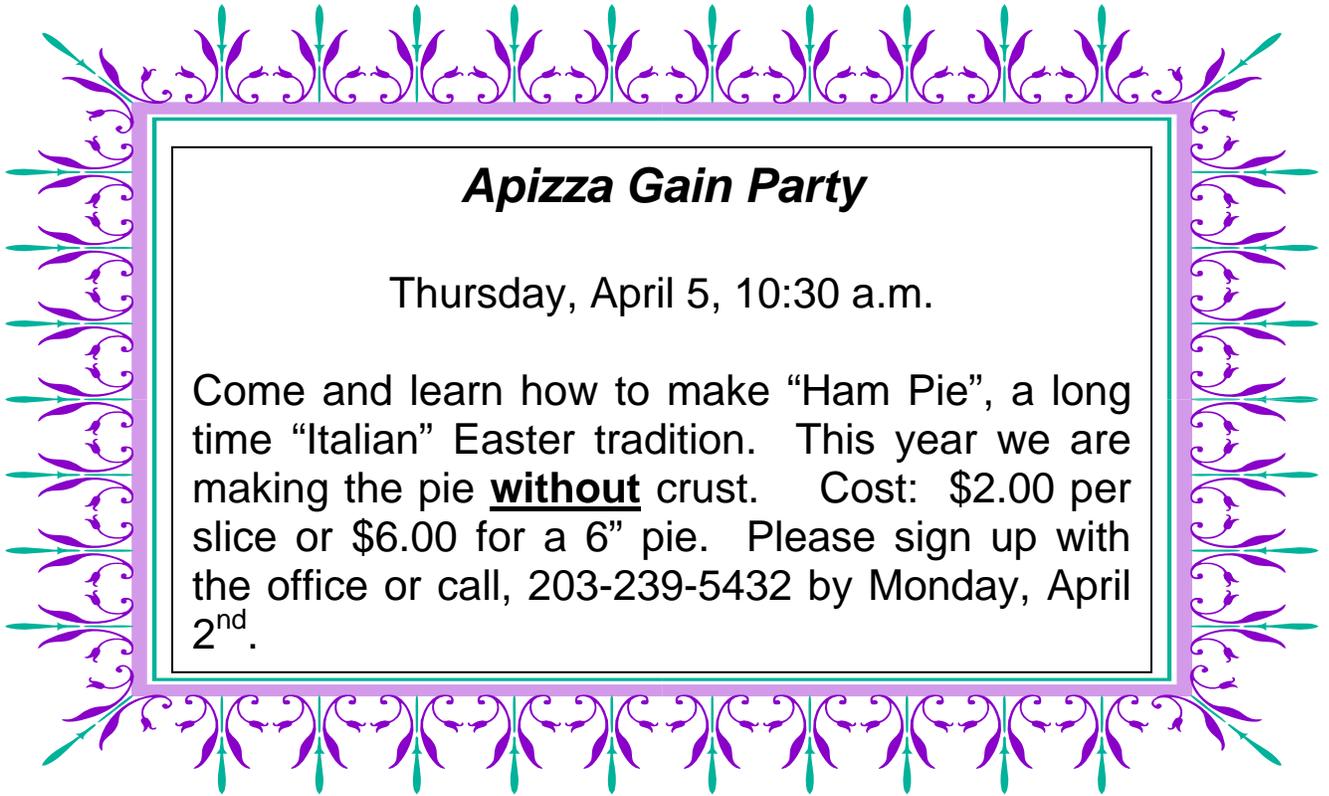
- 4/3 Lunch with the Interact Club
- 4/5 Morning of Apizza Gain
- 4/5 Afternoon of Easter Egg Coloring
- 4/6 Senior Center Closed – Good Friday
- 4/9 non-Board Purple Red Hatters Meeting
- 4/10 Get to Know Your Senior Center
- 4/11 Mini Trip: Christmas Tree Shop and Lunch
- 4/12 Presentation: Home Care Safety Solutions
- 4/13 Collection for Queen of Bingo
- 4/18 Purple Red Hatters Spring Party
- 4/19 AARP Driving Course
- 4/20 Volunteer Luncheon with Bob Mel
- 4/23 Jelly Bean Day
- 4/24 Trip: The Riverhouse
- 4/25 Presentation: Medicare Made Clear
- 4/26 Presentation: Fall Free Living

***“Those who can, do.  
Those who can do  
more,  
volunteer.”***

*~Author Unknown*



Joyce C. Budrow North Haven Senior Center  
189 Pool Road, North Haven, CT  
Office: 203-239-5432 ♦ Fax: 203-234-7185  
[www.town.north-haven.ct.us](http://www.town.north-haven.ct.us)  
Hours: Weekdays 8:00 a.m. to 4:00 p.m.



## **Apizza Gain Party**

Thursday, April 5, 10:30 a.m.

Come and learn how to make “Ham Pie”, a long time “Italian” Easter 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 Monday, April 2<sup>nd</sup>.



### **Easter Egg Coloring**

Thursday, April 5  
1:15 p.m.

Enjoy an afternoon of a long time old fashion fun . . . . Easter Egg coloring and decorating!!

Please call the Center,  
203-239-5432 to sign up for this fun time . . .



### **BINGO**

Sponsored by  
Hamden Healthcare

Thursday, April 19  
10:30 a.m.

Enjoy a morning of Bingo with Moyra from Hamden Healthcare . . . .

Prizes – Groceries and Snacks!!!





## **Learn about . . . . .**

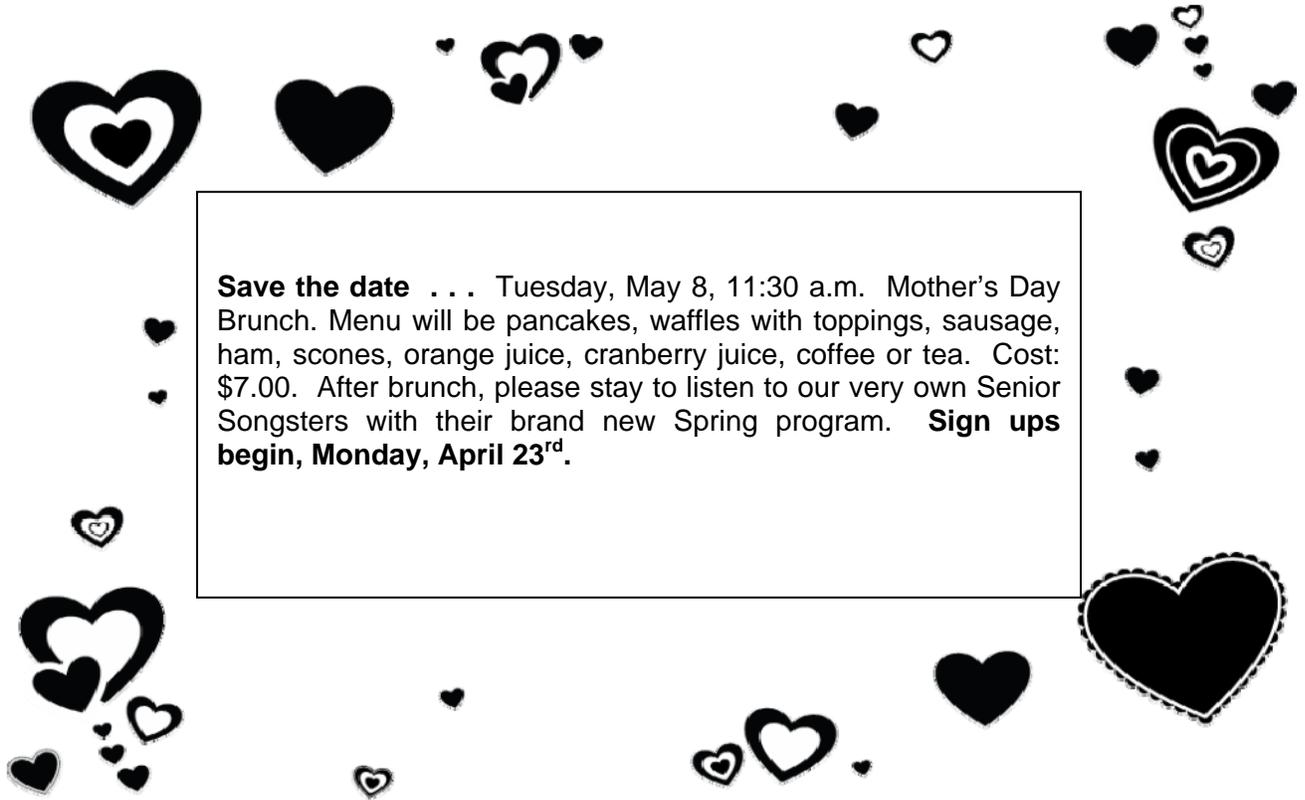
- ❖ **Homecare Safety Solutions** – Thursday, April 12, 10:45 a.m. Learn how to prevent and reduce risks, about personal emergency response systems, discover what you can do in your home to keep you safe and find out what questions you should be asking when hiring help! Sponsored by VNA Community Healthcare. Please call the Center by Monday, April 9 to reserve your seat, 203-239-5432.
- ❖ **Medicare Made Clear** – Wednesday, April 25, 10:45 a.m. A workshop on Medicare will be held to explain to new and current users, how the program works and the options available. The overview will examine the coverage differences between Part A, Part B and Part C, as well as supplements, advantage plans and PDP plans. It will also look at the Medicare Savings Program, which provides those who qualify with additional financial assistance to cover prescription drugs and Part B premiums, and discuss the ConnPace program. Bonnie Maynard of United Healthcare Medicare Solutions will present the overview and will also be available for questions. Call the Center, 203-239-5432 to reserve your seat!
- ❖ **Fall Free Living** – Thursday, April 26, 10:45 a.m. Join us and learn why falls happen, specific ways to prevent falls, avoid household hazards, balance and strength building exercises. Co-sponsored by the Connecticut Collaboration for Fall Prevention and Yale University School of Medicine – presented by VNA Community Healthcare. Call the Center, 203-239-5432 to reserve your seat!

## **Party with us . . . . .**

- ★ **Purple Red Hatters Spring Party** – Wednesday, April 18, 1:00 p.m. Dominic's Restaurant, 565 Washington Avenue, North Haven. Choice of: **Seafood Fettucine**, grilled shrimp and scallops, sautéed with scallions, finished with a lobster cream sauce over fettucine; **Chicken Della Casa**, (Sue's favorite) light egg battered chicken breast with roasted peppers, artichoke hearts, capers, asparagus and finished in a light sherry lemon wine sauce, served over angel hair pasta; **Eggplant Rollatini**, rolled eggplant stuffed with ricotta and mozzarella, topped with marinara sauce, served with a side of penne pasta. All above served with house salad and bread, coffee, tea and soda. For dessert, choice of Crème Brulee, Tiramisu or New York Cheesecake. Cost: \$23.00 per person payable to **Purple Red Hatters** – includes tax and tip. Please call Jennie Valentino, 203-239-1462 or Louise Musso, 203-239-4383 to make your reservations. All monies need to be into Sue by Friday, April 13th!
- ★ **Volunteer Luncheon** – Friday, April 20, 12:00 noon. Enjoy our Thank You to our volunteers for helping make our Senior Center a success. Catered by Cusano Catering by Maria – menu will consist of: antipasto, penne pasta family style, chicken Florentine with potato and vegetable and a delicious dessert. Then enjoy an afternoon with Bob Mel. Volunteers are free. **Cost: \$12.00 non-volunteer; \$17.00 non-resident**



# A Sneak Peak for May . . . .



**Save the date . . .** Tuesday, May 8, 11:30 a.m. Mother's Day Brunch. Menu will be pancakes, waffles with toppings, sausage, ham, scones, orange juice, cranberry juice, coffee or tea. Cost: \$7.00. After brunch, please stay to listen to our very own Senior Songsters with their brand new Spring program. **Sign ups begin, Monday, April 23<sup>rd</sup>.**

## RE-GIFTING AUCTION . . . .

Spring cleaning is in the air!!! And our Auction is back!!! Since we had such a great time with the Auction in January, we decided to have a return of it! The next re-gifting auction is scheduled for Thursday, May 24 at 1p.m. We are looking for gently unused or new items to auction off!! Please remember – **no** clothes, pocketbooks, or shoes!! All items can be brought into the Center beginning on Tuesday, May 1, 2012.



## CLASSES

### Registration and payments are due one week prior to the first day of class!

**Beginning April 1**, there will be a \$5.00 activity fee for non-residents due quarterly for each activity you would like to join at the North Haven Senior Center.

The North Haven Senior Center will take North Haven Senior residents first. Should the class fill, non-residents will be put on a waiting list.

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. If you love to play cards and are looking to learn a “new” hand, come join the Beginner Pinochle group.



- **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**

Tuesday and Thursday, 10:30 – 11:30 a.m. Chair Aerobics is designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility and cardiovascular strength. Pat Velleca will be our instructor. This session ends: Thursday, May 7. Fee: residents, \$5.00; non-residents, \$10.00.

- **CRAFT CLASSES**

Tuesday and Thursday, 1:00 – 2:30 p.m. If you know your way around a sewing machine, enjoy working with your hands and spending a nice afternoon helping our craft class please join us on either Tuesday or Thursday afternoon. All items made in the craft class will be sold at our Holiday Bazaar in November.



- **COMPUTER CLASSES**

Two classes on Monday, 9:00 a.m. and 10:30 a.m. and Wednesday, 3:00 p.m. Classes will run for five weeks. The beginner class will show you how to turn the computer on, use Microsoft Word, show you how to log in and out of your email. And the intermediate class will show you more advance technology, like down- loading pictures from your camera, setup email accounts or facebook. Fee: residents, \$5.00; non-residents, \$10.00.

- **E-Z EXERCISE**

Monday, Wednesday and Friday, 9:30 – 10:00 and 10:00 – 10:30 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 (if a month has an additional week it will be \$30.00). Tap shoes are needed.

- **INTERMEDIATE MAH JONGG**

Wednesday, 12:00 p.m.

- **KNITTING AND CROCHETING CLASS**

Wednesday, 12:30 – 2:30 p.m.



- **LINE DANCING**

Monday and Wednesday, 9:00 - 10:00 a.m. Come join us and learn or better your line dancing skills. A great way to exercise while learning something fun to do in your spare time.



- **OIL PAINTING**

Monday, 12:30 – 2:30 p.m. New session begins Monday, April 16 through Monday, June 25. **No class: Monday, May 28.** Fee: residents, \$20.00; non-residents, \$25.00.

- **TAI CHI**

Monday and Wednesday, 10:45 – 11:45 a.m. Tai Chi is a gentle and profound way of nourishing body, mind and spirit. It is a moving meditation based on principles of traditional Chinese medicine and martial arts. Practicing the slow movements can improve health, vitality, balance, concentration and mindfulness. This session ends: April 9. Cost: \$25.00 – **Please make checks payable to: VNA Community Healthcare.**



- **BEGINNER CHAIR YOGA**

Tuesday, 10:00 – 11:30 a.m. Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages 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. Fee: residents, \$40.00; non-residents, \$50.00.



- **GENTLE HATHA YOGA**

Thursday, 1:00 to 2:30 p.m. Yoga is a gift! With Yoga, the body remains open and flexible; will strengthen, stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. New session begins Thursday, April 19 through Thursday, June 21. Fee: residents, \$40.00; non-resident, \$45.00.

### ***Did You Know . . . .***

Judy Amarone, Manager of the Senior Center is the Municipality Agent for the Town of North Haven. She can help the Seniors in many different ways. So 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.

### **Caregivers Support Group**

This group focuses on helping the caregiver to cope with every day stresses and the need to get through issues of dealing with your loved one. The group is led by a licensed clinical social worker and meets every month on the last Thursday of the month at 4:00 p.m. Sponsored by VNA Community Healthcare.

### **Volunteers needed . . .**

Interested in helping and giving of your time, the Senior Center is looking for volunteers to work in our kitchen. Please call Mary Ellen, 203-239-4030 by Monday, April 9. Training will be provided.



## **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:
- ⇒ **April 9** – Hamden Plaza
- ⇒ **April 11** – Christmas Tree Shop and lunch
- ⇒ **April 30** – Universal Drive

#### **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 is Monday through Friday, 9:00 a.m. and must be ready to go home by 2:00 p.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 – April 6; May 28; July 4; September 3; October 8; November 12 and 22; December 7 and 25.**

**Please note: All Scheduled and Mini Trips begin pickups at 10:30 a.m. Reservations for mini trips begin on the first day of the month the trip is scheduled. If scheduled trips fall on a holiday, or any day the Center is closed, there *will not* be a make up during that week for transportation.**





## Day Trips

- ☞ *Reservations for a Day Trip are noted as the collection date indicated in the description of the trip.*
- ☞ *Full payment is due to secure your reservation. Cash or checks (no credit cards will be accepted). Please make checks payable to: North Haven Senior Citizen.*
- ☞ *Please remember to bring in your emergency contact information, their name and telephone numbers (including work and cell numbers.)*
- ☞ *If you would like to sit together please indicate when signing up who you would like to sit with on the bus and/or theatre.*
- ☞ *If you get motion sickness or have mobility issues please indicate so when reserving spot on the trip.*
- ☞ *There will be **no refunds** unless there is a waiting list at the time of cancellation. If the travel agent or the Center cancels the trip, refunds will be issued. If you need to cancel due to illness or an emergency, please give the Center enough time to fill your spot by calling 203-239-5432.*
- ☞ *Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.*
- ☞ *Please arrive at least 15 minutes prior to departure time. If you are not on time for the specified departure time, the bus will leave without you and there **will not** be a refund issued.*

**The Riverhouse – John Timpanelli** – Tuesday, April 24, 2012. Our entertainment today will be the versatile John Timpanelli, a romantic crooner, a Broadway showstopper and a wonderful impersonator. He has the audience singing along one minute and switching gears to hilarious comedy the next . . . such a great talent! But before we are entertained, we will enjoy a menu of garden salad, harvest rolls with sweet butter, a choice of chicken marsala OR pan seared salmon with mango salsa, vegetable, potato, chocolate mouse martini, iced tea and lemonade in carafes on the table. We will enjoy all of this nestled on a secluded ridge atop the banks of the Connecticut River, this state of the art banquet center sets the stage for a delightful spring afternoon. Their majestic ballroom with dramatic vaulted ceiling, two story atrium entrance and river views overlooking the Goodspeed Opera House and East Haddam Swing Bridge all at The Riverhouse in Haddam. Cost: \$70.00 per person. Collection Date: Friday, February 17, 2012, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

**Casino: Mohegan Sun** – Wednesday, May 16, 2012. Collection date: Friday, March 16, 10:30 a.m. Cost: \$21.00 per person. Departure time: 9:00 a.m. and approximate return time is 5:00 p.m.

**Queen of Bingo** – Monday, June 18, 2012. Upon arrival to the Grand Oak Villa in Oakville you will receive pepperoni, cheese and crackers. Then there is a family style meal which consists of fresh salad with red wine vinaigrette, Italian bread, pasta with homemade house sauce, chicken francaise and pork loin with gravy, roasted potato, vegetable medley, dessert and coffee. Wine for everyone on the tables!! After all this food we will be entertained in the tradition of the hilarious Harvey Korman and Tim Conway sketches from the old Carol Burnett show, comes the stage comedy The Queen of Bingo! “Sis” and “Babe”, two sisters on the other side of 50, want to add a little fun and excitement to their lives but where to find it? BINGO! Jeanne Michels and Phyllis Murphy’s The Queen of Bingo explores the world of Bingo, family ties, diet crazes, widowhood, hot flashes and winning! The audience joins in the fun during the “Middle Bird Special” – a real Bingo game where some lucky audience member wins a FREE 10 lb. frozen turkey at every performance! Theatre goers young and old will howl with laughter as two zany guys, playing two crazy gals, light up the state in the comedy hit The Queen of Bingo! Cost: \$78.00 per person. Collection Date: Friday, April 13, 2012, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

**Suffolk Downs** – Wednesday, July 18, 2012 Join us on a trip to Suffolk Downs for an afternoon of racing overlooking Swan Pond, the Fountain and 30 acres of Irish Green Turf. This includes; roundtrip deluxe motor coach, luncheon buffet in the Topsider Room overlooking the finish line, clubhouse admission, daily racing program at your table, a race name for our group and betting explanation. Cost: \$54.00 resident, \$59.00 non-resident. Collection Date: Friday, May 25, 2012, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

**All You Can Eat Lobster and Comedy Show** – Wednesday, August 9. We are off again this year to The Delaney House in Holyoke, Massachusetts for the All You Can Eat Lobster deal! Served at your table will be cheese and vegetable platter along with shrimp cocktail and salad, lots of bread to follow. The buffet begins with Lobster, Lobster, Lobster, seafood newburg and non-seafood lovers there will be beef tips marsala with noodles, chicken cordon bleu, variety of salads, baked ziti, dessert and beverage. Following all this wonderful food – Mark Verselli, known as a phenomenal impressionist and comedian will entertain us for the afternoon. Cost: \$90.00 resident, \$95.00 non-resident. Collection Date: Friday, June 8, 10:30 a.m. Departure time: 9:30 a.m. and approximate return time is 5:00 p.m.





## Welcome to Our New Members

*Elizabeth Baptie, Kathleen Borrelli, Linda Cocchiaro, Sharon Hannon, Wendy Knapp*



Thank you to the following for your donation:

*Ann Alexander, Fran Bartlett, Ann DellaValle, Viana DeMarzo,  
Martha DePalma, Dottie Esposito, Janet Sola, Carol Labagnaro and Stop & Shop.*

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 donations 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 \$2.00 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 Mary Ellen at (203) 239-4030 between 9:00 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.





## Happy Birthday to You . . . .

Judy, Sue, Maggie, Ellen, Arelis, Eileen and Lisa  
wish you a fun filled year with much  
happiness and good health!

Joseph Albo  
John Balletto  
Claire Bennett  
Rose Camputoro  
Eithne Cleary  
Camille Dawson  
Michael DeLuca  
Diane Drozd  
Giro Esposito  
Janet Fregeau  
Elizabeth Gudas  
Susan Hoffman  
Janice Kozen  
Harry Landino  
Julia Majusky  
Mary Martin  
Pauline McInnis  
Donald Mitchell  
Louise Nazario  
Anna Payne  
Emily Pino  
Rita Prentice  
Carol Puchalski  
Theresa Rapuano  
Pasquale Rosadino  
Gloria Santamauro  
Barbara Sisson  
Janet Szeliga  
Connie Turro  
Thomas Windsor

Alfred Alessandrini  
Lois Barry  
Marjorie Bergin  
Mary Cervoni  
Frank Contento  
Elena Decerbo  
Joan DeMatteo  
Richard Embler  
Alan Fontana  
Ruth Gejda  
Richard Guglielmo  
Pearl Johnson  
Julia LaBanca  
Mary Landino  
Mary Ann Mancuso  
Jennette Maturo  
Bernice McNammara  
Priscilla Mosher  
Sophie Oboyski  
Ellie Pedalino  
Thomas Pitts  
Sal Prisco  
John Purcella  
Marilyn Ricci  
Anna Rubino  
Donna Savo  
Howard Stebbins  
Sonya Tetmeyer  
Grace Vanacore

Anita Amore  
Norma Bell  
Catherinie Cacace  
Mary Chapman  
Nicholas D'Angelo  
Angelina DeLuca  
Antoinette Devivo  
Angelina Esposito  
Rosalie Franchi  
Nancy Glasser  
Joseph Guidone  
Margaret Kelly  
John Laccone  
Theresa Madigan  
Carol Marcarelli  
Kathleen Mauro  
Celia Mezick  
Ann Mulligan  
Carmel Panagrossi  
Pat Perrelli  
Viola Plant  
Joyce Pritchett  
Louise Raccio  
Shirley Roberts  
Victor Rucinski  
Margaret Sbabo  
Henry Sullo  
Lenore Tiffany  
Richard Vaughan

# FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

April 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cranapple Juice Honey Glazed Chicken Quarter Cranberry Sauce Oven Roasted Potatoes Peas and Mushrooms Whole Wheat Bread Sl. Peaches	Grape Juice Stuffed Shells-2 Marinara Sauce Parmesan Cheese Cut Green Beans Tossed Salad w/Black Olives- 1 c. Italian Dressing - 2pkts. Italian Bread Fresh Fruit	Meatloaf Brown Rice Broccoli Pumpernickel Bread Very Ripe Seasonal Fresh Fruit	Pineapple Juice Sl. Pot Roast Mashed Potatoes California Blend Vegetable Whole Wheat Dinner Roll/Margarine Tapioca Pudding w/Topping	Cream of Carrot Soup Tuna Salad 3-Bean Salad Rye Bread Oatmeal Raisin Cookie
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Grape Juice Phillie Cheese Steak w/Mozzarella cheese Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Fruit Cocktail	Chicken Vegetable Soup Turkey Kielbasa Mustard-2 pkts. Sauerkraut Buttered Beets Hot Dog Roll Very Ripe Seasonal Fresh Fruit	Angus Burger Potato Puffs Diced Carrots W. Wh. Hamburger Bun Ketchup-2 pkts. Orange	<b>BIRTHDAY CAKE DAY</b> 100% Fruit Punch Terryaki Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Strawberry Birthday Cake	Apple Juice Fish Fillet Sauce/Tartar Sauce Lemon Wedge Roasted Potatoes Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Lindley's Chicken Stew Tossed Garden Salad Italian Dressing - 2pkts. Whole Wheat Dinner Roll Ice Cream Cup	100% Fruit Punch Roast Pork w/Applesauce Gravy Sweet Potatoe Oriental Vegetables Whole Wheat Dinner Roll Orange	Chicken Fajitas w/Vegetables Belgian Carrots Soft Tortilla Fruited Jello w/Topping	Beef Rib B Que Tossed Salad w/Sl. Black Olives/ Italian Dressing 2 pkts. Petite Corn 6" Grinder Roll Seasonal Fresh Fruit	North Haven Senior Center's Volunteer Luncheon Recognition  Please see page 2 for menu Cost: \$12.00 non-volunteer \$17.00 non-resident
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Mandarin Orange Slices Sliced Peaches	Sausage and Peppers Roasted Potatoes Cut Green Beans Kaiser Roll Sliced Pears	<b>VOLUNTEER RECOGNITION                      DAY</b> Fresh Fruit Cup Roast Top Round AuJus Baked Potato Petite Peas w/Mushrooms Whole Wheat Dinner Roll Coconut Custard Pie Margarine	Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit Cup Margarine	Vegetable Vegetarian Soup Seafood Salad on a bed of Lett./Sl. Tom. 3-Bean Salad Whole Wheat Sandwich Roll Fruited Jello w/Topping
<b>30</b>				
Split Pea Soup Roasted Fresh Ham Sweet Potato Petite Peas & Mushrooms Whole Wheat Sandwich Roll Oatmeal Raisin Cookie			All Soups come with unsalted Crackers  *The dessert is the same for both meals  All Soups and Entrees Gravies, Sauces, and Salad Dressings 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
<b>MINIMUM PORTIONS SERVED AT EACH MEAL:</b>				
1c Milk - 1% or equivalent		1c Vegetable and Fruit or equivalent		2oz. Protein
1 pat Margarine				
<b>and 2 Bread servings or equivalent (enriched or whole grain)</b>				



**APRIL 2012 CALENDAR OF EVENTS\*LUNCH SERVED DAILY AT 11:30 A.M.\*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE**

<b>Monday 16</b>	<b>Tuesday 17</b>	<b>Wednesday 18</b>	<b>Thursday 19</b>	<b>Friday 20</b>
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	<b>8:45-AARP Driver Safety</b>	9:30/10:00-E-Z Exercise
9:00-Computer Class	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-Footlighters
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Barber/Nails	<b>10:30-Errands</b>	10:00-Pinochle	10:00-Scrabble Challenge
10:15-Canasta	10:30-Chair Aerobics	<b>10:45-Tai Chi Ends</b>	10:30-Wii Bowling	<b>10:30-Grocery Shopping</b>
10:30-Computer Class	<b>11:00-“Free” Glucose Screening &amp; Blood Pressure</b>	<b>11:30-Lunch</b>	10:30-Chair Aerobics	<b>12:00-Volunteer Luncheon</b>
10:45-Tai Chi		12:00-Int Mah Jongg	<b>11:30-Lunch</b>	<b>Entertainer: Bob Mel</b>
<b>11:30-Lunch</b>	<b>12:00-Lunch</b>	12:15-Bridge	12:30-Bocce	12:15-Bridge
12:30-Bocce	1:00-Mah Jongg	12:30-Bocce	12:45-Memory Matters	12:30-Bocce
12:30-Oil Painting	1:00-Crafts	12:30-Knitting w/Eleanor	<b>1:00-StoryTeller:</b>	12:45-No Bingo
12:45-Bingo	1:15-Senior Songsters	12:45-Bingo	<b>Kate Allen Smith</b>	
1:30-Beg Pinochle		<b>1:00-Purple Red Hatters</b>	1:00-Crafts	
		<b>Spring Party at Dominics</b>	1:00-Sing-A-Longs	
		3:00-Computer Class	1:00-Intermediate Yoga	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:00-Computer Class	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Barber/Nails	<b>10:30-Errands</b>	10:30-Chair Aerobics	10:00-Scrabble Challenge
<b>10:00-Massages by Kim</b>	10:30-Chair Aerobics	<b>10:45-Presentation:</b>	<b>10:45-Presentation:</b>	<b>10:30-Grocery Shopping</b>
10:15-Canasta	<b>10:30-Trip: “The Riverhouse”</b>	<b>Medicare Made Clear</b>	<b>Fall Free Living</b>	10:45-Walking Club
10:30-Computer Class	<b>11:30-Lunch</b>	<b>11:00-Health Guidance Clinic</b>	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>
<b>11:30-Lunch</b>	1:00-Mah Jongg	<b>11:30-Lunch</b>	12:30-Bocce	12:15-Bridge
12:30-Bocce	1:00-Crafts	12:15-Bridge	12:45-Memory Matters	12:30-Bocce
12:30-Oil Painting	1:15-Senior Songsters	12:00-Int Mah Jongg	1:00-Crafts	12:45-Bingo
12:45-Bingo		12:30-Bocce	1:00-Sing-A-Longs	
1:30-Beg Pinochle		12:30- Knitting w/Eleanor	1:00-Intermediate Yoga	
<b>Jelly Bean Day</b>		12:45-Bingo	<b>4:00-Caregiver Support Group</b>	
<b>30</b>		3:00-Computer Class		
9:00-Line Dance				<b>*PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY</b>
9:00-Computer Class				
9:30/10:00-E-Z Exercise				
10:15-Canasta				
10:30-Computer Class				
<b>10:30-MiniTrip: Universal Dr</b>				
<b>11:30-Lunch</b>				<b>ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE</b>
12:30-Bocce				
12:30-Oil Painting				
12:45-Bingo				
1:30-Beg Pinochle				

**APRIL 2012 CALENDAR OF EVENTS\*LUNCH SERVED DAILY AT 11:30 A.M.\*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE**