

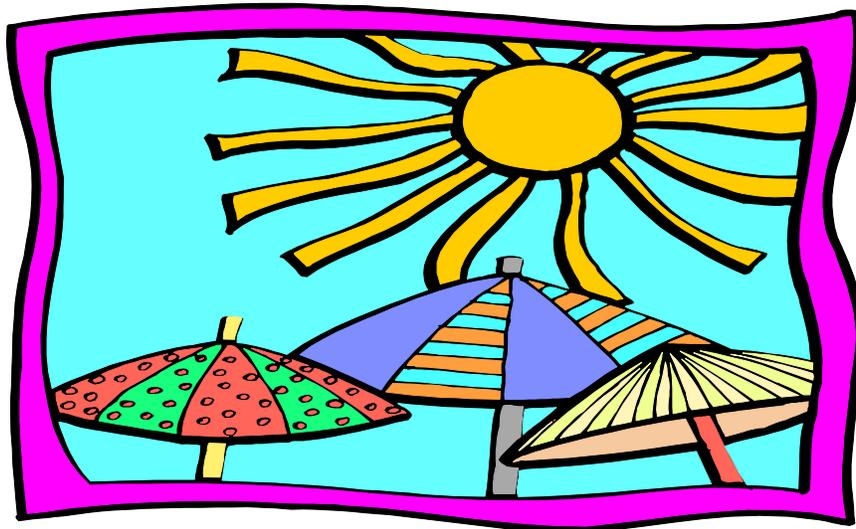
Senior Happenings

AUGUST 2011

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

www.town.north-haven.ct/us

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

From the desk of Judy,

Food Bank

Did you know that our Town has a food bank available to North Haven residents which is located on 5 Linsley Street (across from the North Haven Police Department)? If you are like many in need of food, please contact 203-239-5321, ext. 780. In support of the food bank, the Center collects nonperishables on an on-going basis. All donations are most appreciated.

Farmers Market Coupons

Are you 60 years of age or older, with a monthly household income of \$1679 for one person or \$2268 for two people? If so, you are eligible to receive a coupon booklet worth \$15 for one person and \$30 for two people. You are able to use these coupons at local farmers markets. Stop by the Center and bring proof of income in order to take advantage of this program while it lasts!

Medicare Savings Programs

Did you know that there are three Medicare Savings Programs (MSP) that help you pay for your Medicare Part B premiums? They are the Qualified Medicare Beneficiary program (QMB), the Special Low Income Medicare Beneficiary program (SLMB) and the Additional Low Income Medicare Beneficiary program (ALMB). A household's income determines which category you qualify for. All three programs pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare-covered services. It does not cost anything to apply for or receive benefits from this program. Income limits for the three program levels are:

- QMB - \$1,943.12 for a single person and \$2,623.64 for a couple
- SLMB - \$2,124.72 for a single person and \$2,868.84 for a couple
- ALMB - \$2,260.92 for a single person and \$3,052.74 for a couple

An individual who wants to enroll in a Medicare Savings Program (MSP) needs to complete an application, form W-1QMB "Medicare Savings Programs Application.

I encourage all residents who meet the income requirements to apply for the program. You may apply on your own at www.ct.gov/dss/medicaresavingsprograms or contact my office for an appointment, 203-239-5432

I am now a Grandma!

On July 20, 2011 at 6:31am, I became the proud grandparent of Julia Grace. She weighed 7lbs 3oz and has dark brown hair and eyes. It's a whole new world and I, like many of you, have been blessed to be honored with a grandchild. In a world with so many issues that focus on unhappy events I thought I would share good news with you, my extended family.

"Every new born baby is God's opinion that the world should go on",

Unknown

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, August 8, from 12 – 1:00 p.m. and Wednesday August 24, 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. ***For a Monday lunch you must order by Thursday of the week before.** Suggested donation is \$2.

TRANSPORTATION SCHEDULE

Transportation to and from the Center is available on weekdays at no charge to North Haven seniors. **Please schedule your transportation by 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 Wednesday, 10:30 a.m. at *Big Y* or *Stop & Shop*.*
- **Farmer’s Market:** Every Friday pickups will begin at 10:30 a.m.
- **Hairdresser/Nails:** Every Tuesday, 10:30 a.m.*
- **Errands:** Every Monday, 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 errands are quick and should last a half hour. 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: August 25; 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 CHANGES**

AUGUST MINI TRIPS		SEPTEMBER MINI TRIPS
AUGUST 22 – NORTH HAVEN UNIVERSAL DRIVE		SEPTEMBER 26 – NORTH HAVEN UNIVERSAL DRIVE

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 August 11, which is designated "Birthday Cake Day" during the noon meal. If you are planning on attending, please call 203-239-4030 by July 13, between 9 – 11:30 a.m. to reserve your meal.
(\$2 suggested donation)

Anna Abate
Frances Aucello
Madeline Bassett
Betty Bonos
Joan Burns
Anna Cavallaro
Betty Collins
Earle Corcoran
Arlene D'Angelo
Larry DeMilo
Mario Ferrari
Helen Fleming
Lois Fucci
Philomena Gambardella
Connie Gauthier
Salvatore Giaimo
Clara Goff
Renee Hogan
Phyllis Kaercher
Charlotte Lamb
Florence Jetmar-Lewis
Rose Maisano
John McCallum
Stephen Midzenski
Vincent Pacileo
Bertha Parese
Alexandra Piscitelli
Margaret Regan
Irene Rogers
Daniel Rubino
Madelyn Sansone
Josephine Signor
Karon Suraci
Michael Troiano
Ann Visconti
Nancy Wilcox
Stanley Zilinski

Martha Amatruda
Marlene Avidon
Nora Beattie
Mary Rose Boppart
Rosina Cantu
Lucille Cirioli
Mary Conte
Betty Creamer
Madeline Davoli
Antoinette DeLise
Joe Ferretti
Barbara Flood
Gretchen Fuggi
Patricia Gannon
Rosaire Gauthier
Elaine Giannini
Marbel Harcarik
George Imperato
Mark Kenniston
William Laudano
Frances Lillo
Jilta Marasco
Thomas McKeon
Pasquale Navarretta
Marie Palmieri
Shirley Piekarski
John Putney
Lynne Rescigno
George Ross
Rodger Salman
James Savo Jr.
Helen Soltys
William Thompson
Barbara Veith
Helen Vorio
Mabel Williams

Anthony Ardito
Frances Basilio
Joseph Bodie
Clara Bowen
Jesse Caraway
Alicia Clapp
Jocelyn Coppola
George Creamer
John DeLauro
Ruth Dudley
Betty Fiasconaro
Eleanor Fragola
Bill Fuggi
Annette Gattilia
Walter Gawrych
Audrey Giaquinto
Katherine Herpok
Matilda Jenschke
Barbara Kieslich
Gloria LeSage
Howard Luppi
Trudy Markiewicz
Carmel Meriano
Angele Nuzzolillo
Therese Pantall
Elvira Piombino
MaryLee Rapuano
Barbara Riley
Anne Marie Rubino
Arthur Sannino
Robert Scheidecker
Alice Spallone
Yvonne Tienken
Nance Ververis
William Wickwire
Marion Wodecki

*If you know of a member who has moved or sadly, has passed, please advise our office.

WELCOME TO OUR NEW MEMBERS

Joseph Colomonic, Dorothy Coppa, Bernadine & Lucien Goulet,
Betty Lambe, Sandra Mekdeci, Margaret Kelly Regan,

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 Dorothy Grillo, Susan Hoffman, Sal Laudicina, Peg Limbacher, Mickey Ricciardelli, Marie Stockman, Stop & Shop. For those who donated and did not sign our donations list - Thank You.

AUGUST EVENTS

- August 3** Manicures by Francine – By appointment
Current Event Discussion Group – 10:30 a.m.
Sing-a-Long with Helen – 10:30 a.m.
- August 4** Trip: Opus Cruise – Bus leaves 7:30 a.m.
Movie & Popcorn: Cinderella - 1:15 p.m.
- August 5** Benefits Quicklink - by Appointment
Transportation to Hamden’s Farmer Market – 10:30 a.m.
- August 8** Massages by Kimberly – By Appointment Only
Health Guidance Clinic – 12 noon
- August 9** Get To Know Your Senior Center – 9:30 a.m.
Presentation: Healthy Feet are Happy Feet – 10:30 a.m.
“Free” Glucose Screening sponsored by Urgent Care – 11:00 a.m.
- August 10** No Mah Jongg/No Bingo/No Knitting/No Computer Class
Annual Picnic with the Purple Red Hatters – Cost: \$15.00
- August 11** Game: Left, Center, Right – 1:30 p.m.
- August 12** Transportation to Hamden’s Farmer Market – 10:30 a.m.
- August 16** Elvis’ Anniversary (All day long)
- August 17** Manicures by Francine – By appointment
Current Event Discussion Group – 10:30 a.m.
- August 18** AARP Driver Safety Program – 8:45 a.m.
Bocce with Wallingford – 10:30 a.m. – Lunch: \$5.00
Storyteller, Kate Alan Smith – 1:00 p.m.
- August 19** Transportation to Hamden’s Farmer Market – 10:30 a.m.
- August 22** Massages by Kimberly – By Appointment Only
MiniTrip: Universal Drive – 10:30 a.m.
- August 24** Health Guidance Clinic – 11:00 a.m.
No Knitting
- August 25** Trip: Wicked – Bus leaves 10:30 a.m.
Presentation: Medicare Made Clear – 10:30 a.m.
Game: Kings In The Corner – 1:30 p.m.
- August 26** Transportation to Hamden’s Farmer Market – 10:30 a.m.
- August 29** Purple Red Hatters non-Board Meeting – 10:30 a.m. (New Time)
- August 31** No Knitting

AUGUST EVENTS

MANICURES BY FRANCINE – Wednesday, August 3, 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.)

CURRENT EVENT DISCUSSION GROUP – Wednesday, August 3, 10:30 a.m. Interested in discussing a variety of current events, older events and issues? Come on in to have an open ended discussion with Ken Rudnicki.

SING-A-LONG WITH HELEN – Wednesday, August 3, 10:30 a.m.

MOVIE AND POPCORN – Thursday, August 4, 1:15 p.m. Come and join us for a laugh or two watching Cinderella! Starring: Jerry Lewis, Ed Wynn, Judith Anderson and Anna Maria Alberghetti as “The Princess”. Take a beloved fairy tale, add in a large, hilarious dose of Jerry Lewis shtick, and you’ve turned a tired old fable into a comedy classic!! When his father dies, poor Fella is left at the mercy of his snobbish stepmother and her two no-good sons, Maximilian and Rupert. As he slaves away for his nasty step-family, Maximilian and Rupert attempt to find a treasure Fella’s father has supposedly hidden on the estate. Meanwhile, hoping to restore her dwindling fortunes, the stepmother plans a fancy ball in honor of the visiting Princess Charmein whom she hopes will marry Rupert. Eventually, Fella’s Fairy Godfather shows up to convince him that he has a shot at winning the Princess himself.

BENEFITS QUICKLINK – Friday, August 5, 10:30 a.m. to 12:30 p.m. Contact Judy Amarone for more information, 203-239-5432.

MASSAGES BY KIMBERLY – Monday, August 8, 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.)

GET TO KNOW YOUR SENIOR CENTER – Tuesday, August 9, 9:30 a.m. If you are a new member and would like to learn the in’s and out’s of the Center, please stop by and our host, Joan, will gladly be your guide! Call the Center to reserve your spot, 203-239-5432.

PRESENTATION: HEALTHY FEET ARE HAPPY FEET – Tuesday, August 9, 10:30 a.m. When feet are in tip top shape, a person feels good! Healthy Feet are Happy Feet topics will include: the care of skin and nails; the importance of wearing safe shoes for comfort and fall prevention; ways to reduce summer swelling; how to deal with plantar fasciitis; bunion problems; fallen arch relief; and more! This program is sponsored by the VNA of Wallingford. Please call the Center, 203-239-5432 to reserve your spot!

“FREE” GLUCOSE SCREENING - Tuesday, August 9, 11:00 a.m. Sponsored by Urgent Care located on Universal Drive in North Haven.

ANNUAL PICNIC WITH THE PURPLE RED HATTERS – Wednesday, August 10, 11:30 a.m. We will have ziti with meatballs, baked chicken, potatoes, sausage and peppers, hot dogs, hamburgers, corn on the cob, tossed salad, watermelon and cake. Entertainment by Bob Mel beginning at 1:30 p.m. Cost: \$15.00 per person.

ELVIS’ ANNIVERSARY - Tuesday, August 16, all day long – Come and enjoy a fun “snack”, one of Elvis’ favorites and some tidbit trivia. Please sign up with the office by Friday, August 12th so I can have enough snacks available!!

MANICURES BY FRANCINE – Wednesday, August 17, 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.)

CURRENT EVENT DISCUSSION GROUP – Wednesday, August 17, 10:30 a.m. Interested in discussing a variety of current events, older events and issues? Come on in to have an open ended discussion with Ken Rudnicki.

AARP DRIVER SAFETY PROGRAM – Thursday, August 18, 2011, 8:45 a.m. – 12:45 p.m. This refresher course was developed to help drivers 55 and older to improve their skills and possibly prevent traffic accidents. A \$12 fee for AARP members is payable to AARP and due on the first day of the course. Space is limited so pre-registration is required. By state law, auto insurance companies conducting business in CT are required to give a minimum of a 5% discount for two years for those over 62 years of age who are graduates of the completed course. **Classes will be held the 3rd Thursday of every month except November. Dates for 2011 are: 9/15; 10/20; 12/15.**

BOCCE WITH WALLINGFORD – Thursday, August 18, 10:30 a.m. We will host a friendly game of Bocce against the Wallingford Senior Center at the home courts of North Haven. Lunch will be offered; hot dogs or hamburgers, coleslaw, chips, soda and dessert for the price of \$5.00. Sign ups will begin on Monday, August 1st.

STORYTELLER, KATE ALAN SMITH - Thursday, August 18, 1:00 p.m. Come and enjoy an hour of storytelling and laughter!!!

MASSAGES BY KIMBERLY – Monday, August, 22, 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, August 22, 10:30 a.m.

PRESENTATION; MEDICARE MADE CLEAR – Thursday, August 25, 10:30 a.m. A workshop on Medicare will be held Thursday morning to explain to new and current users how the program works and the options available. The overview, called "Medicare Made Clear," 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 which the state has decided to end as of June 30th. 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 spot!

PURPLE RED HATTERS non-BOARD MEETING – Monday, August 29, 10:30 a.m. Come ready to discuss the rest of the year and start to plan 2012 events!!! **PLEASE NOTE TIME CHANGE!!!**

WHAT'S HAPPENING IN SEPTEMBER . . .

FALL FESTIVAL WITH THE DEPARTMENT HEADS – Thursday, September 8, 11:30 a.m. Come have some fun with our Town Department Heads – they will be cooking and serving us!! Menu consists of: barbecue chicken, roasted vegetables, coleslaw, biscuits and home made apple pie.

SENIOR MOMENTS WITH MIKE – Friday, September 9, 10:30 to 12:00 a.m. If you would like to discuss something with Mike Freda, our First Selectman, but can't get over to town hall, this is the time for you! Please make your appointment with Mike, by calling the Center office at 203-239-5432. Appointments will be every 20 minutes.

DAY TRIP COMMITTEE MEETING – Tuesday, September 13, 10:30 a.m. Come and help choose the day trips for the upcoming 2012 year!!! Great new trips to choose from!! Call the Center if you are interested in being part of the Day Trip Committee, 203-239-5432.

"FREE" GLUCOSE SCREENING - Tuesday, September 13, 11:00 a.m. Sponsored by Urgent Care located on Universal Drive in North Haven.

QUINNIPIAC NURSING STUDENTS VISIT – Beginning Tuesday, September 13, 10:00 a.m. Nursing students will be in to visit the Senior Center to talk, play games, enjoy ceramics and crafting and to learn about our Seniors. The Nursing Students will be visiting two times a week until December.

FINANCE COMMITTEE MEETING - Wednesday, September 14, 10:30 a.m.

BOCCE AGAINST WALLINGFORD SENIOR CENTER - Wednesday, September 14, 10:30 a.m. We will be traveling to the Wallingford Senior Center to play a friendly game of Bocce at their courts. Please sign up by calling the Center, 203-239-5432. We will need people to transport players who do not drive, if you are willing to do so, please let Carmen Pedalino know.

STORYTELLER, KATE ALAN SMITH - Thursday, September 15, 1:00 p.m. Come and enjoy an hour of storytelling and laughter!!!

BOCCE TOURNAMENT WITH MIKE FRED A AND THE NORTH HAVEN DEPARTMENT HEADS – Friday, September 16, 12:45 to 2:15 p.m. The North Haven Senior Super Star Bocce Players, captained by Albino Conti are taking on the North Haven Department Heads, captained by Mike Freda. Please mark your calendar for a “friendly” game of Bocce!

CHAIR AEROBICS – Tuesday and Thursday, 10:30 – 11:30 a.m. Come and enjoy an hour of chair aerobics with Pat Velleca! **Session begins Tuesday, September 20 and ends Thursday, December 1.** Cost: \$5.00 for the 10 week session. This class will have a maximum of 12 people – sign up for this class will begin on September 1st.

PURPLE RED HATTERS ANNUAL FASHION SHOW – Wednesday, September 21, 1:00 p.m. at the Senior Center. This show is sponsored by Dress Barn of Hamden. Come and see all the new Fall Fashions. Refreshments will be served.

MEDICARE MADE CLEAR – Thursday, September 22, 10:30 a.m. A workshop on Medicare will be held Thursday morning to explain to new and current users how the program works and the options available. The overview, called "Medicare Made Clear," 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 which the state has decided to end as of June 30th. 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 spot!

MAKE A DIFFERENCE DAY – Friday, September 22, 10:30 a.m. We will be having a meeting for the upcoming “Make A Difference Day”. If you are interested in participating in this event, please join us!

OUTREACH OPPORTUNITIES

FOOD DONATION BASKETS – The Center has been, and will continue to be, a place where you can bring food that will be donated to local food banks for the less fortunate. Not only during the holidays and throughout the winter, but yearlong. **Unused, properly dated non-perishable foods** are always needed, such as powdered milk, macaroni and cheese, rice, canned tomatoes, mayonnaise, microwavable food, peanut butter, fruit and vegetable juices, canned vegetables, baked beans and all other kinds of beans, canned meats, soup, broth, crackers, salad dressing, croutons, coffee, tea, hot chocolate, pie filling, canned fruit, etc. Non-perishable food only.

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, Thursdays, Fridays, 1:00 p.m. Beginners Welcome! The courts are cleaned and ready for you to enjoy!!

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.

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.

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

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. **No Class 8/24/11 and 8/31/11.**

LINE DANCING– Monday and Wednesday, 9:00 to 10:00 a.m. New and inexperienced dancers are welcome to participate.

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

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.

CHAIR AEROBICS – Tuesday and Thursday, 10:30 – 11:30 a.m. Come and enjoy an hour of chair aerobics with Pat Velleca! **Session begins Tuesday, September 20 and ends Thursday, December 1.** Cost: \$5.00 for the 10 week session. This class will have a maximum of 12 people – sign up for this class will begin on September 1st.

FOOTLIGHTERS I – TAP – Fridays, 10:00 – 11:15 a.m. New session begins August 5. **Classes will run for 10 weeks.** Fee: residents, \$50; non-residents, \$60.

OIL PAINTING – Mondays, 12:30 – 2:30 p.m. No class 8/1; Session ends: August 29. New session will begin September 12 – November 21. Fee: residents, \$20, non-residents, \$30.

BEGINNER CHAIR YOGA - Mondays, 10:45 – 12:15 p.m. Session ends: August 8, no class 7/4.

BEGINNER CHAIR YOGA, Tuesdays, 10:00 – 11:30 a.m. New Session begins. August 2 – October 4. Fee: residents, \$40; non-residents, \$50.

UPCOMING DAY TRIPS 2011

- Opus Casino Cruise – Thursday, August 4, 2011 – *Seats still available*. Departs: 7:30 a.m.
- Wicked – Thursday, August 25, 2011, Collection has started – Cost: \$72.00. *1 seat is still available*.
- Come Fly With Me...A Tribute to Frank Sinatra and the Italian Greats – Tuesday, September 27, 2011. Cost: \$72.00
- Oktoberfest – Tuesday, October 11, 2011, Collection Date: Friday, September 26, 2011, 10:30 a.m. Cost: \$71.00
- Casino: Mohegan Sun – Thursday, November 10, 2011, Collection Date: Friday, September 30, 10:30 a.m. Cost: \$20.00
- “My Fair Lady” – Thursday, November 17, 2011, Collection Date: Friday, September 9, 10:30 a.m. Cost: \$90.00
- “Christmas with Father” – Tuesday, December 6, 2011, Collection Date: Friday, October 14, 10:30 a.m. Cost: \$70.00

UPCOMING 2011 DAY TRIPS

Opus Casino Cruise (*Seats still available*) – Thursday, August 4, 2011.

Wicked – Thursday, August 25, 2011. We are off to the Bushnell Theatre in Hartford to see “*the best musical of the decade*”! Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One- born with emerald green skin – is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for “the most complete and completely satisfying new musical in a long time” Cost: \$72.00 per person, checks made payable to: *North Haven Senior Citizen*. Collection for this trip has begun and we will take checks until the 18th person has bought the last ticket. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Come Fly With Me . . . A Tribute to Frank Sinatra and the Italian Greats – Tuesday, September 27, 2011. All your favorite Italian songs performed by the talented singer Rob Zappulla and his 7 piece band. There is nothing like live music as we Dance, Dine and Enjoy a great day together . . . songs of the great Italian Crooners and of course Frank Sinatra and his 5 decades of music. Delicious menu at the Grand Oak Villa in Oakville, CT – garden salad, pasta with homemade house sauce, chicken marsala and sliced pork loin, potato, vegetable and dessert, coffee and tea. Wine for everyone included on the tables!! Cost: \$72.00 per person, checks made payable to: *North Haven Senior Citizen*. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Oktoberfest – Tuesday, October 11, 2011. Ach, DuLieber! A little bit of Germany comes to New England with Oktoberfest! We'll dance and sing to medleys of German Folk Songs, Polkas, Show Tunes and Drinking Songs. Delicious menu at the Aqua Turf includes; spaetzle soup, salad with house dressing, german wurst platter, old world sauerbraten, braised red cabbage, roasted potatoes, pasta with meat sauce, hot apple topping over vanilla ice cream, coffee, tea, beer and wine. Cost: \$71.00 per person, checks made payable to: *North Haven Senior Citizen*. Collection Date: Friday, September 26, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Casino: Mohegan Sun – Thursday, November 10, 2011. Collection date: Friday, September 30, 10:30 a.m. Cost: \$20.00 per person, checks made payable to: *North Haven Senior Citizen*. Departure time: 8:45 a.m. and approximate return time is 5:00 p.m.

"My Fair Lady" – Thursday, November 17, 2011. We are off to Westchester Dinner Theatre located in Elmsford, New York to see the most beloved and celebrated musicals of all times . . . *"My Fair Lady"* . . . Professor Henry Higgins, who takes a bet that he can transform unrefined, dirty Cockney flower girl Eliza Doolittle into a lady, and fool everyone into thinking she really is one, too!!! He does, and thus young aristocrat Freddy Eynsford-Hill falls madly in love with her. Higgins takes all the credit and forgets to acknowledge her efforts, Eliza angrily leaves him for Freddy, and suddenly Higgins realizes he's grown accustomed to her face and can't really live without it. Cost: \$90.00 per person, checks made payable to: *North Haven Senior Center*. Collection Date: Friday, September 9, 10:30 a.m. Departure time: 9:00 a.m. and approximate return time is 5:00 p.m.

"Christmas with Father" – Tuesday, December 6, 2011. Father Patrick Aloysius Misgivings will share stories and one-liners about growing up Catholic. From miracles and marriage counseling to bazaars and birth control, nothing escapes the good father's razor sharp wit. This interactive comedy includes a collection, a raffle, and even an actual game of bingo. You will soon realize, Father Misgivings is New England's most entertaining one man show! This all takes place at Maria Gill Wilson Chapel at the four star Beechwood Hotel in Worcester, Massachusetts. Lunch is included: your choice of butternut squash and crabmeat bisque; Chicken Piccata or Sliced London Broil and includes; rolls, vegetables; cheesecake with strawberries; coffee, tea and soft drinks! Cost: \$70.00 per person, checks made payable to: *North Haven Senior Citizen*. Collection date: Friday, October 14, 10:30 a.m. Departure time: 9:00 a.m. and approximate return time is 5:00 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.**

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

August 2011

MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY
1	2	3	4	5
Corn Chowder Tunafish Salad on a Bed of Lettuce w/Tri-Colored Pasta/Three Bean Salad Kaiser Roll Nectarine	Phillie Cheese Steak w/Mozzarella Cheese Cut Green Beans Tossed Salad w/French Dressing - 2 pkts. 4" Grinder Roll Mandarin Orange Slices	Apple Juice Turkey Kielbasa/Sauerkraut Boiled Potatoes Belgian Carrots Hot Dog Roll Fruit Cocktail Mustard	100% Fruit Punch Beef Bracciole w/Gravy Fluffy Brown Rice Mixed Vegetables Oat Bread Unfrosted Brownie	2 Hot Dogs Tomato, Mozzarella and Cucumber Salad Chips Soda Dessert Cost: \$5.00
8	9	10	11	12
Cranberry Juice Seafood Salad on Bed of Lett. and Tom. Salad Creamy Cole Slaw Potato Salad Whole Wheat Sandwich Roll Sliced Pears	Apple Juice Meatloaf w/Gravy Fresh Mashed Potato Petite Peas Whole Wheat Bread Cantaloupe	Annual Picnic See Menu on Page 6 for more details! Cost: \$15.00	BIRTHDAY CAKE DAY 100% Fruit Punch Roast Turkey w/Gravy Cranberry Sauce Stuffing w/Gravy Petite Corn Oat Bread - 1 Sl. Birthday Cake	McDonald's Day Choice of: Chicken Nuggets Hamburger Cheeseburger Drink Fries Dessert Cost: \$5.00
15	16	17	18	19
COOKIE DAY Cranapple Juice Southern Fried Chicken Quarter Macaroni & Cheese Collard Greens Corn Muffin Special Cookie	Tomato Basil Soup Angus Burger Slice Cheese Ketchup California Blend Veg. Medley Whole Wheat Sandwich Roll (no seeds) Tangerine	Grape Juice Cold Carando Sl. Corned Beef Plate on L/T Potato Salad Marinated Cut Green Beans Mustard Rye Bread - 2 Sl. Sl. Pears	100% Fruit Punch Veal Parmesan w/ Marinara Sauce Ziti w/Marinara Sauce Tossed Salad w/Italian Dressing - 2 pkts. Italian Bread Sliced Peaches	Pizza Day Liugis Pizza Drink Dessert Cost: \$5.00
22	23	24	25	26
Grape Juice Stuffed Shells-2 w/1/2 c. Marinara Sauce Italian Blend Tossed Green Salad w/Blk Olives Italian Bread Oatmeal Raisin Cookie	Apple Juice Roast Pork w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Whole Wheat Dinner Roll Apricot Halves	Beef Barley Soup Chicken Salad Plate on Lettuce/Tomato and Cucumber 3-Bean Salad French Dressing - 2 pkts. Whole Wheat Sandwich Roll (no seeds) Mandarin Orange Slices	Calzone w/Marinara Sauce Green Beans Tossed Green Salad Italian Dressing-2 pkts. Plum	2 Hot Dogs Pasta Salad Chips Soda Dessert Cost: \$5.00
29	30	31		
100% Fruit Punch 12" LS/LF Beef Hot Dog on a Roll Mustard/Relish/Ketchup Baked Beans Creamy Cole Slaw Watermelon	Pineapple Juice Ham Salad on a Bed of Lettuce and Tomato Pineapple Cole Slaw 3-Bean Salad Kaiser Roll (no seeds) Seasonal Very Ripe Fruit	Pineapple Juice Yankee Pot Roast w/Gravy Fresh Mashed Potatoes Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit Cup	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
MINIMUM PORTIONS SERVED AT EACH MEAL:				
1c Milk - 1% or equivalent		1c Vegetable and Fruit or equivalent		2oz. Protein
and 2 Bread servings or equivalent (enriched or whole grain)				
1 pat Margarine				

AUGUST 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	2	3	4	5
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	7:30-Trip: Opus Cruise	9:30-E-Z Exercise
9:30-E-Z Exercise	10:00-Beg Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	10:00-E-Z Exercise
10:00-E-Z Exercise	10:30-Hairdresser/Nails	10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters 1
10:30-Canasta	12:00-Lunch	10:00-Manicures by Francine	12:00-Lunch	10:00-Scrabble Challenge
10:30-Errands	1:00-Mah Jongg	10:30-Current Event Discussion	12:30-Bocce	10:30-Farmers Market
10:45-Beg Chair Yoga	1:00-Crafts	10:30-Sing-a-Long w/Helen	1:00-Crafts	10:30-Benefits QuickLink
12:00-Lunch	1:15-Senior Songsters	10:30-Grocery Shopping	1:15-Movie & Popcorn	12:00-Lunch
12:00-Health Guidance		12:00-Lunch	"Cinderfella"	12:15-Bridge
12:30-No Oil Painting		12:15-Bridge		1:00-Bingo with Erica/Bocce
1:00-Bingo w/Amanda		12:30-Int Mah Jongg		
1:00-Bocce		1:00-Knitting w/Eleanor		
1:30-Beg Pinochle		1:00-Bingo w/George/Bocce		
		3:15-Computer Class		
8	9	10	11	12
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:30-E-Z Exercise	9:30-"Get To Know Your Senior Center"	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-E-Z Exercise
10:00-E-Z Exercise		10:30-Grocery Shopping	12:00-Lunch	10:00-Footlighters 1
10:30-Canasta	10:00-Beg Chair Yoga	11:30-Annual Picnic With The Purple Red Hatters	12:30-Bocce	10:00-Scrabble Challenge
10:00-Massages by Kim	10:30-Hairdresser/Nails	12:15-Bridge	1:00-Crafts	10:30-Farmers Market
10:30-Errands	10:30-Presentation: "Healthy Feet Are Happy Feet"	12:30-No Int Mah Jongg	1:30-Game: Left, Center, Right	12:00-Lunch
10:45-Beg Chair Yoga	11:00-"Free" Glucose Screening	1:00-No Bingo w/George		12:15-Bridge
12:00-Lunch		1:00-No Bocce		12:30-Bocce
12:00-Health Guidance	12:00-Lunch	1:00-No Knitting w/Eleanor		1:00-Bingo with Erica/Bocce
12:30-Oil Painting	1:00-Mah Jongg	3:15-No Computer Class		
1:00-Bingo w/Amanda	1:00-Crafts			
1:00-Bocce	1:15-Senior Songsters			
1:30-Beg Pinochle				
15	16	17	18	19
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:45-AARP Driver Safety	9:30-E-Z Exercise
9:30-E-Z Exercise	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-E-Z Exercise
10:00-E-Z Exercise	10:30-Hairdresser/Nails	10:00-Manicures by Francine	10:00-Pinochle	10:00-Footlighters 1
10:30-Canasta	12:00-Lunch	10:30-Grocery Shopping	10:30-Bocce with Wallingford	10:00-Scrabble Challenge
10:30-Errands	1:00-Mah Jongg	12:00-Lunch	12:00-Lunch	10:30-Farmers Market
10:45-Beg Chair Yoga	1:00-Crafts	12:15-Bridge	12:30-Bocce	12:00-Lunch
12:00-Lunch	1:15-Senior Songsters	12:30-Int Mah Jongg	1:00-Crafts	12:15-Bridge
12:30-Oil Painting	Elvis' Anniversay	1:00-Bocce	1:00-Storyteller:	1:00-Bingo with Erica/Bocce
1:00-Bingo w/Amanda		1:00-Knitting w/Eleanor	Kate Allen Smith	
1:00-Bocce		1:00-Bingo w/George/Bocce		
1:30-Beg Pinochle		3:15-Computer Class		

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