

SENIOR HAPPENINGS

AUGUST 2012

Remember to:

*Drink lots of water
Put lots of sunscreen on
and
Enjoy the rest of the summer*



At A Glance . . .

- ☞ August 6 - Mini Trip: Hamden Mart
- ☞ August 6 - Purple Red Hatters non-board meeting
- ☞ August 9 - Trip: All You Can Eat Lobster
- ☞ August 10 - Senior Moments with Mike
- ☞ August 15 - Trip: Twin River Casino
- ☞ August 16 - AARP Driver Training
- ☞ August 16 - Bingo sponsored by Hamden Healthcare
- ☞ August 17 - Bocce Tournament w/Wallingford
- ☞ August 23 - Lunch out: Sandpiper
- ☞ August 24 - Auction
- ☞ August 27 - Mini Trip: Universal Drive
- ☞ August 30 - Program Committee Meeting
- ☞ August 31 - Lunch and Bingo sponsored by the Regency House

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

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

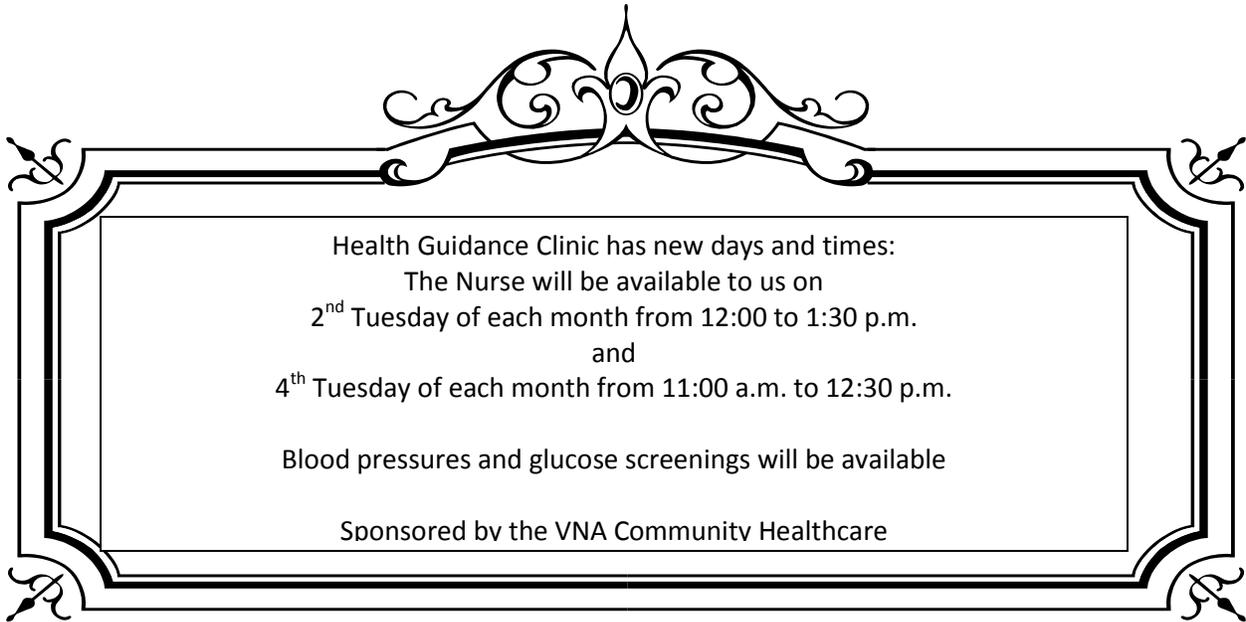
Manager - Judy Amarone

Secretary - Maggie Maiden and Ellen McDonald

Café Manager - Mary Ellen Durso

Program Coordinator - Sue Tienken-Jung

Bus Drivers - Arelis Adorno, Eileen Mogensen and Lisa Marasco



Senior Moments with Mike - Friday, August 10, 10:30 a.m. If you have an issue and would like to discuss it with First Selectman Mike Freda, please call the Center to make an appointment to meet with him, 203-239-5432. Appointments will be made every 20 minutes.



**Bingo
 Sponsored by
 Hamden Healthcare**

Thursday August 16, 2012
 10:30 a.m.

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

Prizes – groceries and snacks!

Re-Gifting Auction

Friday, August 24, 2012
 10:15 a.m.

Our Auction is back!
 Since we had such a great time
 with the auction, we decided
 to host another!

We are looking for gently used
 or new items to auction off!
 Please remember –

No clothes,
 Pocketbooks or shoes.
 All items can be brought
 into the Center beginning
 Wednesday, August 1.





Updated Member Application and Participant Code of Conduct are needed for **CURRENT AND NEW MEMBERS**

In moving forward and continuing to making our Center the Best it Can Be, a Participant Code of Conduct was developed last year. You will find a copy of the form along with a Membership Application in this month's newsletter. All participants are requested to complete both forms and return it to the office. It is in your best interests to have updated information on file especially during an emergency at the Center. Let's not wait for a crisis help us to help you. Thank you.



Upcoming Events . . .

Annual Picnic with the Purple Red Hatters – Wednesday, September 12, 11:30 a.m. This year our Annual Picnic will be catered by Zandri's Catering Service, menu to include: barbecue chicken, macaroni and cheese, baked beans, cole slaw, bread and butter, assorted cold beverages and for dessert an ice cream bar. All served by our Town Department Heads. **Cost: \$15.00 per person.** Entertainment will be by Bob Giannotti. Collection will begin Monday, August 13th – last day to pay will be Wednesday, September 5th.

Budrow's Broadway Theatre – Tuesday, September 25, 1:15 p.m. Come first to enjoy a delicious lunch to include antipasto salad, meatball subs and a delicious lemon pineapple icebox cake. Lunch will be served at 11:45 a.m. Cost: \$6.00 per person. After lunch, stay and listen to our very own Senior Songsters straight from North Haven, CT. Let them take you back to many different eras and songs that you all will know and enjoy! Sign ups begin Tuesday, September 4th through Tuesday, September 18th.

Farmer Market Coupons



The Town of North Haven has been awarded to participate in the 2012 CT Department of Agriculture Farmers Market program. This program provides seniors 60 years of age or older, or under 60 and permanently disabled living in subsidized senior housing and meet the income requirement with coupons that can be exchanged for eligible foods at farmers' markets and community supported agriculture programs. Annual household income cannot exceed \$20,665 for single person or \$27,991 for a couple. All participants deemed eligible for this program are required to sign a receipt page in addition proof of income and residency is required. The Center will provide transportation to the Farmers Market, Friday, August 31, 12 noon – 1p.m. Booklets may be picked up at the Center Monday – Friday from 8:30 a.m. to 3:30 p.m. For those needing transportation to pick up the farmer market coupons, please call the Center, 203-239-5432 to arrange for transportation.

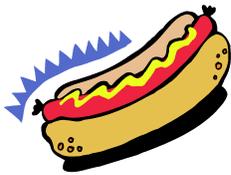
Jewelry Making



Come and enjoy an afternoon of jewelry making with Amanda, Jordyn and Eryn on Thursday, 1:00 to 2:30 p.m – the final date will be August 9. **No class on Thursday, August 2.** Learn to make all the latest fashions. Cost per class: \$3.00 for supplies. Please sign up the Tuesday before the class.

Crafts

If you have a craft and would like to share your talents in teaching our Seniors this craft to sell at our Holiday Bazaar, please call the Center and speak with Sue, 203-239-5432.



Hot Dog Fridays

During the months of August and September – we will host Hot Dog Fridays – cost: \$4.00 you will receive 2 hot dogs, chips and a soda. Please sign up the Wednesday before.

Looking for your help

Trip Committee – Calling all Seniors, we are looking for your input! We need your help in choosing trips for the 2013 season!



So save the date for our upcoming meeting – Friday, September 7, 10:30 a.m.



Program Committee – Do you have ideas about what programs you would like to have at the Senior Center? Come join the Program Committee on

Thursday, August 30, 10:30 a.m.

PROGRAMS and CLASSES

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

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**

Thursday, 10:30 – 11:30 a.m. Chair Aerobics is designed for those who need to exercise while seated. This program focuses on muscle tones, joint flexibility and cardiovascular strength. Pat Velleca will be our instructor. The session runs for 12 weeks from Thursday, September 20 and ends Thursday, December 13. **No classes Thursday, November 22.** Fee: residents, \$5.00; non-residents, \$10.00. Registration will begin Monday, August 13th.

- **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**

Will begin back up in September. If you are interested in one of our classes, please contact the Center and we will be glad to put you on our class list.

- **E-Z EXERCISE**

Monday, Wednesday and Friday, 9:30 – 10:00 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.

- **LINE DANCING**

Monday and Wednesday, 9:00 - 10:00 a.m.

Studies show by dancing you will reduce your risk of future memory problems. So come join our line dancing program and help reduce your risk of memory loss.

- **BEGINNER LINE DANCING**

Tuesday, 10:00 to 11:00 a.m. 12 week session will begin: September 4 through November 27. Cost: residents, \$24.00; non-resident, \$29.00. Registration will begin Wednesday, August 15th. Babe Dineen, will be our certified dance instructor. We must get at least 12 dancers for the class to begin.



OIL PAINTING

Monday, 12:30 – 2:30 p.m. New Session will begin: Monday, September 27 and run through Monday, December 10. Fee: residents, \$20.00; non-residents, \$25.00. **No session:** Monday, October 8 and Monday, November 12.

• **MAH JONGG**

Tuesday, 12:30 p.m. and Wednesday, 12:00 p.m.

• **KNITTING AND CROCHETING CLASS**

Wednesday, 12:30 – 2:30 p.m.



• **SENIOR SONGSTERS**

Tuesdays, 1:15 to 2:15 p.m. Do enjoy singing? Looking to entertain? The Senior Songsters is looking for you to join the chorus and sing those old tyme songs. We travel to area assisted living communities and convalescent centers as well as the public school system during the Holiday Season. If you are interested, please call the Center, 203-239-5432 for more information.

• **STRONGER SENIORS**

Mondays, 1:00 to 2:00 p.m., Session begins: Monday, September 10 through Monday, October 15. Cost: residents, \$5.00; non-residents \$10.00 **No class Monday, October 8.** Registration begins Wednesday, August 15. Each session will have a specific topic discussed and an exercise to follow up. A minimum of 12 people is needed for this class to begin.

• **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 and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. New session begins: Tuesday, July 31 through Tuesday, October 2. Fee: residents, \$40.00; non-residents, \$45.00.



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. Session runs: Thursday, July 5, 2012 through Thursday, September 6, 2012. Fee: residents, \$45.00; non-residents, \$50.00.

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.

Benefit Quicklinks Information

This program helps you find state, federal, and private benefits programs available where you live. These benefits programs can help pay for prescriptions, health care, food, utilities, and more. You can also get help with tax relief, transportation, legal issues, or finding work. A volunteer is available for you on the first Friday of every month from 10:30 a.m. Please call the Center to make your appointment, 203-239-5432.

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:
- ⇒ Hamden Mart; Monday, August 6
- ⇒ Universal Drive; Monday, August 27

Tuesdays:

- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:

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

Thursdays:

- Town Pool
- Lunch Out: Sandpiper;
Thursday, August 23

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 – September 3; October 8; November 12 and 22; December 7 and 25.**

Please note: All Scheduled Mini Trips begin pickups at 10:30 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips 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 is 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 as specified for departure time, the bus will leave without you and there **will not** be a refund issued.*

Casino: Foxwoods – Thursday, September 6, 2012 Collection date: Friday, August 10, 10:30 a.m. Cost: \$21.00 per resident; \$26.00 per non-resident
Departure time: 8:00 a.m. and approximate return time is 4:30 p.m.

The Sicilian Tenors – Thursday, September 20, 2012. A must see show filled with the power and beauty of delightful tenor voices. The Sicilian Tenors: Aaron Caruso, Elio Scaccio & Sam Vitale, take the audience on a romantic journey from Hollywood to Broadway to Italy. Be My Love, O Solo Mio and Nessun Dorma are a few of their selections they will perform with live music. The tenors recently were on stage at Carnegie Hall singing to a sold out audience. Come enjoy the excitement at the Grand Oak Villa in Oakville, CT. Menu consists of: crackers, cheese, pepperoni upon arrival, Family style meal: garden salad, pasta with homemade house sauce, chicken parmesan and sliced roast beef with gravy, potato, vegetable and dessert. Wine for everyone!! Cost: \$78.00 resident, \$83.00 non-resident. Collection Date: Friday, August 6, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Oktoberfest – Chez Josef – Thursday, October 11, 2012. “Kommen Sie zur Party” and “GenieBen Sie Ihre Lieblings-Deutsch Lebensmittel” = Come to our Party and Enjoy your Favorite German Food!! We will be heading to Chez Josef today to be entertained by John Banker and his Bavarian Band – him and his band will dance and sing to medleys of German Folk Songs, Polkas, Show tunes and drinking songs all dressed in authentic German Lederhosen. Highlights of the show include hilarious parodies from The Sound of Music and amazing Yodeling. As we enter into Chez Josef, we are welcome with port cheese, onion dips, assorted crackers and celebration snack mix. Lunch will consist of: salad, knockwurst, sauerbraten & spatzle, red cabbage and caramelized onions, warm apple crisp and brewed coffee and teas. A glass of beer or wine for everyone! Cost: \$75.00 per resident; \$80.00 per non-resident. Collection Date: Friday, August 27, 10:30 a.m. Departure time: 9:30 a.m. and approximate return time is 4:30 p.m.

Casino: Mohegan Sun – Thursday, November 29, 2012 Collection date: Friday, September 14, 10:30 a.m. Cost: \$21.00 per resident; \$26.00 per non-resident Departure time: 9:00 a.m. and approximate return time is 5:00 p.m.





Welcome to Our New Members
Jay Garbero, Julius Garbero, Edith Gillman,
Ellen Goodman, Barbara Kaplan, Gloria Florio, Marguerite Sapiente,
Robert Caprio and Salvatore Carofano



Thank you to the following for your donation:

Ann Alexander, Gulie DeAngelo, Mary DeSanto, Carol Labagnaro, Mary Russo

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 bases at 11:30 a.m. – please note the newsletter of 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 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!

Anna Abate
Frances Aucello
Elizabeth Baptie
Joseph Bodie
Kathleen Borrelli
Rosina Cantu
Lucille Ciriolo
Elaine Cocco
Antoinette Criscuolo
Madeline Davoli
Antoinette Delise
Joe Ferretti
Barbara Flood
Gretchen Fuggi
Patricia Gannon
Rosaire Gauthier
Elaine Giannini
Clara Goff
Katherine Herpok
Florence Jetmar-Lewis
Mark Kenniston
William Laudano
Gloria Lesage
Rose Maisano
John McCallum
Pasquale Navarretta
Marie Palmieri
Shirley Piekarski
John Putney
Irene Rogers
Anne Marie Rubino
Robert Scheidecker
Alice Spallone
William Thompson
Barbara Veith
Helen Vorio
Mabel Williams

Martha Amatruda
Marlene Avidon
Frances Basilio
Betty Bonos
Clara Bowen
Jesse Caraway
Alicia Clapp
Mary Conte
Frank Criscuolo
John DeLauro
Ruth Dudley
Betty Fiasconaro
Eleanor Fragola
Bill Fuggi
Annette Gattilia
Walter Gawrych
Audrey Giaquinto
Sharon Hannon
Renee Hogan
Phyllis Kaercher
Barbara Kieslich
Charles LeGrand
Frances Lillo
Jilta Marasco
Carmel Meriano
Angele Nuzzolillo
Therese Pantall
Elvira Piombino
Marylee Rapuano
Marion Rook
Rodger Salman
Josephine Signor
Karon Suraci
Yvonne Tienken
Nancy Ververis
William Wickwire
Marion Wodecki

Anthony Ardito
Mary Baiocchi
Nora Beattie
Mary Boppart
Joan Burns
Anna Cavallaro
Linda Cocchiaro
Jocelyn Coppola
Arlene D'Angelo
Larry DeMilo
Mario Ferrari
Helen Fleming
Lois Fucci
Philomena Gambardella
Connie Gauthier
Salvatore Giaimo
Edith Gillman
Marbel Harcarik
George Imperato
Margaret Kelly
Charlotte Lamb
Paul Lemke
Howard Luppi
Trudy Markiewicz
Stephen Midzenski
Vincent Pacileo
Bertha Parese
Alexandra Piscitelli
Lynne Rescigno
George Ross
Arthur Sannino
Helen Soltys
Bernadette Tancreti
Michael Troiano
Ann Visconti
Nancy Wilcox
Stanley Zilinski

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

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
9:00-Line Dance	9:00-Ceramics	8:00-Trip: "Twin River	8:30-AARP Driver Safety	9:30/10:00-E-Z Exercise
9:30/10:00-E-Z Exercise	10:00-Chair Yoga	Casino"	9:00-Ceramics	10:00-Footlighters
10:15-Canasta	10:30-Hairdresser/Barber/Nails	9:00-Line Dance	10:00-Pinochle	10:00-Scrabble Challenge
11:30-Lunch	11:30-Lunch	9:30/10:00- No E-Z Exercise	10:30-Bingo Sponsored by	10:15-Bocce Tournament
12:30-Bocce	12:00-Health Guidance Clinic	10:30-Errands	Hamden Healthcare	with Wallingford
12:30-Oil Painting	12:30-Mah Jongg	11:30-Lunch	11:30-Lunch	10:30-Grocery Shopping
12:45-Bingo	1:00-Crafts	12:00-Int Mah Jongg	12:30-Bocce	10:30-Wii Bowling
1:30-Beg Pincohle	1:15-Senior Songsters	12:15-Bridge	1:00-Sing-A-Longs	11:30-Lunch/Hot Dog Friday
Collection begins:	2:30-Tax Relief Program	12:30-Bocce	1:00-Intermediate Yoga	12:15-Bridge
Annual Picnic	Computer Lab	12:30-Knitting w/Eleanor	1:00-StoryTeller:	12:30-Bocce
	Closed To Public	12:45-Bingo	Kate Allen Smith	12:45-Bingo
			1:00-Crafts	
20	21	22	23	24
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:30/10:00-E-Z Exercise	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
10:15-Canasta	10:30-Hairdresser/Barber/Nails	10:30-Errands	10:30-Lunch Out: Sandpiper	10:00-Scrabble Challenge
11:30-Lunch	11:30-Lunch	11:30-Lunch	11:30-Lunch	10:15-Auction
12:30-Bocce	12:30-Mah Jongg	12:15-Bridge	12:30-Bocce	10:30-Grocery Shopping
12:30-Oil Painting	1:00-Crafts	12:00-Int Mah Jongg	1:00-Sing-A-Longs	10:30-Collection Date:
12:45-Bingo	1:15-Senior Songsters	12:30-Bocce	1:00-Intermediate Yoga	"The Sicilian Tenors"
1:30-Beg Pinochle	2:30-Tax Relief Program	12:30- Knitting w/Eleanor	1:00-Crafts	10:30-Wii Bowling
	Computer Lab	12:45-Bingo	4:00-Caregiver Support Group	11:30-Lunch/Hot Dog Friday
	Closed To Public			12:15-Bridge
				12:30-Bocce
				12:45-Bingo
27	28	29	30	31
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:30/10:00-E-Z Exercise	10:00-Chair Yoga	9:30/10:00- No E-Z Exercise	10:00-Pinochle	10:00-Footlighters
10:15-Canasta	10:30- No Hairdressers Today	10:30-Errands	10:30-Program Committee	10:00-Scrabble Challenge
10:30-MiniTrip: Universal Dr	10:30-Tax Relief Program*	11:30-Lunch	Meeting	10:30-Grocery Shopping
11:30-Lunch	Computer Lab	12:15-Bridge	11:30-Lunch	10:30-Wii Bowling
12:30-Bocce	Closed To Public	12:00-Int Mah Jongg	12:30-Bocce	11:30-Free Lunch & Bingo
12:30-Oil Painting	11:00-Health Guidance Clinic	12:30-Bocce	1:00-Sing-A-Longs	Sponsored by Regency House
12:45-Bingo	11:30-Lunch	12:30- Knitting w/Eleanor	1:00-Intermediate Yoga	12:15-Bridge
1:30-Beg Pinochle	12:30-Mah Jongg	12:45-Bingo	1:00-Crafts	12:30-Bocce
	1:00-Crafts			
	1:15-Senior Songsters			
	*Transportation Available			

PLEASE CONTACT MARY ELLEN DURSO, CAFÉ MANAGER TO RESERVE YOUR LUNCH
BETWEEN THE HOURS OF 9 - 11:00 a.m. - 203-239-4030

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Soups come with unsalted Crackers</p> <p>*The dessert is the same for both meals</p> <p>All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt</p>	<p>All Rolls are Seedless</p> <p>All White Rice is Enriched</p> <p>All non-citrus juices are Vitamin C Fortified</p>	<p>LS Tuscany Bean Soup</p> <p>Unsalted Crackers -1 pkt.</p> <p>Chunky Chicken Salad</p> <p>Lettuce Bed w/Sl. Tom.</p> <p>Italian Pasta Salad</p> <p>Marble Rye Bread</p> <p>Margarine -1</p> <p>Fresh Fruit</p>	<p>BIRTHDAY CAKE DAY</p> <p>Grape Juice</p> <p>Whole Wheat Spaghetti</p> <p>LS Marinara Sauce</p> <p>Meatballs -2</p> <p>Parmesan Cheese</p> <p>Spinach Salad</p> <p>LF Vinaigrette Dressing -2</p> <p>Garlic Bread</p> <p>Margarine -1</p> <p>Strawberry Birthday Cake</p>	<p>Roasted Turkey</p> <p>LS Gravy</p> <p>Mashed Potato</p> <p>Italian Mixed Vegetables</p> <p>Enriched Bread</p> <p>Margarine -1</p> <p>Fruited Yogurt</p>
6	7	8	9	10
<p>Lite Crunch Fish</p> <p>Lemon Wedge/Tartar sauce</p> <p>Green Beans</p> <p>Acorn Squash</p> <p>Oat Bread</p> <p>Margarine -1</p> <p>Chocolate Frosted Brownie</p>	<p>100% Fruit Punch</p> <p>Pot Roast</p> <p>LS Gravy</p> <p>Roasted Red Potatoes</p> <p>Country Style Vegetables</p> <p>Whole Wheat Bread</p> <p>Margarine -1</p> <p>Fresh Fruit</p>	<p>Stuffed Peppers</p> <p>LS Marinara Sauce</p> <p>Mashed Potato</p> <p>Zucchini</p> <p>Rye Bread</p> <p>Margarine -1</p> <p>Special Cookie</p>	<p>LS Pasta Fagioli</p> <p>Unsalted Crackers -1 pkt.</p> <p>Roasted Chicken Quarter</p> <p>Sweet Potato Wedges</p> <p>Mixed Green Salad</p> <p>LF Vinaigrette Dressing -2</p> <p>Pumpnickel Bread</p> <p>Margarine -1</p> <p>Pineapple Tibits</p>	<p>Apple Juice</p> <p>Stuffed Shells</p> <p>LS Marinara Sauce</p> <p>Broccoli</p> <p>Canneloni Beans</p> <p>Italian Bread</p> <p>Margarine -1</p> <p>Fresh Peach</p>
13	14	15	16	17
<p>Lite Crunch Chicken</p> <p>Carribbean Rice and Beans</p> <p>Stewed Tomatoes</p> <p>Oat Bread</p> <p>Margarine -1</p> <p>Watermelon</p>	<p>Beef Tips</p> <p>LS Brown Gravy</p> <p>Egg Noodles</p> <p>Peas and Onions</p> <p>Whole Wheat Bread</p> <p>Margarine -1</p> <p>Raspberry Sherbert</p>	<p>Turkey Divan</p> <p>Baked Potato</p> <p>Sour Cream</p> <p>Baby Belgium Carrots</p> <p>Pumpnickel Bread</p> <p>Margarine -1</p> <p>Fruited Jello</p>	<p>Roast Beef</p> <p>LS Gravy</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Rye Bread</p> <p>Margarine -1</p> <p>Special Cookie</p>	<p>LS Manhattan Clam Chowder</p> <p>Unsalted Crackers -1 pkt.</p> <p>Chicken Caesar Salad</p> <p>Bowtie Pasta Spinach Salad</p> <p>Breadstick</p> <p>Margarine -1</p> <p>Chocolate Brownie</p>
20	21	22	23	24
<p>Roasted Pork Lion</p> <p>LS Gravy</p> <p>Red Bliss Potatoes</p> <p>Roman Blend Vegetables</p> <p>Multigrain Dinner Roll</p> <p>Margarine -1</p> <p>Tropical Fruit Cup</p>	<p>LS Tomato Basil Soup</p> <p>Unsalted Crackers -1 pkt.</p> <p>LS Turkey and Cheese Potato salad</p> <p>Lettuce Bed w/Sl. Tom. and Sl. Onion</p> <p>Mayo/Mustard</p> <p>Kaiser Roll</p> <p>Margarine -1</p> <p>Fresh Fruit</p>	<p>Swedish Meatballs</p> <p>LS Sour Cream Gravy</p> <p>Egg Noodles</p> <p>Tuscany Blend Vegetables</p> <p>Rye Bread</p> <p>Margarine -1</p> <p>Mandarin Oranges</p>	<p>Cranapple Juice</p> <p>LS BBQ Chicken Quarter</p> <p>Macaroni and Cheese</p> <p>Fresh Roasted Vegetables</p> <p>Multigrain Bread</p> <p>Margarine -1</p> <p>Oatmeal Raisin Cookie</p>	<p>Pineapple Juice</p> <p>Swaii Fish w/Fruit Salsa</p> <p>Lemon Wedge/Tartar sauce</p> <p>Brown Rice Pilaf</p> <p>Spinach</p> <p>Oat Bread</p> <p>Margarine -1</p> <p>Ice Cream Sandwich</p>
27	28	29	30	31
<p>Shrimp Bisque</p> <p>Unsalted Crackers -1 pkt.</p> <p>SpinachQuiche</p> <p>Sliced Carrots</p> <p>Whole Wheat Bread</p> <p>Margarine -1</p> <p>Special Cookie</p>	<p>Apple Juice</p> <p>BBQ Pulled Pork Sandwich</p> <p>Fresh Sweet Potato</p> <p>California Blend Vegetable</p> <p>Whole Wheat Roll</p> <p>Margarine -1</p> <p>Cinnamon Applesauce</p>	<p>LS Tuscany Bean Soup</p> <p>Unsalted Crackers -1 pkt.</p> <p>Chunky Chicken Salad</p> <p>Lettuce Bed w/Sl. Tom.</p> <p>Italian Pasta Salad</p> <p>Marble Rye Bread</p> <p>Margarine -1</p> <p>Fresh Fruit</p>	<p>Grape Juice</p> <p>Whole Wheat Spaghetti</p> <p>LS Marinara Sauce</p> <p>Meatballs -2</p> <p>Parmesan Cheese</p> <p>Spinach Salad</p> <p>LF Vinaigrette Dressing -2</p> <p>Garlic Bread</p> <p>Margarine -1</p> <p>Special Cookie</p>	<p>Roasted Turkey</p> <p>LS Gravy</p> <p>Mashed Potato</p> <p>Italian Mixed Vegetables</p> <p>Enriched Bread</p> <p>Margarine -1</p> <p>Fruited Yogurt</p>
<p>MINIMUM PORTIONS SERVED AT EACH MEAL:</p> <p>1c Milk - 1% or equivalent 1c Vegetable and Fruit or equivalent 2oz. Protein 1 pat Margarine</p> <p>and 2 Bread servings or equivalent (enriched or whole grain)</p>				

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