

SENIOR HAPPENINGS

DECEMBER 2012



*Wishing You and
Your Family
A
Happy and Healthy
Holiday Season!*



At A Glance . . .

- ≈ December 3 - **Trip:** Trees of Hope and Lunch
- ≈ December 4 - Senior to Senior Breakfast
- ≈ December 4 - Senior Songsters to Green Acres
- ≈ December 7 - Christmas Party at Zandri's Stillwood Inn – Center Closed!
- ≈ December 10 - Energy Assistance
- ≈ December 11 – **Presentation:** Understanding Your UI Bill and How to Save Money!
- ≈ December 11 - Senior Songsters to Montowese
- ≈ December 12 - Finance Meeting – 10:30 a.m.
- ≈ December 12 - Purple Red Hatters Holiday Party
- ≈ December 13 – **Mini Trip:** Hamden Mart
- ≈ December 13 - **Presentation:** “Healthy Organization” sponsored by VNA Community Healthcare
- ≈ December 13 - 4th Annual Staff Cookie Contest and Hot Chocolate
- ≈ December 14 – Senior to Senior Moments with First Selectman Mike Freda
- ≈ December 14 – Hanukkah Party
- ≈ December 17 – **Mini Trip:** Universal Drive
- ≈ December 17 – Fantasy of Lights and Dinner
- ≈ December 19 – Concert at Clintonville Elementary School
- ≈ December 20 – AARP Safe Driving Program
- ≈ December 20 – Senior Songsters to Ridge Road

Joyce C. Budrow NORX Haven Senior Center
189 Pool Road, NORX Haven, Ct

Office: 203-239-5432 ♦ Fax: 203-234-7185

www.town.norx-haven.ct.us

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

Manager – Judy Amarone

Secretary – Maggie Maiden and Ellen McDonald

Café Manager – Arlene Herzog

Program Coordinator – Sue Bienken-Jung

**Bus Drivers – Arelis Rodriguez, Eileen Mogensen
and Lisa Marasco**

Judy's Corner

Thank you to the following for making our 2012 Holiday Bazaar a success!
In appreciation, our staff will hold a thank you luncheon in your honor. Please see page 5 for more details.

Baked Goods: Eileen Coppola and Claudia Guilietti

Banker: Jan Rapuano

Ceramics: JoAnn Buccetti, Angela Chapnick, Joan DeMatteo, Annette Downing, Flo Hagan, Jan Helland, Eleanor Magnotti, and Jeanette Menker

Children's Activity Room: Samantha Cone, Amanda Jung, Noelle Lazarus, and Reilly Owen

Crafts: Frances Basilio, Ceil Bretko, Mary DeSanto, Norman Juniewicz, Lynette Ryan, and Josephine Signor

Floater: Gloria Abbott and Yvonne Tienken

Granny's Attic: Helen Ennis, Carolyn Keehan, Marcia Maresca, Rose Salerno

Hand made wood crafts: Teri and Fran Langley

Jewelry: Ann Alexander and Frances Letskus

Kitchen: Michael Arcangelo and Dottie Esposito

Knitting: Fran Bartlett, Brownie Brown, Elaine Cocco, Eileen Fletcher, Roberta Guandalini, Arlene Herzog, Eleanor Kovach, Peg Limbacher, Lucy Minichino, Marie Morse, Pauline Rockefeller, and Lynette Ryan

Ticket Sales for Kitchen: Viola Plant

Raffles: Louise Musso

I would also like to thank all members who donated to the baked goods and Grannies Attic table. Your support of the Center's bazaar is appreciated and recognized.

Secret Pal Project 2013

Would you like to be remembered throughout the year with a card or a friendly note? If so then why not sign up to be part of our Secret Pal Project happening right at your Center. It's easy! Stop by the office, pick up a questionnaire form and complete it by December 21st. On December 31st the office will inform you of your secret pal and the fun begins! Being someone's secret pal does not have to be expensive—in fact, like most things in life, simple is best. Here are some ideas that I have used in the past: cards/notes, a poem, perhaps a lottery ticket and anything handmade, of course. Have fun and remember you are making someone smile just by remembering them throughout the year. Next year at this time the Center will hold a Secret Pal Party and each member will disclose their secret pal. It's a fun way to be remembered and a way to make a new friend. I'm joining in on the Secret Pal Project, are you?

May the good times and treasures of the present become the golden memories of tomorrow. Wish you lots of love, joy and happiness.

HAPPY HOLIDAYS!

What's happening in December . . .

Learn About



Understanding your UI bill and How to Save Money – Tuesday, December 11, 10:30 a.m. Richard LoPresti, a UI Representative will be presenting on Energy Efficiency Measures and How to Understand your monthly UI bill. You are encouraged to attend this presentation given the current utility costs that we all face, especially during the winter season. This is your opportunity to ask questions, including what all those numbers mean on your monthly bill. Refreshments will be served to all in attendance. Call the Center to reserve your seat, 203-239-5432.

Health Organization sponsored by VNA Healthcare – Thursday, December 13, 10:45 a.m. It pays to be organized! Taking care of yourself is something you need to do everyday. How to make healthy food choices, manage your health records, and organize your medications. These helpful suggestions will get you on the road to becoming a healthier, happier you. Please call the Center to register for this presentation, 203-239-5432.



Party with Us

Senior to Senior Breakfast – Tuesday, December 4, 8:00 a.m. at the North Haven High School. Transportation will be provided – please call the Center at 203-239-5432. If you drive but would like to take the bus to the High School please meet us at the Senior Center by 7:30 a.m.

Tri-Town Christmas Party – Friday, December 7, 11:30 a.m. to 3:00 p.m. at Zandri's Stillwood Inn, 1074 S. Colony Road, Route 5, Wallingford, Connecticut. **Transportation will be available! The Christmas Party is now filled.**

Purple Red Hatters Christmas Party – Wednesday, December 12, 1:00 p.m. at Dino's Restaurant, 540 Washington Avenue. Choice of meal: Triple House Combo (white or red), Baked Stuffed Shrimp, Fried Shrimp, Baked Stuffed Sole, Chicken Parmigiana with ziti, New York Strip Steak, baked potato, cole slaw, soda, coffee, tea and choice of dessert: cheesecake or chocolate mousse cake – cash bar will be available. Please call Louise Musso, 203-239-4383 or Jennie Valentino, 203-239-1462. Tickets cost \$21.00 per person (tip included), *checks made payable to the Purple Red Hatters*. "No Cash". Last day to reserve your space is Wednesday, December 5. Please bring your check and choice of dinner to the next event.

Hanukkah Party – Friday, December 14, 11:30 a.m. Come and celebrate Hanukkah with an Americanized traditional lunch. Menu consists of: Matzo Ball Soup, Latkes aka potato pancakes, apricot chicken, acorn squash, applesauce and Rugalech. Cost: \$6.00 per person – please sign up with the office by December 10th.



Trees of Hope, Long Wharf Maritime Center and lunch at The Greek Olive – Monday, December 3, 10:30 a.m. Free admission. Come and enjoy the spectacular display and raffle of holiday trees, baskets and tables settings! Visits with Santa, Ronald McDonald and musical performances make the event fun for the entire family! Weather permitting.

**Senior Songsters
on the Road
Christmas Caroling . .**



- ✦ **December 4 – Green Acres**
- ✦ **December 11 – Montowese**
- ✦ **December 20 – Ridge Road**

All members of our Chorus please make sure you wear white tops and black pants. If you need transportation to the Elementary Schools, please contact the office, 203-239-5432. We will be leaving the Center by 1:00 p.m.

**Christmas Concert at
Clintonville Elementary
School**



Wednesday, December 19, 9:30 a.m.

This year we were invited to listen to the children of Clintonville Elementary School at their school's Christmas concert.

Transportation will be provided – if you drive but would like to take the bus to the Elementary School, please meet us at the Senior Center by 8:45 a.m.

Please call the Center to reserve your seat on the bus!

4th Annual Staff Cookie Contest – Thursday, December 13, 1:00 p.m. Come and enjoy an afternoon of cookies and hot chocolate as you vote for the best cookie made by our own Senior Center's Staff! Let the office know by December 11th if you will be joining us.



Senior Moments with Mike - Friday, December 14, 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 scheduled every 20 minutes.



Fantasy of Lights and Dinner – Monday, December 17, 4:30 p.m. Come and enjoy an evening in New Haven as we go through Lighthouse Point to see the beautifully decorated lights. First we will stop en route to have dinner (on your own). Please sign up by calling or stopping by the Office, 203-239-5432 by Wednesday, December 12, 2012. Weather permitting.



Christmas Eve Lunch . . .

Monday, December 24
11:30 a.m.

Lunch will be on your own!

We will be heading out to Olive Garden to enjoy a nice leisurely lunch and a little cheer with our friends!

Please sign up with the office by Monday, December 17th!



New Year Eves Lunch . . .

Monday, December 31
11:30 a.m.

Lunch will be on your own!

We will be heading out to Dino's to Enjoy a nice leisurely lunch and a little cheer with our friends!

Please sign up with the office by Thursday, December 27th!

Health Guidance Clinic has new days and times:
 The Nurse will be available to us on
 2nd Tuesday of each month from 12:00 to 1:30 p.m.
 and
 4th Tuesday of each month from 11:00 a.m. to 12:30 p.m.
 Blood pressures and glucose screenings will be available

Sponsored by the VNA Community Healthcare

Looking for your help

Reading Volunteers – Do you enjoy reading, do you enjoy children?

Clintonville Elementary School is looking for senior volunteers to read with students. Commitment is one day a week for one hour, and you can choose your own day of the week that fits your schedule. If you are interested please call the Center to add your name to our list, 203-239-5432. You must be a member of the Senior Center.



Some of January's Activities

- ✎ **Bring In the New Year** – Thursday, January 3, 2013, 11:45 a.m. Catered by Zandri's Stillwood Inn – seating is limited to the first 80 people. Cost: \$15.00 by Thursday, December 27th – reservations begin Tuesday, December 4. Menu will consist of: tossed salad, ziti with meat sauce, roast beef au jus, green beans, roasted potatoes, champagne toast, sundae parfaits, with raspberry or chocolate sauce. Entertainment by: John Paolillo.
- ✎ **Spring Bazaar Committee Meeting** – Tuesday, January 8, 2013, 10:30 a.m. to discuss the upcoming Spring Fair. Please come with some ideas and thoughts!
- ✎ **Holiday Bazaar Volunteer Luncheon** – Tuesday, January 29, 2013, 11:45 a.m. All Holiday Bazaar Volunteers are cordially invited to attend a luncheon to thank you for your help and support in our Annual Holiday Bazaar. Menu for the day: antipasto, stuffed shells, garlic bread, dessert. Cost to non-volunteers: \$10.00.

HELP SUPPORT THE VIETNAM VETS OF AMERICA

And fill the need for the following items:

Clothing: Men's, ladies, children's and babies; Shoes, Books, Glassware, Jewelry, Toys, Tools, Small appliances, T.V.s & Radios, Bedding, Rugs, Bric-a-Brac, Baby Items

To Donate or for additional information call: 1-800-775-VETS

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, January 10 and will end on Thursday, March 28. Fee: residents, \$5.00; non-residents, \$10.00.

- **CRAFT CLASSES** Craft Classes will resume in January!! 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.



- **COMPUTER CLASSES**

Monday, September 10, times of classes are 9:00 to 10:30 a.m. or 10:30 a.m. to 12:00 noon. 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.

- **KNITTING AND CROCHETING CLASS**

Wednesday, 12:30 – 2:30 p.m.



- **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 required. **No Class on December 7.**

- **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.

- **INTERMEDIATE LINE DANCING**

Tuesday, 10:00 to 11:00 a.m. 12 week session will begin: Tuesday, January 8 through Tuesday, April 2, 2013. **No class Tuesday, February 12.** Cost: residents, \$24.00; non-resident, \$29.00. Babe Dinneen, will be our certified dance instructor. We must get at least 12 dancers for the class to begin.

- **MAH JONGG**

Tuesday, 12:30 p.m. **No class Tuesday, December 25** and Wednesday, 12:00 p.m.



- **OIL PAINTING**

Monday, 12:30 – 2:30 p.m. New Session will begin: Monday, January 28 and run through Monday, April 22. **No class on Monday, February 18.** Fee: residents, \$20.00; non-residents, \$25.00. A list of supplies will be given to you prior to the first class.

- **SIT-ERCISE**

Mondays and Wednesdays, 10:45 to 11:45 a.m. New session will begin: Monday, February 4 through Wednesday, May 10. **No class on Monday, February 18.** Increase muscle strength, improve flexibility, gait and balance to help prevent falls – exercises are done in a chair and this program is specially designed for those 50 and older who are at risk for falls. Cost: residents, \$10.00; non-residents, \$15.00. Registration begins Monday, September 10. Sponsored by VNA Community Healthcare. **Please make checks payable to VNA Community Healthcare.**

- **SENIOR SONGSTERS**

Tuesdays, 1:15 to 2:15 p.m. Do you enjoy singing? Looking to entertain? The Senior Songsters are 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.

- **BEGINNER CHAIR YOGA**

Tuesday, 9:00 to 10:30 a.m. and 10:45 a.m. to 12:15 p.m. Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. Session ends: January 22, 2013. 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; Yoga will strengthen, stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. New Session Begins: Thursday, January 10 through Thursday, March 28. Fee: residents, \$45.00; non-residents, \$50.00.



Benefit Quicklinks Information

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



Did You Know . . . ?

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



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, Thursday, December 13
- ⇒ Universal Drive, Monday, December 17

Tuesdays:

- Hairdressers, Barbers and Nail Salons. **For the Holiday Season, hairdressers will be on Monday, December 24th.**
- Town Pool

Wednesdays:

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

Thursdays:

- Town Pool

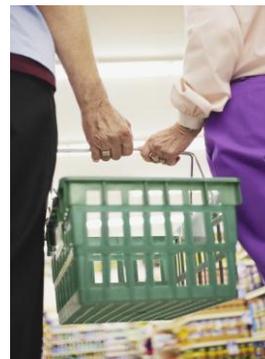
Fridays:

- Grocery Shopping – Big Y or Stop and Shop

Medical Transportation

The Center provides medical transportation to all members of the Center at no charge to the Seniors – we travel to North Haven, New Haven, Hamden and VA Hospital of West Haven. Hours of medical transportation are Monday through Friday, 9:00 a.m. and must be ready to go home by 2:00 p.m. ***Beginning December 1, New Haven and VA appointments will begin at 9:30 a.m.** Please call for availability – as soon as you make your appointment, please call to reserve your ride – appointments are taken on a first come basis and unfortunately, not all requests can be fulfilled. If you feel you need assistance going to your medical appointment, feel free to bring a relative, friend or aide at no charge. When making your appointment please indicate if you will be bringing them with you. **Due to the Holidays there will be no medical transportation on the following days – 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 are canceled for any reason, there *will not* be a make up during that week for transportation.





2013 Day Trip Policies *Updated*

- ☞ Full payment is due six weeks prior to trip to secure your reservation. Please make checks payable to: Friendship Tours - non-resident fee payable in cash only. This does not apply to trips sponsored by the North Haven Senior Center.
- ☞ Please remember to bring in your emergency contact information, their name and telephone numbers (including work and cell numbers.)
- ☞ Please make the staff aware of any special seating requests.
- ☞ There will be **no refunds**. If the travel agent or the Center cancels the trip, refunds will be issued.
- ☞ 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.
- ☞ You **must come into** the Center to check in prior to boarding the bus.

Casino: Foxwoods – Tuesday, March 5, 2013. **Collection date:** Friday, January 4, 2013. **Cost:** \$22.00 per resident; \$27.00 per non-resident. **Departure time:** 8:00 a.m. and approximate return time is 4:00 p.m.

Maple Madness & Butterflies – Wednesday, March 27, 2013 – departure from the Senior Center at 8:00 a.m. and will be home by 5:30 p.m. **Cost:** \$69.00 resident; \$74.00 non-resident. **Collection Date:** Friday, January 25, 2013. Hop on with us to the Parker’s Maple Barn in Mason, New Hampshire. Upon arrival enjoy the “Parker’s Original Sugar Party Brunch” – scrambled eggs, sausage, bacon, a slab of maple ham, a plain pancake, a blueberry pancake, and real maple syrup! Coffee, tea, milk or hot chocolate! Following brunch a staff member will lead us on a tour of the Sugar House, where we will learn about the sugaring process and see how maple sugar is made. Spend some time in the Corner Crib Gift Shop – here you will see local country crafts, dozen of flavors of jams, jellies, scented candles, herbal teas, greeting cards and a grand candy and toy section. Then off to Magic Wings visiting the amazing butterfly Conservatory in South Deerfield, MA - an experience you will never forget – over 4000 gorgeous butterflies are flying free in the conservatory. Your guide explains the habits, life styles, favorite foods and origins of these kaleidoscopic beauties. Nice gift shop here with Butterfly themes!

Westchester Broadway Theatre Presents: Guys & Dolls – Thursday, April 11, 2013 – departure from the Senior Center at 9:30 a.m. and will be home by 5:30 p.m. **Cost:** \$90.00 resident; \$95.00 non –resident. **Collection Date:** Friday, February 8, 2013. The Winner of five Tony Awards, including the Best Musical, Guys and Dolls may well be the greatest musical of all time! Subtitled “A Musical Fable of Broadway,” the show is set in the colorful world of New York City in the mid 20th century. Guys and Dolls is populated with gangsters and gamblers, missionary dolls and beautiful showgirls, and has one of the great musical scores in the history of American theatre. Westchester Dinner Theatre is located in Elmsford, NY is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, each person selects from an excellent menu and enjoys a pre-show lunch.

Savor the Flavor: Federal Hill, Little Italy, Providence, RI – Thursday, May 16, 2013 – departure from the Senior Center at 8:00 a.m. and will be home by 5:30 p.m. **Cost:** \$73.00 resident; \$78.00 non-resident. **Collection Date:** Friday, March 8, 2013. We’ll begin our day at Scilio’s Bakery, well known for their fine bread and pastries. Enjoy a tour and demonstration along with a sample of pastry and coffee or tea. We then continue to Gepetto’s Pizzeria, famous for its legendary pizza. The chef delights and entertains you with his tableside demonstration of the techniques used in grilling the perfect pizza. Our 5 course meal includes: house salad, Rhode Island style calamari, penne pasta with homemade pink vodka sauce, four varieties of Gepetto’s famous grilled pizzas and homemade tiramisu and beverage. Following lunch we will stroll over to Venda’s Ravioli Emporium to shop for fine Italian foods, olive oils and cheeses and then we will complete our day with a riding Tour of Providence with our local step on guide.

Casino: Mohegan Sun – Tuesday, May 21, 2013. **Collection date:** Friday, March 1, 2013. **Cost:** \$22.00 per resident; \$27.00 per non-resident Departure time: 8:00 a.m. and approximate return time is 4:00 p.m.

Saratoga Raceway – New York – Thursday, August 22, 2013 – departure from the Senior Center at 7:30 a.m. and will be home by 9:30 p.m. **Cost:** \$62.00 resident; \$69.00 non-resident. **Collection Date:** Friday, March 15, 2013 – due to the fact we have to give the raceway a \$10.00 non-refundable deposit to hold our seats!! We’re off to the races! It’s race time and the excitement fills the air at the world-renowned Saratoga Race Course. Come see where the Champion Man O’ War lost his only race. Debuting in 1863, it is the oldest race track in America. Enjoy the best in horse racing. Admission and reserved grandstand seating, lunch on your own at the raceway – choose from the Turf Terrace, The Porch Dining area, The Club Terrace at the Rail Pavilion or the concession stands. Dinner stop on your own en route home.



Welcome to Our New Members

Peter Chang, Patricia Cook, Donna Domnean, Marylou Guarniere, Nicholas Mastroianni,
Martha Richardson, Halivia Stopka



Thank you to the following for your donation:
Ann Alexander, Gloria Ferraro, Brian Havens, Regency House, Nancy Miller
Josephine Riccio, Kathy Smith, Janet Sola, Nancy Wilcox
Thank You to All Those who Donated to our Trees of Hope Tree

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 our Café at 203-239-4030 between
9:00 a.m. and 11:00 a.m. by the previous day to order your lunch.
All meals include bread, butter and milk. Soups, entrees, gravies, sauces,
salad dressings and desserts are low fat and low sodium.





Happy Birthday to You

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

Frank Amatruda
Florence Barger
Fiore Botta
Natalie Candido
Edith Chalmers
Dorothy Coppa
Louise DeLauro
Charles DePonte
Diana Dri
Alice Esparo
Ann Farricelli
Yolanda Gagliardi
Genevieve Giannotti
Josephine Guidone
Edward Harrigan
John Hevrin
John Iovene
Freda Kaplan
Helen Kolterman
Terry Langley
Phyllis Leidhecker
Gardner Lewis
Ethel Lumpkin
Charles Martingdale
Guy Merola
James Mutrie
Lorraine O'Donnell
Rose Paturzo
Annette Pinto
Bernard Possidente
Ann Raccio
Ted Rogers
Helen Scialla
Janine Stevens
Leslie Sweetmar
Ann Vivian Tullo
Lisa Wambolt

Saroj Baheti
Neil Beckwith
Lucille Brunelli
Marie Carletti
Christopher Cleary
Mary Coss
Barbara DeBattista
Jennie Diamante
Marion Eisnor
Sue Esposito
Elizabeth Fisser
Betty Gannon
Doris Gonzalez
Virginia Hamel
Janet Helland
Isabelle Holmes
Louise Joiner
Katherine Klaus
Betty Lambe
Mary Lano
Robert LeQuire
George Lewis
Anthony Mancini
Vincent Matrisciano
Rose Milo
Michael Nazario
Edwina O'Neil
Barbara Peluso
Sandra Piontek
Ralph Prete
Jeanne Reid
Anthony San Giovanni
Thomas Sheriden
Josephine Stewart
Evelyn Taddei
Solange Vandal
Albert Wilhelms

Robert Bannon
Harry Bennett
Howard Buehler
Crystal Cassella
Loretta Colvano
Carol Cretella
RoseDeLucia
Mary Dombroski
Maureen Embler
Robert Esposito
Marianne Fontana
Louise Garbatini
Roberta Guandalini
Albert Hanson
Ewald Hessinger
Stefanie Horn
Jean Jones
Henry Kluppelholz
Frank Lamonaca
Cindy Laudano
Mark Levine
Emma Lucibello
Marie Marangell
Maureen McKenna
Mary Morrisroe
Mary Nuzzo
Anthony Parise
Mary Louise Pierpont
Martha Pond
Dorothy Putney
Louis Rodriguez
Claire Schultz
Mildred Stankiewicz
Virginia Stusik
Geraldine Tommaselli
Joan Vaughan
Joanne Wilson

DECEMBER 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
*PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE				
3	4	5	6	7
9:00-Line Dance	8:00 – Senior to Senior	Center Opening at Noon	9:00-Ceramics	Tri-Town Christmas Party
9:00-Computer Class	Breakfast at NH High	Today – All morning	10:30-Chair Aerobics	Zandri's Stillwood Inn
9:30/10:00-E-Z Exercise	9:00-Ceramics	Activities Cancelled	10:30-Errands/Grocery	11:30 a.m. – 3:00 p.m.
10:00-Massages by Kim	9:00-Chair Yoga	Kitchen Grease Trap	Shopping	Transportation Available
10:15-Canasta	10:00-Line Dance with Babe	Being Cleaned	11:30-Lunch	CENTER CLOSED
10:30 Trees of Hope/Lunch	10:30-NO Hairdresser/ /Nails	11:30-No FSW Lunch	1:00-Christmas Sing-A-Longs	NO ACTIVITIES/NO LUNCH
The Greek Olive	10:45-Chair Yoga	12:00-Mah Jongg	1:00-Intermediate Yoga	NO MEDICAL
10:30-Computer Class	11:30-No FSW Lunch	12:15-Bridge	1:00-No Crafts	TRANSPORTATION
10:45-Sit-Ercise	12:30-Mah Jongg	12:30-Knitting w/Eleanor		
11:30-No FSW Lunch	1:00-No Crafts	12:45-Bingo		
12:30-Oil Painting	1:30-Senior Songsters to			
12:45-Bingo	Green Acres			
1:30-Beg Pinochle	Bring In the New Year			
	reservations begin			
10	11	12	13	14
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:00- No Computer Class	9:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
9:30/10:00-E-Z Exercise	10:00-Line Dance with Babe	10:30-Errands	10:30-Chair Aerobics	10:00-Scrabble Challenge
10:00-Energy Assistance	10:30-Hairdresser/Barber/Nails	10:30-Finance Meeting	10:30-MiniTrip: Hamden	10:30-Senior to Senior
In Computer Room*	10:30-Presentation:	10:45-Sit-Ercise	Mart	Moments with Mike Freda
10:15-Canasta	Understanding Your UI Bill	11:30-Lunch	10:30-Presentation: "Healthy	10:30-Grocery Shopping
10:30- No Computer Class	and How to Save Money!	12:00-Mah Jongg	Organization" sponsored by:	11:30-Hanukkah Party
11:30-Lunch	10:45-Chair Yoga	12:15-Bridge	VNA Community Healthcare	Cost: \$6.00
12:30-Oil Painting	11:30-Lunch	12:30-Knitting w/Eleanor	11:30-Lunch	12:15-Bridge
12:45-Bingo	12:00-Health Guidance Clinic	12:45-Bingo	1:00-Intermediate Yoga	12:45- No Bingo Today
1:30-Beg Pinochle	12:30-Mah Jongg	1:00-Purple Red Hatters	1:00-No Crafts	
*Transportation Available	1:00-Senior Songsters to	Holiday Party	1:00-4th Annual Staff Cookie	
	Montowese		Contest & Hot Chocolate	

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

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:30-AARP Driving Program	9:30/10:00-E-Z Exercise
9:00-Computer Class	9:00-Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-Footlighters
9:30/10:00-E-Z Exercise	10:00-Line Dance with Babe	9:30-Concert at Clintonville Elementary School	10:00-Pinochle	10:00-Scrabble Challenge
10:00-Massages by Kim	10:30-Hairdresser/Barber/Nails	10:30-Errands	10:30-Chair Aerobics – Last Class	10:30-Grocery Shopping
10:15-Canasta	10:45-Chair Yoga	11:30-Lunch	11:30-Lunch	11:30-Lunch
10:30-Computer Class	11:30-Lunch	10:45-Sit-Ercise	1:00-Sing-A-Longs	12:15-Bridge
10:30-MiniTrip: Universal Drive	12:30-Mah Jongg	11:30-Lunch	1:00-Intermediate Yoga	12:45-Bingo
10:45-Sit-Ercise	1:00-No Crafts	12:00-Mah Jongg	1:00-No Crafts	
11:30-Lunch	1:15-Senior Songsters	12:15-Bridge	1:00-Senior Songster to Ridge Road	
12:30-Oil Painting		12:30-No Knitting w/Eleanor		
12:45-Bingo		12:45-Bingo		
1:30-Beg Pinochle				
4:30-Fantasy of Lights and Dinner				
24	25	26	27	28
9:00-Line Dance	CENTER CLOSED	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:00-Computer Class	MERRY CHRISTMAS	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
9:30/10:00-E-Z Exercise		10:30-Errands	11:30-Lunch	10:00-Scrabble Challenge
10:15-Canasta	NO TRANSPORTATION	10:45-Sit-Ercise	1:00-No Sing-A-Longs	10:30-Grocery Shopping
10:30-Computer Class	NO LUNCH	11:30-Lunch	1:00-Intermediate Yoga	11:30-Lunch
10:30-Hairdresser		12:00-Mah Jongg	1:00-No Crafts	12:15-Bridge
10:45-Sit-Ercise		12:15-Bridge	1:00-Christmas Movie	12:45-Bingo
11:30-Lunch Out Today		12:30-No Knitting w/Eleanor	Bring In the New Year Reservations ends	
12:30-Oil Painting		12:45-Bingo		
12:45-Bingo				
1:30-Beg Pinochle				
31				
9:00-Line Dance				
9:00-Computer Class				
9:30/10:00-E-Z Exercise				
10:15-Canasta				
10:30-Computer Class				
10:45-Sit-Ercise				
11:30-Lunch Out Today				
12:30-Oil Painting				
12:45-Bingo				
1:30-Beg Pinochle				

FSW, INC. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

December 2012

Please contact the Café Manager to reserve your lunch by calling the day before between the hours of 9-11:00 a.m. (203-239-4030)

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
No FSW lunch served today!	No FSW lunch served today!	All Morning Activities Cancelled! No FSW lunch served today!	4 oz cranberry juice 4 oz hot open turkey sandwich with LS gravy on 2 slice wheat bread ½ cup roasted sweet potato ½ cup broccoli and cauliflower 1 tsp margarine 1 brownie 8 oz low fat milk	Center Closed Christmas Party At Zandri's
10	11	12	13	14
4 oz pineapple juice 4 oz baked tilapia with lemon dill sauce ½ cup confetti brown rice ½ cup spinach 2 slices 12 grain bread 1 tsp margarine ½ cup chocolate pudding 8 oz low fat milk	1 lasagna roll with 2 oz meat sauce ½ cup tossed salad with tomato and Italian dressing 1 slice garlic bread 1 tsp margarine ½ cup orange jell-o with peaches 8 oz low fat milk	Birthday Cake day 4 oz orange juice 4 oz roast beef with LS gravy 1 baked potato with sour cream ½ cup Scandinavian vegetables 2 slice wheat bread 1 tsp margarine 8 oz low fat milk	4 oz oven fried chicken quarter ½ cup macaroni and cheese ½ cup green beans 1 buttermilk biscuit 1 tsp margarine ½ cup apricots 8 oz low fat milk	Hanukkah Party Cost: \$6.00 Please sign up in the office by December 10th!
17	18	19	20	21
4 oz meatloaf with LS gravy ½ cup mashed potato ½ cup baked fresh acorn squash 2 slices 100% whole wheat bread 1 tsp margarine ½ cup pears 8 oz low fat milk	4 oz chicken teriyaki ½ cup brown rice ½ cup oriental blend vegetables 2 slices oat bread 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk	¾ cup minestrone soup 1 pkt unsalted crackers 4 oz lite crunch fish with lemon and tarter sauce ½ cup roasted potatoes ½ cup stewed tomato 1 multi grain roll 1 tsp margarine Seasonal fresh fruit 8 oz low fat milk	Christmas Dinner Eggnog Chicken Cordon Bleu w/LS cream sauce ½ cup mashed sweet potato ½ cup roasted vegetables 1 Pumpernickel raisin roll 1 tsp margarine Chocolate Layer Cake 8 oz low fat milk	4 oz grape juice ½ cup whole grain spaghetti with marinara sauce 3 oz chicken meatballs 1 slice Italian bread 1 tsp margarine ½ cup Caesar salad with croutons and vinaigrette dressing ½ cup vanilla pudding with strawberries 8 oz low fat milk
24	25	26	27	28
Christmas Eve No FSW Food Service Today!! See the newsletter for lunch option!	Merry Christmas! Center Closed	¾ cup cream of carrot soup 1 pkt unsalted crackers 4 oz BBQ chicken ½ cup black beans and corn ½ cup collard greens 2 slices wheat bread 1 tsp margarine Seasonal fresh fruit 8 oz low fat milk	4 oz pot roast wit LS gravy ½ cup mashed potato ½ cup Tuscan blend vegetables 2 slices rye bread 1 tsp margarine ½ cup applesauce 8 oz low fat milk	4 oz fish Florentine with lemon ½ cup brown rice ½ cup baby Belgium carrots 1 multi grain roll 1 tsp margarine ½ cup tropical fruit cocktail 8 oz low fat milk
31				
Happy New Year! No FSW Food Service Today! See the newsletter for lunch option!				

MINIMUM PORTIONS SERVED AT EACH MEAL:

1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 2oz. Protein 1 pat Margarine

2 Bread servings or equivalent (enriched or whole grain)

All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt

All Rolls are Seedless. All White rice Is Enriched. All Non-citrus juices are Vitamin C fortified.