

# Senior Happenings

## FEBRUARY 2012

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

**[www.town.north-haven.ct.us](http://www.town.north-haven.ct.us)**

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



**Manager: Judy Amarone**  
**Café Manager: Mary Ellen Durso**  
**Secretaries: Maggie Maiden**  
**Ellen McDonald**

**Program Coordinator: Sue Tienken-Jung**  
**Bus Drivers: Arelis Adorno**  
**Eileen Mogensen**  
**Lisa Marasco**

## 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 Wednesday, February 22 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 11:00 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 Friday, 10:30 a.m. at *Big Y or Stop & Shop.\**
- **Lunch transportation from Senior Housing**  
Monday through Friday
- **Hairdresser and Barber/Nails:**  
Every Tuesday, 10:30 a.m.\*
- **Errands:** Every Wednesday, 10:30 a.m. Trips include: bank, post office, card shop, and pharmacy.
- **NOTE: For prescription pick ups at pharmacies it is recommended you phone your pharmacy ahead.**

Please remember errands are quick and should last a half hour. Shopping is one and a half hour 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, New Haven, Hamden and VA Hospital of West Haven Monday through Friday. Call for availability. **Please try to make all appointments between 9:00 a.m. (New Time) and 1:30 p.m. (you must be ready to go home by 2:00 p.m.)**

**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: February 13 and 20; April 6; May 28; July 4; September 3; October 8; November 12 and 22; December 25.**

### 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**

<b>FEBRUARY MINI TRIPS</b>		<b>MARCH MINI TRIPS</b>	
<b>FEBRUARY 6 – HAMDEN HAMDEN MART</b>		<b>MARCH 5 – WALLINGFORD WAL MART</b>	
<b>FEBRUARY 27 – NO HAVEN UNIVERSAL DRIVE</b>		<b>MARCH 26 – NO. HAVEN UNIVERSAL DRIVE</b>	

## **From the desk of Judy**

### **North Haven Senior Center Care Giver Support Group**

*Support groups bring people together who are facing similar issues, whether that's illness, relationship problems or major life changes. Members of support groups often share experiences and advice. It can be helpful just getting to talk with other people who are in the same boat.*

*While not everyone wants or needs support beyond that offered by family and friends, you may find it helpful to turn to others outside your immediate circle. A support group can help you cope better and feel less isolated as you make connections. A support group shouldn't replace your traditional medical care, but it can be a valuable resource.*

### **Benefits of support groups**

*In a support group you'll find people with problems similar to yours. Members of a support group typically share their personal experiences and offer one another emotional comfort and moral support. They may also offer practical advice and tips to help you cope with your situation.*

### **Benefits of participating in support groups may include:**

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improved coping skills and adjustment
- An opportunity to talk openly and honestly about your feelings
- Reduction in distress, depression or anxiety
- A clearer understanding of what to expect with your situation

*If you're facing a major illness or stressful life change, you don't have to go it alone. Consider joining the North Haven Senior Center Caregiver Support Group that meets the last Thursday of each month from 4-5pm at the Center. If you would like more information, contact me at the Center 203 239-5432.*

### **Sock it to the Seniors Sock Tree Continues!**

Throughout the month of February all members of the Center are invited to get involved with the Center's annual sock collection. As in years past, socks donated will be given to those in need. Only new socks for children and adults will be accepted and may be dropped off at the Center. Tell your friends and family about our effort to help people in our community who are less fortunate. Upon receiving your donation your name will be placed upon the Center's Sock Tree (Christmas Tree) acknowledging your efforts in helping our community.

*Your donation will be warmly appreciated!*

## **BIRTHDAY CELEBRATIONS**

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

Dorothy Acampora  
Nathaniel Appleby  
Frances Bartlett  
Yvon Bolduc  
Josephine Brown  
Rose Cervero  
Lori Cohen  
Rose Crossley  
Joyce Davis  
Mary Ann Dinneen  
Patricia Ferrara  
Pat Gatter  
Marion Green  
Mary Harrigan  
Karen Hull  
Peggy Keefe  
Winifred Kotchian  
Margaret Laudano  
Pat Loughlin  
Anna Maher  
Lester Martin  
Janet Melillo  
Edward Morrissey  
Walter O'Brien  
James Peterson  
Joyce Reilly  
Kenneth Rudnicki  
Louis Schettino  
Robert Vandal  
Sandra Wilhelms

Celeste Aconfora  
Shirley Asid  
Catherine Benedetti  
Mary Brady  
Mary Ann Catardi  
Ruth Charm  
Audrey Connery  
Mildred Daley  
Jane DePaola  
Mary Jane Duncanson  
Helen Fusaris  
Mary Giovanelli  
Madeline Guido  
Jo Ann Hassett  
Alexander Jacovino  
Amelia Kennedy  
Annette Landino  
Vito Laudicina  
Adrienne Luyckx  
Mary Maier  
Peggy McCarthy  
Anna Miranda  
Madelyn Murano  
Rita Panico  
Connie Pinto  
Marie Ricciardelli  
Barbara Sarno  
Bessie Scott  
Mary Catherine Wasson

Carmela Amendola  
William Avino  
Mario Blanco  
Harold Brightman  
Lena Cattaruzza  
Michael Christoforo  
Eileen Coppola  
Margaret Davidson  
Mary DeSanto  
Emily Fabrizio  
Edward Gannon  
A.J. Golino  
Katherine Guidone  
Lawrence Hatch  
Walter Kaercher  
Catherine Kolesnik  
Francis Langley  
Katherine Lofquist  
Micki Lynch  
Sandra Manguilli  
Lucy McManus  
Charles Morrissey  
Stanley Nerwoski  
Eleanor Pelley  
Angelo Raccio  
John Robinson  
Don Sause  
Howard Sisson  
Roberta Wettstone

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

## **WELCOME TO OUR NEW MEMBERS**

Ellen Robert, Charles LeGrand, Russ Toni, John Vasseur, Robert Giannotti, Carol Cretella,  
Irma D'Amora and Bart Laurello

## **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 Pru Armstrong, John Berardi, Judy DiLeone, Betty Gybowski, Carol Labagnaro, Carol Liquori, Louise Musso, Stop & Shop, Janice Ulmann. For those who donated and did not sign our donations list - Thank You.

## FEBRUARY EVENTS

- February 1      **Ombudsman Meeting**  
**Sing-a-long with Helen – 10:45 a.m.**
- February 3      **National Wear Red Day**  
**Benefits Quicklink (Call for an appointment) – 10:00 – 12 noon**  
**Super Bowl Lunch and Fun – 11:30 a.m.**
- February 6      **Massages by Kim – By Appointment**  
**Mini Trip: Hamden Mart – 10:30 a.m.**
- February 7      **“Free” Glucose Screening & Blood Pressure – 11:00**  
**Lunch with the Interact Club – 11:30 a.m.**
- February 8      **Purple Red Hatters Tea Time– 1:00 p.m.**  
**No Bingo**
- February 10     **No EZ Exercise**  
**“Dog Days of Winter” - 10:30 a.m.**
- February 14     **Get to know you Senior Center – 9:30 a.m.**  
**Valentine’s Day Surprise – 1:15 p.m.**
- February 16     **Storyteller, Kate Allen Smith – 1:00 p.m.**
- February 17     **Collection Date: “The Riverhouse – John Timpanelli” – 10:30 a.m.**
- February 22     **Health Guidance Clinic – 11:00 a.m.**
- February 23     **Valentines Card Party – 1:00 p.m.**  
**Caregiver Support Group – 4:00 p.m. – see page 7 for details**
- February 24     **No EZ Exercise**  
**Valentine’s Celebration – 11:30 a.m. – with Rich DePalma**  
**Senior Moments with Mike – by appointment**  
**Cake Walk Fundraiser – 2:00 p.m.**
- February 27     **Massages by Kim – By Appointment**  
**Mini Trip: Universal Drive – North Haven – 10:30 a.m.**

## **FEBRUARY EVENTS**

**SING-A-LONG** – Wednesday, February 1, 10:30 a.m. Come and sing-a-long with Helen for an hour with old tyme songs.

**NATIONAL WEAR RED DAY** – Friday, February 3, On the Tenth Annual National Wear Red Day All who participate will raise awareness that cardiovascular disease is the number 1 health threat facing people today and the leading cause of death for women. By increasing awareness of the risk factors and taking action to reduce them, we can save thousands of lives each year. So be proud and wear RED today!! Thanks for your participation.

**BENEFITS QUICKLINK** – Friday, February 3, 10:30 a.m. to 12:30 p.m. Contact Judy Amarone for more information, 203-239-5432.

**SUPER BOWL LUNCH AND FUN** – Friday, February 3, 11:30 a.m. Menu consists of: deviled eggs, homemade chili, boneless buffalo wings (not hot), chips and dips along with a half time dessert. Take a chance at a pool as well – purchase squares for .50 cent a square and win some great prizes!! Winners will be announced on Monday, February 6<sup>th</sup>. Cost: \$7.00.

**MASSAGES BY KIMBERLY** – Monday, February 6, 10:00 a.m. - 12:00 noon. Please call the Center to schedule your appointment, 203-239-5432. **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

**MINI TRIP: HAMDEN MART** – Monday, February 6, 10:30 a.m.

**LUNCH WITH THE INTERACT CLUB** – Tuesday, February 7, 11:30 a.m. Come enjoy conversation and lunch with our very own Interact Club from North Haven High School!

**PURPLE RED HATTERS TEA TIME** – Wednesday, February 8, 1:00 p.m. A representative from Bigelow Tea Company will be our guest, speaking about the history of tea and the health benefits of tea – refreshments to follow. Please bring your favorite tea cup. If you are not a Purple Red Hatter and would like to join us, the cost is \$2.00.

**“DOG DAYS OF WINTER” IN HONOR OF THE “NORTH” MINSTER DOG SHOW** – Friday, February 10, 10:30 a.m. Bring in your favorite stuffed toy dog to show him off. Prizes will be awarded to: best in show, appearance, best expression and best behaved. Let’s have loads of fun and enjoy a morning of laughter. Special treats will be served.

**GET TO KNOW YOUR SENIOR CENTER** – Tuesday, February 14, 9:30 a.m. If you are new to the Center and would like to learn the “in’s and out’s” please join either Gloria or Joan to help guide you through it all.

**VALENTINES DAY SURPRISE** – Tuesday, February 14, 1:15 p.m. Enjoy an afternoon of our own Senior Songsters entertaining us with Love Songs. Dessert and coffee will be served. Invite friends and family and “show off” our Center’s talent! Please let the office know if you would like to join us by calling 203-239-5432.

**AARP DRIVER SAFETY PROGRAM** – Thursday, February 16, 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 3<sup>rd</sup> Thursday of every month except November. Dates for 2012 are: 3/15, 4/19, 5/17, 6/21, 7/19, 8/16, 9/20, 10/18 and 12/20.**

**STORY TELLER, KATE ALLEN SMITH** – Thursday, February 16, 1:00 p.m. Come on in and continue to enjoy an hour of laughter, crying and coffee . . .

**VALENTINES CARD PARTY** – Thursday, February 23, 1:00 p.m. Cost \$5.00 admission – raffle prizes, refreshments and loads of fun to be had!! Card games will include bridge, pinochle, canasta, kings in the corner, and setback. Please sign up with the office by Tuesday, February 21<sup>st</sup>.

**CAREGIVER SUPPORT GROUP** - Thursday, February 23, 4:00 p.m. and the last Thursday of every month until the end of the year, a care giver support group will be provided for you. The group leader will be Francine Lombardi, MSW from VNA Community Healthcare. **Please reserve your spot by Tuesday prior to the support group meeting.**

**SENIOR MOMENTS WITH MIKE** – Friday, February 24, 10:30 a.m. If you have an issue and would like to talk with Mike, please call the Center to make your appointment. Appointments will be set every 20 minutes. 203-239-5432.

**VALENTINES CELEBRATION** – Friday, February 24, 11:30 a.m. Come and enjoy a nice Valentine luncheon and entertainment by our very own Rich DiPalma. Menu: Stuffed shells and meatballs, antipasto salad, garlic bread and a special valentine dessert. Cost: \$7.00 per person.

**CAKE WALK FUNDRAISER** – Friday, February 24, 2:00 p.m. If you would like to bake a cake to donate for the cake walk in memory of your loved one, please sign up in the office by Friday, February 17<sup>th</sup>. How this works: You need to stand by a number you would like to purchase for .50 cents and you can buy as many of the same number at once to take a chance on all of the cakes or just your favorite ones. Then you walk around the tables and put your number in the bag of desired cakes. Then if your number has been drawn you win that cake or cakes. This will be fun for all to participate in!! Half of the proceeds will be donated to the American Heart Association in memory of our loved ones who have been touched by Heart Disease.

**MASSAGES BY KIMBERLY** – Monday, February 27, 10:00 a.m. - 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, February 27, 10:30 a.m.

**CAREGIVER SUPPORT GROUP** - Thursday, February 23, 4:00 p.m. and the last Thursday of every month until the end of the year, a care giver support group will be provided for you. The group leader will be Francine Lombardi, MSW from VNA Community Healthcare. **Please reserve your spot by Tuesday prior to the support group meeting.**

## **MARCH COMINGS . . . .**

**“HAIRSPRAY”** – Thursday, March 1, 6:30 p.m. performance. The North Haven High School Students will be performing the musical “*Hairspray*” at the North Haven High School Auditorium. Cost: \$15.00 per ticket. In order to attend this performance, we will need a full bus of 19 people. Please sign up in the office by Wednesday, February 15<sup>th</sup>. Dinner will be on our own, restaurant TBD – pick ups will begin at 4:15 p.m.

**FINANCE MEETING** – Wednesday, March 14, 10:30 a.m. **Dates for 2012 are: 5/9/12; 9/5/12 and 11/14/12.**

**COMMISSION ON AGING MEETING** – Tuesday, March 20, 6:00 p.m. Public Welcome! **Dates for 2012 are: 5/15/12.**

**ST. PATRICK’S DAY CELEBRATION** – Wednesday, March 21, 11:45 a.m. Come and enjoy some grammy’s Irish beef stew served over noodles, Irish soda bread and key lime cookies along with entertainment with Tom Callahan. Cost: \$7.00. There will be Irish soda bread for sale the day of the party, \$5.00 a loaf.

**VOLUNTEERS** . . . . As you know, the North Haven Senior Center has decided to go on its own with keeping volunteer hours as of January 1, 2012. Please see the office to obtain your volunteer sheet. Please note the Volunteer Recognition Luncheon will be held on Friday, April 20, 2012.

**VOLUNTEER NEEDED** ....Looking for a Bingo caller, your pick; Monday, Wednesday or Friday, 12:45 – 2:30 p.m. Please call the Center if you are interested in helping out, 203-239-5432.

## **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

Fran Bartlett  
Dottie Esposito  
Viola Plant  
Jennie Valentino

Eileen Fletcher  
Lucy Minichino  
Jan Rapuano  
Margaret Wells

Mary Ann Mitchell  
Eleanor Kovach  
Rodger Salman

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

## 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.

**E-Z EXERCISE** – Monday, Wednesday and Friday, 9:30 – 10:00 and 10:00 –10:30 a.m. **No Class 2/10**

**INTERMEDIATE MAH JONGG** – Wednesday, 12:00 p.m. *If you are interested in learning how to play Beginner Mah Jongg, feel free to come in and join the friendly game of Mah Jongg. If there is a lot of interest, Beginner Mah Jongg will be held on Thursday, 12:00 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, 12:30 – 2:30 p.m. Beginners will be supplied with needles and yarn. The knitting club is looking for donations of **new** yarn.

**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 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, 9:00 a.m. - 12 noon. \$2 per week. New and inexperienced people are welcome to join in on the fun.

**CHAIR AREOBICS** – Tuesday and Thursday, 10:30 – 11:30 a.m. Come and enjoy an hour of chair aerobics with Pat Velleca! Session will begin on Tuesday, February 14 and ends Thursday, May 3. Cost: \$5.00 for the 10 week session. **No classes on Tuesday, March 6 and Thursday, March 8 or Tuesday, March 13 and Thursday, March 15.** This class will have a maximum of 15 people – sign up for this class will begin on February 1<sup>st</sup>. *Due to the popularity of this class and limited space we are asking you to be considered and be committed to attendance. In fairness to those who were unable to join the class due to limited space, if you miss three consecutive classes we will fill your spot with a person on the waiting list.*

**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. **Monday class 10:30 a.m. and Wednesday class 3:00 p.m. Cost for session: \$5.00 residents, \$10.00 non-residents.**

**FOOTLIGHTERS – TAP** – Fridays, 10:00 – 11:15 a.m. Classes will run every 4 weeks. Fee: \$25.00 per session. (If a month has an additional week it will be \$30.00)

**OIL PAINTING** – Mondays, 12:30 – 2:30 p.m. Session ends Monday, April 9. **No classes on Monday, February 13 and 20.** Fee: residents, \$20, non-residents, \$30.

**TAI CHI** - Monday and Wednesday, 10:45 – 11:45 a.m. Class will run Monday, January 23 - Wednesday, April 18. **No class on Monday, February 13 or Monday, February 20.** Cost: \$25.00 – **Please make checks payable to: VNA Community Healthcare.**

**BEGINNER CHAIR YOGA** - Tuesday, 10:00 – 11:30 a.m. Session ends Tuesday, March 6. Fee: residents, \$40; non-residents, \$50.

**GENTLE HATHA YOGA**, Thursdays, 1:00 – 2:30 p.m. New session begins: Thursday, February 9 – April 12. Fee: residents, \$40; non-residents, \$50.

## DAY TRIPS 2012

- The Riverhouse - John Timpanelli – Tuesday, April 24, 2012, Collection Date: Friday, February 17, 10:30 a.m. Cost: \$70.00
- Casino: Mohegan Sun – Wednesday, May 16, 2012, Collection Date: Friday, March 16, 10:30 a.m. Cost: \$21.00
- Queen of Bingo – Monday, June 18, Collection Date: Friday, April 13, 10:30 a.m. Cost: \$78.00
- Suffolk Downs – Wednesday, July 18, Collection Date: Friday, May 25, 10:30 a.m. Cost: \$54.00

### 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: North Haven Senior Citizen.*

**Music of Italy** – Thursday, March 22, 2012. We are off to the Grand Oak Villa in Oakville. Upon arrival we will receive crackers, cheese and pepperoni. Then we will enjoy a delicious family style meal that consists of garden salad, pasta with homemade house sauce, chicken piccata and sliced roast beef, potato, vegetable and dessert. Complimentary carafes of red and white wines will be on the tables. After this delicious meal we will hear the music of Emil Stuccchio, The Classics and a 6 piece band and enjoy everything from The Fifties to standards, from Sinatra to Dean Martin and more. This show is complete with fun comedy routines, lots of audience participation. Cost: \$78.00 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.

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

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

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

**Suffolk Downs** - Wednesday, July 18, 2012. Join us on a trip to Suffolk Downs for an afternoon of racing overlooking Swan Pond, the Fountain and 30 acres of Irish Green Turf. This includes: roundtrip deluxe motorcoach, luncheon buffet in the Topsider Room overlooking the finish line, clubhouse admission, daily racing program at your table, a race named for your group and betting explanation. Cost: \$54.00 per person, checks made payable to: *North Haven Senior Citizen*. Collection Date: Friday, May 25, 2012, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

# FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

February 2012

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Cranapple Juice Teriyaki Chicken White Wild Rice Combo California Blend Rye Bread Seasonal Fresh Fruit	Sausage and Peppers Butternut Squash Cut Green Beans Kaiser Roll Sliced Pears	Super Bowl Sunday Lunch and Fun  See Page 6 for menu  Cost: \$7.00
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Grape Juice Phillie Cheese Steak w/Mozzarella cheese Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Fruit Cocktail	Pineapple Juice Meatloaf w/Chunky Tom. Sauce Whipped Potatoes w/Gravy Cut Green Beans Pumpnickel Bread Very Ripe Seasonal Fresh Fruit	Apple Juice Sl. Ham w/Pineapple Glaze Sweet Potatoes Petite Peas Rye Bread Applesauce	100% Fruit Punch Roast Pork w/Applesauce Gravy Sweet Potatoe Oriental Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie	100% Fruit Punch Baked Salmon Boat w/Dill Sauce/Tartar Sauce Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>CENTER CLOSED</b>  <b>NO LUNCH PROGRAM</b>	<b>VALENTINE'S DAY</b> 100% Fruit Punch Tangerine Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Ice Cream Cup	Hearty Diced Beef Stew w/Potatoes, Carrots with Onions Potatoes in one side Carrots w/Onions in one side LS LF Biscuit Mandarin Oranges Sections	Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit Cup	Grape Juice Cheese Canneloni Parmesan Cheese Cut Green Beans Tossed Salad w/Tomato Italian Dressing - 2 pkts. Italian Bread Fruit Cocktail
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>PRESIDENT'S DAY</b>  <b>HOLIDAY</b>  <b>NO LUNCH PROGRAM</b>	New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Mandarin Orange Slices	Italian Wedding Soup BBQ Rib Pattie Tossed Green Salad w/Sl. Red Onion French Dressing - 2pkts. Petite Peas 4" Grinder Clementine	Cranapple Juice Angus Burger w/Gravy Fluffy White Rice Tender Broccoli Cuts Whole Wheat Sandwich Roll (no seeds) Sliced Peaches	Valentine's Party  See page 7 for menu  Cost: \$8.00
<b>27</b>	<b>28</b>	<b>29</b>		
Pineapple Juice Sl. Pot Roast California Blend Mashed Potatoes Whole Wheat Dinner Roll Tapioca Pudding w/Topping	Grape Juice Veal Parmesan Ziti w/Marinara Sce. Tossed Salad w/Sl. Black Olives Italian Bread Cupcake	Chicken Fajitas Peppers and Onions Fluffy White Rice Soft Tortilla-1 Sliced Peaches	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
				1 pat Margarine
<b>and 2 Bread servings or equivalent (enriched or whole grain)</b>				

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

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
	9:00-Ceramics	9:00-Line Dance	<b>8:45-AARP Driver Safety</b>	9:30/10:00-E-Z Exercise
<b>CENTER CLOSED</b>	<b>9:30-Get To Know Your</b>	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-Footlighters
<b>LINCOLN'S BIRTHDAY</b>	<b>Senior Center</b>	<b>10:30-Errands</b>	10:00-Pinochle	10:00-Scrabble Challenge
	10:00-Chair Yoga	10:45-Tai Chi	10:30-Wii Bowling	<b>10:30-Grocery Shopping</b>
<b>NO TRANSPORTATION</b>	10:30-Hairdresser/Barber/Nails	<b>11:30-Lunch</b>	10:30-Chair Aerobics	<b>10:30-Collection Date:</b>
<b>NO LUNCH</b>	10:30-Chair Aerobics	12:00-Int Mah Jongg	<b>10:45-Puzzle Making Day</b>	<b>"The Riverhouse - John</b>
	<b>12:00-Lunch</b>	12:15-Bridge	<b>11:30-Lunch</b>	<b>Timpanelli"</b>
	1:00-Mah Jongg	12:30-Knitting w/Eleanor	<b>1:00-StoryTeller:</b>	<b>11:30-Lunch</b>
	1:00-No Crafts	12:45-Bingo	<b>Kate Allen Smith</b>	12:15-Bridge
	<b>1:15-Valentines Day</b>	3:00-Computer Class	1:00-Crafts	12:45-Bingo
	<b>Surprise w/Senior Songsters</b>		1:00-Sing-A-Longs	
			1:00-Intermediate Yoga	
20	21	22	23	24
	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00- <b>No</b> E-Z Exercise
<b>CENTER CLOSED</b>	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
<b>WASHINGTON'S B.D.</b>	10:30-Hairdresser/Barber/Nails	<b>10:30-Errands</b>	10:30-Wii Bowling	10:00-Scrabble Challenge
	10:30-Chair Aerobics	10:45-Tai Chi	10:30-Chair Aerobics	<b>10:30-Grocery Shopping</b>
<b>NO TRANSPORTATION</b>	<b>11:30-Lunch</b>	<b>11:00-Health Guidance Clinic</b>	<b>10:45-Making Valentine</b>	<b>10:30-Senior Moments with</b>
<b>NO LUNCH</b>	1:00-Mah Jongg	<b>11:30-Lunch</b>	<b>Centerpieces for Our Party</b>	<b>Mike – By Appointment</b>
	1:00-Crafts	12:15-Bridge	<b>11:30-Lunch</b>	<b>11:30-Valentines Celebration</b>
	1:15-Senior Songsters	12:00-Int Mah Jongg	1:00-Crafts	<b>Cost: \$7.00</b>
		12:30- Knitting w/Eleanor	1:00-Intermediate Yoga	<b>Entertainer: Rich DePalma</b>
		12:45-Bingo	1:00-Sing-A-Longs	12:15-Bridge
		3:00-Computer Class	<b>1:00-Valentines Card Party</b>	12:45- <b>No</b> Bingo
			<b>Cost: \$5.00</b>	<b>2:00-Cake Walk Fundraiser</b>
			<b>4:00-Caregiver Support Group</b>	
27	28	29		
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance		
9:00-Computer Class	10:00-Chair Yoga	9:30/10:00-E-Z Exercise		<b>*PLEASE CALL FOR AN</b>
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Barber/Nails	<b>10:30-Errands</b>		<b>APPOINTMENT TO SET</b>
<b>10:00-Massages by Kim</b>	10:30-Chair Aerobics	10:45-Tai Chi		<b>UP TRANSPORTATION</b>
10:15-Canasta	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>		<b>TO THE TOWN POOL</b>
<b>10:30-MiniTrip: Universal Dr</b>	1:00-Mah Jongg	12:00-Int Mah Jongg		<b>OR LIBRARY</b>
10:30-Computer Class	1:00-Crafts	12:15-Bridge		
10:45-Tai Chi	1:15-Senior Songsters	12:30-Knitting w/Eleanor		<b>ACTIVITY DATES AND</b>
<b>11:30-Lunch</b>		12:45-Bingo		<b>TIMES ARE SUBJECT TO</b>
12:30-Oil Painting		3:00-Computer Class		<b>CHANGE</b>
12:45-Bingo				
1:30-Beg Pinochle				