

# Senior Happenings

## JANUARY 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.**



*May all your wishes and dreams follow  
you through 2012! Happy New Year!*

**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 Monday, January 9 from 12 – 1:00 p.m. and Wednesday, January 25 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*.\*
- **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 January 16.**

### 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**

#### **JANUARY MINI TRIPS**

**JANUARY 9 – WALLINGFORD  
WALMART IN WALLINGFORD**

#### **FEBRUARY MINI TRIPS**

**FEBRUARY 6 – HAMDEN  
HAMDEN MART**

*From the desk of Judy. . . .*

**Sock it to the Seniors!**

Throughout the month of January all members of the Center are invited to get involved with the Center's annual sock collection. As in years past, socks donated will help the homeless and residents of nursing and retirement homes. Only new socks for children and adults will be accepted. Please tell your friends and family about our efforts in helping those in need. Donations may be dropped off at the Center starting January 3<sup>rd</sup> through January 31<sup>st</sup>. Those who donate will have their name placed on our Sock Tree acknowledging your donation.

**Your donation will be warmly appreciated!**

**Chorus News**

Senior Songster Chorus Director Philomena Gambardella has announced she will no longer lead us in song and has retired as the Center's Chorus Director. Philomena has done an outstanding job in her role and we all applaud her for her dedication to the members of the Center and community alike. With this in mind a chorus leader is needed and a committee will be formed so we may continue singing as a group. If you have an interest in leading the seniors in song, or would like to join the chorus committee please contact me at 203 239-5432. A meeting will be held for all interested parties on Tuesday, January 24 immediately following chorus practice. In the interim, I would like to thank Jean Collier for stepping up to ensure we don't miss a beat. As we move forward I invite new North Haven seniors to join the chorus. Singing as a group has many benefits; it keeps your mind active, gives you good lung capacity, a sense of community and songs to carry around in the heart. Participating in a chorus requires a singer to use both sides of the brain. The right side contributes to the creative dynamics and emotional expression whereas the left side exercises the mathematics of music by enabling the older singer to count beats and stay with the rhythm. Singing is also beneficial for your mental health. It gives you a reason to get out of the house on a regular basis. The relationships seniors form as a chorus member grow across the years, providing both enjoyment and support for all who are affiliated. Can I say more? Join us, the more the merrier.

**Inclement Weather**

In the event of inclement weather, we urge you to watch WVIT-Channel 30, WTNH-Channel 8 or WFSB-TV Channel 3 for information on the cancellation of activities at the North Haven Senior Center. If the Center should remain open in questionable weather and you are unsure as to whether you should venture out, we urge you to consider your own safety and well-being and remain at home. We will make every effort to reschedule for a later date any event or activity that may have to be postponed. In the event North Haven schools are closed due to inclement weather, the Center transportation is canceled for the day. If there should be a delay in the North Haven schools, the Center daily and medical transportation will be delayed as well. Throughout the winter months and when you travel by the Senior Center bus I would like to remind you that your walkways and stairs should be cleaned off to ensure your safety.

**To help us better serve you, please fill out the 2012 Senior Center Survey found in this month's newsletter.**

## **BIRTHDAY CELEBRATIONS**

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

As a special treat, we welcome you to come celebrate with us on January 13, which is designated "Birthday Cake Day" during the noon meal. If you are planning on attending, please call 203-239-4030 by January 13, between 9 – 11:00 a.m. to reserve your meal.

(\$2 suggested donation)

Anthony Alfone  
Gilda Artaiz  
Joyce Bellonio  
Carmella Bonini  
Miriam E. Brody  
Vera Cannata  
Dorothy Cavadini  
Theresa Colaiacovo  
Grace Conroy  
Frank Costa  
Ronald D'Andrea  
Rose DeMorro  
Chrissie Eisensmith  
Lillian Flodquist  
Rose Garay  
Sheila Grove  
Elnora Harris  
Karl Kennel  
Joseph Laski  
Mary Lucia  
Josephine Marcarelli  
Louis Mastriano  
Elizabeth Messina  
Matilda Misiti  
Scott Muirhead  
Dominic Nuzzo  
Ralph Panagrosso  
Marilyn Pellegrino  
Dick Piscitelli  
Dorothy Powell  
Ann Roche  
Lorraine Rosano  
Vincent Snurkowski  
Jean Tamborini  
Carol Thomas  
Jennie Valentino  
Helen Wallace

Sonia Alling  
Theresa Baldo  
Anna Berretta  
Edward Boppart  
Miriam Brown  
Joseph Cappetta  
Angela Chapnick  
Paul Connery  
Frances Conte  
Jennie Costanzo  
Geraldine De Salvatore  
Martha DePalma  
Pat Ferraro  
Gloria Furnival  
Antoinette Giannotti  
Francine Guardino  
Raymond Hastings  
Mildred Konopacke  
Pauline Laudano  
Edward Magnotti  
Joseph Mascola  
Dolores Mazzotta  
Nancy Meulemans  
Lorraine Mistician  
Virginia Munck  
Thomas O'Hare  
Barbara Paulsen  
Eleanor Perrelli  
Francis Plaut  
Madeline Raffone  
Jack Roche  
Dayle Sheridan  
Stephen Soltys  
Arlene Tolette  
Gloria Volpe  
Rose Ann Warden

Jane Aloï  
James J. Barry  
Virginia Bissell  
Judy Brandt  
Rosemary Buijnarowski  
Carmela Cassella  
Barbara Colaiacovo  
Helen Connor  
James Coss  
Anne D'Agostino  
Joan DeGennaro  
Annetee Downing  
Achille Ferrucci  
Marilyn Gaiser  
Maria Green  
Elizabeth Gybowski  
Donald Helbron  
Sandra Lachioma  
Mao-Chin Liu  
Gilbert Mandy  
Margaret Mascola  
Irene Melillo  
Armando Mirto  
Lorraine Mooney  
Robert Nugent  
Kay Olson  
Jean Payette  
Millie Pettella  
Angie Possidente  
Jan Rapuano  
Joseph Sierzputowski  
Julius Stankiewicz  
Theresa Tatta  
Genevieve Tomaszek  
Arthur Wallace  
Ted Wysocki

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

### **WELCOME TO OUR NEW MEMBERS**

Jean Tamborini, Bernadette Tancreti, Sandra Manguilli, George Manguilli

### **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 John Berardi, Jennifer Johnson, Stop & Shop. For those who donated and did not sign our donations list - Thank You.**

## JANUARY EVENTS

- January 6           **“Bring In The New Year” – 11:30 a.m. – Cost: \$15.00**
- January 9           **Massages by Kim – By Appointment**  
**MiniTrip: Wallingford Wal Mart – 10:30 a.m.**  
**Purple Red Hatters non-board Meeting – 10:30 a.m.**  
**Health Guidance Clinic – 12 noon**
- January 10          **“Free” Glucose Screening and Blood Pressure – 11:00 a.m.**
- January 11          **Finance Meeting – 10:30 a.m.**  
**Purple Red Hatters Annual Pizza Party and Bingo – 1:00 p.m.**  
**non-Purple Red Hatter Cost: \$5.00**
- January 16          **Center Closed – No Lunch – No Transportation**  
***In Honor of Martin Luther King, Jr.***
- January 17          **Commission on Aging Meeting – 6:00 p.m.**
- January 19          **AARP Driver Safety – 8:45 a.m.**  
**StoryTeller: Kate Allen Smith – 1:00 p.m.**
- January 23          **Massages by Kim – By Appointment**
- January 24          **Chorus Committee Meeting – 2:15 p.m.**
- January 25          **Health Guidance Clinic – 11:00 a.m.**
- January 27          **Collection Date: “Music of Italy – 10:30 a.m.**
- January 30          **MiniTrip: Universal Drive – 10:30 a.m.**  
**Purple Red Hatters non-board Meeting – 10:30 a.m.**

## JANUARY EVENTS

**“BRING IN THE NEW YEAR” CELEBRATION** – Friday, January 6, 11:30 a.m. to 2:30 p.m. Let the party begin!! Bring your friends, family and yourself to this exciting New Year celebration!! Catering done by Cusano Catering by Maria – menu consists of: antipasto, manicotti, choice of: chicken marsala or prime rib, green beans, roasted potatoes, cheesecake and champagne toast! Cost: \$15.00 per person. Then put on your dancing shoes, Bob Giannotti will be entertaining us for the day!!

**MASSAGES BY KIMBERLY** – Monday, January 9, 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.)**

**PURPLE RED HATTERS non-board MEETING** – Monday, January 9, 10:30 a.m.

**MINI TRIP: WALLINGFORD WAL MART** – Monday, January 9, 10:30 a.m.

**FINANCE MEETING** – Tuesday, January 11, 10:30 a.m. **Dates for 2012 are: 3/14/12; 5/9/12; 9/12/12 and 11/13/12.**

**PURPLE RED HATTERS PIZZA PARTY** – Wednesday, January 11, **12:30 p.m. (Please note time change)** This month we will have our annual Pizza Party with Bingo. Pizza will be from Liugi's Pizza. Come and see what 2012 will bring!! If you are not a Purple Red Hatter member and would like to have pizza and play bingo, cost is \$5.00 – if you just want to play bingo cost of the bingo card is the same, .75 cents per card. **Bingo will begin at 1:15 p.m.** The non-board committee is open to any suggestions you might have! The Annual dues of \$20.00 will be **collected** at this meeting. RSVP to Jennie Valentino, 203-239-1462.

**COMMISSION ON AGING MEETING** – Tuesday, January 17, 6:00 p.m. Public Welcome! **Dates for 2012 are: 3/20/12; 5/15/12.**

**AARP DRIVER SAFETY PROGRAM** – Thursday, January 19, 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: 2/16, 3/15, 4/19, 5/17, 6/21, 7/19, 8/16, 9/20, 10/18 and 12/20.**

**STORYTELLER, KATE ALLEN SMITH** – Thursday, January 19, 1:00 p.m. Come and enjoy an hour of story telling and laughter.

**MASSAGES BY KIMBERLY** – Monday, January 23, 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, January 30, 10:30 a.m.

**PURPLE RED HATTERS non-board MEETING** – Monday, January 30, 10:30 a.m.



## AUCTION TIME . . . .

The thought was there but my home has no room to spare . . . if this is you don't be blue we have a solution just for you!!! Did you receive a Christmas gift and really don't know what to do with it – well the Senior Center will host an auction on Friday, January 27 at 11:00 a.m. of all the unwanted gifts. Please bring in your treasures by Wednesday, January 25 and we will take care of getting rid of that gift.



## FEBRUARY COMINGS . . . .



**VALENTINES PARTY** – Friday, February 24, 11:45 a.m. Come and enjoy a nice Valentine luncheon and entertainment by Rich DePalma. Menu consists of: antipasto, lasagna, garlic bread and a nice cheesecake for dessert and a champagne toast! Cost: \$8.00 per person.

## 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.

**INTERMEDIATE MAH JONGG** – Wednesday, 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. **No Knitting 12/21 and 12/28.**

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

**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 I – 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. New session will begin Monday, January 23 through 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 through 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. New Session starts Tuesday, January 3 – March 6, 2012. Fee: residents, \$40; non-residents, \$50.

**GENTLE HATHA YOGA**, Thursdays, 1:00 – 2:30 p.m. New session begins: Thursday, December 1 - February 2, 2012. Fee: residents, \$40; non-residents, \$50.

## DAY TRIPS 2012

- **“Music Of Italy”** – Thursday, March 22, 2012, Collection Date: Friday, January 27, 10:30 a.m. Cost: \$78.00
- **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*. Collection Date: Friday, January 27, 2012, 10:30 a.m. 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 Swam 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

January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>NO LUNCH PROGRAM</b>	Grape Juice Canneloni w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Garlic Bread Sliced Pears	Apple Juice Beef Stew w/Potatoes Carrots and Onions Whole Wheat Dinner Roll Special Cookie	Pineapple Juice Sl. Pot Roast Mashed Potatoes California Blend Whole Wheat Dinner Roll Tapioca Pudding w/Topping	Bringing in Our New Year  See Page 6  Cost: \$15.00
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Grape Juice Phillie Cheese Steak w/Mozzarella cheese Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Fruit Cocktail	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 Pette Peas Rye Bread Applesauce	Tangerine Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Ice Cream Cup	Tossed Salad Spinach and Swiss Cheese Quiche Roasted Potatoes Dessert  Cost: \$6.00  Birthday Cake
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>MARTIN LUTHER KING HOLIDAY NO LUNCH PROGRAM</b>	100% Fruit Punch Roast Pork w/Applesauce Gravy Sweet Potatoe Oriental Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie	Cream of Broccoli Soup Chicken Fajitas Peppers and Onions Fluffy White Rice Soft Tortilla-1 Sliced Peaches	Beef Rib B Que Tossed Salad w/Sl. Black Olives/ Italian Dressing 2 pkts. Petite Corn 6" Grinder Roll Seasonal Fresh Fruit	Chef Rich presents: Soup Tossed Salad Linguine with clam sauce Dessert  Cost: \$10.00
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Mandarin Orange Slices	Sausage and Peppers Butternut Squash Cut Green Beans Kaiser Roll Sliced Pears	Grape Juice Eggplant Rolatini w/Tomato Meat Sauce Tossed Salad w/Sl. Black Olives Italian Dressing - 2 pkts. Garlic Bread Very Ripe Seasonal Fresh Fruit	Cranapple Juice Angus Burger w/Gravy Fluffy White Rice Tender Broccoli Cuts Whole Wheat Sandwich Roll (no seeds) Sliced Peaches	Choice of: Chicken Noodle Soup or Matzo Ball Soup Grilled Cheese Dessert  Cost: \$5.00
<b>30</b>	<b>31</b>			
Split Pea Soup Roasted Fresh Ham Sweet Potato Petite Peas & Mushrooms Whole Wheat Sandwich Roll Orange	Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit Cup		All Soups come with unsalted Crackers  *The dessert is the same for both meals  All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt	All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified
<b>MINIMUM PORTIONS SERVED AT EACH MEAL:</b> 1c Milk - 1% or equivalent    1c Vegetable and Fruit or equivalent    2oz. Protein    1 pat Margarine and 2 Bread servings or equivalent (enriched or whole grain)				



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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	9:00-Ceramics	9:00-Line Dance	<b>8:45-AARP Driver Safety</b>	9:30/10:00-E-Z Exercise
	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-Footlighters 1
<b>CENTER CLOSED</b>	10:30-Hairdresser/Barber/Nails	<b>10:30-Errands</b>	10:00-Pinochle	10:00-Scrabble Challenge
	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>	10:45-Puzzle Making Day	<b>10:30-Grocery Shopping</b>
<b>Martin Luther King Day</b>	1:00-Mah Jongg	12:00-Int Mah Jongg	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>
	1:00-Crafts	12:15-Bridge	<b>1:00-StoryTeller:</b>	12:15-Bridge
<b>NO LUNCH</b>	1:15-Senior Songsters	12:30-Knitting w/Eleanor	<b>Kate Allen Smith</b>	12:45-Bingo
<b>NO TRANSPORTATION</b>	<b>6:00-Commission On</b>	12:45-Bingo w/George	1:00-Crafts	
	<b>Aging Meeting</b>	3:00-Computer Class	1:00- <b>No</b> Sing-A-Longs	
			1:00-Intermediate Yoga	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:00-Computer Class	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters 1
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Barber/Nails	<b>10:30-Errands</b>	10:45-Jumble Puzzle	10:00-Scrabble Challenge
<b>10:00-Massages by Kim</b>	<b>11:30-Lunch</b>	10:45-Tai Chi	<b>11:30-Lunch</b>	<b>10:30-Collection Date:</b>
10:15-Canasta	1:00-Mah Jongg	<b>11:00-Health Guidance Clinic</b>	1:00-Crafts	<b>"Music of Italy"</b>
10:45-Tai Chi	1:00-Crafts	<b>11:30-Lunch</b>	1:00-Intermediate Yoga	<b>10:30-Grocery Shopping</b>
<b>11:30-Lunch</b>	1:15-Senior Songsters	12:15-Bridge	1:00-Sing-A-Longs	<b>11:00-Christmas Auction</b>
12:30-Oil Painting	2:15-Senior Songsters Meeting	12:00-Int Mah Jongg		<b>11:45-Lunch</b>
12:45-Bingo		12:30- Knitting w/Eleanor		12:15-Bridge
1:30-Beg Pinochle		12:45-Bingo w/George		12:45-Bingo
		3:00-Computer Class		
<b>30</b>	<b>31</b>			<b>*PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY</b>
9:00-Line Dance	9:00-Ceramics			
9:00-Computer Class	10:00-Chair Yoga			
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Barber/Nails			
10:15-Canasta	10:30-Chair Aerobics			
<b>10:30-MiniTrip: Universal Dr</b>	<b>11:30-Lunch</b>			
10:30-Purple Red Hatters non-board Meeting	1:00-Mah Jongg			<b>ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE</b>
10:45-Tai Chi	1:00-Crafts			
<b>11:30-Lunch</b>	1:15-Senior Songsters			
12:30-Oil Painting				
12:45-Bingo				
1:30-Beg Pinochle				