

Senior Happenings

JULY 2011

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

Hours: Weekdays 8:30 a.m. to 4:30 p.m.



Happy 4th of July!!
Have a Safe and Happy Summer!

Manager: Judy Amarone
Part time secretary: Maggie Maiden
Bus driver: Arelis Adorno

Program Coordinator: SueTienkenJung
Part time secretary: Ellen McDonald
Part time bus driver: Eileen Mogensen
Café Manager: Mary Ellen Durso

NORTH HAVEN DEPARTMENT OF COMMUNITY SERVICES & RECREATION

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, July 11, from 12 – 1:00 p.m. and Wednesday July 27, from 11:00 a.m. – 12:30 p.m.

SENIOR COMMUNITY CAFÉ INFORMATION (Daily lunch program)

Phone the Senior Community Café at 203-239-4030 between 9 and 11:30 a.m. by the previous day to order lunch. **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 the day before for Daily Transportation as well as one of these services. Thank you. *Reminder: Bus leaves 189 Pool Road approximately 10:30 a.m. to start pick-ups.**

- **North Haven Library:** Call for availability
- **Town Pool:** Call for availability
Tuesdays and Thursdays
- **Grocery shopping:** Every Wednesday, 10:30 a.m. to noon at *Big Y or Stop & Shop.**
- **Farmer’s Market:** Every Friday beginning July 15, pickups will begin at 10:30 a.m.
- **Hairdresser/Nails:** Every Tuesday, 10:30 a.m.*
No Transportation 7/12/2011
- **Errands:** Every Monday, 10:30 a.m. Trips include: bank, post office, card shop, and pharmacy.
- **NOTE: For prescription pick ups at pharmacies it is recommended you phone your pharmacy ahead.**

Please remember Wednesday errands are quick and should last a half hour. Friday shopping is one and a half hour long from time of being dropped off. Please be considerate of your time!! Thank you.

PLEASE NOTE: If errands, hairdresser or grocery trips are scheduled on a holiday, or any day the Center is closed, there will not be a make up day during that week for transportation.

MEDICAL TRANSPORTATION/APPOINTMENTS

The Center provides transportation to all members of the Center for medical appointments in North Haven, Hamden and New Haven according to the following schedule:

- **North Haven and Hamden Doctor Appointments (Tuesday, Wednesday and Thursday):** Make all appointments between 9:30 a.m. and 1:30 p.m. (You must be ready to go home by 2:00 p.m.)
- **New Haven Doctor Appointments (Tuesday, Wednesday and Thursday):** Make all appointments between 9:30 a.m. and 1:30 p.m. (You must be ready to go home by 2:00 p.m.)
- **Friday:** Limited medical appointments in North Haven only.
- **When you call to schedule your transportation, please be prepared to give us the doctor’s name, address and phone number. Please reserve your ride by calling us as soon as you make your appointment. Appointments are taken on a first come basis and, unfortunately, not all requests can be fulfilled.**

No Medical Transportation: August 25; November 24

MINI TRIPS

Reservations start on the first day of the month the trip is scheduled. Please call the Senior Center to reserve a seat, or sign up in the office. Transportation is provided from your home. Bus leaves at approximately 10:30 a.m. from the Senior Center to start pick-ups. **PLEASE NOTE ANY DATE CHANGES**

JULY MINI TRIPS

AUGUST MINI TRIPS

JULY 25 – NORTH HAVEN UNIVERSAL DRIVE		AUGUST 15 – NORTH HAVEN UNIVERSAL DRIVE

From the desk of Judy,

During these hot summer months, be aware of the danger associated with high heat and humidity. Here are some helpful tips and warning signs to prevent heat-related illnesses this summer.

- Drink plenty of liquids
- Avoid caffeinated and alcoholic beverages
- Wear loose-fitting clothes in natural fabrics like cotton and dress in light colors
- When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of 30 SPF or more.
- If you do not have air conditioning in your home, come to the Center or somewhere that does.
- If you utilize the Center's transportation, do not wait outside in extreme heat.
- If you absolutely have no where to cool off and don't have air conditioning, take a cool bath or shower to lower your body temperature.
- Temperatures inside your home should not exceed 85 degrees for prolonged periods.
- Know the signs of heat stroke: flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion, and take immediate action if you feel them coming on.

Farmers Market Coupons

I am pleased to announce the Town of North Haven has been awarded to participate in the CT Department of Agriculture Farmers Market program. This program provides seniors who are 60 years and older and meet the income requirement with coupons that can be exchanged for eligible foods at farmers' markets. Monthly household income cannot exceed \$1679 for one person or \$2268 for two people. All participants deemed eligible for the program are required to come to my office to complete a form and sign a receipt page, as well as provide proof of income along with residency. Coupons are expected to arrive at the end of the July and will be dispersed from my office. For members/residents who have no other means of transportation to shop at a market, the Center will be providing transportation. Beginning Friday, July 15 transportation will be provided to the Hamden's Farmers Market, please see page 2 of newsletter for more detail.

Participant Code of Conduct

In moving forward to make our Center the best it can be, a Participant Code of Conduct was developed. A copy can be found in this month's newsletter. All members are asked to read, sign, and return it to the office. Upon returning it, staff will be asking you to review your application that is on file. Keeping current information is necessary in the event an emergency arises while you are participating in Center activities.

Garden News

A warm note of thanks to Walt Brockett, a long time resident and member of North Haven's Daytime Garden Club, for building the Center another beautiful raised flower/vegetable box. Garden boxes were introduced to the Center last year and for many it is a great pastime, taking care of the vegetable beds. Others simply enjoy the fruits of the labor and the opportunity to take home fresh herbs as they are ready to be picked. Thanks again to Walt for all his hard work and support in keeping gardening an activity that we all love.

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 July 14, which is designated "Birthday Cake Day" during the noon meal. If you are planning on attending, please call 203-239-4030 by July 13, between 9 – 11:30 a.m. to reserve your meal. (\$2 suggested donation)**

Gloria Abbott
Carmine Angeloni
Gloria Barbiero
Norma Bernacchia
Elaine Bridle
Betty Jo Buck
Frank Butcher
Bernard Carney
Paul Cestaro
Jeanne Collier
Cathryn D'Amato
Edward DePizzol
Ann Federico
Rose Galdenzi
Joseph Giovanelli
Ira Hayden
Helmut Horn
Norman Juniewicz
Sal Laudicina
Frank Los
Dolores Maister
Teresa McKeon
Josephine Meliso
Suzanne Modine
Elaine Morgillo
Kwok Ng
Jean Palmarozza
Marie Pierandi
Rina Ricci
Rose Ryan
Christine Sgro
Marie Stockmon

Claudia Abercrombie
Rose Ardito
Marie-Anne Barnhart
Nellie Bevins
Virginia Broderick
Carol Bumsted
Arthur Cantu
Sandra Castiglione
Lorraine Cirillo
George Cronk
Sophie Damutz
Richard Dziamalek
Patricia Ferrie
Elda Gallo
Dorothy Grave
John Heeran
Nicholas Iovanne
Marion Kuntz
Eleanor LeGates
Bob Lynch
Ruth McCall
Patric McLeod
Joan Meyers
Vera Moore
Francis Morrisroe
Thien Nguyen
Mary Papa
Rita Quick
Pauline Rockefeller
Frances Saffioti
Heidi Steinle
Alicia Zak

Dora Angeli
Ann Avery
Richard Beardsley
Joyce Boffa
Frank Brozek
Rita Buonocore
Cynthia Carboni
Josephine Cavallaro
Charlotte Cohen
Helen D'Alessio
Frances DeFabio
Lena Falanga
Art Fregeau
Marie Gargano
Marilyn Hartman
Ruth Hinman
Rocco Juliano
Mercedes Landolfi
Jen Liner
Mary Lynch
Carol McGee
Letty McPhedran
Lucy Minichino
Mary Lou Morgan
Angela Naclerio
Judith O'Brien
Frances Pesticci
Alfred Raccio
Catherine Rosenberg
Gloria Schoolfield
Paul Stewart
Joe Zamlowski

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

WELCOME TO OUR NEW MEMBERS

**Louis Barraco, Rita Panico, Catherine Warren, Carolyn Westerfield,
Madeline Raffone, Dante Raffone, Hazel Vason**

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 Lily Angelo, Ann Alexander, Fran Bartlett, Albino Conti, Ann DellaValle, Elizabeth Fisser, Madeline Guido, Bernadine Goulet, Josephine Guidone, Terry Joyce, Terry Langley, Rita Quick, Anita Sanford, Stop & Shop. For those who donated and did not sign our donations list - Thank You.

JULY EVENTS

- July 1 Benefits Quicklink - by Appointment
- July 5 Fourth of July Party – 11:45 a.m. – Cost: \$6.00
- July 6 Manicures by Francine – By appointment
Sing-a-Long with Helen – 10:30 a.m.
Nutrition Talk with Nutritionist from Care Card – 10:30 a.m.
Current Event Discussion Group – 10:30 a.m.
- July 7 Veterans Aid and Attendance Benefit – 10:30 a.m.
Ice Cream Trip – 1:30 p.m.
- July 8 Senior Moments with Mike – By Appointment- 10:30 a.m.
National Video Game Day – Fun Time with the Wii – 10:30 a.m.
- July 11 Massages by Kimberly – By Appointment Only
Health Guidance Clinic – 12 noon
Non-Board Purple Red Hatters Meeting – 1:00 p.m.
- July 12 No Hairdresser
“Free” Glucose Screening and Blood – 11:00 a.m.
Senior Songsters on the Road to Clelian Center
- July 13 Purple Red Hatters Open House – 1:30 p.m.
No Mah Jongg / No Bingo
“Free” Hot Dog and Bingo Afternoon – 3:00 – 5:00 p.m. (Transportation Available)
- July 14 Annual Trip to Jimmies on Savin Rock – 10:45 a.m.
- July 15 Benefits Quicklink - by Appointment
Transportation to Hamden’s Farmer Market – 10:30 a.m.
- July 18 Make Your Own Sundae – 12:30 p.m.
- July 19 Trip: “All You Can Eat Lobster” – Bus leaves 9:45 a.m.
- July 20 Manicures by Francine – By appointment
Current Event Discussion Group – 10:30 a.m.
No Knitting
- July 21 AARP Driver Safety Program – 8:45 a.m.
Annual Trip to Jimmies on Savin Rock – 10:45 a.m.
Storyteller, Kate Alan Smith – 1:00 p.m.
- July 22 Transportation to Hamden’s Farmer Market – 10:30 a.m.
- July 25 Massages by Kimberly – By Appointment Only
Mini Trip: North Haven Universal Drive
- July 26 Indoor Tag and Bake Sale – 9:00 – 3:00 p.m.
- July 27 Indoor Tag and Bake Sale – 9:00 – 3:00 p.m.
Health Guidance Clinic – 11:00 a.m.
No Knitting
- July 28 Indoor Tag and Bake Sale – 9:00 – 3:00 p.m.
Presentation: “Medicare Made Clear” – 10:30 a.m.
- July 29 Collection Date: “Come Fly With Me” – 10:30 a.m.
Transportation to Hamden’s Farmer Market – 10:30 a.m.
Bocce Tournament with Mike Freda and The North Haven Department Heads – 12:45 p.m.

JULY EVENTS

BENEFITS QUICKLINK – Friday, July 1, 10:30 a.m. to 12:30 p.m. Contact Judy Amarone for more information, 203-239-5432.

FOURTH OF JULY PARTY – Tuesday, July 5, 11:45 a.m. to 2:30 p.m. Come and celebrate the Fourth of July with our very own Senior Songsters led by Philomena Gambardella and Joan Gillooly on piano. Menu consists of: southern fried chicken, homemade coleslaw, corn off the cob, homemade biscuit, tomato salad with cucumbers and mozzarella and an awesome dessert sponsored by Hamden Healthcare Center! Cost: \$6.00

MANICURES BY FRANCINE – Wednesday, July 6, 10:00 a.m. – 12 noon. Please make your appointment by calling or stopping by the office, 203-239-5432. Cost: \$6.00 **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

SING-A-LONG WITH HELEN – Wednesday, July 6, 10:30 a.m.

NUTRITION TALK WITH OUR NUTRITIONIST FROM CARE CARD – Wednesday, July 6, 10:30 a.m. Our nutritionist will be at the Center to talk with you on summer time nutrition and how to keep yourself hydrated during the warm weather!! Sponsored by the Hospital of St. Raphael's.

CURRENT EVENT DISCUSSION GROUP – Wednesday, July 6, 10:30 a.m. Interested in discussing a variety of current events, older events and issues? Come on in to have an open ended discussion with Ken Rudnicki.

VETERANS AID AND ATTENDANCE BENEFIT – Thursday, July 7, 10:30 a.m. As a wartime veteran or surviving spouse of a wartime veteran you are entitled to certain VA benefits. You can learn if you are eligible for the VA Long Term Care benefits called Aid and Attendance that will pay for your Home Care, Assisted Living or Nursing Home Care. You and your family are invited to attend an informative seminar presented by the Veterans Benefit Support concerning this little known VA PENSION benefit called "Aid and Attendance." Please join us!!

ICE CREAM TRIP ON YOUR OWN – Thursday, July 7, 1:30 p.m. Let's go get ice cream, bring money and we will see where we end up!!

SENIOR MOMENTS WITH MIKE – Friday, July 8, 10:30 a.m. to noon. Call the Center to make an appointment to talk with Mike – appointments are every 20 minutes.

NATIONAL VIDEO GAME DAY – FUN TIME WITH THE Wii – Friday, July 8, 10:30 a.m. Come on in and let's have some fun with the Wii – it is National Video Game Day and let's celebrate!!

MASSAGES BY KIMBERLY – Monday, July 11, 10:00 a.m. to 12:00 noon. Please call the Center to schedule your appointment, 203-239-5432. **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

non-BOARD PURPLE RED HATTERS MEETING – Monday, July 11, 1:00 p.m. Please come ready to discuss the Open House and our Annual Picnic.

"FREE" GLUCOSE SCREENING AND BLOOD PRESSURE – Tuesday, July 12, 11:00 a.m., sponsored by the Urgent Care Center of North Haven. Please call 203-239-5432 to reserve your spot.

SENIOR SONGSTERS ON THE ROAD TO THE CLELIAN CENTER – Tuesday, July 12, 1:00 p.m. Please wear black pants and white tops. Seniors who do not drive have first priority on the bus! The bus will leave the Senior Center promptly at 12:15 p.m.

PURPLE RED HATTERS OPEN HOUSE – Wednesday, July 13, 1:30 p.m. The Purple Red Hatters invite any female age 55 and up who likes to have fun and wants to laugh to their Open House. If you would like to join our "group of fun gals!" call Jennie Valentino, 203-239-1462 to attend our Open House – don't forget to wear your red hat and purple outfit!!

“FREE” HOT DOG AND BINGO AFTERNOON – Wednesday, July 13, 3:00 to 5:00 p.m. Hot dogs, chips, soda and dessert will be served. ***Transportation available.*** Immediately following the presentation from Yale regarding the new Medical Urgent Care Center, bingo will begin. To receive two “free” bingo cards you must be at the Center by 2:45 p.m. Please call the Center to register by Monday, July 11.

ANNUAL TRIP TO JIMMIES ON SAVIN ROCK – Thursday, July 14 or Thursday, July 21, 10:45 a.m. Come join us for our Annual Trip to Jimmies on Savin Rock – please sign up beginning July 1 by stopping by or calling the Office!

BENEFITS QUICKLINK – Friday, July 15, 10:30 a.m. to 12:30 p.m. Contact Judy Amarone for more information, 203-239-5432.

MAKE YOUR OWN SUNDAE – Monday, July 18, 12:30 p.m. It is National Make Your Own Sundae Day and we are going to have fun doing it!!! Pick from Vanilla, Chocolate or Strawberry ice cream, with lots and lots of toppings!! It’s gonna be a fun day!! Sponsored by a “Friend of Ice Cream”!

MANICURES BY FRANCINE – Wednesday, July 20, 10:00 a.m. – 12 noon. Please make your appointment by calling or stopping by the office, 203-239-5432. Cost: \$6.00 **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

CURRENT EVENT DISCUSSION GROUP – Wednesday, July 20, 10:30 a.m. Interested in discussing a variety of current events, older events and issues? Come on in to have an open ended discussion with Ken Rudnicki.

AARP DRIVER SAFETY PROGRAM – Thursday, July 21, 2011, 8:45 a.m. – 12:45 p.m.
This refresher course was developed to help drivers 55 and older to improve their skills and possibly prevent traffic accidents. A \$12 fee for AARP members is payable to AARP and due on the first day of the course. Space is limited so pre-registration is required. By state law, auto insurance companies conducting business in CT are required to give a minimum of a 5% discount for two years for those over 62 years of age who are graduates of the completed course. **Classes will be held the 3rd Thursday of every month except November. Dates for 2011 are: 8/18; 9/15; 10/20; 12/15.**

ANNUAL TRIP TO JIMMIES ON SAVIN ROCK – Thursday, July 21, 10:45 a.m. Come join us for our Annual Trip to Jimmies on Savin Rock – please sign up beginning July 1 by stopping by or calling the Office!

STORYTELLER, KATE ALAN SMITH - Thursday, July 21, 1:00 p.m. Come and enjoy an hour of storytelling and laughter!!!

MASSAGES BY KIMBERLY – Monday, July 25, 10:00 a.m. to 12:00 noon. Please call the Center to schedule your appointment, 203-239-5432. **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

MINI TRIP: UNIVERSAL DRIVE – Monday, July 25, 10:30 a.m.

INDOOR TAG AND BAKE SALE – Tuesday, Wednesday and Thursday, July 26, 27 and 28th from 9:00 a.m. to 3:00 p.m. Come and enjoy “one man’s junk” - it may become your treasure! If you would like to donate to the Indoor Tag and Bake Sale, please bring your items to the Senior Center.

PRESENTATION: “MEDICARE MADE CLEAR” – Thursday, July 28, 10:30 a.m. A workshop on Medicare will be held Thursday morning to explain to new and current users how the program works and the options available. The overview, called “Medicare Made Clear,” will examine the coverage differences between Part A, Part B and Part C, as well as supplements, advantage plans and PDP plans. It will also look at the Medicare Savings Program, which provides those who qualify with additional financial assistance to cover prescription drugs and Part B premiums, and discuss the ConnPace program which the state has decided to end as of June 30th. Bonnie Maynard of United Healthcare Medicare Solutions will present the overview and will also be available for questions. Call the Center, 203-239-5432 to reserve your spot!

BOCCE TOURNAMENT WITH MIKE FREDA AND THE NORTH HAVEN DEPARTMENT HEADS – Friday, July 29, 12:45 to 2:15 p.m. The North Haven Senior Super Star Bocce Players, captained by Albino Conti, are taking on the North Haven Department Heads, captained by Mike Freda. Please mark your calendar for a “friendly” game of Bocce!

WHAT'S HAPPENING IN AUGUST . . .

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

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

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

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

MEDICARE MADE CLEAR – Thursday, August 25, 10:30 a.m. A workshop on Medicare will be held Thursday morning to explain to new and current users how the program works and the options available. The overview, called "Medicare Made Clear," will examine the coverage differences between Part A, Part B and Part C, as well as supplements, advantage plans and PDP plans. It will also look at the Medicare Savings Program, which provides those who qualify with additional financial assistance to cover prescription drugs and Part B premiums, and discuss the ConnPace program which the state has decided to end as of June 30th. Bonnie Maynard, of United Healthcare Medicare Solutions, will present the overview and will also be available for questions. Call the Center, 203-239-5432 to reserve your spot!

PURPLE RED HATTERS non-BOARD MEETING – Monday, August 29, 1:00 p.m. Come ready to discuss the rest of the year and start to plan 2012 events!!!

OUTREACH OPPORTUNITIES

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

COMMITTEES

WELCOME COMMITTEE MEMBERS

Gloria Abbott
Joan DeGennaro

SUNSHINE COMMITTEE*

Ann D'Agostino
Bernice McNamara
Jan Rapuano

FINANCE COMMITTEE MEMBERS

Richard Adler
Dottie Esposito
Eleanor Kovach
Barbara Moski
Rodger Salman

Fran Bartlett
Eileen Fletcher
Lucy Minichino
Viola Plant
Jennie Valentino

Guilie DeAngelo
Matilda Jenschke
Mary Ann Mitchell
Jan Rapuano
Margaret Wells

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

North Haven Senior Center Memorial Donation

A gift to the Senior Center in honor of or in memory of a loved one will assist the Center in serving with seniors today and throughout the coming years and will help keep costs down for programs, etc.

Such monetary gifts will be very much appreciated. Checks may be made payable to: *"North Haven Senior Citizens"* and sent to: North Haven Senior Center, 189 Pool Road, North Haven, CT 06473

A special acknowledgement will be sent as you request:

_____ In Memory of _____

_____ In Honor of _____

I am enclosing \$ _____

Please send the acknowledgement to:

Name: _____

Address: _____

City, State, Zip: _____

Donor's Name: _____

FREE CLASSES

BEGINNER PINOCHLE – Mondays, 1:30 – 3:00 p.m. If you love to play cards and are looking to learn a “new” hand, come join this Beginner Pinochle group. Please call the Center to reserve your spot, 203-239-5432.

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

COMPUTER CLASSES – Beginner and Intermediate classes will run for five weeks. Please register for a class by calling 203-239-5432. You will receive a phone call when your session begins.

E-Z EXERCISE – Monday, Wednesday and Friday, 9:30 – 10:00 and 10:00 –10:30 a.m.

INTERMEDIATE MAH JONGG – Wednesday , 12:30 p.m.

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

KNITTING CLASS – Wednesdays, 1:00 – 3:00 p.m. Beginners will be supplied with needles and yarn. The knitting club is looking for donations of **new** yarn. **No Class on 7/20/11, 7/27/11, 8/24/11 and 8/31/11.**

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

CLASSES AND LESSONS

Registration and payments are due one week before the first day of class.

Non-residents may register for paid classes two weeks after registration begins. You will be required to pay an additional \$10 non-resident fee over and above the resident cost. A class or lessons with insufficient enrollment will be cancelled one week before the starting date. Registrants are notified by telephone if a course must be cancelled.

CHECKS ARE THE ONLY FORM OF PAYMENT THAT WILL BE ACCEPTED, THANK YOU.

FOR A FEE CLASSES

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

FOOTLIGHTERS I – TAP – Fridays, 10:00 – 11:15 a.m. Session ends: July 29. **Classes will run for 10 weeks.** Fee: residents, \$50; non-residents, \$60.

OIL PAINTING – Mondays, 12:30 – 2:30 p.m. Session ends: August 15, **no class 7/4/11.** Fee: residents, \$20, non-residents, \$30.

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

BEGINNER CHAIR YOGA, Tuesdays, 10:00 – 11:30 a.m. Session ends: July 26. Fee: residents, \$40; non-residents, \$50.

GENTLE HATHA YOGA, Thursdays, 1:00 – 2:30 p.m. New session begins: June 30 – September 1. Fee: residents, \$40; non-residents, \$50.

UPCOMING DAY TRIPS 2011

- All You Can Eat Lobster & Comedy Show – Tuesday, July 19, 2011 – Bus departs 9:45 a.m.
- Opus Casino Cruise – Thursday, August 4, 2011 – *Seats still available.*
- Wicked – Thursday, August 25, 2011, Collection has started – Cost: \$72.00
- Come Fly With Me...A Tribute to Frank Sinatra and the Italian Greats – Tuesday, September 27, 2011, Collection Date: Friday, July 29, 2011, 10:30 a.m. Cost: \$72.00
- Oktoberfest – Tuesday, October 11, 2011, Collection Date: Friday, September 26, 2011, 10:30 a.m. Cost: \$71.00
- Casino: Mohegan Sun – Wednesday, November 10, 2011, Collection Date: Friday, September 30, 10:30 a.m. Cost: \$20.00
- “My Fair Lady” – Thursday, November 17, 2011, Collection Date: Friday, September 9, 10:30 a.m. Cost: \$90.00
- “Christmas with Father” – Tuesday, December 6, 2011, Collection Date: Friday, October 14, 10:30 a.m. Cost: \$70.00

UPCOMING 2011 DAY TRIPS

All You Can Eat Lobster & Comedy Show – Tuesday, July 19, 2011. Departure time: 9:45 a.m. and approximate return time is 4:30 p.m.

Opus Casino Cruise (*Seats still available*) – Thursday, August 4, 2011. You will enjoy a buffet luncheon along with exciting gaming action as you cruise aboard this brand new Casino Cruise. Package includes: Roundtrip Motor Coach, 6 hour and 20 minute cruise, slots, tables games and Texas Hold Em, \$20.00 free slot play, 3 floors of gaming, hot & cold buffet, live entertainment. Cost: \$64.00 per person, checks made payable to: *North Haven Senior Citizen.*

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

Come Fly With Me . . . A Tribute to Frank Sinatra and the Italian Greats – Tuesday, September 27, 2011. All your favorite Italian songs performed by the talented singer Rob Zappulla and his 7 piece band. There is nothing like live music as we Dance, Dine and Enjoy a great day together . . . songs of the great Italian Crooners and of course Frank Sinatra and his 5 decades of music. Delicious menu at the Grand Oak Villa in Oakville, CT – garden salad, pasta with homemade house sauce, chicken marsala and sliced pork loin, potato, vegetable and dessert, coffee and tea. Wine for everyone included on the tables!! Cost: \$72.00 per person, checks made payable to: *North Haven Senior Citizen.* Collection Date: Friday, July 29, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

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

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

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

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

DAY TRIP INFORMATION

IMPORTANT: *Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.* When registering for trips sponsored by the Joyce C. Budrow Senior Center, please remember to bring in your emergency contact information, their name and telephone numbers (including work and cell numbers). *Please note: All checks will be payable to the: North Haven Senior Citizen.*

JULY 2011 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 12:00 NOON*CALL 203-239-4030 BETWEEN 9-11:30 THE DAY BEFORE

Monday	Tuesday	Wednesday	Thursday	Friday
*PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY				1
				9:30-E-Z Exercise
				10:00-E-Z Exercise
				10:00-Footlighters 1
				10:00-Scrabble Challenge
				10:30-Grocery Shopping
ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE				10:30-Benefits QuickLink
				12:15-Bridge
				1:00-Bingo/Bocce
4	5	6	7	8
	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
CENTER CLOSED FOURTH OF JULY	10:00-Beg Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	10:00-E-Z Exercise
	10:30-Hairdresser/Nails	10:00-E-Z Exercise	10:30-Presentation: Veterans Aid and Attendance Benefit	10:00-Footlighters 1
NO TRANSPORTATION NO LUNCH	11:45-Fourth of July Party Senior Songsters Singing	10:00-Manicures by Francine	12:00-Lunch	10:30-Senior Moments With Mike
	1:00-Mah Jongg	10:30-Sing-a-Long w/Helen	12:30-Bocce	10:30- Grocery Shopping
		10:30-Care Card Nutritionist	1:00-Crafts	10:30-National Video Game Day - Fun Time w/ The Wii
		10:30-Errands	1:00-Intermediate Yoga	12:00-Lunch
		10:30-Current Event Discussion	1:30-Ice Cream Trip	12:15-Bridge
		12:00-Lunch		12:30-Bocce
		12:15-Bridge		1:00-Bingo/Bocce
		12:30-Int Mah Jongg		
		1:00-Knitting w/Eleanor		
		1:00-Bingo w/George/Bocce		
		3:15-Computer Class		
11	12	13	14	15
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:30-E-Z Exercise	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-E-Z Exercise
10:00-E-Z Exercise	10:30-No Hairdresser/Nails	10:30-Grocery Shopping	10:45-Jimmies Savin Rock Trip	10:00-Footlighters 1
10:30-Canasta	11:00-"Free"Glucose Screening	12:00-Lunch	12:00-Lunch	10:00-Scrabble Challenge
10:00-Massages by Kim	12:00-Lunch	12:15-Bridge	12:30-Bocce	10:30-Farmers Market
10:30-Errands	1:00-Mah Jongg	12:30-No Int Mah Jongg	1:00-Crafts	10:30-Benefits QuickLink
10:45-Beg Chair Yoga	1:00-Crafts	1:00-No Bingo w/George	1:00-Intermediate Yoga	12:00-Lunch
12:00-Lunch	1:00-Senior Songsters On The Road To Clelian Center	1:00-Bocce	1:30-Wii Bowling	12:15-Bridge
12:00-Health Guidance		1:00-Knitting w/Eleanor		1:00-Bingo/Bocce
12:30-Oil Painting		1:30-Purple Red Hatters		
1:00-Bingo w/Amanda		Open House		
1:00-Bocce		3:00-"Free" Hot Dog and Bingo Afternoon		
1:00-non-Board Red Hat		(Transportation Available)		
1:30-Beg Pinochle				
		3:15-Computer Class		

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