

SENIOR HAPPENINGS

JULY 2012

**WISHING YOU
A Happy and
Safe
FOURTH OF JULY!**



At A Glance . . .

- ☞ 7/4 – Closed – Happy Fourth!
- ☞ 7/9 – Purple Red Hatters non-board meeting
- ☞ 7/9 – Mini Trip: WalMart in Wallingford
- ☞ 7/10 – Get to Know Your Senior Center
- ☞ 7/10 – Health Guidance Clinic
- ☞ 7/11 – Purple Red Hatters Meeting
Cooking Demonstration
- ☞ 7/18 – Trip: Suffolk Downs
- ☞ 7/18 – Live Music with Ben Papson
- ☞ 7/19 – Lunch Out: Jimmy's in West Haven
- ☞ 7/19 – AARP Driving Class
- ☞ 7/20 – Make Your Own Sundae
- ☞ 7/20 – **No Medicals Today**
- ☞ 7/23 – Mini Trip: Universal Drive
- ☞ 7/24 – Health Guidance Clinic
- ☞ 7/26 – Lunch Out: Jimmy's in West Haven
- ☞ 7/30 – Purple Red Hatters non-board meeting

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

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

www.town.norx-haven.ct.us

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

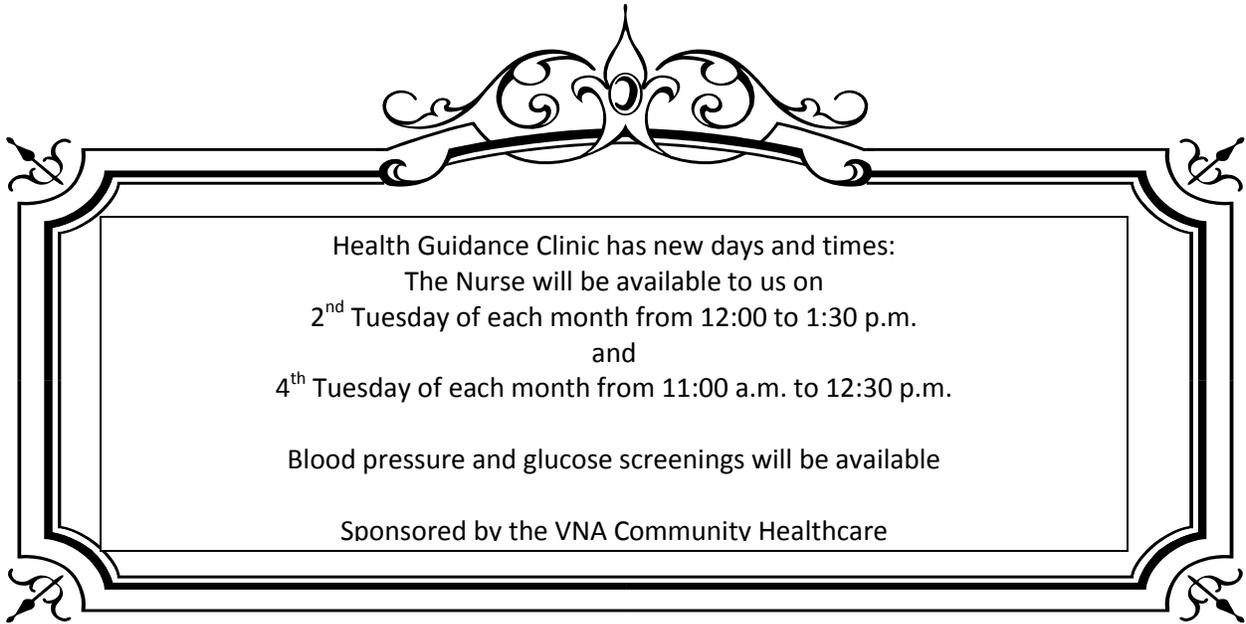
Manager – Judy Amarone

Secretary – Maggie Maiden and Ellen McDonald

Café Manager – Mary Ellen Durso

Program Coordinator – Sue Lienken-Jung

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



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

Blood pressure and glucose screenings will be available

Sponsored by the VNA Community Healthcare



“GET TO KNOW YOUR SENIOR CENTER”

Tuesday, July 10, 9:30 a.m.

Calling all new members . . .

Please join Joan, who will introduce you to the Senior Center, what to do if you would like lunch, how to sign up for trips and classes, meet the staff and learn the in’s and out’s of the Center.

Make Your Own Sundae

Friday, July 20, 12:30 p.m. It is National Make Your Own Sundae Day and we are going to have fun doing it!!! Pick from Vanilla or Chocolate ice cream, with lots and lots of toppings!! It’s gonna be a fun day!! Sponsored by a “Friend of Ice Cream”! Please sign up by Wednesday, July 18 so we can have enough ice cream and toppings!



Cooking Demonstration with Chef Sue

The Purple Red Hatters will be sponsoring a Cooking Demonstration with Chef Sue on Wednesday, July 11 at 1:00 p.m.

Appetizers and a quick dessert will be demonstrated. If you would like to join in the fun, please sign up with the office by Monday, July 9.

Cost for non-purple red hatters is \$3.00.





Upcoming Events . . .

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

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

Farmer Market Coupons



The Town of North Haven has been awarded to participate in the 2012 CT Department of Agriculture Farmers Market program. This program provides seniors 60 years of age or older, or under 60 and permanently disabled living in subsidized senior housing and meet the income requirement with coupons that can be exchanged for eligible foods at farmers' markets and community supported agriculture programs. Annual household income cannot exceed \$20,665 for single person or \$27,991 for a couple. All participants deemed eligible for this program are required to sign a receipt page in addition proof of income and residency is required. The Center will provide transportation to the Farmers Market; July 27, 11am-12noon and on August 31, 12noon-1pm. Booklets may be picked up at the Center Monday – Friday 8:30am-3:30 pm. For those that are without transportation please call to have your name put on the Wednesday errand list.



Membership Application and Participant Code of Conduct

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

Looking for

Bocce Players . . .



Jewelry Making



Come and enjoy an afternoon of jewelry making with Amanda, Jordyn and Eryn on Thursdays, 1:00 to 2:30 p.m – dates will be July 12, 19, 26 and August 2. Learn to make all the latest fashions. Cost per class: \$3.00 for supplies. Please sign up the Tuesday before the class.

Bocce Players . . .

If you never played the game of Bocce
But wished you had learned –
now is your opportunity! Members play on Mondays,
Wednesdays, Thursdays and Fridays beginning at 12:30 p.m.
Come for the day or just come to play!

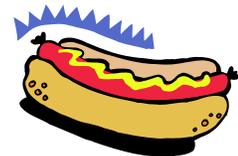


Crafts



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

Hot Dog Fridays



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

Special One Day Only: Friday, July 27, Hot Dogs with Chili and cheddar cheese – National Chili Dog Day!! Sue's homemade chili!! Cost: \$5.00 – receive 2 hot dogs with chili and cheddar cheese (or on the side), corn chips and a soda. If you would like chili on its own – cost: \$5.00 per bowl – served with cheddar cheese and corn chips!

CLASSES

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

A \$5.00 activity fee for non-residents due quarterly for each activity that you would like to join at the North Haven Senior Center. The North Haven Senior Center will take North Haven Senior residents first. Should the class fill, non-residents will be put on a waiting list. Please see the Office for payment – all checks made payable to:
North Haven Senior Citizen

A class with insufficient enrollment will be cancelled prior to the starting date. Registrants are notified by telephone if a course must be cancelled.

- **BEGINNER PINOCHLE**

Monday, 1:30 – 3:00 p.m. If you love to play cards and are looking to learn a “new” hand, come join the Beginner Pinochle group.



- **E-Z EXERCISE**

Monday, Wednesday and Friday, 9:30 – 10:00 and 10:00 – 10:30 a.m. Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.



- **LINE DANCING**

Monday and Wednesday, 9:00 - 10:00 a.m. Come join us and learn or better your line dancing skills. A great way to exercise while learning something fun to do in your spare time.

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

- **CERAMICS**

Tuesday and Thursday, 9:00 a.m. to 12:00 p.m. Inexperienced people are welcome to join in on the fun. All materials included in the fee. Fee: \$2.00 per week.

- **CRAFT CLASSES**

Tuesday and Thursday, 1:00 – 2:30 p.m. If you know your way around a sewing machine, enjoy working with your hands and spending a nice afternoon helping our craft class please join us on either Tuesday or Thursday afternoon. All items made in the craft class will be sold at our Holiday Bazaar in November.



- **INTERMEDIATE FOOTLIGHTERS**

Friday, 10:00 – 11:15 a.m. Did you love tap dancing as a child and your mother always told you not to tap in the house? Learn all the updated tap moves by our certified instructor, Judyth Nilsson. Come join in the fun. Fee: \$25.00 per month (if a month has an additional week it will be \$30.00). Tap shoes are needed.

- **INTERMEDIATE LINE DANCING**

Tuesday, 10:00 to 11:00 a.m. 12 week session will begin: September 4 through November 27. Cost: \$24.00. Registration will begin August 15th. Babe Dineen, will be our certified dance instructor.



- **COMPUTER CLASSES**

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



OIL PAINTING

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

• **INTERMEDIATE MAH JONGG**

Wednesday, 12:00 p.m.

• **KNITTING AND CROCHETING CLASS**

Wednesday, 12:30 – 2:30 p.m.

• **BEGINNER CHAIR YOGA**

Tuesday, 10:00 – 11:30 a.m. Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. New session begins: Tuesday, July 31 through Tuesday, October 2. Fee: residents, \$40.00; non-residents, \$45.00.



GENTLE HATHA YOGA

Thursday, 1:00 to 2:30 p.m. Yoga is a gift! With Yoga, the body remains open and flexible; will strengthen, stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. New session: Thursday, July 5, 2012 through Thursday, September 6, 2012. Fee: residents, \$45.00; non-residents, \$50.00.



Did You Know

Judy Amarone, Manager of the Senior Center is the Municipality Agent for the Town of North Haven. She can help the Seniors in many different ways. So if you need help with the following, please call the Center to make an appointment to meet with her, 203-239-5432.

- Medicare, Medicaid, Social Security, Protective Services, Legal Services, SNAP – formerly known as food stamps, transportation needs, etc.

Caregivers Support Group

This group focuses on helping the caregiver to cope with every day stresses and the need to get through issues of dealing with your loved one. The group is led by a licensed clinical social worker and meets every month on the last Thursday of the month at 4:00 p.m. Sponsored by VNA Community Healthcare.

Benefit Quicklinks Information

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

Daily and Medical Transportation Information, Scheduled, Mini and Day Trips . . .

Daily Transportation

Transportation to and from the Center is available on weekdays at no charge to the Seniors. This service is curb to curb service. Please call the Center to sign up for your daily transportation by 8:30 a.m. the day you would like to come in. Transportation to lunch on a daily basis is provided from Senior Housing, a 24 hour notice is required to reserve a meal.

Scheduled and Mini Trips

The Senior Center provides transportation to area North Haven businesses at no charge to the Seniors - grocery stores, pharmacies, post office, banks, card shop, hairdressers, barbers, library and town pool. Please see below for scheduled days and times. Please note errands are quick and should last a half hour. Grocery shopping is one and half hour from time of being dropped off. Please be considerate of your time! It is suggested that no more than 4 bags per person. Thank you.

Mondays:

- Mini Trips:
- ⇒ WalMart in Wallingford; Monday, July 9
- ⇒ Universal Drive; Monday, July 23

Tuesdays:

- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:

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

Thursdays:

- Town Pool

Fridays:

- Grocery Shopping – Big Y or Stop and Shop

Medical Transportation

The Center provides medical transportation to all members of the Center at no charge to the Seniors – we travel to North Haven, New Haven, Hamden and VA Hospital of West Haven. Hours of medical transportation are Monday through Friday, 9:00 a.m. and must be ready to go home by 2:00 p.m. Please call for availability – as soon as you make your appointment, please call to reserve your ride – appointments are taken on a first come basis and unfortunately, not all requests can be fulfilled. If you feel you need assistance going to your medical appointment, feel free to bring a relative, friend or aide at no charge. When making your appointment please indicate if you will be bringing them with you. **Due to the Holidays there will be no medical transportation on the following days – September 3; October 8; November 12 and 22; December 7 and 25.**

Please Note: No medical transportation on Friday, July 20.

Please note: All Scheduled and Mini Trips begin pickups at 10:30 a.m. Reservations for mini trips begin on the first day of the month the trip is scheduled. If scheduled trips fall on a holiday, or any day the Center is closed, there *will not* be a make up during that week for transportation.





Day Trips

- ☞ *Reservations for a Day Trip is noted as the collection date indicated in the description of the trip.*
- ☞ *Full payment is due to secure your reservation. Cash or checks (no credit cards will be accepted). Please make checks payable to: North Haven Senior Citizen.*
- ☞ *Please remember to bring in your emergency contact information, their name and telephone numbers (including work and cell numbers.)*
- ☞ *If you would like to sit together please indicate when signing up who you would like to sit with on the bus and/or theatre.*
- ☞ *If you get motion sickness or have mobility issues please indicate so when reserving spot on the trip.*
- ☞ *There will be **no refunds** unless there is a waiting list at the time of cancellation. If the travel agent or the Center cancels the trip, refunds will be issued. If you need to cancel due to illness or an emergency, please give the Center enough time to fill your spot by calling 203-239-5432.*
- ☞ *Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.*
- ☞ *Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there **will not** be a refund issued.*

All You Can Eat Lobster and Comedy Show – Thursday, August 9. We are off again this year to The Delaney House in Holyoke, Massachusetts for the All You Can Eat Lobster deal! Served at your table will be cheese and vegetable platter along with shrimp cocktail and salad, lots of bread to follow. The buffet begins with Lobster, Lobster, Lobster, seafood newburg and non-seafood lovers there will be beef tips marsala with noodles, chicken cordon bleu, variety of salads, baked ziti, dessert and beverage. Following all this wonderful food – Mark Verselli, known as a phenomenal impressionist and comedian will entertain us for the afternoon. Cost: \$90.00 resident, \$95.00 non-resident. Collection Date: Friday, June 8, 10:30 a.m. Departure time: 9:30 a.m. and approximate return time is 5:00 p.m.

Casino: Twin River Casino – Wednesday, August 15. Located in Lincoln, RI – You must bring with you to the Casino, a license or an ID with your name, date of birth, address and photo on it. The Casino will not let you in if you do not provide a license or photo ID. We will be leaving the North Haven Senior Center at 8:00 a.m. and approximate time of return is 5:30 p.m. Collection date: July 6, 10:30 a.m. Cost: \$25.00 resident, \$30.00 non-resident.

Casino: Foxwoods – Thursday, September 6, 2012 Collection date: Friday, August 10, 10:30 a.m. Cost: \$21.00 per resident; \$26.00 per non-resident
Departure time: 8:00 a.m. and approximate return time is 5:00 p.m.

The Sicilian Tenors – Thursday, September 20, 2012. A must see show filled with the power and beauty of delightful tenor voices. The Sicilian Tenors: Aaron Caruso, Elio Scaccio & Sam Vitale, take the audience on a romantic journey from Hollywood to Broadway to Italy. Be My Love, O Solo Mio and Nessun Dorma are a few of their selections they will perform with live music. The tenors recently were on stage at Carnegie Hall singing to a sold out audience. Come enjoy the excitement at the Grand Oak Villa in Oakville, CT. Menu consists of: crackers, cheese, pepperoni upon arrival, Family style meal: garden salad, pasta with homemade house sauce, chicken parmesan and sliced roast beef with gravy, potato, vegetable and dessert. Wine for everyone!! Cost: \$78.00 resident, \$83.00 non-resident. Collection Date: Friday, August 24, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Oktoberfest – Chez Josef – Thursday, October 11, 2012. “Kommen Sie zur Party” and “Genießen Sie Ihre Lieblings-Deutsch Lebensmittel” = Come to our Party and Enjoy your Favorite German Food!! We will be heading to Chez Josef today to be entertained by John Banker and his Bavarian Band – him and his band will dance and sing to medleys of German Folk Songs, Polkas, Show tunes and drinking songs all dressed in authentic German Lederhosen. Highlights of the show include hilarious parodies from The Sound of Music and amazing Yodeling. As we enter into Chez Josef, we are welcome with port cheese, onion dips, assorted crackers and celebration snack mix. Lunch will consist of: salad, knockwurst, sauerbraten & spatzle, red cabbage and caramelized onions, warm apple crisp and brewed coffee and teas. A glass of beer or wine for everyone! Cost: \$75.00 per resident; \$80.00 per non-resident. Collection Date: Friday, September 7, 10:30 a.m. Departure time: 9:30 a.m. and approximate return time is 4:30 p.m.





Welcome to Our New Members

**Antoinette & Frank Criscuolo, Mary Diana, Rosemary Pesce,
Marie Mentone, Mary Diana, Anne Vivian Tullo, Elaine Decapua, Ka-Wai Sun,
Dominic Criscuolo, Mary Criscuolo, Angelina Mastrisciano, Delia County and
Barbara Gould**



Thank you to the following for your donation:

Ann Alexander, Helen Fusaras, Lucille Rook

Please remember to sign our donations list when making a donation to the Joyce C. Budrow North Haven Senior Center. For those who donated and did not sign our donations list – we greatly appreciate your donation.



Daily Lunch Program

Our Senior Community Café serves a hot, full-course meal on a daily bases at 11:30 a.m. – please note the newsletter of time changes due to a special program or presentation happening at the Senior Center. Menus are available in the newsletter. Suggested donation is \$2.00 and you must be over 60 years of age or disabled. Meal cost \$5.60 for anyone who wishes to participate and does not meet required age.

Please remember to call Mary Ellen at (203) 239-4030 between 9:00 and 11:00 a.m. by the previous day to order your lunch.

All meals include bread, butter and milk. Soups, entrees, gravies, sauces, salad dressings and desserts are low fat and low sodium.





Happy Birthday to You

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

Gloria Abbott
Rose Ardito
Gloria Barbiero
Norma Bernacchia
Flor De Maria Brena
Frank Brozek
Frank Butcher
Bernard Carney
Paul J. Cestaro
Lena Cocco
George Cronk
Sophie Damutz
Victoria Dusa
Ann Federico
Jeanne Fritz
Marie Gargano
Dorothy Grave
John Heeran
Nicholas Iovanne
Marion Kuntz
Corrine Lee
Mary Lynch
Anthony Mauro
Teresa McKeon
Josephine Meliso
Suzanne Modine
Elaine Morgillo
Kwok Ng
Jean Palmarozza
Marie Pierandi
Rita Quick
Rina Ricci
Catherine Rosenberg
Gloria Schoolfield
Paul J. Stewart
Joseph Zamlowski

Claudia Abercrombie
Bert Armstrong
Marie-Anne Barnhart
Nellie Bevins
Elaine Bridle
Betty Jo Buck
Arthur Cantu
Sandra Castiglione
Lorraine Cirillo
Charlotte Cohen
Helen D'Alessio
Frances DeFabio
Richard Dziamalek
Patricia Ferrie
Rose Galdenzi
Joseph Giovanelli
Marilyn Hartman
Ruth Hinman
Rocco Juliano
Lucy Lamonica
Jen Liner
Dolores Maister
Ruth McCall
Patric McLeod
Joan Meyers
Vera Moore
Francis Morrisroe
Thien Nguyen
Mary Pappa
Sandra Portugal
Alfred Raccio
Ellen Robert
Rose Ryan
Christine Sgro
Marie Stockman

Carmine Angeloni
Ann Avery
Richard Beardsley
Joyce Boffa
Virginia Broderick
Rita Buonocore
Cynthia Carboni
Josephine Cavallaro
Mary Civitello
Jeanne Collier
Cathryn D'Amato
Edward DePizzol
Lina Falanga
Art Fregeau
Elda Gallo
Bernadine Goulet
Ira Hayden
Helmut Horn
Norman Juniewicz
Mercedes Landolfi
Bob Lynch
George Manguilli
Carol McGee
Letty McPhedran
Lucy Minichino
Mary Lou Morgan
Angela Naclerio
Judith O'Brien
Frances Pesticci
Nancy Prete
Priya Rai
PaulineRockfeller
Frances Saffioti
Heidi Steinle
Alicia Zak

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00-LineDance	9:00-Ceramics	CENTER CLOSED	9:00-Ceramics	9:30/10:00- No E-Z Exercise
9:30/10:00- No E-Z Exercise	10:00-Chair Yoga	4TH OF JULY	10:00-Pinochle	10:00-Footlighters
10:15-Canasta	10:30-Hairdresser/Barber/Nails		10:30-Grocery Shopping	10:00-Scrabble Challenge
10:45-Balance Exercises	11:30-Lunch	NO TRANSPORTATION	11:30-Lunch	10:30-Benefits Quicklink
11:30-Lunch	12:30-Mah Jongg	NO LUNCH	12:30-Bocce	10:30-No Grocery Shopping
12:30-Oil Painting	1:00-No Crafts		1:00-Sing-A-Longs	10:30-Collection Date:
12:30-Bocce	1:15-Senior Songsters		1:00-Intermediate Yoga	Casino: Twin River Casino
12:45-Bingo			1:00-Crafts	10:30-Wii Bowling
1:30-Beg Pinochle			1:00-Jewelry Making	11:30-Lunch
				11:30-Hot Dog Friday
				12:15-Bridge
				12:30-Bocce
				12:45-Bingo
9	10	11	12	13
9:00-LineDance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:30/10:00-E-Z Exercise	9:30-“Get To Know Your	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
10:15-Canasta	Senior Center”	10:30-Errands	11:30-Lunch	10:00-Scrabble Challenge
10:30-non-Board Purple	10:00-Chair Yoga	10:45-Balance Exercises	12:30-Bocce	10:30-Grocery Shopping
Red Hatters Meeting	10:30-Hairdresser/Barber/Nails	11:30-Lunch	1:00-Sing-A-Longs	10:30-Wii Bowling
10:30-MiniTrip: Wal Mart	11:30-Lunch	12:00-Int Mah Jongg	1:00-Intermediate Yoga	11:30-Lunch
10:45-Balance Exercises	12:30-Mah Jongg	12:15-Bridge	1:00-Crafts	11:30-Hot Dog Friday
11:30-Lunch	12:30-Health Guidance Clinic	12:30-Bocce	1:00-Jewelry Making	12:15-Bridge
12:30-Oil Painting	1:00-Crafts	12:30-Knitting w/Eleanor		12:30-Bocce
12:30-Bocce	1:15-Senior Songsters	12:45-Bingo		12:45-Bingo
12:45-Bingo		1:00-Purple Red Hatters		
1:30-Beg Pinochle		Cooking Demonstration		
16	17	18	19	20
9:00-Line Dance	9:00-Ceramics	8:00-Suffolk Downs Trip	8:30-AARP Driver Safety	9:30/10:00-E-Z Exercise
9:30/10:00-E-Z Exercise	10:00-Chair Yoga	9:00-Line Dance	9:00-Ceramics	10:00-Footlighters
10:15-Canasta	10:30-Hairdresser/Barber/Nails	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Scrabble Challenge
10:45-Balance Exercises	11:30-Lunch	10:30-Errands	10:30-Lunch Out: Jimmy’s	10:30-Grocery Shopping
11:30-Lunch	12:30-Mah Jongg	10:30-Live Music with Ben Papson	In West Haven	10:30-Wii Bowling
12:30-Bocce	1:00-Crafts	10:45-Balance Exercises	11:30-Lunch	11:30-Lunch
12:30-Oil Painting	1:15-Senior Songsters	11:30-Lunch	12:30-Bocce	11:30-Hot Dog Friday
12:45-Bingo		12:00-Int Mah Jongg	1:00-Sing-A-Longs	12:15-Bridge
1:30-Beg Pinochle		12:15-Bridge	1:00-Intermediate Yoga	12:30-Bocce
		12:30-Bocce	1:00-StoryTeller:	12:30-Make Your Own
		12:30-Knitting w/Eleanor	Kate Allen Smith	Sundae Day
		12:45-Bingo	1:00-No Crafts	12:45-Bingo
			1:00-Jewelry Making	No Medical Transportation

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

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

July 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shrimp Bisque Unsalted Crackers -1 pkt. SpinachQuiche Sliced Carrots Whole Wheat Bread Margarine -1 Special Cookie	3 100% Fruit Punch LS Turkey Dog Mustard/Relish/Ketchup Baked Beans Tomato Cucumber Salad Hot Dog Roll Watermelon	4 CLOSED No Lunch PROGRAM	5 BIRTHDAY CAKE DAY Grape Juice Whole Wheat Spaghetti LS Marinara Sauce Meatballs -2 Parmesan Cheese Spinach Salad LF Vinaigrette Dressing -2 Garlic Bread Margarine -1 Strawberry Birthday Cake	6 Roasted Turkey LS Gravy Mashed Potato Italian Mixed Vegetables Enriched Bread Margarine -1 Fruited Yogurt
9	10	11	12	13
Lite Crunch Fish Lemon Wedge/Tartar sauce Green Beans Acorn Squash Oat Bread Margarine -1 Chocolate Frosted Brownie	100% Fruit Punch Pot Roast LS Gravy Roasted Red Potatoes Country Style Vegetables Whole Wheat Bread Margarine -1 Fresh Fruit	Stuffed Peppers LS Marinara Sauce Mashed Potato Zucchini Rye Bread Margarine -1 Special Cookie	LS Pasta Fagioli Unsalted Crackers -1 pkt. Roasted Chicken Quarter Sweet Potato Wedges Mixed Green Salad LF Vinaigrette Dressing -2 Pumpernickel Bread Margarine -1 Pineapple Tibits	Apple Juice Stuffed Shells LS Marinara Sauce Broccoli Canneloni Beans Italian Bread Margarine -1 Fresh Peach
16	17	18	19	20
Lite Crunch Chicken Carribbean Rice and Beans Stewed Tomatoes Oat Bread Margarine -1 Watermelon	Beef Tips LS Brown Gravy Egg Noodles Peas and Onions Whole Wheat Bread Margarine -1 Raspberry Sherbert	Turkey Divan Baked Potato Sour Cream Baby Belgium Carrots Pumpernickel Bread Margarine -1 Fruited Jello	Roast Beef LS Gravy Mashed Potato Green Beans Rye Bread Margarine -1 Special Cookie	LS Manhattan Clam Chowder Unsalted Crackers -1 pkt. Chicken Caesar Salad Bowtie Pasta Spinach Salad Breadstick Margarine -1 Chocolate Brownie
23	24	25	26	27
Roasted Pork Lion LS Gravy Red Bliss Potatoes Roman Blend Vegetables Multigrain Dinner Roll Margarine -1 Tropical Fruit Cup	LS Tomato Basil Soup Unsalted Crackers -1 pkt. LS Turkey and Cheese Potato salad Lettuce Bed w/Sl. Tom. and Sl. Onion Mayo/Mustard Kaiser Roll Margarine -1 Fresh Fruit	Swedish Meatballs LS Sour Cream Gravy Egg Noodles Tuscany Blend Vegetables Rye Bread Margarine -1 Mandarin Oranges	Cranapple Juice LS BBQ Chicken Quarter Macaroni and Cheese Fresh Roasted Vegetables Multigrain Bread Margarine -1 Oatmeal Raisin Cookie	Pineapple Juice Swaii Fish w/Fruit Salsa Lemon Wedge/Tartar sauce Brown Rice Pilaf Spinach Oat Bread Margarine -1 Ice Cream Sandwich
30	31			
Shrimp Bisque Unsalted Crackers -1 pkt. SpinachQuiche Sliced Carrots Whole Wheat Bread Margarine -1 Special Cookie	Apple Juice BBQ Pulled Pork Sandwich Fresh Sweet Potato California Blend Vegetable Whole Wheat Roll Margarine -1 Cinnamon Applesauce		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 and 2 Bread servings or equivalent (enriched or whole grain)				

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