

Senior Happenings

JUNE 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.

Welcome Summer!

Have a Safe and Wonderful 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, June 13, from 12 – 1:00 p.m. and Wednesday June 22, from 11:00 a.m. – 12:30 p.m.

SENIOR COMMUNITY CAFÉ INFORMATION (Daily lunch program)

Phone the Senior Community Café at 203-239-4030 between 9 and 11:30 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
- **Hairdresser/Nails:** Every Tuesday, 10:30 a.m.*
- **Town Pool:** Call for availability
Tuesdays and Thursdays
- **Errands:** Every Wednesday, 10:30 a.m. Trips include: bank, post office, card shop, and pharmacy.
- **Grocery shopping:** Every Friday, 10:30 a.m. to noon at *Big Y* or *Stop & Shop*.*
- **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: June 1 and 2; August 16, 17 and 18; 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**

JUNE MINI TRIPS

JULY MINI TRIPS

JUNE 13 – HAMDEN HAMDEN MART		JULY 11 – WALLINGFORD WAL MART
JUNE 23 – NORTH HAVEN UNIVERSAL DRIVE		JULY 25 – NORTH HAVEN UNIVERSAL DRIVE

From the desk of Judy,

June is National Home Safety Month

Did you know that research shows that poisoning is the second leading cause of unintentional home injury fatality, resulting in one quarter of all home injury deaths on average each year? In that I am soon to be a grandmother for the first time in July, I found this fact to be alarming. Many of us think that because we don't have small children in our homes on a daily basis that we don't have to take precaution. Because of this we may all, including myself, leave chemicals unlocked and medicines unsecured. With summer vacations upon us and children visiting more often, this is a great time to prepare to protect young children against unintentional poisoning in our homes!

Be Prepared

Know to call the Poison Control Center 1-800-333-1222 if someone takes poison or if you have a question about poison. This number will connect you to emergency in your area. Keeping this number by all telephones in your home is highly recommended.

Look at labels for the words "Caution", "Warning", or "Danger" on the box or bottle.

Read labels and follow directions when using these.

To prevent carbon monoxide (CO) poisoning, have a service person check heaters, stoves, and fireplaces every year to see if they work well. A good idea is to push the "test" button on the detector so everyone will know the sound it makes. It is also suggested that the Carbon Monoxide (CO) detectors be installed near bedrooms.

Protect Young Children

Take all medicines out of purses, pockets, and drawers and lock in a cabinet with a child safety lock. Cosmetics (make-up) can be poisonous too.

Have child safety locks on all medication, chemicals, and cleaning products.

Keep all dangerous products in the bottle or package they came in, with the labels on and store away from food and drinks.

In the Garage and Storage Areas

Chemicals, fuels (such as gasoline), car fluids (such as anti-freeze), pesticides (such as bug killers) and lawn garden products (such as fertilizer) are poisonous.

Store these items where children cannot reach them and put away these products after using them, again storing where children cannot reach them.

When Using Motors

Never run a car inside the garage, even with the door open. Remember Carbon Monoxide (CO) is a deadly gas that you cannot see or smell.

Use portable generators and barbeque grills outside only, not inside your home or garage.

Quote for Father's Day

4 years: My Daddy can do anything!

7 years: My Dad knows a lot -- a whole lot.

8 years: My father does not know quite everything.

12 years: Oh well, naturally Father does not know that either.

14 years: Oh, Father? He is hopelessly old-fashioned.

21 years: Oh, that man-he is out of date!

25 years: He knows a little bit about it, but not much.

30 years: I must find out what Dad thinks about it.

35 years: Before we decide, we will get Dad's idea first.

50 years: What would Dad have thought about that?

60 years: My Dad knew literally everything!

65 years: I wish I could talk it over with Dad once more.

Happy Father's Day!

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 June 23, which is designated "Birthday Cake Day" during the noon meal. If you are planning on attending, please call 203-239-4030 by June 22, between 9 – 11:30 a.m. to reserve your meal. (\$2 suggested donation)

Peter Adamo
Mario Altieri
Edward Angeletti
Warren Avery
Bernice Bassett
Theresa Berardi
Patricia Brown-Lewis
Nancy Caprio
Mary Cestaro
Albino Conti
Bernadine Costa
Annette DiCenzo
Peter Forte
Theresa Furino
Anthony Gentile
Florence Gormley
Hugh Hicks
Russell Hull
George Johnson
Brenda Leafa
Vivian Loyd
Thomas Madigan
Frank Mancuso
Mary Lou Martino
Rae Mendillo
Lucy Monahan
Eleanor Nicholas
Mary O'Donnell
Lucy Perrelli
Gemma Purchio
Nora Saddig
Mary Scales
Alice Sierzputowski
Diane Sylvia
Shirley Webb
Juanita Whittle
Jane Yant

Blanche Addona
Andrew Amatruda
Lorraine Asmus
Stan Baker
Janice Beimler
Paul Bobrowicz
Ronald Bruno
Marguerite Carboni
Mary Civitello
Joseph Coppola
Lucy DeCicco
Ann Ewchuck
Beverly Francis
James Gallo
Francette Gingell
Pauline Grzybowski
Joan Hidalgo
Carmela Iovene
Dolores Kern
Patricia Lewis
Annette Lupoli
Carolyn Mahon
Jan Markiewicz
Darlene Matejek
Jeannette Menker
Joseph Mongillo
Barbara Norton
Jane Pallman
Patricia Piscitelli
Arthur Redmond
Joan San Giovanni
Jean Scott
Juanita Speliades
June Tryon
Margaret Wells
Frances Wood
George Zymajtis

Joyce Adler
Marie Amore
Jane Agram
Jay Bard
Silvio Beltramello
Jim Brancati
Edward Buijnarowski
Raffaella Cassetti
Gerald Cohen
Carrie Cossidente
Constantios Devakis
Jean Foley
Marilyn Fredericks
Rose Gambardella
Nelson Gonzalez
Richard Habib
Nicoletta Howard
Marjorie Jasmin
Veronica Kivela
Anthony Lota
Raymond Luyckx
Eleanor Malavotti
Anna Marra
Dorothy McNamara
Shirley Mesham
Barbara Moski
Ann Nuzzo
Louise Penta
Genevieve Popolizio
June Roberts
Ann Sawicki
Philomena Senger
Alice Swiatek
Truman Warden
Margaret Wezowicz
Barbara Wysopal

WELCOME TO OUR NEW MEMBERS

Diana Dri, Hugh Hicks, Renee Hogan, Walter O'Brien, Grace Vanacore

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 Ann DellaValle, Lena Falanga, Florence Gormley, Terry Joyce, Maria Picagli, JoAnn Robinson-Gorman, Charlotte Shea, Janet Sola, Stop & Shop. For those who donated and did not sign our donations list - Thank You.

JUNE EVENTS

- June 1 Sing-a-Long with Helen – 10:30 a.m.
No Medicals
- June 2 No Medicals
- June 3 Benefits Quicklink - by Appointment
- June 6 Massages by Kimberly – by Appointment
- June 7 Chocolate Ice Cream Day and Bingo sponsored by
Hamden Health Center – 10:30 a.m.
Senior Songsters on the Road to Village Green – 1:30 p.m.
- June 8 Knitting Group Outing (Saybrook Yarn Shop) – 9:15 a.m.
Manicures by Francine – By appointment
- June 9 Movie: “Cinderella Story” – 1:15 p.m.
- June 10 Yo-Yo Day – 10:30 a.m.
Bocce Meeting – 11:30 a.m.
- June 13 Mini Trip: Hamden Mart – 10:30 a.m.
Health Guidance Clinic – 12 noon
- June 14 Get to Know Your Senior Center – 9:30 a.m.
“Free” Glucose Screening and Blood Pressure – 10:30 a.m.
“June Bride” Wedding Fun – 10:30 a.m.
Celebrate Flag Day with Senior Songsters & Strawberry Shortcakes – 1:15 p.m.
- June 15 New Current Event Discussion Group – 10:30 a.m.
Tri-Town Dinner: “Under The Strawberry Moon” – 5:30 – 7:30 p.m.
- June 16 AARP Driver Safety Program – 8:45 a.m.
Storyteller, Kate Alan Smith – 1:00 p.m.
- June 17 Hearing Screenings – 10:00 a.m.
Benefits Quicklink - by Appointment
- June 20 Massages by Kimberly – by Appointment
Father’s Day Celebration – 10:30 a.m.
- June 21 Senior Songsters on the Road to Leeway – 1:30 p.m.
- June 22 Casino Trip: Foxwoods – Departure 8:00 a.m.
Manicures by Francine – By appointment
Health Guidance Clinic – 11:00 a.m.
No Knitting
- June 23 Mini Trip: Universal Drive – 10:30 a.m.
- June 24 Country Western Day – 11:45 a.m.
- June 27 National Columinist Day – 10:30 a.m.
Purple Red Hatters non-Board Meeting – 1:00 p.m.
- June 28 Trip: “Godfather’s Meshugennah Wedding” – Departure 10:30 a.m.
- June 29 No Knitting
- June 30 North Haven Senior Food Critics to: Formosa – 11:45 a.m.

JUNE EVENTS

SING-A-LONG WITH HELEN – Wednesday, June 1, 10:30 a.m.

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

MASSAGES BY KIMBERLY – Monday, June 6, 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.)**

CHOCOLATE ICE CREAM AND BINGO DAY – Tuesday, June 7, 10:30 a.m. Sponsored by Hamden Healthcare Center – come join us for a fun morning with homemade chocolate ice cream and Bingo. Please call the Center to sign up by Monday, June 6!

SENIOR SONGSTERS ON THE ROAD TO VILLAGE GREEN – Tuesday, June 7, 1:30 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 1:00 p.m.

KNITTING GROUP OUTING – Wednesday, June 8, 9:15 a.m. We will begin our trip from the Center to Saybrook Yarn Shop, lunch at J.A.M.S.S and then the Yarn Basket. Return time estimate is 3:15 p.m. Please sign up with Eleanor Kovach if interested. Lunch is on your own!! **You must be at the center by 9:00 a.m.**

MANICURES BY FRANCINE – Wednesday, June 8, 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.)**

MOVIE: "CINDERELLA STORY" – Thursday, June 9, 1:15 p.m. Since June is considered "Wedding" Month, we will be showing the Cinderella Story! Snacks will be provided.

YO-YO DAY – Friday, June 10, 10:30 a.m. Come have some fun with Yo-Yo's – walk the dog, around the corner, or the flying saucer. If you don't have a yo-yo we will provide you with one!!

BOCCIE MEETING – Friday, June 10, 11:30 a.m. If you have never played the game but wished you had learned – now is your opportunity. Members play on Mondays, Wednesdays, Thursdays and Fridays. Come for the day or just come to play. For further information please contact the Center 203-239-5432. The More the Merrier!!!

MINI TRIP: HAMDEN MART – Monday, June 13, 10:30 a.m.

GET TO KNOW YOUR SENIOR CENTER – Tuesday, June 14, 9:30 a.m. Come on down and take a tour, learn the in's and out's of the Center and see what we have to offer you daily. Joan will be your tour guide.

"JUNE BRIDE" WEDDING FUN – Tuesday, June 14, 10:30 a.m. If you would like to bring in your wedding photos and share with the group – we would love for you to do so!! This should be fun reminiscing about the good old times and the beautiful brides you all made (of course can't forget the handsome grooms!!) So come on in and share with us your pictures.

"FREE" GLUCOSE SCREENING AND BLOOD PRESSURE – Tuesday, June 14, 10:30 a.m., sponsored by the Urgent Care Center of North Haven. Please call 203-239-5432 to sign up.

CELEBRATE FLAG DAY WITH OUR SENIOR SONGSTERS AND STRAWBERRY SHORTCAKE DAY – Tuesday, June 14, 1:15 p.m. Come and enjoy an afternoon of songs with our Senior Songsters and celebrate strawberry month with strawberry shortcakes. Cost: \$4.00 – please sign up with the Center by Friday, June 10th. Wear Red, White and Blue today and receive a free raffle ticket for a surprise raffle!!

NEW CURRENT EVENT DISCUSSION GROUP - Wednesday, June 15, 10:30 a.m. Are you interested in discussing a variety of current events, older events and issues? Well come on in to have open ended discussions with Ken Rudnicki and other Seniors. Some topics that might be discussed; Oil and Gasoline Price Hikes, The Wars and Military Actions in Place, The State Budget Deficit and Solutions or Needed Services of Facility Improvements for North Haven Seniors. This group will meet every other Tuesday at 10:30 a.m.

TRI-TOWN DINNER: "UNDER THE STRAWBERRY MOON" - Wednesday, June 15, 5:30 to 7:30 p.m. To be held at the Cheshire Senior Center, 240 Maple Avenue, Cheshire, **transportation will be available.** Menu will consist of a beautiful Surf & Turf (Baked stuffed shrimp and sliced Roast beef), roasted potatoes, string bean almondine, house salad and strawberry ice cream roll. Entertainment by: **We Got Rhythm.** Cost: \$15.00. *Tables of 7 will be available – please sign up your party together so that we can ensure that you will be sitting together.* Raffles will also be available. **Sold Out!**

AARP DRIVER SAFETY PROGRAM – Thursday, June 16, 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: 7/21; 8/18; 9/15; 10/20; 12/15.**

STORYTELLER, KATE ALAN SMITH - Thursday, June 16, 1:00 p.m. Come and enjoy an hour of storytelling and laughter!!!

HEARING SCREENINGS – Friday, June 17, 10:00 a.m. to 12:00 noon. Mark W. Zehnder, Audioprosthologist from Beltone in Hamden will be at the Center to provide hearing screenings, examinations for wax and general hearing aid maintenance and cleaning. Appointments will be every 20 minutes, so please call the Center, 203-239-5432 to make your appointment!

BENEFITS QUICKLINK – Friday, June 17, 10:30 a.m. to 12:30 p.m. Contact Judy Amarone for more information, 203-239-5432.

MASSAGES BY KIMBERLY – Monday, June 20, 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.)**

FATHER'S DAY CELEBRATION – Monday, June 20, 10:30 a.m. Come and enjoy a morning of bocce and special home baked cookies to celebrate our Fathers, Uncles and Special Men in our lives.

SENIOR SONGSTERS ON THE ROAD TO LEEWAY – Tuesday, June 21, 1:30 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 12:45 p.m.

MANICURES BY FRANCINE – Wednesday, June 22, 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.)**

MINI TRIP: UNIVERSAL DRIVE – Thursday, June 23, 10:30 a.m.

COUNTRY WESTERN DAY - Friday, June 24, 11:45 a.m. Enjoy an afternoon of Country Music provided by Ray Scott and a delicious menu of Chili Corn Carne, Corn Bread, Tri-Colored Pepper Medley with lime sauce and fried ice cream. Cost: \$6.00 – please sign up with the office by Tuesday, June 21, 2011.

NATIONAL COLUMNIST DAY – Monday, June 27, 10:30 a.m. Come and visit with Paul Colella, our own personal newspaper writer to discuss how he got interested in writing, the difference between writing for a newspaper and writing a book and what his intentions are for his future. This should be a fun event for all!!!

PURPLE RED HATTERS non-BOARD MEETING - Monday, June 27, 1:00 p.m. Come ready to discuss our next meeting – Open House for new members!

NORTH HAVEN SENIOR FOOD CRITICS – Thursday, June 30, 11:45 a.m. We are off to Formosa, Middletown Avenue for a taste of some Asian food. If you are interested please call the Center by Tuesday, June 28, 203-239-5432 to make your reservations on the bus.

WHAT'S HAPPENING IN JULY . . .

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 consist of: southern fried chicken, homemade cole slaw, corn off the cob, homemade biscuit, tomato salad with cucumbers and mozzarella and an awesome dessert sponsored by Hamden Healthcare Center! Cost: \$6.00 – please sign up in the office by Thursday, June 30th.

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.

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!!

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.

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!!

ANNUAL TRIP TO JIMMIES ON SAVIN ROCK – Thursday, July 14 or July 20, 10:45 a.m. Come join us for our Annual Trip to Jimmies on Savin Rock – please sign up by stopping by or calling the Office by the Tuesday prior to the trip!

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

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!

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.**

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" to be come your treasure! If you would like to donate to the Indoor Tag and Bake Sale please bring your items beginning Monday, June 20th!

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.

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: _____

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.**

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, 12:30 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 6/22 and 6/29/2011.**

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. New session begins: May 27 – July 29. **Classes will run for 10 weeks.** Fee: residents, \$50; non-residents, \$60.

BEGINNER TAP CLASS – Did you ever want to tap and felt it was too late because you are too “old”? Here at the North Haven Senior Center you are never too old to begin to tap. Class will be held on Fridays, 9:00 - 10:00 a.m. for 10 weeks. **Start date to be determined.** Cost: \$50.00 for residents and \$60.00 for non-residents. *Must have a minimum of 10 people to hold class.*

OIL PAINTING – Mondays, 12:30 – 2:30 p.m. New session begins June 6 – August 15, no class 7/4/11. Fee: residents, \$20, non-residents, \$30.

BEGINNER CHAIR YOGA, “New” Mondays, 10:45 – 12:15 p.m. Session begins: May 23 – August 8. No class 5/30 and 7/4.

BEGINNER CHAIR YOGA, Tuesdays, 10:00 – 11:30 a.m. New session begins: May 24 – July 26. Fee: residents, \$40; non-residents, \$50.

GENTLE HATHA YOGA, Thursdays, 1:00 – 2:30 p.m. New session began: April 21 and ends June 23. Fee: residents, \$40; non-residents, \$50.

UPCOMING DAY TRIPS 2011

- Casino: Foxwoods – *NEW DATE*: Wednesday, June 22, 2011 – Bus will leave at 8:00 a.m. and return home by 5:00 p.m.
- Godfather's Meshuggannah Wedding – Tuesday, June 28, 2011 – Bus will leave at 10:30 a.m. and return home by 4:30 p.m.
- All You Can Eat Lobster & Comedy Show – Tuesday, July 19, 2011 – Cost: \$90.00
- Opus Casino Cruise – Thursday, August 4, 2011 – Collection Date: Friday, June 10, 2011, 10:30 a.m. Cost: \$64.00
- 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

UPCOMING 2011 DAY TRIPS

All You Can Eat Lobster & Comedy Show – Tuesday, July 19, 2011. We are off to The Delaney House in Holyoke, Massachusetts for a Great Time with a Great Menu! Served at your table cheese & vegetable platter, shrimp cocktail & salad, Buffet Menu: Lobster! Lobster! Lobster! Beef tips Marsala with noodles, Seafood Newburg, Chicken Cordon Bleu, variety of salads, mixed vegetables, bread basket, dessert and beverages. Bob Goss, musician and comedian is "Ready to Have a Good Time." Cost: \$90.00 per person, checks made payable to: *North Haven Senior Citizen* Departure time: 9:45 a.m. and approximate return time is 4:30 p.m.

Opus Casino Cruise – 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*. Collection Date: Friday, June 10, 10:30 a.m. Open to the first 20 people!

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 apply 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.

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.*

JUNE 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
		1	2	3
*PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY		9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
		9:30-E-Z Exercise	10:00-Pinochle	10:00-E-Z Exercise
		10:00-E-Z Exercise	12:00-Lunch	10:00-Footlighters 1
		10:00-Ombudsman Mtg.	12:30-Bocce	10:00-Scrabble Challenge
		10:30-Errands	1:00-Crafts	10:30-Grocery Shopping
		10:30-Sing-A-Long w/Helen	1:00-Intermediate Yoga	10:30-Benefits QuickLink
ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE		12:00-Lunch	1:30-Wii Bowling	12:15-Bridge
		12:15-Bridge	1:30-Left, Center, Right	12:30-Bocce
		12:30-Int Mah Jongg/Bocce	No Medicals	1:00-Bingo w/Jim
		1:00-Knitting w/Eleanor		
		1:00-Bingo w/George		
		3:15-Computer Class		
		No Medicals		
6	7	8	9	10
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	9:15-Knitting Group Outing	10:00-Pinochle	10:00-E-Z Exercise
10:00-E-Z Exercise	10:30-Hairdresser/Nails	Saybrook Yarn Shop	12:00-Lunch	10:00-Footlighters 1
10:00-Massages by Kim	10:30-Chair Aerobic Exercise	9:30-E-Z Exercise	12:30-Bocce	10:00-Scrabble Challenge
10:30-Canasta	10:30- Homemade Chocolate	10:00-E-Z Exercise	1:00-Crafts	10:30-Yo Yo Day
10:45-Beg Chair Yoga	Ice Cream Day	10:30-Manicures by Francine	1:00-Intermediate Yoga	10:30- Grocery Shopping
12:00-Lunch	12:00-Lunch	10:30-Errands	1:15-Movie: "Cinderella Story"	11:30-Bocce Meeting
12:30-Oil Painting/Bocce	1:00-Mah Jongg	12:00-Lunch	1:30-Wii Bowling	12:00-Lunch - \$9.00
1:00-Bingo	1:00-Crafts	12:15-Bridge		12:15-Bridge
1:30-Beg Pinochle	1:30-Senior Songsters On The Road To Village Green	12:30-Int Mah Jongg/Bocce		12:30-Bocce
		1:00-Knitting w/Eleanor		1:00-Bingo w/Jim
		1:00-Bingo w/George		
		3:15-Computer Class		
13	14	15	16	17
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:45-AARP Driver Safety	9:30-E-Z Exercise
9:30-E-Z Exercise	9:30-Get To Know Your Center	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-E-Z Exercise
10:00-E-Z Exercise	10:00-Beg Chair Yoga	10:30-Current Event Discussion	10:00-Pinochle	10:00-Footlighters 1
10:30-Canasta	10:30-Free Glucose Screening	10:30-Errands	12:00-Lunch	10:00-Scrabble Challenge
10:30-MiniTrip: Hamden	10:30-June Bride Wedding Fun	12:00-Lunch	12:30-Bocce	10:00-Hearing Screenings
10:45-Beg Chair Yoga	10:30-Hairdresser/Nails	12:15-Bridge	1:00-Crafts	10:30-Grocery Shopping
12:00-Lunch	10:30-Chair Aerobic Exercise	12:30-Int Mah Jongg/Bocce	1:00-Intermediate Yoga	10:30-Benefits QuickLink
12:00-Health Guidance	12:00-Lunch	1:00-Bingo w/George	1:00-Storyteller:	12:00-Lunch - \$9.00
12:30-Oil Painting/Bocce	1:00-Mah Jongg	1:00-Knitting w/Eleanor	Kate Allen Smith	12:15-Bridge
1:00-Bingo	1:00-Crafts	3:15-Computer Class	1:30-Wii Bowling	12:30-Bocce
1:30-Beg Pinochle	1:15-Celebrate Flag Day with the Senior Songsters and Strawberry Shortcake	5:30-Tri-Town Dinner: Under The Strawberry Moon	1:30-Kings In The Corner	1:00-Bingo w/Jim
		Transportation Available		

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