

SENIOR HAPPENINGS

JUNE 2012



What Is A Dad?

*A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.*

*A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.*

*A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail...*

- Unknown



At A Glance . . .

- ☞ 6/4 - Purple Red Hatters non-board meeting
- ☞ 6/4 - Bocce Informational Meeting
- ☞ 6/6 - "Senior to Senior" Prom with NHHS Interact Club
- ☞ 6/7 - Mini Trip: Hamden Plaza
All Activities Cancelled
- ☞ 6/8 - Shred Day
- ☞ 6/8 - Senior Moments with Mike
- ☞ 6/8 - Collection for All You Can Eat Lobster
- ☞ 6/12 - Tri-Town Dinner at Wallingford Senior Center
- ☞ 6/14 - Purple Red Hatters Fashion Show
- ☞ 6/18 - Mini Trip: Universal Drive
- ☞ 6/19 - Bingo with Moyra, sponsored by Hamden Healthcare Center
- ☞ 6/21 - AARP Driving Course
- ☞ 6/21 - Lenny & Joes in Westbrook and Westbrook Outlets
- ☞ 6/27 - Medicare Made Clear
- ☞ 6/28 - Father's Day Celebration

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT

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

www.town.north-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 Tienken-Jung

Bus Drivers - Arelis Adorno, Eileen Mogensen
and Lisa Marasco

Looking for



Line Dancers

Do you enjoy dancing?
Do you want to learn all the current line dances?
Come and see what we can offer you . . .
The Center would like to hire a Dance Instructor,
but need dancers – a maximum of 12 dancers is needed!
Drop by either Monday or Wednesday, 9:00 to 10:00 a.m.
to see what you can learn!

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!
An information meeting will be held **on Friday, June 4, 2012 at 12:30 p.m.** at
the Senior Center. For more information, please call the Center, 203-239-5432.

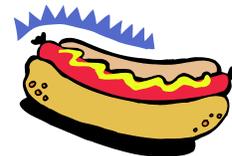


Singers . . .

Do enjoy singing? Looking to entertain? Well we have a great group
of Senior Songsters looking for you to join the chorus. We practice
every Tuesday, from 1:15 to 2:15 p.m. and sing old tyme songs. We
travel to area assisted living communities and convalescent centers as well as
the public school system during the Holiday Season. If you are interested but
would like more information, please call the Center, 203-239-5432.

Hot Dog Fridays

Beginning Friday, June 1 and during the months of June, 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 by the
Wednesday before.



Party with us



- ★ **“Senior to Senior” Prom with the NHHS Interact Club** – Wednesday, June 6, 11:30 a.m. to 2:00 p.m. The NHHS Interact Club will be hosting a Senior to Senior Prom – come dressed to impress – wear a beautiful gown or a pretty dress! And for our guys, wear a nice suit or dress with a shirt and tie! Dessert and dancing will be provided. Let us know if you would like to attend this fun event by calling the office, 203-239-5432.

- ★ **Tri-Town Hoe Down** – Tuesday, June 12, 5:00 p.m. Doors open at 4:30 p.m. BBQ Dinner will consist of: barbecue chicken, pulled pork, scalloped potatoes, sautéed green beans and strawberry shortcake. Musical entertainment provided by the Ray Scott Country Band. There will be prizes for the best dressed cowboy and cowgirl, raffles and more! Cost: \$15.00 per person and tickets will go on sale on May 14th. Please have checks made payable to the North Haven Senior Center and sign ups will include table assignments as well. Please try to sign up with the people you would like to sit with. Limited space: 75 people per Center. **Transportation will be available.**

- ★ **Purple Red Hatters Fashion Show** – Thursday, June 14, 1:00 p.m. Come and enjoy an afternoon of summer fashion sponsored by Dress Barn of Wallingford. Refreshments will be served – all non-red hatters are welcome to stay, cost \$2.00.

- ★ **Father’s Day Fun and Strawberry Shortcake Day** – Thursday, June 28, 1:00 p.m. Enjoy an afternoon to honor the special guy in your life – for entertainment we have our new friends, Ben and Al Papson and then for a delicious dessert we will be serving strawberry shortcakes, home made biscuits, strawberries and real whipped cream. Cost: \$4.00 for our female friends and \$2.00 for our special guys in our lives. Please sign up with the office by Friday, June 22, 2012.



Senior Moments with Mike - Friday, June 8, 10:30 a.m. If you have an issue and would like to discuss it with First Selectman Mike Freda, please call the Center to make an appointment to meet with him, 203-239-5432. Appointments will be made every 20 minutes.



Shred Day – Friday, June 8, 12:00 p.m. to 2:00 p.m. Shred Day’s goal is to promote the protection of confidential data through the proper use of document shredding and the shredding of other types of data media. The statistics on the number of people affected by Identity Theft are astounding and growing every day. If in doubt, paper shredding is a better solution than simply throwing the paper away. By properly shredding all private and confidential information, you can diminish the chances that identity theft and fraud will affect you! So join us on June 8th to shred your confidential data.

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 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.



- **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**

Thursday or Friday, 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 Thursday or Friday afternoon. All items made in the craft class will be sold at our Holiday Bazaar in November.



- **COMPUTER CLASSES**

Two classes on Monday, 9:00 a.m. and 10:30 a.m. Classes will run for five weeks. The beginner class will show you how to turn the computer on, use Microsoft Word, to show you how to log in and out of your email. And the intermediate class will show you more advanced technology, like down-loading pictures from your camera, setup email accounts or Facebook. Fee: residents, \$5.00; non-residents, \$10.00.

- **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.



- **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.

- **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.



OIL PAINTING

Monday, 12:30 – 2:30 p.m. New Session: Monday, April 16 through Monday, June 25 –

Fee: residents, \$20.00; non-residents, \$25.00.

• **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. This Session ends: Tuesday, July 24. 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. This session ends: Thursday, June 21, 2012. Fee: residents, \$45.00; non-resident, \$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 curbside 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 3 bags per person. Thank you.

Mondays:

- Mini Trips:
- ⇒ **Thursday, June 7** –
 - Hamden Plaza
- ⇒ **Monday, June 18**–
 - Universal Drive
- ⇒ **Thursday, June 21** –
 - Lenny & Joes in Westbrook and Westbrook Outlets*

*Need 10 or more to sign up for this mini-trip

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 is 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 – July 4; September 3; October 8; November 12 and 22; December 7 and 25.**

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.*

Suffolk Downs – Wednesday, July 18, 2012 Join us on a trip to Suffolk Downs for an afternoon of racing overlooking Swan Pond, the Fountain and 30 acres of Irish Green Turf. This includes; roundtrip deluxe motorcoach, luncheon buffet in the Toppers Room overlooking the finish line, clubhouse admission, daily racing program at your table, a race name for our group and betting explanation. Cost: \$54.00 resident, \$59.00 non-resident. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

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 “GenieBen 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

Lena Cocco, Dolores Fiorentino, Eunice Falcigno, Clelia Grande,
Freda & Louis Kaplan, Edward Otremba, Nancy & Ralph Prete,
Christopher Smith, Diane Smith, Dora Verlezza & Carmel Sullivan



Thank you to the following for your donation:

Ann Alexander, Julia Conroy, Claudia Giulietti, Carol Labagnaro,
Evelyn Taddei, Wanda Stockman

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!

Peter Adamo
Mario Altieri
Edward Angeletti
Warren Avery
Bernice Bassett
Theresa Berardi
Patricia Brown-Lewis
Nancy Caprio
Mary Cestaro
Albino Conti
Bernadine Costa
Constantios Devakis
Jean Foley
Marilyn Fredericks
Rose Gambardella
Nelson Gonzalez
Richard Habib
Joan Hidalgo
Carmela Iovene
Dolores Kern
Brenda Leafe
Vivian Loyd
Carolyn Mahon
Jan Markiewicz
Darlene Matejek
Shirley Mesham
Joseph Mongillo
Ellen Mary Nicolelli
Jane Pallman
Lucy Perrelli
Gemma Purchio
June Roberts
Ann Sawicki
Alice Sierzputowski
Diane Sylvia
Shirley Webb
Juanita Whittle
Jane Yant
Philomena Senger

Blanche Addona
Andrew Amatruda
Lorraine Asmus
Stan Baker
Janice Beimler
Paul Bobrowicz
Ronald Bruno
Marguerite Carboni
Mary Civitello
Joseph Coppola
Lucy DeCicco
Annette Cenzo
Peter Forte
Theresa Furino
Anthony Gentile
Florence Gormley
Arlene Herzog
Nicoletta Howard
Marjorie Jasmin
Veronica Kivela
Patricia Lewis
Annette Lupoli
Eleanor Malavolti
Anna Marra
Dorothy McNamara
Janet Milo
Barbara Moski
Ann Nuzzo
Joseph Panico
Genevieve Popolizio
Dante Raffone
Nora Saddig
Mary Scales
Christopher Smith
June Tryon
Margaret Wells
Frances Wood
Anna Zawacki

Joyce Adler
Marie Amore
Jane Astram
Jay Bard
Silvio Beltramello
Jim Brancati
Edward Buijnarowski
Raffaella Cassetti
Gerald Cohen
Caroline Cossidente
Catherine DeDomenico
Ann Ewchuck
Beverly Francis
James Gallo
Francette Gingell
Pauline Grzybowski
Hugh Hicks
Russell Hull
George Johnson
Harry Kusmit
Anthony Lota
Raymond Luyckx
Frank Mancuso
MaryLou Martino
Jeannette Menker
Lucy Monahan
Eleanor Nicholas
Mary O'Donnell
Louise Penta
Ronald Portugal
Arthur Redmond
Joan San Giovanni
Jean Scott
Juanita Speliades
Truman Warden
MargaretWezowicz
Barbara Wysopal
Chris Rainone

JUNE 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
*PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY				1
				9:30/10:00-E-Z Exercise
				10:00-Footlighters
				10:00-Scrabble Challenge
				10:30-Benefits Quicklink
				10:30-Grocery Shopping
ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE				11:30-Lunch
				11:30-Hot Dog Friday
				12:15-Bridge
				12:30-Bocce
				12:45-Bingo
4	5	6	7	8
9:00-LineDance	9:00-Ceramics	9:00-Line Dance	CENTER CLOSED	9:30/10:00-E-Z Exercise
9:00-Computer Class	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	ALL ACTIVITES CANCELLED	10:00-Footlighters
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Barber/Nails	10:30-Sing a Long w/Helen	NO DAILY TRANSPORTATION	10:00-Scrabble Challenge
10:00-Massages by Kim	11:30-Lunch	10:30-Ombudsman Meeting	NO LUNCH	10:30-Grocery Shopping
10:00-non-Board Red Hatters Meeting	12:30-Mah Jongg	10:30-Errands	MEDICAL BUS AVAILABLE	10:30-Senior Moments with Mike
10:15-Canasta	1:15-Senior Songsters	10:45-Balance Exercises	MINI TRIP: HAMDEN PLAZA	10:30-Collection: "All You Can Eat Lobster"
10:30-Computer Class		11:30-"Senior to Senior" Prom with the NHHS Interact Club		10:45-Walking Club
10:45-Balance Exercises		12:00-Int Mah Jongg		11:00-Shred Day
11:30-Lunch		12:15-Bridge		11:30-Lunch
12:30-Oil Painting		12:30-Bocce		11:30-Hot Dog Friday
12:30-Bocce Meeting		12:30-Knitting w/Eleanor		12:15-Bridge
12:45-Bingo		12:45-Bingo		12:30-Bocce
1:15-Stronger Seniors: Medications				12:45-Bingo
1:30-Beg Pincohle				1:00-Crafts
11	12	13	14	15
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:00-Computer Class	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinohle	10:00-Footlighters
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Barber/Nails	10:30-Errands	10:30-Wii Bowling	10:00-Scrabble Challenge
10:15-Canasta	11:00-"Free" Glucose Screening & Blood Pressure	10:45-Balance Exercises	11:30-Lunch	10:30-Grocery Shopping
10:30-Computer Class	11:30-Lunch	11:30-Lunch	12:30-Bocce	10:45-Walking Club
10:45-Balance Exercises	12:30-Mah Jongg	12:00-Int Mah Jongg	1:00-No Sing-A-Longs	11:30-Lunch
11:30-Lunch	1:15-Senior Songsters	12:15-Bridge	1:00-Intermediate Yoga	11:30-Hot Dog Friday
12:00-Health Guidance		12:30-Bocce	1:00-Crafts	12:15-Bridge
12:30-Bocce/Oil Painting	5:00-Tri-Town Dinner at Wallingford Senior Center	12:30-Knitting w/Eleanor	1:00-Purple Red Hatters Fashion Show-Cost: \$2.00	12:30-Bocce
12:45-Bingo		12:45-Bingo		12:45-Bingo
1:15-Stronger Seniors: Healthy Diet				1:00-Crafts
1:30-Beg Pincohle				

PLEASE CONTACT MARY ELLEN DURSO, CAFÉ MANAGER, TO RESERVE YOUR LUNCH
FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

BETWEEN 9-11:00 a.m.

Nutrition for mind, body and spirit

203-239-4030

June 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	1
<p>All Soups come with unsalted Crackers</p> <p>*The dessert is the same for both meals</p> <p>All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt</p>	<p>All Rolls are Seedless</p> <p>All White Rice is Enriched</p> <p>All non-citrus juices are Vitamin C Fortified</p>			<p>Vegetable Beef Soup</p> <p>Seafood Salad on a bed of Lett./Sl. Tom. and Green</p> <p>Beans w/Italian Dr. - 2pkts</p> <p>Plate</p> <p>Whole Wheat Sandwich Roll</p> <p>Orange</p>	
4	5	6	7	8	
<p>Grape Juice</p> <p>Phillie Cheese Steak w/Mozzarella cheese</p> <p>Tossed Garden Salad</p> <p>French Dressing-2 pkts.</p> <p>6" Grinder Roll</p> <p>Fruit Cocktail</p>	<p>100% Fruit Punch</p> <p>Chicken Fajitas w/Vegetables</p> <p>Belgian Carrots</p> <p>Soft Tortilla</p> <p>Fruited Jello w/Topping</p>	<p>BIRTHDAY CAKE DAY</p> <p>Sl. Thin Select Roast of Beef Au Jus</p> <p>Roasted Potatoes</p> <p>California Blend Veg.</p> <p>Tropical Fruit Cup</p> <p>Whole Wheat Dinner Roll</p> <p>Birthday Cake</p>	<p>Apple Juice</p> <p>Stuffed Shells w/Tom. Sauce</p> <p>Yellow Beans</p> <p>Garden Salad</p> <p>Italian Dressing - 2 pkts.</p> <p>Italian Bread</p> <p>Oatmeal Raisin Cookie</p>	<p>Minestrone Soup</p> <p>Tunafish Salad on bed of Lettuce/Tomato Plate w/Pickled Beet Salad</p> <p>Whole Wheat Sandwich Roll</p> <p>Fresh Fruit Cup</p>	
11	12	13	14	15	
<p>New Orleans Mandarin Chicken</p> <p>Brown Rice</p> <p>Broccoli</p> <p>Whole Wheat Dinner Roll</p> <p>Special Cookie</p>	<p>Italian Wedding Soup</p> <p>BBQ Rib Pattie</p> <p>Tossed Green Salad w/Sl. Red Onion</p> <p>French Dressing - 2pkts.</p> <p>Petite Peas</p> <p>4" Grinder Roll</p> <p>Melon</p>	<p>Cream of Carrot Soup</p> <p>Cold Carando Sl. Corned Beef</p> <p>Potato Salad</p> <p>Creamy Cole Slaw</p> <p>Mustard - 2 pkts.</p> <p>Rye Bread- 2 Sl.</p> <p>Sliced Peaches</p>	<p>FATHER'S DAY CELEBRATION</p> <p>Cranapple Juice</p> <p>Roast Turkey w/Gravy</p> <p>Cranberry Sauce</p> <p>Stuffing w/Gravy</p> <p>Petite Peas & Mushrooms</p> <p>Whole Wheat Dinner Roll</p> <p>Black Forest Cake</p>	<p>100% Fruit Punch</p> <p>Fresh Fish Fillet</p> <p>Tartar Sauce - 2 pkts.</p> <p>Lemon Wedge</p> <p>Fluffy Brown Rice</p> <p>Tossed Salad w/Tomato</p> <p>French Dressing - 2 pkts.</p> <p>Corn Muffin</p> <p>Sliced Pears</p>	
18	19	20	21	22	
<p>Vegetarian Veg. Soup</p> <p>Turkey Kielbasa</p> <p>Sauerkraut/Mustard</p> <p>Parslied Potatoes</p> <p>Hot Dog Roll</p> <p>Seasonal Fresh Fruit</p>	<p>Apple Juice</p> <p>Chicken Stir Fry</p> <p>Fluffy White/Brown Rice</p> <p>Oriental Blend Veg.</p> <p>4" Grinder Roll</p> <p>Oatmeal Raisin Cookie</p>	<p>Split Pea Soup</p> <p>Roasted Fresh Ham</p> <p>Sweet Potato</p> <p>Petite Peas & Mushrooms</p> <p>Whole Wheat Sandwich Roll</p> <p>Orange</p>	<p>Grape Juice</p> <p>Angus Burger</p> <p>Sl. American Cheese</p> <p>Potato Puffs</p> <p>Ketchup- 2 pkts</p> <p>Tossed Salad</p> <p>Italian Dressing -2 pkts.</p> <p>Whole Wheat Hamburger Roll</p> <p>Brownie</p>	<p>Cream of Broccoli Soup</p> <p>Chicken Salad w/Let., Tom. on a Kaiser Roll</p> <p>Mayonnaise - 2 pkts.</p> <p>3-Bean Salad</p> <p>Vegetable Crudites w/ French Dressing</p> <p>Apple</p>	
25	26	27	28	29	
<p>100% Fruit Punch</p> <p>Roast Pork w/Applesauce Gravy</p> <p>Sweet Potatoe</p> <p>Oriental Vegetables</p> <p>Whole Wheat Dinner Roll</p> <p>Oatmeal Raisin Cookie</p>	<p>Pineapple Juice</p> <p>Chef's Salad</p> <p>Chicken, Ham, Cheese & Cherry Tom. on a Bed of 1 c. Lettuce</p> <p>Potato Salad</p> <p>Creamy Cole Slaw</p> <p>Pumpnickel Bread</p> <p>Vanilla Pudding w/Topping</p>	<p>Apple Juice</p> <p>Sausage, Peppers and Onions</p> <p>Fluffy Brown Rice</p> <p>Mixed Green Salad w/Cherry Tomatoes</p> <p>Ranch Dressing - 2 pkts.</p> <p>4" Grinder Roll</p> <p>Sliced Peaches</p>	<p>Terryaki Chicken</p> <p>White Wild Rice Combo</p> <p>California Blend Veg.</p> <p>Rye Bread</p> <p>Pie</p>	<p>100% Fruit Punch</p> <p>Canneloni & Meat Sauce</p> <p>Tossed Salad w/Sl. Black Olives</p> <p>Italian Dressing- 2 pkts.</p> <p>Italian Bread</p> <p>Fresh Fruit Cup</p>	
<p>MINIMUM PORTIONS SERVED AT EACH MEAL:</p> <p>1c Milk - 1% or equivalent 1c Vegetable and Fruit or equivalent 2oz. Protein 1 pat Margarine</p> <p>and 2 Bread servings or equivalent (enriched or whole grain)</p>					

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