

Senior Happenings

MARCH 2012

Joyce C. Budrow Senior Center

189 Pool Road, North Haven, CT

203-239-5432

www.town.north-haven.ct.us

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



Daylight Savings Begins

Sunday, March 11, 2012

Turn Your Clock Ahead an Hour

Happy  St. Patrick's Day

Manager: Judy Amarone

Café Manager: Mary Ellen Durso

Secretaries: Maggie Maiden

Ellen McDonald

Program Coordinator: Sue Tienken-Jung

Bus Drivers: Arelis Adorno

Eileen Mogensen

Lisa Marasco

Joyce C. Budrow Mission Statement

The mission of the Senior Center is to respond to the ever-changing needs of mature adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness, and social and recreational activities.

HEALTH GUIDANCE CLINIC - The VNA Community Healthcare will be conducting FREE blood pressure screenings and general health counseling at the Senior Center, 189 Pool Road, on Monday, March 12 from 12 – 1:00 p.m. and Wednesday, March 28 from 11:00 a.m. – 12:30 p.m.

SENIOR COMMUNITY CAFÉ INFORMATION (Daily lunch program)

Senior Café - A hot, full-course meal is served in the Senior Center Café. Menus are available in the newsletter. Suggested donation is \$2.00 and you must be over 60 years old or disabled. 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.

TRANSPORTATION SCHEDULE

Transportation to and from the Center is available on weekdays at no charge to North Haven seniors. **Please schedule your transportation by the day before for Daily Transportation as well as one of these services. Thank you. *Reminder: Bus leaves 189 Pool Road approximately 10:30 a.m. to start pick-ups.**

- **North Haven Library:** Call for availability
- **Town Pool:** Call for availability
Tuesdays and Thursdays
- **Grocery shopping:** Every Friday, 10:30 a.m. at *Big Y or Stop & Shop.**
- **Lunch transportation from Senior Housing**
Monday through Friday
- **Hairdresser and Barber/Nails:**
Every Tuesday, 10:30 a.m.*
- **Errands:** Every Wednesday, 10:30 a.m. Trips include: bank, post office, card shop, and pharmacy. No Errands 4/18/12 - Errands will be on 4/20/12
- **NOTE: For prescription pick ups at pharmacies it is recommended you phone your pharmacy ahead.**

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

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

MEDICAL TRANSPORTATION/APPOINTMENTS

The Center provides transportation to all members of the Center for medical appointments in North Haven, New Haven, Hamden and VA Hospital of West Haven Monday through Friday. Call for availability. **Please try to make all appointments between 9:00 a.m. (New Time) and 1:30 p.m. (you must be ready to go home by 2:00 p.m.)**

When you call to schedule your transportation, please be prepared to give us the doctor's name, address and phone number. Please reserve your ride by calling us as soon as you make your appointment. Appointments are taken on a first come basis and, unfortunately, not all requests can be fulfilled.

No Medical Transportation: April 6; May 28; July 4; September 3; October 8; November 12 and 22; December 25.

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**

MARCH MINI TRIPS		APRIL MINI TRIPS
MARCH 5 – WALLINGFORD WAL MART	APRIL 9 – HAMDEN PLAZA HAMDEN MART	APRIL 18 - ORANGE CHRISTMAS TREE SHOP
MARCH 26 – NO. HAVEN UNIVERSAL DRIVE		APRIL 30 – NORTH HAVEN UNIVERSAL DRIVE

From the desk of Judy,

Stop Solicitors from Bothering You

Cell numbers have gone public which means Telemarketing Companies will buy lists with your cell phone number and your phone will start ringing! YOU WILL BE CHARGED FOR THESE CALLS. To prevent this dial 1-888-382-1222 from the phone number you want blocked. The process to have your number blocked to solicitors takes less than a minute. Once your cell telephone number has been registered these calls will be blocked for five years. On a side note, I also did this for my home phone. If anyone needs assistance with their cell phone stop by the Center and staff will be happy to assist you.

New Programs Sponsored by VNA Community Healthcare

***** Due to the anticipated participation, please contact the Center to reserve your space for the following two events*****

- 1. Don't Forget Memory Matters- Learn why exercising your brain is important, how to maintain your brain, and dispel the myths of memory loss and aging Thursday, March 15 10:45-11:45 a.m. at the Center
- 2. Memory Matters; Improve Your Brain Health & Performance- 7 week program; exercise your brain with activities, learn how to enhance your brain, and learn about normal changes in your brain as we age. Thursdays beginning March 22, 12:45 - 1:45 p.m. at the Center

Quinnipiac University School of Nursing is looking for 4 volunteers on March 8 from 12:15-2:30 p.m. at the North Haven campus. The Nurse Practitioner students need to practice taking a health history and a brief physical exam (eyes, ears, listen to heart and lungs). Each volunteer will be interviewed by 3 students separately. The interview will be video-taped then discarded after reviewed by student and faculty. Each interview will take approximately 20 minutes so likely you will leave early. Parking is available at the North Haven campus and a staff member will meet all volunteers.

Refreshments and snacks will be provided. Please contact: Karen Pawelek, DNP, MS, APRN QU School of Nursing Faculty at 860-304-2812 or Karen.Pawelek@quinnipiac.edu for details or questions.

DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

Please let us know if someone is hospitalized, sick, convalescing, or has lost a loved one. We have no other way of knowing. It also helps us to keep our files updated. Contact the Center, 203 239-5432, and when you give a name, please let us know if the person should receive a cheer card or a sympathy card.

BIRTHDAY CELEBRATIONS

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

Betty Albanese	Ann Alexander	Michelina Alfone
Anna Amarante	John Amore	Madelyn Anastasio
Hilda Annunziata	Abelardo Arias	Prudence Armstrong
Edward Asid	Angelina Barbaro	Marjorie Barna
Louis Barraco	Bozena Brodzik	Louis Brunelli
Judith D'Errico Buonomo	Elaine Burr	Charlotte Buzzard
Eleanor Capasso	Daniel Carboni	Rosemary Carey
Nancy Cirafulo	Nancy Cirasnolo	Ralph Cocco
Ruth Coyle	Tereatha Bennet Cribbs	Madeline Criscuolo
Ramon Cross	Frank Cusick	Irma D'Amora
Richard Dawson	Carole Vore	Richard DeFabio
Lottie DeFelice	Priscilla Diamantini	Peggy Esposito
Charlotte Fagan	Melba Federico	Joan Gallagher
Arlene Gammons	Dorothy Gentile	Frank Gerzabek
Lucien Goulet	Ralph Grazioso	Virginia Habib
Lois Hartsoe	Hal Helland	Marialyce Hook
Peggy Imperato	Patricia Jolly	Teresa Joyce
Eleanor Kovach	Catherine Kowalewski	Caroline Kranyak
Phyllis Krizsan	Janet Lampo	Raymond Landry
Helen Less	Neil Lillo	Peg Limbacher
Joan Longobardi	Joseph Lynch	Domenica Mahon
Nan Mahon	Julius Marcarelli	Louis Maresca
Carole Massara	David McCarthy	Helen McInerney
Sandra Mekdeci	Catherine Merola	Pearl Merola
Joanne Mooney	Dr. William S. Moore	Marie Morse
Barabara Mudge	Violet Olsen	Marianne Pearsall
Louis Pierandi	Sophie Plachtyna	Anthony Purchio
Janet Radowiecki	Harold Rohloff	Frank Rosano
Kathy Ross	Theresa Saccavino	Anna Sagnella
Alfred Santore	Ann Schneider	Charlotte Shea
Ann Signore	Dorothy Simjian	Teresa Stellavato
Charlotte Suraci	Josephine Vegliante	Sylvia Wakefield
Rita Wozniak	Helen Zamlowski	

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

WELCOME TO OUR NEW MEMBERS

Emma Casinghino, Elaine Cody, Elena DeCerbo,
Ann & William Mulligan, Arlene Herzog, Jeanne C. Fritz

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 Alexander, Andy Amatruda, Fran Bartlett, Toni Buono, Ruth Colbourn, Flo & George Coulston, Ann DellaValle, Marion Green, Eleanor Kovach, Carol Labagnaro, Marcia Maresca, Jane Pallman, Stop & Shop. A warm note of thanks to the members that donated socks for those in need in our community. Your kindness will warm somebody's toes and heart.

. For those who donated and did not sign our donations list - Thank You.

MARCH EVENTS

- March 1 Start ordering your Zeppole's
- March 2 Benefits Quicklink (Call for an appointment) – 10:00 – 12 noon
- March 5 Mini Trip: Wallingford Wal Mart – 10:30 a.m.
Purple Red Hatters non-Board Meeting – 10:30 a.m.
- March 6 Lunch with the Interact Club – 11:30 a.m.
- March 7 Ombudsman Meeting
Sing-a-long with Helen – 10:45 a.m.
- March 8 Bingo – Sponsored by Hamden Healthcare – 10:30 a.m.
- March 9 Senior Moments w/Mike – By Appointment
- March 11 (Sunday) Daylight Savings Begins
- March 12 Massages by Kim – By Appointment
Health Guidance Clinic – 12 noon
- March 13 Presentation: “Maintaining Healthy Relationships In Your Life”
“Free” Glucose Screening & Blood Pressure – 11:00 a.m.
St. Patrick's Day Celebration with our Senior Songsters – 1:15 p.m.
- March 14 Finance Meeting – 10:30 a.m.
- March 15 AARP Driver Safety Program – 8:30 a.m.
Presentation: “Don't Forget: Memory Matters” – 10:45 a.m.
Storyteller: Kate Allen Smith – 1:00 p.m.
- March 16 Collection Date: “Casino: Mohegan Sun” – 10:30 a.m.
- March 20 St. Joseph's Day – 10:30 a.m.
Commission on Aging – 6:00 p.m.
- March 21 St. Patrick's Day Celebration – 11:45 a.m. – Cost: \$7.00
No Mah Jongg, Knitting and Bingo
- March 22 Trip: “Music of Italy” – Departs 10:30 a.m.
Memory Matters – 7 Week Program Starts
- March 23 Community Supper at St. John's Church – Reserved Transportation
Available
- March 26 Massages by Kim – By Appointment
Mini Trip: Universal Drive – 10:30 a.m.
- March 28 Health Guidance Clinic – 11:00 a.m.
- March 29 Lunch Bunch: Café Broadway – 11:30 a.m.
Caregiver Support Group – 4:00 p.m.

MARCH EVENTS

BENEFITS QUICKLINK – Friday, March 2, 10:30 a.m. to 12:30 p.m. 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. Register by calling 203-239-5432.

MINI TRIP: WALLINGFORD WAL MART– Monday, March 5, 10:30 a.m.

PURPLE RED HATTERS non-BOARD MEETING – Monday, March 5, 10:30 a.m.

LUNCH WITH THE INTERACT CLUB – Tuesday, March 6, 11:30 a.m. Enjoy lunch and conversation with our North Haven High School Interact Club.

SING-A-LONG – Wednesday, March 7, 10:30 a.m. Come and sing-a-long with Helen for an hour with old tyme songs.

BINGO – Thursday, March 8, 10:30 a.m. Come join Moyra from Hamden Healthcare for a few games of bingo – prizes: groceries and snacks!! **Please let the office know if you will be attending, 203-239-5432.**

SENIOR MOMENTS WITH MIKE – Friday, March 9, 10:30 a.m. If you have an issue and would like to talk with Mike, please call the Center to make your appointment. Appointments will be set every 20 minutes. 203-239-5432.

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

PRESENTATION: “MAINTAINING HEALTHY RELATIONSHIPS IN YOUR LIFE” –Tuesday, March 13, 10:45 a.m. Join Tracey Parks from the Center for Domestic Violence Services to discuss maintaining a healthy relationship between family, friends, caregivers and others. And see what can happen when they say it’s time to make decisions for the seniors in their lives. Please call the Center to reserve your spot, 203-239-5432.

ST. PATRICK’S DAY CELEBRATION – Tuesday, March 13, 1:15 p.m. Enjoy an afternoon of our own Senior Songsters entertaining us with “Ode of the Irish”. Dessert and coffee will be served. Invite friends and family and “show off” our Center’s talent! A special prize will be awarded to the Senior Songster who brings the most guests to our celebration! Please let the office know if you would like to join us by calling 203-239-5432.

FINANCE MEETING – Wednesday, March 14, 10:30 a.m. **Dates for 2012 are: 5/9/12; 9/5/12 and 11/14/12.**

AARP DRIVER SAFETY PROGRAM – Thursday, March 15, 8:30 a.m. – 12:30 p.m.

This refresher course was developed to help drivers 55 and older to improve their skills and possibly prevent traffic accidents. **Please bring a valid drivers license. A \$12 fee for AARP members/\$14 for non AARP members is payable BY CHECK to “AARP” and due at the start of class. Cash cannot be accepted.** 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 2012 are: 4/19, 5/17, 6/21, 7/19, 8/16, 9/20, 10/18 and 12/20.**

PRESENTATION: “DON’T FORGET: MEMORY MATTERS” – Thursday, March 15, 10:45 a.m. Learn why exercising your brain is as important as exercising your body, find out how to maintain and improve brain function and dispel the myths of memory loss and aging. Sponsored by the VNA Community Healthcare. Please call the Center to reserve your spot, 203-239-5432.

ST. JOSEPH’S DAY – Tuesday, March 20, 10:30 a.m. Enjoy a snack in honor of St. Joseph’s Day. We will be celebrating St. Joseph’s day the day after since Rocco’s Bakery is closed on Mondays. Choice of: chocolate or vanilla – cost \$2.00 or ricotta – cost \$2.50. **Please sign up with the office by Thursday, March 15.**

COMMISSION ON AGING MEETING – Tuesday, March 20, 6:00 p.m. Public Welcome! **The next meeting will be held on 5/22/12.**

ST. PATRICK’S DAY CELEBRATION – Wednesday, March 21, 11:45 a.m. Come and enjoy some grammy’s Irish beef stew served over noodles, Irish soda bread and key lime cookies along with entertainment with Tom Callahan. Sign ups begin 2/27. **Cost: residents, \$7.00; non-residents, \$12.00 (Sign-ups for non-residents will begin 2 weeks after residents 3/12). There will be Irish soda bread for sale the day of the party, \$5.00 a loaf.** Last Day to sign up 3/16.

MEMORY MATTERS – 7 WEEK PROGRAM – Beginning Thursday, March 22 and ending Thursday, May 3, 12:45 p.m. Join the VNA Community Healthcare for this 7 week program – to have fun with brain fitness activities, identify strategies to enhance brain function and learn about the normal changes as you age. Cost: residents, \$10.00; non-residents, \$15.00. Please make checks payable to: **VNA Community Healthcare.** Come to the Center to reserve your spot.

FRIDAY NIGHT COMMUNITY SUPPER – Friday, March 23, 6:00 p.m. The Friday Night Community Suppers at St. John’s Church Great Hall are ongoing. St. John’s provides the suppers most Fridays from 6 – 7:00 p.m. All members of the community are invited for companionship along with a nutritious supper. The menu includes items such as chicken noodle soup or vegetable minestrone (or fresh salads in the warmer months); meat loaf or egg salad sandwiches; seasonal fresh fruit and fresh baked desserts. Donations to defray the cost of the meals are welcome but not required. **Transportation will be provided for members of the Center. Please contact the office no later than the close of day on March 16 for transportation.**

MASSAGES BY KIMBERLY – Monday, March 26, 10:00 a.m. - 12:00 noon. Please call the Center to schedule your appointment, 203-239-5432. **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

MINI TRIP: UNIVERSAL DRIVE – Monday, March 26, 10:30 a.m.

LUNCH BUNCH: CAFÉ BROADWAY – Thursday, March 29, 11:30 a.m. Join us to try a new restaurant in North Haven – Café Broadway – Please sign up or call the office, 203-239-5432 by Friday, March 23rd.

CAREGIVER SUPPORT GROUP - Thursday, March 29, 4:00 p.m. and the last Thursday of every month until the end of the year, a care giver support group will be provided for you. The group leader will be Francine Lombardi, MSW, she is a licensed clinical social worker with a master's degree in social services from Fordham University and she has extensive work with caregivers and a former caregiver herself. The group is free and open to members and community alike. Contact Judy for further information 203-239-5432.

APRIL COMINGS

VOLUNTEER LUNCHEON – Friday, April 20, 12 noon Come and enjoy our Thank You to you for helping the success of our Senior Center. Catered by Cusano Catering by Maria - Menu will consist of: antipasto, penne pasta family style, Chicken Florentine with potato and vegetable and a delicious dessert. Then enjoy an afternoon with Bob Mel. Volunteers are free. **Cost: \$12.00 non volunteer; \$17.00 non-resident.**

NEW “RE-GIFTING PROGRAM” TO BENEFIT YOUR SENIOR CENTER

In January the Center held their first auction. It was so much fun for all in attendance that it has been decided on to hold an auction quarterly. Many of the items auctioned off were new or gently used, but most of all they were well appreciated by those who paid a small price for the item. The Center will continue to collect your unwanted but appreciated items. If you have received a gift for your birthday, anniversary or any holiday that really does not suit your taste, consider re-gifting it to your Senior Center. We have many ways in which we may be able to use your gift. We may use it for a raffle, door prize and for the upcoming May auction. All proceeds assist with programs held at the Center. Spring is just around the corner, so start cleaning and feel good about re-gifting! **So bring your items starting April 1.**

VOLUNTEER NEEDEDLooking for a Bingo caller for Wednesday 12:45 – 2:30 p.m. Please call the Center if you are interested in helping out, 203-239-5432.

CLASSES

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

Beginning April 1, there will be a \$5.00 activity fee for non-residents due quarterly for each activity you would like to participate in at the North Haven Senior Center.

The North Haven Senior Center will take North Haven Senior residents first, non-residents will be put on a waiting list.

Please see the Office for payment – all checks made payable to:

North Haven Senior Citizen

Activities include – Beginner Pinochle, Bridge, Canasta, Mah Jong, Senior Songsters and Scrabble

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. Please call the Center to reserve your spot, 203-239-5432.

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

CHAIR AEROBICS – Tuesday and Thursday, 10:30 – 11:30 a.m. Chair Aerobics is designed for those who need to exercise while seated. This program focuses on muscle tones, joint flexibility and cardiovascular strength. Pat Velleca will be our instructor. This session ends: Thursday, May7. **No classes on Tuesday, March 6, Thursday, March 8, Tuesday, March 13 or Thursday, March 15.** Fee: residents, \$5.00; non-residents, \$10.00.

COMPUTER CLASSES – Two classes on Monday, 9:00 a.m. (intermediate) and 10:30 a.m. (beginner) and Wednesday, 3:00 p.m. (beginner). 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 advance technology, like downloading pictures from your camera, setup email accounts or facebook. Fee: residents, \$5.00; non-residents, \$10.00.

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.

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.

INTERMEDIATE MAH JONGG – Wednesday, 12:00 p.m.

KNITTING AND CROCHETING CLASS – Wednesday, 12:30 – 2:30 p.m.

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. This session ends: Monday, April 9. Fee: residents, \$20.00; open to non-residents, \$25.00.

POKER – Thursdays, 10:00 a.m. beginning March 1.

TAI CHI – Monday and Wednesday, 10:45 – 11:45 a.m. Tai Chi is a gentle and profound way of nourishing body, mind and spirit. It is a moving meditation based on principles of traditional Chinese medicine and martial arts. Practicing the slow movements can improve health, vitality, balance, concentration and mindfulness. This session ends: April 9. Fee: residents, \$25.00; non-residents, \$30.00 – **Please make checks payable to: VNA Community Healthcare.**

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, March 6, 2012. **New session begins: Tuesday, March 13 – May 15.** Fee: residents, \$40.00; non-residents, \$50.00.

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, April 5, 2012. Fee: residents, \$40.00; non-resident, \$45.00.

WALKING CLUB – Fridays, 10:45 a.m. beginning April 13. The good weather is right around the corner and the need to start shedding those pounds follows...beginning Friday, April 13, join us to take a healthy walk and wear comfortable sneakers!!

Announcements

Non Residents Fees will be implemented as of April 1, 2012.

What is a Non Resident? A Non Resident is a person who does not pay property taxes to the Town of North Haven.

Activity Fee - \$5 per activity. Activities include: Bingo, Bocce, Bridge, Canasta, Chorus, Crafts, E-Z Exercise, Knitting, Line Dancing, Mah Jongg, Pinochle, and Scrabble.

Party/Special Events Fee- Non Residents will be charged \$5 above the cost of a resident ticket. Example of this is the Holiday Party North Haven Resident \$25, Non Resident would be charged \$30

Class and Trips Fee- Non residents will be charged \$5 above the cost of a North Haven Residents

Reservations

Reservations for Party/Special Events and Trips for Non Residents

- A Non Resident may sign up two weeks after the initial sign up.

As with residents all Non Members are required to have an updated application on file with a signed Code of Conduct.

Questions regarding this announcement may be addressed with Judy.

DAY TRIPS 2012

- The Riverhouse - John Timpanelli – Tuesday, April 24, 2012
- Casino: Mohegan Sun – Wednesday, May 16, 2012, Collection Date: Friday, March 16, 10:30 a.m. Cost: \$21.00
- Queen of Bingo – Monday, June 18, Collection Date: Friday, April 13, 10:30 a.m. Cost: \$78.00
- Suffolk Downs – Wednesday, July 18, Collection Date: Friday, May 25, 10:30 a.m. Cost: \$54.00

DAY TRIP INFORMATION

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

Music of Italy – Thursday, March 22, 2012. We are off to the Grand Oak Villa in Oakville. Upon arrival we will receive crackers, cheese and pepperoni. Then we will enjoy a delicious family style meal that consists of garden salad, pasta with homemade house sauce, chicken piccata and sliced roast beef, potato, vegetable and dessert. Complimentary carafes of red and white wines will be on the tables. After this delicious meal we will hear the music of Emil Stuccchio, The Classics and a 6 piece band and enjoy everything from The Fifties to standards, from Sinatra to Dean Martin and more. This show is complete with fun comedy routines, lots of audience participation. Cost: \$78.00 per person, checks made payable to: *North Haven Senior Citizen*. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

The Riverhouse – John Timpanelli – Tuesday, April 24, 2012. Our entertainment today will be the versatile John Timpanelli, a romantic crooner, a Broadway showstopper and a wonderful impersonator. He has the audience singing along one minute and switching gears to hilarious comedy next . . . such a great talent! But before we are entertained, we will enjoy a menu of garden salad, harvest rolls with sweet butter, a choice of chicken marsala OR pan seared salmon with mango salsa, vegetable, potato, chocolate mouse martini, iced tea and lemonade in carafes on the table. We will enjoy all of this nestled on a secluded ridge atop the banks of the Connecticut River, this state of the art banquet center sets the stage for a delightful spring afternoon. Their majestic ballroom with dramatic vaulted ceiling, two story atrium entrance and river views overlooking the Goodspeed Opera House and East Haddam Swing Bridge all at The Riverhouse in Haddam. Cost: \$70.00 per person, checks made payable to: *North Haven Senior Citizen*. Collection Date: Friday, February 17, 2012, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Casino: Mohegan Sun – Wednesday, May 16, 2012. Collection date: Friday, March 16, 10:30 a.m. Cost: \$21.00 resident, \$26 non-resident, checks made payable to: *North Haven Senior Citizen*. Departure time: 9:00 a.m. and approximate return time is 5:00 p.m.

Queen of Bingo – Monday, June 18, 2012. Upon arrival to the Grand Oak Villa in Oakville you will receive pepperoni, cheese and crackers. Then there is a family style meal which consists of fresh salad with red wine vinaigrette, Italian bread, pasta with homemade house sauce, chicken francaise and pork loin with gravy, roasted potato, vegetable medley, dessert and coffee. Wine for everyone on the tables!! After all this food we will be entertained in the tradition of the hilarious Harvey Korman and Tim Conway sketches from the old Carol Burnett show, comes the stage comedy The Queen of Bingo! “Sis” and “Babe”, two sisters on the other side of 50, want to add a little fun and excitement to their lives but where to find it? BINGO! Jeanne Michels and Phyllis Murphy’s The Queen of Bingo explores the world of Bingo, family ties, diet crazes, widowhood, hot flashes and winning! The audience joins in the fun during the “Middle Bird Special” – a real Bingo game where some lucky audience member wins a FREE 10 lb. frozen turkey at every performance! Theatre goes young and old will howl with laughter as two zany guys, playing two crazy gals, light up the stage in the comedy hit The Queen of Bingo! Cost: \$78.00 resident, \$83.00 non-resident, checks made payable to: *North Haven Senior Citizen*. Collection Date: Friday, April 13, 2012, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Suffolk Downs - Wednesday, July 18, 2012. Join us on a trip to Suffolk Downs for an afternoon of racing overlooking Swan Pond, the Fountain and 30 acres of Irish Green Turf. This includes: roundtrip deluxe motorcoach, luncheon buffet in the Topsider Room overlooking the finish line, clubhouse admission, daily racing program at your table, a race named for your group and betting explanation. Cost: \$54.00 resident, \$59.00 non-resident, checks made payable to: *North Haven Senior Citizen*. Collection Date: Friday, May 25, 2012, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

March 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Mandarin Orange Slices	Vegetarian Vegetable Soup Seafood Salad w/Lettuce and Tomato Kaiser Roll Sliced Peaches
5	6	7	8	9
Cream of Carrot Soup Turkey Kielbasa Sauerkraut Mustard - 2 pkts. Boiled Potatoes California Blend Hot Dog Roll Very Ripe Seasonal Fresh Fruit	BIRTHDAY CAKE DAY Pineapple Juice Sl. Roast Pork w/Gravy Lettuce and Tomato Salad French Dressing- 2 pkts. Peas & Mushrooms Kaiser Roll Birthday Cake	Apple Juice Sl. Ham w/Pineapple Glaze Sweet Potatoes Petite Peas Rye Bread Applesauce	Grape Juice Eggplant Rolatini w/Tomato Meat Sauce Tossed Salad w/Sl. Black Olives Italian Dressing - 2 pkts. Garlic Bread Very Ripe Seasonal Fresh Fruit	100% Fruit Punch Fish Fillet Sauce/Tartar Sauce Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears
12	13	14	15	16
Tangerine Chicken White Wild Rice Combo California Blend Rye Bread Seasonal Fresh Fruit	100% Fruit Punch Roast Pork w/Applesauce Gravy Sweet Potatoe Oriental Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie	ST. PATRICK'S DAY CELEBRATION Corn Beef w/Boiled Potato, Cabbage Diced Carrots Irish Soda Bread Cupcake w/Green Icing Mustard	Angus Burger w/Gravy Fluffy White Rice Tender Broccoli Cuts Whole Wheat Sandwich Roll (no seeds) Sliced Peaches	Grape Juice Canneloni w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Garlic Bread Sliced Pears
19	20	21	22	23
Pineapple Juice Meatloaf w/Chunky Tom. Sauce Whipped Potatoes w/Gravy Cut Green Beans Pumpernickel Bread Very Ripe Seasonal Fresh Fruit	Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Holiday Ice Cream	St. Patrick's Day Party See Page 7 for menu Cost: \$7.00	Sausage and Peppers Butternut Squash Cut Green Beans Kaiser Roll Sliced Pears	Apple Juice Tuna Salad on a bed of Lettuce & Tomato 3-Bean Salad Whole Wheat Bread Melon
26	27	28	29	30
100% Fruit Punch Spaghetti & Meatballs w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Italian Bread Fresh Fruit Cup	Split Pea Soup Roasted Fresh Ham Sweet Potato Petite Peas & Mushrooms Whole Wheat Sandwich Roll Orange	100% Fruit Punch Chicken Fajitas w/Vegetables Belgian Carrots Tossed Salad w/Black Olives Vinagrette Dr. - 2 pkts. Soft Tortilla Fruited Jello w/Topping	Cranapple Juice Broccoli and Cheese Quiche(made w/egg beaters) Mixed Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie	Grape Juice Stuffed Shells w/Tom. Sauce Yellow Beans Garden Salad Italian Dressing - 2 pkts. Italian Bread Oatmeal Raisin Cookie
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)				

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

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:45-AARP Driver Safety	9:30/10:00-E-Z Exercise
9:00-Computer Class	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-Footlighters
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Barber/Nails	10:30-Errands	10:00-Pinochle/Poker	10:00-Scrabble Challenge
10:15-Canasta	10:30-Chair Aerobics	10:30-Finance Meeting	10:30-Wii Bowling	10:30-Grocery Shopping
10:30-Computer Class	10:45-Presentation: "Maintain Healthy Relationships In Your Life"	10:45-Tai Chi	10:30-Chair Aerobics	10:30-Collection Date: "Casino: Mohegan Sun"
10:30-Massages by Kim	11:00-"Free" Glucose Screening & Blood Pressure 12:00-Lunch	11:30-Lunch	10:45-Presentation: "Don't Forget: Memory Matters"	11:30-Lunch
10:45-Tai Chi		12:00-Int Mah Jongg	11:30-Lunch	12:15-Bridge
11:30-Lunch		12:15-Bridge	1:00-StoryTeller: Kate Allen Smith	12:45-Bingo
12:00-Health Guidance Clinic		12:30-Knitting w/Eleanor		
12:30-Oil Painting	1:00-Mah Jongg	12:45-Bingo	1:00-Crafts	
12:45-Bingo	1:00-Crafts	3:00-Computer Class	1:00-Sing-A-Longs/Movie Time	
1:30-Beg Pinochle	1:15-St. Patrick's Day Celebration – Sr. Songsters		1:00-Intermediate Yoga	
19	20	21	22	23
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:00-Computer Class	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle/Poker	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	10:30-Chair Aerobics	10:45-Tai Chi	10:30-Chair Aerobics	10:30-Grocery Shopping
10:30-Computer Class	10:30-St. Joseph's Day	11:45-St. Patrick's Day Party Entertainer: Tom Callahan	10:30-Trip: "Music of Italy"	11:30-Lunch
10:45-Tai Chi	11:30-Lunch	12:15-Bridge	11:30-Lunch	12:15-Bridge
11:30-Lunch	1:00-Mah Jongg	12:00-No Int Mah Jongg	12:45-Memory Matters Begins	12:45-Bingo
12:30-Oil Painting	1:00-Crafts	12:30-No Knitting w/Eleanor	1:00-Crafts	6:00- St. John's Church Community Supper
12:45-Bingo	1:15-Senior Songsters	12:45-No Bingo	1:00-Sing-A-Longs/Movie Time	Transportation Available
1:30-Beg Pinochle	6:00-Commission on Aging	3:00-Computer Class	1:00-Intermediate Yoga	
26	27	28	29	30
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
9:00-Computer Class	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle/ Poker	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
10:00-Massages by Kim	10:30-Chair Aerobics	10:45-Tai Chi	10:30-Chair Aerobics	10:30-Grocery Shopping
10:15-Canasta	11:30-Lunch	11:00- Health Guidance Clinic	11:30-Lunch	11:30-Lunch
10:30-MiniTrip: Universal Dr	1:00-Mah Jongg	11:30-Lunch	11:30-Lunch Bunch: Café Broadway	12:15-Bridge
10:30-Computer Class	1:00-Crafts	12:00-Int Mah Jongg	12:45-Memory Matters	12:45-Bingo
10:45-Tai Chi	1:15-Senior Songsters	12:15-Bridge	1:00-Crafts	
11:30-Lunch		12:30-Knitting w/Eleanor	1:00-Sing-A-Longs/Movie Time	
12:30-Oil Painting		12:45-Bingo	1:00-Intermediate Yoga	
12:45-Bingo		3:00-Computer Class	4:00-Caregiver Support Group	
1:30-Beg Pinochle				

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