

Senior Happenings

MAY 2011

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

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

Happy Memorial Day!

Thank you to our Veterans



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, May 9, from 12 – 1:00 p.m. and Wednesday May 25, 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 \$3.**

TRANSPORTATION SCHEDULE

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

- **North Haven Library:** Call for availability
- **Town Pool:** Call for availability
Tuesdays and Thursdays
- **Grocery shopping:** Every Friday, 10:30 a.m. to noon at *Big Y* or *Stop & Shop*.*
- **Hairdresser/Nails:** Every Tuesday, 10:30 a.m.*
No Hairdresser 5/24/2011
- **Errands:** Every Wednesday, 10:30 a.m. Trips include: bank, post office, card shop, and pharmacy.
- **NOTE: For prescription pick ups at pharmacies it is recommended you phone your pharmacy ahead.**

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

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

MEDICAL TRANSPORTATION/APPOINTMENTS

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

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

No Medical Transportation: May 3, 4, 5, 26 and 31; 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**

MAY MINI TRIPS

JUNE MINI TRIPS

MAY 9 – WALLINGFORD WAL MART		JUNE 13 – HAMDEN HAMDEN MART
MAY 23 – NORTH HAVEN UNIVERSAL DRIVE		JUNE 23 – NORTH HAVEN UNIVERSAL DRIVE

From the desk of Judy

SCAMS and YOU!

It's sometimes hard to tell if a sales pitch is legitimate or fraudulent. You can't judge it by the tone of someone's voice, or how friendly or sincere the person seems. Good salespeople are convincing, and so are crooks. But it's probably a scam if:

- **You get a call or postcard from someone telling you you've won a prize and asking for payment to buy something, for processing or administrative fees, for customs, for taxes, or any other reason.**

Legitimate sweepstakes or prize offers don't ask for payment because it's illegal

- **The person says you have to take the offer immediately or you'll miss the opportunity.**

Legitimate companies don't pressure people to act without time to look into the deal

- **The caller refuses to send you written information before you commit to anything.**

Legitimate companies are always glad to send information about what they are offering.

- **The caller claims that you can make huge profits in an investment with no risk.**

All investments are risky and legitimate companies must tell consumers about the possible risks involved.

- **The caller is asking for a donation but won't tell you exactly how the money will be used and how you can verify the charity and what it does.**

Legitimate charities are willing to say what percentage of the contributions is used for services and how much goes to overhead and fundraising. They are willing to tell consumers who they can check with to confirm that they are legitimate.

- **The caller asks for your social security number.**

Legitimate companies don't ask for that unless you are applying for credit and they need to check your credit report.

Remember, giving money to a fraudulent telemarketer usually means losing it forever. Remember P.T. Barnum and Bailey's famous saying- "there's a sucker born every minute". If you have any questions or concerns of suspicious mail or telephone calls you may contact me or our local police department. We are here to support and serve you.

Mark your calendar for our 1st Annual Outdoor Tag Sale, all proceeds support your Center. Unwanted kindly used items are needed for this event to be a success. Table rentals are available on a limited basis; don't miss out on your chance to make money and do Spring cleaning! For details see page 7 in this month's newsletter.

Happy Mothers Day!

In honor of Mothers Day we will hold a fun program titled "A Women's Work is Never Done" on Thursday, May 26.

Happy Fathers Day!

Mark your calendar for our Father's Day outing traveling to Bridgeport Bluefish on June 1st! Seating is limited for both programs sign up early!

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 May 2, which is designated "Birthday Cake Day" during the noon meal. If you are planning on attending, please call 203-239-4030 by April 28, between 9 – 11:30 a.m. to reserve your meal.
(\$3 suggested donation)

Edward Abel
Anne Amatruda
Teresa Bramble
Edith Casey
Doreen Corcoran
Ann Marie Criscuolo
Lori Deans
William Doty
Joseph Fusaris
Carmel Giovanni
Frieda Halkovetz
Eum Soon Hanson
Irma Helbron
Frances Johnson
Aileen Kolinsky
Margaret Lufbery
Marie Mason
Mary Ann Mitchell
Evelyn Norman
Joseph Papa
Angelo Pereira
Beverly Provitz
Rosemarie Salerno
Georgianna Stamp
Victoria Tomaso
Nancy Webb

Dolores Altieri
Mary Beardsley
Stella Brightman
Evelyn Collins
George Coulston
Eleanor Criscuolo
Rita DellaVolpe
Eileen Fletcher
Louis Gerbi
Doris Greco
Howard Hankin
Linda Harder
John Herpok
Mary Kennel
Flora Kuhn
Eleanor Magnotti
Louis Melillo
Lorraine Murphy
Alexander Nuzzo
Roberta Parenteau
Ann Piombino
Emma Prunier
Dominic Savo
Shirley Theilgard
Ceil Vece
Jean Wetherell

John Amato
Virginia Bernardo
Paula Caruso
Catherine Comstock
Arline Cretella
Albert D'Amato
Mary DeNuzzo
Carmella Freeman
Elaine Giannotti
Cathy Grimaldi
Michael Hankin
Hank Harman
Muriel Howe
Eva Kitsos
Rita Landino
Jim Marra
Jeanette Messina
Julia Natarelli
Joseph Palmisano
Roland Parenteau
Julia Pohoda
JoAnn Robinson-Gorman
Helen Sobolewski
MaryAnn Timoteo
Frank Verlardi
Gerald Williams

WELCOME TO OUR NEW MEMBERS

Joan Mae Daniels, Gail DeBerry, Rose Milo, Ken Rudnicki

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, Fran Saffiotti, Howard Smith, Stop & Shop. For those who donated and did not sign our donations list - Thank You.

MAY EVENTS

- May 2** non-board Purple Red Hatters meeting – 1:00 p.m.
- May 5** Cinco De Mayo Celebration – Movie: “Fun in Acapulco” – 1:30 p.m.
- May 6** Collection Date: “Casino Trip: Foxwoods” – 10:30 a.m.
Kentucky Derby Bingo Party – 11:45 a.m. – Cost: \$6.00
- May 9** Massages by Kimberly – By Appointment
Mini Trip: Wallingford Wal Mart – 10:30 a.m.
Health Guidance Clinic – 12 noon
- May 10** Senior Helpers – Caring In-Home Companions – 11:00 a.m.
- May 11** Manicures by Francine – Cost: \$6.00
Finance Committee Meeting – 10:30 a.m.
Purple Red Hatters Annual Luncheon – 1:00 p.m.
- May 13** Hobby Day – All Day!
Senior Moments with Mike
- May 16** Ticket Sales start today for Tri Town Dinner – Cost: \$15.00
- May 18** Christmas Tree Shop & Lunch (GNHTD) – 10:30 a.m.
- May 19** AARP Driver Safety Program – 8:45 a.m.
Presentation: “How Heart Disease Happens” – 10:30 a.m.
Storyteller, Kate Alan Smith – 1:00 p.m.
- May 20** All afternoon activities cancelled – setting up for Tag Sale!
- May 21** Senior Center Annual Outdoor Tag Sale (Saturday) – 9:00 a.m.
- May 23** Massages by Kimberly – By Appointment
Mini Trip: North Haven Universal Drive – 10:30 a.m.
- May 24** Hairdresser Cancelled
Take a Tour of the Urgent Care Center and Lunch – 10:30 a.m.
Commission on Aging Meeting – 6:00 p.m. – Public Welcome!
- May 25** Digital Mobile Mammography Van – 8:00 a.m.
Manicures by Francine – Cost: \$6.00
Trip: “Tribute to Frankie Vali” – Bus departs 189 Pool Rd, 10:30 a.m.
Health Guidance Clinic – 11:00 a.m.
- May 26** Mother’s Day Celebration: “A Woman’s Work is Never Done” – Cost: \$5.00
- May 27** Collection Date: “All You Can Eat Lobster Trip” – 10:30 a.m.
Interfaith Volunteer Caregiver Training – 12:30 – 2:30 p.m. (Craft Room)
- May 31** Memorial Day Party – 11:45 a.m. - Cost: \$ 6.00

MAY EVENTS

SPECIAL LUNCHESES THROUGHOUT THE MONTH OF MAY!! – HOMEMADE BY CHEF

RICH – Every Friday in May we will have a special 3-course homemade meal by Chef Rich right in front of our eyes!!! Chef Rich will demonstrate the recipe of choice for us, cook it and then we get to enjoy the scrumptious meal!!! We will start with soup, salad, menu course and then dessert. Sample recipes are: escarole & beans, clam chowder, tortellini, stuffed pork loin with spinach, steak pizzaiola over pasta, clams over linguine, homemade pizzas, fried dough pizza and many more selections!!! Cost: \$9.00 per person each Friday.

non-board PURPLE RED HATTERS MEETING – Monday, May 2, 1:00 p.m. Come with ideas and suggestions for upcoming meetings – let's change our format and begin to have fun!!

CINCO DE MAYO CELEBRATION!! – MOVIE: *Fun In Acapulco* – Thursday, May 5, 1:30 p.m.

Come and enjoy an afternoon of nachos and non-alcoholic margaritas with a movie: *Fun In Acapulco* starring Elvis Presley. The movie is about Mike (Elvis Presley) who works on a boat in Acapulco. When the bratty daughter of the boat owner gets him fired, Mike must find new work. Little boy Rauol helps him get a job as a lifeguard and singer at a local hotel. Clashes abound when Mike runs into the rival lifeguard, who is the champion diver of Mexico. He is angry at Mike for taking some of his hours and stealing his woman. Please call the Center to let us know if you would be joining us, 203-239-5432.

KENTUCKY DERBY BINGO PARTY – Friday, May 6, 11:45 a.m. Come on in and start celebrating the

Kentucky Derby with some appetizers, non-alcoholic drinks, lunch and scrumptious desserts. Bet on your favorite horse!! Cost: \$6.00. Menu will consist of: glazed cocktail franks, glazed ham, sweet potato casserole, tossed salad, corn bread and pecan pie. And to drink, the famous "Mint Julep"! Please sign up with the office by Wednesday, May 4. Prizes will be awarded for "Best Hat"

MASSAGES BY KIMBERLY – Monday, May 9, 10:00 a.m. to 12:00 noon. Please call the Center to schedule your appointment, 203-239-5432. **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

MINI TRIP: WALLINGFORD WAL MART – Monday, May 9, 10:30 a.m.

SENIOR HELPERS – CARING IN-HOME COMPANIONS – Tuesday, May 10, 11:00 a.m. Come on in and meet Michael J. Vay from Senior Helpers to discuss options of providing in-home care for Seniors.

MANICURES BY FRANCINE – Wednesday, May 11, 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.)**

FINANCE COMMITTEE MEETING – Wednesday, May 11, 2011, 10:30 a.m.

PURPLE RED HATTERS ANNUAL LUNCHEON – Wednesday, May 11, 1:00 p.m. Come and enjoy an afternoon of great food and fun. New place: Serafino's, 72 South Turnpike Road, Wallingford. Menu will consist of All You Can Eat Buffet; garlic bread, penne ala vodka, chicken francese, stuffed filet of sole, tossed salad, roasted potatoes, string beans and dessert, soda and coffee. Cost: \$19.00. Checks made payable to: Purple Red Hatters and RSVP by Wednesday, May 4, 2011 by calling Jennie Valentino, 203-239-1462 or Louise Musso, 203-239-4383. **Please bring your checks to the Senior Center Office.**

HOBBY DAY – Friday, May 13, All Day!! In honor of Older Americans Month we will host Hobby Day. Bring in your hobby and share with us what you enjoy "collecting" or making as your hobby. We will have tables set up for you to display your hobby. Please sign up by Tuesday, May 10, by calling 203-239-5432.

SENIOR MOMENTS WITH MIKE – Friday, May 13, 10:30 a.m. to 12:00 noon, please call the Center, 203-239-5432 to arrange for an appointment with Mike. Appointments will be scheduled every 20 minutes.

CHRISTMAS TREE SHOP AND LUNCH – Wednesday, May 18, 10:30 a.m. Sponsored through the Greater New Haven Transit District – must be at the Center by 10:30 a.m. to join us!! Lunch will be at the famous “Chips” on the Boston Post Road. Please reserve your spot by calling the office by Monday, May 16, 203-239-5432.

AARP DRIVER SAFETY PROGRAM – Thursday, May 19, 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: 5/19; 6/16; 7/21; 8/18; 9/15; 10/20; 12/15.**

HOW HEART DISEASE HAPPENS – PLAYING “WHEEL OF FORTUNE” – Thursday, May 19, 10:30 a.m. Both high blood pressure and high cholesterol contribute to a gradual disease process called atherosclerosis. Learn how to lower your blood pressure and control your cholesterol with Jay Humphrey, PA from MidState Medical Center and Kathyann Coon.

STORYTELLER, KATE ALAN SMITH - Thursday, May 19, 1:00 p.m. Come and enjoy an hour of storytelling and laughter!!!

NORTH HAVEN SENIOR CENTER ANNUAL OUTDOOR TAG SALE - Saturday, May 21, from 9:00 a.m. to 3:00 p.m. Rent a space for \$15.00 or a space and a table for \$25.00. Just remember "One man's junk is another man's treasure"! Rain date: Saturday, June 4. More details to come!!! The Center will be collecting *gently used* knick knacks, jewelry or household items. **NO** clothing, shoes, purses, or books will be accepted! All proceeds will support your Center!

MASSAGES BY KIMBERLY – Monday, May 23, 10:00 a.m. to 12:00 noon. Please call the Center to schedule your appointment, 203-239-5432. **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

MINI TRIP: UNIVERSAL DRIVE – Monday, May 23, 10:30 a.m.

TAKE A TOUR OF THE URGENT CARE CENTER AND LUNCH – Tuesday, May 24, 10:30 a.m. Enjoy a tour of the new Urgent Care Center located in the Universal area next to Home Depot. Listen to what they have to offer, their hours of operation and meet the staff. Then we'll go over to the Olive Garden for lunch. The bus will depart the center at 10:15 a.m., **please be at the center by 10:00 a.m.**

COMMISSION ON AGING MEETING – Tuesday, May 24, 6:00 p.m. Public Welcome!

DIGITAL MOBILE MAMMOGRAPHY VAN - Wednesday, May 25, 8:00 a.m. to 2:30 p.m. Sponsored by Yale-New Haven Hospital. Please pre-register by calling 203-688-6800.

MANICURES BY FRANCINE – Wednesday, May 25, 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.)**

MOTHER'S DAY CELEBRATION: "A WOMAN'S WORK IS NEVER DONE" – Thursday, May 26, 1:30 p.m. Come on in and enjoy an hour of 100 kitchen tools and housework helpers used from the 1900 to 1950's. The 150 pounds of items range from flan irons to laundry wringers and curtain stretchers. The gadgets are antiques of today, but you all saw them in use during your younger years. Come on in and tell us a story or two of how you used the tools!!! Dessert and coffee will be served; cost: \$5.00. Please sign up in the office by Wednesday, May 25.

MEMORIAL DAY PARTY – Tuesday, May 31, 11:45 a.m. Come and enjoy an afternoon of sing-alongs and an olde fashion barbecue!!! The menu will consist of: hot dogs, hamburgers or cheeseburgers, home made potato salad, baked beans and red, white and blue trifle. Then following a delicious meal, our very own North Haven Senior Center songsters will entertain us with patriotic music. Cost: \$6.00, please stop by the office to reserve your spot by Thursday, May 26.

WHAT'S HAPPENING IN JUNE . . .

FATHER'S DAY CELEBRATION – Wednesday, June 1, 9:30 a.m. Come celebrate Father's day at a Bridgeport Bluefish game – with a hot dog, chips and drink!! Cost: \$10.00 per ticket, includes lunch!! The Greater New Haven Transportation will provide rides to and from the game, so you will need to provide your own transportation to and from the North Haven Center. **Tickets will be on sale May 1st.**

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.**

"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.

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. **Limited to 25 people per Senior Center, transportation will be available.** Menu will consist of a beautiful Surf & Turf (Baked stuffed shrimp and sliced Roast beef), roasted potatoes, vegetable medley, 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.

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

Looking for a Volunteer:

WOULD YOU LIKE TO TEACH A CLASS ON "HOW TO WRITE"? Then we are looking for you! The Senior Center would like to begin a writing class, either short stories or poems, but we need a volunteer instructor. If you would like to help us out, please call the Center, 203-239-5432.

DO YOU ENJOY SEWING? AND ARE LOOKING TO HELP IN OUR CRAFT ROOM?

We are looking for people who enjoy sewing and would like to join our community outreach program. We need people to help sew bags for the Afghan Project sponsored by the Afghan Grannies. If you would like to join us please come prepared to sew on Tuesday, May 17 at 1:00 p.m.

CRAFT ROOM – is in need of material, nice calico, prints, children prints, etc. Please no spandex or elastic type of material. Don't forget to stop by the office to let us know you donated!!

MONDAY AND SUBSTITUTE BINGO CALLER – If you are interested in this volunteer position, please call the Center at 203-239-5432.

COMMITTEES

WELCOME COMMITTEE MEMBERS

Gloria Abbott
Joan DeGennaro

SUNSHINE COMMITTEE*

Ann D'Agostino
Bernice McNamara
Jan Rapuano

FINANCE COMMITTEE MEMBERS

Richard Adler
Dottie Esposito
Eleanor Kovach
Barbara Moski
Rodger Salman

Fran Bartlett
Eileen Fletcher
Lucy Minichino
Viola Plant
Jennie Valentino

Guilie DeAngelo
Matilda Jenschke
Mary Ann Mitchell
Jan Rapuano
Margaret Wells

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

**North Haven Senior Center
Memorial Donation**

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

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

A special acknowledgement will be sent as you request:

_____ In Memory of _____

_____ In Honor of _____

I am enclosing \$ _____

Please send the acknowledgement to:

Name: _____

Address: _____

City, State, Zip: _____

Donor's Name: _____

FREE CLASSES

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

BOCCE – Mondays, Wednesdays, Thursdays, Fridays, 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.

JENNIE’S 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.

CHAIR AEROBIC EXERCISE –.A new session will begin on Tuesday, April 5 – Thursday, May 19, 10:30 to 11:30 a.m. and will run on Tuesday and Thursdays The class will provide simple strengthening and flexibility exercises all while in a seated position. This is a new session. A physician release form is necessary for you to begin this class. Please contact the Center to reserve your spot. Sponsored by the Hospital of St. Raphael CareCard Program.

ELEANOR’S 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.

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

LINE DANCING WITH ROXY – Monday and Wednesday, 9:00 to 10:00 a.m. Fee: 8 sessions for \$16.00 per month. Registration begins Monday, May 2. New and inexperienced dancers are welcome to participate.

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 - Collection Date: Friday, May 6, 2011, 10:30 a.m. Cost: \$20.00
- **Godfather’s Meshugannah Wedding** – Tuesday, June 28, 2011 –Collection Date was Friday, April 29, 2011 Cost: \$74.00
- **All You Can Eat Lobster & Comedy Show** – Tuesday, July 19, 2011 – Collection Date: Friday, May 27, 2011, 10:30 a.m. Cost: \$90.00
- **Casino: Mohegan Sun** – Wednesday, August 24, 2011 – Collection Date: Friday, July 15, 2011, 10:30 a.m. Cost: \$20.00
- **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

UPCOMING 2011 DAY TRIPS

A Musical Tribute to: Frankie Valli and the Four Seasons – Wednesday, May 25, 2011. Cost: \$77.00 per person, checks made payable to: *North Haven Senior Citizen*. Departure time: 10:30 a.m. and approximate return time is 4:30 pm.

Casino: Foxwoods – **New Date:** Wednesday, June 22, 2011. Collection date: Friday, May 6, 10:30 a.m. Cost: \$20.00 per person, checks made payable to: *North Haven Senior Citizen*. Departure time: 8:00 a.m. and approximate return time is 5:00 p.m.

Godfather’s Meshugannah Wedding – Tuesday, June 28, 2011. Great time, Great food, Dancing, Music, Audience Participation at this Comedy Italian/jewish Wedding Extravaganza. Delicious menu at the Hartford Chowder Pot – choice of prime rib or seafood stuffed sole, garden salad, house baked bread, potato, vegetable, soda, Tiramisu, coffee and tea. This afternoon you will have a great time, dancing, laughing and pretending you are part of this amazing wedding! Cost: \$74.00 per person, checks made payable to: *North Haven Senior Citizen*. Collection date: Friday, April 29, 2011, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

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*. Collection Date: Friday, May 27, 2011, 10:30 a.m. Departure time: 9:45 a.m. and approximate return time is 4:30 p.m.

Casino: Mohegan Sun - Wednesday, August 24, 2011. Collection date: Friday, July 15, 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.

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.

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.**

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

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:45-AARP Driver Safety	9:30-E-Z Exercise
9:00-Beg. Computer Class	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-E-Z Exercise
9:30-E-Z Exercise	10:30-Hairdresser/Nails	10:30-Errands	10:00-Pinochle	10:00-Footlighters 1
10:00-E-Z Exercise	10:30-Chair Aerobic Exercise	10:30-Christmas Tree Shop	10:30-Chair Aerobic Exercise	10:00-Scrabble Challenge
10:30-Canasta	12:00-Lunch	And Lunch – (GNHTD)	(Last Class)	10:30-Grocery Shopping
10:30-Beg. Computer Class	1:00-Mah Jongg	12:00-Lunch	10:30-Presentation: “How Heart	10:30-Benefits QuickLink
12:00-Lunch	1:00-Crafts	12:15-Bridge	Disease Happens”	12:00-Lunch - \$9.00
12:30-Oil Painting/Bocce	1:15-Senior Songsters	12:30-Int Mah Jongg/Bocce	12:00-Lunch	12:30-Bocce
1:00-Bingo		1:00-Bingo w/George	12:30-Bocce	PM Activities Cancelled
1:30-Beg Pinochle		1:00-Knitting w/Eleanor	1:00-Crafts	
Tri Town Tickets On Sale		3:15-Computer Class	1:00-Intermediate Yoga	Saturday 21
Cost: \$15.00			1:00-Storyteller:	<i>9:00-Senior Center Annual</i>
			Kate Allen Smith	<i>Outdoor Tag Sale</i>
			1:30-Wii Bowling	
23	24	25	26	27
9:00-Line Dance	9:00-Ceramics	8:00-Digital Mobile	9:00-Ceramics	9:30-E-Z Exercise
9:00-Beg. Computer Class	10:00-Beg Chair Yoga	Mammography Van	10:00-Pinochle	10:00-E-Z Exercise
9:30-E-Z Exercise	10:30- No Hairdresser/Nails	9:00-Line Dance	12:00-Lunch	10:00-Footlighters 1
10:00-E-Z Exercise	10:30-Take A Tour Of The	9:30-E-Z Exercise	12:30-Bocce	10:00-Scrabble Challenge
10:00-Massages by Kim	Urgent Care Center & Lunch	10:00-E-Z Exercise	1:00-Crafts	10:30- Grocery Shopping
10:30-Canasta	Transportation Available	10:00-Manicures by Francine	1:00-Intermediate Yoga	10:30-Collection Date:
10:30-Beg. Computer Class	12:00-Lunch	10:30-Errands	1:30-Wii Bowling	“All You Can Eat Lobster Trip”
10:30-MiniTrip: Universal Dr	1:00-Mah Jongg	10:30-Trip: “Tribute To	1:30-Mother’s Day Celebration	12:00-Lunch - \$9.00
10:45-Beg Chair Yoga “New”	1:00-Crafts	Frankie Vali”	Cost: \$5.00	12:15-Bridge
12:00-Lunch	1:15-Senior Songsters	11:00-Health Guidance		12:30-Bocce
12:30-Oil Painting/Bocce	6:00-Commission on Aging	Clinic		12:30-Interfaith Volunteer
1:00-Bingo	Public Welcome!	12:00-Lunch		Caregiver Training (Craft Rm)
1:30-Beg Pinochle		12:15-Bridge		1:00-Bingo w/Jim
		12:30-Int Mah Jongg/Bocce		
		1:00-Bingo w/George		
		1:00-Knitting w/Eleanor		*PLEASE CALL FOR AN
		3:15-Computer Class		APPOINTMENT TO SET
30	31			UP TRANSPORTATION
CLOSED	9:00-Ceramics			TO THE TOWN POOL
MEMORIAL DAY	10:00-Beg Chair Yoga			OR LIBRARY
	10:30-Hairdresser/Nails			
NO LUNCH	11:45-Memorial Day Party			
NO TRANSPORATION	Cost: \$6.00			ACTIVITY DATES AND
	1:00-Mah Jongg			TIMES ARE SUBJECT TO
	1:00-Crafts			CHANGE
	1:15-Senior Songsters			

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