

# Senior Happenings

## NOVEMBER 2011

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

**[www.town.north-haven.ct.us](http://www.town.north-haven.ct.us)**

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

**Wishing Everybody  
A Happy  
Thanksgiving!**



**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, November 14 from 12 – 1:00 p.m. and Wednesday, November 23 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 11:00 a.m. by the previous day to order lunch. **\*For a Monday lunch you must order by Thursday of the week before. Suggested donation is \$2.**

#### TRANSPORTATION SCHEDULE

Transportation to and from the Center is available on weekdays at no charge to North Haven seniors. **Please schedule your transportation 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*.  
**No Shopping 11/11**
- **Hairdresser/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 11/16**
- **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 8:30 a.m. 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: November 11 and 24; December 2 and December 26.**

#### 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**

NOVEMBER MINI TRIPS	DECEMBER MINI TRIPS	
NOVEMBER 14 - WALLINGFORD WALLINGFORD WAL MART	NOVEMBER 21 – NORTH HAVEN UNIVERSAL DRIVE	DECEMBER 12 – HAMDEN HAMDEN MART
NOVEMBER 28 – MERIDEN WESTFIELD MALL		DECEMBER 19- NO HAVEN UNIVERSAL DRIVE

*From the desk of Judy,*

**The North Haven Senior Center  
Invites you to attend their Annual Holiday Bazaar  
Friday, November 18, 4 to 7p.m.**

**and**

**Saturday, November 19, 9 a.m. to 3 p.m.**

- Handmade crafts
- Delicious baked goods
- Children's Activities – face painting, crafts
  - Grannies Attic
- Meatball sandwiches on Friday night
- Fried Dough, hot dogs, chips, hot and cold drinks
  - Raffles and much more

**All proceeds help to support your North Haven Senior Center**

#### **Annual Pancake Breakfast**

On Sunday, November 6<sup>th</sup> from 8 a.m. - 1 p.m., the North Haven Rotary Club will hold their annual pancake breakfast at the North Haven Middle School. In support of this outstanding club I hope all members will participate in making their fundraiser a success. All proceeds will benefit Community Service Projects and this includes your Center. Tickets are \$5 per person, however if you are a senior it is free. Please contact the office if you would like a ticket. Transportation will be provided as well if there is enough interest. When calling for information please inform us if you need a ride by Thursday, November 3.

**A note of thanks to the following for their support of the Centers' Health Fair  
"Laughter is a Good Form of Medicine"**

***Platinum Sponsors:* Helping Hearts & Hands Homecare, LLC; People's Home  
Healthcare and Pharmacy, LLC; VNA Community Healthcare, Inc.**

***Silver Sponsor:* American Medical Response**

***Jade Sponsors:* Family Care Visiting Nurse; Hamden Healthcare; Healthtrax; Lend A  
Hand; Senior Go To Guide; United Healthcare; VITAS**

***And many thanks to the following for their participation in the Health Fair:***

***Beltone Hearing; Health Insurance Associates; The Connecticut Hospice;***

***Massage by Kimberly; New Haven Legal Assistance; Urgent Care Center***

**And a Special Thanks to our Guest Speaker – Dr. Alan Siegal, Geriatric Psychiatrist  
from G.A.P. Clinical Care & Research Center**

**I would be remiss if I didn't thank our volunteers, Dottie Esposito, Jan Rapuano, Anne  
Roach, and Jennie Valentino and also my staff for helping with preparation and on the  
day of the Health Fair.**

**It was a wonderful and well attended event for all!**

**Thank you again for your support**

## **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 November 22, which is designated "Birthday Cake Day" during the Senior Center Thanksgiving Day Party. If you are planning on attending, please call 203-239-5432 by November 18, Cost: \$6.00**

Rachel Ambrose	Kathryn Aurora	Paul Barbiero
Barbara Battle	John Berardi	Marie Bettarelli
Maribel Billups	Gisele Bolduc	Anthony Bonessi
Al Botarelli	Lillian Brozek	Jane Caldwell
Robert Cassella	Julia Catalano	Maria Chan
Sam Charm	Catherine Colleran	Elizabeth Contento
William Crain	Louise D'Urso	Donald Davidson
Rose DeCesare	Alberta Delguidice	Andrew Delise
Anna DellaValle	Melinda DeMaio	Judy DiLeone
James Dower	Kay Festa	Dolores Gerzabek
Elena Giammatei	John Gilhuly	Janet Griffin
Leona Guido	Audrey Hammersley	Gail Harris
Jerry Henry	Catherine Hermanowski	Frances Hull
Peter Iacabelli	Rita Jacovino	Harry Johnson
Louise Johnson	Antonia Kattis	D.L. Kelley
Martha Kirschner	Sigrid Klein	John Kotchian
Frank Kovach	Rosalina Kurylo	Robert Lamb
Justine Landa	Frank Landolfi	Lillian Lehane
Louise Leopold	Frances Letskus	Carol Liquori
Mei-Zhen Luo	Gail Marchitto	Marcia Maresca
Peg McCoy	Virginia McLelland	Josephine McManus
William Melillo, Sr.	Martin Meshako	Jennie Midolo
Ann Miller	Marvin Miller	Marjorie Minore
Ralph Monaco	Nancy Nasti	Marie Nastro
Georgene Natarelli	Eleanor Norback	Marie Notaro
Carolyn Palmieri	Alyce Palmisano	Rosemary Panico
Ruth Papa	Virginia Pastore	Toni Peloso
Frances Piombino	Vincent Ponzo	Josephine Riccio
Catherine Romanofsky	Eugene Romanowski	Richard Rosa
Mary Rupley	Selina Sallak	Dominic Schettino
John Taneszio	Daniel Taylor	Jane Thomson
Carmel Warner	Shirley Warner	Catherine Warren
Gordon Wiehler	Patsy Williams	Frances Wysocki

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

## **WELCOME TO OUR NEW MEMBERS**

**Mary Baiocchi, Elaine Burr, Catherine & Thomas Cacace, Marguerite Campagnuolo, Donald Lumpkin, Vincent Matrisciano, Amelia Morzio, Alfred Santore, Mary Ann Seastrand**

## **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 Phyllis Bird, Elaine Burr, Stella Brightman, Elaine Cocco, Martha DePalma, Ann DellaValle, Sal Laudicina, Nancy Millen, Stop & Shop, Jennie Valentino. For those who donated and did not sign our donations list - Thank You.**

## NOVEMBER EVENTS

- November 6 North Haven Rotary Pancake Breakfast (Sunday) – 8:00 a.m.
- November 7 “Free” Pizza Party – 11:45 a.m.
- November 8 “Free” Glucose Screening and Blood Pressure – 11:00 a.m.  
Veterans Program with the Senior Songsters – 1:15 p.m.
- November 9 Finance Committee Meeting – 10:30 a.m.  
Purple Red Hatters Musical Entertainment – 1:00 p.m. – Cost: \$2.00  
No Bingo
- November 10 Trip: Mohegan Sun – Bus departs 8:45 a.m.
- November 11 Center Closed – No Lunch/No Transportation
- November 14 Massages by Kimberly – By Appointment  
MiniTrip: Wallingford Wal Mart – 10:30 a.m.  
Health Guidance Clinic – 12 Noon  
Thanksgiving Bingo – 12:45 p.m.
- November 15 Presentation: “Understanding How We Age” – 10:30 a.m.  
“Remembering World War II: Homefront and Warfront Memories – 1:30 p.m  
Commission on Aging Meeting – 6:00 p.m.
- November 16 Presentation: “Medicare and You” – 10:30 a.m.  
Trip: Lyman Orchards – 10:30 a.m.
- November 17 Trip: “My Fair Lady” – Bus departs 9:00 a.m.  
Afternoon Activities Cancelled
- November 18 Annual Holiday Bazaar– 4:00 – 7:00 p.m. - All activities cancelled -  
Transportation for Grocery Shopping Only - No Lunch today
- November 19 Annual Holiday Bazaar (Saturday) – 9:00 a.m. – 3:00 p.m.
- November 21 MiniTrip: Universal Drive – 10:30 a.m.
- November 22 Thanksgiving Day Party – 11:45 a.m. – Cost: \$6.00
- November 24 Center Closed - No Lunch/No Transportation
- November 25 Bingo, Sponsored by Hamden Healthcare – 10:30 a.m.
- November 28 Massages by Kimberly – By Appointment  
MiniTrip: Westfield Meriden Mall – 10:30 a.m.
- November 29 No Chair Aerobics

## **NOVEMBER EVENTS**

**NORTH HAVEN ROTARY PANCAKE BREAKFAST** – Sunday, November 6, 8:00 a.m. – 1:00 p.m. Held at the North Haven Middle School, 55 Bailey Road. Tickets available at the North Haven Senior Center.

**Transportation will be provided to the first 40 people. In order for transportation to happen, there must be at least 20 people signed up for transportation!** Please call 203-239-5432 to **reserve your spot. Free tickets to Seniors – please call Nick Cassella, 203-239-4044.**

**“FREE” PIZZA PARTY** - Monday, November 7, 11:45 a.m. The Republican Town Committee invites all North Haven Residents to join them for free pizza. Please call the Center, 203-239-5432 by Monday, October 31<sup>st</sup>.

**“FREE” GLUCOSE SCREENING AND BLOOD PRESSURE** – Tuesday, November 8, 11:00 a.m., sponsored by the Urgent Care Center of North Haven. Please call 203-239-5432 to reserve your spot.

**VETERANS PROGRAM WITH THE SENIOR SONGSTERS** – Tuesday, November 8, 1:15 p.m. Come and enjoy an afternoon of songs to honor our veterans. We will be collecting on this day personal hygiene products, razors, toothbrushes and toothpaste (please no travel sizes, we are looking for full sizes) to be donated to the Columbus House in New Haven. Refreshments will be served, please call the Center to make your reservations, 203-239-5432.

**FINANCE COMMITTEE MEETING** - Wednesday, November 9, 10:30 a.m.

**PURPLE RED HATTERS MUSICAL ENTERTAINMENT** – Wednesday, November 9, 1:00 p.m. at the Senior Center. The Humble Bees will be here to entertain us with some musical notes – refreshments will be served!! Hope to see you there! **Cost to non-purple red hatters - \$2.00.**

**MASSAGES BY KIMBERLY** – Monday, November 14, 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: WALLINGFORD WAL MART** – Monday, November 14, 10:30 a.m. Please call the Center to reserve your seat.

**THANKSGIVING BINGO** – Monday, November 14, 12:45 p.m. To help with our “Make a Difference Day” collection, please bring in two non-outdated non-perishable Thanksgiving items, cans of cranberry sauce, gravy, cans of peas, carrots, string beans, pumpkin pie filling, potatoes, sweet potatoes or a bag of stuffing or rice to receive two “free” bingo cards. Limited to two free bingo cards.

**PRESENTATION: “UNDERSTANDING HOW WE AGE”** - Tuesday, November 15, 10:30 a.m. Join us and learn how aging affects our mind and body, what we cannot change and how to make the best of things. Sponsored by the VNA Community Healthcare. Please call us to reserve your spot, 203-239-5432.

**“REMEMBERING WORLD WAR II: HOMEFRONT AND WARFRONT MEMORIES”** – Tuesday, November 15, 1:30 p.m. We have asked Grace Drugin to come back to entertain us for the afternoon with this one-hour program reviewing the timeline of World War II events. A variety of wartime items will be displayed for reminiscing. Give us a call to reserve your spot, 203-239-5432.

**COMMISSION ON AGING MEETING** – Tuesday, November 15, 6:00 p.m. Public Welcome! **Dates for 2012 are: 1/17/12; 3/20/12; 5/15/12.**

**LYMAN ORCHARD TRIP** – Wednesday, November 16, 10:30 a.m. We will make our way today to Lyman Orchards for some nice apples, pears and pies. We will also have lunch at their deli! Please make your reservations by calling the office at 203-239-5432.

**PRESENTATION; MEDICARE AND YOU** – Thursday, November 17, 10:30 a.m. Learn about the different medicare coverage through Aetna.

**ANNUAL HOLIDAY BAZAAR** – Friday, November 18 from 4:00 to 7:00 p.m. and Saturday, November 19 from 9:00 a.m. to 3:00 p.m. There will be a Granny's Attic, many raffle chances, great home made crafts and ceramics, home made knitted items, baked goods, the kitchen will be open serving coffee, meatball subs, fried dough pizza, hot dogs, chips, soda all for a reasonable price. Come and support our Center, this is our main fundraiser for the year! **There will be no activities, no lunch on Friday, November 18. If you have any items for the Granny's Attic please bring them in! Also in need of baked goods to sell at the bazaar, donations of baked goods can be dropped off at the Center on Friday, November 18<sup>th</sup> before 3:00 p.m.**

**MINI TRIP: UNIVERSAL DRIVE** – Monday, November 21, 10:30 a.m. Please call the Center to reserve your seat.

**THANKSGIVING DAY PARTY** - Tuesday, November 22, 11:45 a.m. Come and enjoy a nice Thanksgiving luncheon and entertainment by Brian Gillie. **Cost: \$6.00.** Menu: Cheese and crackers to start, turkey, roasted potatoes, homemade stuffing, peas, cranberry sauce, hot roll and pumpkin pie for dessert. Sign up at the Center by Friday, November 18. **We will also be celebrating November Birthdays this day. If you would like to join us please call the center and the cost is \$6.00.**

**BINGO SPONSORED BY HAMDEN HEALTHCARE** – Friday, November 25, 10:30 a.m. Enjoy an hour or so of Bingo sponsored by the Hamden Healthcare – grocery and food prizes will awarded! Give us a call to reserve your spot, 203-239-5432.

**MASSAGES BY KIMBERLY** – Monday, November 28, 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: WESTFIELD MALL** – Monday, November 28, 10:30 a.m. Please call the center to reserve your seat.

## **SNEAK PEAK OF DECEMBER . . . .**

**TRI-TOWN CHRISTMAS PARTY** – Friday, December 2, 12:00 p.m.- 3:00 p.m. at Zandri's Stillwood Inn, 1074 S. Colony Road, Route 5, Wallingford, Connecticut. Menu consists of: individual antipasto, family style ziti with meat sauce, choice of Chicken Francais, Stuffed Filet of Sole or Prime Rib, vegetable medley, roasted potatoes, dessert, coffee and diet soda on tables. Cash Bar will be available. There will be a 50/25/25 door prize and entertainment by *The Stan Scott Band*. Tables of 10 will be available – please sign up your party together so that we can ensure that you will be sitting together. Tickets cost: \$25.00 per resident and \$30.00 per non-resident. **Collection will end Friday, November 11 – Please, checks only! Transportation will be available, please make your reservations early.**

**TREES OF HOPE** – Monday, December 5, 10:30 a.m. The bus will leave the Center and take a journey to Long Wharf to the Maritime Center to view the Trees of Hope. Free admission every day!!! Come and enjoy the spectacular display and raffle of holiday trees and baskets. All proceeds benefit the Ronald McDonald House of Connecticut. So bring your money to take a chance on one of these beautiful trees or baskets. Then after viewing the trees, we will go off to The Greek Olive Restaurant for lunch. Please call the Center to reserve your spot on the bus, 203-239-5432.

**non-PURPLE RED HATTERS BOARD MEETING** – Monday, December 12, 10:30 a.m. This meeting is to finalize the Holiday Party and little odds and ends we need to clean-up! Also, the Annual Christmas Party will be held at Dino's Restaurant, 540 Washington Avenue, on Wednesday, December 14, 1:00 p.m. Choice of meal: Triple House Combo (white or red), Baked Stuffed Shrimp, Fried Shrimp, New York Strip Steak, baked potato, tossed salad, cole slaw, soda, coffee, tea and choice of dessert: red velvet cheesecake or chocolate mousse cake – cash bar will be available. Please call Louise Musso, 203-239-4383 or Jennie Valentino, 203-239-1462. Tickets cost \$20.00 per person (tip included), checks made payable to the Purple Red Hatters, "No Cash" **last day to reserve your space is December 2. Please bring your check and choice of dinner to the next event.**

**SENIOR TO SENIOR BREAKFAST** – Tuesday, December 6, 8:00 a.m. at the North Haven High School. **Transportation will be provided – please call the office at 203-239-5432.**

**ARE YOU SLEEPING?** – Thursday, December 8, 10:30 a.m. Presented by the VNA Community Healthcare. Join us to find out – why you may be having trouble sleeping, how to get a restful night sleep, when to get help and the potential causes for sleepless nights. Call the Center, 203-239-5432 to reserve your spot!!

**SPECIAL BRUNCH** – Friday, December 9, 11:30 a.m. We will be hosting a special 100<sup>th</sup> birthday brunch for our very own member, Marion Eisnor. Menu: start off with danishes, bacon and cheddar cheese quiche or spinach and Swiss cheese quiche, home fried potatoes, ham and sweet potato casserole, top it off with a special birthday cake for Marion. Cost: \$6.00.

**MASSAGES BY KIMBERLY** – Monday, December 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.)**

**“FREE” GLUCOSE SCREENING AND BLOOD PRESSURE** – Tuesday, December 13, 11:00 a.m., sponsored by the Urgent Care Center of North Haven. Please call 203-239-5432 to reserve your spot.

**SENIOR SONGSTERS ON THE ROAD TO CLINTONVILLE SCHOOL** – Tuesday, December 13, 1:15 p.m. Please dress with black pants and red or green shirts. If you need transportation please contact the Center at 203-239-5432. The first 20 people will be traveling the bus! The bus will leave the Center at 12:45 p.m.

**PURPLE RED HATTERS ANNUAL CHRISTMAS PARTY** – Wednesday, December 14, 1:00 p.m. at Dino’s Restaurant, 540 Washington Avenue. Choice of meal: Triple House Combo (white or red), Baked Stuffed Shrimp, Fried Shrimp, New York Strip Steak, baked potato, tossed salad, coleslaw, soda, coffee, tea and choice of dessert: red velvet cheesecake or chocolate mousse cake – cash bar will be available. Please call Louise Musso, 203-239-4383 or Jennie Valentino, 203-239-1462. Tickets cost \$20.00 per person (tip included), checks made payable to the Purple Red Hatters, “No Cash”. Last day to reserve your space is December 2. Please bring your check and choice of dinner to the next event.

**“FREE” ICE CREAM SUNDAES** – Thursday, December 15, 12:45 p.m. Come and enjoy a free ice cream sundae sponsored by Hamden Health Care. Please call the office to reserve your spot, 203-239-5432.

**SENIOR SONGSTERS ON THE ROAD TO MONTOWESE SCHOOL** – Thursday, December 15, 1:30 p.m. Please dress with black pants and red or green shirts. If you need transportation please contact the Center at 203-239-5432. The first 20 people will be traveling the bus! The bus will leave the Center at 1:00 p.m.

**HOLIDAY BAZAAR VOLUNTEER LUNCHEON** – Friday, December 16, 11:45 a.m. Come and join us to say Thank You to our volunteers who worked so hard to prepare and to make our Fair a much success! Menu consists of: cheese and crackers, tossed salad, stuffed shells, meatballs, garlic toast and Italian pastries. Cost for non-volunteers: \$10.00.

**SENIOR SONGSTERS ON THE ROAD TO RIDGE ROAD SCHOOL** – Tuesday, December 20, 1:00 p.m. Please dress with black pants and red or green shirts. If you need transportation please contact the Center at 203-239-5432. The first 20 people will be traveling the bus! The bus will leave the Center at 12:30 p.m.

**3<sup>rd</sup> ANNUAL SENIOR CENTER STAFF CHRISTMAS COOKIE BAKE OFF** – Wednesday, December 21, 10:30 a.m. Come on down to the Center to judge our 3<sup>rd</sup> Annual Senior Center Staff Christmas Cookie Bake Off. Enjoy some cookies and hot chocolate! Let us know if you will be part of the fun, 203-239-5432.

**COOKIES AND EGGNOG BY THE FIREPLACE WITH MISS CONNECTICUT** – Thursday, December 22, 1:15 p.m. Come and enjoy an afternoon with our very own Morgan Amarone, Miss Connecticut, 2011. Please call the Center to reserve your spot, 203-239-5432.

**HANUKKAH PARTY** – Friday, December 23, 11:45 a.m. Come and celebrate Hanukkah with an Americanized traditional lunch. Menu consist of: Matzo Ball Soup, Latkes aka potato pancakes, apricot chicken, acorn squash, applesauce and Rugalech. Cost: \$7.00 per person – please sign up with the office by December 16<sup>th</sup>. Friday, December 23, 11:45 a.m.

**CAREGIVER SUPPORT GROUP** – Thursday, December 29, 6:00 p.m. a care giver support group will be provided for you. The group leader will be Francine Lombardi, MSW from VNA Community Healthcare. **Please reserve your spot by Tuesday prior to the support group meeting.**

## **SEEKING VOLUNTEERS:**

**READING VOLUNTEERS** are needed to read with “rookie readers” in the first grade at Clintonville Elementary School. Seniors will find volunteer tutoring an inspiring and rewarding way to reach out to children by spending one hour or more a week to help children build their reading skills and enhance their self confidence. If you would like to become a reading volunteer, please call the Center, 203-239-5432 to join us. You need to be a member of the North Haven Senior Center to be a reading volunteer.

### **WANTED: SOME PLAYERS. . . .**

**9-5 SETBACK PLAYERS** – Looking for people to learn the game 9-5 Setback to play in a Tri-Town Tournament with Wallingford and Cheshire. If you are interested in learning the game please call the Center, 203-239-5432 to put your name on a list of potential players!

**INTERMEDIATE BRIDGE PLAYERS** – Looking for people who enjoy Bridge and would like to join our Bridge game. You need to know a little bit about the game and the rules! We play Wednesday and Friday from 12:00 to 3:00 p.m. If interested and would like to know more about how to join us, call the Senior Center at 203-239-5432.

## **OUTREACH OPPORTUNITIES**

**FOOD DONATION BASKETS** – The Center has been, and will continue to be, a place where you can bring food that will be donated to local food banks for the less fortunate. Not only during the holidays and throughout the winter, but yearlong. **Unused, properly dated non-perishable foods** are always needed, such as powdered milk, macaroni and cheese, rice, canned tomatoes, mayonnaise, microwavable food, peanut butter, fruit and vegetable juices, canned vegetables, baked beans and all other kinds of beans, canned meats, soup, broth, crackers, salad dressing, croutons, coffee, tea, hot chocolate, pie filling, canned fruit, etc. Non-perishable food only.

**MAKE A DIFFERENCE DAY** – Last year North Haven fed over 50 families in need for the Thanksgiving Holiday. This year the North Haven Senior Center in conjunction with Community Services will be collecting non-perishable Thanksgiving items. Some suggestions: cans of cranberry sauce, gravy, cans of peas, carrots, string beans, pumpkin pie filling, potatoes, sweet potatoes or a bag of stuffing or rice. Monetary donations are greatly appreciated as well. All donations will go to the Town’s Food Bank to help our friends and neighbors in need. Collection has begun and will run through Friday, November 18. As always, your donations are greatly appreciated!!

**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  
Margaret Wells  
Mary Ann Mitchell  
Jan Rapuano

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

**Looking to give something to a family for the Holidays . . .  
Think about donating to the Senior Center  
in their loved ones name, either in  
Honor of or In Memory of . . .**

**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.

**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. **Monday class 10:30 a.m. and Wednesday class 3:00 p.m.**

**E-Z EXERCISE** – Monday, Wednesday and Friday, 9:30 – 10:00 and 10:00 –10:30 a.m.

**INTERMEDIATE MAH JONGG** – Wednesday, 12:30 p.m.

**CRAFT CLASSES** –Tuesdays and Thursdays from 1 - 2:30 p.m. New and inexperienced crafters are welcome to join in on the fun.

**KNITTING CLASS** – Wednesdays, 12:30 – 2:30 p.m. Beginners will be supplied with needles and yarn. The knitting club is looking for donations of **new** yarn.

**LINE DANCING**– Monday and Wednesday, 9:00 to 10:00 a.m. New and inexperienced dancers are welcome to participate.

## CLASSES AND LESSONS

**Registration and payments are due one week before the first day of class.**

Non-residents may register for paid classes two weeks after registration begins. You will be required to pay an additional \$10 non-resident fee over and above the resident cost. A class or lessons with insufficient enrollment will be cancelled one week before the starting date. Registrants are notified by telephone if a course must be cancelled.

**CHECKS ARE THE ONLY FORM OF PAYMENT THAT WILL BE ACCEPTED, THANK YOU.**

### FOR A FEE CLASSES

**CERAMICS** – Tuesday and Thursday from 9:00 a.m. - 12 noon. \$2 per week. New and inexperienced people are welcome to join in on the fun.

**CHAIR AEROBICS** – Tuesday and Thursday, 10:30 – 11:30 a.m. Come and enjoy an hour of chair aerobics with Pat Velleca! Session will begin on Tuesday, September 20 and ends Tuesday, December 6. Cost: \$5.00 for the 10 week session. **No Class 11/29.**

**FOOTLIGHTERS I – TAP** – Fridays, 10:00 – 11:15 a.m. Classes will run every 4 weeks. Fee: \$25.00 per session. (If a month has an additional week it will be \$30.00) **No class on 11/11.**

**OIL PAINTING** – Mondays, 12:30 – 2:30 p.m. New session will end November 28. Fee: residents, \$20, non-residents, \$30.

**TAI CHI IN MOTION** – Monday and Wednesday, 10:45 – 11:45 a.m. Class will run September 19 – December 7. Cost: \$25.00

**BEGINNER CHAIR YOGA** - Monday, 10:45 – 12:15 p.m. New session begins: November 7 – January 23, 2012. **No Class 12/19/11 and 1/2/2012**

**BEGINNER CHAIR YOGA** - Tuesday, 10:00 – 11:30 a.m. New Session ends Tuesday, December 19. Fee: residents, \$40; non-residents, \$50.

**GENTLE HATHA YOGA**, Thursdays, 1:00 – 2:30 p.m. **New session begins: Thursday, December 1 and will run through February 2.** Fee: residents, \$40; non-residents, \$50. **We need 8 people to register in order for this class to be held.**

## UPCOMING DAY TRIPS 2011

- Casino: Mohegan Sun – Thursday, November 10, 2011, Cost: \$20.00
- “My Fair Lady” – Thursday, November 17, 2011, Cost: \$90.00
- “Christmas with Father” – Tuesday, December 6, 2011, Collection Date: Friday, October 14, 10:30 a.m. Cost: \$70.00

## UPCOMING 2011 DAY TRIPS

“Christmas with Father” – Tuesday, December 6, 2011. Father Patrick Aloysius Misgivings will share stories and one-lines about growing up Catholic. From miracles and marriage counseling to bazaars and birth control, nothing escapes the good father’s razor sharp wit. This interactive comedy includes a collection, a raffle, and even an actual game of bingo. You will soon realize, Father Misgivings is New England’s most entertaining one man show! This all takes place at Maria Gill Wilson Chapel at the four star Beechwood Hotel in Worcester, Massachusetts. Lunch is included: your choice of butternut squash and crabmeat bisque; Chicken Piccata or Sliced London Broil and includes; rolls, vegetables; cheesecake with strawberries; coffee, tea and soft drinks! Cost: \$70.00 per person, checks made payable to: North Haven Senior Citizen. Collection date: Friday, October 14, 10:30 a.m. Departure time: 9:00 a.m. and approximate return time is 5:00 p.m.

### DAY TRIP INFORMATION

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



**NOVEMBER 2011 CALENDAR OF EVENTS\*LUNCH SERVED DAILY AT 11:30 A.M.\*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE**

<b>Monday 14</b>	<b>Tuesday 15</b>	<b>Wednesday 16</b>	<b>Thursday 17</b>	<b>Friday 18</b>
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	<b>9:00-Trip: "My Fair Lady"</b>	<b>Annual Holiday Bazaar</b>
9:30/10:00-E-Z Exercise	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	<b>4:00 – 7:00 p.m.</b>
<b>10:00-Massages by Kim</b>	10:30-Hairdresser/Nails	<b>10:30-Errands</b>	10:00-Pinochle	<b>All Activities Cancelled</b>
10:15-Canasta	10:30-Chair Aerobics	<b>10:30-Lyman Orchards Trip</b>	10:30-Chair Aerobics	<b>No Lunch</b>
10:30-Computer Class	<b>10:30-Presentation:</b>	<b>10:30-Presentation:</b>	<b>11:30-Lunch</b>	<b>No Transportation</b>
<b>10:30-MiniTrip: Wal Mart</b>	<b>"Understanding How We Age"</b>	<b>"Medicare And You"</b>	<b>All Activities Cancelled After</b>	<b>There will be Grocery</b>
10:45-Beg Chair Yoga	<b>11:30-Lunch</b>	10:45-Tai Chi In Motion	<b>Lunch Today</b>	<b>Shopping Today</b>
10:45-Tai Chi In Motion	1:00-Crafts	<b>11:30-Lunch</b>		
<b>11:30-Lunch</b>	<b>1:30-"Remembering World</b>	12:15-Bridge		<b>Saturday</b>
<b>12:00-Health Guidance</b>	<b>War II: Homefront and</b>	12:30-Knitting w/Eleanor		<b>19</b>
<b>Clinic</b>	<b>Warfront Memories"</b>	12:45-Bingo w/George		<b>9:00 a.m. – 3:00 p.m.</b>
12:30-Oil Painting	<b>6:00-Commission on Aging</b>	3:00-Computer Class		<b>Annual Holiday Bazaar</b>
<b>12:45-Thanksgiving Bingo</b>	<b>Meeting</b>			
1:30-Beg Pinochle				
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	<b>CENTER CLOSED</b>	9:30/10:00-E-Z Exercise
9:00-Computer Class	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise	<b>THANKSGIVING DAY</b>	10:00-Footlighters 1
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Nails	10:45-Tai Chi In Motion		10:00-Scrabble Challenge
10:15-Canasta	10:30-Chair Aerobics	<b>11:00-Health Guidance</b>	<b>NO LUNCH</b>	<b>10:30-Bingo/Sponsored by:</b>
<b>10:30-MiniTrip: Universal Dr</b>	<b>11:45-Thanksgiving Day</b>	<b>Clinic</b>	<b>NO TRANSPORTAION</b>	<b>Hamden Healthcare</b>
10:45-Beg Chair Yoga	<b>Party – Cost: \$6.00</b>	<b>11:30-Lunch</b>		<b>10:30-Grocery Shopping</b>
10:45-Tai Chi In Motion	1:00-Mah Jongg	12:15-Bridge		<b>11:30-Lunch</b>
<b>11:30-Lunch</b>	1:00-Crafts	12:00-Int Mah Jongg		12:15-Bridge
12:30-Oil Painting	1:15-Senior Songsters	12:30-Knitting w/Eleanor		12:45 –Bingo
12:45 -Bingo		12:45-Bingo w/George		
1:30-Beg Pinochle		3:00-Computer Class		
<b>28</b>	<b>29</b>	<b>30</b>		
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance		
9:30/10:00-E-Z Exercise	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise		
<b>10:00-Massages by Kim</b>	10:30-Hairdresser/Nails	<b>10:30-Errands</b>		<b>*PLEASE CALL FOR AN</b>
10:15-Canasta	10:30- <b>No</b> Chair Aerobics	10:45-Tai Chi In Motion		<b>APPOINTMENT TO SET</b>
<b>10:30-MiniTrip:Meriden Mall</b>	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>		<b>UP TRANSPORTATION</b>
10:30-Computer Class	1:00-Mah Jongg	12:15-Bridge		<b>TO THE TOWN POOL</b>
10:45-Beg Chair Yoga	1:00-Crafts	12:30-Knitting w/Eleanor		<b>OR LIBRARY</b>
10:45-Tai Chi In Motion	1:15-Senior Songsters	12:45-Bingo w/George		
<b>11:30-Lunch</b>		3:00-Computer Class		<b>ACTIVITY DATES AND</b>
12:30-Oil Painting				<b>TIMES ARE SUBJECT TO</b>
12:45-Bingo				<b>CHANGE</b>
1:30-Beg Pinochle				