

Senior Happenings

OCTOBER 2011

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.



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 Wednesday, October 26 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*.
Extra time will be granted on **October 14, October 21 and October 28**
- **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: October 12, October 19 and October 26
- **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. 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: October 10; November 11 and 24; December 26.

Special Medical Transportation on Wednesday, October 12th for Flu Clinic at the North Haven Senior Center – please call to reserve your spot!

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**

OCTOBER MINI TRIPS		NOVEMBER MINI TRIPS
OCTOBER 3 – HAMDEN HAMDEN MART	OCTOBER 26 – MIDDLEFIELD LYMAN ORCHARDS	NOVEMBER 14-WALLINGFORD WALLINGFORD WALMART
OCTOBER 24 – NORTH HAVEN UNIVERSAL DRIVE		NOVEMBER 28 – NORTH HAVEN UNIVERSAL DRIVE

From the Desk of Judy,

Starting this month the Center will have new hours of operation. Doors to the Center will open at 8am and close at 4:00 pm. This change is largely due to accommodate members who have early morning medical appointments. Medical appointments previously began at 9:30 am. With the new hours, members can make an appointment with their physicians beginning at 9am. In addition, I would like to announce that the Center now provides transportation to medical appointments five days a week. Also new is transportation to the VA Medical Hospital in West Haven. These changes will allow us to meet the needs of our members.

October is Fire Prevention Month – 10 Home Fire Safety Tips

- 1) **Smoke Alarms** – These are still a very important addition to your home. Smoke alarms are widely available and inexpensive. Install a smoke alarm on every level of your home and test it monthly.
- 2) **Prevent Electrical Fires** – Don't overload circuits or extension cords. Cords and wires should never be placed under rugs or in high traffic areas. Avoid loose electrical connections by checking the fit of the plug in the wall outlet. If the plug loosely fits, inspect the outlet right away. A poor connection between the plug and the outlet can cause overheating and can start a fire in minutes.
- 3) **Keep Plugs Safe** – Unplug all appliances when not in use.
- 4) **Alternate Heaters** – Make sure there is ample space around any portable heating unit. Anything that could catch fire should be at least three feet away. Inspect your chimney annually and use fire screens to help keep sparks in the fireplace.
- 5) **Fire Safety Sprinklers** – When combined with working smoke alarms, home fire sprinklers greatly increase your chance of surviving a fire. Sprinklers are affordable and they can increase property value and lower insurance rates.
- 6) **Create An Escape Route** – Create and practice your escape plan with your family from every room in the house. Practice staying low to the floor and checking for hot doors using the back of your hand. It's just like a routine school fire drill – but in your home.
- 7) **Position Appliances Carefully** – Try to keep TV sets, kitchen and other appliances away from windows with curtains. If there is a wiring problem, curtains can spread a fire quickly. Additionally, keeping your appliances away from water sources (like rain coming in from windows) can help prevent wiring damage which can lead to a fire.
- 8) **Clean Dryer Vents** – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes to dry or after the drying cycle is complete.
- 9) **Be Careful During the Holidays** – If you fill your home with lights during the holiday season, keep them away from anything that can easily catch fire. Check all of your lights prior to stringing them up and dispose of anything with frayed or exposed wires.
- 10) **Conduct Regular Inspections** – Check all of your electronic equipment and wiring at least once a month. Taking a little time to do this each month can really pay off.

Following these simple tips could potentially save your life or the life of a loved one. Pass this list on to your friends and family and make this fire prevention month count!

Important events this month-Bocce with Department Heads, Flu Clinic, Health Fair, Show and Sell, and Collection for our Annual Holiday Party. Read your newsletter for further details!

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 October 24, which is designated "Birthday Cake Day" during the noon meal. If you are planning on attending, please call 203-239-4030 by October 20, between 9 – 11:00 a.m. to reserve your meal. (\$2 suggested donation)**

Salvatore Aconfora
Jasmine Babayan
Ralph Battista
Carol Blanco
Alice Brumley
Lorraine Cappucci
David Cavadini
Germaine Cola
Rosemary DeMarco
Burnette Donato
Alan Gordon
Kenny Hansen
Melissa Janofsky
Leonids Kattis
Janice Kowalczyk
Jean Langner
Pauline Lin
Ann Maresca
Jean Mercuri
Emily Ornato
Grace Pascarella
Nicholas Raccio
Joyce Roudeau
Louis Scarpitti
Tony Selmont
Rose Silvestro
Irma Torres
Hazel Vason
Marie Vitale
James Wambolt

Richard Adler
Rita Barclay
Robert Battle
Lucy Bodie
Marie Buller
Ellen Carpentier
Philip Chagnon
Mary Davis
Lorraine Deneen
Rico Gattilia
Burton Gorman
Lorraine Hayden
Theodore Jasmin
Kathryn Kelly
Caroline Kruglik
Josephine Lewis
Victoria MacLellan
Edward Mason
Roselyn Miller
Josephine Osso
Linda Pitts
Margaret Reilly
Lynette Ryan
Floria Schannon
Carole Shea
Wanda Stockman
Phyllis Turrill
Angela Vigliotto
Michael Vorio
Donald Wheeler

Mary-Anne Angerson
Rose Barone
Noreen Biondi
Celia Bretko
Anthony Capasso
Peggy Carter
Susanne Chieppo
Marjorie DelGuidice
Arthur Diamante
Frank Giaquinto
Nicholas Grasso
Bea Heinig
Irene juniewicz
Richard Kivela
Joan Kuchinski
Angelina Lillo
Emily Manzo
Peter McPhedran
Bill O'Hare
Philip Palmisano
Janet Prosser
Fred Reynolds
Rosemary Saldamarco
Patricia Schomburg
Rita Sheehan
Dorothy Thomas
Zsuzsanna Vanga
Gloria Vigliotto
Connie Walsh
Kathy Wheeler

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

WELCOME TO OUR NEW MEMBERS

Helen C. McInerney, Antoinette Agresto, Margaret Donovan, Stephen Carulli

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, Antonia Buano, Arlene D'Angelo, Helen Fusaris, Sal Laudicina, Lorraine O'Donnell, Francis Plaut, Rita Quick, Stop & Shop, Margaret Wells, John Amore, Lina Falanga. **For those who donated and did not sign our donations list - Thank You.**

OCTOBER EVENTS

- October 3 **Massages by Kimberly – 10:00 a.m.**
Mini Trip: Hamden Mart – 10:30 a.m.
Purple Red Hatters non-Board Meeting – 10:30 a.m.
- October 5 **Sing-a-long w/Helen – 10:30 a.m.**
Current Event Discussion Group – 10:30 a.m.
- October 6 **Bingo Sponsored by Hamden Healthcare – 10:30 a.m.**
- October 7 **Benefits Quicklink – 10:00 a.m.**
Bocce Tournament w/Mike Freda and the Department Heads - 12:45 p.m.
- October 11 **“Get to Know Your Senior Center” – 9:30 a.m.**
Trip: Oktoberfest – Bus departs 10:30 a.m.
“Free” Glucose Screening and Blood Pressure – 11:00 a.m.
- October 12 **Flu Clinic – 10:00 a.m. - Transportation available (All activities cancelled today,)**
- October 13 **Presentation: “Being A Good Neighbor” – 10:30 a.m.**
- October 14 **Collection Date: “Christmas with Father” – 10:30 a.m.**
- October 17 **Massages by Kimberly – By appointment**
Hearing Aid Enhancement Program – 12:45 p.m.
- October 18 **Holiday Bazaar Meeting – 10:30 a.m.**
- October 19 **Purple Red Hatters Comic Relief Partay – 1:30 p.m.**
- October 20 **AARP Driver Safety Program – 8:45 a.m.**
Presentation: “Medicare and Its Changes” – 10:30 a.m.
- October 21 **Oktoberfest – 11:45 a.m. – Cost: \$6.00**
- October 24 **Mini Trip: Universal Drive – 10:30 a.m.**
Reverse Mortgage Presentation – 10:30 a.m.
- October 26 **Mini Trip: Lyman Orchards – 10:30 a.m.**
- October 27 **Caregiver Support Group – 6:00 p.m.**
- October 28 **Health Fair: “Laughter is a Good Form of Medicine” – 10:00 a.m. to 2:00 p.m.**
- October 31 **Purple Red Hatters non-Board Meeting – 10:30 a.m.**

OCTOBER EVENTS

MASSAGES BY KIMBERLY – Monday, October 3, 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.)**

PURPLE RED HATTERS non-BOARD MEETING – Monday, October 3, 10:30 a.m. We will finalize the 2012 upcoming events!!

MINI TRIP: HAMDEN MART – Monday, October 3, 10:30 a.m. Please call 203-239-5432 to reserve a spot.

SING-A-LONG WITH HELEN – Wednesday, October 5, 10:30 a.m.

CURRENT EVENT DISCUSSION GROUP – Wednesday, October 5, 10:30 a.m. Interested in discussing a variety of current events, older events and issues? Come on in to have an open ended discussion with Ken Rudnicki.

BINGO SPONSORED BY HAMDEN HEALTHCARE – Thursday, October 6, 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.

BENEFITS QUICKLINK – Friday, October 7, 10:30 a.m. - 12:30 p.m. Contact Judy Amarone for more information, 203-239-5432.

BOCCE TOURNAMENT WITH MIKE FREDA AND THE NORTH HAVEN DEPARTMENT HEADS – Friday, October 7, 12:45 to 2:15 p.m. The North Haven Senior Super Star Bocce Players, captained by Albino Conti are taking on the North Haven Department Heads, captained by Mike Freda. Please mark your calendar for a “friendly” game of Bocce!

“GET TO KNOW YOUR SENIOR CENTER” – Tuesday, October 11, 9:30 a.m. Calling all new members – come and join Gloria to get to know your Senior Center, what to do if you would like lunch, how to sign up for trips and classes, meet the staff and learn the ins and outs of the Center.

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

FLU CLINIC – Wednesday, October 12, 10:00 a.m. to 2:00 p.m. Numbers will start to be given out at 9:45 a.m. Please bring your insurance card and/or money along with you. Transportation will be provided for the entire Flu Clinic, please make your reservations for the bus by calling the Center 203-239-5432. If you want to stay for lunch, please call the Café Manager no later than 11:00 a.m., October 11th for reservations. All other activities are cancelled for today.

“BEING A GOOD NEIGHBOR” – Thursday, October 13, 10:30 a.m. This program will help you to learn to adjust to community living, diversity and making new friends. Sponsored by the Mental Health Association of CT and presented b Remi G. Kyek, MA. Please call the Center to reserve your spot, 203-239-5432.

MASSAGES BY KIMBERLY – Monday, October 17, 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.)**

HEARING AID ENHANCEMENT PROGRAM – Monday, October 17, 12:45 p.m. Howard Luppi will be demonstrating a whole new way of using hearing aides! Join us to see what it is all about – call to reserve your spot, 203-239-5432.

HOLIDAY BAZAAR MEETING – Tuesday, October 18, 10:30 a.m. There will be an important meeting of all committee members to discuss the upcoming Annual Holiday Bazaar. It is important that all attend!!

PURPLE RED HATTERS COMIC RELIEF PARTAY – Wednesday, October 19, 1:30 p.m. This meeting will be held at the Wallingford Senior Center, 284 Washington Street. One huge party will be happening at the Center with Bob Goss, Comedian. He is hilarious and entertaining throughout. If you joined us at the All You Can Eat Lobster Festival this past July – you witnessed just a little bit of what he is all about!!! Included in the price is a fabulous dessert and comedian!!! Cost: \$5.00 and will be collected at the September 21st Fashion Show Meeting. Join us for a great time!!!

AARP DRIVER SAFETY PROGRAM – Thursday, October 20, 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. Next date: 12/15.**

MEDICARE AND ITS CHANGES – Thursday, October 20, 10:30 a.m. Come on in and learn about Medicare changes and your options, sponsored by Bankers Life & Casualty.

OKTOBERFEST – Friday, October 21, 11:45 a.m. Come in and enjoy an afternoon of fine dining and laughter. Menu consist of: Schneitzel, dill cucumbers, red cabbage and delicious black forest cake. Cost: \$6.00.

MINI TRIP: UNIVERSAL DRIVE – Monday, October 24, 10:30 a.m. Please call 203-239-5432 to reserve a spot.

REVERSE MORTGAGE PRESENTATION – Monday, October 24, 10:30 a.m. Mike Savinelli from BCI Financial will be available to answer any questions you may have regarding Reverse Mortgages.

LYMAN ORCHARD TRIP – Wednesday, October 26, 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.

CAREGIVER SUPPORT GROUP – Thursday, October 27, 6:00 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 from VNA Community Healthcare. **Please reserve your spot by Tuesday prior to the support group meeting.**

HEALTH FAIR: “LAUGHTER IS A GOOD FORM OF MEDICINE” - Friday, October 28, 10:00 a.m. to 2:00 p.m. Vendor tables and free samples, health screenings, free yoga classes, massages, information about health and well-being opportunities and an educational presentation by Dr. Alan Siegal, Geriatric Psychiatrist will take place during the course of the day. Come join us for the day . . . **All activities will be cancelled for the afternoon of Thursday, October 27 and all day on Friday, October 28.**

PURPLE RED HATTERS non-BOARD MEETING – Monday, October 31, 10:30 a.m.

Looking for a fun or spooky Halloween Decorations? Come on in and see what we have in our Ceramic Room – great prices!!!



SNEAK PEAK OF NOVEMBER

PASTA NIGHT AND BINGO WITH THE INTERACT CLUB – Wednesday, November 2, 5:30 to 7:00 p.m. Enjoy a nice bowl of pasta and fun times playing bingo! Transportation will be provided, please call the Center to make your reservations, 203-239-5432. Cost: \$2.00.

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 by October 21**. Cost: \$5.00 (part of the proceeds will go to the Senior Center)

“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 31st.

“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.

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! Christmas Party reservations will be due today!!

“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.**

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 beginning October 11th!**

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 18th.

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.

SAVE THE DATES . . .

TRI-TOWN CHRISTMAS PARTY – Friday, December 2, 11:30 a.m. to 2:30 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 starts Tuesday, October 11 and will end Friday, November 11 – Please, checks only! Transportation will be available, please make your reservations early.**

SENIOR TO SENIOR BREAKFAST – Tuesday, December 6, 8:00 a.m. at the North Haven High School. Transportation will be provided – please sign up in the office beginning on November 7.

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 dates will begin: Friday, October 7 and run through Friday, November 4. 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.**

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 Thursday, December 1. Cost: \$5.00 for the 10 week session. This class will have a maximum of 12 people – sign up for this class will begin on September 1st.

FOOTLIGHTERS I – TAP – Fridays, 10:00 – 11:15 a.m. Classes will run for 10 weeks. Fee: residents, \$50; non-residents, \$60.

OIL PAINTING – Mondays, 12:30 – 2:30 p.m. New session will begin September 19 – 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. Session ends: October 31.

BEGINNER CHAIR YOGA - Tuesday, 10:00 – 11:30 a.m. New Session begins on Monday, October 18 and runs through Monday, December 19. Fee: residents, \$40; non-residents, \$50.

GENTLE HATHA YOGA, Thursdays, 1:00 – 2:30 p.m. **New session begins: Thursday, October 20 and will run through Thursday, December 29.** 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

Oktoberfest – Tuesday, October 11, 2011. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Casino: Mohegan Sun – Thursday, November 10, 2011. Cost: \$20.00 per person, checks made payable to: *North Haven Senior Citizen*. Departure time: 8:45 a.m. and approximate return time is 5:00 p.m.

“My Fair Lady” – Thursday, November 17, 2011. We are off to Westchester Dinner Theatre located in Elmsford, New York to see the most beloved and celebrated musicals of all times . . . “My Fair Lady” . . . Professor Henry Higgins, who takes a bet that he can transform unrefined, dirty Cockney flower girl Eliza Doolittle into a lady, and fool everyone into thinking she really is one, too!!! He does, and thus young aristocrat Freddy Eynsford-Hill falls madly in love with her. Higgins takes all the credit and forgets to acknowledge her efforts, Eliza angrily leaves him for Freddy, and suddenly Higgins realizes he’s grown accustomed to her face and can’t really live without it. Cost: \$90.00 per person, checks made payable to: *North Haven Senior Center*. Departure time: 9:00 a.m. and approximate return time is 5:00 p.m.

“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.**

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

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:45-AARP Driver Safety	9:30/10:00-E-Z Exercise
9:30/10:00-E-Z Exercise	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-Footlighters 1
10:00-Massages by Kim	10:30-Hairdresser/Nails	10:30-Errands	10:00-Pinochle	10:00-Scrabble Challenge
10:15-Canasta	10:30-Chair Aerobics	10:45-Tai Chi In Motion	10:30-Chair Aerobics	10:30-Grocery Shopping
10:30-Computer Class	10:30-Holiday Bazaar Meeting	11:30-Lunch	10:30-Presentation: "Medicare	11:45-Oktoberfest
10:45-Beg Chair Yoga	11:30-Lunch	12:15-Bridge	And It's Changes"	Cost: \$6.00
10:45-Tai Chi In Motion	1:00-Crafts	12:30-Knitting w/Eleanor	1:00-Crafts	12:15-Bridge
11:30-Lunch	1:15-Senior Songsters	12:45-Bingo w/George	1:00-Sing-A-Longs	1:15 -Bingo
12:30-Oil Painting		1:30-Purple Red Hatters		
12:45-Hearing Aid Program		Comic Relief Partay		
12:45 -Bingo		At the Wallingford Sr. Center		
1:30-Beg Pinochle		3:00-Computer Class		
24	25	26	27	28
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	10:00-Health Fair:
9:00-Computer Class	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	"Laughter Is A Good Form
9:30/10:00-E-Z Exercise	10:30-Hairdresser/Nails	10:30-MiniTrip Lyman Orchards	10:30-Chair Aerobics	Of Medicine"
10:15-Canasta	10:30-Chair Aerobics	10:45-Tai Chi In Motion	11:30-Lunch	11:30-Lunch
10:30-MiniTrip Universal Dr	11:30-Lunch	11:00-Health Guidance	1:00-No Crafts	(All activities are cancelled
10:30-Reverse Mortgage	1:00-Mah Jongg	Clinic	No Afternoon Activities	due to Health Fair)
Presentation	1:00-Crafts	11:30-Lunch	6:00-Caregiver Support Group	
10:45-Beg Chair Yoga	1:15-Senior Songsters	12:15-Bridge		
10:45-Tai Chi In Motion		12:00-Int Mah Jongg		
11:30-Lunch		12:30-Knitting w/Eleanor		
12:30-Oil Painting		12:45-Bingo w/George		
12:45 -Bingo		3:00-Computer Class		
1:30-Beg Pinochle				
31				
9:00-Line Dance				
9:30/10:00-E-Z Exercise				*PLEASE CALL FOR AN
10:15-Canasta				APPOINTMENT TO SET
10:30-Computer Class				UP TRANSPORTATION
10:30-Purple Red Hatters non-				TO THE TOWN POOL
board meeting				OR LIBRARY
10:45-Beg Chair Yoga				
10:45-Tai Chi In Motion				
11:30-Lunch				ACTIVITY DATES AND
12:30-Oil Painting				TIMES ARE SUBJECT TO
12:45-Bingo				CHANGE
1:30-Beg Pinochle				