

SENIOR HAPPENINGS

OCTOBER 2012



At A Glance . . .

*Wishing you all
A Happy and Safe
Halloween!*



- ☞ October 1 – non-board Red Hatters Meeting
- ☞ October 8 – Center Closed – Columbus Day
- ☞ October 9 – Yale Mammogram Van
- ☞ October 9 – Flu Clinic and Blood Pressure Screening
- ☞ October 9 – Sr. Songsters to Masonicare
- ☞ October 11 – Bingo sponsored by Hamden Health
- ☞ October 12 – Senior Moments with Mike
- ☞ October 12 – Bocce with Department Heads
- ☞ October 15 – **Mini Trip:** Hamden Mart
- ☞ October 16 – Medicare Made Clear
- ☞ October 18 – AARP Driving Course
- ☞ October 18 – **Trip:** Lyman Orchards
- ☞ October 18 – Red Hatters trip – Gouveia Winery
- ☞ October 25 – **Presentation:** Medicare Reform
- ☞ October 25 – Scrabble Tournament
- ☞ October 29 – **Mini Trip:** Universal Drive
- ☞ October 30 – Oktoberfest Celebration
- ☞ October 31 – Medicare Made Clear

Joyce C. Budrow NORX Haven Senior Center
189 Pool Road, NORX Haven, Ct

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

www.town.norx-haven.ct.us

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

Manager – Judy Amarone

Secretary – Maggie Maiden and Ellen McDonald

Café Manager – Arlene Herzog

Program Coordinator – Sue Hienken-Jung

**Bus Drivers – Arelis Rodriguez, Eileen Mogensen
and Lisa Marasco**

Things to Remember . . .



Yale Mammogram Van –

Tuesday, October 9, 8:00 a.m. to 2:30 p.m. You must make an appointment to be seen, please call 203-688-6800 to make your appointment



Bingo Sponsored by Hamden Healthcare

Thursday, October 11, 2012
10:30 a.m.

Enjoy a morning of Bingo
with Moyra from
Hamden Healthcare . . .

Prizes – groceries and snacks!



Senior Moments with Mike - Friday, October 12, 10:30 a.m.

If you have an issue and would like to discuss it with First Selectman Mike Freda, please call the Center to make an appointment to meet with him, 203-239-5432. Appointments will be made ever 20 minutes.

Tri-Town Scrabble Tournament – Thursday, October 25, 2012, 1:00 p.m. Come and enjoy an afternoon of Scrabble we will be playing against Cheshire and Wallingford.





What's happening in October . . .

Did you know??

- ⇒ **Medicare Reform Information – Thursday, October 25, 10:30 a.m.** Lee Giordano, Bankers Life and Casulaty Company will be addressing the medicare reform, how will this change your health care requirements for hospital, doctor, prescription, home health care and long term care needs. Please register to reserve your seat by calling the office, 203-239-5432.

Let's Party

Oktoberfest – Tuesday, October 30, 11:45 a.m. Come on in and celebrate Oktoberfest the German way Menu will consist of bratwurst and sauerkraut, potato pancakes with apple sauce and sour cream, crispy chicken cutlets with hunger's mushroom sauce, german potato salad, rye bread and butter, assorted beverages, O'Douls for all!! A delicious dessert will top it off!! Catered by Zandri's Stillwood Inn. Cost: \$14.00 per person – Reservations will begin on Monday, October 1 and run until Tuesday, October 23 – a \$5.00 late charge will be charged after Tuesday, October 23!



Flu Clinic and Blood Pressure Screening – Tuesday, October 9, 11:00 a.m. to 1:00 p.m. For more information regarding insurance information and cost please call the VNA Community Healthcare at 203-288-1623.

November's Events

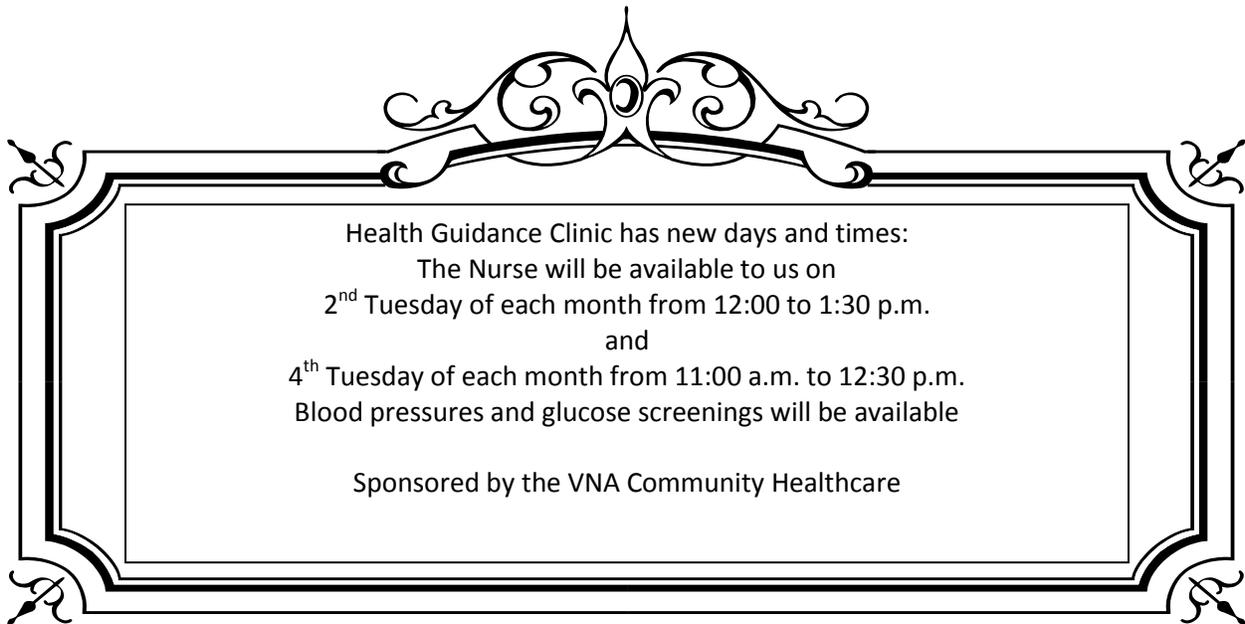


- ↪ **Thursday, November 1, 1:30 p.m.** – Free cooking dessert demonstration sponsored by Skyview. Registration begins Tuesday, October 2 through Friday, October 26 – call the office to reserve your seat – 203-239-5432.
- ↪ **Monday, November 5, 11:45 a.m.** - Free Pizza sponsored by Len Fasano and David Yaccarino. Registration begins Tuesday, October 2 through Tuesday, October 30 – call the office to reserve your seat – 203-239-5432.
- ↪ **Thursday, November 8, 10:30 a.m.** - Trip: Christmas Tree Shop & Chips
- ↪ **Monday, November 12** – Center Closed due to Veterans Day
- ↪ **Tuesday, November 13, 10:45 a.m.** – Presentation: Food Safety: To Toss or Not To Toss sponsored by the VNA Community Healthcare
- ↪ **Wednesday, November 14, 1:00 p.m.** – Red Hatters presentation: Bigelow Tea Company
- ↪ **Thursday, November 15, 10:30 a.m.** – Presentation: What You Never Knew About Coins!
- ↪ **Thursday, November 15** – Center will be closing at 1:00 p.m. to setup for our Holiday Bazaar!
- ↪ **Friday, November 16** – Center Closed for our Holiday Bazaar sales begin at 3:00 p.m.
- ↪ **Friday, November 16 and Saturday, November 17** – Holiday Bazaar – Friday, November 16, 3:00 to 6:00 p.m. and Saturday, November 17, 9:00 a.m. to 2:00 p.m. Come and enjoy our Center's main fundraiser – lots of great items for sale!!
- ↪ **Tuesday, November 20, 11:45 a.m.** – Thanksgiving Day Party – entertainment by Shel Cooper, lunch provided by The Regency House – menu: open faced turkey sandwiches which is turkey served on toast with bread stuffing, gravy and cranberry sauce, sweet potatoes and home made pumpkin pie. Cost: \$3.00 – Reservations will be taken beginning Monday, October 29 through Wednesday, November 14 – after November 14 cost will be \$8.00.
- ↪ **Friday, November 23** – Center Closed
- ↪ **Tuesday, November 27, 10:30 a.m.** – Follow up Holiday Bazaar Meeting
- ↪ **Wednesday, November 28, 10:30 a.m.** – Finance Meeting

Save the Date

HOLIDAY BAZAAR – Friday, November 16, 3:00 to 6:00 p.m. and Saturday, November 17, 9:00 a.m. to 2:00 p.m. There will be a Granny's Attic, many raffle chances, great hand made crafts and ceramics, hand made knitted items, home made 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 16.**

TRI-TOWN CHRISTMAS PARTY – Friday, December 7, 11:00 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 *Bob Giannotti*. Tables of 10 will be available – please sign up with your party so we can ensure you will be sitting together. Tickets cost: \$25.00 per resident and \$30.00 per non-resident. **Collection starts Thursday, October 11 and will end Thursday, November 8 – Please, checks only! Transportation will be available, please make your reservations early.**



Looking for your help

Reading Volunteers – Do you enjoy reading, do you enjoy children? Clintonville Elementary School is looking for senior volunteers to read with students. Commitment is one day a week for one hour, and you can choose your own day of the week that fits your schedule. If you are interested please call the Center to add your name to our list, 203-239-5432. You must be a member of the Senior Center.



Judy's Corner

Bocce Tournament

On October 12 at 12:30pm the North Haven Seniors have challenged the Town of North Haven Department heads along with our 1st Selectman Mike Freda in a friendly game of Bocce. This is an annual event enjoyed by all. Players will be treated to hot dogs and cider donuts. Members who want to cheer on the players are welcome to treats as well, however you will need to sign up in the office no later than October 5 to ensure there is enough food for everyone to enjoy. If you have a folding chair it will be helpful since there is limited seating out by the Bocce courts. To date the senior center members have been the ongoing champions. However I hear that the Department Heads and 1st Selectman have been practicing in hopes to change their past record. Come out for the fun and see who will win in this friendly tournament.

Social Security Direct Deposit

If you applied for Social Security or Supplemental Income benefits on or after May 1, 2011, you must receive your payments electronically. If you did not sign up for electronic payments when you applied for benefits, you are urged to do so. Regardless of when you applied, **everyone** receiving either or both benefits **must** switch to electronic payments by **March 1, 2013**. If you do not, the U.S. Treasury Department may send your benefits via a Direct Express Card program to avoid an interruption in payment. The Direct Express® card is a debit card you can use to access your benefits. If you are already receiving benefits, you can obtain a password and start, or change Direct Deposit online. You can also sign up at your bank, credit union, or savings and loan, or you can call Social Security at 1-800 772-1213.

Late Fee Charges

It has come to my attention that a small number of members continually want to participate in our special event programs that are ticket based after the sign up date has expired. Many of times we are able to accommodate these requests, but due to the cost of food and supplies we are no longer able to buy extra items. With this being said if you sign up after the due date a \$5.00 late fee will be charged.



Did You Know?

Judy Amarone, Manager of the Senior Center is the Municipality Agent for the Town of North Haven. She can help you in many different ways. So if you need help with the following, please call the Center to make an appointment to meet with her, 203-239-5432.

- Medicare, Medicaid, Social Security, Protective Services, Legal Services, SNAP – formerly known as food stamps, transportation needs, etc.

PROGRAMS and CLASSES

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

A \$5.00 activity fee for non-residents due quarterly for each activity you would like to join at the North Haven Senior Center.

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

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

North Haven Senior Citizen

A class with insufficient enrollment will be cancelled prior to the starting date.

Registrants are notified by telephone if a course must be cancelled.

- **BEGINNER PINOCHLE**

Monday, 1:30 – 3:00 p.m. If you love to play cards and are looking to learn a “new” hand, come join the Beginner Pinochle group.



- **CERAMICS**

Tuesday and Thursday, 9:00 a.m. to 12:00 p.m. Inexperienced people are welcome to join in on the fun. All materials included in the fee. Fee: \$2.00 per week.



- **CHAIR AEROBICS**

Thursday, 10:30 – 11:30 a.m. Chair Aerobics is designed for those who need to exercise while seated. This program focuses on muscle tones, joint flexibility and cardiovascular strength. Pat Velleca will be our instructor. The session runs for 12 weeks from Thursday, September 20 and ends Thursday, December 13. **No class Thursday, November 22.** Fee: residents, \$5.00; non-residents, \$10.00.

- **CRAFT CLASSES**

Tuesday and Thursday, 1:00 – 2:30 p.m. If you know your way around a sewing machine, enjoy working with your hands and spending a nice afternoon helping our craft class please join us on either Tuesday or Thursday afternoon.



- **COMPUTER CLASSES**

Monday, September 10, times of classes are 9:00 to 10:30 a.m. or 10:30 a.m. to 12:00 noon. If you are interested in one of our classes, please contact the Center and we will be glad to put you on our class list.

- **E-Z EXERCISE**

Monday, Wednesday and Friday, 9:30 – 10:00 and 10:00 – 10:30 a.m. Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.

- **KNITTING AND CROCHETING CLASS**

Wednesday, 12:30 – 2:30 p.m.



- **INTERMEDIATE FOOTLIGHTERS**

Friday, 10:00 – 11:15 a.m. Did you love tap dancing as a child and your mother always told you not to tap in the house? Learn all the updated tap moves by our certified instructor, Judyth Nilsson. Come join in the fun. Fee: \$25.00 per month (if a month has an additional week it will be \$30.00). Tap shoes are required.

- **LINE DANCING**

Monday and Wednesday, 9:00 – 10:00 a.m.

Studies show by dancing you will reduce your risk of future memory problems. So come join our line dancing program and help reduce your risk of memory loss.

- **INTERMEDIATE LINE DANCING**

Tuesday, 10:00 to 11:00 a.m. 12 week session will begin: September 4 through December 11. **No class Tuesday, October 30 and Tuesday, November 20.** Cost: residents, \$24.00; non-resident, \$29.00. Babe Dineen, will be our certified dance instructor. We must get at least 12 dancers for the class to begin.

• **MEMORY MATTERS –**
Improve Your Brain Health & Performance

Thursdays, 12:45 to 1:45 p.m. will begin on Thursday, October 4 and run for 7 weeks until Thursday, November 15. Have fun with brain fitness activities, identify strategies to enhance brain function and learn about the normal changes as you age. Cost: residents, \$5.00; non-residents \$10.00. Sponsored by VNA Community Healthcare. **Please make checks payable to VNA Community Healthcare.**

• **MAH JONGG**

Tuesday, 12:30 p.m. – **No class on Tuesday, October 30 and Tuesday, November 20** and Wednesday, 12:00 p.m.



OIL PAINTING

Monday, 12:30 – 2:30 p.m. New Session will begin: Monday, September 17 and run through Monday, December 17. Fee: residents, \$20.00; non-residents, \$25.00. A list of supplies will be given to you prior to the first class. **No class: Monday, October 8 and Monday, November 12.**

• **SIT-ERCISE**

Mondays and Wednesdays, 10:45 to 11:45 a.m. Session begins: Monday, October 1 through Wednesday, December 19. **No class Monday, October 8 and Monday, November 12.** Increase muscle strength, improve flexibility, gait and balance to help prevent falls – exercises are done in a chair and this program is specially designed for those 50 and older who are at risk for falls. Cost: residents, \$10.00; non-residents, \$15.00. Registration begins Monday, September 10. Sponsored by VNA Community Healthcare. **Please make checks payable to VNA Community**

• **SENIOR SONGSTERS**

Tuesdays, 1:15 to 2:15 p.m. Do you enjoy singing? Looking to entertain? The Senior Songsters is looking for you to join the chorus and sing those old tyme songs. We travel to area assisted living communities and convalescent centers as well as the public school system during the Holiday Season. If you are interested, please call the Center, 203-239-5432 for more information. **No singing on Tuesday, October 30 and Tuesday, November 20.**

• **STRONGER SENIORS**

Mondays, 1:00 to 2:00 p.m., Session begins: Monday, September 10 through Monday, October 15. Cost: residents, \$5.00; non-residents, \$10.00.

No class Monday, October 8.

Weekly Topics of Discussion:

Week 1: Goal Setting

Week 2: Home Safety

Week 3: Fall Prevention

Week 4: Medications

Week 5: Healthy Diet

Week 6: Get Your Happy Back

Please make checks payable to VNA Community Healthcare.

• **BEGINNER**

CHAIR YOGA

Tuesday, 10:00 – 11:30 a.m. Chair Yoga is a gentle yoga practice incorporating stretches sitting on chairs as well as some standing poses. Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. New session begins: Tuesday, October 16 through January 22, 2013. **No class on Tuesday, October 9 and 30 and Tuesday, November 20.** Fee: residents, \$40.00; non-residents, \$45.00.



GENTLE HATHA YOGA

Thursday, 1:00 to 2:30 p.m. Yoga is a gift! With Yoga, the body remains open and flexible; Yoga will strengthen, stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. Session runs: Thursday, September 20 through Thursday, November 29. **No class Thursday, November 22.** Fee: residents, \$45.00; non-residents, \$50.00.

Caregivers Support Group

This group focuses on helping the caregiver to cope with every day stresses and the need to get through issues of dealing with your loved one. The group is led by a licensed clinical social worker and meets every month on the last Thursday of the month at 4:00 p.m. Please call the Center to reserve your sit, 203-239-5432. Sponsored by VNA Community Healthcare.

Benefit Quicklinks Information

This program helps you find state, federal, and private benefits programs available where you live. These benefits programs can help pay for prescriptions, health care, food, utilities, and more. You can also get help with tax relief, transportation, legal issues, or finding work. A volunteer is available for you on the first Friday of every month from 10:30 a.m. Please call the Center to make your appointment, 203-239-5432.

Daily and Medical Transportation Information, Scheduled, Mini and Day Trips . . .

Daily Transportation

Transportation to and from the Center is available on weekdays at no charge to the Seniors. This service is curb to curb service. Please call the Center to sign up for your daily transportation by 8:30 a.m. the day you would like to come in. Transportation to lunch on a daily basis is provided from Senior Housing, a 24 hour notice is required to reserve a meal.

Scheduled and Mini Trips

The Senior Center provides transportation to area North Haven businesses at no charge to the Seniors - grocery stores, pharmacies, post office, banks, card shop, hairdressers, barbers, library and town pool. Please see below for scheduled days and times. Please note errands are quick and should last a half hour. Grocery shopping is one and half hour from time of being dropped off. Please be considerate of your time! It is suggested that no more than 3 bags per person. Thank you.

Mondays:

- Mini Trips:
- ⇒ Hamden Mart in Hamden, Monday, October 15
- ⇒ Universal Drive; Monday, October 29

Tuesdays:

- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:

- Errands to include – pharmacies, bank, post office, card shop

Thursdays:

- Town Pool
- Trip Out: Lyman Orchards, Thursday, October 18 – lunch on your own at Lyman Orchards.

Fridays:

Grocery Shopping – Big Y or Stop and Shop

Medical Transportation

The Center provides medical transportation to all members of the Center at no charge to the Seniors – we travel to North Haven, New Haven, Hamden and VA Hospital of West Haven. Hours of medical transportation are Monday through Friday, 9:00 a.m. and must be ready to go home by 2:00 p.m. Please call for availability – as soon as you make your appointment, please call to reserve your ride – appointments are taken on a first come basis and unfortunately, not all requests can be fulfilled. If you feel you need assistance going to your medical appointment, feel free to bring a relative, friend or aide at no charge. When making your appointment please indicate if you will be bringing them with you. **Due to the Holidays there will be no medical transportation on the following days – October 8; November 12 and 22; December 7 and 25.**

Please note: All Scheduled Mini Trips begin pickups at 10:30 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there *will not* be a make up during that week for transportation.





Day Trips

- ☞ Reservations for a Day Trip can be made beginning on the collection date indicated in the description of the trip.
- ☞ Full payment is due to secure your reservation. Cash or checks (no credit cards will be accepted). Please make checks payable to: North Haven Senior Citizen.
- ☞ Please remember to bring in your emergency contact information, their name and telephone numbers (including work and cell numbers.)
- ☞ If you would like to sit together please indicate when signing up who you would like to sit with on the bus and/or theatre.
- ☞ If you get motion sickness or have mobility issues please indicate so when reserving spot on the trip.
- ☞ There will be **no refunds** unless there is a waiting list at the time of cancellation. If the travel agent or the Center cancels the trip, refunds will be issued. If you need to cancel due to illness or an emergency, please give the Center enough time to fill your spot by calling 203-239-5432.
- ☞ Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.
- ☞ Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there **will not** be a refund issued.
- ☞ You must come into the building to check in prior to boarding the bus.

Casino: Mohegan Sun – Thursday, November 29, 2012. Collection date started Friday, September 14, 10:30 a.m. Cost: \$21.00 per resident; \$26.00 per non-resident Departure time: 9:00 a.m. and approximate return time is 5:00 p.m.





Welcome to Our New Members

Joanne Breen, Assunta Esposito, Frank Esposito, Mary Louise Pierpont,
Lorraine Weston



Thank you to the following for your donation:

Ann Alexander, Lena Falanga, Linda Harder, Virginia LaMarsh, Nancy Miller,
George Okoniewski, Rose Peturzo, Kay Warren and Rita Wozniak

Please remember to sign our donations list when making a donation to the
Joyce C. Budrow North Haven Senior Center. For those who donated
and did not sign our donations list – we greatly appreciate your donation.



Daily Lunch Program

Our Senior Community Café serves a hot, full-course meal on a daily basis at
11:30 a.m. – please see the newsletter for time changes due to a special program or
presentation happening at the Senior Center. Menus are available in the newsletter.
Suggested donation is \$2.00 and you must be over 60 years of age or disabled. Meal cost
\$5.60 for anyone who wishes to participate and does not meet the required age.

Please remember to call our Café at 203-239-4030 between
9:00 a.m. and 11:00 a.m. by the previous day to order your lunch.

All meals include bread, butter and milk. Soups, entrees, gravies, sauces,
salad dressings and desserts are low fat and low sodium.





Happy Birthday to You

Judy, Sue, Maggie, Ellen, Arelis, Eileen and Lisa
wish you a fun filled year with much
happiness and good health!

Salvatore Aconfora
Jasmine Babayan
Ralph Battista
Carol Blanco
JoAnne Breen
Thomas Cacace
Robert Caprio
David Cavadini
Germaine Cola
Marjorie DelGuidice
Arthur Diamante
Frank Giaquinto
Burton Gorman
Lorraine Hayden
Theodore Jasmin
Kathryn Kelly
Caroline Kruglik
Ellen LeGrand
Pauline Lin
Ann Maresca
Jean Mercuri
William O'Hare
Grace Pascarella
Nicholas Raccio
Joyce Roudeau
Louis Scarpitti
Tony Selmont
Rose Silvestro
Irma Torres
Edward Van De Mark
Angela Vigliotto
Michael Vorio
Donald Wheeler

Dick Adler
Rita Barclay
Robert Battle
Lucy Bodie
Ceil Bretko
Anthony Capasso
Ellen Carpentier
Philip Chagnon
Mary Davis
Rosemary DeMarco
Burnette Donato
Cherni Gillman
Nicholas Grasso
Bea Heinig
Irene Juniewic
Richard Kivela
Joan Kuchinski
Jo Lewis
Victoria MacLellan
Edward Mason
Roselyn Miller
Emily Ornato
Linda Pitts
Margaret Reilly
Lynnette Ryan
Flora Schannon
Carole Shea
Wanda Stockman
Saba Tozzo
Zsuzsanna Vanga
Gloria Vigliotto
Connie Walsh
Kathy Wheeler

Mary-Anne Anderson
Rose Barone
Noreen Biondi
Elizabeth Brandt
Alice Brumley
Lorraine Cappucci
Peggy Carter
Susanne Chieppo
Elaine DeCapua
Lorraine Deneen
Rico Gattilia
Alan Gordon
Kenny Hansen
Melissa Janofsky
Leonids Kattis
Janice Kowalczyk
Jean Langner
Angelina Lillo
Emily Manzo
Peter McPhedran
Ernest Milo
Josephine Osso
Jan Prosser
Fred Reynolds
Rosemary Saldamarco
Pat Schomburg
Rita Sheehan
Carmel Sullivan
Phyllis Turrill
Hazel Vason
Marie Vitale
James Wambolt
Maureen Williams

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------|--------------------------------------------------------|--------------------------|-------------------------------------------------------|-----------------------------------------------------|
| 1 | 2 | 3 | 4 | 5 |
| 9:00-Line Dance | 9:00-Ceramics | 9:00-Line Dance | 9:00-Ceramics | 9:30/10:00-E-Z Exercise |
| 9:00-Computer Class | 10:00-Chair Yoga | 9:30/10:00-E-Z Exercise | 10:00-Pinochle | 10:00-Footlighters |
| 9:30/10:00-E-Z Exercise | 10:00-Line Dance with Babe | 10:30-Ombudsman Meeting | 10:30-Chair Aerobics | 10:00-Scrabble Challenge |
| 10:00-Massages by Kim | 10:30-Hairdresser/Barber/Nails | 10:30-Errands | 11:30-Lunch | 10:30-Benefits Quicklink |
| 10:15-Canasta | 11:30-Lunch | 10:45-Sit-Ercise | 12:30-Bocce | 10:30-Grocery Shopping |
| 10:30-Computer Class | 12:30-Mah Jongg | 11:30-Lunch | 12:45-Memory Matters begins | 10:30-Wii Bowling |
| 10:30-Purple Red Hatters non-board Meeting | 1:00-Crafts | 12:00-Mah Jongg | 1:00-Sing-A-Longs | 11:30-Lunch |
| 10:45-Sit-Ercise begins | 1:15-Senior Songsters | 12:15-Bridge | 1:00-Intermediate Yoga | 12:15-Bridge |
| 11:30-Lunch | | 12:30-Bocce | 1:00-Crafts | 12:30-Bocce |
| 12:30-Bocce | | 12:30-Knitting w/Eleanor | | 12:45-Bingo |
| 12:30-Oil Painting | | 12:45-Bingo | | |
| 12:45-Bingo | | | | |
| 1:00-Stronger Seniors: Medications | | | | |
| 1:30-Beg Pinochle | | | | |
| Collection begins for Oktoberfest | | | | |
| | | | | |
| | | | | |
| 8 | 9 | 10 | 11 | 12 |
| CENTER CLOSED COLUMBUS DAY | 8:00-Yale Mammogram Van | 9:00-Line Dance | 9:00-Ceramics | 9:30/10:00-E-Z Exercise |
| | 9:00-Ceramics | 9:30/10:00-E-Z Exercise | 10:00-Pinochle | 10:00-Footlighters |
| | 10:00-No Chair Yoga | 10:30-Errands | 10:30-Chair Aerobics | 10:00-Scrabble Challenge |
| NO TRANSPORTATION NO LUNCH | 10:00-Line Dance with Babe | 10:45-Sit-Ercise | 10:30-Bingo sponsored by: Hamden Healthcare | 10:30-Senior Moments with Mike |
| | 10:30-Hairdresser/Barber/Nails | 11:30-Lunch | 11:30-Lunch | 10:30-Grocery Shopping |
| | 11:00-Flu Clinic | 12:00-Mah Jongg | 12:30-Bocce | 10:30-Wii Bowling |
| | 11:00-Health Guidance Clinic | 12:15-Bridge | 12:45-Memory Matters | 11:30-Lunch |
| | 11:30-Lunch | 12:30-Bocce | 1:00-Sing-A-Longs | 12:15-Bridge |
| | 12:30-Mah Jongg | 12:30-Knitting w/Eleanor | 1:00-Intermediate Yoga | 12:30-Bocce Tournament with Department Heads |
| | 1:00-No Crafts | 12:45-Bingo | 1:00-Crafts | 12:45-Bingo |
| | 1:00-Senior Songsters on the Road to Masonicare | | Collection begins for Tri-Town Christmas Party | |
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OCTOBER 2012 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 11:30 A.M.*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|---------------------------------------|-----------------------------------|-------------------------------------|-------------------------------|
| 15 | 16 | 17 | 18 | 19 |
| 9:00-Line Dance | 9:00-Ceramics | 9:00-Line Dance | 8:30-AARP Driver Safety | 9:30/10:00-E-Z Exercise |
| 9:00-Computer Class | 10:00-Chair Yoga | 9:30/10:00-E-Z Exercise | 9:00-Ceramics | 10:00-Footlighters |
| 9:30/10:00-E-Z Exercise | 10:00-Line Dance with Babe | 10:30-Errands | 10:00-Pinochle | 10:00-Scrabble Challenge |
| 10:00-Massages by Kim | 10:30-Hairdresser/Barber/Nails | 10:45-Sit-Ercise | 10:30-Chair Aerobics | 10:30-Grocery Shopping |
| 10:15-Canasta | 10:30- Medicare Made Clear | 11:30-Lunch | 10:30-Lyman Orchards | 10:30-Wii Bowling |
| 10:30-Computer Class | 11:30-Lunch | 12:15-Bridge | 11:30-Lunch | 11:30-Lunch |
| 10:30-MiniTrip: Hamden Mrt | 12:30-Mah Jongg | 12:00-Mah Jongg | 12:45-Memory Matters | 12:15-Bridge |
| 10:45-Sit-Ercise | 1:00-Crafts | 12:30-Knitting w/Eleanor | 1:00-Sing-A-Longs | 12:45-Bingo |
| 11:30-Lunch | 1:15-Senior Songsters | 12:45-Bingo | 1:00-Intermediate Yoga | |
| 12:30-Oil Painting | | | 1:00-StoryTeller: | |
| 12:45-Bingo | | | Kate Allen Smith | |
| 1:00-Stronger Seniors: | | | 1:00-Crafts | |
| Healthy Diet | | | 4:30-Red Hatters Trip | |
| 22 | 23 | 24 | 25 | 26 |
| 9:00-Line Dance | 9:00-Ceramics | 9:00-Line Dance | 9:00-Ceramics | 9:30/10:00-E-Z Exercise |
| 9:00-Computer Class | 10:00-Chair Yoga | 9:30/10:00-E-Z Exercise | 10:00-Pinochle | 10:00-Footlighters |
| 9:30/10:00-E-Z Exercise | 10:00-Line Dance with Babe | 10:30-Errands | 10:30-Chair Aerobics | 10:00-Scrabble Challenge |
| 10:15-Canasta | 10:30-Hairdressers Today | 10:45-Sit-Ercise | 10:30-Presentation: | 10:30-Grocery Shopping |
| 10:30-Computer Class | 11:00-Health Guidance Clinic | 11:30-Lunch | Medicare Reform | 10:30-Wii Bowling |
| 10:45-Sit-Ercise | 11:30-Lunch | 12:15-Bridge | 11:30-Lunch | 11:30-Lunch |
| 11:30-Lunch | 12:30-Mah Jongg | 12:00-Mah Jongg | 12:45-Memory Matters | 12:15-Bridge |
| 12:30-Oil Painting | 1:00-Crafts | 12:30- Knitting w/Eleanor | 1:00-Sing-A-Longs | 12:45-Bingo |
| 12:45-Bingo | 1:15-Senior Songsters | 12:45-Bingo | 1:00-Intermediate Yoga | |
| 1:00-Stronger Seniors: | Collection ends | | 1:00-Crafts | |
| Get Your Happy Back | for Oktoberfest | | 1:00-Tri-Town Scrabble | |
| 1:30-Beg Pinochle | | | Tournament | |
| 29 | 30 | 31 | 4:00-Caregiver Support Group | |
| 9:00-Line Dance | 9:00-Ceramics | 9:00-Line Dance | | |
| 9:00-Computer Class | 10:00- No Chair Yoga | 9:30/10:00-E-Z Exercise | | |
| 9:30/10:00-E-Z Exercise | 10:00- No Line Dance with Babe | 10:30-Errands | | |
| 10:15-Canasta | 10:30-Hairdressers Today | 10:30- Medicare Made Clear | | *PLEASE CALL FOR AN |
| 10:30-Computer Class | 11:45-Oktoberfest | 10:45-Sit-Ercise | | APPOINTMENT TO SET |
| 10:30-MiniTrip: Universal Dr | Celebration - Cost: \$14.00 | 11:30-Lunch | | UP TRANSPORTATION |
| 10:45-Sit-Ercise | 12:30- No Mah Jongg | 12:15-Bridge | | TO THE TOWN POOL |
| 11:30-Lunch | 1:00-No Crafts | 12:00-Mah Jongg | | OR LIBRARY |
| 12:30-Oil Painting | 1:15- No Senior Songsters | 12:30- Knitting w/Eleanor | | ACTIVITY DATES AND |
| 12:45-Bingo | | 12:45-Bingo | | TIMES ARE SUBJECT TO |
| 1:30-Beg Pinochle | | | | CHANGE |

FSW, INC. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

October 2012

Please contact the Cafe' Manager to reserve your lunch by calling the day before between the hours of 9 – 11:00 a.m.

| Monday | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 2 | 3 | 4 | 5 |
| <p>Fresh Baked Ham w/LS Gravy Scalloped Potatoes Peas & Carrots Rye Bread Applesauce Margarine, 1% Milk</p> | <p>New England Clam Chowder Unsalted Crackers Crab Cake w/Tartar Sauce Brown Rice Pilaf Green and Wax Beans Oat Bread Fresh Fruit Margarine, 1% Milk</p> | <p>Hamburger Au Jus Onions and Mushrooms Ketchup Coleslaw Baked Beans Wheat Bun Pickle Wedge Brownie Margarine, 1% Milk</p> | <p>Roasted Pork w/LS Gravy Apple Stuffing Broccoli and Cauliflower Multigrain Dinner Roll Pineapple Tidbits Margarine, 1% Milk</p> | <p>Grape Juice Herbed Baked Chicken Leg Qtr. Orzo Grilled Vegetables Wheat Bread Orange Sections Margarine, 1% Milk</p> |
| 8 | 9 | 10 | 11 | 12 |
| <p>Closed For Columbus Day No Lunch Program</p> | <p>Lasagna W/Meat Sauce Tossed Salad W/ Tomato and Italian Dressing Garlic Bread Orange Jell-O W/Peaches Margarine, 1% Milk</p> | <p>Roast Beef W/L.S Gravy Baked Potato W/Sour Cream Scandinavian Blend Vegetables Wheat Bread Marble Cake Margarine, 1% Milk</p> | <p>Orange Juice Oven Friend Chicken Macaroni and Cheese Green Beans Buttermilk Biscuit Margarine, 1% Milk</p> | <p>Tomato Basil Soup Broccoli Quiche Fresh Zucchini Roast Potato Wheat Dinner Roll Fresh Fruit Margarine, 1% Milk</p> |
| 15 | 16 | 17 | 18 | 19 |
| <p>Meatloaf W/LS Gravy Bowtie Noodles Baked Fresh Acorn Squash 100% Whole Wheat Bread Pears Margarine, 1% Milk</p> | <p>Teriyaki Chicken Brown Rice Oriental Blend Vegetables Oat Bread Mandarin Oranges Margarine, 1% Milk</p> | <p>Minestrone Soup Lite Crunch Fish w/Lemon Mashed Sweet Potatoes Spinach Multigrain Dinner Roll Fresh Fruit Margarine, 1% Milk</p> | <p>Sliced Turkey w/LS Gravy Cranberry Sauce Mashed Potato California Blend Vegetables Oatmeal Raisin Cookie Margarine, 1% Milk</p> | <p>Cranberry Juice Whole Grain Spaghetti w/Marinara Sauce Meatballs Caesar Salad w/Croutons Vanilla Pudding w/ Strawberry Topping Margarine, 1% Milk</p> |
| 22 | 23 | 24 | 25 | 26 |
| <p>Salmon Filet w/Lemon Sauce Brown Rice Pilaf Bean Blend Vegetables 100% Whole Wheat Bread Chocolate Pudding Margarine, 1% Milk</p> | <p>Spinach Grandioli Ravioli w/Sauce Meatballs Broccoli Italian Bread Fresh Fruit Margarine, 1% Milk</p> | <p>Pineapple Juice Pot Roast w/Gravy Mashed Potato Tuscan Blend Vegetables Rye Bread Apple Strudel Margarine, 1% Milk</p> | <p>Butternut Squash Soup Unsalted Crackers BBQ Chicken Black Beans and Corn Collard Greens Oat Bread Applesauce Margarine, 1% Milk</p> | <p>Beef Stew Egg Noodles Spinach Salad w/Shredded Carrots Vinegrette Dressing Multigrain Dinner Roll Tropical Fruit Cocktail Margarine, 1% Milk</p> |
| 29 | 30 | 31 | | |
| <p>Freshly Baked Ham W/LS Gravy Scalloped Potato Peas and Carrots Rye Bread Apple Sauce Margarine, 1% Milk</p> | <p>No FSW Lunch served today Oktoberfest See Flyer for More Information</p> | <p>Hamburger Au Jus Onions and Mushrooms Ketchup Coleslaw Baked Beans Wheat Bun Pickle Wedge Brownie Margarine, 1% Milk</p> | | |

MINIMUM PORTIONS SERVED AT EACH MEAL:

1c Milk – 1% or equivalent 1c Vegetable and Fruit or equivalent 2oz. Protein 1 pat Margarine

2 Bread servings or equivalent (enriched or whole grain)

All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt

All Rolls are Seedless. All White rice Is Enriched. All Non-citrus juices are Vitamin C fortified.