

Senior Happenings

SEPTEMBER 2011

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

www.town.north-haven.ct.us

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



*The Staff at the Senior Center
wishes all of your grandchildren
a safe and happy return to school!*

Manager: Judy Amarone
Part time secretary: Maggie Maiden
Bus driver: Arelis Adorno

Program Coordinator: SueTienkenJung
Part time secretary: Ellen McDonald
Part time bus driver: Eileen Mogensen
Café Manager: Mary Ellen Durso

NORTH HAVEN DEPARTMENT OF COMMUNITY SERVICES & RECREATION

Joyce C. Budrow Mission Statement

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

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

SENIOR COMMUNITY CAFÉ INFORMATION (Daily lunch program)

Phone the Senior Community Café at 203-239-4030 between 9 and 11:30 a.m. by the previous day to order lunch. ***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 Wednesday, 10:30 a.m. at *Big Y* or *Stop & Shop*.*
- **Farmer’s Market:** Every Friday pickups will begin at 10:30 a.m.
- **Hairdresser/Nails:** Every Tuesday, 10:30 a.m.*
- **Errands:** Every Monday, 10:30 a.m. Trips include: bank, post office, card shop, and pharmacy.
No Errands: October 12
- **NOTE: For prescription pick ups at pharmacies it is recommended you phone your pharmacy ahead.**

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

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

MEDICAL TRANSPORTATION/APPOINTMENTS

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

- **North Haven and Hamden Doctor Appointments (Tuesday, Wednesday and Thursday):** Make all appointments between 9:30 a.m. and 1:30 p.m. (You must be ready to go home by 2:00 p.m.)
- **New Haven Doctor Appointments (Tuesday, Wednesday and Thursday):** Make all appointments between 9:30 a.m. and 1:30 p.m. (You must be ready to go home by 2:00 p.m.)
- **Friday:** Limited medical appointments in North Haven only.
- **When you call to schedule your transportation, please be prepared to give us the doctor’s name, address and phone number. Please reserve your ride by calling us as soon as you make your appointment. Appointments are taken on a first come basis and, unfortunately, not all requests can be fulfilled. No Medical Transportation: October 12; November 24**

MINI TRIPS

Reservations start on the first day of the month the trip is scheduled. Please call the Senior Center to reserve a seat, or sign up in the office. Transportation is provided from your home. Bus leaves at approximately 10:30 a.m. from the Senior Center to start pick-ups. **PLEASE NOTE ANY DATE CHANGES**

SEPTEMBER MINI TRIPS		OCTOBER MINI TRIPS
SEPTEMBER 15 – ORANGE CHRISTMAS TREE SHOPS		OCTOBER 3 – HAMDEN HAMDEN MART
SEPTEMBER 26 – NORTH HAVEN UNIVERSAL DRIVE		OCTOBER 24 – NORTH HAVEN UNIVERSAL DRIVE

From the desk of Judy,

Good Bye Irene! Thank goodness you're gone, and now the clean up of your wrath! Like most people, I lost power, threw out food, and my yard is a mess. When I look at other areas that were stricken by the storm I remind myself that this is just an inconvenience and I will get through it. In my heart I feel blessed; my family, friends, and house made it through without injury or destruction. As soon as the power went out I picked up my flashlight, walked down to my basement and reached for my old dusty radio, placed batteries in it and was then connected to the outside world. It was at that moment that I was thankful for my radio that sits dutifully on the shelf waiting for a storm and Guglielmo Marconi, the Italian inventor who invented the radio in Italy in 1895.

Volunteers are needed for the following projects:

Dental Toothbrush Kit Assemblers

The Center has been asked to assist putting together dental toothbrush kits for children that utilize CT School Based Health Centers. There are 78 health centers in CT urban, suburban, and rural towns that provide medical services, mental health counseling, and dental services to more than 40,000 children each year.

The purpose of this project is:

- To teach children the importance of good dental health: brushing, flossing, and the need for regular dental checkups for healthy teeth and gums
- Provide health education to elementary school children in School Based Health Centers and in classrooms
- Send home information to parents on the importance of children taking care of their teeth for a lifetime of good hygiene
- The kits provide students with cards that have dental "characters" on them with facts about oral health. The cards can be traded among students; each kit also contains a toothbrush and toothpaste.

School based health centers keep children healthy so they can stay in school and have greater opportunities for learning. The project emphasizes that good oral health contributes to overall health, preventing disease that can impact the mouth and rest of the body.

Our assembly line will begin on Tuesday, September 6 at 10am. In the event you are unable to help on this day, we will be also assembling on Friday, September 9, from 1-3pm.

Tote Bags for CT Foster Children

Once again the Center was called upon to make tote bags for children who have been placed in foster homes in CT. The bags are cut out and ready for members to help sew! Handmade afghans will be placed in the bags and delivered to the Afghan Project group for CT's children – each child who has been placed in foster care will get one!

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 September 22, which is designated "Birthday Cake Day" during the noon meal. If you are planning on attending, please call 203-239-4030 by September 21, between 9 – 11:30 a.m. to reserve your meal. (\$2 suggested donation)**

Raymond Allard
MaryAnn Appicelli
Jagdish Baheti
Madeline Battista
Phyllis Bird
Alfred Candido
Pauline Chekas
Florence Coulston
Gail Deberry
Marge DeSimone
Dottie Esposito
John Flood
Phyllis Gillen
Stanley Goldstein
Helen Grazioso
Jean Hallock
Leonora Heitler
Jennifer Johnson
Robert Kuchinski
Lorraine Lupi
William Maroney
Janice Morrissey
Sally Nanfeldt
Helen Palmieri
Carmen Pedalino
Kenneth Post
Marguerite Santagata
George Schmeiz Sr.
John Shea
Raymond Sonazzaro
Bruno Suraci
Gladys Tiedemann
Elaine Varunes
Mary Vaccarino

Rose Amodio
Madelyn Ardito
Claire Barbiero
Rose Bernabucci
Boris Bolash
William Carey
Joan Clinton
Dorothy Criscuolo
Louise DelloStritto
Victoria Duid
Mimi Esposito
Walter Gannon
Betty Glynn
Eleanor Golino
Lorraine Guglielmo
Mary Healy
Mary Ann Henry
Barbara Kircaldie
Virginia LaMarsh
Theresa MacMullun
Janice Meinsen
Louise Musso
Kathleen Nichols
Rose Palmisano
James Pellegrino
Natalie Rawls
Chester Sawicki
Barbara Schwartz
Rose Siniscalchi
George Speliades
Michael Swiatek
Patricia Tyrell
JoAnne Velardi
Betty Zacharski

Sophie Appi
Theresa Badali
Joan Barrow
Edward Bevins
Mary Camarota
Peggy Carriero
Mary Colleran
Ann Cubbellotti
Phyllis DePillo
Yvonne Esparo
Gloria Ferraro
Betty Giessner
Leonora Goldstein
Louise Gorman
Frank Gybowski
Anna Heeran
Evelyn Jabaut
Katherine Kornitsky
Rozanne Lota
Jack Maher
Jim Morgan
Bill Nanfeldt
Fran Nugent
Pauline Palumbo
Maria Pereira
Ralph Ricardo
Barbara Scheidecker
David Schwartz
Anna Snurkowski
Marguerite Stebbins
David Thomas
Minnie Vanski
Rita Wagner
Clara Zavorskas

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

WELCOME TO OUR NEW MEMBERS

Bert Armstrong, Hasmik (Jasmine) Babayan, Flor de Maria Brena, Jose Escalante, Rosalie Franchi, Lucille Martindale, Charles Martindale, Rosemary Panico, Joseph Panico, Anna Sagnella, Frances Wysocki, Ted Wysocki, Anna Zawacki and William Crain

THANK YOU FOR YOUR DONATIONS!!

Be sure to sign our donations list when making a donation to the Joyce C. Budrow Senior Center. Thanks to, Ann DellaValle, Joan DeGennaro, Carol Labagnaro, Sal Laudicina, Connie Malchiodi, Cheryl Sendlein, Stop & Shop. For those who donated and did not sign our donations list - Thank You.

SEPTEMBER EVENTS

- September 1 **Movie: “Love Bug”**
- September 2 **Benefits Quicklink – By appointment**
- September 7 **Manicures by Francine – By appointment
Current Event Discussion – 10:30 a.m.
Ombudsman Meeting – 10:30 a.m.
Sing-A-Long with Helen – 10:30 a.m.**
- September 8 **Fall Festival with the Department Heads – 11:30 a.m. – Cost: \$5.00
Game: Kings In The Corner**
- September 9 **Senior Moments w/Mike – By appointment
Collection Date: “My Fair Lady” – 10:30 a.m.**
- September 12 **Massages by Kimberly – By appointment
Non-board Purple Red Hatters – 10:30 a.m.**
- September 13 **“Free” Glucose Screening – 11:00 a.m.**
- September 14 **Finance Committee Meeting – 10:30 a.m.
Bocce against Wallingford Senior Center – 10:30 a.m. (Transportation on Your Own)**
- September 15 **AARP Driver Safety Program – 8:45 a.m.
Mini Trip: Christmas Tree Shops and Lunch Out – 10:30 a.m.
Storyteller, Kate Alan Smith – 1:00 p.m.**
- September 16 **Benefits Quicklink – 10:30 a.m.
Subs with Mike Freda, First Selectman – 11:45 a.m.**
- September 20 **Presentation: Congestive Heart Failure – 10:30 a.m.
Commission on Aging Meeting – 6:00 p.m. (Public Welcome!)**
- September 21 **Manicures by Francine – 10:00 a.m.
Current Event Discussion – 10:30 a.m.
Purple Red Hatters Annual Fashion Show – 1:00 p.m.
No Bingo/No Mah Jongg**
- September 22 **Presentation: Medicare Made Clear – 10:30 a.m.
Presentation: “Taking Care of Your Aging Parent Without Going Broke” – 6:00 p.m.**
- September 23 **Make A Difference Day Meeting – 10:30 a.m.**
- September 26 **Massages by Kimberly – By appointment
Mini Trip: Universal Drive – 10:30 a.m.
Day Trip Committee Meeting – 10:30 a.m.
Collection Date: “Oktoberfest” – 10:30 a.m.**
- September 27 **Indoor Tag Sale – 9:00 a.m.
Trip: “Come Fly With Me” – Departure Time: 10:30 a.m.**
- September 28 **Indoor Tag Sale – 9:00 a.m.**
- September 29 **Indoor Tag Sale – 9:00 a.m.
Fun Time with Sue – 1:00 p.m.
Caregiver Support Group – 6:00 p.m.**
- September 30 **Collection Date: “Casino: Mohegan Sun” – 10:30 a.m.**

SEPTEMBER EVENTS

BENEFITS QUICKLINK – Friday, September 2, 10:30 a.m. - 12:30 p.m. Contact Judy Amarone for more information, 203-239-5432.

MANICURES BY FRANCINE – Wednesday, September 7, 10:00 a.m. – 12 noon. Please make your appointment by calling or stopping by the office, 203-239-5432. Cost: \$6.00 **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

SING-A-LONG WITH HELEN – Wednesday, September 7, 10:30 a.m.

CURRENT EVENT DISCUSSION GROUP – Wednesday, September 7, 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.

FALL FESTIVAL WITH THE DEPARTMENT HEADS – Thursday, September 8, 11:30 a.m. Come have some fun with our Town Department Heads – they will be cooking and serving us!! Menu consists of: barbecue chicken, roasted vegetables, coleslaw and biscuits; dessert will be provided by Family Care Visiting Nurse in Stratford. **Cost: \$5.00**

SENIOR MOMENTS WITH MIKE – Friday, September 9, 10:30 - 12:00 a.m. If you would like to discuss something with Mike Freda, our First Selectman, but can't get over to town hall, this is the time for you! Please make your appointment with Mike, by calling the Center office at 203-239-5432. Appointments will be every 20 minutes.

MASSAGES BY KIMBERLY – Monday, September 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 - Tuesday, September 13, 11:00 a.m. Sponsored by Urgent Care located on Universal Drive in North Haven.

FINANCE COMMITTEE MEETING - Wednesday, September 14, 10:30 a.m.

BOCCE AGAINST WALLINGFORD SENIOR CENTER - Wednesday, September 14, 10:30 a.m. We will be traveling to the Wallingford Senior Center to play a friendly game of Bocce at their courts. Please sign up by calling the Center, 203-239-5432. We will need people to transport players who do not drive. If you are willing to drive, please let Carmen Pedalino know.

AARP DRIVER SAFETY PROGRAM – Thursday, September 15, 2011, 8:45 a.m. – 12:45 p.m. This refresher course was developed to help drivers 55 and older to improve their skills and possibly prevent traffic accidents. A \$12 fee for AARP members is payable to AARP and due on the first day of the course. Space is limited so pre-registration is required. By state law, auto insurance companies conducting business in CT are required to give a minimum of a 5% discount for two years for those over 62 years of age who are graduates of the completed course. **Classes will be held the 3rd Thursday of every month except November. Dates for 2011 are: 10/20; 12/15.**

MINI TRIP: CHRISTMAS TREE SHOP AND LUNCH OUT – Thursday, September 15, 10:30 a.m. Off to the Christmas Tree Shop and lunch out.

STORYTELLER, KATE ALAN SMITH - Thursday, September 15, 1:00 p.m. Come and enjoy an hour of storytelling and laughter!!!

BENEFITS QUICKLINK – Friday, September 16, 10:30 a.m. - 12:30 p.m. Contact Judy Amarone for more information, 203-239-5432.

SUBS WITH MIKE FREDA, FIRST SELECTMAN – Friday, September 16, 11:45 a.m. Please join Mike Freda, First Selectman for a chance to talk with him regarding the upcoming election. Please sign up for "free" subs by Tuesday, September 13. Subs will be sponsored by the Republican Town Committee. Subs will come from Liuzzi's on State Street.

CHAIR AEROBICS – Tuesday and Thursday, 10:30 – 11:30 a.m. Come and enjoy an hour of chair aerobics with Pat Velleca! **Session begins 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.

TAI CHI IN MOTION – Beginning Monday, September 19 running through Wednesday, December 7, 2011 every Monday and Wednesday from 10:45 to 11:45 a.m. Cost: \$25.00 per participant. This class will help prevent falls and help with stability and balance.

PRESENTATION: CONGESTIVE HEART FAILURE (CHF) – Tuesday, September 20, 10:30 a.m. Colleen Goglia and Deb Kondracki from Village Green will present CHF (Congestive Heart Failure). How to recognize the signs and tips for prevention will be covered. Refreshments will be provided. Please reserve your spot by Friday, September 16th by calling, 203-239-5432.

COMMISSION ON AGING MEETING – Tuesday, September 20, 6:00 p.m. Public Welcome! **Dates for 2011 are: 9/20/11; 11/15/11 and dates for 2012 are: 1/17/12; 3/20/12; 5/15/12.**

MANICURES BY FRANCINE – Wednesday, September 21, 10:00 a.m. – 12 noon. Please make your appointment by calling or stopping by the office, 203-239-5432. Cost: \$6.00 **(If you are not able to make the appointment please call to cancel, we sometimes have a waiting list. Thank you.)**

CURRENT EVENT DISCUSSION GROUP – Wednesday, September 21, 10:30 a.m. Interested in discussing a variety of current events, older events and issues? Come on in to have an open ended discussions with Ken Rudnicki.

PURPLE RED HATTERS ANNUAL FASHION SHOW – Wednesday, September 21, 1:00 p.m. at the Senior Center. This show is sponsored by Dress Barn of Hamden. Come and see all the new Fall Fashions. Refreshments will be served.

PRESENTATION: MEDICARE MADE CLEAR – Thursday, September 22, 10:30 a.m. A workshop on Medicare will be held Thursday morning to explain to new and current users how the program works and the options available. The overview, called "Medicare Made Clear," will examine the coverage differences between Part A, Part B and Part C, as well as supplements, advantage plans and PDP plans. It will also look at the Medicare Savings Program, which provides those who qualify with additional financial assistance to cover prescription drugs and Part B premiums, and discuss the ConnPace program which the state has decided to end as of June 30th. Bonnie Maynard, of United Healthcare Medicare Solutions, will present the overview and will also be available for questions. Call the Center, 203-239-5432 to reserve your spot!

PRESENTATION: "TAKING CARE OF YOUR AGING PARENT WITHOUT GOING BROKE" – Thursday, September 22, 6:00 - 7:00 p.m. Put a plan in place before a health event drains your bank account. An explanation of the various levels of care and costs will be discussed. Tools to help guide a family through the process will be provided. Sponsored by VNA Community Healthcare. Please reserve your spot by Tuesday, September 20 by calling 203-239-5432.

MAKE A DIFFERENCE DAY MEETING – Friday, September 23, 10:30 a.m. We will be having a meeting for the upcoming "Make A Difference Day". If you are interested in participating in this event, please join us!

DAY TRIP COMMITTEE MEETING – Monday, September 26, 10:30 a.m. Come and help choose the day trips for the upcoming 2012 year!!! Great new trips to choose from!! Call the Center if you are interested in being part of the Day Trip Committee, 203-239-5432.

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

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

INDOOR TAG SALE – Tuesday, Wednesday and Thursday, September 27, 28 and 29 from 9:00 a.m. to 3:00 p.m. Come and enjoy “one man’s junk” - it may become your treasure! If you would like to donate to the Indoor Tag Sale, please bring your items to the Senior Center beginning September 1st.

CAREGIVER SUPPORT GROUP – Beginning Thursday, September 29, 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.**

WHAT’S HAPPENING IN OCTOBER . . .

PURPLE RED HATTERS non-BOARD MEETING – Monday, October 3, 10:30 a.m. We will discuss the 2012 upcoming events!! Please be prepared to bring some fun to the table!!

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 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. There will be **NO** activities for the day – brown bag lunch will be provided.

“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 by Remi G. Kyek, MA. Please call the Center 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!!!

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

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.**

SAVE THE DATES . . .

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.**

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. Open 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.**

WANTED

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! They 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.

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.

BOCCE – Mondays, Wednesdays, Thursdays, Fridays, 1:00 p.m. Beginners Welcome! The courts are cleaned and ready for you to enjoy!!

COMPUTER CLASSES – Beginner and Intermediate classes will run for five weeks. Please register for a class by calling 203-239-5432. You will receive a phone call when your session begins.

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, 1:00 – 3:00 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. Session ends: October 4. Fee: residents, \$40; non-residents, \$50.

UPCOMING DAY TRIPS 2011

- Come Fly With Me...A Tribute to Frank Sinatra and the Italian Greats – Tuesday, September 27, 2011. Cost: \$72.00
- Oktoberfest – Tuesday, October 11, 2011, Collection Date: Friday, September 26, 2011, 10:30 a.m. Cost: \$71.00
- Casino: Mohegan Sun – Thursday, November 10, 2011, Collection Date: Friday, September 30, 10:30 a.m. Cost: \$20.00
- “My Fair Lady” – Thursday, November 17, 2011, Collection Date: Friday, September 9, 10:30 a.m. 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

Come Fly With Me . . . A Tribute to Frank Sinatra and the Italian Greats – Tuesday, September 27, 2011. Departure time: 10:00 a.m. and approximate return time is 4:30 p.m.

Oktoberfest – Tuesday, October 11, 2011. Ach, DuLieber! A little bit of Germany comes to New England with Oktoberfest! We'll dance and sing to medleys of German Folk Songs, Polkas, Show Tunes and Drinking Songs. Delicious menu at the Aqua Turf includes; spaetzle soup, salad with house dressing, german wurst platter, old world sauerbraten, braised red cabbage, roasted potatoes, pasta with meat sauce, hot apple topping over vanilla ice cream, coffee, tea, beer and wine. Cost: \$71.00 per person, checks made payable to: *North Haven Senior Citizen*. Collection Date: Friday, September 26, 10:30 a.m. Departure time: 10:30 a.m. and approximate return time is 4:30 p.m.

Casino: Mohegan Sun – Thursday, November 10, 2011. Collection date: Friday, September 30, 10:30 a.m. Cost: \$20.00 per person, checks made payable to: *North Haven Senior Citizen*. Departure time: 8:45 a.m. and approximate return time is 5:00 p.m.

“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*. Collection Date: Friday, September 9, 10:30 a.m. 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 the: North Haven Senior Citizen.**

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit

September 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
<p>All Soups come with unsalted Crackers</p> <p>*The dessert is the same for both meals</p> <p>All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt</p>	<p>All Rolls are Seedless</p> <p>All White Rice is Enriched</p> <p>All non-citrus juices are Vitamin C Fortified</p>		<p>Cream of Carrot Soup</p> <p>Chicken Salad w/Lett./Tom. on a Kaiser Roll</p> <p>Mayonnaise</p> <p>3-Bean Salad</p> <p>Sliced Pears</p>	
5	6	7	8	9
<p>CLOSED</p> <p>LABOR DAY</p> <p>NO LUNCH</p> <p>PROGRAM</p>	<p>Cranberry Juice</p> <p>Southern Fried Chicken Quarter</p> <p>Macaroni & Cheese</p> <p>Spinach</p> <p>Corn Muffin</p> <p>Watermelon</p>	<p>Chef's Salad</p> <p>Chicken, Ham, Cheese & Cherry Tom. on a Bed of 1 c. Lettuce</p> <p>Potato Salad</p> <p>Creamy Cole Slaw</p> <p>Pumpnickel Bread</p> <p>Vanilla Pudding w/Topping</p>	<p>Department Head Picnic</p> <p>See Page 6 for details!</p>	<p>Soup</p> <p>Lasagna</p> <p>Tossed Salad</p> <p>Dessert</p> <p>Drinks</p> <p>Cost: \$9.00</p>
12	13	14	15	16
<p>Grape Juice</p> <p>Baked Chicken Quarter</p> <p>Cranberry Sauce</p> <p>Baby Carrots</p> <p>Cut Green Beans</p> <p>Whole Wheat Bread</p> <p>Tapioca Pudding w/Topping</p>	<p>Meat Lasagna w/Tomato Sauce 1/2 c.</p> <p>Tossed Garden Salad w/Sl. Black Olives</p> <p>Spinach</p> <p>Italian Bread</p> <p>Sliced Peaches</p>	<p>Cranapple Juice</p> <p>Roast Turkey w/Gravy</p> <p>Cranberry Sauce</p> <p>Stuffing w/Gravy</p> <p>Petite Corn</p> <p>Whole Wheat Dinner Roll</p> <p>Sliced Pears</p>	<p>Apple Juice</p> <p>Meatloaf w/Chucky Tom. Sauce</p> <p>Oven Roasted Potatoes</p> <p>California Blend Veg.</p> <p>Rye Bread</p> <p>Oatmeal Raisin Cookie</p>	<p>Liuzzi's Subs</p> <p>Italian Combo</p> <p>Roast Beef</p> <p>Turkey</p> <p>Potato Salad</p> <p>Chips</p> <p>Dessert</p> <p>Drinks</p>
19	20	21	22	23
<p>Pineapple Juice</p> <p>Sl. Ham & Cheese on a bed of Greens w/Sl. Tomato, Sl. Cucumber</p> <p>3-Bean Salad</p> <p>French Dressing - 2 pkts.</p> <p>Macaroni Salad</p> <p>Whole Wheat Sandwich Roll</p> <p>Tropical Fruit Cup</p>	<p>Meat Canneloni w/Tom. Sauce 1/2 c.</p> <p>Grated Parmesan Cheese</p> <p>Tossed Garden Salad w/Sl. Black Olives</p> <p>Creamy Italian Dressing</p> <p>California Blend Veg.</p> <p>Italian Bread</p> <p>Apple</p>	<p>Apple Juice</p> <p>Angus Burger</p> <p>Tossed Greens w/Tom.</p> <p>French Dressing - 2 pkts.</p> <p>Baby Niblet Corn</p> <p>Kaiser Roll (no seeds)</p> <p>Sliced Pears</p> <p>Ketchup</p>	<p>BIRTHDAY CAKE DAY</p> <p>Grape Juice</p> <p>Chicken Marsala Sauce</p> <p>Rice w/Marsala Sauce</p> <p>Tossed Salad w/Italian Dressing - 2 pkts.</p> <p>Oat Bread</p> <p>Birthday Cake</p>	<p>Lunch trip to:</p> <p>Liugi's Apizza</p>
26	27	28	29	30
<p>Cream of Broccoli Soup</p> <p>Grilled Chicken Strips on a bed of Lett./Tom. & Cuc.</p> <p>Marinated Vegetables w/Onions</p> <p>Kaiser Roll</p> <p>Fresh Fruit Cup</p>	<p>Meatballs w/Marinara Sce</p> <p>Spaghetti w/Tomato Sce.</p> <p>Parmesan Cheese</p> <p>Tossed Salad w/Tom.</p> <p>Creamy Italian Dr. - 2 pkts.</p> <p>Italian Bread</p> <p>Tapioca Pudding w/Topping</p>	<p>Cranberry Juice</p> <p>Chicken Stew w/Peas, Carrots, Potatoes & Celery</p> <p>Petite Corn</p> <p>Tossed Salad w/French Dressing - 2 pkts.</p> <p>Whole Wheat Bread</p> <p>Sl. Pears</p>	<p>Apple Juice</p> <p>Turkey Kielbasa/Sauerkraut</p> <p>Boiled Potatoes</p> <p>Belgian carrots</p> <p>Hot Dog Roll</p> <p>Mustard</p> <p>Rice Pudding w/Topping</p>	<p>Lunch trip to:</p> <p>Breakfast Nook</p>
<p>MINIMUM PORTIONS SERVED AT EACH MEAL:</p> <p>1c Milk - 1% or equivalent 1c Vegetable and Fruit or equivalent 2oz. Protein 1 pat Margarine</p> <p>and 2 Bread servings or equivalent (enriched or whole grain)</p>				

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

Monday	Tuesday	Wednesday	Thursday	Friday
*PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY			1	2
			9:00-Ceramics	9:30-E-Z Exercise
			10:00-Pinochle	10:00-E-Z Exercise
			12:00-Lunch	10:00-Footlighters 1
			1:00-Bocce	10:00-Scrabble Challenge
			1:00-Crafts	10:30-Benefits Quicklink
ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE			1:00-Movie: "Love Bug"	10:30-Farmer's Market
				12:00-Lunch
				12:15-Bridge
				1:00-Bingo/Bocce
5	6	7	8	9
	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
CENTER CLOSED LABOR DAY	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-E-Z Exercise
	10:30-Hairdresser/Nails	10:00-Ombudsman Meeting	11:30-Fall Festival With The Department Heads	10:00-Footlighters 1
NO TRANSPORTATION NO LUNCH	12:00-Lunch	10:00-Manicures by Francine	Cost: \$5.00	10:00-Scrabble Challenge
	1:00-Mah Jongg	10:30-Grocery Shopping		10:30-Collection Date: "My Fair Lady"
	1:00-Crafts	10:30-Current Event Discussion		10:30-Senior Moments w/Mike
	1:15-Senior Songsters	10:30-Sing-a-Long w/Helen		10:30-Farmer's Market
		12:00-Lunch		11:30-Lunch
		12:15-Bridge		12:15-Bridge
		12:30-Int Mah Jongg		12:30-Bocce
		1:00-Bocce		1:00-Bingo/Bocce
		1:00-Bingo w/George		
		1:00-Knitting w/Eleanor		
		3:15-Computer Class		
12	13	14	15	16
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:45-AARP Driver Safety	9:30-E-Z Exercise
9:30-E-Z Exercise	10:00-Beg Chair Yoga	9:30/10:00-E-Z Exercise	9:00-Ceramics	10:00-E-Z Exercise
10:00-E-Z Exercise	10:30-Hairdresser/Nails	10:30-Grocery Shopping	10:00-Pinochle	10:00-Footlighters 1
10:00-Massages by Kim	11:00-"Free"Glucose Screening	10:30-Finance Committee Mtg	10:30-MiniTrip: Christmas Tree Shops And Lunch Out	10:00-Scrabble Challenge
10:30-non-Board Red Hat	12:00-Lunch	10:30-Bocce-Playing Against Wallingford Senior Center (Transportation on Your Own)	12:00-Lunch	10:30-Benefits Quicklink
10:30-Canasta	1:00-Mah Jongg		1:00-Bocce	10:30-Farmer's Market
10:30-Errands	1:00-Crafts		1:00-Crafts	11:45-Free Subs With Mike Freda, First Selectman
10:45-Beg Chair Yoga	1:15-Senior Songsters	12:00-Lunch	1:00-Storyteller: Kate Alan Smith	12:15-Bridge
12:00-Lunch		12:15-Bridge		1:00-Bingo/Bocce
12:00-Health Guidance		12:30-Int Mah Jongg		
1:00-Bingo		1:00-Bocce		
1:00-Bocce		1:00-Knitting w/Eleanor		
1:30-Beg Pinochle		1:00-Bingo w/George		
		3:15-Computer Class		

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