

SENIOR HAPPENINGS

SEPTEMBER 2012



At A Glance . . .

*Wishing All of our Grandparents
A Happy Grandparent's Day
On Sunday, September 9th!*



- ☞ 9/3 - Labor Day - Center Closed
- ☞ 9/5 - Finance Committee Meeting
- ☞ 9/7 - Trip Committee Meeting
- ☞ 9/10 - Purple Red Hatters non-board meeting
- ☞ 9/10 - **Mini Trip:** WalMart in Wallingford
- ☞ 9/11 - Meeting for Holiday Bazaar
- ☞ 9/12 - Annual Picnic
- ☞ 9/13 - **Trip Out:** Sand Piper
- ☞ 9/13 - **Presentation:** Successful Aging and the Treatment of Hearing Loss
- ☞ 9/18 - Get To Know Your Senior Center
- ☞ 9/18 - **Presentation:** Home Safety
- ☞ 9/19 - **Presentation:** The Flu and Shingle Shots
- ☞ 9/20 - **Trip:** The Sicilian Tenors
- ☞ 9/20 - AARP Driving Course
- ☞ 9/24 - **Mini Trip:** Universal Drive
- ☞ 9/25 - Budrow's Broadway Theatre
- ☞ 9/25 - Commission On Aging Meeting
- ☞ 9/27 - Caregiver Support Group

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT

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

www.town.north-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 -

Program Coordinator - Sue Tienken-Jung
Bus Drivers - Arelis Rodriguez, Eileen Mogensen
and Lisa Marasco

What's happening in September

Learn about



Successful Aging and the Treatment of Hearing Loss – Thursday, September 13, 1:00 p.m. Sponsored by Beltone. Successful aging is most clearly reflected as independence. This program shares the facts on how hearing is far more than a lifestyle option. Studies over the past ten years confirm that hearing care is essential in supporting general health. Topics include dementia & other risks, sensory deprivation, signs of hearing loss, myths vs. facts, and essential hearing management. Please register with the office by September 11 by calling 203-239-5432 or stop by.

Home Safety – Tuesday, September 18, 10:45 a.m. Over 1/3 of all seniors, averaging over 12 million people, suffer serious falls each year, leading to over 5,000 avoidable fatalities. The presentation will cover general home safety, how to prevent slips and falls in the home, kitchen safety, bathroom safety and proper use of carbon monoxide and fire detectors. A home safety checklist and a helpful resource list will be provided. Please register with the office by September 12th by calling 203-239-5432 or stop by.

Senior Immunizations: Flu & Shingles – Wednesday, September 19, 10:45 – Sponsored by VNA Community Healthcare. Come on in and learn about what the CDC recommends as the “universal flu vaccine” for everyone over the age of 6 months. This informative session will teach about the flu, discuss this year’s flu season and dispel myths and concerns about the vaccine. They will also talk about how Shingles can be a painful condition that frequently occurs in persons over age 60. Find out if you are at risk, the latest on the shingles vaccine, how to recognize symptoms and how to talk to your doctor about pain management. Please register with the office by September 17th by calling, 203-239-5432 or stop by.



Party time . . .

Annual Picnic with the Purple Red Hatters – Wednesday, September 12, 11:30 a.m. This year our Annual Picnic will be catered by Zandri’s Catering Service, menu to include: barbecue chicken, macaroni and cheese, baked beans, cole slaw, bread and butter, assorted cold beverages and an ice cream bar for dessert, all served by our Town Department Heads. **Cost: \$15.00 per person.** Entertainment will be by Bob Giannotti. Last day to pay will be Wednesday, September 5th.

Budrow’s Broadway Theatre – Tuesday, September 25, 1:15 p.m. Come first to enjoy a delicious lunch to include antipasto salad, meatball subs and a delicious lemon pineapple icebox cake. **Lunch will be served at 12:00 noon.** Cost: \$6.00 per person. After lunch, stay and listen to our very own Senior Songsters straight from North Haven, CT. Dessert will be served immediately after the show. Let them take you back to many different eras and songs that you all will know and enjoy! Sign ups begin Tuesday, September 4th through Tuesday, September 18th.

Judy's Corner

It's hard to believe summer is almost over and autumn is upon us. Children are back in school, leaves are beginning to drop, and the days are growing shorter. With the seasonal transformation there are changes at the Center as well. A variety of new classes and events have been planned. With this I hope you will venture out and engage yourself in the new activities have been designed to meet your needs.

Instead of skimming through the Newsletter I suggest you take time to read it thoroughly to see what is in store for you. While there are new and exciting choices, we continue to hold our traditional programs.

A favorite for all is the Annual Red Hat Picnic served by the Town of North Haven Department Heads, to be held this year on September 12th. This event is open to all members, Red Hatters and Non Red Hatters alike. In the past the department heads cooked for you but this year Zandri's will be catering and food will be served by the department heads.

For a special autumn treat our Senior Songsters have been practicing all summer and will bring you Budrow's Broadway Theatre on September 25th. Along with this spectacular show there will be a special luncheon. *Seating is limited.* Don't be left out - purchase your tickets early!



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.

A Sneak Peak for October



- ✈ **Flu Clinic** – Tuesday, October 9, 11:00 a.m. to 1:00 p.m. Sponsored by VNA Community Healthcare – VNA will **NOT ACCEPT** the following insurance – United Healthcare, Healthnet or Cigna. Should you have any questions, feel free to call VNA Community Healthcare at 203-288-1623.
- ✈ **Yale Mammogram Van** – Tuesday, October 9, 8:00 a.m. to 2:30 noon. Please call 203-688-6800 to make your appointment.
- ✈ **Senior Songsters on the Road to Masonicare** – Tuesday, October 9, wear your white top and black pants!!
- ✈ **Purple Red Hatters Outing** – Wednesday, October 10, 4:30 p.m. Out to Gouveia Winery. Cost: \$5.00 – transportation on your own!
- ✈ **Bingo sponsored by Hamden Healthcare** – Thursday, October 11, 10:30 a.m.
- ✈ **Senior Moments with Mike** – Friday, October 12, 10:30 a.m. Appointments made every 20 minutes, please call the Center, 203-239-5432 to make your appointment.
- ✈ **Bocce Tournament against the North Haven Department Heads** – Friday, October 12, 12:30 p.m. Come and enjoy an afternoon of fun times.
- ✈ **Trip to Lyman Orchards** – Thursday, October 18, leaving the Center at 10:30 a.m. lunch on your own!
- ✈ **Medicare Reform** – Thursday, October 25, 10:30 a.m. Come and learn about changes in your health care requirements for Hospital, Doctor, Prescription, Home Health Care and Long Term Care. Please call the Center to reserve your spot, 203-239-5432.

Save the Date

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 that 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.**



Holiday Bazaar Meeting – Tuesday, September 11, 10:30 a.m. Join us to help prepare for our upcoming Annual Holiday Bazaar.

**“GET TO KNOW YOUR
SENIOR CENTER”**

Tuesday, September 18, 9:30 a.m.

Calling all new members . . .



Please join Joan, who will introduce you to the Senior Center, what to do if you would like lunch, how to sign up for trips and classes, meet the staff and learn the in's and out's of the Center.

Looking for your help



A Volunteer Photographer – The Senior Center is looking for a volunteer or volunteers to help with taking pictures of our special events for our upcoming Facebook page and for advertising. If you love to take pictures and would help your Center with this project, please contact either Judy or Sue. Camera will be provided!

Trip Committee Members – Friday, September 7, 10:30 a.m. Calling all Seniors, we are looking for your input!! We need your help in choosing trips for the 2013 season! So save the date for our upcoming meeting.



Bingo Caller – A Bingo Caller is needed for Friday afternoons or to be a substitute, from 12:45 to 3:00 p.m. If you are interested in volunteering, please contact Sue at 203-239-5432.

Hot Dog Fridays

During the month of September – we will host Hot Dog Fridays – cost: \$4.00 you will receive 2 hot dogs, chips and a soda. Please sign up the Wednesday before.



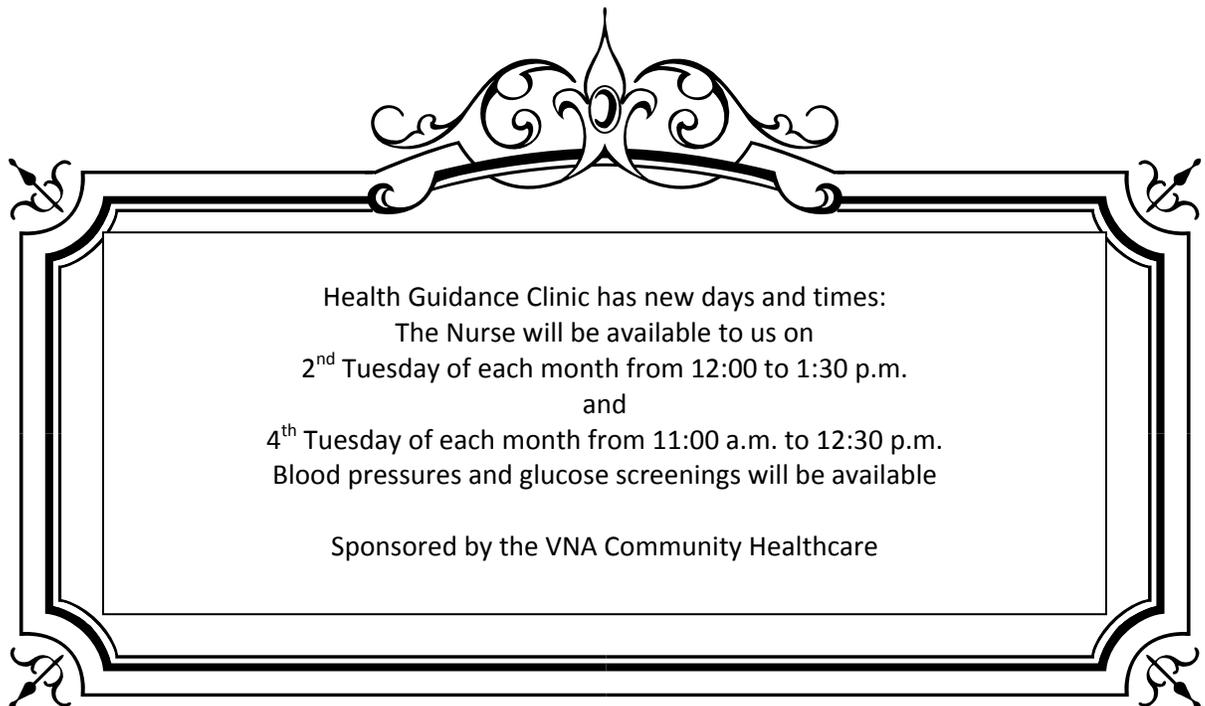
Outreach Programs

✦ 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 lead 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 spot, 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. Sponsored by the Agency on Aging of South Central Connecticut. Please call the Center to make your appointment, 203-239-5432.



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.



- **CANASTA**

Mondays, 10:15 a.m. to 12:15 p.m.

- **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.



- **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.

- **LINE DANCING LESSONS WITH BABE**

Tuesday, 10:00 to 11:00 a.m. 12 week session will begin: September 4 through November 27. 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. 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 3. Fee: residents, \$20.00; non-residents, \$25.00. **No session: 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 or 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 Healthcare.**

• **SENIOR SONGSTERS**

Tuesdays, 1:15 to 2:15 p.m. Do 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.



STORY TELLER

Third Thursday of every month at 1:00 p.m. Come and enjoy an afternoon of story telling with our very own Kate! Lots of fun and laughs will be happening during this time!

• **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, July 31 through Tuesday, October 2. 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; 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, July 5, 2012 through Thursday, September 6, 2012. Fee: residents, \$45.00; non-residents, \$50.00.

On Behalf of the Center's Staff, we wish all of your grandchildren a happy and safe school year!

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 curbside to curbside 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:
- ⇒ WalMart in Wallingford; Monday, September 10
- ⇒ Universal Drive; Monday, September 24

Tuesdays:

- Hairdressers, Barbers and Nail Salons.
- Town Pool

Wednesdays:

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

Thursdays:

- Town Pool
- Trip Out: Sand Piper, Thursday, September 13

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 is 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 – September 3; 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 fall on a holiday, or any day the Center is closed, there will not be a make up during that week for transportation.





Day Trips

- ☞ Reservations for a Day Trip is noted as 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.

Casino: Mohegan Sun – Thursday, November 29, 2012 Collection date: 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

**Robert Bannon, Jo-Ann Buccetti, Raffaella Esposito,
Ann & Felix Ferraiolo, Charmaine Gagnon, Cherni Gillman,
Ellen LeGrand, Philip Liquori, Marilyn Panuzio, Anna Perrone,
Linda Sandrowski, Louise Sosnowski and Gail Stingo**



Thank you to the following for your donation:

Ann Alexander, Ann DellaValle, Wendy Fredrickson, Nancy Miller and
Kay Warren

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 bases at
11:30 a.m. – please note the newsletter of 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 required age.

Please remember to call our Café at 203-239-4030 between
9:00 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!

Antoinette Agresto
Sophie Appi
Theresa Badali
Joan Barrow
Edward Bevins
Boris Bolash
Alfred Candido
Pauline Chekas
Florence Coulston
Gail Deberry
Marge DeSimone
Frank Esparo
Eunice Falcigno
John S. Flood
Phyllis Gillen
Stanley Goldstein
Helen Grazioso
Jean Hallock
Leonora Heitler
Jennifer Johnson
Jessie Kusmit
Donald Lumpkin
Jack Maher
Jim Morgan
Bill Nanfeldt
Sara(Fran) Nugent
Pauline Palumbo
Maria Pereira
Natalie Rawls
Marguerite Sapiente
George Schmeizel
John Shea
Raymond Sonazzaro
Bruno Suraci
Gladys Tiedemann
Elaine Varunes
Mary Yaccarino

Raymond Allard
MaryAnn appicelli
Jagdish P. Baheti
Madeline Battista
Phyllis Bird
Mary Camarota
William Carey
Joan Clinton
Dorothy Criscuolo
Louise Dellostritto
Margaret Donovan
Dottie Esposito
Gloria Ferraro
Walter Gannon
Betty Glynn
Eleanor Golino
Lorraine Guglielmo
Mary Healey
Mary Ann Henry
Babara Kircalde
Virginia LaMarsh
Lorraine Lupi
William Maroney
Janice Morrissey
Sally Nanfeldt
Helen Palmieri
Carmen Pedalino
Rosemary Pesce
Ralph Ricardo
Chester Sawicki
Barbara Schwartz
Rose Siniscalchi
George Speliades
Michael Swiatek
Patricia Tyrell
Joanne Velardi
Betty Zacharski

Rose Amodio
Madelyn Ardito
Claire Barbiero
Rose Bernabucci
Karen Bodie
Marguerite Campagnuolo
Peggy Carriero
Mary Colleran
Ann Cubbellotti
Phyllis DePillo
Yvonne Erhardt
Mimi Esposito
Dolores Fiorentino
Betty Giessner
Leonora Goldstein
Louise Gorman
Frances Gybowski
Anna Heeran
Evelyn Jabaut
Robert Kuchinski
Rozanne Lotta
Theresa MacMullun
Janice Meinsen
Louise Musso
Kathleen Nichols
Rose Palmisano
James Pellegrino
Kenneth Post
Marguerite Santagata
Barbara Scheidecker
David Schwartz
Anna Snurkowski
Marguerite Stebbins
David Thomas
Barbara(Minnie) Vanski
Rita Wagner
Clara Zavorskas

SEPTEMBER 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
*PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE				
3	4	5	6	7
CENTER CLOSED LABOR DAY	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30/10:00-E-Z Exercise
	10:00-Chair Yoga	9:30/10:00-E-Z Exercise	10:00-Pinochle	10:00-Footlighters
	10:00-Line Dance with Babe Begins	10:30-Ombudsman Meeting	11:30-Lunch	10:00-Scrabble Challenge
NO TRANSPORTATION NO LUNCH	10:30-Hairdresser/Barber/Nails	10:30-Finance Committee Meeting	12:30-Bocce	10:30-Benefits Quicklink
	11:30-Lunch	10:30-Errands	1:00-Sing-A-Longs	10:30-Grocery Shopping
	12:30-Mah Jongg	11:30-Lunch	1:00-Intermediate Yoga	10:30-Trip Committee Meeting
	1:00-Crafts	12:00-Mah Jongg	1:00-Crafts	10:30-Wii Bowling
	1:15-Senior Songsters	12:15-Bridge		11:30-Lunch/Hot Dog Friday
		12:30-Bocce		12:15-Bridge
		12:30-Knitting w/Eleanor		12:30-Bocce
		12:45-Bingo		12:45-Bingo
		Last Day Sign Ups For Picnic		
10	11	12	13	14
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- No 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-Trip Out: Sandpiper	10:00-Scrabble Challenge
10:15-Canasta	10:30-Hairdresser/Barber/Nails	11:30-Annual Picnic with the Purple Red Hatters	11:30-Lunch	10:30-Grocery Shopping
10:30-MiniTrip: Wal Mart	10:30-Meeting for Holiday Bazaar	Cost: \$15.00	12:30-Bocce	10:30-Collection Date: Casino: Mohegan Sun
10:30-Purple Red Hatters non-board Meeting	11:30-Lunch	12:00- No Mah Jongg	1:00-Sing-A-Longs	10:30-Wii Bowling
10:30-Computer Class	12:00-Health Guidance Clinic	12:15-Bridge	1:00-Intermediate Yoga	11:30-Lunch/Hot Dog Friday
11:30-Lunch	12:30-Mah Jongg	12:30-Bocce	1:00-No Crafts	12:15-Bridge
12:30-Bocce	1:00-Crafts	12:30- No Knitting w/Eleanor	1:00-Presentation: Successful Aging and the Treatment of Hearing Loss	12:30-Bocce
12:45-Bingo	1:15-Senior Songsters	12:45- No Bingo	Sponsored by: Beltone	12:45-Bingo
1:00-Stronger Seniors: Goal Setting				
1:30-Beg Pincohle				

PLEASE CONTACT THE CAFÉ' MANAGER TO RESERVE YOUR LUNCH BY CALLING THE DAY BEFORE
BETWEEN THE HOURS OF 9 - 11:00 a.m. - 203-239-4030

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for mind, body and spirit
September 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Soups come with unsalted Crackers *The dessert is the same for both meals All Soups and Entrees Gravies, Sauces, and Salad Dressings 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			
3	4	5	6	7
CLOSED LABOR DAY NO LUNCH PROGRAM	100% Fruit Punch Pot Roast LS Gravy Roasted Red Potatoes Country Style Vegetables Whole Wheat Bread Margarine -1 Fresh Fruit	Stuffed Peppers LS Marinara Sauce Mashed Potato Zucchini Rye Bread Margarine -1 Special Cookie	LS Pasta Fagioli Unsalted Crackers -1 pkt. Roasted Chicken Quarter Sweet Potato Wedges Mixed Green Salad LF Vinaigrette Dressing -2 Pumpnickel Bread Margarine -1 Pineapple Tibits	Apple Juice Stuffed Shells LS Marinara Sauce Broccoli Canneloni Beans Italian Bread Margarine -1 Fresh Peach
10	11	12	13	14
Lite Crunch Chicken Carribbean Rice and Beans Stewed Tomatoes Oat Bread Margarine -1 Watermelon	Beef Tips LS Brown Gravy Egg Noodles Peas and Onions Whole Wheat Bread Margarine -1 Raspberry Sherbert	Annual Picnic Cost: \$15.00 Catered by Zandri's Stillwood Inn See Page 2 for details!	Roast Beef LS Gravy Mashed Potato Green Beans Rye Bread Margarine -1 Special Cookie	LS Manhattan Clam Chowder Unsalted Crackers -1 pkt. Chicken Caesar Salad Bowtie Pasta Spinach Salad Breadstick Margarine -1 Chocolate Brownie
17	18	19	20	21
Roasted Pork Lion LS Gravy Red Bliss Potatoes Roman Blend Vegetables Multigrain Dinner Roll Margarine -1 Tropical Fruit Cup	LS Tomato Basil Soup Unsalted Crackers -1 pkt. LS Turkey and Cheese Potato salad Lettuce Bed w/Sl. Tom. and Sl. Onion Mayo/Mustard Kaiser Roll Margarine -1 Fresh Fruit	Swedish Meatballs LS Sour Cream Gravy Egg Noodles Tuscany Blend Vegetables Rye Bread Margarine -1 Mandarin Oranges	BIRTHDAY CAKE DAY Cranapple Juice LS BBQ Chicken Quarter Macaroni and Cheese Fresh Roasted Vegetables Multigrain Bread Margarine -1 Oatmeal Raisin Cookie	Pineapple Juice Swaii Fish w/Fruit Salsa Lemon Wedge/Tartar sauce Brown Rice Pilaf Spinach Oat Bread Margarine -1 Ice Cream Sandwich
24	25	26	27	28
Shrimp Bisque Unsalted Crackers -1 pkt. SpinachQuiche Sliced Carrots Whole Wheat Bread Margarine -1 Special Cookie	Budrow's Broadway Theatre Cost: \$6.00 See Page 2 for details!	LS Tuscany Bean Soup Unsalted Crackers -1 pkt. Chunky Chicken Salad Lettuce Bed w/Sl. Tom. Italian Pasta Salad Marble Rye Bread Margarine -1 Fresh Fruit	Grape Juice Whole Wheat Spaghetti LS Marinara Sauce Meatballs -2 Parmesan Cheese Spinach Salad LF Vinaigrette Dressing -2 Garlic Bread Margarine -1 Special Cookie	Roasted Turkey LS Gravy Mashed Potato Italian Mixed Vegetables Enriched Bread Margarine -1 Fruited Yogurt
MINIMUM PORTIONS SERVED AT EACH MEAL:				
1c Milk - 1% or equivalent		1c Vegetable and Fruit or equivalent		2oz. Protein
and 2 Bread servings or equivalent (enriched or whole grain)				
1 pat Margarine				

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