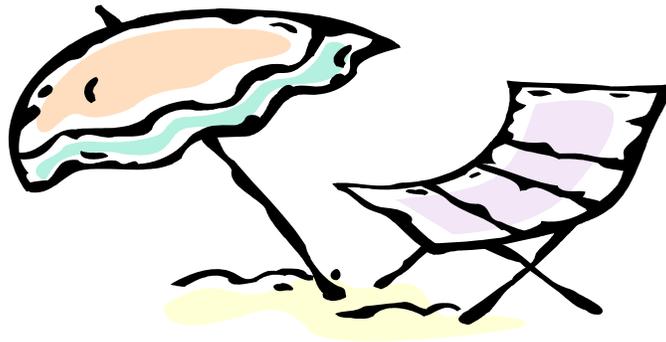


# SENIOR HAPPENINGS

## AUGUST 2014

### *Summer Tips 101:*

- ~DRINK LOTS OF WATER~*
- ~STAY IN AIR CONDITIONING~*
- ~EAT LOTS OF ICE CREAM~*
- ~ENJOY THE REST OF THE SUMMER~*



Joyce C. BUDROW NORWICH Haven Senior Center  
189 POOL Road, NORWICH Haven, Ct  
Office: 203-239-5432 ♦ Fax: 203-234-7185  
[www.town.norwich-haven.ct.us](http://www.town.norwich-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 Lienken-Jung  
Bus Driver ~ ARELIS RODRIGUEZ

## ***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:**

- Grocery Shopping – **please check calendar for availability**

#### **Tuesdays:**

- Hairdressers, Barbers and Nail Salons – **please check calendar for availability**

#### **Wednesdays:**

- Errands to include – pharmacies, bank, post office, card shop – **please check calendar for availability**

#### **Thursdays:**

- Town Pool
- Mini Trips – **there will be no mini trips for August**

#### **Fridays:**

- Grocery Shopping – **please check calendar for availability**

### **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. **New Haven and VA appointments will begin at 9:00 a.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. Please make note: there will be no medical transportation on the following days – August 6, August 11 – August 18; September 1; October 13; November 11 and November 27; December 25.**

**Please note: All scheduled Grocery Shopping, Hairdressers, Errands and 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.**

### **Health Guidance Clinic**

Sponsored by the VNA Community Healthcare and Paid for by the Town of North Haven

2<sup>nd</sup> Tuesday of each month  
from 12:00 to 1:30 p.m.  
and

4<sup>th</sup> Tuesday of each month  
from 11:00 a.m. to 12:30 p.m.

Blood pressure and glucose screenings  
will be available

***Please Note: A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.***

## From the desk of Judy,

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why, because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others. I have listed the following ways we all can be scammed. With fraud being so prevalent I will be putting tips in the newsletter monthly in hopes that none of us are ever scammed. Be savvy and don't let your guard down!

**Health Care/Medicare/Health Insurance Fraud**-Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

**Counterfeit Prescription Drugs**-Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

**The Grandparent Scam**-The Grandparent Scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts. Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research. Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."

**Sweepstakes & Lottery Scams**-This simple scam is one that many are familiar with, and it capitalizes on the notion that "there's no such thing as a free lunch." Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from his or her account as soon as the check bounces.

**Transportation News**- Farewell to our part time bus drivers; Lisa and Eileen as they move on to new adventures. We thank them for their service and wish them all the best!!! As applications are coming in to fill the positions, members who do not drive will be provided with transportation first. Those that use the service and drive but use our service for other reasons are asked to drive on their own. Once the driver positions are filled transportations services will resume as they have in the past. I thank you for your patience and continued support.



## August's Happenings . . .

- **Lucille Ball's Birthday** – Wednesday, August 6, all day long – When I was a kid I loved watching the *I Love Lucy* show and then *The Lucille Ball* show with my grandpa on the couch, I thought I was a big shot getting to stay up past my bed time. Well today we will be celebrating Lucille Ball's 103<sup>rd</sup> birthday with some trivia and treats (come find out what Lucy liked best!) around 10:30 a.m. – then join us around 1:30 p.m. for a marathon of *I Love Lucy* and popcorn! Bring back those simple memories and come on in and have an afternoon of laughter!
- **National Ice Cream Sandwich Day** – Friday, August 8, 12:15 p.m. Today is National Ice Cream Sandwich Day so come on in, make your own ice cream sandwich, and enjoy this tasty treat. We will have a variety of cookies with vanilla or chocolate ice cream. Cost: \$2.00, please stop by the office by Monday, August 4, to sign up for this delicious event!
- **Presentation: Sponsored by Rite Aid Pharmacy** - Wednesday, August 13, 11:30 a.m. Representatives of the North Haven Rite Aid Pharmacy will be in to talk about their new free prescription delivery right to your door. Please join us to hear what they have to offer for this great service. Please call the Center or stop by to register, 203-239-5432.
- **Make Your Hoagie Sandwich Day** – Friday, August 15, 12 noon; Today we celebrate National Hoagie Sandwich Day. Come make your own Hoagie – Cost: \$5.00 which includes Hoagie, chips, deli pickle and a drink. Please stop by the Center to register by Tuesday, August 12<sup>th</sup>.
- **Presentation: Mary Wade Short-term Rehabilitation** – Wednesday, August 20, 11:45 a.m. Come join in the conversation and learn more about the new short-term rehabilitation center and what other services Mary Wade might have for you. Dessert will be served.
- **Bocce Tournament vs. Wallingford** – Friday, August 22, 10:30 a.m. Please join us for a friendly bocce tournament against the Wallingford Senior Center. And then at 12:00 noon; we will serve hot dogs, chips, dessert and drinks. Cost: \$5.00. Please stop by the center to register by Monday, August 18<sup>th</sup>.
- **Ladies Night Out** – Tuesday, August 26, 5:00 p.m., transportation on your own. Cost: \$20.00 per person (does not include tax or gratuity) and \$6.00 martinis! If you would like to join us, please call the Center by Friday, August 22<sup>nd</sup> so we will be able to make the appropriate reservations with LuDals. Men are welcome to join us however you will be charged the full menu price.
- **Lunch Bunch: Buffalo Wild Wings** – Thursday, August 28, 12:30 p.m. We are venturing off to Buffalo Wild Wings, 350 Universal Drive. If you would like to join us please call the Center by Thursday, August 21<sup>st</sup> to make your reservation. Transportation will be available from the Center.
- **Bocce Fun with the Department Heads** – Friday, August 29, 11:30 a.m. – we will begin with hot dogs, chips, dessert and drinks before heading to the courts to have some bocce fun with our Town Department Heads. If you are interested in having lunch, please sign up with the office before Monday, August 25<sup>th</sup>.

# Save the Dates

## September's Happenings . . .

- **Gouveia Winery with the Purple Red Hatters** – Wednesday, September 10, 4:30 p.m. Contact Louise Musso, 203-239-4383 by Monday, September 8<sup>th</sup> should you plan on joining us. Cost: \$5.00; appetizers will be available.
- **The Quintessentials: Quintet from Silk 'n Sounds and Dinner** – Thursday, September 11, 3:30 p.m. Enjoy an afternoon of beautiful singing and talents with the Quintet of Silk 'n Sounds. Dinner will be served at 4:45 p.m. Menu: tossed salad, baked macaroni, garlic bread, dessert and drinks. Cost: \$6.00.
- **Annual Fall Luncheon** – Tuesday, September 16, 11:45 a.m. This year the Big Green Pizza Truck will be here serving up their specialty pizzas and Gelato Guilianna!! Afterwards Mr. John Banker will entertain us in his many musical ways. Registration to the first 75 people, beginning on Wednesday, August 13<sup>th</sup> through Friday, September 5<sup>th</sup>. Cost: \$6.00 residents and \$16.00 non-residents. Non-residents will be able to sign up beginning Friday, August 29<sup>th</sup> should there be available seats. Reserve your table early as this will be a sell out!
- **Newcomers Breakfast** – Wednesday, September 17, 9:30 a.m. - For those of you have joined the Center from June 7 through this month, we invite you to attend this informational breakfast to find out first-hand about activities & services that are available to you! Joanie will be your tour guide for this morning. Breakfast will be egg sandwiches or egg and cheese sandwiches and coffee. For any of our current members who would like to join us for breakfast, the cost will be \$2.00. Please let us know by calling or stopping by the Center by Friday, September 12, 203-239-5432.
- **Presentation: "Senior Immunizations"** – Thursday, September 25, 10:30 a.m. Presented by the VNA Community Healthcare. Join the VNA to get to know the facts about the shingles, flu and pneumonia vaccines, learn how vaccines work and find out where to get the vaccines. Please call the Center, 203-239-5432 to make your reservations.
- **Lunch Bunch: Momma Rosa's** – Thursday, September 25, 12:30 p.m. We are venturing off to Buffalo Wild Wings, 350 Universal Drive. If you would like to join us, please call the Center by Thursday, September 18, 2014 to make your reservation. Transportation will be available from the Center.

## October's Happenings . . .

- ❖ **Mah Jongg Tournament** – Thursday, October 9, 12:00 to 4:30 p.m.
- ❖ **Lunch Bunch: Olive Garden** – Thursday, October 23, 12:30 p.m.
- ❖ **Flu Clinic, sponsored by the VNA Community Healthcare** –  
Tuesday, October 28, 11:00 a.m. to 12:30 p.m.

### November's Happenings . . .

- ∞ **Presentation: "A Few Meds Too Many: Older Adults and Over-Medication"** – Thursday, November 13, 10:30 a.m. Come and find out the interactions and side effects when taking several medications, what to ask your doctor and pharmacist, organize your daily regimen and medication records and how to properly dispose of unused medication.
- ∞ **Annual Holiday Bazaar** – Friday, November 21, 3:00 to 6:00 p.m. and Saturday, November 22, 9:00 a.m. to 2:00 p.m.

### December's Happenings . . .

- ◆ **Tri-Town Annual Christmas Party** – Friday, December 5, 11:30 a.m.
- ◆ **Purple Red Hatters Annual Christmas Party** – Wednesday, December 10, 1:00 p.m.
- ◆ **Bring In the New Year** – Wednesday, December 31, 11:30 a.m.



**Seeking Volunteers . . . .** If you are interested in volunteering for any of the below positions, feel free to contact the Senior Center, 203-239-5432. Thank you for your interest.

**Cribbage Player/Teacher** – do you know how to play and looking to share your knowledge with others, we are looking for an instructor for one day a week to teach others how to play. Day and time to be determined.

**Dominoes or Train Dominoes Player/Teacher** – come and teach us how to organize and play a friendly game of Dominoes or Train Dominoes, something to do on a Thursday afternoon for about an hour or so.



### **Pet Assistance for Low-Income Families**

CT DSS is partnering with the CT Dept. of Agriculture to offer a spay and neuter program for dogs and cats owned by low-income families. The program offers vouchers for vaccination and sterilization of dogs and cats that families who participate in DSS eligibility programs can utilize to cover the basic costs of these procedures. Approved households may receive up to 2 vouchers, which provide a benefit of \$50 for a male cat, \$70 for a female cat, \$100 for a male dog, or \$120 for a female dog. Some veterinarians may require additional services with these procedures, and the pet owner is responsible for paying any associated costs. Stop by the Center to pick up an application and eligibility form.



### **Quinnipiac University invites our Seniors to the National Falls Prevention Awareness Day . . . .**

Tuesday, September 23 from 9:00 to 11:00 a.m. The event is FREE, with a light breakfast included. Features free screenings and information on fall risk and bone density. This will be held at The Center for Medicine,

Nursing and Health Sciences at the North Haven Campus on 370 Bassett Street, North Haven. Preregistration is required by calling 203-582-8655. Transportation is provided only from the Senior Center. Please call the Center if you would like a ride, 203-239-5432.



### Did You Know . . . .?

Judy Amarone, Manager of the Senior Center is the Municipal Agent for the Town of North Haven. She can help you in many different ways. 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.



**Welcome to Our New Members**  
**Nancy Breton, Anthony Buemi, MaryAnn Ciarleglio,**  
**Ann Lear, Anthony Marone**  
**Barbara Plaut, Dolores Reilly, Anne Stellato**



Thank you to the following for your donation:

Ann Alexander, Antonia Buono, Annette Downing, Teresa Joyce,  
 Ziggy Klein, Frances Letskus, Joan Longobardi

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 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 \$3.00 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.

A required application is necessary prior to participating in the program and is available in the office.

Please remember to call our Café Manager 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.



## PROGRAMS and CLASSES

**Registration and payments are due two weeks prior to the first day of class!**

A \$5.00 activity fee for non-residents is 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.

Registration begins two weeks prior to class start date.

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, 1:00 to 3:00 p.m.

**ADVANCED PINOCHLE** – Tuesday, 10:00 to 11:30 a.m.

**BOCCE** – Monday, Wednesday and Friday, 12:30 p.m.

**INTERMEDIATE BRIDGE** - Wednesday and Friday, 12:15 to 3:00 p.m.

**BINGO** - Monday & Friday, 12:45 p.m.

**CANASTA** - Monday, 10:15 a.m.

Do you enjoy the game of canasta? Or would you like to learn? The Senior Center will now offer Beginner Canasta on Mondays at 10:15 a.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.

**CRAFT CLASSES** - Tuesday and Thursday, 12:30 to 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.

**COMPUTER CLASSES** – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 11:15 a.m. Beginner and advanced classes will resume in September. Call to put your name on our list, 203-239-5432.

**EZ EXERCISE** - Monday, Wednesday and Friday, 9:30 to 10:00 a.m.

Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.

**INTERMEDIATE FOOTLIGHTERS** - Friday, 10:00 to 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. Tap shoes are required.

**LINE DANCING** - Monday and Wednesday, 9:00 to 10:00 a.m. – **will be taking a break for the month of August.**

**MAH JONGG**

Advanced meets on Tuesday, 12:30 p.m.

Intermediate meets on Wednesday, 12:00 p.m.

Beginner meets on Wednesday, 12:30 p.m. – you must be registered to be in a class.

\*Beginners Mah Jongg will take place ongoing. We must have 4 people to commit to attending on a weekly basis for at least ten weeks in order for the class to be a success. If you are interested please call the office to put your name on the beginners list.

**OIL PAINTING** - Monday, 12:30 to 2:30 p.m.

New Session will begin on Monday, September 8 and run until Monday, December 1. **There will be no class on Monday, October 13 due to Columbus Day.** Fee: residents, \$20.00; non-residents, \$25.00. A list of supplies will be given to you prior to the first class.

**SENIOR SING-A-LONGS** - Tuesday, 1:15 to 2:15 p.m. **The Songsters will continue to meet on Tuesdays for sing-a-longs.**

**SIT-ERCISE** - Monday and Wednesday, 10:30 to 11:30 a.m.

New session begins, Monday, September 15 and will end Wednesday, December 3. Registration will begin on Monday, August 18<sup>th</sup>. Fee: \$15.00 residents; \$20.00 non-residents. 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. Sponsored by VNA Community Healthcare.

**TAI CHI: FOR BETTER BALANCE** - Monday and Thursday, 10:00 to 11:00 a.m.

Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. New session begins, Monday, September 15 and will end Thursday, December 4. Registration will begin on Monday, August 18<sup>th</sup>. Fee: residents, \$30.00; non-residents \$35.00.

**BEGINNER CHAIR YOGA** - Tuesday, 9:00 to 10:30 a.m. and 10:45 a.m. to 12:15 p.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 will begin on; Tuesday, July 1 through Tuesday, September 23. Fee: residents, \$50.00; non-residents, \$55.00.

**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. New session will begin on; Thursday, July 3 through Thursday, September 18. Fee: residents, \$50.00; non-residents, \$55.00.

### 2014 Day Trip Policies

- ☞ Trips are open to all North Haven seniors, on a first come basis. Non-resident seniors may sign up two weeks after collection date. A \$5.00 non-resident fee will be charged for each trip. Residents on the waiting list will take precedence over non-residents.
- ☞ Full payment is due eight weeks prior to trip to secure your reservation. Please see description as to whom to make checks payable to. The non-resident \$5.00 fee is payable in cash or separate check only.
- ☞ Please remember to bring in your emergency contact information, their name and telephone numbers where they can be reached during the day (including work and cell numbers.) Please remember to bring your emergency forms with you on day of trip this is important since it has an emergency contact person, medications and allergies.
- ☞ Please make the staff aware of any special seating requests as you sign up for the trips. The first two rows are reserved for persons with disabilities. Unfortunately due to the fact some trips are sponsored by a Travel Agent, special menus cannot be accommodated.
- ☞ If special assistance is needed, it is highly recommended to bring a family member or friend.
- ☞ There will be no refunds. If the travel agent or the Center cancels the trip, refunds will be issued.
- ☞ 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 Center to check in prior to boarding the bus. No passengers are to board the bus until your name is called and checked off by trip escort.
- ☞ In consideration of members who need the handicap parking spaces while on the trip please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.

**Mohegan Sun: Tuesday, August 19, 2014** leaving the Center at 9:00 a.m. and will be back into North Haven by 5:30 p.m. **Cost: \$23.00 per resident and \$28.00 per non-resident. Collection date: Friday, June 27, 2014. Checks made payable to: North Haven Senior Citizens.**

**Celebrate Polka, Tuesday, September 23, 2014** leaving the Center at 10:00 a.m. and will be back in North Haven by 4:00 p.m. **Cost: \$45.00 per resident; \$50.00 per non-resident – the Center’s bus will be driving this day so we cannot accommodate non-residents. If they would like to meet us at the Aqua Turf Club in Southington, the non-resident will pay the North Haven Senior Center in order to reserve a spot at our table. Collection date: August 1, 2014 – limited seats available. Checks made payable to: North Haven Senior Citizen.** We will be heading to the Aqua Turf Club in Southington to enjoy a family style Polish luncheon which consists of salad, pasta, stuffed cabbage, kielbasa & kraut, pierogies, vegetable, potato and dessert. Door prizes and a complimentary beverage will be awaiting us when we arrive. After lunch we will be celebrating Polka with Jimmy Sturr and his orchestra.

**Westchester Broadway Theatre: Rodgers & Hammerstein’s South Pacific, Thursday, October 2, 2014** leaving the Center at 9:00 a.m. and will be back to North Haven by 5:45 p.m. **Cost: \$95.00 per resident; \$100 per non-resident. Collection date: Friday, August 22, 2014 – we only have 19 seats available. Checks made payable: Friendship Tours.** The original Broadway production won ten Tony awards and the songs from the show are timeless. Remember “Some Enchanted Evening”, “I’m Gonna Wash That Man Right Out of My Hair”, “Happy Talk”, “Bali Ha’l” and so many more . . . . Rodgers & Hammerstein’s South Pacific is considered one of the greatest musicals of the 20<sup>th</sup> century. Westchester Dinner Theatre is located in Elmsford, NY is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, each person selects from an excellent menu and enjoys a pre-show lunch.

**AUGUST 2014 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
<b>PLEASE CALL FOR AN APPOINTMENT TO SET UP TRANSPORTATION TO THE TOWN POOL OR LIBRARY</b>  <b>ACTIVITY DATES AND TIMES ARE SUBJECT TO CHANGE</b>				<b>1</b>
				9:30-E-Z Exercise
				9:30-Scrabble Challenge
				10:00-Footlighters
				<b>10:30-Grocery Shopping</b>
				<b>10:30-Collection Date:</b>
				<b>Celebrate Polka</b>
				<b>11:30-Lunch</b>
				<b>12:00-Hot Dog Friday</b>
				12:15-Bridge
			<b>12:30-Bocce</b>	
			12:45-Bingo	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:00- <b>No</b> Line Dance	9:00-Ceramics	9:00- <b>No</b> Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
10:00-Canasta	<b>10:30-No Hairdressers</b>	<b>10:30-No</b> Ombudsman Mtg	<b>11:30-Lunch</b>	10:00-Footlighters
<b>10:30-Grocery Shopping</b>	10:45-Chair Yoga	<b>10:30-No Errands</b>	12:30-Crafts	<b>10:30-Senior Moments</b>
<b>11:30-Lunch</b>	<b>11:30-Lunch</b>	<b>11:30-Lunch</b>	1:00-Gentle Hatha Yoga	<b>w/1<sup>st</sup> Selectman, Mike Freda</b>
12:30-Oil Painting	12:30-Mah Jongg	12:00-Mah Jongg		<b>10:30-No Grocery Shopping</b>
<b>12:30-Bocce</b>	12:30-Crafts	12:15-Bridge		<b>11:30-Lunch</b>
12:45-Bingo	1:15- Senior Sing-a-longs	<b>12:30-Beginner Mah Jongg</b>		<b>12:00-No Hot Dog Friday</b>
1:00-Beg Pinochle		<b>12:30-Bocce</b>		12:15-Bridge
		<b>Happy Birthday to Lucille Ball</b>		<b>12:15-Make Your Ice Cream</b>
		Trivia, Treats &		<b>Sandwich Day</b>
		<b>I Love Lucy Marathon</b>		<b>12:30-Bocce</b>
		<b>NO MEDICALS</b>		12:45-Bingo
		<b>NO TRANSPORTATION</b>		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:00- <b>No</b> Line Dance	9:00-Ceramics	9:00- <b>No</b> Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
10:00-Canasta	<b>10:30-No Hairdressers</b>	<b>10:30-No Errands</b>	<b>11:30-Lunch</b>	10:00-Footlighters
<b>10:30-No Grocery Shopping</b>	10:45-Chair Yoga	<b>11:30-Lunch</b>	12:30-Crafts	<b>10:30-No Grocery Shopping</b>
<b>11:30-Lunch</b>	<b>11:30-Lunch</b>	<b>11:30- Presentation:</b>	1:00-Gentle Hatha Yoga	<b>11:30-Lunch</b>
12:30-Oil Painting	<b>12:00-Health Guidance Clinic</b>	<b>Rite Aid Pharmacy</b>		<b>12:00-No Hot Dog Friday</b>
<b>12:30-Bocce</b>	12:30-Mah Jongg	12:00-Mah Jongg		<b>12:00-National Hoagie Day</b>
12:45-Bingo	12:30-Crafts	12:15-Bridge		<b>Make Your Own Hoagie</b>
1:00-Beg Pinochle	1:15-Senior Sing-a-longs	<b>12:30-Beginner MahJongg</b>		12:15-Bridge
		<b>12:30-Bocce</b>		<b>12:30-Bocce</b>
				12:45-Bingo
<b>NO MEDICALS</b>	<b>NO MEDICALS</b>	<b>NO MEDICALS</b>	<b>NO MEDICALS</b>	<b>NO MEDICALS</b>
<b>NO TRANSPORTATION</b>	<b>NO TRANSPORTATION</b>	<b>NO TRANSPORTATION</b>	<b>NO TRANSPORTATION</b>	<b>NO TRANSPORTATION</b>



North Haven Community Café Sponsored by the North Haven Senior Center in Collaboration with FSW, Inc.

Please contact Arlene Herzog, Café Manager to Reserve Your Lunch

By Calling the Day Before Between 9-11 a.m. 203-239-4030

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				4 oz whole grain Vegetable lasagna 1 cup Caesar salad with croutons and Caesar dressing 1 Garlic breadstick 1 tsp margarine ½ cup pineapple 8 oz low fat milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>HAPPY BIRTHDAYS</b> 3 oz Sliced pork/ LS gravy ½ cup apple stuffing ½ cup Mixed vegetables 1 Dinner roll 1 tsp margarine 1 oz Applesauce garnish 4 oz Grape juice 1 slice Iced vanilla cake 8 oz lowfat milk	3 oz Philly cheesesteak sandwich with ¼ cup pepper and onion on grinder ½ cup Steak fries ½ cup Green beans ½ cup Mandarin oranges 8 oz low fat milk	1 cup Ziti primavera with chicken 1 cup Spinach salad with mushrooms and vinaigrette dressing 1 Italian bread 1 tsp margarine 4 oz Apple juice ½ cup Sherbet 8 oz low fat milk	<b>Taste of Italy</b> Cannelloni Cheese Pasta W/White Sauce Cauliflower & Zucchini Baked Tomato Half Italian Bread/Marg. Chocolate Mousse W/ Topping 8 oz Low Fat Milk	3 oz Herb baked chicken ½ cup Israeli couscous ½ cup Fresh zucchini 1 Wheat dinner roll 1 tsp margarine ½ cup peaches 8 oz low fat milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
3 oz Tilapia with lemon and dill ½ cup Oven roasted potato ½ cup Spinach 1 slice Rye bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk	¾ cup Beef and broccoli ½ cup Brown rice ½ cup Carrots 1 slice marble rye bread 1 Fresh fruit 8 oz low fat milk	½ cup Barilla plus spaghetti with 3 oz Chicken meatballs in marinara 1 cup Tossed salad with shredded carrot and vinaigrette dressing 1 slice Garlic bread 4 oz cranberry juice ½ cup Italian ice 8 oz low fat milk	3 oz Sliced turkey/ LS gravy ½ cup Baked sweet potato ½ cup Green beans 1 oz Cranberry sauce garnish 1 slice Wheat bread 1 tsp margarine ½ cup Peaches 8 oz low fat milk	¾ cup Vegetarian vegetable soup with 2 LS crackers 1/6 Spinach quiche ½ cup Three bean salad 1 Wheat dinner roll 1 tsp margarine 4 oz grape juice 1 Chocolate chip cookie 8 oz low fat milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
3 oz Stuffed chicken supreme ½ cup Wild rice pilaf ½ cup country style vegs 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Spinach grandiole ravioli With marinara sauce 1 Tbsp parmesan cheese 1 cup Tossed salad with cucumber and 2 Tbsp Italian dressing 1 slice Italian bread 1 tsp margarine ½ cup Fruited jell-o 8 oz low fat milk	¾ cup Chicken Gumbo soup 2 LS Crackers 3 oz Crab cake/ tartar sauce ½ cup Sweet potato fries ½ cup Coleslaw 1 slice Pumpernickel bread ½ cup Pears 8 oz low fat milk	3 oz Pot roast with LS gravy ½ cup Mashed potato ½ cup Fresh zucchini and yellow squash 1 Wheat dinner roll 1 tsp margarine 4 oz Cranberry juice 1 slice Carrot cake 8 oz low fat milk	Cold cut grinder With 1 oz each turkey, ham and cheese, ¼ cup shredded lettuce and tomato on grinder roll 1 pkt mustard ½ cup Carrot/raisin salad ½ cup Fruit cocktail 8 oz low fat milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
3 oz Hamburger on wheat bun with ketchup ½ cup Baked beans ½ cup Carrots 3 oz Pineapple juice ½ cup Ice cream cup 8 oz low fat milk	3 oz BBQ chicken ½ cup Macaroni and cheese ½ cup Green beans 1 Wheat dinner roll 1 tsp margarine 1 Fresh fruit 8 oz low fat mik	3 oz Sweet and sour pork ½ cup Brown rice ½ cup Oriental blend 1 slice Enriched bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	<b>Labor Day Celebration</b> Grilled Hamburger Au Jus/Roll Cheese, L&T Summer Veg Blend German Potato Salad Ketchup Blueberry Parfait W/Vanilla Pudding	3 oz Lightly breaded fish ½ cup Mashed sweet potato ½ cup Peas and pearl onions 1 Herbed breadstick 1 tsp margarine 4 oz Mixed fruit juice 1 slice Coffee cake 8 oz low fat milk

1 C Milk-1% or equivalent 1 C Vegetable and Fruit equivalent 3oz. Protein; 1 Pat Margarine; 2 Bread Servings or equivalent (enriched or whole grain), seedless;  
All White rice is enriched. All Non-citrus juices are Vitamin C fortified. All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and  
Low Salt