

SENIOR HAPPENINGS

MARCH 2015

An Irish Blessing
stowed
upon thee . . .



March Madness

May love and laughter light your days
and warm your heart and home,
May god and faithful friends be yours
wherever you may roam,
May peace and plenty bless your
world with joy that long endures,
May all life's passing seasons bring
the best to you and yours!

Happy March to All and a
Fun-filled St. Patrick's Day!

- * **MARCH 10:** ANN SULLIVAN'S HOMEMADE IRISH SODA BREAD
- * **MARCH 12:** GROCERY SHOPPING BINGO
- * **MARCH 13:** OPEN FORUM WITH OUR FIRST SELECTMAN
- * **MARCH 13:** DEPARTMENT HEAD CHILI COOK OFF
- * **MARCH 17:** RESCHEDULED: CELEBRATE MARDI GRAS WITH CAKE, COFFEE AND KATE OUR STORY TELLER
- * **MARCH 17:** ST. PATRICK'S DAY LUNCHEON
- * **MARCH 19:** AARP SMART DRIVER COURSE
- * **MARCH 19:** ST. JOSEPH'S DAY CELEBRATION
- * **MARCH 19:** SING-A-LONG WITH HARRIET
- * **MARCH 19:** RESCHEDULED: PRESENTATION: CABLE, INTERNET AND PHONE - POSSIBLY SAVE A BUNDLE!
- * **MARCH 20:** PUZZLEMANIA TOURNAMENT
- * **MARCH 20:** MIMI TRIP: CHRISTMAS TREE SHOP
- * **MARCH 23:** PRESENTATION: LEARNING ITALIAN AND MORE
- * **MARCH 24:** EASTER CRAFT: CLAY POTS OF CANDY
- * **MARCH 26:** EASTER CRAFT: CLAY POTS OF CANDY & HOMEMADE CANDY MAKING
- * **MARCH 26:** DINNER AND A MOVIE: ABOUT SCHMIDT
- * **MARCH 31:** TRIP: MOHEGAN SUN CASINO

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 - Arlene Herzog

Program Coordinator - Sue Hienken
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.

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. If you need assistance with your packages on and off the bus the driver is available to assist. Thank you.

Mondays:

- Grocery Shopping – **please check calendar**

Tuesdays:

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

Wednesdays:

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

Thursdays:

- Town Pool
- Mini Trips – **Christmas Tree Shop March 20th**

Fridays:

- Grocery Shopping – **please check calendar**

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 9:30 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 indicate if you will be bringing them with you. Please make note: there will be *no medical transportation* on the following days – April 3; May 25; July 3; September 7; October 12; November 11 and 26 and 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 day during that week for transportation. Activity dates, transportation and times are subject to change.

Health Guidance Clinic

Sponsored by the VNA Community Healthcare and

Paid for by the Town of North Haven

**2nd Tuesday of each month
from 12:00 to 1:30 p.m.**

and

**4th 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,

Are you tired of winter yet? I am!

Do you want to have some fun with your friends at the Center and the Town of North Haven Department Heads? I do!

If you feel as I do then join us for a

“FREE”

**Chili Cook Off Between
Town Department Heads**

Friday, March 13 ~ 12:00 noon

At the North Haven Senior Center 189 Pool Road

Come on in ~ out of the Cold
to enjoy an afternoon
of good old homemade chili prepared by:

- **Lois Baldini, Director; Library Services**
- **Chief Vincent Landisio; Fire Chief**
- **Edward Swinkoski; Director of Finance,
Administration & Community Services**

Also served will be homemade corn bread, drinks, and dessert!

You will be the judges to choose the winner!

***RSVP by Monday, March 9th
203-239-5432***

Seating is Limited! Sign up Today!

**A Friendly Reminder:
On Sunday, March 8th don't forget to
put your clocks ahead one hour!**



NEW PROGRAMS:

- **RUMMIKUB will begin on Wednesday, March 4th and will continue to meet on Wednesdays, from 1:00 to 2:30 p.m.** A game of challenge and fun at the same time! If you are interested in learning or have some skill at Rummikub come join this newly formed group. We need to have at least 4 people interested in playing, with a maximum of 12 people.
- **Nutritional Program: Eat Well Be Happy** - Looking for ways to lose weight? This 6 week program designed for adults will revamp your New Year's resolutions with this weight management class taught by Cassidy Schmidt, RD, ShopRite of East Haven's retail dietitian. Learn about portion control, label reading, and healthy cooking among other topics. You'll gain all the skills to keep your weight where you want it. This program is free to North Haven residents and will run from Wednesday, March 18 through Wednesday, April 22, 2015 from 10:30 to 11:30 a.m. A donation of a non-perishable food item(s) to the North Haven Senior Center (supporting the North Haven Food Bank) will be accepted. Registration ends on March 12, please stop by the Center to reserve your seat, 203-239-5432.
- **NEW CLASS: Beginner Mah Jongg** – If you want to learn the art of an ancient Chinese game, why not try Mah Jongg? This game will challenge you while you have fun at the same time. Please call the Center, 203-239-5432 if you are interested, they meet on Fridays from 12:00 to 3:00 p.m.
- **NEW GAME: Military Whist** - A once tremendously popular game, military whist is finding its way back to being popular. We are looking to begin our own group of military whist players on Thursdays, 1:00 p.m. If anybody is interested in joining this group, please call the Center to let us know, 203-239-5432. It is our understanding that a 4 player minimum is needed. We do not have a teacher so you will need to know the rules and the play of the game.

There is room for more participants...

- **Line Dancing** – Studies show by dancing you will reduce your risk of future memory problems. Come join our line dancing program and help reduce your risk of memory loss. They meet on Monday and Wednesday mornings from 9:00 to 10:00 a.m. So come join in on the fun, learn a new step or two and enjoy new friendships and the art of dancing.
- **Knitting/Crocheting - Beginners are welcome!** If you like to crochet or knit, please join our newly formed Knitting/Crocheting Group. If you don't know how to knit or crochet we have a lovely volunteer instructor who is on site to get you started. The group is open to all! What better way to enjoy the winter season than by knitting and crocheting among friends at your Center. They meet on Wednesdays from 12:30 to 2:30 p.m.



March Madness . . .

- ♣ **Learn how to make Ann Sullivan's Homemade Irish Soda Bread** – Tuesday, March 10, 10:30 a.m. come in and learn how to make Ann Sullivan's homemade Irish soda bread, "which was so good that it was asked if it could be put on the menu of a Vermont Inn." We will also accept orders if you do not want to learn how to make the bread itself, pickup will be Tuesday, March 10 at 2:00 p.m. Cost: \$8.00 for large round and \$5.00 for small loaf. Stop by the Center to reserve your spot or bread by Thursday, March 5th. Payment must accompany order – no phone orders will be taken.
- ♣ **Grocery Shopping Bingo** – Thursday, March 12, 12:30 p.m. Sponsored by Village Green of Wallingford. Come and enjoy an afternoon of grocery shopping bingo – prizes will be groceries!! Limit to 2 bingo cards, no cost for the bingo cards. Please call the Center by Friday, March 6th to reserve your spot!!
- ♣ **Open Forum with First Selectman, Mike Freda** – Friday, March 13, 10:30 a.m. Mike will speak with us regarding the happenings of the town and will answer any and all questions you may have. **Please call the Center to reserve your seat, 203-239-5432 by Tuesday, March 10, 2015.**
- ♣ **"FREE" Department Head Chili Cook Off** – Friday, March 13, 12:00 noon. See from the "Desk of Judy" page 2
- ♣ **Rescheduled: Celebrate Mardi Gras with King Cake, Coffee and Kate our StoryTeller!** – Tuesday, March 17, 10:30 a.m. Come celebrate Mardi Gras with the famous King Cake, coffee and Kate, our StoryTeller on St. Patrick's Day and then come join us for our St. Patrick's Day Luncheon. Please stop by the Center by Friday, March 13th to reserve your spot, 203-239-5432.
- ♣ **St. Patrick's Day Luncheon** – Tuesday, March 17, 12:00 noon. Enjoy a corned beef, cabbage, potatoes and carrots lunch catered by Zandri's and held at the North Haven Senior Center, along with this delicious dinner you will receive our very own Ann Sullivan's Irish Soda bread and a scrumptious dessert! Cost: \$15.00 for residents and \$20.00 for non-residents, open to the first 65 people. Reserve your seat by Wednesday, March 11th. .
- ♣ **St. Joseph's Day** – Thursday, March 19, 10:30 a.m. Come and enjoy a zeppole straight from Rocco's Bakery in New Haven and coffee to celebrate St. Joseph's Day. Cost for the zeppole: \$2.75 for chocolate or vanilla and \$3.25 for ricotta. Please stop by the Center by Monday, March 16th, make sure you let us know what flavor you would like!!!
- ♣ **Presentation: Cable, Internet and Phone – Save a Bundle!** – Thursday, March 19 10:30 a.m. Two representatives from Comcast/Xfinity will be in today to show you how you can save a lot of money on your cable, internet and phone bill. If you are not currently a Comcast customer, please join them to see what they may be able to do for you! Refreshments will be served! Call by Friday, March 13th to reserve your spot.
- ♣ **Puzzlemania Tournament** – Friday, March 20, 12:00 noon to 2:45 p.m. Cost: \$5.00 per person, includes coffee/tea and drinks and dessert to follow the tournament with awarding of team prizes. Registration begins Monday, March 2 through Monday, March 16. Limited seats available so register early! See attached flyer for rules and more information.

- ♣ **Presentation: Interested in Learning Italian and More** – Monday, March 23, 1:00 p.m. Come join Monica Georgeo, a 15 year Yale University Language Instructor, for an informational meeting. She will explain to any of you who are interested in learning Italian what to expect during this course. Introductory and Intermediate are welcome. The course will run for 20 weeks and will meet on Monday's beginning Monday, April 6 from 1:00 to 2:15 p.m. The fee and additional costs will be discussed at this informational meeting. Please call the Center, 203-239-5432 to reserve your seat.
- ♣ **Easter Craft: Clay Pots of Candy & Homemade Candy Making** – Tuesday, March 24, 10:30 a.m. we will begin our projects by painting the clay pots in beautiful Easter colors, pink, yellow, green or lilac and then we will finish up on Thursday, March 26, 10:30 a.m. with decorating them and stuffing them for our Easter friends with the homemade candy we are going to make. Cost: \$4.00 for supplies, please stop by the office to reserve your spot by Friday, March 20th.
- ♣ **Dinner and a Movie: *About Schmidt*** – Thursday, March 26, 3:15 p.m. Menu will consist of: chicken soup and grilled cheese sandwiches (American cheese on white bread), chips, drink and dessert. Cost: \$5.00 residents and \$10.00 non-residents. Dinner will be served approximately 4:30 p.m., transportation on your own. ***About Schmidt*** is about Warren Schmidt (Jack Nicholson) has arrived at several of life's crossroads all at the same time. To begin with, he is retiring from a lifetime of service as an actuary for Woodmen of the World Insurance Company, and he feels utterly adrift. Furthermore, his only daughter Jeannie (Hope Davis) is about to marry a boob. And his wife Helen (June Squibb) dies suddenly after 42 years of marriage. Rated R – this movie runs for 2 hours and 5 minutes. Also starring in this movie is Kathy Bates, Dermot Mulroney, Howard Hesseman, Connie Ray and Harry Groener. Critics give it 2 thumbs up and said this was a great cast and funny moments. Come to the office to sign up by Monday, March 23rd.

SAVE THE DATES . . .

April's Happenings . . .

- ✧ **Learn to Make Eva Cocchiaro's Apizza Gain Pie** – Thursday, April 2, 10:30 a.m. come in and learn how to make Eva Cocchiaro's Apizza Gain Pie without the crust. We will also accept orders if you do not want to learn how to make the pie itself, pickup will be Thursday, April 2 at 2:00 p.m. Cost: \$10.00 for 8" round. Stop by the Center to reserve your spot or bread by Thursday, March 26. Payment must accompany order – no phone orders will be taken.
- ✧ **Presentation: Has Your "Get Up and Go" Got Up and Left?** – Monday, April 6, 10:30 a.m. Do you have a little less pep in your step? Do you get out of breath going upstairs? Do you sleep on the first floor because it's too difficult for you to make it to your bedroom on the second floor? Are you too exhausted to do your own grocery shopping? As you age, if you don't use your muscles regularly, they will become deconditioned. In other words, if you don't use it, you will lose it!!! Come join us for this presentation on how to recondition your unused muscles and start getting back to yourself! Call the Center to reserve your spot by Tuesday, March 31st. Sponsored and presented by Staff from Hamden Health Care.
- ✧ **Volunteer Luncheon** – Thursday, April 16, 12:00 noon. Details will follow.

- ✧ **Spring Fling** – Wednesday, April 22, 12:00 noon – Let’s celebrate the beautiful weather with a nice assortment of gourmet sandwiches, homemade broccoli pasta salad, crisp garden salad with dressing, assorted fresh baked cookies and drinks, all provided by Stellato’s Deli and Catering; then sit back and enjoy one of our new entertainers, Mr. Walter Martin! The event is free to all North Haven residents. Registration will begin on Monday, March 16th to the first 65 people or by April 13th; if there is availability, non-residents may register beginning Monday, April 6th for the cost of \$10.00.
- ✧ **Presentation: Transportation Issues for Seniors** – Thursday, April 23, 1:00 p.m. Have you ever wondered what types of transportation are available in your community? Do you have questions or concerns about public transportation? Christine Maguire, Regional Mobility Manager at The Kennedy Center, will be presenting to the Seniors different types of transportation that you can access in your town. Christine’s role as the Regional Mobility Manager is to connect people with disabilities and seniors with accessible, reliable transportation so that they are able to participate in their communities. A key goal of the program is to identify gaps and barriers in the transportation network that prevent individuals from using existing services. As gaps are uncovered, we work with our partners from the transportation and social service communities to find creative solutions. Please join us for a conversation about local transportation options! Please reserve your spot by calling the Center, 203-239-5432 by Monday, April 20th.

***Thank you to the
following for their donation:***

**Ann Alexander, Judy DiLeone, Jennifer
Johnson, Carol Labagnaro,
Rose Ryan, Janet Sola**

Please remember to sign in with the office 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.

Welcome to Our New Members:

**Patricia Cavanaugh, Susan Cucolo,
Albert Delucia, Patricia Derenzo, Diana
Gregory, Michael Joyce, Miguel Nazairo,
& Rose Vizziello**

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.

Please note: food and dairy products are not allowed to be taken home from the Lunch Program.

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/INTERMEDIATE PINOCHLE - Monday, 1:00 to 3:00 p.m.

ADVANCED PINOCHLE - Thursday, 10:00 to 11:30 a.m.

INTERMEDIATE BRIDGE - Wednesday and Friday, 12:15 to 3:15 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 12:15 p.m. Beginner and advanced classes available. Please call the Center to be added to 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 and lead by a member of the Center.

KNITTING/CROCHETING – Wednesday, 12:30 to 2:30 p.m. **Beginners are welcome!**

If you like to crochet or knit, please join our newly formed Knitting/Crocheting Group. If you don't know how to knit or crochet we have a lovely volunteer who is on site to get you started. The group is open to all! What better way to begin the upcoming winter season by knitting and crocheting among friends at your Center. New acrylic bright colored yarn is needed to ensure our finished projects are lovely, just like our volunteers!

LINE DANCING - Monday and Wednesday, 9:00 to 10:00 a.m. No experience necessary!

MAH JONGG-

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

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

Beginner meets on Friday, 12:00 p.m.

*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 or for more information.

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

Current Session: Tuesday, February 10 through Tuesday, April 28th. **New Fee:** residents, \$25.00; non-residents, \$30.00. A list of supplies will be given to you prior to the first class.

RUMMIKUB – Wednesday, 1:00 to 2:30 p.m. **begins Wednesday, March 4th**

A game of challenge and fun at the same time! If you are interested in learning or have some skill at Rummikub come join this newly formed group.

SENIOR SONGSTERS –Tuesday, 1:15 to 2:15 p.m. If you like to sing then join us!

SITERCISE – Monday & Wednesdays (two classes), 9:30 to 10:30 a.m. or 10:30 to 11:30 a.m. **New session will begin:** Monday, March 16 through Wednesday, June 10, **no class Monday, May 25 due to Memorial Day.** **New Fee:** residents, \$15.00, non-residents, \$20.00. Increase muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; and a specially designed program for those 50 and older who are at risk for falls. **Space is limited 15 people per class.** Registration begins; Tuesday, February 10. **Please make checks payable to 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, March 16 and ends Thursday, June 11. **No classes on Monday, April 6 due to teacher and Monday, May 25 due to Memorial Day.** **New Fee:** residents, \$35.00; non-residents \$40.00. Registration begins; Tuesday, February 10. **Please make checks payable to the VNA Community Healthcare.**

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 begins:** Tuesday, 9:00 to 10:30 a.m. class will begin on Tuesday, February 24 and will run through Tuesday, May 12; the 10:45 a.m. to 12:15 p.m. class will begin on Tuesday, February 10 and will run through Tuesday, April 28. 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 begins:** Thursday, February 26 and will run through Thursday, May 14. Fee: residents, \$50.00; non-residents, \$55.00.

2015 Day Trip Policies

- ☞ Trips are open to all North Haven seniors on a first come basis for the first four weeks. Non-resident seniors may sign up four 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 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 for the bus 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 the North Haven Senior staff member.
- ☞ In consideration of members who need the handicap parking spaces during the trip for classes held at the Center, please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.

2015 Trips . . .

The Newport Playhouse: “When The Cat’s Away” – Thursday, April 30, 2015. Cost: \$83.00 per resident; \$88.00 per non-resident. Collection Date: Friday, February 20, 2015. Departure time from the North Haven Senior Center at 8:30 a.m. and return time is approximately 6:00 p.m. This unique dinner theatre is a favorite for locals and visitors since 1983. Enjoy a great buffet with wide variety of salads, hot and cold entrees, desserts and beverage. All food is prepared on the premises and enjoyed in the main dining room. After dining, take your reserved seats in the theater and after the play, return to the dining room for the Cabaret Show. When The Cat’s Away is a classic British farce based on a popular British sitcom. Mildred and Ethel go off on a trip to Paris. Ethel’s philandering husband gets an idea to keep the two husbands occupied while the wives are away. Don’t you know the wives arrive home early and the sparks do fly!! Comedy events unfold with rapid fire dialogue. **Make checks payable: Friendship Tours.**

Brand New! 9/11 Memorial Museum at the World Trade Center Site – Thursday, May 14, 2015. Cost: \$97.00 per resident; \$102.00 per non-resident (price change by Travel Agent). Collection date: Friday, March 13, 2015. Departure time from the North Haven Senior Center at 8:15 a.m. and return time is approximately 7:00 p.m. At long last, the 9/11 Memorial Museum has opened. The museum's 110,000 square feet is located in the archaeological heart of the World Trade Center site. **The Museum:** The National September 11 Memorial and Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events, and exploring 9/11's continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of each and every victim of both the 2001 and 1993 attacks. **The Memorial:** The names of every person who died in the terrorist attacks are inscribed in bronze around the twin memorial pools. Your timed entry to the 9/11 Memorial and admission to the 9/11 Museum are included. Prior to our visit to The Museum we'll enjoy a delicious lunch at Fino's, a popular Wall Street restaurant. **Menu:** Soup or Salad, your choice of either Chicken Parmagiana or Sole Oreganata; penne vodka or cheese ravioli marinara, dessert, soda or coffee. **When you reserve your spot you must make your dinner choice at time of reservation. Make checks payable: Friendship Tours.**

Westchester Broadway Theatre: West Side Story – Thursday, June 11, 2015. Collection date: Friday, April 10, 2015. Cost: \$100.00 per resident; \$105.00 per non-resident. Departure time from the North Haven Senior Center at 9:15 a.m. and return time is approximately 5:15 p.m. West Side Story – Possibly the greatest musical ever created! A modern version of Shakespeare's Romeo and Juliet set on the mean streets of New York during the turbulent fifties. Caught between two warring street gangs, the Jets and the Sharks, Tony and Maria attempt to create a life together. This brilliant collaboration by Broadway greats Leonard Bernstein and Stephen Sondheim combines music, lyrics and dance into a timeless tribute to young love. WBT, 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. **Make checks payable: Friendship Tours.**

Casino: Mohegan Sun – Tuesday, June 30, 2015. Collection date: Friday, May 8, 2015. Cost: \$23.00 per resident; \$28.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:30 p.m. **Make checks payable: North Haven Senior Citizen.**

Casino: Mohegan Sun – Tuesday, August 25, 2015. Collection date: Friday, June 19, 2015. Cost: \$23.00 per resident; \$28.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:30 p.m. **Make checks payable: North Haven Senior Citizen.**

The Turkey Train Winnepesaukee Railroad – Tuesday, September 29, 2015. Collection date: June 26, 2015. Cost: \$92.00 resident; \$97.00 non-resident. Departure time and return time: TBA. Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. It's a Great Fall Daytrip!! Relax on board as we watch the boats on the lake and enjoy the scenery as we travel roundtrip from Meredith, NH. Hart's Turkey Farm Dinner on board the Train. This is a Hart's famous home style turkey dinner, just like grandma made at Thanksgiving. Menu: Turkey, potato, gravy, stuffing, cranberry sauce, rolls, vegetable, dessert and beverage. Yum! Following our train ride, visit Kellerhaus for delicious ice cream, handmade chocolates, gifts and collectibles, New Hampshire liquor stop as well. **Make checks payable: Friendship tours.**

Westchester Broadway Theatre: Showboat – Thursday, October 22, 2015. Collection date: Friday, July 24, 2015. Cost: \$100.00 resident; \$105.00 non-resident. Departure time from the North Haven Senior Center at 9:00 a.m. and return time is approximately 5:45 p.m. Showboat is a timeless masterpiece with music by Jerome Kern and lyrics by Oscar Hammerstein II. Spanning the years of 1880-1927 the story follows the lives, loves and heartbreaks of show people on the Mississippi . . . The WBT, 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. **Make checks payable: Friendship Tours.**

Aqua Turf Presents: Country Diva's – Patsy! Reba! Minnie Pearl! . . & the one and only Dolly! – Tuesday, November 17, 2015. Collection Date: Friday, September 25, 2015 – **limited seats available.** Departure from the Senior Center at 10:00 a.m. and estimated return time is 4:00 p.m. **Cost: \$42.00 per 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, we will be able reserve a spot at our table.** Three women, Four legends, One great show, unlike any you've seen before! Country's top legends and their #1 hits portrayed by nationally renowned tribute artists. This is a show event, there will be no dancing allowed. Upon arrival you will receive complimentary coffee and donuts, complimentary door prize ticket and a token for a complimentary glass of wine or beer. Served family style; salad, pasta, Chicken Florentine, Sliced Roast Beef, vegetable, potato and dessert. **All checks made payable to: North Haven Senior Citizens.**

MARCH 2015 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 11:30 A.M.*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:30-AARP Smart Driver Course	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00-Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	9:30-Scrabble Challenge
9:30 & 10:30-Sitercise	9:00 & 10:45-Computer Class	9:30 & 10:30-Sitercise	10:00-Pinochle	10:30-No Grocery Shopping
New Session Begins	10:30-Hairdressers	10:30-Errands & Shopping	10:00-Tai Chi	10:30-MiniTrip:
10:00-Canasta	10:30-Rescheduled:	10:30-Eat Well Be Happy	10:30-Sing A Long	Christmas Tree Shop
10:00-Tai Chi Begins	Celebrate Mardi Gras	Healthy Presentation	with Harriet	11:30-Lunch
10:30-Grocery Shopping	King Cake, Coffee and	11:30-Lunch	10:30-St Joseph's Day	12:00-BEG Mah Jongg
11:30-Lunch	Kate our StoryTeller	12:00-Mah Jongg	(Pick up your prepaid order)	12:00-Puzzlemania
12:45-Bingo	10:45-Chair Yoga	12:15-Bridge	10:30-Presentation:	Tournament
1:00-Beg Pinochle	11:30-No FSW Lunch	12:30-Knitting/Crocheting	Cable, Internet and Phone	12:15-Bridge
	12:00-St Patrick's Day Luncheon	1:00-Rummikub	Save a Bundle!	12:45-Bingo
	12:30-Mah Jongg	No Medicals	11:30-Lunch	
	12:30-Oil Painting		12:30-Crafts	
	12:30-No Crafts/Senior Songsters		1:00-Gentle Hatha Yoga	
23	24	25	26	27
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
9:30 & 10:30-Sitercise	9:00 & 10:45-Computer Class	9:30 & 10:30-Sitercise	10:00-Tai Chi	10:30-Grocery Shopping
10:15-Canasta	10:30-Hairdressers	10:30-Errands	10:30-Finish Easter Craft:	11:30- Lunch
10:00-Tai Chi	10:30-Easter Craft:	10:30-Eat Well Be Happy	Clay Pots of Candy &	12:00-BEG Mah Jongg
10:30-No Grocery	Clay Pots of Candy	Healthy Presentation	Candy Making	12:15-Bridge
Shopping	11:0-Health Guidance Clinic	11:30-Lunch	11:30-Lunch	12:45-Bingo
11:30-Lunch	11:30-Lunch	12:00-Mah Jongg	12:30-No Crafts	
12:45-Bingo	12:30-Mah Jongg/Oil Painting/Crafts	12:15-Bridge	1:00-Gentle Hatha Yoga	
1:00-Beg Pinochle	1:15-Senior Songsters	12:30-Knitting/Crocheting	3:15-Dinner and A Movie:	
1:00-Presentation:	6:00-Commission on Aging	1:00-Rummikub	"About Schmidt"	
Learn Italian and More	Meeting (New Date)			
30	31			
9:00-Line Dance	9:00-Trip: Mohegan Sun			
9:30-E-Z Exercise	9:00-Ceramics			TO THE TOWN POOL
9:30 & 10:30-Sitercise	9:00 & 10:45-Chair Yoga			OR LIBRARY
10:15-Canasta	9:00 & 10:45-Computer Class			ACTIVITY DATES
10:00-Tai Chi	10:30-Hairdressers			TRANSPORTATION AND
10:30-Grocery Shopping	11:30-Lunch			TIMES ARE SUBJECT TO
11:30-Lunch	12:30-Mah Jongg/Oil Painting			CHANGE
12:45-Bingo	12:30-No Crafts			
1:00-Beg Pinochle	1:15-Senior Songsters			

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
March 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
3 oz Baked Chicken w/ BBQ sauce ½ c. Mashed sweet potato ½ c. Fiesta blend Wheat dinner roll 1 Margarine Seasonal fresh fruit 8 oz. LF Milk	6 oz Chicken orzo soup/ls crackers 3 oz Sausage and pepper on 4 inch grinder ½ c. Roast potato ½ c. Peaches 8 oz LF Milk	Mardi Gras Menu 3 oz Cajun Pork ½ c. Louisiana Rice ½ c. Spinach 1 Biscuit 1 Margarine Sweet Potato Pie 8 oz. Low Fat Milk	½ c. Grape Juice 3 oz Swedish meatballs ½ cup Egg noodles ½ c. Steamed green beans 1 slice Whole Wheat Bread 1 Margarine 4 oz. Fruited Jello 8 oz LF Milk	1 Crab cake/tartar sauce ½ c. Mashed potato ½ c. Broccoli 1 slice Rye bread 1 Margarine ½ c. Scalloped apples 8 oz LF Milk
9	10	11	12	13
1/2c Cranberry juice Hamburger on ww bun Ketchup ½ c. Sweet potato fries ½ c. Baked beans 1/2c. Butterscotch pudding 8 oz. LF Milk	3 oz. Chicken primavera over ½ cegg noodles 1/2c Zucchini Wheat dinner roll 1 Margarine Fresh fruit 8 oz LF Milk	½ c. Apple juice 3 oz. Light Crunch Fish with lemon 1/2c Southwest rice ½ c California blend 1 slice Multigrain bread 1 Margarine brownie 8 oz LF Milk	3 oz. Meatloaf/LS gravy ½ c. Smashed potato ½ c. Roasted veggies 1 slice Rye bread 1 Margarine ½ c. Mandarin oranges 8 oz LF Milk	Department Head Chili Cook Off See Newsletter For Details No FSW Lunch
16	17	18	19	20
6 oz Beef barley soup LS crackers 3 oz Grilled chicken Caesar salad (1 c. Lettuce) 1 Wheat breadstick 1 Margarine Fresh fruit 8 oz. LF Milk	St. Patrick's Day Luncheon See Newsletter for details No FSW Lunch	½ c. Cranapple juice 3 oz Pot roast/LS gravy ½ c. Mashed potato ½ c. Bean blend 1 Slice Wheat bread 1 Margarine Carrot cake 8 oz. LF Milk	3 oz. Baked chicken breast ¾ c. Pumpkin and Spinach "risotto" ½ c. Broccoli 1 Whole Wheat dinner roll 1 Margarine Tropical fruit cup 8 oz. LF Milk	1 Cheese omelet ½ c. Spinach ½ c. Roast potato 1 Slice 12 Grain bread 1 Margarine pineapple 8 oz LF Milk
23	24	25	26	27
½ c. Grape juice 3 oz Stuffed chicken breast with lemon cream sauce ½ c. Rice pilaf ½ c. Spinach Chocolate cake with white icing 8 oz LF Milk	3 oz. Seafood salad plate with 1 c. lettuce and cucumber ½ c. Marinated beets W/ Onion 1 Slice Wheat bread 1 Margarine Fresh fruit 8 oz. LF Milk	3 oz. Baked ham/LS gravy ½ c. Scalloped potato ½ c. Green and wax beans 1 slice 12 grain bread 1 Margarine Applesauce garnish ½ c. Mandarin oranges 8 oz LF Milk	6 oz. Chicken gumbo soup/ LS crackers 3 oz. Turkey/LS gravy ½ c. Mashed Sweet potato ½ c. Broccoli Cranberry sauce 1 Wheat dinner roll 1 Margarine Fresh fruit 8 oz LF Milk	1 c. Cheese ravioli with tomato sauce Parmesan cheese ½ c. Collard greens ½ c. Carrots 1 slice Garlic bread ½ c. Vanilla pudding with strawberries 8 oz LF Milk
30	31			
3 oz. Salisbury steak/LS mushroom gravy ½ c. Bowtie noodles ½ c. Peas and pearl onions 1 slice Rye bread 1 Margarine ½ c. Fruit cocktail 8 oz LF Milk	HAPPY MARCH BIRTHDAYS! 4 oz Apple juice 3 oz hot open turkey sandwich on wheat with gravy ½ cup steak fries ½ cup Steamed green beans 1 slice marble cake 8 oz low fat milk			

MINIMUM PORTIONS SERVED AT EACH MEAL:

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