

SENIOR HAPPENINGS

MAY 2015



MAY FLOWERS BRINGS

- ~ May 7: "Free" Cinco De Mayo Celebration
- ~ May 8: MOTHER'S DAY CRAFT: ANGEL FOR AN ANGEL
- ~ May 8: OPEN FORUM WITH FIRST SELECTMAN
- ~ May 12: MOTHER'S DAY CELEBRATION
- ~ May 14: PRESENTATION: MIRACLE EAR HEARING CLINIC,
SPONSORED BY MIRACLE EAR REPRESENTATIVE
- ~ May 14: COMMISSION ON AGING MEETING
- ~ May 18: DOWN & DIRTY PLANT SWAP
- ~ May 19: STORYTELLER: KATE ALLEN SMITH
- ~ May 19: MEMORIAL DAY PARTY & SENIOR SONGSTERS
- ~ May 21: AARP SAFETY DRIVERS COURSE
- ~ May 21: MAX JONGG TOURNAMENT
- ~ May 22: KICK OFF SUMMER WITH FRIED DOUGH FRIDAY
MADE BY OUR VERY OWN CHEF, MICHAEL ARCANGELO
- ~ May 25: CENTER CLOSED: *HAPPY MEMORIAL DAY*
- ~ May 28: PASTA AND BINGO NIGHT
- ~ May 29: HOT DOG FRIDAY
- ~ May 29: MEMORY SCREENINGS *SPONSORED BY*
DR. SUSANN YARANO OF HAMDEN HEALTHCARE

A MOTHER IS . . .
SHE CAN TAKE PLACE OF ALL
OTHERS . . .
BUT WHOSE PLACE NO ONE ELSE
CAN TAKE!

HAPPY MOTHER'S DAY!



WISHING ALL OF
OUR SERVICE
MEN AND WOMEN A
HAPPY MEMORIAL DAY!

Joyce C. Budrow NORWICH Haven Senior Center
189 POOL ROAD, NORWICH, CT

OFFICE: 203-239-5432 ♦ FAX: 203-234-7185

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 TIENKEN

Daily, Medical, Mini Trips etc. are on Hold until the Driver Position/s are Filled

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

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 – May 25; July 3; September 7; October 12; November 11 and 26 and December 25. The Town is closed on these days as well as the Center.**

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,



Why I Love to Garden...

To start with, gardening really is exercise. The physical benefits of gardening are often discounted because people don't think of it as "real" exercise. But gardening offers the same benefits as other forms of exercise. Did you know that you can burn as many calories in 45 minutes of gardening as you can in 30 minutes of aerobics? And depending on the task, you are using many different muscle groups, while increasing your flexibility and strength.

For me, working in the garden reduces stress. Connecting with nature, digging in the dirt, even weeding is one of the best stress reducers I have found. When I first started gardening, I dreaded the thought of weeding by hand. I thought it was an unnecessary and unpleasant part of gardening. As the years have gone by, I have found that weeding is the one thing that lets me totally unwind and makes me forget about everything else. I am so intent on getting those weeds out of my garden that I become intensely focused.

This brings me to another gardening benefit, it allows me to unplug and forces me to slow down the pace of my life. We are all so plugged in and connected that working in the garden is the one way that I can get away from the constant barrage of information being connected brings with it.

One of the most surprising things that gardening has done for me is to teach me how to have more patience. Think about it. You can't rush nature. If you sow seeds, or plant seedlings, you can't make them grow faster than they are able to grow just because you are limited on time or by pressuring them to grow faster. They grow at the pace they are supposed to grow, no faster or slower.

Gardening also releases my creativity, often without me even realizing it. Planning the garden for the year or the season, choosing flower colors and plant palettes, and arranging the fresh flowers from your garden all require you to use your creative side.

Best of all, everyone can have a garden; on a window sill, potted plants on the front stoop, and even at the Senior Center in our raised boxes which are here for you to work your hands in the dirt, listen to the birds sing, and get creative.

On May 18 at 10 a.m. we are going to "get down and dirty". You are cordially invited to join us for a Plant Swap Party. Bring starter plants to share for the Centers' flowerboxes and leave with some new plants of your own! Light refreshments will be served and garden tips will be shared. Please bring in a minimum of 12 plants, tagged with the name of the plant, as well as how to plant it. RSVP by May 13th.

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

May Flowers Bring In Fun Celebrations . . .

- ☞ **“Free” Cinco de Mayo Celebration** – Thursday, May 7, 12:00 noon - Come join us to celebrate the 5th of May with music and food of Mexico!!! This day we will serve chili with corn chips and Spanish rice. At 1:00 p.m. exciting entertainment by Dave Giardina. He will be playing his Mexican music, and to end the celebration we will be serving non-alcoholic margaritas and Margarita Cake!! **This event is FULL.**
- ☞ **Open Forum with Our First Selectman** - Friday, May 8, 10:30 a.m. Please call the Center to reserve a seat. (203) 239-5432.
- ☞ **Mother’s Day Craft: An Angel for An Angel** – Friday, May 8, 10:30 a.m. – Enjoy the morning making a Mother’s Day Craft to either share with your favorite daughter or daughter-in-law or just keep this beautiful Angel for yourself as you celebrate Mother’s Day on the 10th! Cost: \$3.00 for residents for all materials. **Residents Only.** It is an easy craft and *should* only take an hour!! Please sign up with the office by Wednesday, May 6th!
- ☞ **Mother’s Day Celebration** – Tuesday, May 12, 10:00 a.m. Come and enjoy a morning of fresh fruit, delicious overnight French toast, bacon and non-alcoholic mamosas or orange juice, tea or coffee. Cost: \$5.00 for residents and \$10.00 for non-residents. Please sign up with the office by Thursday, May 7th.
- ☞ **Miracle Ear Hearing Clinic** – Thursday, May 14, 9:30 a.m. to 12:30 p.m. A Miracle Ear Representative will be available for hearing screenings, education on hearing loss and rehabilitation, otoscopic wax checks and cleaning and servicing hearing aids. Please contact the office to reserve your spot, 203-239-5432.
- ☞ **Down and Dirty Plant Swap** – Monday, May 18, 10:00 a.m. Bring starter plants to share with the group and score new plants of your own! Light refreshments will be served and gardening tips shared. Please bring a minimum of 12 plants, labeled, and directions on how to plant. RSVP by May 13, 203-239-5432.
- ☞ **Memorial Day Party** – Tuesday, May 19, 12:00 noon – Let’s kick off the barbeque season with (2) hot dogs or (1) hamburger or (1) cheeseburger, baked beans, pasta salad and ice cream sandwich cake. We will be celebrating our Veterans and our current servicemen with our Senior Songsters performing their Memorial Day songs. Cost: \$7.00 residents and \$12.00 non-residents, sign-ups will begin on Friday, May 1 and end on Wednesday, May 13 or to the first 65 people.
- ☞ **Mah Jong Tournament** – Thursday, May 21, 11:30 a.m. Please see the attached flyer for more details.
- ☞ **Kick Off to Summer with Fried Dough Friday** – Friday, May 22, 12:00 noon. Michael, our famous fried dough maker from the Holiday Fair, will be here to serve up the Fried Dough to kick off the Friday’s summer specials!! **Cost: Residents \$3.00 Non Residents \$8.00**; includes fried dough, chips and soda! Reservations required by Monday, May 18th!
- ☞ **Hot Dog Friday Begins!** – Friday, May 29, 12:00 noon will begin our Summer Hot Dog Fridays – check out the calendar if we need to cancel any upcoming dates!! Cost: \$5.00 to include 2 hot dogs, chips and a drink (possibly a dessert too!) Please come by the Center to make your reservations by the Wednesday before.
- ☞ **Pasta and Bingo Night** – Thursday, May 28, 3:30 p.m. Bingo will begin promptly at 3:30 p.m. and dinner will be served immediately following 10 games of bingo (approximately 5:00 p.m.). The menu will be pasta, meatballs, garlic bread, drinks and dessert. Cost: \$5.00. **Residents only.** The cost includes up to 3 bingo cards, any additional cards will cost .75 cents per card. Please stop by the office to reserve your spot by Friday, May 22nd.

- ☞ **Free Memory Screening** – Friday, May 29, by appointment only. Dr. Susann Varano of Hamden Healthcare will be available for free memory screenings, this will take a half hour and all appointments can be made by calling the Center, 203-239-5432. Time of appointments are 11:00, 11:30, 12:00, 12:30, 1:00, 1:30, 2:00 and 2:30. **Appointments are needed.**

Save the Date!!!!

- **Military Whist Party** – Thursday, June 4, 12:00 noon, Please see flyer for more information.
- **Tri-Town Comedy and Pasta Night** - Tuesday, June 16 from 5:30 to 7:30 p.m. held at the Wallingford Senior Center, 238 Washington Street, Wallingford. Cost: \$10.00 per person. The menu will be catered by Zandri's Stillwood Inn, baked ziti, meatballs, tossed salad, rolls, dessert and beverages. Following dinner Larry Noiva will entertain us with much needed comedy. He has been voted "Best Male Stand-Up Comedian" by the Connecticut Comedy Festival and was winner of the first annual Connecticut Comedy Idol. Transportation is on your own. Tickets will go on sale May 1 through May 29. This will be one of the best evenings to remember! As they say ***Laughter Is the Best Medicine!***
- **Presentation: "Get The Most Out of your Social Security Retirement Income"** – Tuesday, June 23, 6:00 p.m. A must attend if you are between ages 60 to 66!! This presentation will help you learn how to maximize your benefits. The difference could be as much as \$100,000 more in lifetime benefits. Presented by David Cowan. Call the Center to reserve your spot, 203-239-5432.
- **Celebrating Our Fathers with Summer Fun** – Thursday, June 25, 12 noon. Come celebrate our Fathers with some summer fun and entertainment!! Our menu will include kielbasa and sauerkraut, roasted potatoes and some corn off the cob!! After lunch sit back and enjoy some Jazz, Sinatra and Mr. Bennett to boot!! Dessert will follow after our entertainer, Alex Nakhimovsky! Cost: \$7.00 per resident and \$12.00 for non-residents. Please stop by the office by Friday, June 19th. Limited seats available to the first 65 people.

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

***Ann Alexander, Ann DellaValle,
Alice Esposito, Helen Fusaris, Nick and
Sandra Mastroianni, Ann Sola,
Wanda Stockman, Nancy Wilcox***

Welcome to Our New Members:

***Rose Marie Dest, Tran Duyen,
Jane Pinciario, James Ryan***



The Holiday Bazaar Committee needs your help We are looking for 1 pound *EMPTY* coffee cans for their new and exciting cookie walk table this year. Please bring them to the office as soon as you can! Again thank you for your continued support!

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 11:30 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.

*Beginner 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.

New Session begins: Tuesday, May 5 through July 21. 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.

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

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

SITERCISE – Monday & Wednesdays, 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.

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 class Monday, May 25 due to Memorial Day.** **New** Fee: residents, \$35.00; non-residents \$40.00.

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.

Current Session: 9:00 to 10:30 a.m., **ends** Tuesday, May 12.

New Session begins: 10:45 a.m. to 12:15 p.m. class on Tuesday, May 5 through Tuesday, July 21. 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. **Session ends:** Thursday, May 28. Fee: residents, \$50.00; non-residents, \$55.00.

2015 Day Trip Policies

- ☞ Trips are open to all North Haven seniors on a first come first basis starting on the collection date. 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 in order 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 . . .

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.**

MAY 2015 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
11	12	13	14	15
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:15-Trip: 9/11 Memorial Museum	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	9:30-Miracle Ear Hearing Clinic	9:30-Scrabble Challenge
10:30-Sitercise	9:00 & 10:30-Computer Class	10:00-Bocce	10:00-Pinochle	11:30-Lunch
10:00-Canasta	10:00-Mother's Day Celebration	10:30-Sitercise	10:00-Tai Chi	12:00-BEG Mah Jongg
10:00-Tai Chi	11:30-Lunch	11:30-Lunch	11:30-Lunch	12:15-Bridge
11:30-Lunch	12:00-Health Guidance Clinic	12:00-Mah Jongg	12:30-No Crafts	12:45-Bingo
12:45-Bingo	12:30-Mah Jongg	12:15-Bridge	1:00-Gentle Hatha Yoga	1:00-Bocce
1:00-Beg Pinochle	12:30-Oil Painting	12:30-Knitting/Crocheting	6:00-Commisson on Aging	
1:00-Bocce	12:30-Crafts	1:00-Rummikub	Meeting – New Date	
	1:15-Senior Songsters	1:00-Bocce		
18	19	20	21	22
9:00-Line Dance	9:00-No Ceramics	9:00-Line Dance	8:30-AARP Smart Driver Course	9:30-E-Z Exercise
9:30-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	9:30-Scrabble Challenge
10:00-Plant Swap Party	9:00 & 10:30-Computer Class	10:00-Bocce	10:00-Pinochle	11:30- Lunch
10:30-Sitercise	10:30-Storyteller:	10:30-Sitercise	10:00-Tai Chi	12:00-Fried Dough Friday
10:15-Canasta	Kate Allen Smith	11:30-Lunch	11:30-Mah Jong Tournament	12:00-BEG Mah Jongg
10:00-Tai Chi	12:00-Memorial Day Party	12:00-Mah Jongg	11:30-Lunch	12:15-Bridge
11:30-Lunch	along with the Senior Songsters	12:15-Bridge	12:30-No Crafts	12:45-Bingo
12:45-Bingo	12:30-Mah Jongg	12:30-Knitting/Crocheting	1:00-Gentle Hatha Yoga	1:00-Bocce
1:00-Beg Pinochle	12:30-Oil Painting	1:00-Rummikub		
1:00-Bocce	12:30-No Crafts	1:00-Bocce		
25	26	27	28	29
	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
CENTER CLOSED	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
MEMORIAL DAY	9:00 & 10:30-Computer Class	10:00-Bocce	10:00-Tai Chi	10:30-Memory Screening
	11:00-Health Guidance Clinic	10:30-Sitercise	11:30-Lunch	Sponsored by:
NO TRANSPORTATION	11:30-Lunch	11:30-Lunch	12:30-Crafts	Dr. Susan Varano
NO LUNCH	12:30-Mah Jongg	12:00-Mah Jongg	1:00-Gentle Hatha Yoga	11:30-Lunch
	12:30-Oil Painting	12:15-Bridge	3:30-Pasta and Bingo Night	12:00-Hot Dog Friday
	12:30-Crafts	12:30-Knitting/Crocheting		12:00-BEG Mah Jongg
	1:15-Senior Songsters	1:00-Rummikub		12:15-Bridge
		1:00-Bocce		12:45-Bingo
				1:00-Bocce

North Haven Community Café Sponsored by the North Haven Senior Center in Collaboration with Life Bridge CT

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Reservations for Lunch are Made by Calling the Day Before Between 9-11a.m. (203) 239-4030	MAY 2015			1 cup cheese Ravioli with Tomato sauce Parmesan cheese ½ cup Collard greens ½ cup carrots Garlic bread ½ cup vanilla pudding with strawberries 8 oz low fat milk
4	5	6	7	8
3 oz Salisbury steak/mushroom Gravy ½ cup bowtie noodles ½ cup Peas and pearl onions 1 slice Rye bread 1 tsp margarine ½ cup Fruit cocktail 8 oz low fat milk	Cinco de Mayo 3 oz. Taco Bake W/Taco Chips Lettuce, Tomato, Cheese, Sour Cream & Taco Sauce 1/2c. Fiesta Corn Lime Jello W/Fruit & Whipped Topping 8 oz. LF Milk	3 oz Chicken Marsala ½ cup Whole wheat pasta with olive oil and garlic and basil Parmesan cheese ½ cup Stewed tomatoes 1 slice Italian bread 1 tsp margarine ½ cup Cinnamon apple sauce 8 oz low fat milk	Cinco de Mayo Celebration "Free" See Newsletter For details 	Mothers' Day Brunch ½ c. Fresh Fruit Cup Spinach, Broccoli & Mushroom Quiche 1/2c. Home Fries 1 c. Tossed Salad/Italian Dressing Cinnamon Coffee Cake/8oz.LF Milk
11	12	13	14	15
3 oz Baked Chicken w/ BBQ sauce ½ cup mashed sweet potato ½ cup Fiesta blend 1 Whole wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	6 oz chicken orzo soup/LS crax 3 oz Sausage and ½ cup peppers ½ cup Roast potatoes 1- 4 inch grinder 1 tsp margarine ½ cup Peaches 8 oz low fat milk	3 oz Turkey Sloppy Joe on a wheat roll ½ cup mashed squash ½ cup spinach banana 8 oz low fat milk	4 oz Grape juice 3 oz Swedish meatballs ½ cup Egg noodles ½ cup Steamed green beans 1 slice Whole Wheat 1 tsp margarine ½ cup fruited Jell-O 8 oz low fat milk	1 Crab cake Tatar sauce ½ cup mashed potato ½ cup Steamed broccoli 1 slice Rye bread 1 tsp margarine ½ cup scalloped apple 8 oz low fat milk
18	19	20	21	22
4 oz Cranberry juice 4 oz Burger w/ whole wheat bun/ketchup ½ cup Sweet potato fries ½ cup Baked beans ½ cup Butterscotch pudding 8 oz low fat milk	Memorial Day Party See Newsletter For details 	4 oz Apple juice 3 oz Light crunch fish with lemon sauce. ½ cup southwest rice ½ cup California blend 1 slice 12 grain bread 1 tsp margarine Brownie 8 oz low fat milk	Memorial Day Celebration Cheeseburger W/Sauteed Onions & Peppers Hamburger Roll/Ketchup 1/2c. Potato Salad 1/2c. Baked Beans Pickle Wedge Blueberry Pie 8 oz. LF Milk	6 oz Tomato soup/LS crackers 1 Grilled cheese ww bread 1 cup tossed green salad with cucumber and Italian dressing ½ cup fruit cocktail 8 oz low fat milk
25	26	27	28	29
Memorial Day Centers Closed	3 oz Eggplant parmesan ½ cup Penne with sauce Parmesan cheese ½ cup Italian blend vegetables Garlic bread ½ cup Apricots 8 oz low fat milk	4 oz cranapple juice 3 oz Pot Roast/LS gravy ½ baked potato ½ cup Bean Blend 2 wheat bread 1 tsp margarine 1 slice carrot cake 8 oz low fat milk	3 oz Oven Baked Chicken qtr ½ cup spinach and pumpkin Rissoto ½ cup broccoli Whole wheat dinner roll 1 tsp margarine ½ cup tropical fruit cup 8 oz low fat milk	1 Cheese omelet ½ cup Spinach ½ cup Roasted potatoes 2 -12 grain bread 1 tsp margarine ½ cup pineapple 8 oz low fat milk

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
All non-citrus juices are Vitamin C fortified. 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