

SENIOR HAPPENINGS

JUNE 2015

June Showcase

HAPPY FATHER'S DAY!



- **June 3:** Center Closed until 12:30 p.m.
- **June 4:** Military Whist Party
- **June 9: Presentation:** *"A Mouthful of Nutrition for Good Oral Health"* sponsored by Lifebridge Community Services (formerly FSW) and presented by,
Annette Hise,
Nutritionist
- **June 12:** Senior Moments with Mike Freda,
First Selectman
- **June 16:** Kate Allen Smith, StoryTeller
- **June 16: Tri Town Dinner:**
Laughter Is The Best Medicine
- **June 18:** AARP Safe Driving Course
- **June 18: Dinner and a Movie:** *St. Vincent*
- **June 23: Presentation:** *"Get The Most Out of your Social Security Retirement Income"*

- **June 24: Presentation:** *"Arthritis and Joint Pain"*
- **June 25:** Summer Fun Celebrating our Fathers
- **June 30: Trip:** Casino

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

HOURS: WEEKDAYS 8:00 a.m. to 4:00 P.M.

Manager – JUDY Amarone

**Secretary – Maggie Maiden and Ellen
McDONALD**

Program Coordinator – Sue Lienken

Café Manager – Arlene Herzog

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 – 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 Wednesday of each month
from 11:45 to 1:15 p.m.**

and

**4th Wednesday of each month
from 11:45 a.m. to 1:45 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,

With the warm weather upon us it is important that we stay hydrated during the summer months. Proper **HYDRATION** plays a key role in a healthy lifestyle for seniors. A loss of hydration is one of the biggest factors that impacts how seniors look and feel. It is vital to remember that as we age, our thirst sensation decreases as does our overall body water. Therefore, dehydration occurs more frequently and much more quickly. Fluid loss can be very serious, affecting the heart, kidneys, brain, and in some severe cases it can be life threatening. Dehydration occurs when more fluid is lost from the body than is taken in.

Top 10 Signs of Dehydration

Thirst, sunken eyes, dry mouth, irritability, confusion, dizziness, muscle weakness, decreased urine output, increased heart rate, or fever

Helpful tips and tricks that you can do to keep hydrated during the summer months:

- Instead of drinks with caffeine or alcohol, make "mocktails" by blending tea, water or lemonade with lightly carbonated flavored water, sparkling apple or grape juice.
 - Popsicles, sorbets and gelatin desserts are great sources of fluid.
 - Add lemon or lime to hot or cold water to give it a refreshing taste.
 - Add club soda or seltzer water to fruit juices to dilute their concentration and add a little sparkle.
 - Decaf iced coffee and tea are refreshing beverage options to keep you cool and hydrated.
- Don't wait for the warning signs. Drink a glass of water or other fluids every couple of hours during the day to prevent confusion, impaired physical performance and loss of appetite.

Please note that all games, Bingo, Bocce, Bridge, Canasta, MahJongg, Pinochle, Rummikub, and Scrabble, start at the times noted in the Newsletter. Coming late and interrupting the game that has already begun is unfair to those that were there on time. For Bocce players, if you arrive late it is asked that you wait until the current game is over before joining in. Please be respectful of those who have arrived on time.

Any man
can
be a father
but it takes
someone special
to be a Dad.

Happy Father's Day!

Farmers Market Update- CT Department of Agriculture **has not sent** out the Farmers Market Coupons as of yet. As soon as I receive them I will put out a press release to the local newspapers as well as posting flyers at the Center and the housing communities informing all that they are in.

June Showcases . . .

- **Military Whist Party** – Thursday, June 4, 12:00 noon. Registration required. Call the Center for information, 203-239-5432
- **Hot Dog Fridays** – Fridays, June 5, 12 and 19, 12 noon, you will receive 2 hot dogs, bag of chips, soda and a dessert. Please stop by the office by the Wednesday before, cost: \$5.00, residents and \$10.00, non-residents. **No hot dog Friday on Friday, June 26.**
- **Presentation:** *“A Mouthful of Nutrition for Good Oral Health”* - Tuesday, June 9, 11:30 a.m. sponsored by Lifebridge Community Services (formerly FSW) and presented by Annette Hise, Nutritionist. Please register with our Café Manager, Arlene Herzog.
- **Senior Moments with 1st Selectman, Mike Freda** – Friday, June 12, 10:30 a.m. If you have an issue and would like to discuss it one on one with Mike, please call the Center to make an appointment to meet with him, 203-239-5432. Appointments will be made every 20 minutes. If you cannot make your appointment, please be sure to call and cancel.
- **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!***
- **Dinner and a Movie: *St. Vincent*** – Thursday, June 18, 3:15 p.m. Starring: Bill Murray, Melissa McCarthy and Naomi Watts. A single mother Maggie (Melissa McCarthy) moves into a new home in Brooklyn with her 12-year-old son Oliver. Forced to work long hours, she has no choice but to leave Oliver in the care of their new neighbor, Vincent (Bill Murray), a retired curmudgeon with a penchant for alcohol and gambling. Rated PG-13 by the Motion Picture Association of America for mature thematic material including sexual content, alcohol and tobacco use, and for language. Run time: 1 hour 42 minutes. Dinner will be served at 5:00 p.m. Italian combo subs, potato chips, pasta salad and dessert will be your dinner for the evening. Please stop by the office to reserve your spot by Friday, June 12. Cost: \$5.00. **Residents Only!**
- **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.
- **Presentation: “*Arthritis and Joint Pain*”** – Wednesday, June 24, 10:30 a.m. Come join Dr. Oluwaseun Akinbo from the Center for Orthopaedics of Hamden, Branford and Orange. He will speak on the topics of joint pain, arthritis and some of the treatment options that are available for the pain. Please 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 per non-resident. Please stop by the office by Friday, June 19th. Limited seats available to the first 65 people.

July's Fun in the Sun

- **Fourth of July Celebration with Strawberry Shortcakes** – Thursday, July 2, 12:30 p.m. Enjoy an afternoon of strawberry shortcakes, homemade biscuits, strawberries and real whipped cream. Cost: \$5.00 per resident and \$10.00 per non-resident. Please sign up with the office by Friday, June 19th.
- **Jewelry Making 101 and 102** – Thursday, July 9, 16 and 30 and August 6, 10:30 a.m. On the first day, we will learn what you need to finish a bracelet, a pair of earrings and a necklace. **No class on July 23.** Cost will vary on the color of the stones and what style you would like to make. **Residents only.** Please stop by or call the office to make your reservations by Monday, July 6, 203-239-5432.
- **Dinner and a Movie: *Kate and Leopold*** – Thursday, July 16, 3:30 p.m. When two strangers meet in New York City, a century's worth of differences come crashing together. Kate McKay is a modern-day executive, a 21st century woman driven to succeed in the corporate world. Leopold, the Third Duke of Albany, is a charming 19th century bachelor. Each has grown weary of waiting for love. But when a dramatic twist of fate lands Leopold in present-day New York, they must confront the prospect of a love affair 100 years in the making. Starring Meg Ryan and Hugh Jackman. Rated PG-13 by the Motion Picture Association of America for mature thematic material including sexual content, alcohol and tobacco use, and for language. Run time: 1 hour 18 minutes. Dinner will be served at 5:00 p.m. Our entrée will be for the evening will be your choice: chicken salad wrap (grapes, celery, onion will be in the chicken salad) or tuna fish (celery and onion will be mixed in the tuna fish) sandwich (lettuce and tomato will be served on the sandwich) served with sweet potato fries, drink and dessert. Please stop by the office by Friday, July 10 to reserve your spot. Cost: \$6.00, **Resident's Only!**
- **Presentation: Incontinence - presented by Susann Varano, MD**-Monday, July 20, 10:30 a.m. If you are having a difficult time making it to the restroom or have had embarrassing moments, this lecture may interest you.
- **Lunch Out: Lunch at Jimmies of Savin Rock** – Thursday, July 30, 11:00 a.m. Yes, we are taking our famous ride to Jimmies of Savin Rock in West Haven. The bus will depart at 11:00 a.m. from the Center and will arrive at Jimmies by 11:45 a.m. Reservations are required! First preference will be given to members that do not drive. Also, those who drive are asked to drive to the Center. Sign-ups start on Wednesday, July 1 through Tuesday, July 21, 20 person maximum. If there are more than 20 people interested, a second date will be offered. Lunch is on your own; separate checks will be provided. All members are asked to have an updated application on file in the office as well as information on them stating medications and allergies.

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

***Ann Alexander, Andy Amatruda, Toni Bono, Tony
Caprio, Gloria Ferraro, Helen Fusaris
and Carol Labagnaro***

Welcome to Our New Members:

***Evelyn Clayton, Diane Cretella,
Dionisio & Sandy Feola,
Cathy Giannelli, Janet Hand,
Joyce Koutsopolos, Marylou McManus,
Marvin & Roselyn Miller,
Nora & Robert Reynolds and Linda Wishart***

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.

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. **Classes will resume in September.**

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.

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. Will be breaking for the summer, look for a new class to begin in September.

TAI CHI: FOR BETTER BALANCE - Monday and Thursday, 10:00 to 11:00 a.m. Will be breaking for the summer, look for a new class to begin in September.

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.

Session: 9:00 to 10:30 a.m., Tuesday, May 19 through Tuesday, August 11.

Session: 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. **New Session begins:** Thursday, June 11 through Thursday, August 27. 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 . . .

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 Citizen**

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

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
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 & 10:45-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
10:00-Canasta	10:30-Storyteller:	10:00-Bocce	11:30-Lunch	11:30-Lunch
11:30-Lunch	Kate Allen Smith	11:30-Lunch	12:30-No Crafts	12:00-BEG Mah Jongg
12:45-Bingo	11:30-Lunch	12:00-Mah Jongg	1:00-Gentle Hatha Yoga	12:00-Hot Dog Friday
1:00-Beg Pinochle	12:30-Mah Jongg	12:15-Bridge	3:15-Dinner and a Movie:	12:15-Bridge
1:00-Bocce	12:30-Oil Painting	12:30-Knitting/Crocheting	St. Vincent	12:45-Bingo
	12:30-Crafts	1:00-Rummikub		1:00-Bocce
	1:15-Senior Songsters	1:00-Bocce		
	5:30-Tri-Town Comedy and			Collection Date:
	Pasta Night			Mohegan Sun
	(Wallingford Senior Center)			
22	23	24	25	26
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
10:15-Canasta	12:30-Mah Jongg	10:00-Bocce	11:30-No Lunch	11:30- Lunch
11:30-Lunch	12:30-Oil Painting	10:30-Presentation:	12:00-Father's Day Summer Fun	12:00-BEG Mah Jongg
12:45-Bingo	12:30-Crafts	"Arthritis and Joint Pain"	12:30-No Crafts	12:00-No Hot Dog Friday
1:00-Beg Pinochle	1:15-Senior Songsters	11:30-Lunch	1:00-Gentle Hatha Yoga	12:15-Bridge
1:00-Bocce	6:00-Presentation: "Get the	11:45-Health Guidance Clinic		12:45-Bingo
	Most Out of your Social Security	12:00-Mah Jongg		1:00-Bocce
	Retirement Income"	12:15-Bridge		
		12:30-Knitting/Crocheting		Collection Date:
		1:00-Rummikub		The Turkey Train
		1:00-Bocce		Winnepesaukee Railroad
29	30			
9:00-Line Dance	9:00-Trip: Mohegan Sun			
9:30-E-Z Exercise	9:00-Ceramics			
10:15-Canasta	9:00 & 10:45-Chair Yoga			
11:30-Lunch	11:30-Lunch			
12:45-Bingo	12:30-Mah Jongg (Main Room)			
1:00-Beg Pinochle	12:30-Oil Painting (Back Room)			
1:00-Bocce	12:30-No Crafts			
	1:15-No Senior Songsters			

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

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
3 oz Swedish meatballs ½ cup Bowtie noodles ½ cup Green beans 1 Wheat dinner roll 1 tsp margarine ½ cup Peaches 8 oz low fat milk		6 oz Escarole and bean soup 1 pkt LS crackers 3 oz Crab cake/tartar sauce ½ cup Confetti brown rice ½ cup California blend 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk		No Lunch Program Today CENTER OPENS AT 12:30 P.M.		3 oz Pot roast/LS gravy ½ cu p Smashed potato ½ cup Broccoli 1 Pumpnickel dinner roll 1 tsp margarine ½ cup Fresh melon 8 oz low fat milk		3 oz Spinach grandoli with LS sauce 1 tsp Parmesan cheese 1 cup Tossed Salad with cucumber and Italian dressing 1 Garlic breadstick 1 tsp margarine ½ cup Pineapple 8 oz low fat milk	
8		9		10		11		12	
3 oz Mandarin chicken ½ cup Vegetable fried rice ½ cup Oriental blend 1 slice Wheat bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk		3 oz Hamburger au jus 1 Wheat bun Ketchup ½ cup Steak fries ½ cup Coleslaw ½ cup watermelon 8 oz low fat milk		1 slice Broccoli quiche ½ cup Beets ½ cup Green beans 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk		6 oz Chicken noodle soup 1 pkt LS crackers 3 oz Turkey/LS gravy ½ cup Stuffing ½ cup spinach 1 slice Rye bread 1 tsp margarine ½ cup Baked apple wedges 8 oz low fat milk		JUNE BIRTHDAYS Seafood salad 3 oz seafood salad 1 cup lettuce and tomato ½ cup three bean salad 1 Portuguese roll 1 tsp margarine 4 oz Cranberry juice 1 slice sliced yellow cake 8 oz low fat milk	
15		16		17		18		19	
6 oz Cream of carrot soup 1 pkt LS crackers 3 oz Light crunch fish Tartar sauce/lemon 1 cup tossed salad with tomato and Italian dressing 1 slice Family grain bread 1 tsp margarine Fresh fruit 8 oz low fat milk		3 oz Chicken cacciatore ½ cup Bowtie pasta ½ cup Cauliflower with parsley 1 slice Italian bread 4 oz Pineapple juice ½ cup Ice cream cup 8 oz low fat milk		3 oz Meatloaf/LS gravy 1 Baked potato 1 Tbsp sour cream ½ cup Glazed carrots 1 slice Multi grain bread 1 tsp margarine ½ cup Tropical fruit 8 oz low fat milk		FATHERS' DAY CELEBRATION 3 oz Veal Roulade W/LS Gravy Small Baked Potato 1 TBS Sour Cream ½ c. Herbed Peas and Onions 1 Garlic Dinner Roll 1 tsp Margarine Small Piece Holiday Cake 8 oz. LF Milk		4 oz Eggplant rolatini with cheese ½ cup Penne pasta ½ cup Spinach 1 slice Garlic bread ½ cup Melon 8 oz low fat milk	
22		23		24		25		26	
½ cup Spaghetti 3 oz meat sauce Parmesan cheese 1 cup Spinach salad with shredded carrot and raspberry vinaigrette 1 slice Garlic bread 4 oz Mixed fruit juice ½ cup Italian ice 8 oz low fat milk		6 oz Shrimp bisque 1 pkt LS crackers Chef salad with 1 oz each turkey, ham and cheese 1 cup Lettuce, tomato, cucumber French dressing 1 Wheat breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk		3 oz Stuffed salmon with rosemary cream sauce ½ cup Brown rice pilaf ½ cup Roasted Fresh zucchini and yellow squash 1 slice Marble rye bread 1 tsp margarine ½ cup pears 8 oz low fat milk		FATHER'S DAY SUMMER FUN See Newsletter for details  IT'S SUMMER!		3 oz Vegetable omelet ½ cup Sweet potato fries ½ cup Coleslaw vinaigrette 1 slice Pumpnickel bread 1 tsp margarine 4 oz Apple juice 1 M&M cookie 8 oz low fat milk	
29		30							
1 cup Stir fry chicken and cup broccoli ½ cup Brown rice 1 slice Rye bread 1 tsp margarine ½ cup pineapple 8 oz low fat milk		3 oz Salisbury steak/LS mushroom gravy ½ cup Roasted potato ½ cup Scandinavian blend 1 Pumpnickel dinner roll 1 tsp margarine 4 oz Cranapple juice 1 slice Marble cake 8 oz low fat milk				Reservations for Lunch are Made by Calling the Day Before Between 9-11 am (203) 239-4030			

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