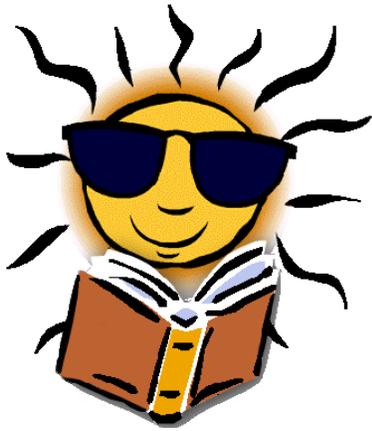


SENIOR HAPPENINGS

AUGUST 2015

**Enjoy the last
few days of Summer!**



DOG DAYS OF SUMMER, What's Happening in August . . .

- ☆ **AUGUST 4:** JEWELRY MAKING 101 and 102
- ☆ **AUGUST 5:** MILITARY WHIST PARTY and DINNER
- ☆ **AUGUST 6:** JEWELRY MAKING 101 and 102
- ☆ **AUGUST 7:** HOT DOG FRIDAY
- ☆ **AUGUST 13:** MINI TRIP: UNIVERSAL DRIVE
- ☆ **AUGUST 13:** SPRING/SUMMER CLEANING AUCTION
- ☆ **AUGUST 14:** HAPPY 80th SOCIAL SECURITY
⇒ *Open Forum and celebration with
Mike Freda, 1st Selectman, 10:30 a.m.
with light lunch and dessert immediately
following*
- ☆ **AUGUST 20:** MINI TRIP: WALLINGFORD WALMART
- ☆ **AUGUST 21:** HOT DOG FRIDAY WITH SAUERKRAUT
- ☆ **AUGUST 21:** NATIONAL ICE CREAM SANDWICH DAY
- ☆ **AUGUST 25:** TRIP: MOHEGAN SUN
- ☆ **AUGUST 27:** Bocce Fun with WALLINGFORD
SENIOR CENTER
- ☆ **AUGUST 28:** NATIONAL HOAGIE SANDWICH DAY

Joyce C. Budrow NORX Haven Senior Center
189 Pool Road, NORX Haven, Ct 06473
OFFICE: 203-239-5432 ♦ Fax: 203-234-7185

www.town.norx-haven.ct.us

HOURS: Weekdays 8:00 a.m. to 4:00 p.m.

LUNCH PROGRAM: 203-239-4030

Manager ~ Judy Amarone
Secretary ~ Maggie Maiden and
Ellen McDonald
Full Time Driver ~ Kenx Baedor

Program Coordinator ~ Sue Tienken
Part Time Drivers ~ Kevin Smith and
Richard Kaman
Café Manager ~ Arlene Herzog

Daily, Medical, Errands, Grocery Shopping, Mini Trips

Please see attached Flyer for New Updated Transportation Guidelines

Daily Transportation

Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

Scheduled and Mini Trips

For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

Tuesdays:

- Hairdressers, Barbers and Nail Salons

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)

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

Thursdays: (time frame for mini trips will be an hour and half from time of drop off)

- Mini Trips:
 - ⇒ **Thursday, August 13:** Universal Drive
 - ⇒ **Thursday, August 20:** Wallingford Walmart

Fridays: (time frame for grocery shopping will be an hour and half from time of drop off)

- Grocery Shopping

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.

Medical Transportation

Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. **Pickup times are approximate.** Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven, Hamden and **on a very limited basis** to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor's office.

Please make note: there will be *no medical transportation* on the following days – 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 9:00 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.

From the desk of Judy,

“Open Forum with Mike” Come Celebrate our Seniors and Social Security!

Friday, August 14, 2015 marks the 80th year that the Social Security program has supported our nation’s most valuable citizens by giving them a financial safety net and, in some cases, the opportunity to regain the ability to provide for themselves. In celebration of this outstanding program you are cordially invited to come for our Open Forum with our First Selectman Mike Freda as he will celebrate you as well as Social Security.

Time:

**Open forum and celebration will begin at 10:30 a.m.
with light lunch and dessert immediately following
(you must attend the open forum and celebration in order
to receive the light lunch and dessert)**

*Due to the anticipation of a large attendance, reservations are needed.
Please RSVP no later than August 10th.*

It’s Auction Time Again!!!

On Thursday, August 13, 2015 from 1-3p.m. Gently used and clean items are needed to make this another successful event. Please drop them off to the Center by Monday, August 11th. Thank you in advance and I am looking forward to this fun filled event.

Senior Center Outreach

I am inviting all interested residents who would like to participate in our outreach to support families who reside at the Ronald McDonald House. The Ronald McDonald House of Connecticut is a "home away from home" for families of children who are being treated at nearby hospitals and other healthcare facilities.

Over the past three years the Center has supported the efforts of this wonderful home away from home. Our past projects have brought joy knowing we helped sick children and their families.

This year we will be making table runners that will be for sale at the annual Trees of Hope fundraiser. ***You do not have to be crafty nor is this for women only.*** What is needed is a few hours of your time to help cut fabric and if you would like to sew with a machine, that is needed as well. Please see the newsletter on page 5 for more information.

Farmers Market Coupons are In!
Booklet will be disbursed starting on July 6, 2015 at the
Senior Center from 9am-3pm

2015 Eligibility Guidelines:

- ☆ Single Person=\$21,775 Annually
- ☆ Couple=\$29,471
- ☆ Available for those 60 years of age or older or permanently disable living in subsidized senior housing
- ☆ Booklet value \$18
- ☆ One booklet per household
- ☆ Couples may receive a second booklet if the Center does not distribute all booklets by the end of September



The Dog Days of Summer, What's Happening in August . . .

- ☆ **Jewelry Making 101 and 102** – Tuesday, August 4 and Thursday, August 6, 10:30 a.m. Cost: \$5.00 per class. **Residents only.** Please stop by or call the office to make your reservations by Monday, August 3, 203-239-5432.
- ☆ **Military Whist Party and Dinner** – Wednesday, August 5, 3:30 p.m. See attached flyer for more information.
- ☆ **Hot Dog Fridays for August** – Friday, August 7 and 21 - 12 noon, you will receive 2 hot dogs, bag of chips, soda and a dessert, cost \$5.00, residents and \$10.00, non-residents. **On August 21st, we will add sauerkraut to the menu, cost: \$6.00, residents and \$11.00 non-residents.** Please stop by the office by the Wednesday before. **No hot dog Friday on Friday, August 14 and 28.**
- ☆ **Spring/Summer Cleaning Auction** – Thursday, August 13, 1:00 p.m., this should be fun and exciting to see what we can purchase from other's treasures!! If you have something that is clean, on the newer side and do not have a place for it in your home, feel free to donate it to the Center for our Auction. We will only accept clean and "newer" items, we will not accept clothing, pocketbooks or shoes.
- ☆ **"Open Forum with Mike Freda, First Selectman" Come Celebrate our Seniors and Social Security** - Friday, August 14, 2015 marks the 80th year that the Social Security program has supported our nation's most valuable citizens by giving them a financial safety net and, in some cases, the opportunity to regain the ability to provide for themselves. In celebration of this outstanding program you are cordially invited to come for Open Forum with our First Selectman Mike Freda as he will celebrate you as well as Social Security.

Time:

**Open forum and celebration will begin at 10:30 a.m.
with light lunch and dessert immediately following
(you must attend the open forum and celebration in order
to receive the light lunch and dessert)
Due to the anticipation of a large attendance reservations are needed.
Please RSVP no later than August 10th.**

- ☆ **National Ice Cream Sandwich Day** – Friday, August 21, 12:30 p.m. Today is National Ice Cream Sandwich Day and Amanda's 19th birthday so come on in, make your own ice cream sandwich, celebrate with us and enjoy this tasty treat. We will have a variety of cookies with vanilla or chocolate ice cream. Cost: \$2.00, please stop by the office by Monday, August 17, to sign up for this delicious event!
- ☆ **Bocce Fun with Wallingford Senior Center** – Thursday, August 27, 10:00 a.m. Please join us for a friendly bocce tournament against the Wallingford Senior Center. At 12:00 noon we will serve hot dogs, salad, chips, dessert and drinks. Cost: \$5.00. Please stop by the Center to register by Monday, August 24th.
- ☆ **Hoagie Sandwich Day** – Friday, August 28, 12 noon; Today we celebrate National Hoagie Sandwich Day. Cost: \$6.00, residents and \$11.00, non-residents, this includes Hoagie, chips, deli pickle and a drink. Please stop by the Center to register by Tuesday, August 11th.

Save the Dates

Always lots happening here at the North Haven Senior Center, we want to make sure you mark these exciting events on your calendar so you don't miss out on the fun!!

September . . .

- ❖ **Bingo is Back** – the first Wednesday of every month, 12:30 p.m. – lunch will be served at 11:30 a.m. Specials will be held so watch the newsletter for more information!! Wednesday, September 2nd will be the first Bingo, we will serve soup and half sandwich, drink and a cookie, cost: \$5.00, residents and \$10.00, non-residents, this includes lunch and 2 bingo cards, any additional bingo cards will cost the usual, .75 per card. **If you plan on just joining us for lunch and not Bingo, cost of lunch will be \$3.00.** Please sign up at the office by Friday, August 28th.
- ❖ **Labor Day Picnic** – Friday, September 4, 12:00 noon – come in and enjoy the bitter end of summer with a picnic, friends and great conversation! The menu will be: oven fried chicken, corn off the cob, potato salad, drinks and dessert. Cost: \$6.00 resident and \$11.00 non-resident. Reservations will begin on Monday, August 10th and will end on Monday, August 31st to the first 65 people.
- ❖ **Sew and Sandwich Project for Ronald McDonald House** – Tuesday, September 8 and 15, 3:30 to 5:30 p.m. This year our Community Project will be sewing the 10 minute runners to donate to the Ronald McDonald House. If you have a portable sewing machine, please bring it if you are willing. Finger sandwiches, a light salad, drink and dessert will be served as a thank you from us for your help!! Please stop by the office by Tuesday, September 1 to let us know if you can volunteer your time. You do not have to volunteer both days, whatever day is easier for you. We will be honored!
- ❖ **Holiday Bazaar Meeting** – Thursday, September 10, 10:00 a.m.
- ❖ **Dinner and a Movie: RED** – Thursday, September 10, 3:30 p.m. A group of former government assassins fights back against the CIA after they're targeted for knowing too much in this adaptation of Warren Ellis' acclaimed DC Comics graphic novels. Frank Moses (Bruce Willis) used to be a hired gun for the CIA. Along with Joe (Morgan Freeman), Marvin (John Malkovich), and Victoria (Helen Mirren), Frank's specialty was carrying out contracts that the government didn't want the public to know about. These days, Frank and his old gang are all retired, but the powers that be are still concerned that they know too much, and dispatch a team of top assassins to ensure their silence. Now, Frank and his former team members realize that their only hope for survival is to break into CIA headquarters and expose the truth. But once they're in, the group uncovers evidence of a massive cover-up that promises to rock the very foundation of our government. Starring: Bruce Willis, Morgan Freeman, John Malkovich, Helen Mirren, Mary-Louise Parker. The movie is rated PG-13 and will run for 1 hour 39 minutes. Dinner will be served at 5:15 p.m. and the menu will be: meatball subs, drink and dessert, cost: \$5.00. **Residents Only!**
- ❖ **Bocce Fun with the Department Heads** – Friday, September 11, 11:30 a.m. We will begin with hot dogs, or hamburgers or cheeseburgers, pasta salad, chips, dessert and drinks before heading to the courts to have some bocce fun with our Town Department Heads. Please sign up with the office before Friday, September 4th. Cost for non-bocce members; \$5.00. **Residents Only!**
- ❖ **Westbrook Outlets with lunch at Denny's** – Thursday, September 17, 9:30 a.m. Please stop by the office to sign up by Monday, September 14th - The bus will depart at 9:30 a.m. from the Center. Reservations are required! Those who drive are asked to drive to the Center by 9:15 a.m. Sign-ups start on Tuesday, September 1 through Monday, September 14, 20 person maximum. Lunch is on your own. All members are asked to have an updated application on file in the office as well as information on them stating medications and allergies.
- ❖ **Managing the Pain of Arthritis** – Thursday, September 17, 2:00 p.m. Join the Grimes Center of Yale New Haven Health to discuss arthritis, pain management, surgical interventions, adaptive equipment and physical medicine. Amie Stevens, PT, Director of Rehabilitation, YNHG Grimes Center will be your speaker on this topic. Please call the Center to reserve your seat by Friday, September 11th, 203-239-5432.

- ❖ **Reverse Mortgage Workshop. . . Is it right for you?** – Wednesday, September 23, 6:00 p.m. Reverse mortgages give you the opportunity to access in your equity from primary residence with no monthly payment. Nationally studies have indicated that homeowners have 60% of their net worth in their home and a reverse mortgage gives you the ability to access it. There have been many changes and decreases in fees. Michael Savenelli Sr. from Province Mortgage will be at our center. Please call the Center, 203-239-5432 to reserve your seat by Monday, September 21st.
- ❖ **Bocce Fun with Wallingford Senior Center** – Thursday, September 24, 10:00 a.m. We will be traveling to Wallingford Senior Center for a friendly bocce tournament against the Wallingford Senior Center.
- ❖ **Pinochle Tournament** – Thursday, September 24, 12:30 p.m. See attached flyer.

October . . .

- * **October Fest** – Thursday, October 1, 12:00 noon
- * **Ghost Project** – Tuesday, October 6 and 13, 10:30 a.m.
- * **Welcome New Member Breakfast** – Thursday, October 13, 9:30 a.m.
- * **Flu Clinic** – Tuesday, October 27, 11:00 a.m. to 12:30 p.m.
- * **Mah Jongg Tournament** – Thursday, October 29, 11:15 a.m.
- * **Halloween Bingo** – Friday, October 30, 12:45 p.m.

November . . .

- ⇒ **Daytime Gardeners Presentation: Making Nut Ball Decorations** –
Tuesday, November 10, 10:00 to 11:30 a.m.
- ⇒ **Holiday Bazaar** – Friday, November 13 from 1:00 to 6:00 p.m.
and Saturday, November 14, 9:00 a.m. to 3:00 p.m.
- ⇒ **Annual Tree Decorating Party with a Sing-a-long with our Songsters** –
Tuesday, November 24, 1:00 p.m.
- ⇒ **Black Friday Shopping** – Friday, November 27, 10:00 a.m. we will be venturing up to the Meriden Mall, signups will begin September 15 and end October 23 or to the first 20 people.
- ⇒ **All Day Bingo and Lunch** – Friday, November 27, 10:00 to 11:30 a.m., lunch will be served at 11:45 a.m. and then bingo will resume at 12:20 p.m.

December . . .

- * **Senior to Senior Breakfast** – Tuesday, December 1, 8:00 a.m. held at the North Haven High School, transportation will be provided.
- * **Tri-Town Christmas Party** – Friday, December 4, 11:00 a.m. held at Zandri's Stillwood Inn, transportation will be provided.
- * **Hanukkah Breakfast** – Tuesday, December 8, 10:00 a.m.
- * **Military Whist Party** – Thursday, December 10, 12:00 noon
- * **Bring In the New Year** - Thursday, December 31, 11:45 a.m.

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

**Ann Alexander, Marie Barnhardt, Joan
Clinton, Ann DellaValle, Betty Gannon**

Welcome to Our New Members:

**Jacques Gagnon, Jan Gould,
Peter J. Deleonardo, Maryann Licata,
Sophia Salinger, Gary Takach,
Louisa Widdows, Johanna Wilson**

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 and Friday, 12:45 p.m.

CANASTA - Monday, 10:00 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 10:00 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 – **No line dancing during the month of August, will reconvene on Wednesday, September 9th!** 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, September 8 through November 24. 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!

The Songsters **will not meet** on August 11.

SITERCISE – Monday and Wednesdays, 10:30 to 11:30 a.m. **New session will begin:** Monday, September 14 ending Wednesday, December 9, ***no class Monday, October 12 due to Columbus Day and Wednesday, November 11 due to Veterans Day.*** **New Fee:** residents, \$30.00, non-residents, \$35.00. 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. **Registration begins on Monday, August 17 and end on Friday, September 4 or to the first 15 people.**

TAI CHI: FOR BETTER BALANCE - Monday and Thursday, 10:00 to 11:00 a.m. Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. **New session begins:** Monday, September 14 ending Thursday, December 10, ***no class Monday, October 12 due to Columbus Day and Wednesday, November 11 due to Veterans Day.*** **New Fee:** residents, \$30.00; non-residents \$35.00. **Registration begins on Monday, August 17 and end on Friday, September 4 or to the first 15 people.**

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, August 11 through October 27.

Session: 10:45 a.m. to 12:15 p.m. class on Tuesday, July 28 through Tuesday, October 13.

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:** 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.**

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.

Casino: Foxwoods – Tuesday, October 27, 2015. Collection date: Friday, August 28, 2015. Cost: \$27.00 per resident; \$32.00 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.**

North Haven Community Café sponsored by the North Haven Senior Center in collaboration with Life Bridge CT
AUGUST 2015

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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	3 oz Oven fried chicken ½ cup Macaroni and cheese ½ cup Spinach 1 slice Wheat bread 1 tsp margarine ½ cup apricots 8 oz low fat milk	3 oz pulled pork/bbq sauce Wheat sandwich bun ½ cup coleslaw ½ cup fiesta blend 1 tsp margarine ½ cup Tropical fruit 8 oz low fat milk	6 oz Tomato soup 1 pkt LS crackers 2 oz Tuna Salad & 1 oz LS Cheese on 4 inch grinder roll with mustard 1 cup Tossed salad with tomato and LS ranch dressing Fresh fruit 8 oz low fat milk
10	11	12	13	14
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	Taste of Italy 4oz Cannelloni Cheese Pasta W/White Sauce ½ c Cauliflower & Zucchini Baked Tomato Half 1 slice Italian Bread 1 tsp Margarine ½ c Chocolate Mousse W/Whipped Topping 8 oz. LF Milk	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	NO FSW LUNCH SPECIAL LUNCH TO CELEBRATE THE 80 TH YEAR OF SOCIAL SECURITY See Desk of Judy for more information
17	18	19	20	21
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	August 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 Iced yellow cake 8 oz low fat milk
24	25	26	27	28
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 2 slice Italian bread 4 oz Pineapple juice ½ cup chocolate pudding 8 oz low fat milk	3 oz Meatloaf/LS gravy ½ Baked potato ½ cup Glazed carrots 2 slice Multi grain bread 1 tsp margarine ½ cup Tropical fruit 8 oz low fat milk	3 oz Fresh ham/LS gravy ½ cup Mashed sweet potato ½ cup Bean blend 1 Biscuit 1 tsp margarine ½ cup pineapple 8 oz low fat milk	4 oz Eggplant rolattini with cheese ½ cup Penne pasta ½ cup Spinach 1 slice Garlic bread ½ cup Melon 8 oz low fat milk
31				
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				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