

SENIOR HAPPENINGS SEPTEMBER 2015

FALL FUN IN SEPTEMBER . . .



*Wishing Our Grandparents a Happy
Grandparents Day!!*

And

*Our Students An Awesome
School Year!*

- ❖ September 2: BINGO IS BACK
- ❖ September 4: LABOR DAY PICNIC
- ❖ September 8: Finance Meeting, 10:30 a.m.
- ❖ September 10: Mini Trip: Hamden Mart
- ❖ September 10: HOLIDAY BAZAAR MEETING
- ❖ September 10: Dinner and a Movie: RED
- ❖ September 11: Bocce Fun with Department Heads
- ❖ September 17: AARP Safety Drivers Course
- ❖ September 17: Westbrook Outlets with Lunch at Denny's
- ❖ September 17: Presentation: Managing the Pain of Arthritis
*Presented by: Amie Stevens, PT
Director of Rehabilitation,
MXX Grimes Center*
- ❖ September 18: Hot Dog Friday
- ❖ September 22 Sew and Sandwich Project for
Ronald McDonald House
- ❖ September 23: Presentation: Reverse Mortgage Workshop
. . . Is It Right For You?
*Presented by: Michael Savanelli Sr.
From Province Mortgage*
- ❖ September 24: Mini Trip: Universal Drive
- ❖ September 24: Bocce Fun with Wallingford Senior
Center at their Court
- ❖ September 24: Pinocle Tournament
- ❖ September 25: Hot Dog Friday Special
- ❖ September 25: Collection Date: *COUNTRY DIVAS*
- ❖ September 28: Presentation: "Seniors In Motion"
Sponsored by: Berkshire Hakaway Homeservices
- ❖ September 29: Sew and Sandwich Project for
Ronald McDonald House
- ❖ September 29: Commission on Aging Meeting

Joyce C. Bidrow North Haven Senior Center
189 Pool Road, North Haven, Ct 06473
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. Lunch Program: 203-239-4030

Manager – Judy Amarone
Secretary – Maggie Maiden and
Ellen McDonald
Full Time Driver – Kelly Baedor

Program Coordinator – Sue Tenken
Part Time Drivers – Kevin Smith and
Richard Kaman
Café Manager – Arlene Herzog

Daily, Medical, Errands, Grocery Shopping, Mini Trips

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, September 10:**
Hamden Mart
 - ⇒ **Thursday, September 17:**
Westbrook Outlets and Lunch
 - ⇒ **Thursday, September 24:**
Universal Drive

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 4 and 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,

Happy September everyone! Please be sure to read the newsletter noticing all the exciting programs and events happening this month. As always there are time frames to sign up for programs. This is to ensure that we have enough seats as well as food for all. If you sign up late sadly we may have to tack on a late fee. Worse we may have to turn you away. Don't be left behind sign up early and get ready for an exciting September.

Time is running out for Farmers Market Coupons! If you haven't picked up your coupons for the Farmer's Market and forgot to pick them up now is the time. Beginning the week of September 14, I will be handing out a second booklet to couples that initially only received one booklet. Please call the office prior to picking up booklets to ensure I am available to assist you.

I am pleased to announce the State of CT and Connecticut Food Bank have introduced a new program this year entitled the Commodity Supplemental Food Program (CSFP). This program works to help improve the health of low-income persons 60 years of age by supplementing their diets with nutritious food products provided by the U.S. Department of Agriculture. **Qualified North Haven residents** will receive a monthly food package with an estimated value of approximately \$50.00. This program will be limited to the first 25 eligible applicants. All other qualified applicants will be placed on a wait list.

Eligibility Requirements: Elderly individuals (sixty years of age and older) shall not have annual household income in excess of 130% of the Federal Poverty Level (a monthly income below \$1276 for a household of one or \$1726 for a household of two for example).

Documentation of income verification must be provided. Sources of income verification include, but are not limited to, check stubs or statements from employers verifying wages, federal or state award letters or other official documents that verify receipt of benefits. Candidates must also provide proof of North Haven residency. Sources of verification include, but are not limited to, drivers' licenses and birth certificates. **Social Security cards are not acceptable forms of verification.**

Applications will be taken following a brief information session at the Center on Monday, October 26th at 10 a.m. Please call, 203-239-5432 or stop by in the office to schedule your application appointment.

*Just a friendly ☺ reminder, as you are having a great time at the Center we ask you to be considerate to all participants by cleaning up after yourself when leaving. I have found many tissues, luncheon napkins, candy wrappers, coffee cups left on the tables and on the floor.
Our building will stay clean if we care for it as if it were our own home. Thank you ☺*

Fall Fun In September . . .

- ❖ **Bingo is Back** – the first Wednesday of every month, 12:30 p.m. – lunch will be served at 11:30 a.m. 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. FSW Lunch will not be served today!** Please sign up at the office by Friday, August 28th.
 - ❖ **Labor Day Picnic** – Friday, September 4, 12:00 noon – come in and enjoy the 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.
-  **DATE CHANGE: Sew and Sandwich Project for Ronald McDonald House** – Tuesday, September 22 and 29, 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. **calling all helpers!** There will be a meeting of the minds for the Annual Holiday Bazaar – please plan on joining us as we brainstorm by bringing back both old ideas and new to help make the Holiday Bazaar a success!
 - ❖ **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 lunch which consists of either (2) hot dogs, or hamburger or cheeseburger, 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. **Bocce Members 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, YNHH Grimes Center will be your speaker on this topic. Please call the Center to reserve your seat by Friday, September 11th, 203-239-5432.
- ❖ **End of Season Hot Dog Fridays** - Friday, September 18, 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 September 25, Hot Dog Friday Special, 12 noon, instead of hot dogs you will be served either a hamburger or cheeseburger, bag of chips, soda and dessert, cost: \$6.00, residents and \$11.00 non-residents. Please stop by the office by the Wednesday before.
- ❖ **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.
- ❖ **Presentation: “Seniors In Motion”** – Monday, September 28, 12 noon. Free lunch and presentation sponsored by Berkshire Hathaway Home Services. Presentations will be by Teresa Vitelli, Office Leader of Berkshire Hathaway and First Selectman, Michael Freda. Seating is limited to the first 70 people, so please call the Center, 203-239-5432, by Monday, September 21.

Today you will learn the following on what is available to our Seniors:

- Selling, Buying, Renting, Housing Options;
- Trends Developing in other areas & Local Senior Housing Projects;
- An illustration of options in the region that North Haven doesn't currently have;
 - Exploring Your Financial Options; and
 - Learn More About Elderly Law

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!!

October . . .

- * **October Fest** – Thursday, October 1, 12:00 noon We will begin with a soft pretzel and mustard, with the main meal is bratwurst, bacon and sauerkraut sautéed together, potato pancakes served with sour cream and apple sauce, Wienerschnitzel served with lemon slices, dessert and drinks. Cost: \$8.00 residents; \$13.00 non-residents. Please stop by the office beginning Friday, September 4 through Wednesday, September 23 to reserve your spot.
- * **Fun Project: Ghost Project** – Tuesday, October 6 and 13, 10:30 a.m. Come on in and enjoy making our Ghosts – a sample will be displayed at the Center on our piano!! You must be able to attend both dates. Cost: \$3.00. **Residents Only.** Please stop by the office to reserve your spot by Thursday, October 1.
- * **Bingo with Lunch** – Wednesday, October 7, 11:30 a.m. lunch will be served 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, October 2.
- * **Welcome New Member Breakfast** – Thursday, October 15, 9:30 a.m. For those of you who have joined the Center from July through this month, we invite you to attend this informational breakfast to find out first-hand about activities & services that are available to you! Our volunteer hostess will be on hand to answer any of your questions and give you a tour. We will be serving egg sandwiches with or without cheese and coffee or tea. For any of our current members who would like to join us for breakfast, the cost will be \$2.00. Please let us know by calling or stopping by the Center by Monday, October 12, 203-239-5432. **Residents only.**
- * **Flu Clinic** – Tuesday, October 27, 11:00 a.m. to 12:30 p.m.
- * **Ladies Night Out at LuDals** – Tuesday, October 27, 5:30 p.m. Transportation on your own. We will be collecting the cost of dinner when you make your reservation at the Center, cost \$28.00 per person which includes appetizer, entrée, dessert, tax and tip. Drinks such as martinis, wine, soda or coffee will be provided on separate checks. Please make your reservations and payment by Monday, October 19th so we will be able to make the appropriate reservations with LuDals. Men are welcome to join us however you will be charged the full menu price.
- * **Mah Jongg Tournament** – Thursday, October 29, 11:15 a.m. See flyer attached.
- * **Halloween Bingo** – Friday, October 30, 12:45 p.m.

November . . .

- ⇒ **Annual North Haven Rotary Pancake Breakfast** - Sunday, November 8, 2015, 8:00 a.m. to 1:00 p.m. at the North Haven Middle School. Tickets are \$5 per person and Free to Veterans and will be on sale soon. All proceeds support local charities moreover the North Haven Rotary is an outstanding supporter of the North Haven Senior Center. So mark your calendar and help support the Rotary!
- ⇒ **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 12:30 p.m.

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!!

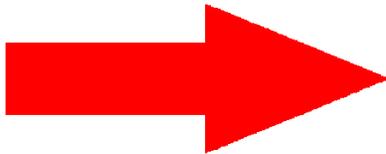
December . . .

- * **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.



Holiday Fair Vendors Wanted

Do you have a special talent And like to share it with the North Haven Community The North Haven Senior Center will be hosting their Annual Holiday Bazaar again this year Friday, November 13 from 1:00 to 6:00 p.m. and Saturday, November 14 from 9:00 a.m. to 3:00 p.m. We are looking for vendors to share our space at the Holiday Bazaar. The cost of the space is \$25.00 with a 6 foot table. An additional table is available for an extra \$25.00. Please contact the North Haven Senior Center, 203-239-5432 if you are interested in renting a space! Deadline is by Friday, October 30th, no refunds will be given unless the Fair is cancelled.



Poetry Club

Did you always want to learn how to write Poetry? But never had the time to learn? Well this is it the Senior Center will be offering a Poetry Club beginning October 7, every Wednesday from 10:30 to 11:30 a.m. Free of charge to our Residents. If you are interested in joining our new Club, please call the Center by Thursday, October 1st to reserve your seat, 203-239-5432.

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

**Ann Alexander, Anne DellaValle,
Marie-Anne Barnhart, Carol Labagnaro
Nick and Sandra Mastroianni
MaryAnn Mitchell, Sophia Salenger**

Welcome to Our New Members:

**Raymond Fiasconaro, Lenore Martinelli,
Anna Potter, Robert Saulsbury
Cynthia Strickland, Josephine Testa**

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, September 15; 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 Only: 9:15 a.m., 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 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 15 through December 1. 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 16, ***no class Monday, September 28 due to a special event, 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:** Thursday, September 17 ending Thursday, December 17, ***no class Monday, September 28 due to a special event, Monday, October 12 due to Columbus Day and Thursday, November 26 due to Thanksgiving 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 November 3, **no class September 7.**

Session: 10:45 a.m. to 12:15 p.m. class on Tuesday, July 28 through Tuesday, October 20, **no class September 7.** 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, September 17 through Thursday, December 10, **no class November 26.** 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 . . .

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.**

Seniors in Motion

Take that leap into the
next chapter of your life
... SAFELY!

Bring all your questions & learn from our panel of resources about selling, buying, renting and other housing options.

R.S.V.P. BY SEPT. 25TH

Teresa Vitelli, Office Leader

203-239-4663 x125

TeresaVitelli@bhhsne.com

Judy Amarone, Manager Senior Center

203-239-5432 x521

Amarone.Judy@town.north-haven.ct.us



BERKSHIRE HATHAWAY
HomeServices

New England Properties

116 Washington Avenue, North Haven, CT 06473

JOIN US

FOR LUNCHEON
AND PANEL DISCUSSION
SEPTEMBER 28, 2015

12:00 - 2:00 pm

Joyce C. Budrow Senior Center
189 Pool Road, North Haven

Real Estate Experts to Answer Your Questions

-Teresa Vitelli, Office Leader
Berkshire Hathaway HomeServices
New England Properties

Trends Developing in Active Adult Housing Projects and Other Areas

-Michael Freda, North Haven First
Town Selectman

An illustration of options in the region that North Haven doesn't currently have

-Claudia Giuletti, Commission on Aging

Accounting Financial/Tax Information for Selling or Buying

-Donald Clark, CPA

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

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
9:00-Line Dance	9:00-Ceramics	9:00-Line Dance	8:30-AARP Smart Driver Course	9:30-E-Z Exercise
9:15-E-Z Exercise*	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	9:30-Scrabble Challenge
10:00-Canasta	9:00-Int. Computer Class	10:00-Bocce	9:30-Westbrook Outlets with	11:30- Lunch
10:30-Sitercise Begins	10:30-Beg. Computer Class	10:30-Sitercise	Lunch at Denny's	12:00-Hot Dog Friday
11:30-Lunch	10:30-No Storyteller: Kate Allen Smith	11:30-Lunch	10:00-Pinochle	12:15-Bridge
12:30-Bingo		12:00-Mah Jongg	10:00-Tai Chi Begins	12:30-Bingo
1:00-Beg Pinochle	11:30-Lunch	12:15-Bridge	11:30-Lunch	1:00-Bocce
1:00-Bocce	12:30-Mah Jongg	12:30-Knitting/Crocheting	12:30-Crafts	
1:00-American Disabled Veterans Meeting	12:30-Crafts	1:00-Rummikub	1:00-Gentle Hatha Yoga	
*Time Change	12:45-Oil Painting (New Time)	1:00-Bocce	1:00-Pinochle	
	1:15-Senior Songsters		2:00-Presentation:	
			Managing the Pain of Arthritis	
21	22	23	24	25
9:00- Line Dance	9:00-Ceramics	9:00- Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:15-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	9:00-Pickups begin for	9:30-Scrabble Challenge
10:00-Tai Chi	9:00-Int. Computer Class	10:00-Bocce	Mini Trip: Universal Drive	11:30- Lunch
10:00-Canasta	10:30-Beg. Computer Class	10:30-Sitercise	10:00-Pinochle	12:00-Friday Special
10:30-Sitercise	12:30-Mah Jongg	11:30-Lunch	10:00-Tai Chi	12:15-Bridge
11:30-Lunch	12:30-Crafts	11:45-Health Guidance Clinic	10:00-Bocce Fun at	12:30-Bingo
12:30-Bingo	12:45-Oil Painting	12:00-Mah Jongg	Wallingford Senior Center	1:00-Bocce
1:00-Beg Pinochle	1:15-Senior Songsters	12:15-Bridge	11:30-Lunch	
1:00-Bocce	3:30-Sew and Sandwich Project	12:30-Knitting/Crocheting	12:30-No Crafts	Collection Date:
	for Ronald McDonald House	1:00-Rummikub	12:30-Pinochle Tournament	Country Diva's
		1:00-Bocce	1:00-Gentle Hatha Yoga	
		6:00-Reverse Mortgage	1:00-Pinochle	
		Workshop		
28	29	30		
All Activities Cancelled for today!	9:00-Ceramics	9:00-Line Dance		
The Center will be Hosting a Special Event "Seniors in Motion" Sponsored by: Berkshire Hathaway Home Services	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise		
	9:00-Int. Computer Class	10:00-Bocce		
	10:30-Beg. Computer Class	10:30-Sitercise		
	12:30-Mah Jongg	11:30-Lunch		
	12:30-Crafts	12:00-Mah Jongg		
	12:45-Oil Painting	12:15-Bridge		
	1:15-Senior Songsters	12:30-Knitting/Crocheting		
	3:30-Sew and Sandwich Project	1:00-Rummikub		
See Newsletter for more details	for Ronald McDonald House	1:00-Bocce		
	6:00-Commission on Aging			
	Public Welcome!			

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

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
<p>Reservations for Lunch are Made By Calling the Day Before Between 9-11 am 203-239-4030</p>	<p>3 oz Spinach grandolioli with LS sauce 1 tsp Parmesan cheese 1 cup Tossed Salad with cucumber and Italian dressing 2 marble rye bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk</p>	<p align="center">No Life Bridge Lunch Today</p> <p align="center">Special Bingo Lunch</p>	<p align="center">LABOR DAY MENU</p> <p>4 oz Grilled Hamburger au juice on Roll 1oz Cheese, Lettuce, Tomato 1/2c Summer Blend Veg 1/2c German Potato Salad Ketchup 1/2c Blueberry Parfait W/Vanilla Pudding 1/2c LF Milk</p>	<p align="center">No Life Bridge Lunch Today</p> <p align="center">Labor Day Picnic See Newsletter</p>
<p align="center">LABOR DAY CENTERS ARE CLOSED</p>	<p>6 oz Carrot Soup 2LS Crackers 3 oz "Un"Stuffed Cabbage ½ cup Oven Roasted Potatoes ½ cup Sliced Beets 1 slice Multigrain Bread 1 tsp Margarine Fresh Orange 8 oz low fat milk</p>	<p align="center">HAPPY BIRTHDAY</p> <p>3 oz. Pulled Pork Whole Wheat Bun 1/2c Baked Sweet Potato Fries ½ Baked Beans Chocolate Cake 1/2c Pineapple Juice 8oz LF Milk</p>	<p>3 oz. Open Face Turkey Sandwich/LS gravy/1 Slice Family Style Bread Cranberry Sauce Potato Fries Squash ½ cup spinach 1 tsp margarine ½ cup Baked apple wedges 8 oz low fat milk</p>	<p>6 oz Baked Ziti ½ c. Fresh Yellow Squash ½ cup broccoli 1 slice Italian Bread 1 tsp Margarine Fresh Fruit 8 oz. low fat milk</p>
<p>½ cup whole wheat spaghetti with 3 oz. meatballs in marinara sauce Parmesan cheese 1 cup garden salad with tomato and balsamic vinaigrette dressing 1 garlic breadstick 1 tsp margarine fresh fruit 8 oz. low fat milk</p>	<p>3 oz Turkey Sloppy Joe Whole wheat Hamburger Roll ½ cup Sweet Potato Fries ½ cup Coleslaw 4 oz Pineapple juice ½ cup Ice cream cup 8 oz low fat milk</p>	<p>3 oz. crab cake Tartar sauce/lemon ½ cup macaroni and cheese ½ cup zucchini 1 multi grain dinner roll 1 tsp margarine ½ cup mandarin oranges 8 oz. low fat milk</p>	<p>3 oz. pot roast/ LS gravy ½ cup smashed potatoes ½ cup carrots and onions 1 slice rye bread 1 tsp margarine 1 slice strawberry shortcake 8 oz. low fat milk</p>	<p>¾ chicken vegetable soup/LS crackers 1/6 vegetable quiche 1 slice Italian bread 1 tsp margarine ½ cup tomato, cucumber, and basil salad ½ cup peaches 8 oz. low fat milk</p>
<p>3oz Roasted Fresh Ham/LS Gravy/Applesauce ½ baked potato ½ cup Collard Greens Wheat Dinner Roll 1 tsp Margarine ½ cup pineapple chunks 8 oz low fat Milk</p>	<p>3 oz Baked Stuffed Shells Parmesan Cheese ½ cup bean blend 1 cup. Tossed Salad/Vinaigrette 1 slice Garlic Bread Seasonal Fresh Fruit 1 tsp Margarine 8 oz low fat Milk</p>	<p>3 oz. boneless grilled chicken with a garlic lemon sauce ½ cup Oven-baked sweet potato ½ cup cauliflower with roasted red pepper 1 slice Rye bread 1 tsp. margarine 4 oz Cranberry Juice ½ cup Butterscotch pudding 8 oz. low fat milk</p>	<p>3 oz. cheeseburger 1 wheat bun 1 pkt. ketchup ½ cup tomato cucumber salad ½ cup potato salad ½ cup peaches 8 oz. low fat milk</p>	<p>¾ cup cream of broccoli soup with 2 LS crackers 3 oz. vegetable omelet ½ cup home fries ½ cup spinach 1 slice wheat bread 1 tsp. margarine ½ cup pears 8 oz. low fat milk</p>
<p align="center">No Life Bridge Lunch Today See Page 4 of the newsletter</p>	<p>3 oz. meatloaf/LS gravy ½ cup mashed potato ½ cup fiesta blend 1 slice enriched bread 1 tsp margarine Fresh fruit 8 oz. low fat milk</p>	<p>3 oz. Oven fried chicken ½ cup brown rice ½ cup peas and carrots 1 slice marble rye bread 1 tsp margarine ½ cup fruit cocktail 8 oz. low fat milk</p>		

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