

# SENIOR HAPPENINGS

## OCTOBER 2015

### FALL INTO OCTOBER WITH FUN AND FROLICS . . . .



*Happy Fall!*

- ⇒ **OCTOBER 2:** Bocce Fun with Department Heads
- ⇒ **OCTOBER 6:** Fun Craft Project: Ghost Project
- ⇒ **OCTOBER 7:** BINGO with LUNCH
- ⇒ **OCTOBER 13:** Fun Craft Project: *Finishing Up the Ghosts*
- ⇒ **OCTOBER 15:** Welcome New Member Breakfast
- ⇒ **OCTOBER 15:** Mini Trip: *Wallingford WalMart*
- ⇒ **OCTOBER 20:** Story Teller, Kate Allen-Smith
- ⇒ **OCTOBER 22:** Mini Trip: *Universal Drive*
- ⇒ **OCTOBER 22:** Presentation: *Medicare Happenings*  
Sponsored by: Elena Gerard and Nancy Cardone of Bankers Life
- ⇒ **OCTOBER 22:** Nutritional Presentation: *"Grocery Shopping on a Limited Budget"--Can You Afford to Eat Healthy? Can You Afford Not to?*  
Sponsored by: Annette Wise, RDN, Nutritionist from Life Bridge Community Services
- ⇒ **OCTOBER 22:** Dinner and A Movie: *MOONSTRUCK*
- ⇒ **OCTOBER 23:** Presentation: *Medicare Made Clear*
- ⇒ **OCTOBER 23:** National Wear Pink Day for Breast Cancer
- ⇒ **OCTOBER 27:** Nutritional Program: *Eat Well Be Happy!*
- ⇒ **OCTOBER 27:** Flu Clinic
- ⇒ **OCTOBER 27:** Ladies Night Out at LuDals
- ⇒ **OCTOBER 28:** Out Trip: Christmas Tree Shop and Cracker Barrel
- ⇒ **OCTOBER 29:** Max Jongg Tournament
- ⇒ **OCTOBER 30:** Halloween Bingo

Joyce C. Budrow 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](http://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** - Ken 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.

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

- Grocery Shopping

**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: October 15:** Wallingford WalMart
- **October 22:** Universal Drive
- **Out Trip: October 28:** Christmas Tree Shop and Cracker Barrel

**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 –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.***

**Desk of Judy,**

Congratulations to our Bocce Players for coming home with the Trophy beating Wallingford. The trophy continues to stay with our North Haven Seniors! Don't forget the next tournament is Friday October 2 at 11:30 where we will shine again going against the Town Department Heads to win another friendly game of Bocce!!!

**OH NO ITS FLU SEASON AGAIN!!!**

Did you know every year research is done to determine which flu viruses are expected to be most prevalent and the top three or four strains are chosen for the vaccine? It usually takes about two-three weeks after your injection for your body to finish building immunity. This immunity lasts about six to eight months. Flu season in the U.S. often peaks in January/February; with flu activity occurring as late as May. Studies have proven getting a flu shot is the first and best defense you can take to prevent getting the flu. To ensure that we all stay healthy and active this year the VNA Community Healthcare will hold a Flu Clinic at the Center on Tuesday October 27 from 11am-12:30 p.m.

The following insurances are accepted:

For those over 65 years of age:

- Medicare Part B
- Connecticare VIP
- Aetna
- Anthem Medicare

If you have a family member that is interested in the vaccination and are 18 years and older the following insurances are accepted:

- Aetna
- Anthem BC/BS
- Connecticare

**Medicare 2015/2016 Presentation**

What's New? What Has Changed? Are Premiums Going Up? What about the Donut Hole? Come and learn as well as obtain information regarding possible changes with your Health Insurance Plan. Is your Insurance Plan too expensive? This informational session is for YOU to ask questions prior to the enrollment period end date. Please don't assume that there will not be a change. This assumption could cost you money in the long run. Join Nick Cassella who is a Medicare Insurance Specialist on October 23 at 10:30 a.m. at the Center. It is expected that there will be a full house for this presentation I am asking interested person/s to RSVP by October 14 by calling the Center (203)239-5432 or stopping in the office. Thank you ☺

**Autumn is the hush before winter,** French Proverb

## Fall Into October with Fun and Frolics . . .

- \* **Bocce Fun with Department Heads (Reschedule)** – Friday, October 2, 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 25th. **Bocce Members Only!**
- \* **Fun Craft 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, menu consists of potato corn chowder (clear) and half of tuna salad sandwich, drink and dessert, cost: \$5.00, residents and \$10.00, non-residents. Cost 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 Monday, October 5.
- \* **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.**
- \* **Presentation: Medicare Happenings** – Tuesday, October 22, 10:30 a.m. sponsored by Elena Gerard and Nancy Cardone of Bankers Life. Please contact the Center to reserve your spot, 203-239-5432.
- \* **Dinner and a Movie: Moonstruck** – Thursday, October 22, 3:00 p.m. Loretta Castorini, a book keeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she agreed to marry (the best friend of her late husband who died seven years prior). Rate PG; 1 hour 42 minutes. Starring; Cher, Nicholas Cage, Olympia Dukakis, Vincent Gardenia, and Danny Aiello. Menu will be: homemade pasta fagiola, half of tomato and mozzarella panini, drinks and dessert. Cost: \$5.00 for residents only. Please reserve your spot by Monday, October 19.
- \* **Presentation: Medicare Made Clear** – Friday, October 23, 10:30 a.m. Nick Casella of Health Insurance Associates will be presenting the changes in Medicare and new benefits that will enhance your lifestyle and most of all gain new benefits saving you money. This program is geared to those that are already enrolled in Medicare and for those who are about to sign up in Medicare. This is not a pitch to sell insurance rather it is a program designed to help you make the best choices for you! Seating is limited - please sign up in the office or call 203-239-5432 by Friday, October 16<sup>th</sup> to reserve your seat! Along with learning what has changed in your plan, FREE tickets to the Rotary Club Annual Pancake Breakfast for Sunday, November 8, will be given to the first 25 people who attend this presentation.
- \* **Flu Clinic and Health Guidance Clinic** – Tuesday, October 27, 11:00 a.m. to 12:30 p.m. Please see **Desk of Judy** for Insurances accepted. Also included in the Newsletter is the Consent Form. Please bring it with you the day of the Flu Clinic.

- \* **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 is \$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 with 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.
- \* **Mini Trip: Christmas Tree Shop and Cracker Barrel** – Wednesday, October 28, 10:00 a.m. We will be going on our Annual Christmas Tree shop trip and then stopping at Cracker Barrel. Please sign up with the Center by Wednesday, October 21 or call, 203-239-5432.
- \* **Mah Jongg Tournament** – Thursday, October 29, 11:15 a.m. See flyer attached.
- \* **Halloween Bingo** – Friday, October 30, 12:30 p.m. Fun, frolics and festive Halloween Bingo!!! Lots of fun prizes, lots of fun games and some spooky surprises!! Treats will be provided - you never know what type of tricks will be in store!!!



**Nutritional Program: Eat Well Be Happy is Back!!** - The program is designed for Seniors who need guidance in healthy eating choices. Cassidy Schmidt, RD, from ShopRite of East Haven is back to teach us the healthy way of eating! Learn about portion control, label reading, and healthy cooking among other topics. You'll gain all the skills to keep your weight where you want it. This program is free to North Haven residents and will run on Tuesdays, October 27, November 3, 10 and 17, from 10:30 to 11:30 a.m. A donation of a non-perishable food item(s) to the North Haven Senior Center (supporting the North Haven Food Bank) will be accepted. Registration will begin on Monday, October 5<sup>th</sup>. Please stop by or call the Center to reserve your seat, 203-239-5432.

## Holiday Fair is in Need of . . .

### Granny's Attic . . . .

We are looking for your "once loved" household items for the Granny's Attic section of the Holiday Bazaar. Please begin bringing the items in on Thursday, October 15th through Friday, November 6th. No shoes, no clothes, no pocketbooks, only "gently used" items will be accepted.

### Jewelry . . .

The Jewelry Committee is also accepting jewelry and jewelry boxes for their table. If you have any that you would like to donate, please bring the jewelry into the Center by Friday, November 6th.

### Cookie Table . . .

We have a new table this year, a Cookie Walk table! We are looking for bakers to bake 4 dozen of their favorite Christmas cookies to share with our community! If you are willing to bake, please sign up in the office by Friday, November 6<sup>th</sup>. All cookies must be in by the morning of Friday, November 13<sup>th</sup>.

### Baked Goods . . .

If anybody would like to donate a baked good for our baked good table, please have the item to the Center by Friday morning, November 13th.

## 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!!***

## November . . .

- ⇒ **Do You Sometimes Feel Like You are Swimming Against the Tide?** - Monday, November 2, 10:30 a.m. Join Dr. Susann Varano and Social Worker, Cindy LaCour from Hamden Health & Rehab Center in a discussion on navigating through the sea of elder care options. The presentation will cover: Geriatric Screenings; Medication Management; Differences between Assisted Living and Skilled Living Facilities; Hospice Benefits and Advanced Directives. Please call the Center, 203-239-5432 to reserve your seat by Tuesday, October 27<sup>th</sup>.
- ⇒ **FREE Pizza Party** – Tuesday, November 2, 12:00 noon, sponsored by the North Haven Republican Town Committee. Please RSVP by Wednesday, October 28, by calling the Center, 203-239-5432.
- ⇒ **Lunch and Bingo** – Wednesday, November 4, 11:30 a.m. Lunch will be served, menu consists of tomato soup and grilled cheese sandwich, drink and dessert, cost: \$5.00, residents and \$10.00, non-residents. Cost 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 30.
- ⇒ **Craft: Thanksgiving Candle** – Tuesday, November 3 at 10:00 a.m. and Thursday, November 5 at 1:00 p.m. Come have fun making a beautiful Thanksgiving Candle for your centerpiece, the Centerpiece is on display at the Center. Cost: \$3.00. **Residents Only.** Please stop by the office to reserve your spot by Tuesday, October 27.
- ⇒ **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 2:00 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.



## 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 2:00 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 Friday, October 30th, no refunds will be given unless the Fair is cancelled.

## 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. to 3:00 p.m. at Zandri's Stillwood Inn, 1074 S. Colony Road, Route 5, Wallingford, Connecticut. Menu consists of: individual antipasto, family style ziti with meat sauce, choice of Chicken Francais, Stuffed Filet of Sole or Prime Rib, vegetable medley, roasted potatoes, dessert, coffee and diet soda on tables. Cash bar will be available. There will be a 50/25/25 door prize and entertainment by The Boogie Boys. Tables of 10 will be available – please sign up with your party so we can ensure you will be sitting together. Tickets cost: \$25.00 per resident and \$30.00 per non-resident. Collection starts Monday, October 19 and will end Friday, November 20 – Please checks only, made payable to: **North Haven Senior Citizen! Transportation will be available, please make your reservations early. If you drive and would like to ride the bus to Zandri's, please meet us at the Center by 10:00 a.m. All activities and medical transportation at the Center will be cancelled for the day.**
- ❄ **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, JoAnn Broga,  
Ann DellaValle,  
Betty and Walter Gannon**

**Welcome to Our New Members:**

**Roseann Finelli, Marion Grenfel  
Annaliese Nebel, Lynne Nielsen,  
Frances Ricci, Susan Ritter,  
Ann Ruocco, Amy Salvati,  
Josephine Savo, Bruce P. Sparks**

## 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: 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.**

**FILLED!! 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.

## 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. and 1:00 to 3:00 p.m.

**INTERMEDIATE BRIDGE** - Wednesday and Friday, 12:15 to 3:15 p.m.

**BINGO** - Monday and Friday, 12:30 p.m., 1<sup>st</sup> Wednesday of every month, please see the newsletter for more information.

**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 to 11:30 a.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. for the advanced class and 10:45 a.m. to 12:15 p.m. for the beginner class. Please call the Center to make your reservation to our list, 203-239-5432.

**EZ EXERCISE – Monday Only: 9:15 to 9:45 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 on Friday, 12:00 p.m.. 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** – Monday and Tuesday, 12:30 to 2:30 p.m.

**Monday session:** September 15 through December 14, ***no classes Monday, September 28 due to special event and Monday October 12 due to Columbus Day.***

**Tuesday session:** 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!

**SITERCISE** – Monday and Wednesdays, 10:30 to 11:30 a.m. 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..***

Increase muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; and a specially designed program for those 50 and older who are at risk for falls.

**TAI CHI: FOR BETTER BALANCE** - Monday and Thursday, 10:00 to 11:00 a.m. Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. Monday, September 17 ending Thursday, December 17, ***no class Monday, September 28 due to a special event, Thursday, October 1 due to instructor cancelling, Monday, October 12 due to Columbus Day and Thursday, November 26 due to Thanksgiving Day.***

**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 while 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.

**Session:** 10:45 a.m. to 12:15 p.m. class on Tuesday, July 28 through Tuesday, October 20.

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, September 17 through Thursday, December 10, ***no class November 26.***

Fee: residents, \$50.00; non-residents, \$55.00.



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

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
	9:00-Ceramics	9:00-Line Dance	<b>8:30-AARP Smart Driver Course</b>	9:30-E-Z Exercise
<b>CENTER CLOSED</b>	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	<b>9:00-Mini Trip: Wlfd WalMart</b>	9:30-Scrabble Challenge
<b>COLUMBUS DAY</b>	<b>9:00-Int. Computer Class</b>	<b>10:00-Bocce</b>	9:00-Ceramics	<b>11:30- Lunch</b>
	<b>10:30-Beg. Computer Class</b>	10:30-Sitercise	<b>9:30-New Member Breakfast</b>	12:00-Beginner MahJongg
<b>NO TRANSPORTATION</b>	<b>10:30-Finish Ghost Project</b>	<b>11:30-Lunch</b>	10:00-Pinochle	12:15-Bridge
<b>NO LUNCH</b>	<b>11:30-Lunch</b>	<b>11:45-Health Guidance Clinic</b>	10:00-Tai Chi	12:30-Bingo
	12:30-Mah Jongg	12:00-Mah Jongg	<b>11:30-Lunch</b>	
	12:30-Crafts	12:15-Bridge	12:30-Crafts	
	12:45-Oil Painting	12:30-Knitting/Crocheting	1:00-Gentle Hatha Yoga	
	1:15-Senior Songsters	1:00-Rummikub	1:00-Pinochle	
19	20	21	22	23
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	<b>9:00-Mini Trip: Universal Drive</b>	9:30-Scrabble Challenge
10:00-Tai Chi	<b>9:00-Int. Computer Class</b>	<b>10:00-Bocce</b>	<b>10:00-Pinochle/Tai Chi</b>	<b>10:30-Presentation:</b>
10:00-Canasta	<b>10:30-Beg. Computer Class</b>	10:30-Sitercise	<b>10:30-Presentation:</b>	<b>Medicare Made Clear</b>
10:30-Sitercise	<b>10:30-Storyteller:</b>	<b>11:30-Lunch</b>	<b>Medicare Happenings</b>	<b>11:30- Lunch</b>
<b>11:30-Lunch</b>	<b>Kate Allen Smith</b>	12:00-Mah Jongg	<b>11:30-Lunch</b>	12:00-Beginner MahJongg
12:30- <b>NO</b> Bingo	12:30-Mah Jongg	12:15-Bridge	<b>11:30-Nutrition Presentation:</b>	12:15-Bridge
12:45-Oil Painting	12:30-Crafts	12:30-Knitting/Crocheting	<b>Grocery Shopping on a Budget</b>	12:30-Bingo
1:00-Beg Pinochle	12:45-Oil Painting	1:00-Rummikub	<b>Annette Hise, Nutritionist</b>	
	1:15-Senior Songsters		<b>Life bridge Community Services</b>	<b>National Wear Pink Day</b>
			12:30-Crafts	<b>for Breast Cancer</b>
			1:00-Pinochle /Gentle Hatha Yoga	<b>Awareness</b>
			<b>3:30-Dinner and A Movie:</b>	
			<b>Moonstruck</b>	
26	27	28	29	30
9:00- Line Dance	<b>TRIP: Foxwoods Casino</b>	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:15-E-Z Exercise	9:00-Ceramics	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
10:00-Tai Chi	9:00 & 10:45- <b>No</b> Chair Yoga	<b>10:00-Bocce</b>	10:00-Tai Chi	<b>11:30- Lunch</b>
10:00-Canasta	<b>9:00&amp;10:30-Computer Class</b>	<b>10:00-Mini Trip: Christmas</b>	<b>11:15-Mah Jongg Tournament</b>	12:00-Beginner MahJongg
10:30-Sitercise	<b>10:30-"Eat Well Be Happy!"</b>	<b>Tree Shop and Cracker Barrel</b>	<b>11:30-Lunch</b>	12:15-Bridge
<b>11:30-Lunch</b>	<b>Cassidy Schmidt, RD</b>	10:30-Sitercise	12:30-Crafts	<b>12:30-Halloween Bingo</b>
12:30-Bingo	<b>from Shop Rite of East Haven</b>	<b>11:30-Lunch</b>	1:00-Gentle Hatha Yoga	
12:45-Oil Painting	<b>11:00-Flu Clinic/Health</b>	12:00-Mah Jongg	1:00-Pinochle	
1:00-Beg Pinochle	<b>Guidance Clinic</b>	12:15-Bridge		
	12:30-Mah Jongg <b>*see below</b>	12:30-Knitting/Crocheting		
	12:30-Crafts	1:00-Rummikub		
	<b>12:45-Oil Painting *see below</b>			
	1:15-Senior Songsters*			
	5:30-Ladies Night Out: Ludals	<b>No Errands Today</b>		
	<b>*CENTER CLOSES AT 2:30</b>			

**NORTH HAVEN COMMUNITY CAFÉ SPONSORED BY THE NORTH HAVEN SENIOR CENTER**  
**IN COLLABORATION with Life Bridge CT**  
**October, 2015**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<b>Reservations for Lunch are Made by Calling the Day Before Between 9-11 am 203-239-4030</b>			<b>OCTOBER BIRTHDAY CELEBRATION</b> 3 oz. sliced pork/LS gravy ½ cup scalloped potato ½ cup Italian vegetable blend 1 Pumpernickel dinner roll 1 tsp. margarine ½ cup Apple Juice Birthday Cake 8 oz. low fat milk	¾ cup Seafood Bisque 2 LS crackers ½ cup Tuna Salad on 1 cup Lettuce Garnished W/Celery, Carrot and Cucumber; Italian Dressing Wheat sandwich roll Fresh fruit 8 oz low fat milk
	5	6	7	8
½ cup cream of broccoli soup 2 LS crackers 3 oz Sausage & Peppers 4 inch Grinder Roll ½ baked sweet potato ½ cup Green beans Fresh fruit 8 oz low fat milk	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	<b>BINGO FOR LUNCH            SEE PAGE 3 FOR MORE DETAILS</b>	3 oz Herb roasted chicken qtr ½ cup Spanish rice ½ cup spinach salad with shredded carrot, raspberry vinaigrette 1 slice 100% whole Wheat bread 1 tsp margarine 4 oz Cranapple juice 1 Chocolate chip cookie 8 oz low fat milk	3 oz Baked Stuffed Salmon ½ cup Roasted New Potatoes ½ cup Italian Blend Veg 1 slice wheat bread ½ tsp Margarine ½ cup Pears 8 oz LF Milk
12	13	14	15	16
<b>CENTERS CLOSED FOR COLUMBUS DAY</b>	<b>Columbus Day Special</b> 3 oz. Chicken Santa Maria ½ c. New World Shells ½ c Columbus Vegetable Blend Parmesan Cheese 1 slice Italian Bread 1 tsp Margarine Italian Ice 8 oz LF Milk	3 oz. Pulled Pork Whole Wheat Bun 1/2c Baked Sweet Potato Fries ½ Baked Beans Small Piece Chocolate Cake 1/2c Pineapple Juice 8oz LF Milk	3 oz Open Face Turkey Sandwich/LS gravy/1 Slice Family Style Bread Cranberry Sauce 1/2c Roasted Acorn Squash ½ cup spinach 1 tsp margarine ½ cup Baked apple wedges 8 oz low fat milk	6 oz baked ziti Parmesan cheese ½ cup fresh yellow squash ½ cup broccoli 1 slice Italian bread 1 tsp margarine fresh fruit 8 oz. low fat milk
19	20	21	22	23
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	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	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	<b>Octoberfest Special</b> 1 pc Bratwurst 1/2c Red Cabbage & Apples 1/2c Broiled Potatoes 1 small Dinner Roll 1 tsp Margarine Black Forest Cake 8 oz. LF Milk	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
26	27	28	29	30
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	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	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	<b>Halloween Special</b> 3 oz Monster Meatballs 1/2c Spooky Spaghetti ½ c Goulish Green Beans 1/2c Witche's Brew 1 Batty Breadstick 1 tsp Margarine Candy Corn Brownie 8 oz LF Milk	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
MINIMUM PORTIONS SERVED AT EACH MEAL:				
1c Milk – 1% or equivalent    1c Vegetable and Fruit or equivalent    3 oz. Protein    1 pat Margarine				
2 Bread servings or equivalent (enriched or whole grain)				
All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt				
All Rolls are Seedless.    All White rice Is Enriched.    All Non-citrus juices are Vitamin C fortified.				

**Lifebridge Community Services "CHOICE" MENU**  
**Nutrition for Mind, Body and Spirit**  
**October, 2015**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			California Chicken Salad Plate (3/4c Chicken Salad W/Shredded Carrots, Apples, Raisins & Mayo on Bed of Lettuce W/CROUTONS) 1/2c Pasta/Vegetable/Olive Salad W/Broccoli & Peppers 1/2c Beet Salad Small Whole Wheat Roll 1 tsp Margarine Seasonal Fresh Fruit 8 oz Low Fat Milk	
5	6	7	8	9
	6 oz LS Minestrone Soup LS Crackers Chef's Salad (1oz each LS Fresh Roast Turkey, Hard Cooked Egg, LS Cheese) Dressing Small Whole Wheat Roll 1 tsp Margarine ½ c Tomato/Cucumber/Onion & Basil Salad Seasonal Fresh Fruit 8 oz LF Milk		6oz. Chicken Rice Soup LS Crackers Veggie Sub (Eggplant, Roasted Veggies, 1 oz Green Peppers, 1 Slice Tomato, Onion, 2oz LS American Cheese ½ c. Tri Color Pasta Salad 1/2c Tropical Fruit 8oz LF Milk 4 oz Cranapple juice 1 Chocolate chip cookie	
12	13	14	15	16
	6 oz Carrot Soup 1 pkt LS crackers 3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce 1/2c Carrot Raisin Salad 1/2c Tomato & Cucumber Salad Italian Ice 8 oz. LF Milk		2 oz. Fresh Roast LS Turkey & 1 oz. LS Cheese W/Lettuce & Tomato on 6 " Whole Wheat Wrap 1/2c Potato Salad 1/2c Baked Apple Slices 8 oz LF Milk	
19	20	21	22	23
	6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw 4 oz Pineapple juice ½ cup Ice cream cup 8 oz LF Milk		1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll 1c. Tossed Salad W/LS Dressing 1/2c Chickpea Salad W/Onion, Green Pepper & Garlic Black Forest Cake 8 oz LF Milk	
26	27	28	29	30
	1 oz LS Ham & 1 oz LS Swiss on Rye/Mustard ½ c German Potato Salad 1/2c Waldorf Salad Seasonal Fresh Fruit 8 oz LF Milk		6 oz Carrot Soup/LS Crackers 3/4c Chicken Salad on Multigrain Bread 1c Tossed Salad/LS Italian Dressing 1/2c Peaches 8oz LF Milk	

MINIMUM PORTIONS SERVED AT EACH MEAL: All non-citrus juices are Vit C fortified

1c Milk – 1% or equivalent    1c Vegetable and Fruit or equivalent    3 oz. Protein    1 pat Margarine

2 Bread servings or equivalent (enriched or whole grain); All rolls are seedless; All white rice is enriched

All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt