

# SENIOR HAPPENINGS

## NOVEMBER 2015

BEING THANKFUL FOR NOVEMBER . . . .



**As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~**

**John Fitzgerald Kennedy**

- ☞ **NOVEMBER 2 - Presentation: *Do you sometimes feel like you are swimming against the tide?***

**Presented by DR. SUSANN YARANO  
and SOCIAL WORKER, CINDY LaCOUR**

- ☞ **NOVEMBER 2 - FREE PIZZA PARTY**
- ☞ **NOVEMBER 3 - CRAFT: THANKSGIVING CANDLE  
and NOVEMBER 5**

- ☞ **NOVEMBER 4 - LUNCH and BINGO**
- ☞ **NOVEMBER 5 - HOLIDAY BAZAAR PREPARATION MEETING**
- ☞ **NOVEMBER 10 - Presentation: *DEMONSTRATION on MAKING  
TURBALL DECORATIONS***

**Presented by BRENDA HOWLETT,  
PRESIDENT OF DAYTIME GARDENERS**

- ☞ **NOVEMBER 11 - CENTER CLOSED - VETERANS DAY**
- ☞ **NOVEMBER 12 - CENTER CLOSED - HOLIDAY BAZAAR SETUP**
- ☞ **NOVEMBER 13 and NOVEMBER 14 - HOLIDAY BAZAAR**
- ☞ **NOVEMBER 16 - Presentation: *NEW Medicare Advantage  
FROM ANHEIM BLUE CROSS and BLUE SHIELD***

**Presented by TRACI O'BRIEN,  
FIELD SALES REPRESENTATIVE**

- ☞ **NOVEMBER 19 and NOVEMBER 24 - CHRISTMAS WREATH CRAFT**
- ☞ **NOVEMBER 19 - MIAMI TRIP: HAMDEN MART**
- ☞ **NOVEMBER 19 - CENTER CLOSING at noon**
- ☞ **NOVEMBER 20 and 23 - CENTER CLOSED**
- ☞ **NOVEMBER 24 - MIAMI TRIP: UNIVERSAL DRIVE**
- ☞ **NOVEMBER 24 - ANNUAL TREE DECORATING PARTY  
WITH a SING-a-LONG WITH OUR SONGSTERS**
- ☞ **NOVEMBER 25 - THANKSGIVING BREAKFAST**
- ☞ **NOVEMBER 27 - BLACK FRIDAY SHOPPING**
- ☞ **NOVEMBER 27 - ALL DAY BINGO and LUNCH**

**JOYCE C. BUDROW NORWICH HAVEN SENIOR CENTER**  
189 POOL ROAD, NORWICH HAVEN, CT 06473  
OFFICE: 203-239-5432 ♦ FAX: 203-234-7185  
[WWW.TOWN.NORWICH-HAVEN.CT.US](http://WWW.TOWN.NORWICH-HAVEN.CT.US)

**HOURS: WEEKDAYS 8:00 A.M. to 4:00 P.M. LUNCH PROGRAM: 203-239-4030**

**MANAGER - JUDY AMARONE**  
**SECRETARY - MAGGIE MADEN and  
ELLEN McDONALD**  
**FULL TIME DRIVER - KEVIN BAEDOR**

**PROGRAM COORDINATOR - SUE TIENKEN**  
**PART TIME DRIVERS - KEVIN SMITH and  
RICHARD KAMAN**  
**CARÉ 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:**
- **Thursday, November 19 – Hamden Mart**
- **Tuesday, November 24 – Universal Drive**

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

- Grocery Shopping

### **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 – November 11 and 26 and December 4, 9 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.***

***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.***

**Desk of Judy,**

Election Day is November 3, 2015! This day is an opportunity for every North Haven citizen to stand up and let their voice be heard - VOTE!

- Curbside Voting: If an elector is present at the polling place but is unable to gain access due to a temporary physical incapacity, the elector (a North Haven registered voter) may request that the ballot be brought to him or her at their car. However, no proof of any such incapacity need be shown. Call the Registrar's Office (203) 239-5321 ext. 640 on Election Day if you would like to request curbside voting. The Registrars will ask for your name, address and time you will arrive at the polling place.

*What we do for ourselves dies with us. What we do for others and the world remains and is immortal. — Albert Pine*

**Thanksgiving for All..... Interfaith Volunteer Caregivers along with other community partners is proud to continue the tradition of providing a prepared Thanksgiving meal to seniors and families in North Haven and throughout the Greater New Haven area. If you would like a Thanksgiving meal brought to your home on Thanksgiving please fill out the form enclosed in this month's newsletter and bring it to the office by November 9. Meals will be delivered by volunteers between the hours of 9-11 am. If you need further information please feel free to contact me.**

Did you know Ronald McDonald Houses serve as a "home-away-from-home" for families of children receiving care at nearby hospitals and medical facilities by providing inexpensive lodging for families who travel long distances while their children undergo treatment? Costs can be as little as \$15 per day and no family is ever turned away due to the inability to pay. Every year a fundraiser is held to support the home away from home with their annual fundraiser Trees of Hope. In years past the Center donated a tree to be raffled with proceeds supporting their mission. This year we wanted to do something different and asked members to meet to make table runners that will be sold in the Trees of Hope store. It was a great project and many thanks to all for volunteering your time supporting children and families who rely on the Ronald McDonald house creating a home away from home in a most trying time. A round of applause and recognition to; Celeste Aconfora, Virginia Amendola, Janice Beilmer, Barbara Cenotti, Helen Kolterman, Eleanor Kovach, Terri Langley, Lucy Martindale, and Yvonne Tienken.

**Don't forget your annual holiday fair is scheduled this month on November 13 from 1:00 to 6:00 p.m. and November 14 from 9:00 a.m. to 2:00 p.m. Many members of the Center have been diligently working long hours to make this event a success. Invite your friends and family; come hungry and enjoy the food, most of all it's an opportunity to support your Center and begin your holiday shopping early.**

**Happy Thanksgiving to All!**

**We Thank You for the Opportunity to Serve You Above All to Be Part of Your Lives!**

**Don't Forget to Turn the Clocks Back- Daylight Savings Time Ends November 1**

## Being Thankful for November . . .

- ☞ **Presentation: 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** – Monday, 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.
- ☞ **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.
- ☞ **Lunch and Bingo** – Wednesday, November 4, 11:30 a.m. Lunch will be served, menu consists of Sue's homemade baked macaroni and cheese, 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, November 2.
- ☞ **Holiday Bazaar Preparation Meeting** – Thursday, November 5, 10:30 a.m. Come join us for the final touches before our big event begins!!
- ☞ **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. 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: Demonstration Making Nut Ball Decorations** – Tuesday, November 10, 10:00 to 11:30 a.m. Presented by Brenda Howlett, President, Daytime Gardener of North Haven. Please call the Center by Thursday, November 5<sup>th</sup> to reserve your seat, 203-239-5432.
- ☞ **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.  
Lots of nice new ideas and great homemade crafts, ceramics, raffles, tea cup raffle, cookie walk, homemade pepper jelly and the kitchen will be open serving meatball subs, chili and hot dogs on Friday and Saturday we will be serving fried dough pizzas!! So save the date and come support our Center! We also have some great new vendors coming to the Bazaar.

- ☞ **Presentation: New Medicare Advantage from Anthem Blue Cross and Blue Shield** – Monday, November 16, 10:00 a.m. Traci O'Brien, Field Sales Representative of Anthem Blue Cross and Blue Shield will be in today to discuss how to still get quality Medicare coverage including prescriptions plus extra benefits you don't get with original Medicare. Please call the Center to reserve your seat, 203-239-5432 by Monday, November 9<sup>th</sup>.
- ☞ **Christmas Wreath Craft** – Thursday, November 19, 9:30 a.m. and Tuesday, November 24, 10:00 a.m. This is a beautiful material wreath project for Christmas time or any time of the year! The sample is located at the Center. We are asking you to bring your own material. You will need 2 yards of two different color materials and we will provide the wreath frame. Cost of the frame is \$3.00. Please register by Monday, November 16<sup>th</sup> by stopping by the Center.
- ☞ **Annual Tree Decorating Party with a Sing-a-long with our Songsters** – Tuesday, November 24, 1:00 p.m.  
Help us decorate the Christmas tree and sing-a-long with our Senior Songsters to Christmas Carols and enjoy some hot chocolate and Christmas cookies.
- ☞ **Thanksgiving Breakfast** – Wednesday, November 25, 9:30 a.m. Come and enjoy a morning with your friends and family to be thankful for all of our health and happiness throughout 2015. Our menu will be pumpkin pancakes, sausage, fresh fruit and coffee or tea. Cost: \$6.00 for residents and \$11.00 for non-residents. Please register by Friday, November 20<sup>th</sup> by stopping by the Center.
- ☞ **Black Friday Shopping** – Friday, November 27, 10:00 a.m. we will be venturing up to the Meriden Mall. Signups for 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.  
Come on in for a bingo-a-thon, Resident: cost is \$11.00 per person, Non-resident: \$16 per person; Includes up to 4 cards (any additional card costs .75 cents extra) lunch is included, corn beef reuben, chips, pickle, drink and dessert. Pre-registration is required, beginning on Monday, November 2<sup>nd</sup> through Tuesday, November 18<sup>th</sup>.

## 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.

### **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!!***

### December . . .

- ✳ **DATE CHANGE: Senior to Senior Breakfast** – Wednesday, December 2, 8:00 a.m., held at the North Haven High School. Transportation will be provided. Please call the Center, 203-239-5432 if you would like to attend. If you drive and would like to take the bus to the High School, please be at the Center by 7:45 a.m.
- ✳ **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. We will be celebrating Hanukkah with a traditional breakfast of challah French toast, jelly donuts and homemade potato pancakes, coffee, tea and orange juice will be served. Cost: \$6.00, please make your reservations by Thursday, December 3<sup>rd</sup>.
- ✳ **Trees of Hope** – Wednesday, December 9, 10:00 a.m. We are taking our annual trip to the Trees of Hope at Maritime Center, if you drive please be at the Center no later than 9:30 a.m., after viewing the spectacular Trees we will then take a trip over to the Greek Olive for lunch, on Wednesday's they serve a special lunch for \$3.00, please make your reservations by Monday, November 23<sup>rd</sup>, we can only take 19 people since we will be taking our own bus.
- ✳ **Military Whist Party** – Thursday, December 10, 12:00 noon – please see the flyer for more information. Registration begins Friday, November 6<sup>th</sup> through Tuesday, December 1<sup>st</sup>.
- ✳ **Bring In the New Year** - Thursday, December 31, 11:30 a.m. Celebrate New Year's Eve with a bang and bring in the 2016 New Year with your friends! There will be a 50/25/25 door prize, great background music by Sal Anastasio and our dinner will be catered by Zandri's Stillwood Inn, which will include; ziti, Yankee Pot Roast, green beans and carrots, mashed potatoes, rolls and butter, assorted soda and dessert. Cost: \$15.00 per resident; \$20.00 non-resident. Reservations will begin on Monday, November 30 through Monday, December 21 by stopping by the Center.



### Be a Literacy Volunteer . . .

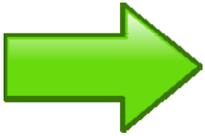
Retired and senior citizens are finding an inspiring and rewarding way to enhance their lives . . . reaching out to children through becoming a reading volunteer. As a reading volunteer offering one hour or more a week to help children build their reading skills and enhance their self-confidence. The benefits of being a literacy volunteer is time spent with school children today is the best investment in the future, because seniors have a unique gift to share . . . the skills, wisdom and experience they have acquired over a lifetime and for the satisfaction and feeling of fulfillment that comes from helping children to look to bigger dreams and brighter futures. If you are interested in learning more please contact Kim Carew, Reading Specialist at Clintonville Elementary School, 203-239-5865. In order to be a Literacy Volunteer at Clintonville Elementary School you **must be a member** of the North Haven Senior Center and able to drive yourself.

## Holiday Food Donations . . . .



The North Haven Congregational Church is looking for food donations during the Holiday season. Please drop off all donations to the Center as they have a volunteer who will pick the food up on a weekly basis. Thanking you in advance for your kindness and appreciate your help at this time of need. The following items are needed: tuna fish, peanut butter, jelly, coffee, tea, mayonnaise, canned stews and soups, rice, dried and baked beans, canned vegetables and fruits, pasta and sauce, instant potatoes, macaroni and cheese, canned and powdered milk, cereals, sugar, and 100% fruit juice (cans, bottles or boxes).

They cannot accept baby food due to limited shelf life. They are also asking that all donations be put in plastic bags as it is easier for the recipients to carry their food. Please remember to look at all expiration dates. They do not accept out dated food donations.



## Commodity Supplemental Food Program (CSFP)

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 and older 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 an 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.** Please call the Center if you are interested in this program. Once the number of applicants (25) is reached, the program will begin. Please call 203-239-5432 or stop by in the office to sign up.



**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.

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

**Ann Alexander, Ann DellaValle,  
Terri Joyce and Norman Juniewicz**

**Welcome to Our New Members:**

**Carol & Vincent Cangiano  
Esther Gagnon, Dorothy Gentile,  
Violet Kelly, Maria Lozano,  
Rosalie Mancini, John McKenna, Josephine  
Villar and Sharon Young**

## 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, November 17 through February 2, 2016.

**Session:** 10:45 a.m. to 12:15 p.m. class on Tuesday, November 3 through January 9, 2016.

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.

## 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 . . .

**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.



# NORTH HAVEN SENIOR CENTER

189 Pool Road \* 203-239-5432



## ANNUAL CRAFT AND VENDOR FAIR

*Friday, November 13 - 1:00 to 6:00 p.m.*

*Saturday, November 14 - 9:00 a.m. to 2:00 p.m.*

Come and see our beautiful selection of  
homemade crafts by our talented Seniors!

~ Many Outside Vendors Available ~

~ Great Raffle Prizes ~

~ Tea Cup Raffle ~

Brought Back By Popular Demand . . .

~ Granny's Attic ~

~ Baked Good Items ~



A different look this year ~ so come on down  
and support your local Senior Center!

Refreshments for sale by our own kitchen:

Coffee, tea, hot chocolate, soda

Chili ~ Meatball Subs ~ Hot dogs will be sold on Friday & Saturday

Fried Dough Pizza will be sold Saturday only

Ample Parking Available





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

<b>Monday 16</b>	<b>Tuesday 17</b>	<b>Wednesday 18</b>	<b>Thursday 19</b>	<b>Friday 20</b>
9:00- Line Dance	<b>TRIP: Country Diva's</b>	9:00-Line Dance	<b>9:00-Mini Trip: Hamden Mart</b>	
9:15-E-Z Exercise	9:00-Ceramics	9:30-E-Z Exercise	9:00-Ceramics	<b>CENTER CLOSED</b>
10:00-Tai Chi	9:00 & 10:45-Chair Yoga	10:30-Sitercise	<b>9:30-Christmas Wreath Craft</b>	
10:00-Canasta	<b>9:00-Int. Computer Class</b>	<b>11:30-Lunch</b>	10:00-Pinochle	
<b>10:00-Presentation:</b>	<b>10:30-Beg. Computer Class</b>	12:00-Mah Jongg	10:00-Tai Chi	
<b>New Medicare Advantage</b>	<b>10:30-Storyteller:</b>	12:15-Bridge	<b>11:30-No Life Bridge Lunch</b>	
<b>from AnthemBlue Cross</b>	<b>Kate Allen Smith</b>	12:30-Knitting/Crocheting	<b>Center Closing at Noon</b>	
<b>and Blue Shield</b>	<b>11:30-Lunch</b>	1:00-Rummikub		
10:30-Sitercise	12:30-Mah Jongg			
<b>11:30-Lunch</b>	12:30-No Crafts			
12:30-Bingo	12:45-Oil Painting			
12:45-Oil Painting	1:15-Senior Songsters			
1:00-Beg Pinochle	<b>6:00-Commission on Aging</b>			
	<b>NO DAILY TRANSPORTATION</b>			
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<b>9:00-Mini Trip: Universal Drive</b>	9:00- Line Dance		9:30-E-Z Exercise
<b>CENTER CLOSED</b>	9:00-Ceramics	9:30-E-Z Exercise	<b>CENTER CLOSED</b>	9:30-Scrabble Challenge
	9:00 & 10:45-Chair Yoga	<b>9:30-Thanksgiving Breakfast</b>	<b>HAPPY THANKSGIVING</b>	<b>10:00-Black Friday</b>
	<b>9:00-Int. Computer Class</b>	10:30-Sitercise		<b>Shopping</b>
	<b>10:30-Beg. Computer Class</b>	<b>11:30-Lunch</b>	<b>NO TRANSPORTATION</b>	<b>10:00-Bingo</b>
	12:30-Mah Jongg	<b>11:45-Health Guidance Clinic</b>	<b>NO LUNCH</b>	<b>11:30- No Life Bridge Lunch</b>
	12:30-No Crafts	12:00-Mah Jongg		<b>11:45-Lunch</b>
	12:45-Oil Painting	12:15-Bridge		12:00-Beginner MahJongg
	<b>1:00-Annual Tree Decorating</b>	12:30-Knitting/Crocheting		12:15-Bridge
	<b>Party with a Sing-a-long with</b>	1:00-Rummikub		<b>12:30-Bingo</b>
	<b>Our Senior Songsters</b>			
				<b>No Grocery Shopping</b>
<b>30</b>				
9:00- Line Dance				
9:15-E-Z Exercise				
10:00-Tai Chi				
10:00-Canasta				<i>Bus Pick-ups will begin</i>
10:30-Sitercise				<i>at 9 a.m. for Daily Run</i>
<b>11:30-Lunch</b>				<i>Hairdresser, Errand,</i>
12:30-Bingo				<i>Grocery Shopping and</i>
12:45-Oil Painting				<i>All Trips Out</i>
1:00-Beg Pinochle				

**LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE**  
**November 2015**

PLEASE CALL ARLENE BEFORE 11:00 A.M. TO RESERVE YOUR LUNCH FOR THE NEXT DAY, 203-239-4030

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>No Life Bridge Lunch</b>  <b>FREE Pizza Party</b>	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	<b>No Life Bridge Lunch</b>  <b>Lunch and Bingo</b> <b>See Page 3 in the Newsletter for more information</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 applesauce 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 1 tsp Margarine Fresh fruit 8 oz low fat milk
9	10	11	12	13
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	<b>Veteran's Day Special</b> All American Hamburger on Roll Tomato/Pickle/Catsup 1/2c Coleslaw 1/2c Baked Beans 1 slice Apple Pie 8oz LF Milk	<b>NO LUNCH</b>  <b>CENTER CLOSED</b> <b>VETERAN'S DAY</b>	<b>NO LUNCH</b>  <b>CENTER CLOSED</b>	<b>NO LUNCH</b>  <b>SENIOR CENTER HOLIDAY BAZAAR</b> <b>1:00 TO 6:00 P.M.</b>
16	17	18	19	20
3 oz Chicken Breast w/Garlic lemon sauce ½ cup Brown rice pilaf ½ cup Roman Blend Veg 1 slice wheat bread ½ cup n Margarine ½ cup Mandarin oranges 8 oz LF Milk	6 oz Carrot Soup 2LS Crackers 3 oz Un-Stuffed Cabbage Casserole ½ cup Oven Roasted Potatoes ½ cup Sliced Beets 1 slice Multigrain Bread 1 tsp Margarine Fresh Orange 8 oz low fat 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	<b>NO LUNCH</b>  <b>CENTER CLOSING AT NOON</b>	<b>NO LUNCH</b>  <b>CENTER CLOSED</b>
23	24	25	26	27
<b>NO LUNCH</b>  <b>CENTER CLOSED</b>	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>Thanksgiving Holiday Centers Closed</b>	<b>No Life Bridge Lunch</b>  <b>All Day Bingo with lunch</b>  <b>See Page 4 in the Newsletter for more information</b>
30				
<b>November Birthdays</b> 3oz Roasted Fresh Ham/LS Gravy/Applesauce ½ baked potato ½ cup Collard Greens Wheat Dinner Roll 1 tsp Margarine ½ cup pineapple juice Birthday Cake 8 oz low fat Milk				

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine  
 All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.  
 All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt

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

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	3 oz Seafood Salad on Bed of Lettuce W/Tomato Garnish Small Whole Wheat Roll ½ c. Pasta/Veggie/Olive Salad ½ c. Black Bean & Corn Salad Seasonal Fresh Fruit 8 oz LF Milk		3 oz Sliced Butterball Turkey with cranberry sauce 2 slices whole grain bread w/mayo ½ c German potato salad 1 c Fresh Spinach Salad/Vinaigrette ½ c. Applesauce 8 oz Low Fat Milk	
9	10	11	12	13
	6 oz. LS Chicken Noodle Soup 1 Pkt LS Crackers 4 oz Apple Juice 1 oz. Sliced Virginia Ham/1 oz Swiss Cheese Mustard/1 Mayonnaise 1/2c Salad (Tomato, Onion, Cucumber, Basil) ½ C. Coleslaw W/Shredded Carrot Slice of Apple Pie 8 oz. Low Fat Milk	VETERANS' DAY	<b>NO LUNCH CENTER CLOSED</b>	
16	17	18	19	20
	6 oz Carrot Soup/LS Crackers 2 oz Thin Sliced Medium Roast Beef & 1oz Sliced Cheese W/ Onions & Tomato on Kaiser Roll 1 tsp Mayo/ Mustard 1/2c Potato Salad Fresh Orange 8 oz. Low Fat Milk		<b>NO LUNCH CENTER CLOSED</b>	
23	24	25	26	27
	¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons 1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers ½ c. Beet Salad 1/2c. Pineapple Juice Ice Cream Cup 8 oz. Low Fat Milk		<b>Thanksgiving Holiday Centers Closed</b>	
30				

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