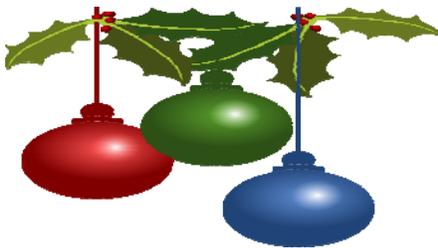


SENIOR HAPPENINGS

December 2015

*May the SPIRIT OF CHRISTMAS BRING
You Peace,
The GLADNESS OF CHRISTMAS BRING YOU
HOPE, and the WARMTH OF CHRISTMAS
Give You LOVE . . .*

*And wishing you a HAPPY, HEALTHY
and PROSPEROUS
New Year!*



December

- * Wednesday, December 2: SENIOR to SENIOR BREAKFAST SPONSORED BY THE NORWICH HAVEN HIGH SCHOOL SENIORS at the HIGH SCHOOL
- * Friday, December 4: TRI-TOWN CHRISTMAS PARTY at ZANDRI'S SEILLWOOD INN, CENTER WILL BE CLOSED FOR ALL ACTIVITIES TODAY
- * Tuesday, December 8: HANUKKAH BREAKFAST
- * Wednesday, December 9: TRIP: TREES OF HOPE
- * Thursday, December 10: MIMI TRIP: WALLINGFORD WALMART
- * Thursday, December 10: MILITARY WHIST PARTY
- * Tuesday, December 15: TRIP COMMITTEE MEETING
- * Tuesday, December 15: RECAP OF THE HOLIDAY FAIR
- * Tuesday, December 15: STORYTELLER: KATE ALLEN SMITH
- * Thursday, December 17: TRIP: KNIGHTS OF COLUMBUS CHRISTMAS MUSEUM; *JOY TO THE WORLD CHECKS OF CENTRAL HOPE*
- * Wednesday, December 23: LUNCH and A MOVIE: *MIRACLE on 34th STREET*
- * Thursday, December 24: CENTER IS OPEN, no activities AFTER LUNCH
- * Friday, December 25: MERRY CHRISTMAS - CENTER CLOSED
- * Tuesday, December 29: MIMI TRIP: UNIVERSAL DRIVE
- * Thursday, December 31: BRING IN THE NEW YEAR PARTY
- * Friday, January 1: HAPPY NEW YEAR - CENTER CLOSED

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

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 - KEITH BAEDOR

PROGRAM COORDINATOR - SUE TIENKEN
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:**
- **Thursday, December 10:**

Wallingford Walmart

- **Tuesday, December 29: 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 – December 4 and 25. No daily transportation on December 4, 9, 17 and 25.

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.

From the Desk of Judy,

“The miracle is not that we do this work, but that we are happy to do it.”

-Mother Theresa

A round of applause to all who worked making our annual holiday bazaar a tremendous success. As always it is hustle and bustle prior and on the days of the event. However in the end we look back and focus on how it was a day of fun, food, and fellowship. Thank you all for the delicious baked goods, the beautiful ceramics, crafts, gently used treasures, greenery arrangements, handmade wood items, jewelry and gems, raffle prizes, and above all dedicated volunteers for their endless hours of labor.

This year's event realized a profit of \$3,800.00. If you were unable to attend the bazaar and would like to support the efforts of this fundraiser there are a few remaining handmade items on display at the Center throughout the month of December.

Great gifts at a great price!

Remember all proceeds go toward the betterment of your center supporting programs and supplies that make our Center great!!!

Tis the Season to Watch Out for Medicare Fraud

As soon as the Medicare open enrollment period starts, scammers begin their efforts to steal your identity. Because you rely on Medicare many often let their guard down and find themselves victims of fraud. With this in mind please read the following and be aware of the five tips to avoid the most common Medicare scams.

1. Know how identity theft works. Someone pretending to work for Medicare may contact you and tell you they need your personal information to update your forms, but they're actually looking for a way to steal your identity—and your savings. A legitimate Medicare employee would never ask for your personal information over phone or email—they already have it on file.

2. Watch out for anyone asking for personal information. Examples include your Medicare number, Social Security number, bank account number, birthday and address. Medicare will never call, email or visit you and ask for your personal information. Scam artists may claim that Medicare is issuing new cards or updating forms, or that they need your financial information to process payment on an overdue medical bill. Even if they accurately cite a few numbers from your checks, do not assume the call is legitimate. If anyone is trying to “help you” with Medicare and asks for your personal or financial information, hang up or delete the email.

3. Compare plans with a trustworthy adviser. There are countless insurance salespeople pitching policies that they promise will “save you thousands.” While some of the plans they suggest may be familiar, not all policies are right for everyone. Some salespeople may employ scare tactics or other strategies to pitch their plans, such as free lunch seminars or false claims of being affiliated with a government agency.

To avoid these issues, get advice from a resource you can trust. My Medicare Matter's Medicare Mini-Check, created by the National Council on Aging, is a free, brief assessment that helps you compare plans online. Another excellent resource is your local State Health Assistance Insurance Program. It provides free, one-on-one and unbiased federally funded Medicare counseling. To schedule an appointment with one of its counselors, call its toll-free national number at 1-877-839-2675 or the Senior Center.

4. Never sign a Medicare form without thorough examination. Some disreputable insurance agents may also try sending out release forms that allow them to make decisions on your behalf. Never sign anything Medicare-related without reading through it first—and get a friend, family member or lawyer, or seem me to review it as well.

5. When in doubt, call Medicare. If anything ever seems suspicious or uncomfortable, don't hesitate to contact Medicare. Visit Medicare.gov or contact them toll-free at 1-800-MEDICARE and as always contact me at the Center, 203-239-5432

*May the Spirit of Christmas Bring You Peace,
the Gladness of Christmas bring you Hope, and the Warmth of Christmas Give You Love.*

From our Hearts to Yours, Merry Christmas,

Fondly,








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. **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: Residents: \$6.00, Non-residents: \$11.00. Please make your reservations by Thursday, December 3rd.

- ❄ **Trip: 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 23rd, we can only take 19 people since we will be taking our own bus. **Please stop by the office to fill out your Form 5 in order to have lunch at the Greek Olive's special lunch.**

- ❄ **Military Whist Party** – Thursday, December 10, 12:00 noon – please see the flyer for more information. Registration begins Friday, November 6th through Tuesday, December 1st.

- ❄ **Trip Committee Meeting** – Tuesday, December 15, 10:00 a.m. There will be a trip committee meeting to discuss the possible 2016 upcoming trips. If you are interested in attending or have ideas and cannot attend, please stop by the office by Friday, December 11th to sign up.

- ❄ **Recap of the Holiday Bazaar** – Tuesday, December 15, 1:00 p.m. Calling all volunteers, please stop by to give us your input of this year's Holiday Bazaar, we would like to know what you think, what you would change, what you would like to see different.

- ❄ **Trip: Knights of Columbus Christmas Museum: *Joy to the World Creches of Central Europe*** – Thursday, December 17, 10:00 a.m. This year we will be heading down to New Haven to visit the Knights of Columbus Museum. Admission is free. After the Museum we will venture back to North Haven and head over to Dino's Seafood for lunch, lunch is on your own. Reservations begin Monday, December 7th to the first 19 people since we will be taking our own bus. If you drive please be at the Center no later than 9:30 a.m.

- ✳ **Lunch and A Movie: *Yes Virginia There Is a Santa . . . Miracle on 34th Street will be the selected movie, Sue's choice of course!*** Wednesday, December 23, lunch will be served at 11:30 a.m. and the movie will begin at 12:30 p.m. The menu will be chicken noodle soup, grilled cheese, drink and dessert. Who knows, popcorn and hot chocolate might be served at the movies!! Cost: Residents: \$3.00, Non-residents: \$8.00. Stop by the Center by Friday, December 18th to reserve your spot.
- ✳ **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! ***Wear Your Ugly Sweater Contest!!*** 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. Tables will be 8 people only, please be sure to sign up with who you would like to sit with!

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

Ann DellaValle, Rodger Salman

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.

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., 1st 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 – Tuesday, 12:30 to 2:30 p.m. **New Session** will begin on Tuesday, January 26 and run through Tuesday, April 12. Registration will begin on Tuesday, December 1st, please register early as if we need a Monday's class we will know prior to the class beginning. Class size will be held to 12 people maximum. **New Fee: residents, \$30.00; non-residents, \$35.00.** 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. **Will return in March! Look for upcoming registration in February.** 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. **Will return in March! Look for upcoming registration in February.** Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility.

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. **New Session begins:** Thursday, December 31 and run through March 17. **Fee:** residents, \$50.00; non-residents, \$55.00.

2016 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.

Upcoming 2016 trips will be announced in January!

DECEMBER 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	9:00-Ceramics	9:30-E-Z Exercise
9:15-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
10:00-Tai Chi	10:00-Trip Committee Meeting	10:30-Sitercise	10:00-Tai Chi	11:30-Lunch
10:00-Canasta	10:30-Storyteller:	11:30-Lunch	10:00-Trip: Knights of Columbus	12:00-Beginner MahJongg
10:30-Sitercise	Kate Allen Smith	12:00-Mah Jongg	Christmas Museum	12:15-Bridge
11:30-Lunch	11:30-Lunch	12:15-Bridge	11:30-Lunch	12:30-Bingo
12:30-Bingo	12:30-Mah Jongg	12:30-Knitting/Crocheting	12:30-No Crafts	
12:45-Oil Painting: Last Class	12:30-No Crafts	1:00-Rummikub	1:00-Gentle Hatha Yoga: Last Class	
1:00-Beg Pinochle	12:45-No Oil Painting		1:00-Pinochle	
	1:00-Recap of Holiday Bazaar			
	1:15-Senior Songsters		No Daily Transportation	
21	22	23	24	25
9:00- Line Dance	9:00-Ceramics	9:00- Line Dance	9:00-Ceramics	
9:15-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	10:00-Pinochle	CENTER CLOSED
10:00-Canasta	11:30-Lunch	11:30-No LifeBridge Lunch	11:30-Lunch	MERRY CHRISTMAS
11:30-Lunch	12:30-Mah Jongg	11:30-Lunch & A Movie	No Afternoon Classes	
12:30-Bingo	12:30-No Crafts	11:45-Health Guidance Clinic		NO TRANSPORTATION
12:45-No Oil Painting	12:45-No Oil Painting	12:00-Mah Jongg		NO LUNCH
1:00-Beg Pinochle	1:15-Senior Songsters	12:15-Bridge		
		12:30-Knitting/Crocheting		
		1:00-Rummikub		
Last Day Sign-Ups For Bring In The New Year				
28	29	30	31	
9:00- Line Dance	9:00-Mini Trip:	9:00-Line Dance	11:30-Bring In the New Year	
9:15-E-Z Exercise	Universal Drive	9:30-E-Z Exercise	Wear Your Ugly Sweater Contest	
10:00-Tai Chi	9:00-Ceramics	10:30-Sitercise		
10:00-Canasta	9:00 & 10:45-Chair Yoga	11:30-Lunch	1:00: Gentle Hatha Yoga Begins	Bus Pick-ups will begin at 9 a.m. for Daily Run
10:30-Sitercise	11:30-Lunch	12:00-Mah Jongg		Hairdresser, Errand, Grocery Shopping and All Trips Out
11:30-Lunch	12:30-Mah Jongg	12:15-Bridge	All other classes cancelled	
12:30-Bingo	12:30-No Crafts	12:30-Knitting/Crocheting		
12:45-No Oil Painting	12:45-No Oil Painting	1:00-Rummikub		
1:00-Beg Pinochle	1:15-Senior Songsters			

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ
December 2015

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	HAPPY BIRTHDAYS! 3 oz Crab cake/tartar sauce/ lemon ½ cup Coleslaw vinaigrette ½ Corn on the cob 1 slice Whole wheat bread 1 tsp margarine 4 oz Pineapple juice Frosted Marble Cake 8 oz low fat milk	6 oz Vegetable barley soup 2 crackers 3 oz Chicken with lemon and garlic ½ cup Oven roasted potato ½ cup Broccoli 1 Wheat dinner roll 1 tsp margarine ½ cup Peaches 8 oz low fat milk	3 oz Turkey/LS gravy ½ cup Sweet potato pone ½ cup Green beans 1 Tbsp Cranberry sauce 1 slice Pumpernickel bread 1 tsp margarine Fresh fruit 8 oz low fat milk	Center Closed Annual Tri-Town Christmas Party At Zandri's
7	8	9	10	11
4 oz Chicken cacciatore ½ cup Penne ½ cup Fresh zucchini 1 Garlic breadstick 1 tsp margarine 4 oz Apple juice Chocolate chip cookie 8 oz low fat milk	3 oz breaded Veal cutlet with LS gravy ½ cup Smashed potato ½ cup Green beans 1 slice wheat bread 1 tsp margarine Fresh fruit 8 oz low fat milk	Chanukah Special 3 oz Pot Roast W/LS Gravy 2 small Potato Latkes Applesauce Garnish 1/2c Carrots 1 slice Rye Bread 1 tsp Margarine Jelly Donut 8 oz Low Fat Milk	6 oz Chicken noodle soup 2 crackers 3 oz Light crunch fish Tartar sauce/lemon ½ cup Wild rice pilaf 1 cup Spinach salad with carrot and raspberry vinaigrette 1 slice marble rye 1 tsp margarine ½ cup pineapple 8 oz low fat milk	1 slice Broccoli quiche ½ cup Scandinavian blend vegs ½ cup Roast potato 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk
14	15	16	17	18
3 oz Beef and bean chili ½ Baked potato/sour cream ½ cup Fiesta blend 1 oz Tortilla chips 4 oz Mixed fruit juice ½ cup Diet fruited jello with topping 8 oz low fat milk	6 oz Minestrone soup 2 LS crackers Seafood salad plate with 3 oz seafood salad 1 cup , lettuce, tomato, ½ cup beet salad Portuguese roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Herb roasted chicken qtr with LS gravy ½ cup confetti brown rice ½ cup Green beans 1 slice marble rye 1 tsp margarine ½ cup pears 8 oz low fat milk	3 oz Pot roast/LS gravy ½ cup smashed potato ½ cup mixed vegetables 1 slice wheat bread 1 tsp margarine 4 oz Cranberry juice 1 slice Carrot cake 8 oz low fat milk	3 oz Spinach grandoli 1 cup Tossed salad with olives and balsamic vinaigrette ½ cup Broccoli 1 Tbsp Parmesan cheese 1 slice Garlic bread 1 tsp margarine ½ cup pineapple 8 oz low fat milk
21	22	23	24	25
3 oz Meatloaf/LS gravy ½ cup Mashed potato ½ cup Green beans 1 slice Pumpernickel bread 1 tsp margarine ½ cup Apricots 8 oz low fat milk	3 oz Chicken parmesan ½ cup Penne with sauce 1 Tbsp Parmesan cheese ½ cup Fresh zucchini 1 slice Italian bread 1 tsp margarine 4 oz Grape juice 1 Oatmeal cookie 8 oz low fat milk	Lunch and A Movie See Newsletter for more informaiton	3 oz Roast pork/LS gravy ½ Baked potato/ sour cream ½ cup Peas and carrots 1 oz Applesauce garnish 1 slice Rye bread 1 tsp margarine ½ cup Peaches 8 oz low fat milk	CENTERS CLOSED FOR HOLIDAY MERRY CHRISTMAS
28	29	30	31	
3 oz Sweet and sour pork ½ cup Brown rice ½ cup Oriental blend 1 slice Wheat bread 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	New Year Celebration 3 oz Chicken Breast W/Spinach & Red Pepper 1/2c Brown Rice 1/2c Parsley Carrots Herbed Dinner Roll Holiday Cake 1 tsp Margarine 8 oz LF Milk	3 oz Stuffed salmon/ rosemary cream sauce ½ cup Mashed potato ½ cup California blend 1 slice marble bread 1/2c Baked Apple Slices 8 oz low fat milk	Bring In The New Year Party See Newsletter for Details	

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 SENIOR CAFÉ CHOICE MENU

Nutrition for Mind, Body and Spirit

December 2015

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p style="text-align: center;">HAPPY BIRTHDAYS</p> 3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce 1/2c Carrot Raisin Salad 1/2c Tomato & Cucumber Salad Frosted Marble Cake 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 Fresh Fruit 8 oz. LF Milk	
7	8	9	10	11
	6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw Seasonal Fresh Fruit 8 oz. LF Milk		6 oz Chicken noodle soup 2 crackers 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) 1/2c Pineapple 8 oz LF Milk	
14	15	16	17	18
	6 oz Minestrone Soup/LS Crackers 1 oz LS Ham & 1 oz LS Swiss on Rye/Mustard ½ c German Potato Salad 1/2c Waldorf Salad 8 oz LF Milk		¾ c Chicken Salad on Multigrain Bread 1/2c German Potato Salad Tossed Salad W/ Tomatoes Italian Dressing ½ C Cranberry Juice Carrot Cake 8 oz LF Milk	
21	22	23	24	25
	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 4 oz Grape Juice Oatmeal Cookie 8 oz LF Milk		3 oz Sliced Roasted 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.Cranberry Juice Carrot Cake 8 oz Low Fat Milk	
28	29	30	31	
	1 oz Sliced Virginia Ham/1oz Swiss Cheese on Rye Mustard/Mayo 1/2c Tomato, onion, cucumber, basil salad 1/2c Coleslaw W/Shredded Carrot 1/2c Sparkling Juice Holiday Cake 8oz LF Milk		Mediterranean Tuna Wrap (3/4 c.) (6 " Whole Wheat Wrap) (Shredded Lettuce, Red Onion, Olives, Parsley & Lemon Zest ½ c. Broccoli & Cauliflower Salad ½ c. Waldorf Salad 8 oz. LF Milk	

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MINIMUM PORTIONS SERVED AT EACH MEAL:				
1c Milk – 1% or equivalent	1c Vegetable and Fruit or equivalent	2oz. 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.				