Senior Happenings
February 2016

How Lucky Our We to Have You All In Our Lives to Share Our Love With!
~ Winnie the Pooh

February Happenings . . . .

- **February 5:** Dental Education & Free Oral Cancer Screenings
- **February 5:** National Wear Red Day
- **February 9:** Valentine Luncheon
- **February 10:** "Cooking for One or Two, Healthy & Simple Meal Preparation Tips" sponsored by LifeBridge, presented by Annette Hise, Nutrition Consultant
- **February 11**: **Mini Trip:** Universal Drive
- **February 12:** Center Closed due to Lincoln's Birthday
- **February 15:** Center Closed due to President's Day
- **February 16:** **Storyteller:** Kate Allen Smith
- **February 18:** AARP Safe Drivers Course
- **February 18**: **NEW PROGRAM:** *"Ask An Attorney"*
- **February 18:** Military Whist Card Game
- **February 19:** Senior Moments with First Selectman, Mike Freda
- **February 22:** **PRESENTATION:** "Swimming against the Tides Part 2" presented by Dr. Susann Varrano
- **February 23:** **Mini Trip:** WalMart on Route 80, Ocean State Job Lot in East Haven and Lunch Out
- **February 25:** **PRESENTATION:** Hot Cocoa & Homecare Chat with Connecticut In-House Assistance

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
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 Lienken
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, February 11: Universal Drive**
- **Tuesday, February 23: Ocean State Job Lot in East Haven**

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 or daily transportation* on the following days – February 12 and 15; March 25; May 6; May 30; June 9; July 4; September 5; October 12; November 11 and 24; December 2 and December 26.

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 winter season presents specific risks and challenges that can be exaggerated for older adults. Older adults are at a greater risk of developing hypothermia — a dangerous drop in body temperature — during cold weather. Aging lowers one's ability to withstand longer periods of cold, even from just sitting in a colder than normal room. Certain conditions and medications can also affect a person's ability to sense cold, making them especially vulnerable. Because of this, older people should keep indoor temps above 65 degrees and look for the warning signs of hypothermia – shivering, cold and pale or ashy skin, abnormal fatigue, sudden confusion, and/or slowed breathing and heart rate. If you notice these symptoms call 911 immediately.

1. **Avoid falls.** While falls are a constant concern regardless of weather, we need to be especially vigilant in avoiding falls during the winter. Ice, snow, and mobility impeded by cold temperatures can wreak havoc on a normally safe environment. Given the particularly dangerous, it is crucial to keep steps and walks clear of snow and ice.
2. **Watch for wintertime depression.** It's not uncommon for people to alter their social engagements during the winter months because of the cold and inclement weather. While this seems like a good idea in terms of limiting exposure to winter illnesses and avoiding fall risks, it can actually have a negative impact on one's mental and emotional well-being. Stay active and join in on all the activities at the Center.
3. **Eat a varied diet.** When it's cold outside we're less likely to get the sun exposure that we need for our bodies to produce Vitamin D, and we tend to eat a less varied diet. Eating foods with Vitamin D, like milk, grains, and certain seafood can help with this deficit.
4. **Prepare for emergencies.** Winter storms can cause a variety of problems including long-lasting power outages and snowed- or iced-in conditions. It is essential to be prepared for such events before they occur.
5. **Drive safely.** While safe driving practices are always paramount, hazards can be exaggerated during inclement weather. It is important to know one's limits when it comes to operating a vehicle.
6. **Another concern on the road is emergency preparedness.** Make sure you have supplies in your car to keep you safe in case of a stranding or accident. Warm blankets and clothes, food, a flashlight, and an ice scraper should be standard equipment in the car. Always travel with a cell phone and charger in case you have an emergency.
7. **Maintain safe heating.** It is vitally important to keep heaters, fireplaces, furnaces, etc. in good working order and free of clutter to avoid fires and carbon monoxide leaks. Beyond having these devices checked by a professional, you should have working smoke and carbon monoxide detectors. Make sure the detectors are properly installed on every floor and are in good working condition.

By following these basic safety tips you and your loved ones can reduce the risk of serious problems this winter. Stay warm and be safe!

Mark Your Calendar *for my Ten Year Party Celebration of my employment at the Senior Center, see page 5 for more details.*

Socks for Soles: Socks are still being collected at the Center. Donations may be dropped off at the Center. Thank you to all who have already donated to the Centers' community outreach project. Spread the word; we can't change the world but we can make a difference.

Save the Dates . . .

February Happenings . . .

The Center received a beautiful rocking chair as a donation from one of our members.
We will be selling raffle tickets during the month of February,
Cost: 1 ticket for $1.00 or 6 tickets for $5.00
Please see the office to purchase your tickets!
Drawing will be held on Sadie Hawkins day,
Monday, February 29th at 11:30 a.m.!!

Statistics Say – Coloring at any Age stimulates your Brain . . . . so here at the Center, we are going to begin with Coloring Fun on Thursdays at 10:00 a.m. Come on in and enjoy a cup of coffee, a conversation with a new friend, a small snack and lots of fun!! We will begin this fun project on Thursday, February 4th!

- **Dental Education & Free Oral Cancer Screenings** – Friday, February 5, 10:00 a.m. Sponsored by the University of New Haven Dental Hygiene Program, they will discuss the progression of oral disease and how to STOP IT; brushing and flossing demonstrations; proper nutrition to avoid cavities; denture/partial care; how dental health relates to our overall health (diabetes, cardiac/heart disease, stroke); question and answer session and FREE oral cancer screenings and more. Every audience member will receive numerous free samples!! Please call the Center to reserve your spot by Monday, February 25th, 203-239-5432. **Residents only.**

- **National Wear Red Day -** Friday, February 5 **-** On the 13th Annual National Wear Red Day all who participate will raise awareness that cardiovascular disease is the number 1 health threat facing people today and the leading cause of death for women. By increasing awareness of the risk factors and taking action to reduce them, we can save thousands of lives each year. So be proud and wear RED today!! A picture will be taken today and sent into the Advisor, so wear red to support National Wear Red Day! ***A RED VELVET CUPCAKE WILL BE OFFERED TO ALL THOSE WHO WEAR RED THROUGHOUT THE DAY.***

- **Valentine Luncheon and Sing-a-long Valentine Songs with our Songsters** – Tuesday, February 9, 11:45 a.m. Treat your sweetheart and come in and enjoy the most important day of the year. . . Valentine's Day! We will be serving a beautiful luncheon catered by Venice Bakery. Our menu will be salad, penne a la vodka, your choice: Chicken Parmesan or Eggplant Parmesan or Porkette served with roasted potatoes and vegetables, drinks and desserts will follow. Please come into the office to reserve your spot. Registration begins Thursday, January 14th and will end on Friday, February 5th or to the first 80 people who reserve their space. Tables will consist of 8 people per table. Please sign up with your table as we do for the Christmas party. Cost: $12.00, residents; $17.00, non-residents. After lunch we will host a sing-a-long with our very own senior songsters! Enjoy this most beautiful day of the year with your friends even if you do not have a sweetheart.

- **NEW PROGRAM: "Ask An Attorney"** – Thursday, February 18, 1:00 to 2:30 p.m., make an appointment for a free 15 minute conference with Attorneys Ann Farrell and Christine Farrell Grochowski of Farrell & Grochowski, P.C. The first appointment will begin at 1:00 p.m. and the last appointment will be at 2:15 p.m. The attorneys are specialists in estate planning and elder law. For our seniors at the Center who have questions about wills, trusts, Title 19, powers of attorney or even more general questions, this is your opportunity to have your questions answered. All consultations are confidential! This program will fill up quickly so call today and set up your appointment! **Residents only.**

- **Military Whist Card Game** – Thursday, February 18, 1:00 p.m. This is not a tournament – this will be just a friendly game of Military Whist – we do need 5 tables to make this a go!! So call the Center, 203-239-5432 before Monday, February 15th in order to see if this is a go!!

- **Senior Moments with First Selectman, Mike Freda** – Friday, February 19 from 10:30 a.m. to 12:00 noon, do you want to speak with Mike one on one here's your opportunity to do so . . . call the Center, 203-239-5432 to reserve your 15 minute appointment by Tuesday, February 16th

- **PRESENTATION: "Swimming against the Tide Part 2"** – Monday, February 22, 10:30 a.m. Join Dr. Susann Varano 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, February 16th.

- **Out Trip: Walmart on Route 80 and Ocean State Job Lot in East Haven and Lunch Out** – Tuesday, February 23, 10:00 a.m. We will be leaving the Center at 10:00 a.m., if you drive and would like to join us please be at the center no later than 9:45 a.m., after shopping we will venture out to lunch, to John & Maria's Pizzeria, this is on your own. Please sign up with the Center, 203-239-5432 by Thursday, February 25th.

- **PRESENTATION: Hot Cocoa & Homecare Chat with Connecticut In-Home Assistance** – Thursday, February 25, 10:00 a.m. Come on in from the cold and join the Community Liaison from CT In-Home Assistance for a cup of hot cocoa with a variety of fixing and learn about the different types of homecare and ways to pay for it, such as, the "Connecticut Homecare Program," Veterans Benefits and more. Please call the Center, 203-239-5432 to reserve your seat by Thursday, February 18th.

March Madness . . .

Order Your Ann Sullivan's Homemade Irish Soda Bread

"which was so good that it was asked if it could be put on the menu of a Vermont Inn"

Ann Sullivan's homemade Irish soda bread for sale. We are accepting orders up to Thursday, March 10th, pickup will be Wednesday, March 16 at 2:00 p.m.

Cost: $6.00 for loaf size

Stop by the Center to reserve bread, payment must accompany order – no phone orders will be taken.

Eva Cocchiaro's No Crust Apizza Gain Pie

We will accept orders for the pie up to Thursday, March 17th

Pickup will be on Wednesday, March 23 at 2:00 p.m.

Cost: $15.00 for 9" round

Stop by the Center to order a pie by Thursday, March 17.

Payment must accompany order – no phone orders will be taken.

- **Bingo and Lunch** – Wednesday, March 2, 11:30 a.m. Lunch will be served at 11:30 a.m. sharp!! Menu will consist of tomato soup, ½ grilled cheese sandwich, drink and a dessert. Cost: $6.00, residents and $11.00, non-residents. Cost includes lunch and 2 bingo cards and progressive for 2 bingo cards only, any additional bingo cards will cost the usual, .75 per card. There is no LifeBridge lunch this day! **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, February 29.

- **Welcome New Member Breakfast** – Thursday, March 3, 9:30 a.m. For those of you who have joined the Center from November 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, February 29, 203-239-5432. **Residents only.**

- **Be an Artist in A Day: Wine and Paint!** – Thursday, March 3, 1:00 p.m. Come and enjoy an afternoon of fun, history and laughter! Learn step by step how to turn your blank 12 x16 canvas into a masterpiece! A sample of what we will be painting is hanging up at the Center! Our friend, Linda Marino will be our instructor for today! No experience required! Registration begins Monday, February 8 through Friday, February 26, stop by the Center to reserve your spot!! Bring your own Wine and we will provide the cheese, crackers and snacks! Minimum class of 8 and maximum of 25! Cost: $30, residents and $35 for non-residents! All paint supplies are included.

- **Easter Craft: Candy Apples** – Tuesday, March 15, 1:00 p.m. enjoy an afternoon of candy apple making – decorate your own caramel apple with beautiful decorations for Easter. Our very own Ellen will be our instructor for the afternoon! Cost: $5.00 for supplies, please stop by the office to reserve your spot by Friday, March 11th.

- **St. Patrick's Day Breakfast** – Thursday, March 17, 10:00 a.m. Today we will serve up some Irish tasty favorites for breakfast; 2 eggs any style, with homemade corn beef hash, Irish soda bread and coffee, tea and orange juice. Cost for breakfast will be $7.00 for residents and $12.00 for non-residents. Registration will begin on Tuesday, March 1st through Friday, March 11th.

- **NEW PROGRAM: "Ask An Attorney"** – Thursday, March 17, 1:00 to 2:30 p.m., make an appointment for a free 15 minute conference with Attorneys Ann Farrell and Christine Farrell Grochowski of Farrell & Grochowski, P.C. The first appointment will begin at 1:00 p.m. and the last appointment will be at 2:15 p.m. The attorneys are specialists in estate planning and elder law. For our seniors at the Center who have questions about wills, trusts, Title 19, powers of attorney or even more general questions, this is your opportunity to have your questions answered. All consultations are confidential! This program will fill up quickly so call today and set up your appointment! **Residents only.**

- **St. Joseph's Day Celebration** – Monday, March 21, (we will leave the Center at 12:30 p.m.) in celebration of St. Joseph's day, we are going to take a trip to Mozzicato's Bakery in Wallingford to enjoy a zeppole and coffee, on your own. Please call the Center to reserve your spot on the bus (resident's only) by Tuesday, March 15th, 203-239-5432.

- ***FREE* Spaghetti & Meatball Luncheon** – Wednesday, March 30, 11:45 a.m. Come and celebrate Judy's 10th year Anniversary with a free spaghetti & meatball luncheon sponsored by Judy. Please sign up by Wednesday, March 23 by calling the Center, 203-239-5432. Be the first 50 people to sign up!!

- **Pinochle Tournament** – Thursday, March 31, 11:30 a.m. See attached flyer.

Introducing a New Class: Meditation 101: By using a combination of breathing, relaxation techniques and guided imagery, Meditation can; relax body, mind, emotions and spirit; can help with various medical conditions; calm nerves; provide mental clarity and perspective! Come join us for a FREE Demo and a relaxing experience on Monday, March 7th from 10:30 to 11:30 a.m. Please RSVP if you are interested in attending the FREE Demo by Monday, February 22, 203-239-5432. Join us weekly on Mondays from 10:30 to 11:30 a.m. for 12 weeks – cost: $20.00, residents and $25.00 for non-residents. Minimum class size 10 people to begin the class which will start on Monday, March 14 and run until Monday, June 16.

April's Frolics and Fun . . .

- **Bingo and Lunch –** Wednesday, April 6, Lunch will be served at 11:30 a.m. sharp!! Menu will consist of, Italian wedding soup, bacon, lettuce and tomato sandwich, drink and a dessert. Cost: $6.00, residents and $11.00, non-residents. Cost includes lunch and 2 bingo cards and progressive for 2 bingo cards only, any additional bingo cards will cost the usual, .75 per card. There is no LifeBridge lunch this day! **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, April 4.

- **CRAFT: Make It and Take It Ceramic Magnets** – Thursday, April 7, 10:00 a.m. Come join us for this fun one time craft!! You will take home two beautiful hand painted magnets, a butterfly and sunflower to hang on your refrigerator or to give as a cute Spring gift!!! Cost: $4.00, come by the Center to register by Tuesday, March 29th!! Registration begins on March 1st!!

- **Volunteer Luncheon** – Thursday, April 14, 11:30 a.m. To all of our Yearly and Holiday Bazaar Volunteers, you are cordially invited to Our Volunteer Luncheon. Our menu for you will be assorted quiches, garden salad, drinks and a special dessert. **For non-volunteers the cost is $6.00 per resident and $11.00 per non-resident.** Please RSVP by Monday, April 11th to the Center by calling 203-239-5432.

- **NEW PROGRAM: "Ask An Attorney"** – Thursday, April 21, 1:00 to 2:30 p.m., make an appointment for a free 15 minute conference with Attorneys Ann Farrell and Christine Farrell Grochowski of Farrell & Grochowski, P.C. We will be hosting a new exciting program the third Thursday of every month beginning in January. The first appointment will begin at 1:00 p.m. and the last appointment will be at 2:15 p.m. The attorneys are specialists in estate planning and elder law. For our seniors at the Center who have questions about wills, trusts, Title 19, powers of attorney or even more general questions, this is your opportunity to have your questions answered. All consultations are confidential! This program will fill up quickly so call today and set up your appointment! **Residents only.**

- **Dinner and a Movie: "Spy"** - Thursday, April 21, 3:00 p.m. Starring: Melissa McCarthy, Jude Law, Jason Statham, Rose Byrne and Miranda Hart. Despite having solid field training, CIA analyst Susan Cooper has spent her entire career as a desk jockey, working hand-in-hand with dashing agent Bradley Fine. Using high-tech equipment and a hidden earpiece, Susan is the guardian angel who helps Bradley avoid danger. However, when Bradley is assassinated by Bulgarian arms dealer Rayna Boyanov, Susan wrangles her way into her first undercover assignment to help capture Boyanov and avenge Bradley. Length of movie is 2 hours and 2 minutes and rated R. Dinner will be served immediately following the movie. Dinner will be meatloaf, mashed potatoes, carrots, drink and dessert. Cost: $6.00. **Residents only.**

- **Mah Jongg Tournament** – Thursday, April 28, 11:30 a.m. See attached flyer.

PAID 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
Activities include:
Bingo, Bocce, Bridge, Canasta, Ceramics, Craft Classes, Computer Classes, EZ Exercise, Knitting/Crocheting, Line Dancing, Mah Jongg, Pinochle, Rummikub, Scrabble and Senior Songsters

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.

MEDITATION 101 – Monday, 10:30 to 11:30 a.m.
Session will begin on March 14 and run through June 16. Registration begins on March 7 after the free demo. By using a combination of breathing, relaxation techniques and guided imagery, Meditation can; relax body, mind, emotions and spirit; can help with various medical conditions; calm nerves; provide mental clarity and perspective! Fee**: $20.00, residents and $25.00 for non-residents.** Minimum class size 8 people to begin the class.

OIL PAINTING – Tuesday, 12:45 to 2:45 p.m.
Session: will begin on Tuesday, January 26 and run through Tuesday, April 12. Class size will be held to 12 person maximum. ***New Fee:*** **residents, $30.00; non-residents, $35.00**. A list of supplies will be given to you prior to the first class.

SITERCISE – Monday and Wednesday, 10:30 to 11:30 a.m.
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. **New session will begin on Monday, April 4 and run through Wednesday, June 29, 2016. No class on Monday, May 30th. Cost: $30.00 for residents and $35.00 for non-residents for a 13 week session. Registration will begin on Wednesday, March 2 to the first 15 people.**

TAI CHI: FOR BETTER BALANCE - Monday and Thursday, 10:00 to 11:00 a.m.
Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility. **New session will begin on Monday, March 14 and run through June 16, 2016. No class on Monday, May 30th. Cost: $30.00 for residents and $35.00 for non-residents for a 13 week session. Registration begins Tuesday, February 16 to the first 15 people.**

BEGINNER CHAIR YOGA - Tuesday, 9:00 to 10:30 a.m. and 10:45 a.m. to 12:15 p.m.
Chair Yoga is a gentle yoga practice incorporating stretches 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.
NEW SESSION begins: Tuesday, February 16 through May 3, 2016, 9:00 to 10:30 a.m.
Session: Tuesday, January 26 through April 12, 2016, 10:45 a.m. to 12:15 p.m.
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, January 7 and run through March 24. Fee: residents, $50.00; non-residents, $55.00.

*Sponsorships for paid classes may be available, please see Judy.

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 or if there is a waiting list, 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.

Casino: Mohegan Sun – Tuesday, April 5, 2016. **Collection date: Friday, February 19, 2016**. Cost: $24.00 per resident; $29.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:00 p.m. **Make checks payable: North Haven Senior Citizen.**

Elim Park Place presents: *The Corvettes Doo Wop Revue* - 2:00 Matinee – Friday, May 6, 2016. **Collection date: Friday, January 15, 2016. Cost: $20.00 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 Searfino's and then Elim Park Place in Cheshire, we will be able to reserve a seat.** Bus departure time will be 11:00 a.m. and estimated return time is 5:00 p.m. One of the hottest national touring doo wop bands performing the great music from the 1950s doo wop era. In the tradition of "Sha Na Na", each show is more than a concert - it's a doo wop celebration! Lunch will be on our own at Serafino's in Wallingford.

Shubert Theatre presents: *Kinky Boots* – 2:00 Matinee – Thursday, June 9, 2016. **Collection date: Friday, January 22, 2016. Cost: $60.00 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 Brazi's for lunch and then to Shubert Theatre, we will be able to reserve a seat.** Bus departure time will be 11:00 a.m. and estimated return time is 5:00 p.m. ***Kinky Boots*** is Broadway's huge-hearted hit and winner of 6 Tony Awards including Best Musical! With songs by Grammy and Tony winning pop icon Cyndi Lauper, this joyous musical celebration is about the friendships we discover, and the belief that you can change your mind. Inspired by true events, ***Kinky Boots*** is about Charlie Price, a man struggling to save the family shoe factory. Help arrives in the unlikely but

spectacular form of Lola, a fabulous performer in need of some sturdy new stilettos. Lunch will be on our own at Brazi's Italian Restaurant (lunch menu will be available at the Center when signing up.)

Casino: Mohegan Sun – Tuesday, July 12, 2016. **Collection date: Friday, May 27, 2016**. Cost: $24.00 per resident; $29.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:00 p.m. **Make checks payable: North Haven Senior Citizen.**

Aqua Turf Presents: *Tribute to the Grand Ole Opry!* – Tuesday, August 16, 2016. **Collection date: Friday, July 1, 2016.** 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.** Departure from the Senior Center will be 10:30 a.m. and estimated return time is 4:15 p.m. Featuring the return of Dave Colucci! Songs by singers you know and love; Hank Williams, Kenny Rogers, Glen Campbell, Patsy Cline and more! Joining Dave on stage will be the fabulous female country singer; Judy Brinn as well as Sarah the Fiddler and Ritchie's Country Wranglers Band! 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: fresh fruit, pasta, chicken katherine, baked meatloaf, broccoli, potato and peach cake.

Casino: Mohegan Sun – Tuesday, September 13, 2016. **Collection date: Friday, July 22, 2016**. Cost: $24.00 per resident; $29.00 per non-resident. Departure time at 9:00 a.m. and estimated return time is 5:00 p.m. **Make checks payable: North Haven Senior Citizen.**

Essex Steam Train and Riverboat – Tuesday, October 18, 2016. **Collection date: Friday, August 26, 2016.** Cost: $55.00 per resident. Departure time from the Center is at 9:30 a.m. and estimate return time is 4:30 p.m. Enjoy a 3-course lunch aboard restored 1920's Pullman dining cars as part of a 3.75 hour lunch, train and riverboat sightseeing excursion. Let our attentive staff transport you back to an era when rail travel was king, and eating in the "diner" was a delicious special occasion. Upon boarding the dining car, you'll savor a hot lunch that is prepared and cooked on board. Travel aboard the train along the lower Connecticut River Valley while you finish your meal. At Deep River Landing, transfer to the *Becky Thatcher* riverboat for a cruise on the Connecticut River, bursting with lush scenery and historic sites such as Gillette Castle. Following your cruise, return to Essex Station aboard one of our coach passenger cars - **the Center's bus will be driving this day so we cannot accommodate non-residents.**

Casino: Foxwoods – Tuesday, November 1, 2016. **Collection date: Friday, September 23, 2016.** Cost: $28.00 per resident; $33.00 per non-resident Departure time at 8:15 a.m. and estimated return time is 5:30 p.m. **Make checks payable: North Haven Senior Citizen.**

FEBRUARY 2016 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 11:30 A.M.*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE

Monday	Tuesday	Wednesday	Thursday	Friday
1	**2**	**3**	**4**	**5**
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-Canasta	**9:00-No Computer Class**	**11:30-Lunch**	**10:00-Color Fun – New!**	**10:00-Dental Education and**
11:30-Lunch	**10:30-No Computer Class**	12:00-Mah Jongg	**11:30-Lunch**	**Free Oral Cancer Screenings**
12:30-Bingo	**11:30-Lunch**	12:15-Bridge	12:30-Crafts	**11:30-Lunch**
12:30-American Disabled	12:30-Mah Jongg	12:30-Knitting/Crocheting	**12:30-Canasta**	12:00-Beginner MahJongg
Vets	12:30-Crafts	1:00-Rummikub	**1:00-**Gentle Hatha Yoga	12:15-Bridge
1:00-Beg Pinochle	12:45-Oil Painting		1:00-Pinochle	12:30-Bingo
Rocking Chair Raffle	1:15-Senior Songsters			**National Wear Red Day**
Starts Today				**Receive a free Red Velvet**
				Cupcake
8	**9**	**10**	**11**	**12**
9:00- Line Dance	9:00-Ceramics	9:00-Line Dance	**9:00-Mini Trip:**	
9:15-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	**Universal Drive**	**CENTER CLOSED**
10:00-Canasta	**9:00-Computer Class**	**11:30-"Cooking for One or**	9:00-Ceramics	**LINCOLN'S BIRTHDAY**
11:30-Lunch	**10:30-Computer Class**	**Two-Healthy and Simple**	10:00-Pinochle	
12:30-Bingo	11:30-**No** Lifebridge Lunch	**Meal Preparation Tips"**	**10:00-Color Fun**	**NO LUNCH**
1:00-Beg Pinochle	**11:45-Valentine Luncheon**	**Annette Hise**	**11:30-Lunch**	**NO TRANSPORTATOIN**
	and Sing-a-long with	**Nutrition Consultant**	12:30-Crafts	
	Songsters	**11:30-Lunch**	**12:30-Canasta**	
	12:30-**No** Crafts	**11:45-Health Guidance Clinic**	**1:00-**Gentle Hatha Yoga	
	12:45-Oil Painting	12:00-Mah Jongg	1:00-Pinochle	
		12:15-Bridge		
		12:30-Knitting/Crocheting		
		1:00-Rummikub		
15	**16**	**17**	**18**	**19**
	9:00-Ceramics	9:00-Line Dance	**8:30-AARP Smart Driver Course**	9:30-E-Z Exercise
CENTER CLOSED	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	9:30-Scrabble Challenge
WASHINGTON'S	**9:00-Computer Class**	**10:30-Sitercise Begins**	10:00-Pinochle	**10:00-Senior Moments**
BIRTHDAY	**10:30-Computer Class**	**Winter Session**	**10:00-Color Fun**	**w/Mike Freda**
	10:30-Storyteller:	**11:30-Lunch**	**11:30-Lunch**	**11:30-Lunch**
NO LUNCH	**Kate Allen Smith**	12:00-Mah Jongg	12:30-Crafts	12:00-Beginner MahJongg
NO TRANSPORTATOIN	**11:30-Lunch**	12:15-Bridge	**12:30-Canasta**	12:15-Bridge
	12:30-Mah Jongg	12:30-Knitting/Crocheting	1:00-Gentle Hatha Yoga	12:30-Bingo
	12:30-Crafts	1:00-Rummikub	1:00-Pinochle	
	12:45-Oil Painting		**1:00-"Ask An Attorney"**	**Collection Date:**
	1:15-Senior Songsters		**1:00-Military Whist Card Game**	**Casino: Mohegan Sun**

FEBRUARY 2016 CALENDAR OF EVENTS*LUNCH SERVED DAILY AT 11:30 A.M.*CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE

Monday	Tuesday	Wednesday	Thursday	Friday
22	**23**	**24**	**25**	**26**
9:00- Line Dance	**9:00-Mini Trip:**	9:00- Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:15-E-Z Exercise	**Walmart on Route 80**	9:30-E-Z Exercise	10:00-Pinochle	9:30-Scrabble Challenge
10:00-Canasta	**Ocean State Job Lot**	10:30-Sitercise	**10:00-Color Fun**	**11:30-Lunch**
10:30-Sitercise	**in East Haven**	**11:30-Lunch**	**10:00-Presentation: Hot Cocoa**	12:00-Beginner MahJongg
10:30-Presentation:	**and Lunch Out**	12:00-Mah Jongg	**and Homecare Chat with**	12:15-Bridge
"Swimming against the	9:00-Ceramics	12:15-Bridge	**Connecticut In-Home Assistance**	12:30-Bingo
Tide Part 2"	9:00 & 10:45-Chair Yoga	12:30-Knitting/Crocheting	**11:30-Lunch**	
By: Dr. Susann Varano of	**9:00-Computer Class**	1:00-Rummikub	12:30-Crafts	
Hamden Health and	**10:30-Computer Class**		**12:30-Canasta**	
Rehab Center	**11:30-Lunch**		1:00-Gentle Hatha Yoga	
11:30-Lunch	12:30-Mah Jongg		1:00-Pinochle	
12:30-Bingo	12:30-Crafts			
1:00-Beg Pinochle	12:45-Oil Painting			
	1:15-Senior Songsters			
29				
9:00- Line Dance				
9:15-E-Z Exercise				
10:00-Canasta				
11:30-Lunch				
12:30-Bingo				
1:00-Beg Pinochle				
				Bus Pick-ups will begin
				at 9 a.m. for Daily Run
				Hairdresser, Errand,
				Grocery Shopping and
				All Trips Out

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ
FEBRUARY 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	**2**	**3**	**4**	**5**
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	1 cup Beef stew ½ cup Bowtie noodles ½ cup Diced squash 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	HAPPY BIRTHDAYS 3 oz Stuffed salmon/ rosemary cream sauce ½ ucp Mashed potato ½ cup California blend 1 slice marble bread 4 oz Apple juice 1 slice Iced vanilla cake 8 oz low fat milk	3 oz Broccoli stuffed chicken with supreme sauce ½ cup roasted sweet potato ½ cup Collard greens 1 slice Wheat bread 1 tsp margarine Fresh fruit 8 oz low fat milk	6 oz Shrimp bisque 2 LS crackers 1 slice spinach frittata ½ cup carrots ½ cup zucchini 1 slice wheat bread 1 tsp margarine ½ cup Pears 8 oz low fat milk
8	**9**	**10**	**11**	**12**
Chinese NY Celebration 3 oz Mandarin Chicken 1/2c Rice 1/2c Oriental Vegetables 1 Slice Oatmeal Bread 1 tsp Margarine 1/2c Mandarin Oranges 8oz LF Milk	**No Lunch** **Valentine Luncheon** **See Newsletter For Details**	**Ash Wednesday** 3 oz Fish Almondine Small Baked Potato Sour Cream 1/2c French Green Beans 1 Wheat Dinner Roll 1 tsp Margarine Angel Food Cake W/ Strawberry Topping 8 oz LF 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** **LINCOLN'S BIRTHDAY**
15	**16**	**17**	**18**	**19**
Presidents Day **Centers are Closed**	**Presidents Day Menu** 3 oz breaded Veal cutlet with LS gravy ½ cup Smashed potato ½ cup Green beans 1 slice wheat bread 1 tps margarine Fresh fruit 2/16- cherry pie 8 oz low fat milk	3 oz Swedish meatballs with LS mushroom gravy ½ cup Bowtie noodles ½ Baked acorn squash 1 slice Rye bread 1 tsp margarine ½ cup Fruit cocktail 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
22	**23**	**24**	**25**	**26**
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 grandioli 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
29				
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				

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
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Lifebridge Community Services "CHOICE" MENU
Nutrition for Mind, Body and Spirit
February 2016

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	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) Fresh Fruit 8 oz. LF Milk		1 oz LS Ham & 1 oz LS Swiss on Rye/Mustard ½ c German Potato Salad 1/2c Waldorf Salad Fresh Fruit 8 oz LF Milk	
8	**9**	**10**	**11**	**12**
			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. Watermelon 8 oz Low Fat Milk	
15	**16**	**17**	**18**	**19**
Presidents Day Centers are Closed	**Presidents Day** 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 Fresh Fruit 2/16- cherry pie 8 oz LF Milk		6 oz Chicken noodle soup 2 crackers 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	
22	**23**	**24**	**25**	**26**
	6 oz Minestrone soup 2 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 Fruit 8oz LF Milk		LS Chicken Orzo Soup 2 LS Crackers New York Hero – Smoked Turkey, Ham & Provolone (3 oz total) W/ LS Italian Dressing , Sliced Tomato, Green Peppers, Lettuce ½ c. Tomato Cucumber Salad 4 oz Cranberry juice 1 slice Carrot cake 8 oz LF Milk	
29				

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