

SENIOR HAPPENINGS

MARCH 2016



Don't Forget . . .
**SPRING Ahead on
 MARCH 13TH!**
TURN YOUR CLOCKS

AHEAD ONE HOUR!

*May YOUR TROUBLES
 BE LESS
 YOUR BLESSINGS BE MORE
 AND NOTHING BUT HAPPINESS COME
 THROUGH THE DOOR!*



March Madness

- * MARCH 2: BINGO & LUNCH
- * MARCH 3: WELCOME NEW MEMBER BREAKFAST
- * MARCH 3: BE AN ARTIST FOR A DAY: WINE AND PAINT!
- * MARCH 7: FREE DEMO: MEDITATION 101
- * MARCH 8: FINANCE MEETING, 10:30 a.m.
- * MARCH 10: MINI TRIP: CHRISTMAS TREE SHOP
- * MARCH 13: SPRING AHEAD - SET YOUR CLOCK AHEAD ONE HOUR
- * MARCH 15: STORYTELLER, KATE ALLEN-SMITH
- * MARCH 15: CRAFT: MAKE & TAKE IT SPRING TIME RUNNER
- * MARCH 15: EASTER CRAFT: CANDY APPLES
- * MARCH 15: COMMISSION ON AGING, 6:00 P.M.
- * MARCH 16: PICK UP YOUR IRISH SODA BREAD
- * MARCH 16: ST. PATRICK'S DAY BREAKFAST
- * MARCH 17: "ASK AN ATTORNEY"
- * MARCH 21: ST. JOSEPH'S DAY CELEBRATION
- * MARCH 23: PICK UP YOUR PIZZA GAN PIE
- * MARCH 28: DENTAL EDUCATION & FREE ORAL CANCER SCREENING
- * MARCH 29: CRAFT: MAKE & TAKE IT SPRING TIME RUNNER
- * MARCH 29: MINI TRIP: UNIVERSAL DRIVE
- * MARCH 30: FREE SPAGHETTI & MEATBALL LUNCHEON
- * MARCH 31: PINOCCHIO TOURNAMENT

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 - KERRY 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, March 10: Christmas Tree Shop
Tuesday, March 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 or daily transportation* on the following days – 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,

As one gets older and retires or moves to a new community, you may not have quite as many opportunities to socialize as you did when you were younger.

If you're not heading to an office or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy, and maybe even ward off dementia. Research has shown that social interaction offers older adults many benefits. Staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function.

People who continue to make friends and find other ways to interact socially live longer than those who become isolated. Relationships and social interactions even help protect against illness by boosting your immune system.

The benefits of being social at our Center,

Specific health benefits of social interaction in older adults include:

- Potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis
- Potentially reduced risk for Alzheimer's disease
- Lower blood pressure
- Reduced risk for mental health issues such as depression

Conversely, social isolation carries real risks. Some of these risks are:

- Feeling lonely and depressed
- Being less physically active
- Having a greater risk of death
- Having high blood pressure

Social interaction helps keep your brain from getting rusty, but it's most effective when coupled with an overall healthy lifestyle, including a nutritious diet and physical activity.

Our Center is a place for mature adults to meet for services and activities that reflect your experience and skills. Our staff responds to your diverse needs and interests, and we support your independence and encourage involvement in the Center and community. If you have been away for the winter, now is the time to...

March on over to the North Haven Senior Center!

Socks for Soles - to date we have realized over two hundred and fifty pairs of socks. Feel free to pass the word to family and friends as we continue helping those in need. My sincere thanks to all that have already donated.

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 Cocchiario'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.



- ♣ **MENU CHANGE: Bingo and Lunch** – Wednesday, March 2, 11:30 a.m. Lunch will be served at 11:30 a.m. sharp!! Menu will consist of vegetable 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; All paint supplies are included.
- ♣ **FREE Demo: Meditation 101** – Monday, March 7, 10:30 to 11:30 a.m. 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! 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. The class is slated to begin on Monday, March 14 and run through June 6.

- ♣ **CRAFT: Make and Take It Spring Time Runner** – Tuesdays, March 15, 29 and April 5, from 9:30 to 11:30 a.m. Come and learn the new way of making a Runner, right corners, left corners, straight stitching!! Judy will be our quilting instructor. We have material to share or if you would like to bring your own, you may. Please call the Center, 203-239-5432 by Thursday, March 10th to reserve your spot! Residents only.
- ♣ **StoryTeller, Kate Allen Smith** – Tuesday, March 15, 10:30 a.m. Our very own Kate Allen Smith comes to us monthly to share with us her stories of her many adventures! This is a fun interactive way to travel the world with Kate!! She also lets us tell our story and the many ways of “growing up” in society years past or years present. Come join Kate today to enjoy an hour of great conversation!
- ♣ **Easter Craft: Candy Apples** – Tuesday, March 15, 1:00 p.m. enjoy an afternoon of candy apple making – decorate your own caramel and/or chocolate coated 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** – Wednesday, March 16, 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.
- ♣ **“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 by Tuesday, March 15th, 203-239-5432. . **Resident’s only.**
- ♣ **RESCHEDULED Dental Education & Free Oral Cancer Screenings** – Monday, March 28, 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, March 21st, 203-239-5432. **Residents only.**
- ♣ **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 60 people to sign up!! **Filled – waiting list only!**
- ♣ **Pinochle Tournament** – Thursday, March 31, 11:30 a.m. See attached flyer.

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.** Registration begins on Monday, March 7 through 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, registration begins on March 1st and will close on Tuesday, March 29th!
- ↔ **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 broccoli and cheddar or bacon and swiss quiche, garden salad, drinks and a special dessert. **For non-volunteers the cost is \$6.00 per resident and \$11.00 per non-resident.** Registration begins on Friday, March 11th through Monday, April 11th.
- ↔ **National Breakfast for Lunch Day** – Tuesday, April 19, 11:30 a.m. Come on in and enjoy breakfast for lunch. We will be serving pancakes, bacon, orange juice and coffee and tea. Breakfast is good served any time of the day!! Registration begins on Monday, March 14th through Wednesday, April 13th, cost: \$5.00 residents, \$10.00 non-residents.
- ↔ **“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. 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: “Big Stone Gap”** - Thursday, April 21, 3:00 p.m. Starring: Ashley Judd, Patrick Wilson, Whoopi Goldberg . . . Big Stone Gap is about self-proclaimed spinster Ava Maria Mulligan from a small town nestled in the Appalachian Mountains of Virginia who finds her life shaken up and forever changed after learning a long-buried family secret. This is a love story, comedy, drama kind of a movie and fun for all! The movie is rated PG-13 and will run for 1 hour and 43 minutes. Dinner will be served immediately following the movie. Dinner will be chicken parmigiana, pasta, salad, drink and dessert. Registration begins April 1st! Cost: \$6.00. **Residents only.**
- ↔ **Military Whist Tournament** – Thursday, April 28, 11:45 a.m. See attached flyer.

May Flowers Brings In

- ↔ **Bingo and Lunch** – Wednesday, May 4, 11:30 a.m. Lunch will be served at 11:30 a.m. sharp!! Menu will honor the upcoming Kentucky Derby and we will have Chicken Salad Sandwich, Garlic Cheese Grits, Key Lime Pie for dessert and a drink. Cost: \$7.00, residents and \$12.00, 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, May 2.

- ☞ **Game Day** – Thursday, May 5, 10:00 to 11:30 a.m. and 12:30 to 3:30 p.m. All day come on in and join in the fun, play your favorite game or try a new one!! We will setup Pinochle, Military Whist (need 5 tables of 4 to play this), Canasta, Bridge, Rummikub and Mah Jongg. No cost!! Snacks will be provided, please sign up with the office by Tuesday, April 26th, 203-239-5432. You do not have to come for the day, you can come anytime during the hours posted!!
- ☞ **Mother's Day Brunch** – Tuesday, May 10, 11:30 a.m. Come and enjoy a morning to celebrate the matriarch of our family, "our moms" with a delicious fruit-topped waffle, sausage, non-alcoholic mamosas or orange juice, tea or coffee. Cost: \$5.00 for residents and \$10.00 for non-residents. Registration begins on Monday, April 11th through Thursday, May 5th.
- ☞ **CRAFT: Make and Take It Garden Project** – Thursday, May 12, 1:00 p.m. Today we will paint our herb pots and plant some herbs for you to grow in your own kitchen. Some herbs that we are thinking of planting are basil, chives, cilantro, dill, mint, and parsley. If you are interested in starting your own herb garden, registration begins on Friday, April 8th through Friday, May 6th. Cost: \$5.00 for residents and \$10.00 for non-residents.
- ☞ **Reverse Mortgage with Michael Savenelli** – Wednesday, May 18, 10:00 a.m. to 2:00 p.m., **by appointment only!** Reverse mortgages are available to qualified members 62 years of age or older. Reverse mortgages give you the opportunity to access in your equity from your primary residence with no monthly payment. Nationally, studies have indicated that homeowners have 60% of their net worth in their home and a reverse mortgage gives you the ability to access it. Michael Savenelli from Province Mortgage will be available to meet with our members individually by appointment. If you would like to setup an appointment to see if you can benefit from this product, please call 203-272-5601 and ask for Michael Savenelli to schedule your appointment here at the Center.
- ☞ **"Ask An Attorney"** – Thursday, May 19, 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.**
- ☞ **Dinner and A Movie** – Thursday, May 19, 3:00 p.m. Save the Date!! More information to follow!
- ☞ **Memorial Day Party** – Tuesday, May 24, 11:30 a.m. Come and celebrate our veterans on this special day! Today's menu will be fried chicken (please let us know what part of the chicken you would like), southern green beans with potatoes, corn bread, drink and the Strawberry Pretzel Cake. Cost: \$7.00 residents and \$12.00 non-residents, sign-ups will begin on Monday, May 2 and end on Wednesday, May 18 or to the first 60 people. Back by popular demand we will sing-a-long with our Songsters!
- ☞ **Medicare 101 with Dave Cowan** – Wednesday, May 25, 6:00 p.m. David Cowan, a representative of AAA will conduct an informational workshop for people who want to sort through the Medicare confusion. Medicare doesn't cover all of your health care costs. Additional coverage can help prevent substantial out-of-pocket costs should you get ill or need surgery. Don't miss out on this Medicare 101 educational meeting. Please register by Wednesday, May 18 by calling the Center, 203-239-5432.
- ☞ **Mah Jong Tournament** – Thursday, May 26, 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 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.****OIL PAINTING – Tuesday, 12:45 to 2:45 p.m.****Session:** Tuesday, January 26 through Tuesday, April 12. Class size will be held to 12 person maximum. **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 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 begins 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 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, March 1 through May 17, 2016, 9:00 to 10:30 a.m.**Session:** Tuesday, January 26 through April 19, 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. **NEW SESSION begins:** Thursday, March 31 through June 16. **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.**

FILLED: 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.

FILLED: 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.**

NEW PRICE: Essex Steam Train and Riverboat – Tuesday, October 18, 2016. **Collection date: Friday, August 26, 2016.** Cost: \$51.00 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, **dinner choice of: roast beef or chicken parmigiana.** 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.**

MARCH 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
	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	9:30-New Member Breakfast	9:30-Scrabble Challenge
	9:00-Computer Class	10:30-Sitercise	10:00-Pinochle	11:30-Lunch
	10:30-Computer Class	11:30-Bingo and Lunch	11:30-Lunch	12:00-Beginner MahJongg
	11:30-Lunch	MENU CHANGE	12:30-Crafts	12:15-Bridge
	12:30-Mah Jongg	11:30-No LifeBridge Lunch	12:30-Canasta	12:30-Bingo
	12:30-Crafts	12:00-Mah Jongg	1:00-Gentle Hatha Yoga	
	12:45-Oil Painting	12:15-Bridge	1:00-Pinochle	
	1:15-Senior Songsters	12:30-Knitting/Crocheting	1:00-Be An Artist in A Day:	
		1:00-Rummikub	Wine and Paint	
			2:00-North Having Housing	
			Coalition Meeting	
7				
9:00- Line Dance	8	9	10	11
9:15-E-Z Exercise	9:00-Ceramics	9:00-Line Dance	9:00-Ceramics	9:30-E-Z Exercise
10:00-Canasta	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	9:30-Mini Trip:	9:30-Scrabble Challenge
10:30-Sitercise	9:00-Computer Class	10:30-Sitercise	Christmas Tree Shop	11:30-Lunch
10:30-FREE Demo:	10:30-Computer Class	11:30-Lunch	10:00-Pinochle	12:00-Beginner MahJongg
Meditation 101	10:30-Finance Meeting	11:45-Health Guidance Clinic	10:00-Color Fun!	12:15-Bridge
11:30-Lunch	11:30- Lifebridge Lunch	12:00-Mah Jongg	11:30-Lunch	12:30-Bingo
12:30-Bingo	12:30- Crafts	12:15-Bridge	12:30-Crafts	
12:30- Disabled American Veterans	12:45-Oil Painting	12:30-Knitting/Crocheting	12:30-Canasta	Spring Ahead
1:00- Beg Pinochle		1:00-Rummikub	1:00-Gentle Hatha Yoga	Daylight Savings Time
			1:00-Pinochle	Sunday March 13
14	15	16	17	18
9:00- Line Dance	9:00-Ceramics	9:00-Line Dance	8:30-AARP Smart Driver Course	9:30-E-Z Exercise
9:15-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	9:30-Scrabble Challenge
10:00-Canasta	9:00-Computer Class	10:00-St. Patrick's Day	10:00-Pinochle	11:30-Lunch
10:00-Tai Chi Begins	9:30-Craft: Make It and Take It	Breakfast	10:00-Tai Chi	12:00-Beginner MahJongg
10:30-Sitercise	Spring Time Runner	10:30-Sitercise	10:00-Color Fun!	12:15-Bridge
10:30-Meditation 101	10:30-Computer Class	11:30-No LifeBridge Lunch	11:30-Lunch	12:30-Bingo
11:30-Lunch	10:30-Storyteller:	12:00-Mah Jongg	12:30-Crafts	
12:30-Bingo	Kate Allen Smith	12:15-Bridge	12:30-Canasta	
1:00-Beg Pinochle	11:30-Lunch	12:30-Knitting/Crocheting	1:00-Gentle Hatha Yoga	
	12:30-Mah Jongg	1:00-Rummikub	1:00-Pinochle	
	12:30-Crafts		1:00-"Ask An Attorney"	
	12:45-Oil Painting	Pick up:		
	1:00-Easter Craft:	Irish Soda Bread Orders		
	Candy Apples			
	1:15-Senior Songsters			
	6:00-Commission on Aging			

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ
Nutrition for Mind, Body and Spirit
March, 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
	4 oz Apple Juice 3 oz Hot Open Turkey Sandwich W/Gravy on 1 Wheat Bread Cranberry Sauce 1/2c Sweet Potato Fries 1/2c blended Broccoli 1/2c Margarine 1 Oatmeal Cookie 8 oz LF Milk	Bingo and Lunch See Newsletter No LifeBridge Lunch	3 oz Chicken Parmesan 1/2c Ziti With Sauce 1 tsp Parmesan Cheese 1 cup Tossed Salad/Tomato Italian Dressing 1 Bread Stick 1 tsp Margarine 1/2c Peaches 8 oz LF Milk	6 oz Cream of Carrot Soup Unsalted Crackers 3 oz LS Tuna Salad Plate on Lettuce W/Celery & Carrot Sticks, Cucumber & Tomato 1 Rye Bread 1 tsp Margarine 12 Grapes 8 oz LF Milk
7	8	9	10	11
3 oz Oven Fried Chicken 1/2c Macaroni and Cheese ½ c Green Peas 1 Wheat Bread 1 tsp Margarine 1/2c Pears and Peaches 8 oz LF Milk	6 oz LS Split Pea Soup 2 Unsalted Crackers 3 oz Turkey Sloppy Joe on Wheat Bun 1/2c Green Beans 1 tsp Margarine Seasonal Fresh Fruit 8oz LF Milk	3 oz Meatloaf/LS Gravy ½ c Mashed Potatoes ½ c California Blend Veg 1 Wheat Roll 1 tsp Margarine 1/2c Mandarin Oranges 8 oz LF Milk	3 oz Stuffed Salmon Filet W/Lemon Dill Sauce ½ c Roasted New Potatoes 1/2c Spinach 1 Pumpernickel Bread 1 tsp Margarine 1 pc marble cake 1/2c Pineapple Juice 8 oz LF Milk	3 oz Eggplant Rولاتini 1/2c Penne with Sauce 1 Tbs. Parmesan Cheese 1/2c Italian Blend Veg 1 Garlic Bread 1/2c Apricots 8 oz LF Milk
14	15	16	17	18
3 oz Hamburger on Wheat Bun Catsup, Lettuce, Tomato & Pickle 1/2c Steak Fries 1/2c Coleslaw 1/2c Pineapple 8 oz LF Milk	Happy Birthdays! 1/2c Orange Juice 1 slice Broccoli Quiche 1/2c Zucchini & Tomatoes 1/2c Hash Browns 1 Whole Wheat Bread 1 tsp Margarine 1 sq Frosted Chocolate Cake 8oz LF Milk	St. Patrick's Day Breakfast See Newsletter No LifeBridge Lunch	St. Patrick's Day 3 oz Corned Beef 1/2c Cabbage 1/2c Boiled Potatoes 1/2c Carrots 1 piece Irish Soda Bread 1 tsp Margarine 1/2c Bread Pudding W/ Topping 8 oz LF Milk	6 oz Vegetable Barley Soup 2 Unsalted Crackers 3 oz Seafood Salad Plate, Lettuce & Tomato 1/2c Lemon Orzo Veg Salad 1 Wheat Roll 1 tsp Margarine Fresh Fruit in Season- no apple 8 oz LF Milk
21	22	23	24	25
3oz Lite Crunch Fish Lemon/tartar sauce ½ cup sweet potato fries ½ cup zucchini & yellow squash 1 multi grain bread 1 tsp margarine ½ cup apricots 8 oz LF Milk	3 oz Beef Stew ½ c Noodles ¼ Baked Acorn Squash 1 small Biscuit 1 tsp Margarine 1/2c Peaches 8 oz LF Milk	3 oz Tangerine Chicken 1/2c Brown Rice Pilaf ½ c Oriental Blend Veg 1 Rye Bread 1 tsp Margarine 1/2c Pineapple & Mandarin Oranges 8 oz LF Milk	Easter Special 3 oz Glazed Ham 1/2c Sweet Potato Pone 1/2c Whole Green Beans 1 slice Rye Bread 1 tsp Margarine Hot Cross Bun 8 oz LF Milk	CENTER CLOSED GOOD FRIDAY NO LUNCH
28	29	30	31	
1/2c Cranberry Juice 3 oz Stuffed Chicken Breast W/Lemon Cream Sauce 1/2c Herb Stuffing ½ cup peas and onions 1 Wheat Dinner Roll 1 tsp Margarine 1/2c Fruited Jello 8 oz LF Milk	3 oz meatballs ½ c Spaghetti W/Sauce 2 Tbs Parmesan Cheese Slice Garlic Bread 1 c Spinach Salad Vinaigrette Dressing 1/2c Pears 8 oz LF Milk	Spaghetti & Meatball Luncheon See Newsletter No LifeBridge Lunch	3 oz Beef & Bean Chili 1/2c Baked Potato Wedges 1 c Tossed Salad W/Tomato & Shredded Cheese 1 oz Tortilla Chips 1c Fresh Orange Wedges 8 oz LF 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

March 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
	1/2c Apple Juice ¼ 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 Oatmeal Cookie 8 oz. Low Fat Milk		¾ C. Minestrone Soup/LS Crackers Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese & 1 Hard Cooked Egg, LS DRESSING 1 Small Whole Wheat Roll ½c.Tomato, Cucumber, Onion, Basil Salad 1/2c Peaches 8oz LF Milk	
7	8	9	10	11
	6 oz LS Split Pea Soup 2 Unsalted Crackers Veggie Sub (Eggplant, Roasted Veggies, 1 oz Green Peppers, 1 Slice Tomato, Onion, 2oz LS American Cheese ½ c. Tri Color Pasta Salad Fresh Fruit 8oz LF Milk		1/2c Pineapple Juice 3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce 1/2c Carrot Raisin Salad 1/2c Tomato & Cucumber Salad 1 pc Marble Cake 8oz LF Milk	
14	15	16	17	18
	Happy Birthdays! 1/2c Orange Juice 2 oz. Fresh Roast LS Turkey & 1 oz. LS Cheese W/Lettuce & Tomato on 6 " Whole Wheat Wrap 1/2c Potato Salad 1sq. Frosted Chocolate Cake 8oz LF Milk		St Patrick's Day 6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw Fresh Melon(If available) 1/2c Bread Pudding W/Topping 8oz LF Milk	
21	22	23	24	25
	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 Peaches 8oz LF Milk		Easter Special 1 oz LS Ham & 1 oz LS Swiss on Rye/Mustard ½ c German Potato Salad 1/2c Waldorf Salad Hot Cross Bun 8oz Lf Milk	
28	29	30	31	
	6oz Cream of Carrot Soup/LS Crackers 3 oz Chicken Salad on Multigrain Bread 1c Spinach Salad/Vinaigrette 1/2c Pears 8oz LF Milk		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 1c Orange Wedges 8oz LF Milk	

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

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

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

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