

Senior Happenings

April 2016

April's Fun & Frolics

HAPPY SPRING!



- ↔ **APRIL 5:** TRIP: *Moxegan Sun*
- ↔ **APRIL 5:** CRAFT: *FINISHING UP THE SPRING RUNNER*
- ↔ **APRIL 6:** BINGO AND LUNCH
- ↔ **APRIL 7:** MINI TRIP: *WALLINGFORD WALMART*
- ↔ **APRIL 8:** SENIOR MOMENTS WITH FIRST SELECTMAN
- ↔ **APRIL 12:** CRAFT: *MAKE IT AND TAKE IT CERAMIC MAGNETS*
- ↔ **APRIL 14:** VOLUNTEER LUNCHEON
- ↔ **APRIL 19:** NATIONAL BREAKFAST FOR LUNCH
- ↔ **APRIL 19:** STORYTELLER: *Kate Allen Smith*
- ↔ **APRIL 21:** MINI TRIP: *UNIVERSAL DRIVE*
- ↔ **APRIL 21:** AARP DRIVER SAFETY PROGRAM
- ↔ **APRIL 21:** ASK AN ATTORNEY
- ↔ **APRIL 21:** DINNER AND A MOVIE: *"BIG STONE GAP"*
- ↔ **APRIL 28:** MILITARY WHIST TOURNAMENT

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 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, April 7 – Wallingford WalMart
Thursday, April 21 – Universal Drive

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

- Grocery Shopping

Please Note: A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.

From the desk of Judy,

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 – 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.

April showers bring May flowers...

It's that time of year again when I get excited about gardening and while it is work it is also good for me and you.

Why is it so good for us? Gardening is an excellent, low impact way to exercise, offering a broad range of both physical and psychological benefits at the same time. Whether you are growing ornamental plants or edible ones, spending time outside gardening can be a fantastic and uplifting hobby to take up.

We all know that getting outside in the fresh air is good for us and the responsibility of having plants to tend to can help to motivate us and reinforce this.

The psychological benefits: Being outside in the fresh air, connecting with nature through physical contact with the plants and playing in the soil is a highly effective way to avoid stress and anxiety, which have a habit of leading to a number of other health complaints.

No matter how old I get, I enjoy gardening as a hobby and find it an ideal way to unwind, giving me plenty of time to think and day dream whilst I plant, prune and tend to my garden.

Did you know...? Doctors are now 'prescribing' gardening to individuals who have not responded well to anxiety and stress relieving medication. Whether gardening alone, or with others, keeping the mind and body busy with this constructive activity can be fun and rewarding.

The physical benefits: When mature adults, like you and me tend to spend too much time indoors we are unable to get the proper amount of vitamin D they require for good health. Regular time spent outdoors ensures this essential vitamin can be obtained from the sun.

Gardening might not be a cardiovascular exercise for most people but it is an excellent form of low impact exercise that helps to keep our joints flexible and stay in shape. All the stretching, squatting, bending down, twisting and pulling whilst carrying out gardening tasks are the basis of this and like any exercise if done in moderation and regularly will ensure significant improvements over time. Forget the gym - get outside and garden!

If you would like to get involved in gardening at the Center, Volunteers are needed to assist with the flower boxes and beds. Please sign up in the office to talk "DIRT" on April 18 at 10 am. Remember it is it is not about having a prize winning garden, it is just about getting outdoors, getting regular low impact exercise and having fun with your fellow members.

Happy Volunteer Week to all of our Volunteers

Please read the full details in the newsletter and remember to sign up in the office by April 11 so we may recognize you for all your hard work and dedication to your Center and Community alike.

Volunteers are not paid -not because they are worthless, but because they are priceless!

Senior Moments with First Selectman Mike Freda Friday April 8. Appointments are scheduled for 15 increments beginning at 10:30am and meet in the Centers' Library.

Sign up in the office no later than April 7.



*In honor of your commitment
to the Center
Our North Haven Senior Center
Yearly and Holiday Bazaar Volunteers
are Cordially Invited
to a
Volunteer Luncheon
On Thursday, April 14, 2016 at 11:30 a.m.*

*Menu will be:
Your choice of Broccoli and Cheddar Quiche
or Bacon and Swiss Quiche
Garden Salad and a Special Dessert*

Please RSVP by Monday, April 11th

*Cost for non-volunteers: \$6.00 per resident and
\$11.00 per non-resident*

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.
- ↔ **DATE CHANGE: CRAFT: Make It and Take It Ceramic Magnets** – Tuesday, April 12, 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.
- ↔ **StoryTeller, Kate Allen Smith** – Tuesday, April 19, 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!
- ↔ **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 joining us for lunch and not Bingo, the cost of lunch will be \$3.00.** Please sign up in the office by Mon., 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 set up 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.
- ☞ **PRESENTATION: 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 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 set up 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: "The Intern"** – Thursday, May 19, 3:00 p.m. Starring Anne Hathaway and Robert De Niro. Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin, the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules. Rated PG-13, comedy, the movie length is 2 hours and 1 minute. Dinner will follow immediately after the movie. The menu is; Italian style subs stuffed with sweet capicola, genoa salami, ham and provolone cheese; pasta salad, drinks and dessert. Cost: \$5.00 for residents and \$10 for non-residents. Registration begins Monday, April 17 and will run through Friday, May 13.

- ☞ **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 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!
- ☞ **PRESENTATION: 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.

June Fun In the Sun . . .

- ≈ **PRESENTATION: Final Expenses and Survivors' Income Planning** – Wednesday, June 1, 10:30 a.m. Lee Giordano of Bankers Life and Casualty Company will be presenting to you today topics on burial costs vs. cremation costs; debt clean-up; trusts (do you need one?); legacy/education funds; transferring assets upon death (giving gifts to children); and what are your insurance options? Seats are limited so please call the Center, 203-239-5432 to reserve your seat by Wednesday, May 25th.
- ≈ **Wine and Paint Party!** – Thursday, June 2, 1:00 p.m. We brought it back by popular demand! 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, May 2 through Friday, May 20; stop by the Center to reserve your spot!! Bring your own Wine and we will provide the snacks! Minimum class of 8 and maximum of 25! Cost: \$30 All paint supplies are included.
- ≈ **SPECIAL Bingo and Lunch** – Friday, June 3, 10:00 to 11:30 a.m. Lunch will be served at 11:30 a.m. sharp!! Menu will be fried dough pizza, chips, dessert and a drink. 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 Friday, May 27.
- ≈ **Father's Day Cookout** – Friday, June 17, 11:30 a.m. More to follow!!
- ≈ **Tri-Town Dinner** – Tuesday, June 21, 5:00 p.m. Hosted at the North Haven Senior Center – more information to follow!
- ≈ **Dinner and a Movie** - Thursday, June 23, 3:00 p.m. Movie TBA.

Welcome To Our New Members . . .

Lorraine Russo, Patricia Butler, Maryann Mele, Edward & Lucille Mahon, Brigitte Wieland, Savita & Shrikant Pradhan, Judith Rubel, Janet Rosenbaum, Anthony Santagata, Anthony Leonardi, Michelina Pinto, Jean Ann Acri, Bessie Scott-Moore, Shirley Roberts, Antonetta Athaas, and Margaret A. Cloutier

Thank You for Your Donation . . .

Andrew and Anne Amatruda Ann DellaValle, Sharon Alpert, and Fran Bartlett

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:** March 14 through June 20. **No class on Monday, May 30 due to Memorial Day.** 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, April 19 through Tuesday, July 5. 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. **Session:** 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.**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. **Session:** 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.**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: Tuesday, March 1 through May 31, 2016, 9:00 to 10:30 a.m.**Session:** Tuesday, January 26 through May 3, 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, April 21 through July 7. **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.

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 Serafino'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.**

APRIL 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
				9:30-E-Z Exercise
				9:30-Scrabble Challenge
				11:30-Lunch
				12:00-Beginner MahJongg
				12:15-Bridge
				12:30-Bingo
4	5	6	7	8
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-Computer Class	10:30-Sitercise	9:30-Mini Trip:	10:30 Senior Moments Mike
10:00-Tai Chi	9:00-Mohegan Sun Bus Trip	11:30-No Lifebridge Lunch	Wallingford Wal Mart	11:30 Lunch
10:30-Sitercise	10:30-Computer Class	11:30-Lunch and Bingo	10:00-Color Fun	12:00 Beginner MahJongg
10:30-Meditation 101	11:30- Lifebridge Lunch	12:00-Mah Jongg	10:00-Tai Chi	12:15 Bridge
11:30-Lunch	12:30- No Crafts	12:15-Bridge	11:30-Lunch	12:30 Bingo
12:00-Disabled American Veterans	12:45-Oil Painting	12:30-Knitting/Crocheting	12:30-No Crafts	
	1:15-Senior Songsters	1:00-Rummikub	12:30-Canasta	
12:30-Bingo			1:00-Gentle Hatha Yoga	
1:00- Beg Pinochle			1:00-Pinochle	
*Need to be finished by 11:45				
11	12	13	14	15
9:00- Line Dance	9:00-Ceramics	9:00-Line Dance	10:00-Tai Chi	9:30-E-Z Exercise
9:15-E-Z Exercise	9:00 & 10:45-Chair Yoga	9:30-E-Z Exercise	11:30-No Lifebridge Lunch	9:30-Scrabble Challenge
10:00-Canasta	9:00-Computer Class	10:30-Sitercise	11:30-Volunteer Luncheon *	11:30-Lunch
10:00-Tai Chi	10:00-Make It and Take It	11:30- Lunch	1:00-Gentle Hatha Yoga	12:00-Beginner MahJongg
10:30-Sitercise	Ceramic Magnets	11:45-Health Guidance Clinic		12:15-Bridge
10:30-Meditation 101	10:30-Computer Class	12:00-Mah Jongg	*All other activities cancelled due to Luncheon	12:30-Bingo
11:30-Lunch	11:30-Lunch	12:15-Bridge		
12:30-Bingo	12:30-Mah Jongg	12:30-Knitting/Crocheting		
1:00-Beg Pinochle	12:30-Crafts	1:00-Rummikub		
	12:45-Oil Painting			
	1:15-Senior Songsters			

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE
Nutrition for Mind, Body and Spirit
April, 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
				3 oz Crab Cakes/Tartar Sauce 1/2c Baked Beans 1/2c Coleslaw Small Sandwich Roll 1/2 cup fruit blend juice Berry strudel 8oz LF Milk
4	5	6	7	8
3 oz Baked Pork loin/gravy 1/2 c Roasted Potatoes 1/2c Zucchini Squash 1 Multigrain Bread 1 tsp Margarine 1/2c Applesauce 8 oz LF Milk	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	LUNCH AND BINGO See Newsletter for details 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
11	12	13	14	15
3 oz Oven Fried Chicken 1/2c Macaroni and Cheese 1/2 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 1/2 c Mashed Potatoes 1/2 c California Blend Veg 1 Wheat Roll 1 tsp Margarine 1/2c Mandarin Oranges 8 oz LF Milk	VOLUNTEER LUNCHEON See Newsletter for details No LifeBridge Lunch	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
18	19	20	21	22
3 oz Hamburger on Wheat Bun Catsup, Lettuce, Tomato & Pickle 1/2c Steak Fries 1/2c Coleslaw 1/2c Pineapple 8 oz LF Milk	NATIONAL BREAKFAST FOR LUNCH DAY See Newsletter for details No LifeBridge Lunch	3 oz Sliced Roast Turkey 2 TBS LS Gravy 1/2 small Baked Sweet Potato 1/2c Peas & Carrots 1 Family Grain Bread 1 tsp Margarine 1/2c Scalloped Apples 8 oz LF Milk	3 oz BBQ Chicken Quarter 1/2c Baked Beans 1/2c Collard Greens 1 sq Corn Bread 1 tsp Margarine 1c Melon 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
25	26	27	28	29
3 oz Lite Crunch Fish Lemon/Tartar Sauce 1/2c Sweet Potato Fries 1/2c Zucchini & Yellow Squash 1 Multi Grain Bread 1 tsp Margarine 1/2c Apricots 8 oz LF Milk	3 oz Beef Stew 1/2 c Noodles 1/4 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 1/2 c Oriental Blend Veg 1 Rye Bread 1 tsp Margarine 1/2c Pineapple & Mandarin Oranges 8 oz LF Milk	1/2c Pineapple Juice 6 oz Chicken Gumbo Soup/ 2 LS crackers 3 oz Roast pork/gravy 1/2c scalloped Potatoes 1/2c Green & Wax Beans Wheat Dinner Roll 1 tsp Margarine Coffee cake 8 oz LF Milk	3 oz Spinach Grandioli with Tomato Sauce 1 TBS Parmesan cheese 1 c Caesar salad Caesar Dressing 1 Bread Stick 1 Tsp Margarine 1/2c Tropical Fruit 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
April 2016

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
	1/2c Apple Juice 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 Oatmeal Cookie 8oz LF Milk		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 1/2c peaches 8oz LF Milk	
11	12	13	14	15
	6 oz LS Split Pea Soup 2 Unsalted 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			
18	19	20	21	22
			¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons 1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers ½ c. Beet Salad 1 c. Sliced Melon 8 oz. Low Fat Milk	
25	26	27	28	29
	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 8 oz LF Milk		1/2c Pineapple Juice 6 oz Chicken Gumbo Soup/ 2 LS crackers Veggie Sub (Eggplant, Roasted Veggies, 1 oz Green Peppers, 1 Slice Tomato, Onion, 2oz LS American Cheese ½ c. Tri Color Pasta Salad Coffee Cake 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