

Senior Happenings

May 2016

May's Flowers Brings In



***Wishing All of Our
Service
Men and Women A
Happy Memorial Day!***

- ☞ **May 3:** iPad Informational Meeting
- ☞ **May 4:** Bocce Informational Meeting
- ☞ **May 4:** Bingo and Lunch
- ☞ **May 5:** National Game Day
- ☞ **May 6:** Trip: The Corvettes Do Wop Revue
- ☞ **May 10:** Mother's Day Brunch
- ☞ **May 12:** Mini Trip: Hamden Mart
- ☞ **May 12:** Craft: Make It and Take It Garden Project
- ☞ **May 13:** Hot Dog Fridays Begin
- ☞ **May 17:** Storyteller: Kate Allen Smith
- ☞ **May 18:** Presentation: Reverse Mortgage with
Michael Savanelli – *BY APPOINTMENTS ONLY!*
- ☞ **May 19:** AARP Smart Driver Course
- ☞ **May 19:** Presentation:
The Power of 'YUM!' Let Foods Double as Medicine
Presented by Annette Hise, RDN of LifeBridge
- ☞ **May 19:** "Ask An Attorney" BY APPOINTMENT ONLY
- ☞ **May 19:** Dinner and A Movie: "The Intern"
- ☞ **May 20:** Hot Dog Fridays
- ☞ **May 24:** Memorial Day Party and Sing-a-longs with

OUR

SONGSTERS

- ☞ **May 24:** Commission on Aging Meeting
- ☞ **May 25:** Presentation: *Medicare 101* with DAVE COWAN
- ☞ **May 26:** Mini Trip: Universal Drive
- ☞ **May 26:** Max Jong Tournament
- ☞ **May 27:** Hot Dog Fridays
- ☞ **May 30:** Center Closed – Happy Memorial Day
- ☞ **May 31:** Finance Meeting

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, May 12 – Hamden Mart
Thursday, May 26 – 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 – 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.

Did you know that our Center is regarded as being one of the best Centers in the area for our programs as well as our outstanding reputation for being welcoming and friendly to all? I am proud to work here and when I hear compliments about my kind staff and our Center I feel blessed. In a sense we are a family and every day we break bread with one another and interact as we do with our own families.

When someone speaks kind words about me it always makes me feel good, encouraged, comforted, loved and cared for. I am sure there is something powerful that happens in someone's heart when we say kind things to them. I believe kindness is actually healthy for the body. I call it good "soul food". Kind words are like honey, sweet and good for the heart. Delicious and nutritious!

Because we are human there are times we will have an off day and we may forget that kindness matters. Sadly, in that case it's easy to see the negative in each other. When you change your focus to the positives for a moment you will be surprised at what you will find – you just have to look for it! I find kindness to be most effective when it is sincere and genuine, from the heart. So if you are having a bad day or observe someone at the Center having one, please pass the "soul food". Kind words of gratitude or encouragement will not only strengthen the other person but saying them will make you feel good as well. Try to remember not to mix bad words with your bad day. You'll have many opportunities to change your mood, but you may not get the opportunity to replace the words you spoke.

So as we welcome in the month of May let's share, as a family, some wonderful "soul food".

A quote from Winston Churchill...

"By swallowing evil words unsaid, no one has ever harmed his stomach"

Happy Mother's Day to all!

On Memorial Day please take a moment to reflect on those who served in the military and never made it home to say Happy Mother's day to their mom.

A heartfelt thank you to all who served in the military then and those who are serving today!



May Flowers Brings In

- ☞ **Bocce Informational Meeting** – Wednesday, May 4, 10:00 a.m. Calling all Bocce Lovers . . . If you have never played the game but wished you had learned — now is your opportunity!! Members play on Mondays, Wednesdays and Fridays beginning at 12:30 p.m. Come for the day or just come to play! For more information, please call the Center at 203-239-5432. **\$5 Non Resident quarterly activity fee applies.**
- ☞ **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 only; any additional bingo cards will cost the usual, .75 per card, the cost **does not** include the progressive game. 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 It 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.
- ☞ **Hot Dog Friday Begins** – Friday, May 13, 20 and 27, 11:45 a.m. you will receive 2 hot dogs, bag of chips, soda and a dessert. Please stop by the office by the Wednesday before, cost: \$5.00, residents and \$10.00, non-residents.
- ☞ **StoryTeller, Kate Allen Smith** – Tuesday, May 17, 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! Please call the Center to reserve your spot by Friday, May 13th, 203-239-5432.
- ☞ **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 information on the topics of 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! Our masterpiece “Red Poppies” inspired by famous American female painter, Georgia O’Keeffe (1887-1986), she is best known for her paintings of flowers. She created large close-ups of small flowers to help people see a common and familiar object in new, refreshing way. A sample is located at the Center. Our friend Linda Marino will be our instructor and she said “you can make the Poppies any color other than red if you like!” No experience required! Registration begins Monday, May 9 through Friday, May 27; 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 with Quinnipiac Valley Center 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; any additional bingo cards will cost the usual, .75 per card, and **does not** include progressive. There is no LifeBridge lunch this day! If you plan on just joining us for lunch and not Bingo, cost of lunch will be \$4.00. Please sign up at the office by Friday, May 27. **No afternoon bingo will be held today.**
- ≈ **Summer Health Fair** – Thursday, June 16, 10:00 a.m. to 1:00 p.m. Presented and Sponsored by Southern Connecticut State University Nursing Program. The following presentations and information will be available; Nutrition; Summery Safety; Fall Prevention; Chair Exercises; Blood Pressure Screenings; Medication Questions and Answers and Free Give Aways. Transportation to and from the Health Fair will be provided as well as lunch, served immediately following the health fair – please call the Center, 203-239-5432 to reserve your seat. **All Center Activities will be cancelled for the day!**
- ≈ **Father’s Day Cookout** – Friday, June 17, 11:30 a.m. Come celebrate our fathers, grandpas or uncles with our Father’s Day Cookout!! Our menu will include grilled sausage, peppers and onions sub or 2 hot dogs, cole slaw and garlicky salt and pepper fries, drinks and a special dessert for our fathers! There is no LifeBridge lunch this day! Cost: \$8.00 per resident and \$13.00 per non-resident. Please stop by the office by Friday, June 10th. Limited seats available to the first 65 people.
- ≈ **Tri-Town Dinner Presents: A Vegas Night with Jimmy Mazz** – Tuesday, June 21, 5:00 p.m., held at the North Haven Senior Center. Enjoy an evening of Frank and all your past favorites! Dinner will be provided by Venice Bakery and you will have a choice of either chicken piccata or roast beef with gravy, also includes tossed salad, penne a la vodka, roasted potatoes, vegetable, drinks, coffee, tea and dessert. Cost: \$15.00 per person, registration begins May 2 through May 27 or to the first 36 people, if you plan on attending this with a friend or a group of friends and would like to sit together, please sign up all together, we cannot hold spots without payment. There will be raffle prizes and a 50/50! As they say **“What Happens in Vegas stays in Vegas!”**
- ≈ **Hot Dog Fridays** – Friday, June 24, 11:45 a.m. you will receive 2 hot dogs, bag of chips, soda and a dessert. Please stop by the office by the Wednesday before, cost: \$5.00, residents and \$10.00, non-residents. **No Hot Dog’s served on Friday, June 3, 10 or 17.**
- ≈ **Dinner and a Movie: Old Dogs** - Thursday, June 30, 3:30 p.m. Starring: Robin Williams, John Travolta and Kelly Preston - While preparing for an important business deal two bachelors become the unexpected caretakers of twin children. One debacle after another follows, as the two clueless men try to take care of both their business duties and the rambunctious siblings. Though their lives are turned upside-down, the men may just gain an understanding of what is really important in life. The movie is rated PG and will run for 1 hour and 28 minutes. Dinner will be served immediately following the movie. Dinner will be hamburger or cheeseburger, pasta salad and a drink and dessert. Registration begins June 1st! Cost: \$6.00. **Residents only.**

Welcome To Our New Members ...

*Joy K. Hickox, Shirley Ardito, Carol Mathews
Ellen Coughlin, Mary Ellen Sutphin, Barbara Wolfer,
Emedio & Marie Esposito, Phyllis Renzi*

Thank You for Your Donation ...

*Elizabeth Bacon, Sharon Alpert, Mary Russo
Carole Labagnaro, Fran Julianelle, Toby Espowood*

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 12. **No class Tuesday, May 24.** 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, 10:00 to 11:30 a.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: Tuesday, June 7 through August 23, 2016, 10:00 to 11:30 a.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 14, **no class on Thursday, 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.

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.**

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

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
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	10:00-Chair Yoga	9:30-E-Z Exercise	9:00-Ceramics	9:30-Scrabble Challenge
10:00-Canasta	9:00-Computer Class	10:00-Presentation:	10:00-Pinochle	11:30-Lunch
10:00-Tai Chi	10:30-Computer Class	Reverse Mortgage	10:00-Color Fun	11:45-Hot Dog Friday
10:30-Sitercise	10:30-Storyteller:	with Michael Savenelli	10:00-Tai Chi	12:00-Beginner MahJongg
10:30-Meditation 101	Kate Allen Smith	10:30-Sitercise	11:00-Nutritionist Presentation:	12:15-Bridge
11:30-Lunch	11:30-Lunch	12:00-Mah Jongg	Annette Hise from LifeBridge	12:30-Bingo
12:30-Bingo	12:30-Mah Jongg	12:15-Bridge	11:30-Lunch	12:30-Bocce
12:30-Bocce	12:30-Crafts	12:30-Bocce	12:30-Crafts	
1:00-Beg Pinochle	12:45-Oil Painting	1:00-Rummikub	12:30-Canasta	
	1:15-Senior Songsters		1:00-Gentle Hatha Yoga	
			1:00-Pinochle	
			1:00-“Ask An Attorney”	
			3:00-Dinner and A Movie	
			“The Intern”	
23	24	25	26	27
9:00- Line Dance	9:00-Ceramics	9:00- Line Dance	9:00-Ceramics	9:30-E-Z Exercise
9:15-E-Z Exercise	10:00-Chair Yoga	9:30-E-Z Exercise	9:30-Mini Trip:	9:30-Scrabble Challenge
10:00-Canasta	9:00-Computer Class	10:30-Sitercise	Universal Drive	11:30-Lunch
10:00-Tai Chi	10:30-Computer Class	11:45-Health Guidance Clinic	10:00-Pinochle	11:45-Hot Dog Friday
10:30-Sitercise	11:30-No Lifebridge Lunch	12:00-Mah Jongg	10:00-Color Fun	12:00-Beginner MahJongg
10:30-Meditation 101	11:30-Memorial Day Party	12:15-Bridge	10:00-Tai Chi	12:15-Bridge
11:30-Lunch	and Sing A Long	12:30-Bocce	11:30-Lunch	12:30-Bingo
12:30-Bingo	with our Senior Songsters	1:00-Rummikub	11:30-Mah Jong Tournament	12:30-Bocce
12:30-Bocce	12:30-No Mah Jongg	6:00-Presentation:	12:30-No Crafts	
1:00-Beg Pinochle	12:45-No Oil Painting	Medicare 101 with	12:30-Canasta	Collection Date:
	All other activities cancelled	Dave Cowan	1:00-Gentle Hatha Yoga	Casino Trip: Mohegan Sun
	6:00-Commission on Aging		1:00-Pinochle	
	Meeting – Amici’s Tavern			
30	31			
	9:00-Ceramics			Bus Pick-ups will begin
CENTER CLOSED	10:00 -Chair Yoga			at 9 a.m. for Daily Run
MEMORIAL DAY	9:00-Computer Class			Hairdresser, Errand,
	10:30-Computer Class			Grocery Shopping and
NO TRANSPORTATION	10:30-Finance Meeting			All Trips Out
NO LUNCH	11:30-Lunch			
	12:30-Mah Jongg			
	12:30-Crafts			
	12:45-Oil Painting			
	1:15-Senior Songsters			

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

May, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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 1 Slice Garlic Bread 1 c Spinach Salad Vinaigrette Dressing 1/2c Pears 8 oz LF Milk	Bingo and Lunch See Newsletter for details No Lifebridge Lunch	Cinco de Mayo 4oz Taco Bake W/ Tortilla Chips, Lettuce, Tomato, Cheese, Sour Cream and Taco Sauce 1/2c Fiesta Corn 1/2c Lime Jello W/Fruit & Whipped Topping 8 oz LF Milk	Mothers' Day Brunch 1/2c Fresh Fruit Cup 1/6 slice Spinach, Broccoli, Mushroom Quiche 1/2c Home Fries 1 cup Tossed Salad W/ Tomato Italian Dressing 1 piece Cinnamon Coffee Cake 8 oz LF Milk
9	10	11	12	13
3 oz Baked Pork loin/gravy ½ c Roasted Potatoes 1/2c Zucchini Squash 1 Multigrain Bread 1 tsp Margarine 1/2c Applesauce 8 oz LF Milk	Mother's Day Brunch See Newsletter for details No Lifebridge Lunch	1/2c Grape Juice 3 oz Baked Stuffed Peppers 1/2c Carrot Coins 1 WW Dinner Roll 1 tsp Margarine Ice Cream Cup 8 oz LF Milk	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
16	17	18	19	20
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	Happy May Birthdays 3 oz Stuffed Salmon Filet W/Lemon Dill Sauce ½ c Roasted New Potatoes 1/2c Spinach 1 Pumpernickel Bread 1 tsp Margarine Frosted 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
23	24	25	26	27
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	Memorial Day Party See Newsletter for details No Lifebridge Lunch	3 oz Sliced Roast Turkey 2 TBS LS Gravy ½ small Baked Sweet Potato 1/2c Peas & Carrots 1 Family Grain Bread 1 tsp Margarine 1/2c Scalloped Apples 8 oz LF Milk	Memorial Day Special Cheeseburger W/Sauteed Onions & Peppers Hamburger Roll/Ketchup 1/2c German Potato Salad 1/2c Baked Beans Pickle Wedge 1/8 slice Blueberry Pie 8oz 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
30	31			
MEMORIAL DAY CENTERS CLOSED	3 oz Beef Stew ½ c Noodles ¼ Baked Acorn Squash 1 small Biscuit 1 tsp Margarine 1/2c Peaches 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
May 2016

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	2 oz. Fresh Roast LS Turkey & 1 oz. LS Cheese W/Lettuce & Tomato on 6 " Whole Wheat Wrap 1/2c Potato Salad Fresh Fruit 8 oz. LF Milk		Cinco de Mayo 6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw 1/2c Lime Jello W/Fruit & Whipped Topping 8 oz LF Milk	Mothers' Day Celebration
9	10	11	12	13
	Mother's Day Brunch No Lifebridge Lunch		2 oz LS Ham & 1 oz LS Swiss on Rye/Mustard ½ c German Potato Salad 1/2c Waldorf Salad 8 oz LF Milk	
16	17	18	19	20
	6 oz LS Split Pea Soup 2 Unsalted Crackers ¾ c Chicken Salad on Multigrain Bread 1/2c German Potato Salad Seasonal Fresh Fruit 8oz LF Milk		Happy May Birthdays! 1/2c Pineapple Juice 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 1 piece Frosted Marble Cake 8oz LF Milk	
23	24	25	26	27
	Memorial Day Party No Lifebridge Lunch		Memorial Day Celebration 2 oz Sliced Virginia Ham/1oz Swiss Cheese on Rye Mustard/Mayo 1/2c Tomato, onion, cucumber, basil salad 1/2c Coleslaw W/Shredded Carrot 1/8 slice Blueberry Pie 8oz LF Milk	
30	31			
MEMORIAL DAY CENTERS CLOSED	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			

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