

Senior Happenings

June 2016

Happy
Fathers
Day! ★



June Fun In the Sun

- ≈ **June 1:** **Presentation: *Final Expenses & Survivors Income Planning***
PRESENTED BY Lee Giordano
OF Bankers Life & Casualty Company
- ≈ **June 2:** **Wine and Paint Party**
- ≈ **June 3:** **SPECIAL BINGO WITH**
QUINNIPIAC VALLEY CENTER AND LUNCH
- ≈ **June 7:** **WELCOME TO OUR NEW MEMBERS BREAKFAST**
- ≈ **June 7:** **MINI TRIP: NEW HAVEN WALMART**
- ≈ **June 9:** **TRIP: KINKY BOOTS - SKIBERT THEATRE**
- ≈ **June 16:** **SUMMER HEALTH FAIR**
- ≈ **June 17:** **FATHER'S DAY COOKOUT**
- ≈ **June 21:** **STORYTELLER WITH Kate Allen Smith**
- ≈ **June 21:** **TRI-TOWN DINNER PRESENTS:**
A Vegas Night with Jimmy Mazz
- ≈ **June 23:** **LUNCH BUNCH OUT AND ABOUT**
- ≈ **June 24:** **HOT DOG FRIDAY**
- ≈ **June 30:** **MINI TRIP: UNIVERSAL DRIVE**
- ≈ **June 30:** **DINNER AND A MOVIE: *Old Dogs***

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)

- Hairdressers, Barbers and Nail Salons

- **Mini Trips:**

Tuesday, June 7 – New Haven WalMart

Thursday, June 30 – 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, no shopping, no errands or daily transportation on the following days – June 9; July 4; September 5; October 12; November 11 and 24; December 2 and December 26.

****On Thursday, June 9, there will be transportation into the Center only – no shopping, no errands, no medical appointments or no transportation home.**

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.

Congratulations to our oil painters who submitted their art work to the 4th Annual Art Show at the Agency on Aging of South Central CT. If you missed the opening reception but would like to view the beautiful paintings they will be on display until June 16. If you have an interest in learning how paint classes are held at the Center throughout the year. More information listed in the newsletter.

A round of applause for our Senior Songsters for their performance during the Memorial Day luncheon. Your music made the day most special, bringing the room alive with your singing. Thanks to you all and to the staff for a great program. ☺

I would like to thank everyone who donated to the Socks for Soles Project. Through your generosity four hundred pairs of new socks were given to those in need. We will continue the project in the fall with the collection of socks for men, and will include socks for women and children as well.

As always, we are a great senior center, helping in-house and in the community alike. While donating food around the holidays is more common, there is great demand on the food banks during the summer since children are home and not utilizing the breakfast and lunch programs at school. A partial list of food items needed at our two local food banks include: pop-top canned tuna, soup, macaroni and cheese; protein and granola bars, trail mix, nuts (no peanuts), jerky, peanut butter crackers, graham crackers, dried fruit, fruit snacks, fruit roll ups, fruit cups, applesauce, peanut butter, pop tarts, cereal, oatmeal and fruit juice boxes. Thank you in advance!

Here we go again...Did you know that the IRS does not call you? Be aware of IRS impersonators. They are targeting our mature population. Usually the victim will receive an unsolicited call from someone claiming to be an IRS official. The victim is told that he/she owes taxes and must pay immediately using cash, a pre-paid debit card, money order, or a wire transfer from a bank account. The IRS impersonators are often aggressive and relentless. These scammers threaten victims with criminal charges, immediate arrest, deportation, or loss of a business or driver's license.

Warning Signs:

- * You receive a call from someone claiming to be from the IRS
The IRS generally first contacts people by mail – not by phone – about unpaid taxes.
- * The caller uses a common name and fake IRS badge number.
- * The caller may know the last four digits of your Social Security Number.
- * The caller ID information may appear as if the IRS is calling.
- * The caller aggressively demands immediate payment to avoid being criminally charged or arrested.
The IRS will NOT ask for payment using a prepaid debit card, a money order or a wire transfer. The IRS will never ask for a credit card number over the phone, by e-mail, text, or any social media.
- * The caller claims that hanging up the telephone will cause the immediate issuance of an arrest warrant for unpaid taxes.
- * The caller may also send an email address to support their claim that they are calling from the IRS.

What to do:

- * Hang up the telephone.
- * Fill out the "IRS Impersonation scam" form at <http://www.tigta.gov> or call TIGTA at 800-366-4484.
- * Forward scam e-mails to phishing@irs.gov. Do not open any attachments or click on any links in these e-mails.

PLEASE NOTE : ON JUNE 7TH ALL AFTERNOON ACTIVIES ARE CANCELED AFTER THE LUNCH PROGRAM DUE TO REGULAR MAINTENANCE OF THE GREASE TRAP. THIS DEVICE IS LOCATED IN THE KITCHEN BUT CAN STILL AFFECT THE OVERALL AIR QUALITY IN THE BUILDING DUE TO THE OFFENSIVE ODOR THAT IS EMITTED ONCE THE TRAP IS OPEN. IT HAS AN OFFESIVE ODOR AND WILL MAKE IT UNCOMFORTABLE FOR ALL IN THE BUILDING. IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO ASK. THANK YOU FOR YOUR COOPERATION AND, AS ALWAYS, YOUR SUPPORT.

Happy Father's Day to all our Dads and Granddad's

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” is inspired by famous American female painter Georgia O’Keeffe (1887-1986) as 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 a 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 (**Afternoon Bingo will start at 1:00 p.m. today**)
- ≈ **Welcome to Our New Members** – Tuesday, June 7, 9:30 a.m. Breakfast will be served for our new members, egg sandwiches and coffee will be provided. Our tour guide will explain to you the in’s and out’s and the processes of the Center. Please let us know by calling or stopping by the Center by Friday, June 3, 203-239-5432. For any of our current members who would like to join us for breakfast, the cost will be \$2.00. Please RSVP by June 3rd.
- ≈ **Ever Wonder What An iPad can do?** – Thursday, June 9 training sessions will begin! You will learn all about what you can do with an iPad – all about Social Media; Face Time with family and friends; setup an email account and be in the know of how it all works!! **Beginners and Intermediate individuals are more than welcome to sign up!** Classes will run on Tuesdays and Thursdays from 2:30 to 3:30 p.m. – ½ hour individual training sessions will be available and you must commit to a 4 week training session. This program is open to all North Haven Residents 60 and over! To sign up for your training session, please call the Center, 203-239-5432. iPads are available to use at the Center – you do not need to own your own iPad to come to class!
- ≈ **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.
- ≈ **StoryTeller, Kate Allen Smith** – Tuesday, June 21, 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, June 17, 203-239-5432.
- ≈ **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!**" **Sold Out!**
- ≈ **Lunch Bunch Out and About** – Thursday, June 23, 12:00 noon - Let's try one of our new Restaurants in town – Amici Tavern!! Lunch on your own, if you would like to look over the menu, there will be one available in the office when you come in and reserve your spot by Friday, June 17th. If you plan on coming to Amici's on the bus and you drive, please meet us at the Center by 11:30 a.m.
- ≈ **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. If it should be a rainy day on a Hot Dog Friday, the hot dogs will be boiled and served with sauerkraut or with baked beans**
- ≈ **Dinner and a Movie: Old Dogs** - Thursday, June 30, 3:00 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, drink and dessert. Registration begins June 1st! Event Participation Fee: \$6.00. **Residents only.**

Welcome To Our New Members . . .
Martha Amatruda, Virginia Cappetta,
Susan Mismar, Gloria Meyers,
Gail Mulcahey, Anita Louise Stone,
Eugene Teixeira and Alfred Tonto

Thank You for Your Donation . . .
Ann DellaValle, Rose Salerno,
Anne & Andy Amatruda, Theresa Rapuano

Lazy Hazy Days of July . . .

Please note there will be changes as of July 1

- Each event has a registration deadline. Should you miss the deadline and if there still is available seating, the Center will charge a \$5.00 late charge fee.
- Registration for events cannot be taken by phone. Payment must accompany registration in person. If you cannot make it to the Center, a friend can sign you up as long as there is payment with the registration.
- All activities will **end no later** than 3:45 p.m.

Thank you for your continued support!

- ✓ **Fourth of July Celebration with Hot Dogs and Strawberry Shortcakes** – Friday, July 1, 11:45 a.m. Let's celebrate 4th of July with good old fashion cookout with (2) hot dogs, baked beans, drink and strawberry shortcakes made with homemade biscuits, fresh strawberries and real whipped cream. Cost: \$8.00 per resident and \$13.00 per non-resident. Please sign up with the office beginning Wednesday, June 1 and will end on Monday, June 27. **Limited seats available to the first 60 people.**
- ✓ **Hot Dog Fridays** – Friday, July 8, 15, and 22, 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. If it should be a rainy day on a Hot Dog Friday, the hot dogs will be boiled and served with sauerkraut or with baked beans! **No Hot Dog Friday on July 29.**
- ✓ **Bingo and Lunch** – Wednesday, July 13, Lunch will be served at 11:30 a.m. sharp!! Menu will Cost: \$5.00, residents and \$10.00, non-residents. Cost includes lunch and 2 bingo cards only; any additional bingo cards will cost the usual, .75 per card, the cost does **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 beginning on Monday, June 20 and will end on Monday, July 11. **Limited seats available to the first 30 people.**
- ✓ **Kick Off to the Summer Daze of July** – Tuesday, July 19, 12:30 p.m. Come in and enjoy an afternoon of great 60's music by an old tyme entertainer, Dave Stoltz! We will be serving 1960's appetizers; deviled eggs, cheese whiz on Ritz, Lipton onion dip with chips; cocktail weiners and meatballs; celery stuffed with cream cheese filling and desserts; jello-mold and moon pies. Enjoy the entertainment, enjoy new friendships and enjoy the blast from the past. Cost: \$3.00 for residents and \$8.00 for non-residents. Please sign up in the office beginning on Tuesday, June 20 and end on Wednesday, July 13. **Limited seats available to the first 60 people.**
- ✓ **Dinner and A Movie** - Thursday, July 21, 3:00 p.m. TBA **Limited seats available to the first 30 people.**
- ✓ **Lunch Bunch Out and About** – Tuesday, July 26, 12:00 noon – We are heading to Lenny's in Branford to enjoy their 2 for \$39.95 (plus tax and tip) lobster special! If you do not like lobster there is plenty on the menu for our land lovers. Stop by the Center by Friday, July 15 to reserve your spot on the bus, if you drive and would like to take the bus, please be at the Center no later than 11:15 a.m.
- ✓ **PRESENTATION: Social Security Training** - Tuesday, July 26, 6:00 p.m. Presented by David Cowan, a representative of AAA. A must attend if you are between ages 60 to 66!! This presentation will help you learn how to maximize your benefits. The difference could be as much as \$100,000 more in lifetime benefits. Call the Center to reserve your spot, 203-239-5432.

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: We will be taking a summer break, look for the new class to begin in September! 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 19. **No class Tuesday, May 24 or June 21.** 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. **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 13. **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. **Session:** 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.

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.**

JUNE 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
Bus Pick-ups will begin at 9 a.m. for Daily Run Hairdresser, Errand, Grocery Shopping and All Trips Out		9:00-Line Dance 9:30-E-Z Exercise 10:00-Bocce 10:30-Sitercise 10:30-Presentation: Final Expenses and Survivors Income Planning By Lee Giordano 11:30-Lunch 12:00-Mah Jongg 12:15-Bridge 12:30-Bocce 1:00-Rummikub 6:00- North Haven Housing Authority Public Meeting	9:00-Ceramics 10:00-Pinochle 10:00-Color Fun 10:00-Tai Chi 10:00-Game Day 11:30-Lunch 12:30-No Crafts 12:30-Canasta 1:00-Gentle Hatha Yoga 1:00-Pinochle 1:00-Wine and Paint Party	9:30-E-Z Exercise 9:30-Scrabble Challenge 10:30-Bingo with Quinnipiac Valley Center and Lunch 11:45-No Hot Dog Friday 12:00-Beginner MahJongg 12:15-Bridge 12:30-Bocce 1:00-Bingo (Special Time)
6	7	8	9	10
9:00- Line Dance 9:15-E-Z Exercise 10:00-Canasta 10:00-Tai Chi 10:30-Sitercise 10:30-Meditation 101 11:30-Lunch 12:30-Bingo 12:30-Bocce 1:00-Beg Pinochle	9:00-Ceramics 9:30-New Member Breakfast 10:00-Chair Yoga 11:30-Lunch 12:30- Crafts-CANCELED 12:30-Mah Jongg-CANCELED 12:45-Oil Painting-CANCELED 1:15-S. Songsters-CANCELED	9:00-Line Dance 9:30-E-Z Exercise 10:00-Bocce 10:30-Sitercise 11:30-Lunch 11:45-Health Guidance Clinic 12:00-Mah Jongg 12:15-Bridge 12:30-Bocce 1:00-Rummikub	9:00-Ceramics 10:00-Pinochle 10:00-Color Fun 10:00-Tai Chi 10:45-Trip: Kinky Boots 11:30-Lunch 12:30-No Crafts 12:30-Canasta 1:00-Gentle Hatha Yoga 1:00-Pinochle 2:30-IPad Training Transportation In Only Today	9:30-E-Z Exercise 9:30-Scrabble Challenge 11:30-Lunch 11:45-No Hot Dog Friday 12:00 Beginner MahJongg 12:15-Bridge 12:30-Bingo 12:30-Bocce
13	14	15	16	17
9:00- Line Dance 9:15-E-Z Exercise 10:00-Canasta 10:00-Tai Chi 10:30-Sitercise 10:30-Meditation 101 11:30-Lunch 12:30-Bingo 12:30-Bocce 1:00-Beg Pinochle	9:00-Ceramics 10:00-Chair Yoga 11:30-Lunch 12:30-Mah Jongg 12:30-Crafts 12:45-Oil Painting 1:15-Senior Songsters 2:30-IPad Training	9:00- Line Dance 9:30-E-Z Exercise 10:00-Bocce 10:30-Sitercise 11:30-Lunch 12:00-Mah Jongg 12:15-Bridge 12:30-Bocce 1:00-Rummikub	10:00-Summer Health Fair All Activities Cancelled Transportation Available Lunch will be served you must call the Center, 203-239-5432 to reserve your spot for lunch! 2:30-IPad Training	9:30-E-Z Exercise 9:30-Scrabble Challenge 11:30-Father's Day Cookout 12:15-Bridge 12:30-No Bingo 12:30-Bocce

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

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
			¾ c. Roasted Cauliflower Soup/LS Crackers 2 oz Thin Sliced Medium Roast Beef & 1oz Sliced Cheese W/ Onions & Tomato on Kaiser Roll 1 tsp Mayo/ Mustard 1/2c Potato Salad ½ cup grapes 8 oz low fat milk	
6	7	8	9	10
June Birthday Celebration	6 oz Orzo Soup 1 pkt LS crackers New York Hero – Smoked Turkey, Ham & Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce ½ c. Tomato Cucumber Salad ½ cup Peaches 8 oz low fat milk		6 oz Cream of zucchini soup 1 pkt crackers 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 1/2c Tropical Fruit 8 oz LF Milk	
13	14	15	16	17
	6 oz Italian Wedding Soup 1 pkt 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 Fruit Cocktail 8oz LF Milk		Summer Health Fair No Lifebridge Lunch	
20	21	22	23	24
First Day of Summer Meal	3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce 1/2c Carrot Raisin Salad 1/2c Tomato & Cucumber Salad 4 oz Grape Juice ½ cup Tapioca Pudding 8 oz Low Fat Milk		2 oz. Fresh Roast LS Turkey & 1 oz. LS Cheese W/Lettuce & Tomato on 6 " Whole Wheat Wrap 1/2c Potato Salad 4 oz Grape Juice ½ cup Tapioca Pudding 8 oz Low Fat Milk	
27	28	29	30	
	6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw Fresh fruit 8 oz low fat milk		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) 4 oz Cranberry Juice Fruit strudel 8 oz low fat 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

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ

Nutrition for Mind, Body and Spirit

June 2016

Please Call Arelene Herzog at 203-239-4030 to order your lunch by the day before between 9 – 11:00 a.m.

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				6 oz Lentil soup 1 pkt LS crackers Seafood Salad Plate 3 oz seafood salad ½ cup, Lettuce & Tomato ½ cup Marinated cucumber salad Portuguese Roll, 1 tsp margarine Fresh Fruit 8 oz low fat milk		3 oz Hamburger Wheat Bun Ketchup, ½ cup Lettuce, & Tomato & pickle ½ cup Potato Salad ½ cup grapes 8 oz low fat milk		Quinnipiac Valley Special Lunch No Lifebridge Lunch See Newsletter For Details	
6		7		8		9		10	
Happy June Birthdays 3 oz Herb Baked Chicken ½ cup Brown rice pilaf ½ cup Peas 1 slice Marble Rye 1 tsp margarine 4 oz Grape Juice Chocolate Cake 8 oz low fat milk		3 oz Meatloaf with Gravy ½ cup Mashed Potatoes ½ cup Roman Veggie Blend 1 slice Multi grain dinner roll 1 tsp margarine ½ cup Peaches 8 oz low fat milk		½ cup Spaghetti 3 oz Chicken Meatballs ½ cup Bean Blend 1 slice Garlic Bread 1 tsp margarine 4 oz Pineapple Juice ½ cup Fruited Jello 8 oz low fat milk		6 oz Cream of zucchini soup 1 pkt crackers 3 oz Light crunch fish with Tartar Sauce ½ cup Mashed Sweet Potato ½ cup Broccoli Wheat Dinner Roll 1 tsp margarine ½ cup Tropical Fruit 8 oz low fat milk		3 oz Egg Salad Sandwich on Croissant 1 tsp margarine ½ cup Tossed Salad with Cucumber & Vinaigrette Dressing ½ cup Three Bean Salad ½ cup Melon 8 oz low fat milk	
13		14		15		16		17	
3 oz Pulled Pork with BBQ Sauce ½ cup Baked Beans ½ cup Coleslaw 1 Wheat Bun 1 tsp margarine Fresh Fruit 8 oz low fat milk		6 oz Italian Wedding Soup 1 pkt LS crackers Grilled Chicken Caesar Salad 3 oz grilled chicken 1 cup romaine salad 2 Tbsp Caesar Dressing Garlic breadstick 1 tsp margarine ½ cup Fruit Cocktail 8 oz low fat milk		3 oz Crab Cake with Tartar Sauce ½ cup Rice pilaf 1 cup broccoli slaw 1 slice Marble Rye 1 tsp margarine ½ cup Pineapple 8 oz low fat milk		Summer Health Fair No Lifebridge Lunch See Newsletter For Details		Father's Day Cookout No Lifebridge Lunch See Newsletter For Details	
20		21		22		23		24	
First Day of Summer 1 LS Hot Dog on Roll Mustard ½ c LS Chili 1/2c Coleslaw Ice cream 8 oz Low Fat Milk		3 oz sausage ½ cup Pasta with Broccoli Rabe ½ cup Carrots 1 Multigrain Dinner Roll 1 tsp margarine 4 oz Grape Juice ½ cup Tapioca Pudding 8 oz Low Fat Milk		3 oz Philly Cheese Steak on Wheat Grinder Roll With ½ cup pepper and onion ½ cup Sweet potato fries Fresh fruit 8 oz low fat milk		3 oz Mandarin Chicken ½ cup Vegetable Lo Mein ½ cup Oriental Veggie Blend 1 slice Wheat bread 1 tsp margarine 4 oz Grape Juice ½ cup Tapioca Pudding 8 oz Low Fat Milk		6 oz Tomato Basil Soup 1 pkt unsalted crackers 3 oz potato crusted fish ½ cup rice pilaf ½ cup Cauliflower and roasted red pepper 4 oz Pineapple Juice Pound cake 8 oz low fat milk	
27		28		29		30			
3 oz Stuffed Salmon with Lemon Sauce ½ cup Mashed butternut Squash ½ cup Broccoli Enriched bread 1 tsp margarine ½ cup Tropical Fruit 8 oz low fat milk		3 oz Hot Open Turkey Sandwich on Rye Bread with Gravy ½ cup Sweet Potato Fries ½ cup Jardinière blend Fresh fruit 8 oz low fat milk		3 oz Spanish chicken qtr ½ cup yellow rice with vegetables ½ cup Green Beans 1 slice Wheat bread 1 tsp margarine 4 oz Apple juice ½ cup Rice pudding 8 oz low fat milk		3 oz Roast Beef with Gravy ½ cup Mashed potato ½ cup Spinach Pumpernickel Dinner Roll 1 tsp margarine 4 oz Cranberry Juice Fruit strudel 8 oz low fat milk			

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.

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