

# Senior Happenings

## December 2016

**Joyce C. Budrow North Haven Senior Center**  
**189 Pool Road, North Haven, CT 06473**  
**Office: 203-239-5432 Fax: 203-234-718**  
**Hours: Weekdays 8:00 a.m. to 4:00 p.m.**  
**Café: 203-239-4030 9am -12 noon**  
[www.town.north-haven.ct.us](http://www.town.north-haven.ct.us)

### Mission

**The mission of the Center is to respond to the ever-changing needs of mature adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities.**

### Staff

**Manager and Municipal Agent for Elderly: *Judy Amarone***  
**Program Coordinator: *Sue Tienken***  
**Secretaries: *Maggie Maiden and Ellen McDonald***  
**Transportation: *Keith Baedor, Richard Kaman and Kevin Smith***  
**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 mini trips will be an hour and half from time of drop off)**

- Mini Trips: **Please see the Calendar for dates and places.**

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

- Grocery Shopping

**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:**

- Hairdressers, Barbers and Nail Salons

**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 grocery shopping, and no errands or daily transportation on the following days – December 2 and 26, January 2 and 16, 2017.**

**Please note: All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there *will not* be a make-up day during that week for transportation.**

***Activity dates, transportation and times are subject to change.***

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

*From the desk of Judy,*

## A TRIBUTE TO OUR 2016 HOLIDAY FAIR VOLUNTEERS

**V** aluable is the work you do,  
**O** utstanding in how you always come through.  
**L**oyal, sincere and full of good cheer,  
**U**ntiring in your efforts throughout the year.  
**N**otable are the contributions you make,  
**T**rustworthy in every project you take.  
**E**ager to reach your every goal,  
**E**ffective in the way you fulfill your role.  
**R**eady with a smile like a shining star,  
**S**pecial and wonderful - that's what you are!

I would like to thank all of the volunteers from the bottom of my heart for making our 2016 annual holiday fair an outstanding success. Abundance of gratitude to all who baked and sold cookies/treats, to those who managed the granny's attic room, sold raffle and food tickets, to our members who work endlessly in craft and ceramic classes throughout the year making all the beautiful wares, to our jewelry crew who transformed unwanted gems into a jewelry store, to our kitchen crew and runners who kept up with the demands of the orders, and to my staff who worked beyond their scheduled time and you all did it with a smile ☺ I would be remiss if I didn't thank all who donated to our event, including our community friends, the vendors, as well as all who made purchases; and lastly to the Town of North Haven's Public Works for cleaning our grounds prior to the sale. A terrific job, well done by all!!!!

Merry Christmas to All Our Friends

Fondly,


 Judy Sue  
 Ellen  
 Maggie  
 Richie  
 KEVIN

**December . . . .**

Happenings	Date/Time	Cost	Registration Dates
<b><i>Downton Abbey</i></b>	Thursday, December 1, 8 and 15, 12:30 p.m.	Free	
<b><i>Tri-Town Christmas Party</i></b>	Friday, December 2, 11:00 a.m. to 3:00 p.m.		<b>Filled!</b>  <b>Center will be closed</b>  <b>All activities, grocery shopping and medical transportation at the Center will be cancelled for the day.</b>
<b><i>Senior to Senior Breakfast</i></b>	Tuesday, December 6, 8:00 a.m.  This takes place at the North Haven High School Cafeteria		<b>If you would like to attend and need transportation please call the center by December 1, 203-239-5432.</b>
<b><i>Trees of Hope and lunch out to Greek Olive</i></b>	Wednesday, December 7, 10:00 a.m.		<b>Filled!</b>
<b><i>Wine and Paint Party</i></b>	Thursday, December 8, 1:00 p.m.	Residents: \$30; Non-residents; \$35  Bring your own wine and we will provide the snacks!  All paint supplies are included. You will be painting another Vincent Van Gogh painting of "Starry Night".	<b>Resident registration:</b> Monday, November 7 through Monday, December 5;  <b>Non-resident registration:</b> Monday, November 21 through Monday, December 5.  <b>Seating: Min/Max: 8/25</b>
<b><i>Hubbard Park Evening of Lights and Dinner</i></b>	Thursday, December 8, 4:00 p.m.  We will be leaving the Center at 4:00 p.m. and head over to Dino's Seafood Restaurant		<b>Filled!</b> <b>There is a waiting list available!</b>  <b>Residents only!</b>

Happenings	Date/Time	Cost	Registration Dates
<p><b>Christmas Caroling with Creative Learning Beginning Center</b></p> <p>Our new preschool friends will be coming to sing Christmas Carols and have cookies and milk with us – so please join us in welcoming them to our Center!!</p>	Tuesday, December 13, 10:00 a.m.		<b>Call the Center to reserve your spot, 203-239-5432</b>
<p><b>Bingo and Lunch</b></p> <p>Menu will consist of Italian wedding soup, bacon, lettuce and tomato sandwich, dessert and drink.</p>	Wednesday, December 14, 11:30 a.m.	<p>Residents: \$5.00; Non-residents: \$10.00.</p> <p><b>Lunch Only:</b> Residents: \$3.00; Non-Residents: \$8.00.</p>	<p><b>Resident registration:</b> Monday, November 7 through Wednesday, December 7;</p> <p><b>Non-resident registration:</b> Monday, November 21 through Wednesday, December 7.</p> <p><b>Late registration with an additional \$5.00:</b> Thursday, December 8 through Monday, December 12.</p> <p><b>Seating: Min/Max: 10/40</b></p>
<p><b>Recap Meeting regarding the Holiday Bazaar</b></p>	Thursday, December 15, 10:30 a.m.		
<p><b>Ask An Attorney</b></p> <p>The attorneys are specialists in estate planning and elder law. All consultations are confidential! This program will fill up quickly so call today and set up your appointment!</p>	<p>Thursday, December 15, 1:00 to 2:30 p.m.</p> <p>Appointments will be 15 minute increments beginning at 1:00 p.m.</p>	<p>No Fee</p> <p><b>Residents Only!</b></p>	<p>Call the Center by December 8 to schedule your appointment.</p> <p>Min/Max: 3/6</p>

Happenings	Date/Time	Cost	Registration Dates
<p><b><i>Hanukkah Breakfast</i></b></p> <p>We will be celebrating Hanukkah with a traditional breakfast of challah French toast, jelly donuts and homemade potato pancakes, coffee, tea and orange juice will be served.</p>	Friday, December 16, 10:30 a.m.	Cost: Residents: \$6.00, Non- residents: \$11.00.	<p><b>Resident registration:</b> Monday, November 7 through Thursday, December 8;</p> <p><b>Non-resident registration:</b> Monday, November 21 through Thursday, December 8.</p> <p><b>Late registration with an additional \$5.00:</b> Thursday, December 8 through Tuesday, December 13.</p> <p><b>Seating: Min/Max: 10/40</b></p>
<p><b><i>Storyteller, Kate Allen Smith</i></b></p> <p>Come join Kate today to enjoy an hour of great conversation!</p>	Tuesday, December 20, 10:30 a.m.	No Fee	RSVP by December 13 by calling the Center, 203-239- 5432.
<p><b><i>Make It Take It Craft:</i></b></p> <p><b><i>Snowman Mason Jar Luminary Ornament (See Office for picture)</i></b></p>	Wednesday, December 21, 10:00 a.m.	\$2.00 resident \$7.00 non-resident	<b>Resident and non-resident reservations will begin on the same day; Thursday, December 1 through Thursday, December 15</b>
<p><b><i>Christmas Cookies by the Fire</i></b></p> <p>Come listen to the B Natural Acapella group from our own High School and enjoy delicious home baked Christmas cookies by the fire. This group is one of the best Acapella groups around town – these young students work hard at their singing and are willing to come to entertain us right before Christmas!</p>	Friday, December 23, 1:00 p.m.	No Fee	Please call the Center, 203-239-5432 by Monday, December 19 to reserve your spot.

Happenings	Date/Time	Cost	Registration Dates
<p><b><i>Bring In the New Year</i></b></p> <p>Celebrate New Year's Eve with a bang and bring in the 2017 New Year with your friends! There will be a 50/25/25 door prize, great background music by Sal Anastasio and our dinner will be catered by Zandri's Stillwood Inn, which will include; meatless lasagna, meatballs, tossed salad, bread and butter, drinks and dessert.</p>	Thursday, December 29, 11:45 a.m.	Cost: \$12.00 per resident; \$17.00 non-resident.	<p><b>Resident reservations</b> will begin on Monday, November 28 through Monday, December 19 by stopping by the Center;</p> <p><b>Non-resident reservations</b> will begin on Monday, December 12 through Monday, December 19.</p> <p><b>Late registration will be accepted with an extra \$5.00</b> on Tuesday, December 20 through Tuesday, December 27.</p> <p><b>Seating: Min/Max: 30/75</b></p>

## Save These Dates . . . .

**Bingo & Lunch** – Wednesday, January 18, 11:30 a.m. Menu will be: corned beef Reuben sandwiches, pickle, potato chips, a drink and dessert. Cost: \$5.00 for residents and \$10.00 for non-residents; Lunch only: \$3.00 for residents and \$8.00 for non-residents. Resident registration; Monday, December 19 through Wednesday, January 11; non-resident registration; non-resident registration; Tuesday, January 3, 2017 through January 13, 2017. Late registration after January 13<sup>th</sup> to include extra \$5.00. Make your reservations early!!

**ReGifting Auction** – Thursday, January 26, 1:00 p.m. - you can bring in your gifts beginning on Tuesday, December 27<sup>th</sup> through Friday, January 20<sup>th</sup>.

**UNH Dental Program** – Friday, January 27, 10:30 a.m. More Information to follow!

***Thank you to the following for your generosity for the month of September ... Heide Steinle, Brenda Leafe, Dottie Esposito and Rose Salerno.***

***Welcome to the Center... Pamela Bagnall, Joyce Calarco, Marie Criscio, Helen C. Dias, Alice Esparo, Raffaella Esposito, Theresa Glasso, Betty Hoyt, Raffaella Nuzzo, James Nuzzo, Genevieve Simeone and Stanley Sosensk.***

### Paid and Unpaid Classes\*

Registration begins four weeks prior to class start date.

If there is availability for non-residents, they may register two weeks prior to class start date.

All checks made payable to: North Haven Senior Citizen.

A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment as instructors based on payment once the class is filled.

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

**COMPUTER CLASSES** – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m. **New Session:** Tuesday, October 25 through Tuesday, November 29, **no class will be held on Tuesday, November 1.** Each new session will run for 5 weeks. **Beginner and advanced classes available. Cost: \$5.00 resident, \$10.00 non- resident. There will be a break in December; a new session will begin in January 2017.**

**OIL PAINTING** – Tuesday, 12:45 to 2:45 p.m. **New Session:** Tuesday, January 17 through April 4, 2017. **Resident registration will begin on Tuesday, November 29 through Friday, December 30; non-resident registration will begin on Tuesday, December 13 through Friday, December 30. Cost: \$30 resident, \$35 non-resident.** A list of supplies will be given to you prior to the first class. **Participants: Min/Max: 12/16.**

**SITERCISE** – Monday and Wednesday, 10:30 to 11:30 a.m. **Look in January for new session coming March 2017!**

**TAI CHI: FOR ARTHRITIS** - Monday and Thursday, 10:00 to 11:00 a.m. Look in January for new session coming March 2017!

**BEGINNER CHAIR YOGA** - Tuesday, 10:00 to 11:30 a.m. **Session:** Tuesday, November 22, 2016 through Tuesday, February 14, 2017, 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 and anyone who feels uncomfortable getting up and down from the floor. 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. **Cost: \$50 residents, \$55 non-residents. Participants: Min/Max 8/12.**

**GENTLE HATHA YOGA** - Thursday, 1:00 to 2:30 p.m. **Session:** Thursday, October 27, 2016 through Thursday, February 2, 2017 **no class on the following Thursdays, November 24.** 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. **Cost: \$50 residents, \$55 non-residents. Participants: Min/Max 8/12.**

# 2017 Day Trips coming soon . . . .

## 2017 Day Trip Policies

- Trips are open to all North Haven seniors on a first come first serve 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. **Checks only please, made payable to North Haven Senior Citizens.**
- 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.
- Registrations cannot be taken over the phone. Payment and registration is made in person. However in the event you are unable to make it to the Center, a friend may register you for the trip as long as payment is made. When a friend is registering you for a trip, emergency contact information, name and phone number is required. If you are ill or are away on vacation payment may be mailed to the office only after you have contacted the office to inform them of your situation, mailing in your payment will not guarantee you a spot on the trip. No early pre-registration prior to the scheduled registration for any trips unless noted in the newsletter will be taken. Please do not ask staff to stray away from the guidelines.
- 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 Center 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.

**LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ**  
**Nutrition for Mind, Body and Spirit**  
**Dec, 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			3oz Pot roast/gravy ½ Baked potato Broccoli Multigrain bread 1 tsp margarine 4 oz Apple juice Mixed berry strudel 8 oz low fat milk	<b>Center Closed</b>  <b>Tri Town Christmas Party</b>  <b>Zandri's Stillwood Inn</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
3 oz Breaded Veal cutlet with LS gravy ½ cup Smashed potato ½ cup Green beans 1 slice wheat bread 1 tps margarine 1/2c Cranberry Juice 1 Slice Apple Pie 8 oz low fat milk	6oz Lentil soup 1pkt LS Crackers 1c Pasta and tuna salad Lettuce & cucumber 1/2c Beet salad Garlic breadstick 1 tsp Margarine 1/2c Pineapple 8oz Low Fat Milk	3oz Lemon Chicken 1/2c Rice Pilaf 1/2c Carrots Pumpernickel bread 1 tsp Margarine 1/2c Peaches 8oz Low Fat Milk	3oz Hamburger on Wheat Bun with Ketchup, Lettuce, & Tomato & pickle 1/2c Potato Salad 1/2c Grapes 1 tsp Margarine 8oz Low Fat Milk	1 Slice Spinach Frittata 1/2c Zucchini & Tomatoes Dinner roll 4 oz cranapple juice 1/2c Fruited jello 1 tsp Margarine 8oz Low Fat Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
3oz Sweet Sour Pork 1/2c Rice 1/2c Oriental Blend 1 Slice Wheat Bread 1 tsp Margarine 1/2c pineapple 8oz LF Milk	3 oz Meatloaf with Gravy 1/2c Mashed Potatoes 1/2c Roman Vegie Blend Multi grain dinner roll 1tsp Margarine 1/2c Peaches 8oz Low Fat Milk	<b>Bingo and Lunch</b> <b>See Newsletter for Details</b>  <b>No Lifebridge Lunch</b>	<b>Happy December Birthdays</b> 3 oz Crab cake/tartar sauce/ lemon 1/2c sweet potato fries ½ cup red cabbage slaw 1 slice Whole wheat bread 1 tsp margarine 1/2c Grape Juice 1pc Chocolate Cake 8 oz low fat milk	<b>Hanukkah Breakfast</b> <b>See Newsletter for Details</b>  <b>No Lifebridge Lunch</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
3/4c Beef Stew ½ cup Bowtie noodles ½ Baked acorn squash 1 slice Rye bread 1 tsp margarine Baked Apple 8oz Low Fat Milk	6oz Italian Wedding Soup 1pkt LS Crackers 3oz Sliced Grilled Chicken Caesar Salad, 1c Romaine Lettuce Parmesan cheese Caesar Dressing 1 Garlic breadstick 1 tsp Margarine 1/2c apricots 8oz Low Fat Milk	3oz Pulled Pork with BBQ Sauce 1/2c Baked Beans 1/2c Broccoli slaw 1 Wheat Bun 1 tsp Margarine Fresh Fruit 8 oz low fat milk	<b>Christmas</b> Beef Wellington Twice Baked Potatooe Peas and Mushrooms Snowflake Dinner Roll Holiday Cake	1c Cheese Baked Ziti with Parmesan Cheese 1/2c green beans 1 cup spinach salad with shredded carrots and raspberry vinaigrette 1 Italian Bread 1tsp Margarine 1/2c Apple Juice Ice cream cup 8oz Low Fat Milk
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Centers Closed</b>	<b>Chanukah</b> Pot Roast with Gravy Potaot latkes with applesauce garnish Caarrots Rye Bread Jelly Donut	3oz Beef Chili/ 1TBS Cheese 1/2c Baked Potato/Sour Cream 1/2c broccoli 1 oz. Corn Bread 1tsp Margarine 1/2c Pears 8oz Low Fat Milk	<b>Bring In The New Year Party</b>  <b>See Newsletter For Details</b>  <b>No Lifebridge Lunch</b>	6oz Cream of Zucchini soup 1pkt LS WW Crackers 3oz Potato Crusted Fish Tartar Sauce 1/2c Scalloped Potatoes 1/2c beets Wheat Dinner Roll 1 tsp Margarine 1/2cTropical Fruit 8oz 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

**Lifebridge Community Services “CHOICE” MENU**  
**Nutrition for Mind, Body and Spirit**  
**Dec 2016**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			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 4 oz Apple juice Mixed berry strudel 8 oz low fat milk	
5	6	7	8	9
	6oz Lentil 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 Grapes 8 oz LF Milk	
12	13	14	15	16
	6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw Fresh Fruit 8oz LF Milk		6oz Cream of Carrot 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 Grape Juice 1 pc. Chocolate Cake 8oz LF Milk	
19	20	21	22	23
	6oz Italian Wedding Soup ¾c 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 Fruit Cocktail 8 oz Low Fat Milk		NO Choice-Christmas Special Meal	
26	27	28	29	30
	No Choice- Chanukah Special Meal		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 Fresh Fruit 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

## DECEMBER 2016 MONTHLY ACTIVITIES

### **Mondays:**

- 9:00: Line Dancing
- 9:00: Canasta
- 9:15: Fitness Fun
- 10:00: Tai Chi
- 10:30: Sitercise
- 12:30: Bingo
- 1:00: Pinochle – Beginners Welcome

### **Tuesdays:**

- 9:00: Ceramics
- 9:00: Intermediate Computer Class – **will resume again in January**
- 10:00: Chair Yoga
- 10:45: Beginner Computer Class – **will resume again in January**
- 12:30: Mah Jongg
- 12:45: Oil Painting
- 1:15: Senior Songsters

### **Wednesdays:**

- 9:00: Line Dancing
- 9:30: Fitness Fun
- 10:30: Sitercise – **last class December 14, 2016**
- 12:00: Mah Jongg
- 12:15: Bridge
- 1:00: Rummikub

### **Thursdays:**

- 9:00: Ceramics
- 10:00: Tai Chi – **last class December 15, 2016**
- 10:00: Pinochle; Color Fun
- 12:30: Canasta
- 1:00: Hatha Yoga; Pinochle

### **Fridays:**

- 9:30: Fitness Fun; Scrabble
- 12:15: Bridge
- 12:30: Bingo

**DECEMBER 2016 CALENDAR OF SPECIAL EVENTS,  
PRESENTATIONS, MINI TRIPS, LUNCH BUNCH EXCURSIONS  
AND COLLECTION REMINDERS FOR TRIPS**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
				11:00 a.m. Tri-Town
			12:30 p.m. Downton Abbey-a-thon	Christmas Party At Zandri's
				<b>Center Closed</b> <b>No Medical</b> <b>Transportation</b> <b>No Grocery</b> <b>Shopping</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>9:30 Mini Trip:</b> Universal Drive	8:00 a.m. Senior to Senior Breakfast Held at the North Haven High School Cafeteria <b>Transportation is provided!</b>	10:00 a.m. Trees of Hope & Lunch out to Greek Olive 12-1:30 p.m. Health Guidance clinic	12:30 p.m. Downton Abbey-a-thon 1:00 p.m. Wine & Paint Party 4:00 p.m. Hubbard Park Evening of Lights and Dinner	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	10:00 a.m. Christmas Carols with Creative Beginnings Learning Center	11:30 a.m. Bingo & Lunch	10:30 a.m. Recap Meeting regarding the Holiday Bazaar 12:30 p.m. Downton Abbey-a-thon 1:00 p.m. Ask An Attorney	10:30 a.m. Hanukkah Breakfast
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>9:30 Mini Trip:</b> New Haven WalMart	10:30 a.m. StoryTeller, Kate Allen Smith	10:00 a.m. Make It Take It Craft: Snowman Jason Jar Luminary Ornament 12-1:30 p.m. Health Guidance Clinic		1:00 p.m. Christmas Cookies by the Fire and B Natural Acapella Christmas Songs
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Center Closed</b>			11:45 a.m. <b>Bring In the New Year</b>	
<b>No</b> <b>Transportation</b> <b>No LifeBridge</b>				

