

Senior Happenings

January 2017

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

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*
Secretary: *Maggie Maiden*
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 – January 2 and 16; February 13 and 20; April 14; May 29; July 4; September 4; October 9; November 10 and 23; and December 1 and 25, 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,

There has been a change in our lunch program starting this month, it has been reduced to two days (Tuesday and Thursday) a week from our five day a week program. This reduction was necessitated by the reduction from the State Department on Aging who funds our lunch program titled *Lifefridge*. Unfortunately Lifefridge received \$130,000 less for the upcoming year reducing our meal program as with all of the surrounding Towns. Sadly two meal programs were closed; East Shore in New Haven and John Prete in West Haven. According to the Agency on Aging of South Central CT a thoughtful analysis was utilized in making the decision about what and where to cut; utilization of the program, wasted meals, and priority populations. It was stated "if funding changes during the fiscal year the lunch program may possibly be reinstated."

Although this is a change it is not the end of us gathering for a noon meal. I would like to think of this as a new beginning, bringing in new members for lunch, and yes a change but not an end. A light lunch will be offered on Monday, Wednesday, and Friday. On Monday's we will be offering a trip out to lunch, for example; McDonalds, Burger King, Arbys or ordering in for delivery will be offered, this is on your own. On Wednesday's we ask you to bring your own bag lunch and a dessert will be offered, last but not least on Friday's a prepared light lunch in house will be available, see the attached menu.

During the month of January a light lunch will be available for \$3 and you are required to order your lunch the day before between 9 a.m. til noon. Reservations for the Monday, Wednesday, and Friday lunch are made by calling the Center 203-239-5432. If you should reserve a meal and you are a no show on the day you reserved your lunch you will still be responsible to pay the \$3. There will be a limit of thirty participants.

Please remember that you still will need to reserve your lunch with Arlene as you have been in the past. If you plan to participate in the Tuesday lunch then you will need reserve your Tuesday lunch on the Thursday before, if you plan to eat on Thursday then you will need to let her know by the Tuesday before. Reservations for the Tuesday and Thursday lunch are made from 9 a.m. – 12 noon by calling 203-239-4030. Remember a no show for a reserved meal is creates a wasted meal which is held against the Lifefridge program which in turn holds the senior center lunch program in a negative light. Please be mindful if you order lunch, thank you.

*As we bring this year to an end and the New Year begins,
let us pray that it will be a year with
New Peace, New Understanding
and New Happiness.*



January

Happenings	Date/Time	Cost	Registration Dates
Paint Party: <i>Winter Barn Landscape</i>	2 parts session; Thursday, January 12 and January 26, 1:00 p.m. You must attend both dates!	\$35.00, residents and \$40.00 non residents.	Tuesday, January 3 through Tuesday, January 12 for both residents and non- resident.
Storyteller, Kate Allen Smith Come join Kate today to enjoy an hour of great conversation!	Tuesday, January 17, 10:30 a.m.	No Fee	RSVP by January 12 by calling the Center, 203-239- 5432.
Bingo & Lunch Corned beef Reuben sandwiches Pickle Potato Chips Drink Dessert	Wednesday, January 18 11:30 a.m.	\$5.00 for residents and \$10.00 for non- residents Lunch only \$3.00 for residents and \$8.00 for non- residents	Monday, December 19 through Wednesday, January 13. 2-17; non- resident registration Tuesday, January 3, 2017 through Friday, January 13, 2017. Late registration after January 13 th to include an extra \$5.00. Min/Max: 12/30
Ask An Attorney 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!	Thursday, January 19, 1:00 to 2:30 p.m. Appointments will be 15 minute increments beginning at 1:00 p.m.	No Fee Residents Only!	Call the Center by January 12 to schedule your appointment. Min/Max: 3/6
Coffee, Cookies & Conversation: <i>About Elder Care</i> sponsored by Care Match America Answers to many questions your may have; What are My choices?; Where do I start?; Can I afford my choice?; What types of payment options are available?; How do I get my family to agree on my choice?; Who makes my choice if I don't?	Tuesday, January 24 6:00 p.m.	Free	Please call the Center by Wednesday, January 18 to reserve your seat, 203-239- 5432.

Happenings	Date/Time	Cost	Registration Dates
ReGifting Auction Bring In Your “re”gifting gifts beginning December 27 thorough January 20 for our famous yearly auction. We cannot accept used items for this Auction.	Thursday, January 26 1:00 p.m.		
UNH Dental Program: Dental Education & Free Oral Cancer Screenings	Friday, January 27 10:30 a.m.	See attached flyer	Please RSVP by calling the Center, 203-239-5432 by Friday, January 20

Save These Dates

Bingo & Lunch – Wednesday, February 1, 11:30 a.m. Menu will be: chef salad with ham, turkey and American cheese, 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, January 9 through Wednesday, January 25; non-resident registration; non-resident registration; Monday, January 23 through Wednesday, January 25. Late registration after January 25th to include extra \$5.00. Make your reservations early!!

“Souper” Bowl Friday – Friday, February 3, 11:30 a.m. Come and enjoy a nice bowl of Pasta Fagioli with a nice piece of Italian bread, coffee/tea and a super bowl Sunday dessert!! Cost: \$3.00 residents and \$8.00 non-residents. Registration for residents and non-residents begins on Friday, January 13 through Wednesday, February 1. Min/Max: 10/30

Lunch and Learn with Sarah Vacher, Dietitian from Shop Rite of East Haven – Wednesdays, February 8 and 15, 11:30 a.m. Come join Sarah as she serves us homemade lunch and teaches us facts and fictions about foods and their health values. Sarah will be serving on February 8 a healthy vegetarian lasagna and on February 15 a dish using quinoa, so many people are interested in the taste and the use of quinoa. Limited to 30 people, drinks and desserts will be provided as well. Please register by Tuesday, January 31 for either date or for both dates, call the center to reserve your spot, 203-239-5432. **Free to residents only!**

Valentine’s Party with the Boogie Boys! – Friday, February 10, 11:45 a.m. Enjoy an afternoon of food, fun and dancing while you celebrate the Day of Love!! We will serve; tossed salad, stuffed shells, meatballs, Italian bread, drinks and a special dessert; vanilly ice cream with strawberries and whipped cream. Cost: \$5.00 residents; \$10.00 non-residents. Resident registration begins on Wednesday, January 11th through Friday, February 3; non-resident registration begins on Wednesday, January 25th through Friday, February 3; late registration begins includes a \$5.00 late fee on Monday, February 6. So come early and reserve your seat with the people you would like to sit with!

Valentine Make It Take Craft: Valentine Candy Lollipops – Tuesday, February 14, 10:00 a.m. Learn how to make candy lollipops and give the gift of love to your sweetheart as you keep one for yourself! Cost: \$2.00 for 2 pops for residents; \$7.00 for 2 pops for non-residents. Registration begins Monday, January 23 through Wednesday, February 8. If you would like to make more then 2, an additional cost will be \$1.00 per pop.

Fat Tuesday Celebration – Monday, February 27, 12:00 p.m. Enjoy Judy’s homemade bread pudding and a nice hot cup of coffee to celebrate the Mardi Gras season!! Please call the Center, 203-239-5432 by Tuesday, February 21 to reserve your piece of delicious bread pudding!

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. **Session:** Tuesday, January 10 through February 7. Each new session will run for 5 weeks. **Beginner and advanced classes available.**
Cost: \$5.00 resident, \$10.00 non- resident.

OIL PAINTING – Tuesday, 12:45 to 2:45 p.m. **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. **New session coming March 2017!**

TAI CHI: FOR ARTHRITIS - Monday and Thursday, 10:00 to 11:00 a.m. **New session coming March 2017!**

BEGINNER CHAIR YOGA - Tuesday, 10:00 to 11:30 a.m. **Current Session Ends:** Tuesday, February 14, 2017 **New Session Begins:** Tuesday, February 21 through May 9, 2017. **Resident registration begins: Tuesday, January 10 through Tuesday, February 7; non-resident registration begins on Tuesday, January 24 through Tuesday, February 7. Cost: \$50 residents, \$55 non-residents.** 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. **Participants: Min/Max 8/12.**

GENTLE HATHA YOGA - Thursday, 1:00 to 2:30 p.m. **Current Session Ends:** Thursday, February 2, 2017 **New Session Begins:** Thursday, February 9 through April 27, 2017. **Resident registration begins: Thursday, January 5 through Thursday, January 26; non-resident registration begins on Thursday, January 19 through Thursday, January 26. Cost: \$50 residents, \$55 non-residents.** 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. **Participants: Min/Max 5/12.**

Thank you to the following for your generosity ... Maria Chan, Janet Betta, Saroj Baheti

Welcome to the Center... Elzbieta Supuonowicz, Elaine&William Dugan, Mary Tagliatela, Patricia Olson, Floyd Brown, Barbara Battle, Richard Taft

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 “CHOICE” MENU
Nutrition for Mind, Body and Spirit
Jan 2017

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6
	6 oz Tomato Basil Soup 1 pkt. 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 cranberry juice Fruit Strudel 8 oz low fat milk		¾ c. Roasted Cauliflower Soup/LS Crackers 1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll 1c. Tossed Salad W/LS Dressing 1/2c Chickpea Salad W/Onion, Green Pepper & Garlic) 1/2c apricots 8oz Low Fat Milk	
	10	11	12	13
	6oz Lentil soup 1 pkt. LS Crackers 3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce ½ cup Beet Salad ½ cup Pineapple 8 oz low fat milk		6 oz Cream of zucchini soup 1 pkt LS 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. Tomato Cucumber Salad ½ cup grapes 8 oz LF Milk	
16	17	18	19	20
	MARTIN LUTHER KING DAY MEAL-NO CHOICE		Birthday Celebration 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 1/2cup grape juice 1 pc. Chocolate Cake 8oz LF Milk	
23	24	25	26	27
	6oz Italian Wedding Soup 1 pkt crackers New York Hero – Smoked Turkey, Ham & Provolone (3 oz total) W/ LS Italian Dressing, Sliced Tomato, Green Peppers, Lettuce ½ cup apricots 8 oz Low Fat Milk		6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c three bean salad ½ cup peaches 8 oz Low Fat Milk	
30	31			
	6 oz Butternut Squash 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. Grape juice 1/2c Tapioca Pudding 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

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ Nutrition for Mind, Body and Spirit January 2017						
Monday	Tuesday	Wednesday	Thursday	Friday		
2	3	4	5	6		
Closed	3oz Stuffed Salmon with Lemon Sauce 1/2c Mashed Butternut Squash 1 cup spinach salad with French dressing Enriched bread 1tsp Margarine 1/2c Cranberry Juice Fruit strudel 8oz Low Fat Milk	Bring Your Own Lunch and we will provide dessert and coffee, tea	3oz Spanish chicken qtr 1/2c Yellow rice with vegetables 1/2c Green beans Wheat bread 1tsp Margarine 1/2c apricots 8oz Low Fat Milk	Bring Your Own Lunch and we will provide dessert and coffee, tea		
9	10	11	12	13		
Trip Out: McDonalds Payment is on your own, transportation is available by the Senior Bus	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	Bring Your Own Lunch and we will provide dessert and coffee, tea	3oz Hamburger on Wheat Bun with Ketchup, Lettuce, & Tomato & pickle 1/2c Potato Salad 1/2c Grapes 1 tsp Margarine 8oz Low Fat Milk	Quiche Side Salad Dessert Coffee, tea Cost: \$3.00 Please call the office, 203-239-5432 by Thursday		
16	17	18	19	20		
Closed Martin Luther King Holiday	Martin Luther King Day Fried chicken quarter Collard Greens Corn and Okra Biscuit Bread pudding with topping 8oz low fat milk	Bingo & Lunch See Page 3 for More information	Birthday Celebration 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	Bacon, lettuce & tomato on white toast Pasta Salad Dessert Coffee, tea Cost: \$3.00 Please call the office, 203-239-5432 by Thursday		
23	24	25	26	27		
Trip Out: Burger King Payment is on your own, transportation is available by the Senior Bus	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	Bring Your Own Lunch and we will provide dessert and coffee, tea	3 oz Turkey/LS gravy ½ cup Mashed potato ½ cup Green Peas & Onions 1 Tbsp Cranberry sauce Wheat Dinner Roll 1 tsp margarine 1/2c Peaches 8 oz low fat milk	Meatball Subs Dessert Coffee, tea Cost: \$3.00 Please call the office, 203-239-5432 by Thursday		
30	31					
Trip Out: Arby's Payment is on your own, transportation is available by the Senior Bus	1/2 cup linguini 3 oz clam sauce 1/2c fresh zucchini Multigrain Dinner Roll 1tsp Margarine 1/2c Grape Juice 1/2c Tapioca Pudding 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.

JANUARY 2017 MONTHLY ACTIVITIES

Mondays:

9:00: Line Dancing
9:00: Canasta
9:15: Fitness Fun
10:30: Sitercise
12:30: Bingo
1:00: Pinochle

Tuesdays:

9:00: Ceramics
9:00: Intermediate Computer Class
10:00: Chair Yoga
10:45: Beginner Computer Class
12:30: Mah Jongg
12:45: Oil Painting
1:15: Senior Songsters

Wednesdays:

9:00: Line Dancing
9:30: Fitness Fun
12:00: Mah Jongg
12:15: Bridge
1:00: Rummikub

Thursdays:

9:00: Ceramics
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

**JANUARY 2017 CALENDAR OF SPECIAL EVENTS,
PRESENTATIONS, MINI TRIPS, LUNCH BUNCH EXCURSIONS
AND COLLECTION REMINDERS FOR TRIPS**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Center Closed				
Happy New Year!				
9	10	11	12	13
9:30 Mini Trip:	10:30 a.m.		10:00 a.m.	
Universal Drive	Finance Committee Meeting		Trip Committee Meeting	
			1:00 p.m.	
			Paint Party – Part 1	
16	17	18	19	20
Center Closed	10:30 a.m.	11:30 a.m.	8:30 a.m.	
	StoryTeller, Kate Allen Smith	Bingo & Lunch	AARP Driver Course*	
Martin Luther King Day				
			1:00 p.m.	
			Ask An Attorney	
	6:00 p.m.			
	Commission on Aging			
23	24	25	26	27
9:30 Mini Trip:			1:00 p.m.	10:30 a.m.
Hamden Mart			ReGifting Auction	UNH Dental Program
	6:00 p.m.			
	Coffee, Cookies & Conversation About Elder Care		1:00 p.m.	
			Paint Party – Part 2	
30	31			

*The AARP Smart Driver Course is designed to help participants; learn research-based safety strategies that can reduce the likelihood of having a crash; understand the links among the driver, vehicle, and road environment, and how this awareness encourages safer behavior; learn how aging, medications, alcohol, and other health-related issues affect driving ability, and ways to adjust to allow for these changes; increase confidence; know how to drive safely when sharing the road with other road users; learn the newest safety and advanced features in vehicles; learn when driving may no longer be safe; and explore other ways to travel.