

North Branford Senior Newsletter April 2019

Easter Lunch & Books on Wooster Square Presentation

Enjoy a fabulous seasonal lunch with friends, followed by a fascinating book talk on Wooster Square!



Thursday, April 18th
\$5.00 per person

Lunch served at 12:30

Kindly register by April 12th

Menu Includes:

Cranberry Glazed Ham
Potato Stacks
Whole Green Beans
Spring Blueberry Cake with Lemon Glaze

Dessert will be served at 1:00 p.m. in conjunction with the Books on Wooster Square Presentation by local author, Richard Biondi. He will share his passion for the famous New Haven Neighborhood and discuss his series of books in this interactive presentation.

Sponsored by the
North Branford Parks and Recreation Commission
1332 Middletown Ave., Northford, CT 06472
203-484-6017 ~ www.nbparkrec.com

April Highlights

Please sign up for all activities in advance

Live Well with Diabetes - Begins Tuesday, April 2, 10:30-12:00pm
Join the East Shore Health District Nurse Educators for this **FREE** series that runs from 4/2/19 through 5/7/19. This class is for people with diabetes, pre-diabetes, or those who live with or care for someone with diabetes and may help you make better nutrition and exercise choices.

Nelson Hall at Elim Park - Music of Van Morrison, Friday, April 5, 11:30am, \$40 res/\$45 nr

Rock and roll doesn't get any better than Van Morrison. Lunch in Cheshire at Vespucci's prior to the show, on your own.

Magic Wings/Yankee Candle, Wednesday, April 10, 9:00am, \$18 res/\$23 nr

Enjoy exploring the 8,000 sq. foot glass conservatory filled with butterflies, moths and tropical vegetation. Then head over to the Yankee Candle Village aptly named the "Scenter of the Universe". Lunch on your own at Wolfie's Restaurant.

Walmart, Friday, April 12, 12:30pm, FREE

Let's head over to the Branford Walmart after lunch to pick up necessities.

Egg Dyeing, Monday, April 15, 10:30am, FREE

Spring into Easter with this fun (and edible) activity with friends!

Fired Up!, Thursday, April 18, 10:30am, \$20

Let the fun of Fired Up! come to you with this intergenerational activity. Multiple items to choose from! Please sign up early!

Cards w/ the TVES 5th Graders - Wednesday, April 24, 10:30am

5th grade students from TVES will be coming for their monthly visit to play cards! Any senior who participates in this program will receive a free lunch.

C. Napoli - Thursday, April 25, 12:00pm, \$3 + Tip

Enjoy a delicious lunch and the hospitality of our friend, Gigi. Lunch costs **\$3.00 the day of** and don't forget to bring a little extra for a tip!

Healthy & Active Aging, Friday, April 26, 10:30am, FREE

Join George Norden, exercise physiologist and owner of *Joint Effort Exercise*, as he shares his knowledge and experiences in the fitness industry. Learn about the best practices to stay as healthy and as active as possible during your aging years!

Don't forget about these ongoing activities:

- Mondays:** Strongercise, Pinochle
Tuesdays: Mahjong, Grocery Shopping
Wednesdays: Get Fit
Thursdays: Bingo, Pinochle
Fridays: Strongercise



Introducing BRUNCH!!

The first Tuesday of the month in April, May & June.

For just three months, we would like to try something a little different. So instead of lunch, we will be serving brunch at **11:00** on these days.

SENIOR SPRING CLEANING SAFETY TIPS

- **Check the Medicine Cabinet**
Get rid of expired and unused medications.
- **Clean Up Clutter**
Maintain clear walkways to reduce the likelihood of trips and falls.
- **Have an Emergency Plan in Place**
Know who to call and have your phone programmed accordingly.
- **Never Try to Move Heavy Objects or Furniture on Your own**
Use lightweight equipment for household chores.
- **Monitor Your Smoke Alarm System, Fire Extinguisher and Emergency Kit.**
Periodically check your smoke detectors, fire extinguishers and emergency kits.



The North Branford Sunflower Project



As we mentioned last month, The North Branford Sunflower Project has reached out and asked for our Seniors to be a part of this exciting project!

We will be packaging seeds at the Senior Center on:

Thursday, April 4th 12:30 - 2:00

~AND~

Thursday, April 11th 12:30 - 2:00

Please come by and help, by signing up for a date you are not committed to the entire time - come by for a half an hour or just a few minutes! Any amount of time is appreciated. Sign up at the front desk. For questions, please contact Kathy or Kerry at (203) 484-6017!

PIZZAWARS
TUESDAY APRIL 23, 6:00-8:30PM

To Volunteer for this fun annual event contact Kathy or Kerry at (203) 484-6017!

Senior Center Survey Question:

Would you be interested in participating in a Book Club with TVES students?



Please give your response to Kathy or Kerry.



Please note this change for April:

The monthly birthday celebration will be one day later than usual on **Friday, April 26.**



April 2019 Activities

North Branford Senior Center 203-484-6017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Strongercise 9:30 SR: Pinochle 10:30 Sittercise 12:45	2 Mahjong 10:00 Live Well w/ Diabetes 10:30-12:00 Shoprite 11:30	3 G: Get Fit 10:30 Smith Library 1:00	4 SR: Bingo 10:30 SR: Pinochle 12:30 The Sunflower Project 12:30 - 2:00	5 Strongercise 9:30 Nelson Hall: Music of Van Morrison 11:30
8 G: NO Strongercise SR: Pinochle 10:30 Sittercise 12:45	9 Mahjong 10:00 Live Well w/ Diabetes 10:30-12:00 Big Y 12:30	10 Magic Wings/Yankee Candle 9:00 G: Get Fit 10:30	11 SR: Bingo 10:30 SR: Pinochle 12:30 The Sunflower Project 12:30 - 2:00	12 G: Strongercise 9:30 Branford Walmart 12:30
15 G: Strongercise 9:30 SR: Pinochle 10:30 Egg Dyeing 10:30 Sittercise 12:45	16 Mahjong 10:00 Live Well w/ Diabetes 10:30-12:00 Big Y 12:30	17 G: Get Fit 10:30 Healthy Conversations 1:00 (Pending)	18 SR: Bingo 10:30 Fired Up! 10:30 SR: Pinochle 12:30 Easter Lunch 12:30* Book Presentation 1:00	19 Good Friday Senior Center Closed
22 G: Strongercise 9:30 SR: Pinochle 10:30 Sittercise 12:45	23 Mahjong 10:00 Live Well w/ Diabetes 10:30-12:00 Big Y 12:30 PIZZA WARS!!	24 G: Get Fit 10:30 Cards w/ TVES 5th graders 10:30  Atwater Library 1:00	25 SR: Bingo 10:30 C. Napoli 12:00 SR: Pinochle 12:30	26 G: Strongercise 9:30 Joint Effort 10:30 Birthday Celebration at lunch time! 
29 G: Strongercise 9:30 SR: Pinochle 10:30 Sittercise 12:45	30 Mahjong 10:00 Live Well w/ Diabetes 10:30-12:00 Big Y 12:30			

April 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Lunch costs \$3 and is served at 12:00 unless otherwise noted.</p>	1	2	3	4	5
	Thai Pineapple Fried Rice Vegetable Dessert	BRUNCH 11:00 Fried Egg Bacon on a Croissant Corn Beef and Potato Hash Dessert	Eggplant Parmesan Meatball Dessert	Turkey Sloppy Joes French Fries Vegetable Dessert	Seafood Quesadillas Vegetable Dessert
	8	9	10	11	12
	Grilled Cheese Sandwich Tomato Soup Dessert	Beef Enchilada Casserole Vegetable Dessert	Grilled Hot Dogs Macaroni salad Vegetable Dessert	Kielbasa and Potatoes Vegetable Dessert	Linguine with Clams White Sauce Vegetable Dessert
	15	16	17	18	19
Sweet Potato and Black Bean Burger Chips Dessert	Ground Turkey Stuffed Orange Peppers Dessert	Chicken Cutlets Potato Vegetable Dessert	12:30 LUNCH Cranberry Glazed Ham Potato Stacks Whole Green Beans Dessert	SENIOR CENTER CLOSED GOOD FRIDAY	
22	23	24	25	26	
Rice Risotto With Mushrooms Vegetable Dessert	Turkey Burgers Lettuce, Tomato Roll Dessert	Italian Sausage Spinach Pasta White Sauce Dessert	Chicken Fajita Rice Beans Dessert	Meat Loaf Mashed Potatoes Vegetable Birthday Celebration 	
29	30				
Homemade Vegetarian Chili Dessert	Mashed Potato and Sausage Casserole Vegetable Dessert				