

North Branford Senior Newsletter June 2019

SENIOR PICNIC

Co-sponsored with the North Branford Rotary

Thursday, June 27, 4:30-6:00pm

STW COMMUNITY CENTER

Our seniors celebrate summer right! Nothing says summer like hot dogs, hamburgers, all the fixings, and lots of friends.

After our meal we will head over to Totoket Valley Park for the Summer concert from 6:30 - 8:30 p.m.



*Free to the
Seniors in our community.
\$5 for non resident Seniors*

*Please register by
Thursday, June 6th.*

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

June Highlights

Please sign up for all activities in advance

Cards w/ the TVES 5th Graders - Wednesday, June 5, 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.

Mystic Village, Friday, June 7, 10:30am, \$3res \$5 non res
Spend a casual day of shopping and enjoy lunch with friends!

RSVP Volunteer Program, Monday, June 10, 11:00am
Join Cherie Strucaly from the Agency on Aging as she explains this exciting program about volunteer opportunities for folks age 55+.

Social Services Presentation, Wednesday, June 12, 1:00pm, FREE
Join Luisa Breen as she explains the social services offered within our town and answers any questions you may have.

Military Presentation, Thursday, June 13, 12:30pm, FREE
Join Daniel Garitta, North Branford native and a military historian, for a military memorabilia presentation consisting of uniforms, photographs, documents, flags, helmets, patches, war souvenirs, homefront items, and various rare items for World War Two.

Branford Walmart, Friday, June 14, 12:30pm, FREE
Pick up all your summer necessities at the Branford Walmart.

Summertime Supper Club, Monday, June 17, 4:30pm, FREE
Enjoy dinner on your own at Dockside and the company of friends! Kindly sign up in advance as we must make a reservation.

Healthy Conversations, Wednesday, June 19 1:00pm, FREE
Men and women are invited to join the East Shore Nurse Educators as they facilitate conversations on various relevant health topics.

SCSU Senior Health Fair, Thursday, June 20, 10:00-12:00pm, FREE
Join Nursing students from Southern Connecticut State University for information on relevant senior topics.

Associated Podiatrists Presentation, Friday, June 21, 1:00pm, FREE
Join Dr. Zubaria Sarooj, DPM for a presentation on the importance of foot care.

Target, Monday, June 24, 12:30pm, FREE
Come browse the aisles of target after lunch!

Smith Library, Wednesday, June 26, 1:00pm, FREE
Pick up all your summer reading and visit with our lovely librarians!

Senior Picnic, Thursday, June 27, 4:30-6:00pm, FREE for residents, \$5 NR—Enjoy this fun annual event with friends! Kindly register by Thursday, June 6th!

Don't forget about these ongoing activities:

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

Associated Podiatrists Presentation

Friday, June 21 at 1:00 p.m.

Associated Podiatrists has been providing adults and children the highest quality foot care for over 35 years.

As one of the largest podiatry groups in the Northeast, our practice has 7 highly trained doctors spread among our three offices in Fairfield, Greenwich, and North Haven, Connecticut.

All of our doctors follow our philosophy of educating our patients so that they are able to fully understand their individual treatment plans and they strive to provide each patient with the best and most compassionate care possible.

Start summer off on the right foot and join Dr. Zubaria Sarooj, DPM for this important conversation!



WORLD ELDER ABUSE AWARENESS DAY

Commemorated on **June 15th** every year, World Elder Abuse Day is an opportunity for people or organizations to take action to protect older people by raising awareness about elder abuse, why it occurs, and what we can do to stop it. We can act collectively to support justice for all.

As Americans, we believe in justice for all. Yet, every year an estimated 5 million, or 1 in 10 older Americans experience elder abuse, neglect, or exploitation. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age.

*More info available at the front desk.



**SUMMER
KICKOFF
CONCERT**

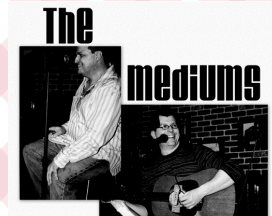
With The Mediums!

Thursday June 27

6:30-8:30pm

Totoket Valley Park
279 Forest Rd. Northford
(off 22 by the Police station)

Bring your lawn chair



A GLANCE AT JULY....

Ivoryton Playhouse/Momma Mia! - (FULL)
Wednesday, July 10

Aqua Turf/Celebrate Italia - 4 Seats Left!
Tuesday, July 16

Norman Rockwell Museum - (FULL)
Friday, July 26

Please note these changes for June:

DON'T FORGET - Brunch on Tuesday, June 4th
will be served at **11:00 a.m.**


Bingo on Thursday, June 20th will be held at **12:45 p.m.**
NO Bingo on Thursday, June 27th. It will be held Friday, June 28th

June 2019 Activities

North Branford Senior Center 203-484-6017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>G: Strongercise 9:30</p> <p>SR: Pinochle 10:30</p> <p>Sittercise 12:45 (LAST CLASS)</p>	<p>4</p> <p>Mahjong 10:00</p> <p>Shoprite 11:30</p>	<p>5</p> <p>G: Get Fit 10:30</p> <p>Cards w/ TVES 5th graders 10:30</p> 	<p>6</p> <p>SR: Bingo 10:30</p> <p>SR: Pinochle 12:30</p>	<p>7</p> <p>Strongercise 9:30</p> <p>Mystic Village 10:30</p>
<p>10</p> <p>G: Strongercise 9:30</p> <p>SR: Pinochle 10:30</p> <p>Agency on Aging—RSVP presentation 11:00</p>	<p>11</p> <p>Mahjong 10:00</p> <p>Big Y 12:30</p>	<p>12</p> <p>G: Get Fit 10:30</p> <p>Social Services Presentation 1:00</p>	<p>13</p> <p>SR: Bingo 10:30</p> <p>SR: Pinochle 12:30</p> <p>Military Presentation 12:30</p>	<p>14</p> <p>G: Strongercise 9:30</p> <p>Branford Walmart 12:30</p>
<p>17</p> <p>G: Strongercise 9:30</p> <p>SR: Pinochle 10:30</p> <p>Summertime Supper Club 4:30</p>	<p>18</p> <p>Mahjong 10:00</p> <p>Big Y 12:30</p>	<p>19</p> <p>G: Get Fit 10:30</p> <p>Healthy Conversations 1:00</p>	<p>20</p> <p>SCSU Senior Health Fair 10:00-12:00</p> <p>SR: Pinochle 12:30</p> <p>Birthday Celebration at lunch time!</p> <p>SR: Bingo 12:45</p> 	<p>21</p> <p>G: Strongercise 9:30</p> <p>Foot care presentation 1:00</p>
<p>24</p> <p>G: Strongercise 9:30</p> <p>SR: Pinochle 10:30</p> <p>Target 12:30</p>	<p>25</p> <p>Mahjong 10:00</p> <p>Big Y 12:30</p>	<p>26</p> <p>G: Get Fit 10:30</p> <p>Smith Library 1:00</p>	<p>27</p> <p>SR: Pinochle 12:30</p> <p>Senior Picnic 4:30-6:00 STW Community Center</p>	<p>28</p> <p>G: Strongercise 9:30</p> <p>Bingo 10:30</p>

June 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
*Lunch costs \$3 and is served at 12:00 unless otherwise noted.	3 Cheese and Vegetable Calzone Dessert	4 Egg sandwich With Bacon Option Fruit Cup Dessert 11:30	5 Meat Loaf Gravy Mashed Potatoes Vegetable Dessert	6 Stuffed Cabbage Casserole Dessert	7 Eggplant Parmesan Meatball on side Vegetable Dessert
	10 Skillet Vegetable Lasagna Vegetable Dessert	11 Baked Ziti Vegetable Dessert	12 Chicken Cutlets Potatoes Vegetable Dessert	13 Sausage Peppers Pasta Dessert	14 Beer Battered Fish Rice Vegetable Dessert
	17 Caesar Salad Chicken option Dessert	18 Baked Mac 'n Cheese Vegetables Dessert	19 Chicken Sweet Potatoes Vegetable Dessert	20 Meat Loaf Gravy Potatoes Vegetable Birthday Celebration Dessert 	21 Cheese Pizza Vegetable Dessert
	24 French Toast Muffin Cups Fruit/vegetable Dessert	25 Potatoes Ground Beef Gravy Vegetables Dessert	26 Spaghetti Meatballs Vegetable Dessert	27 Chef's Choice	28 Cobb Salad Bulky roll Dessert