

North Branford Senior Newsletter May 2019

PIZZA WARS

The Restaurants:

Anthony John's
Capone's (BEST cheese pizza)
LaMonaco's (BEST specialty pizza)
Pasquale's
Sandy's

Event Sponsors:

Aquatic Pool & Spa Service
Foxon Park Beverages

Raffle Sponsors:

Agway, Aura Day Spa, Rockin' Jump &
Squeaky Clean,

Entertainment and Dessert:

DJ Anthony Esposito
JCakes

**Thank you to all our wonderful volunteers
and guests! We couldn't have done it without you!**

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

May Highlights

Please sign up for all activities in advance

Healthy Conversations, Wednesday, May 1, 1:00pm, FREE

Men and women are invited to join the East Shore Nurse Educators as they facilitate conversations on various relevant health topics.

Pier 1 Imports, Friday, May 3, 12:30pm, FREE

Come shop the eclectic collection of home décor!

Movie at Smith Library, Wednesday, May 8, 12:45pm, FREE

Enjoy a viewing of the 2018 award winning movie, 'A Star is Born'. Seasoned musician Jackson Maine discovers – and falls in love with – struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight.

Wallingford Walmart & Lunch, Friday, May 10, 10:30am, FREE

Pick up all your necessities at the Wallingford Walmart Supercenter and then enjoy lunch on your own with friends.

Mohegan Sun, Wednesday, May 15, 8:00am, \$15

Enjoy a day at the casino, shopping, gambling, and eating! Receive a free \$15 bet and a \$15 food voucher. Reserve your seat today.

Stew Leonard's, Friday, May 17, 10:30am, FREE

Let's shop for some delicious deals and then stay for a buffet lunch!

Summertime Supper Club, Tuesday, May 21, 4:30pm, FREE

Enjoy dinner on your own at Café Fiore and the company of friends! Kindly sign up in advance as we must make a reservation.

Celebration of Healthy Aging, Wednesday, May 22, 10:00am, FREE

Enjoy this annual celebration sponsored by The Shoreline Eldercare Alliance. Seating is limited—register at the Senior Center to reserve your ticket!

Paper Flower making w/ NBHS, Thursday, May 23, 10:30am, FREE

Remember those fabulous paper flowers from the High School Senior Lunch? Come learn how to make them!!

Companionship & Intimacy, Friday, May 24, 11:00am, FREE

Join Beverly Kidder from The Agency on Aging for this relevant conversation.

Rose's Orchard, Wednesday, May 29, 12:45pm, FREE

Enjoy an after lunch visit to the orchard's ice cream stand!

Potluck Picnic, Friday, May 31, 11:30am, FREE

Join us for a potluck picnic at Cuginchaug Park in Durham. Please sign up at the front desk with the dish that you are planning to bring!

Don't forget about these ongoing activities:

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

Help Support a Deployed National Guard Unit



120 soldiers from the 643rd MP National Guard Unit, based in South Windsor, CT were deployed in mid-March, 2019 to Guantanamo Bay Cuba in support of Operation Enduring Freedom.

Let's write 120 cards and letters of support and appreciation to send before Memorial Day! Blank cards are available at the front desk of the Senior Center. *You can write anything appropriate and supportive... or ask for suggestions on what to write ~ we would be happy to help!*

The 10th Annual "Celebration of Healthy Aging"

hosted by the Shoreline Eldercare Alliance
will be held on:
Wednesday, May 22, 2019
at Woodwinds from 10am - 3:30pm.
Enjoy a day of learning, fun and camaraderie. Lunch will be provided.
This is a FREE event.
Register at the Senior Center in order to secure your ticket.
Seating is limited!

**IT'S TIME FOR...
SUMMERTIME
SUPPER CLUB!**

We will be going out for supper one time per month in May, June, July and August. We will be seeking out the best Happy Hour and Senior Specials so join us for one or come to all! Please remember to



sign up in advance as we need to make reservations. The more the merrier and **transportation is provided!** *We are always open to new dining experiences please share your ideas!*

AAA Driving Course, Wednesday, May 8, 1:00-5:00pm, FREE
Please bring your driver's license to class

Classroom instruction teaching preventative measures to use when driving. Learn how aging affects reaction time, hear tips to sharpen driving skills, review the new state laws and regulations, refine existing skills, and develop safe defensive driving techniques that save lives.



Pre-registration is required. You will be eligible for insurance discount after completion.

Please note this change for May:

DON'T FORGET - Brunch on Tuesday, May 7th will be served at 11:00 a.m.


Bingo on Thursday, May 23rd will be held at 12:45 p.m.

May 2019 Activities

North Branford Senior Center 203-484-6017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 G: Get Fit 10:30 Healthy Conversations 1:00	2 SR: Bingo 10:30 SR: Pinochle 12:30	3 Strongercise 9:30 Pier 1 Imports 12:30
6 G: Strongercise 9:30 SR: Pinochle 10:30 Sittercise 12:45	7 Mahjong 10:00 Shoprite 11:30	8 G: Get Fit 10:30 Movie at Smith Library 12:45 AAA Safe Driving Course 1:00-5:00	9 SR: Bingo 10:30 SR: Pinochle 12:30	10 G: Strongercise 9:30 Wallingford Walmart 10:30
13 G: Strongercise 9:30 SR: Pinochle 10:30 Sittercise 12:45	14 Mahjong 10:00 Big Y 12:30	15 Mohegan Sun 8:00 G: Get Fit 10:30	16 SR: Bingo 10:30 SR: Pinochle 12:30	17 G: Strongercise 9:30 Stew Leonard's 10:30
20 G: Strongercise 9:30 SR: Pinochle 10:30 Sittercise 12:45	21 Mahjong 10:00 Big Y 12:30 Summertime Supper Club 4:30	22 G: Get Fit 10:30 Celebration of Healthy Aging @ Woodwinds 10:00	23 Paper flower making w/ NBHS 10:30 SR: Pinochle 12:30 SR: Bingo 12:45	24 G: Strongercise 9:30 Companionship & Intimacy 11:00
27 SENIOR CENTER CLOSED FOR MEMORIAL DAY	28 Mahjong 10:00 Big Y 12:30	29 G: Get Fit 10:30 Rose's Orchard 12:45	30 SR: Bingo 10:30 SR: Pinochle 12:30 Birthday Celebration at lunch time! 	31 G: Strongercise 9:30 Potluck Picnic in the Park 11:30

May 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Lunch costs \$3 and is served at 12:00 unless otherwise noted.</p>			1	2	3
			Spaghetti Meatballs Vegetable Dessert	Turkey Tetrazzini Egg noodles Peas Dessert	Herb baked Chicken Mashed sweet Potatoes Vegetable Dessert
	6	7	8	9	10
	Cheese pizza Vegetable Dessert	Bacon, egg, cheese Breakfast ring Fruit Cup Dessert 11:00AM	Baked Potato Bar Vegetable Dessert	Monterey chicken Roasted potato Vegetable Dessert	Stuffed Grilled Cheese Sandwich Tomato soup Dessert
	13	14	15	16	17
	Spinach, mushroom Quiche Hash Browns Dessert	Turkey stuffed Orange peppers Vegetables Dessert	Chicken cutlet Potato Vegetable Dessert	Kielbasa Potato Vegetable Dessert	Beer Battered Fish Rice Vegetable Dessert
20	21	22	23	24	
Baked Ziti With Ricotta Vegetable Dessert	Tuna Salad Lettuce/Tomato Wheat Bread Dessert	Meatloaf Potato Vegetable Dessert	Pasta Crab Sauce Vegetable Dessert	Turkey Florentine Pasta Vegetable Dessert	
27	28	29	30	31	
SENIOR CENTER CLOSED FOR MEMORIAL DAY	Grilled Hot Dogs Macaroni Salad Baked Beans Watermelon Dessert	Chicken Cordon Bleu Casserole Peas Rice Dessert	Eggplant Stackers Side of Pasta Meatball Birthday Celebration Dessert 	Hearty Chicken Stew French Bread Vegetable Dessert	