

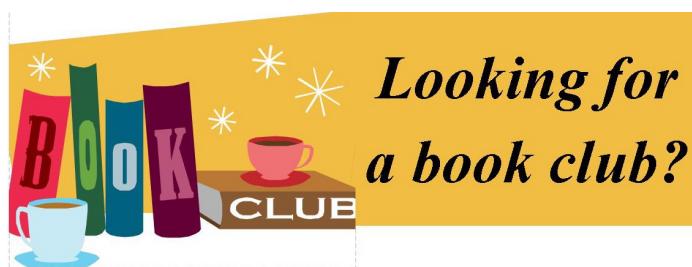
# North Branford Senior Newsletter October 2019

## READING THROUGH THE AGES

The North Branford Senior Center and Totoket Valley Elementary School (TVES) are thrilled to announce their new collaborative book club, entitled Reading Through The Ages. The group will meet twice a month, on a rotating schedule from September through December, where senior citizens and a group of 4<sup>th</sup> and 5<sup>th</sup> grade students will gather for reading and discussion of the book "Rules" by Cynthia Lord, a 2019 intermediate Nutmeg Award Nominee.

Senior Center and TVES staff are excited to be bringing both groups together for this fun and educational experience. Intergenerational activities give seniors and students an opportunity to increase social and communication skills and engage in intellectual conversation while building meaningful relationships.

The initial meeting was held in September as a meet and greet and to discuss the expectations of the group. The next meeting will be held on **Wednesday, October 2 at 10:30**. It's not too late to join, so if you are 55 or older and would like to be a part of this pilot program please call (203)484-6017 for more information.



Sponsored by the  
North Branford Parks and Recreation Commission  
1332 Middletown Ave., Northford, CT 06472  
203-484-6017 ~ [www.nbparkrec.com](http://www.nbparkrec.com)

## October Highlights

*Please sign up for all activities in advance*

**Walmart in Branford, Friday, October 4, 12:30pm, FREE**

Catch a ride on the van to the Walmart after lunch for some general shopping.

**Rose's Orchard, Monday, October 7, 12:30am, FREE**

Take a ride with us over to Rose's Orchard. Enjoy an ice cream, visit with the farm animals or simply relax at the orchard after lunch!

**AAA Driving Improvement Course, Wednesday, October 9, 1:00pm, FREE**

Classroom instruction to help sharpen and refine driving skills, review any changes in state law and develop safe defensive driving techniques. *You will be eligible for insurance discount after completion. Please bring driver's license to class.*

**North Haven Cinema - Downton Abbey, Friday, October 11, TBA, \$8 + tax**

Enjoy the popular television series on the big screen!

**Aqua Turf - Polka, Tuesday, October 15, 10:30 am, \$45 res/\$50 nr -**

Enjoy a day filled with fantastic food, dancing & music! A traditional Polish meal will be served & includes a complimentary glass of wine or beer!

**Flu Clinic & Healthy Conversations, Wednesday, October 16,**

**1:00pm, FREE** - Get your flu shot and learn to decode nutrition labels from the East Shore Nurse Educators.

**Heart Healthy Solutions, Friday, October 18, 10:30am, FREE**

Join George Norden, exercise physiologist and owner of Joint Effort Exercise in Branford, Guilford and Old Saybrook as he shares his knowledge on heart disease & prevention.

**Aldi Hamden/Glenwood, Monday, October 21, 10:30am, FREE**

Enjoy shopping for deals at Aldi, then head over to Glenwood for one of their famous hotdogs and onion rings!

**Personal Emergency Response Systems Wednesday, October 23,**

**12:45pm, FREE** - Join Jeff Piscitelli of Alarm Systems as he demonstrates both a personal and mobile emergency systems.

**Movie @ Smith Library, Friday, October 25, 12:45, FREE**

Enjoy the comedy, 'The Hustle' with friends at Smith Library! Anne Hathaway and Rebel Wilson star as female scam artists, one low rent and the other high class, who team up to take down the men who have wronged them.

**Lunch Bunch, Monday, October 28, 11:45am**

Enjoy lunch with friends at Chat & Chew. Please sign up by 10/24!

**Don't forget about these ongoing activities:**

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

**\*NEW\* Introduction to Senior Tai Chi**

**Instructor: Martin Reichgut, MD**

**Begins Wednesday, October 2 from 12:45 - 1:45**

Marty will use the flowing, meditative movements of this ancient Chinese martial art to improve balance, strength, endurance, flexibility, coordination, concentration, and memory in the 8 week class. He will demonstrate how we can use Tai Chi's self-defense strategies to reduce our stress and protect ourselves from the repeated assaults of everyday life.

October 2 - November 20

Fee: \$40



**FLU CLINIC & HEALTHY CONVERSATIONS**

**Wednesday October 16<sup>th</sup>, 1:00-2:00**

*Fall is Flu Shot Season, so protect yourself and get your shot today!*

Participating insurances for those 65 or older: Medicare Part B, Aetna Medicare, Anthem BCBS Medicare, ConnectiCare VIP, United Healthcare. Please have your insurance card with you or make a copy for us when you come to the clinic. And don't forget to wear short sleeves!

Additionally, Barbara Naclerio, East Shore District Health Department Educator, will provide information on the complex world of Nutrition labels. Learn to navigate the nutrition label numbers, as well as, what "All Natural" and "Organic" labelled food means and what it means for your health.

**REMINDER!**

Please sign up for **all** activities in advance!  
Even if there's a waitlist - still sign up!



Please join the Office of Social Service as they present community education for Veterans on Wednesday, November 7, 2018 at 11:00 am. **FREE LUNCH FOR VETERANS**, compliments of the Senior Center (non-veterans,\$5). **Seating is limited!** Please call 203.484.6017 to reserve a seat today!

**SAVE THE DATE**

**FOR THESE ACTIVITIES:**

**FRIDAY, NOVEMBER 1 - THE PEQOUT MUSEUM**

**MONDAY, NOVEMBER 18 - CAROUSEL MUSEUM**

**THURSDAY, NOVEMBER 21 - THANKSGIVING DAY LUNCH**

**Please note these changes for October:**

**Early lunch on Tuesday, October 1st at 11:00 a.m.**

**Open Bocce will now be held on the 2nd & 4th Tuesday at 10:30 a.m. (Please call ahead to be put on the list)**

The Senior Center will be **CLOSED** on **Monday, October 14** for Columbus Day.

# October 2019 Activities

North Branford Senior Center 203-484-6017

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mahjong 10:00 <b><u>Shoprite 11:30</u></b>	2 G: Get Fit 10:30 <u>Book Club 10:30</u> Intro to Senior Tai Chi 12:45	3 SR: Bingo 10:30 SR: Pinochle 12:30	4 G: Strongercise 9:30 <b>Branford Walmart 12:30</b>
7 G: Strongercise 9:30 SR: Pinochle 10:30 <b>Rose's Orchard 12:30</b>	8 Mahjong 10:00 <u>Open Bocce 10:30</u> <b>Big Y 12:30</b>	9 G: Get Fit 10:30 Intro to Senior Tai Chi 12:45 AAA Driving Improvement 1:00	10 SR: Bingo 10:30 SR: Pinochle 12:30	11 G: Strongercise 9:30 <b>North Haven cinema TBD</b>
14 <b>Senior Center CLOSED Columbus Day</b>	15 Mahjong 10:00 Aqua Turf - Polka 10:30 <b>Big Y 12:30</b>	16 NO Get Fit* Intro to Senior Tai Chi 12:45 Healthy Conversations 1:00 Flu Clinic 1:00	17 SR: Bingo 10:30 SR: Pinochle 12:30	18 G: Strongercise 9:30 <u>Heart Healthy Solutions 10:30</u>
21 G: Strongercise 9:30 SR: Pinochle 10:30 <b>Aldi Hamden/Glenwood 10:30</b>	22 Mahjong 10:00 <u>Book Club 10:30</u> <u>Open Bocce 10:30</u> <b>Big Y 12:30</b>	23 G: Get Fit 10:30 Product Demo 11:30 Intro to Senior Tai Chi 12:45	24 SR: Bingo 10:30 SR: Pinochle 12:30	25 G: Strongercise 9:30 <b>Movie @ Smith Library 12:45</b>
28 G: Strongercise 9:30 SR: Pinochle 10:30 <b>Lunch Bunch 11:45</b>	29 Mahjong 10:00 <b>Big Y 12:30</b>	30 G: Get Fit 10:30 Intro to Senior Tai Chi 12:45	31 SR: Bingo 10:30 SR: Pinochle 12:30 Birthday Celebration at lunch time! 	

## October 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Lunch costs \$3 and is served at 12:00 unless otherwise noted.</b></p>		1	2	3	4
		<b>11:00AM</b> Pumpkin Pancakes Bacon Fruit Cup	Penne ala Vodka Salad Roll Dessert	Ground Beef w/ Gravy Mashed Potatoes Vegetable Roll Dessert	Chicken Salad On a Croissant Salad Chips Dessert
	7	8	9	10	11
	Broccoli & Cheese Quiche Vegetable Roll Dessert	Chicken Cutlets Rice Vegetable Roll Dessert	Kielbasa with Cabbage & Noodles Vegetable Dessert	Hamburgers French Fries Dessert	Baked Potatoes w/ Chile & Cheddar Vegetable Roll Dessert
	14	15	16	17	18
CLOSED	Hot Dog, Peppers & Onions White Rice Vegetable Roll Dessert	Diced Chicken & Broccoli Pasta Roll Dessert	Meatloaf w/ Gravy Potatoes Vegetable Roll Dessert	Chicken, Corn & Mashed Potato Bowls Roll Dessert	
21	22	23	24	25	
Egg Salad Wrap Chips Pickles Dessert	Macaroni & Cheese w/ Diced Ham Vegetable Roll Dessert	Chicken & Cheese Quesadillas Rice Corn Dessert	Sloppy Joes Sweet Potato Fries Dessert	Pizza Salad Dessert	
28	29	30	31		
Vegetable Lasagna Roll Dessert	Beer Battered Fish Vegetable Roll Dessert	Stuffed Cabbage Vegetable Roll Dessert	Butternut Squash Soup Goopy Grilled Cheese & Tomato Dessert 		