

North Branford Senior Newsletter November 2019

Happy
Thanksgiving



Please join us for a wonderful traditional holiday meal on
Thursday, November 21st at 12:00p.m.

Turkey
Stuffing and gravy
Sweet potatoes
Mashed potatoes
Vegetables
Cranberry sauce
Pumpkin pie

Cost: \$5.00

Please sign up by Friday, November 15th

Seating is limited for this event, so we recommend
registering as soon as possible!

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

November Highlights

Please sign up for all activities in advance

Pequot Museum, Friday, November 1, 8:30am, \$20 res/\$25 nr

Enjoy a guided tour of the 308,000 square foot museum, educational film and lunch on your own at the Pequot Café.

Christmas Tree Shop/Cracker Barrel, Monday, November 4, 10:30am

Get some holiday shopping done & then have lunch with friends at The Cracker Barrel.

Veteran's Day Lunch, Wednesday, November 6, 11:00am, \$5 non-veteran

Please join us in celebrating our Veterans and the Office of Social Service as they present community education for Veterans.

Wallingford Walmart, Friday, November 8, 10:30

Catch a ride to Walmart for some general shopping and then out to lunch with friends!

***NEW* - Cornhole, Tuesday November 12 & 26, 11:00am, FREE**

Learn how to play Cornhole in the gym from local cornhole champion, Shawn Keogh.

Big Y Pharmacy Presentation, Wednesday, November 13,

11:00am, FREE - Samantha Petillo will offer conversation centered around medication management including storage, adherence, discarding, and adverse reactions.

Meriden Square, Friday, November 15, 10:30am, FREE

Enjoy a trip to the mall with friends!

Carousel Museum, Monday, November 18, 10:00am, \$25 res/\$30

Visit one of the largest collections of antique carousel art in the country. Trip includes catered lunch & a ride on the carousel

Healthy Conversations, Wednesday, November 20, 1:00pm, FREE

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

Thanksgiving Lunch, Thursday, November 21, 12:00, \$5

Enjoy a traditional Thanksgiving feast with friends!

Craft - DIY Bookmark, Friday, November 22, 12:45, FREE

Make your own bookmark out of old calendars!

Lunch Bunch, Monday, November 25, 11:45am

Enjoy lunch with friends at Café Fiore. Kindly sign up by 11/20!

Game Day, Wednesday, November 27, 12:45, FREE

Join us for a friendly game of 'North Branford Senior Center Jeopardy' after lunch!

Don't forget about these ongoing activities:

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

Gently Used Bag Sale

We are collecting gently used pocket books, backpacks and duffle bags for our upcoming sale on December 5th & 6th to benefit our Seniors! Please bring your items to The Senior Center



Due to popular demand, a second Shoprite trip has been added to the 3rd Tuesday of the month!

What is Cornhole?

Cornhole (also known regionally as bags, sack toss, or bean bag) is a lawn game in which players take turns throwing 16 ounce bags of corn kernels at a raised platform (board) with a hole in the far end. A bag in the hole scores 3 points, while one on the board scores 1 point. (Wikipedia, 2019)



SAVE THE DATE FOR THESE HOLIDAY ACTIVITIES:

Aqua Turf—Winter Wishes
Tuesday, December 10

Holiday Fun with NBHS
Thursday, December 12

Trees of Hope
Friday, December 13

Ivoryton Playhouse - An Actor's Carol
Wednesday, December 18

Holiday Luncheon
Thursday, December 19



The Tuesday morning Mahjong group is looking for new players to join! Just drop in on Tuesdays at 10:00 am or call the Senior Center with any questions at (203) 484-6017.

Please note these changes for November:

Early lunch on Tuesday, November 5th AND November 19 at 11:00 a.m.

NO Bingo on Thursday, November 21, Bingo will be held on Friday November 22 along with the birthday celebration.

The Senior Center will be **CLOSED** on Monday, November 11, for Veteran's Day AND on Thursday, November 28 & Friday, November 29 for



November 2019 Activities

North Branford Senior Center 203-484-6017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 G: Strongercise 9:30 Pequot Museum 8:30
4 G: Strongercise 9:30 SR: Pinochle 10:30 Christmas Tree Shop/ Cracker Barrel 10:30	5 <i>Election Day</i> Mahjong 10:00 Shoprite 11:30	6 G: Get Fit 10:30 Veteran's Day Lunch Intro to Senior Tai Chi 1:00	7 SR: Bingo 10:30 SR: Pinochle 12:30	8 G: Strongercise 9:30 Wallingford Walmart 10:30
11 Senior Center CLOSED Veteran's Day	12 Mahjong 10:00 Book Club 10:30 Cornhole 11:00 Big Y 12:30	13 G: Get Fit 10:30 Big Y Pharmacy Presentation 11:00 Intro to Senior Tai Chi 1:00	14 SR: Bingo 10:30 SR: Pinochle 12:30	15 G: Strongercise 9:30 Meriden Square 10:30
18 G: Strongercise 9:30 SR: Pinochle 10:30 Carousel Museum 10:00	19 Mahjong 10:00 Shoprite 11:30	20 G: Get Fit 10:30 Intro to Senior Tai Chi 1:00 (last day) Healthy Conversations 1:00	21 Thanksgiving Lunch 12:00 SR: Pinochle 12:30	22 G: Strongercise 9:30 SR: Bingo 10:30 Birthday Celebration at lunch time  Craft - DIY Bookmarks 12:45
25 G: Strongercise 9:30 SR: Pinochle 10:30 Lunch Bunch 11:45	26 Mahjong 10:00 Book Club 10:30 Cornhole 11:00 Big Y 12:30	27 G: Get Fit 10:30 Game Day 12:45	28 Senior Center CLOSED Thanksgiving	29 Senior Center CLOSED Thanksgiving

November 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
*Lunch costs \$3 and is served at 12:00 unless otherwise noted.					1 Meatball Subs French Fries Dessert
	4 Pasta Faggioli Crusty Roll Dessert	5 *Lunch served at 11 Apple French Toast Casserole Sausage Fruit Cup	6 Veteran's Day Lunch Hot dogs Hamburgers Pasta Salad Dessert	7 Chili Corn Bread Dessert	8 Veggie Quiche French Fries Roll Dessert
	11 Senior Center CLOSED Veteran's Day	12 Chicken Marsala Rice Vegetable Roll Dessert	13 Mac n' Cheese Vegetable Roll Dessert	14 BLT Wraps Pickles Sweet Potato Fries Dessert	15 Spaghetti w/ Meatballs Garlic Knot Dessert
	18 Vegetable Lasagna Roll Dessert	19 *Lunch served at 11 Chicken Salad Sandwich Chips Pickle Dessert	20 Stuffed Cabbage Vegetable Roll Dessert	21 Thanksgiving Lunch 	22 Grilled Cheese w/ Tomato Soup Dessert 
	25 Tuna Salad Wrap w/ Lettuce & Tomato Chips Dessert	26 Ground Beef & Gravy Over Mashed Potatoes Vegetable Dessert	27 Beer Battered Fish Vegetable Roll Dessert	28 Senior Center CLOSED Thanksgiving	29 Senior Center CLOSED Thanksgiving