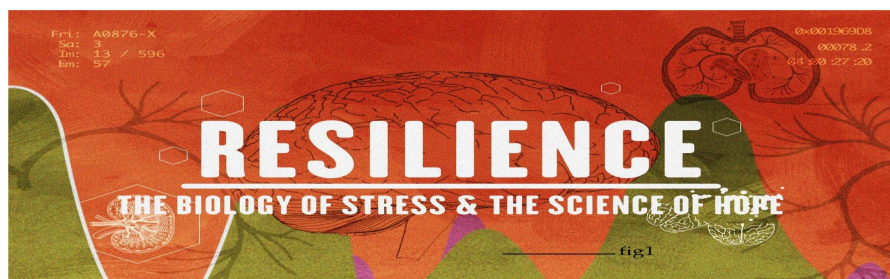


North Branford Senior Newsletter January 2020



The child may not remember, but the body remembers."

Join us for a **free** screening of RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE, a film about childhood trauma and the adverse effects on health over a lifetime — and the role that everyone in the community can play in reversing them. This one-hour documentary explores Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. Find out how people across the country are working to address Toxic Stress. Following the film, there will be a question and answer period.

FREE FILM SCREENINGS WILL BE OFFERED:
Monday, January 27th 10:30 - 11:30 am



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

January Highlights

Please sign up for all activities in advance

Dollar Tree/ Branford, Friday, January 3, 12:30, FREE

An after lunch trip to pick up this and that!

Cornhole, Tuesday, 1/14 & 1/28, 11:00am, FREE

Come play Cornhole in the gym with friends.

Library Trips - Smith on Wednesday, January 8, 1:00, FREE

Atwater on Wednesday, January 22, 1:00, FREE

Visit our local library, pick up some books, get caught up on current events and chat with our lovely librarians

Kohl's Branford Friday, January 10, 12:30pm

Need to make holiday returns, spend your Kohl's cash, gift cards? Let's make an after lunch trip and look thru the racks!

Mohegan Sun - Monday, January 13, 8:00am, \$15.00

Enjoy a day at the casino, shopping, gambling, and eating! Receive a free \$10 bet and a \$15 food voucher. Reserve your seat today.

Aldi's East Haven, Wednesday, January 15, 12:30pm, FREE

Remember to bring a quarter to deposit for a cart and your own shopping bags.

Movie & Munchies, Friday, January 17, 10:30am, FREE

"Judy" Judy is a 2019 biographical drama film about American singer and actress Judy Garland.

Fascia's Chocolate's, Friday, January 24, 11:00am, res.\$15, n/r \$20

Join us for a trip to Fascia's Chocolates, handcrafted in Waterbury since 1964. This visit will include a chocolate tasting, tour and opportunity to craft your own chocolate bar! Lunch stop on your own to be determined.

Resilience, free Film Screening, Monday, January 27, 10:30am, FREE

Join us for a FREE screening of RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE. This is a film about childhood trauma and the adverse effects on health over our lifetime. Presented by East Shore Health District.

Steady Steps Wednesday, January 29, 12:30, FREE

Learn strategies for increasing stability and preventing falls, as well as a fall prevention screening. Join us for this interactive and relevant conversation. Presented by our friends at the VNA.

Meriden Square - Friday, January 31, 10:30, FREE

Let's spend the day at the mall! Shop a variety of stores, enjoy inside walking or sit and watch the world go by! Lunch on your own.

Don't forget about these ongoing activities:

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

IDEAS PLEASE!!

We are working on the next brochure for the Spring/Summer 2020. Please share your ideas with us for groups, activities and trips!

STEADY STEPS

**Be part of this new VNA program
Wednesday January 29th 10:30**

Learn strategies for increasing stability and preventing falls, as well as a fall prevention screening. Join us for this interactive and relevant conversation.



 **Family Handcrafted Since 1964**
44 Chase River Rd, Waterbury, CT 06704

Join us for a trip to Fascia's Chocolates, handcrafted in Waterbury since 1964. This visit will include a chocolate tasting, tour and opportunity to craft your own chocolate bar! Lunch stop on your own to be determined.
Friday, January 24, departs 11:00 am
\$15 res/ \$20 nr



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

P L E A S E R E M E M B E R

When using Senior Transportation Services during the winter months, if your walkways and/or driveways are icy, for your safety, please have a family member assist you on and off the bus.

Our drivers are not allowed to exit their van while in operation

Thank You!



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.

**Come join the fun!
Come join Cornhole!**

Stay active over the winter months, connect with others and most importantly have FUN!

Cornhole will be held on:

Tuesday, January 14

AND

Tuesday, January 28

At 11:00




January 2020 Activities

North Branford Senior Center 203-484-6017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 SENIOR CENTER <u>CLOSED</u> NEW YEAR'S DAY	2 Bingo 10:30 Pinochle 12:30	3 Strongercise 9:30 Dollar Tree 12:30
6 Strongercise 9:30 Pinochle 10:30	7 Mahjong 10:00 Shoprite 11:30	8 Get Fit 10:30 Smith Library 12:30	9 Bingo 10:30 Pinochle 12:30	10 Strongercise 9:30 Kohl's Branford 12:30
13 Mohegan Sun 8:00 Strongercise 9:30 Pinochle 10:30	14 Mahjong 10:00 Cornhole 11:00 Big Y 12:30	15 Aldi's 12:30	16 Bingo 10:30 Pinochle 12:30	17 Strongercise 9:30 Movie & Munchies 10:30
20 SENIOR CENTER <u>CLOSED</u> MARTIN LUTHER KING, JR. DAY	21 Mahjong 10:00 Shoprite 11:30	22 Get Fit 10:30 Atwater Library 12:30	23 Bingo 10:30 Pinochle 12:30	24 Strongercise 9:30 Fascia's Chocolates 11:00
27 Pinochle 10:30 Resilience 10:30 Free Film Screening	28 Mahjong 10:00 Cornhole 11:00 Big Y 12:30	29 Get Fit 10:30 Steady Steps 12:30	30 Bingo 10:30 SR: Pinochle 12:30 Birthday Celebration at lunch time 	31 Strongercise 9:30 Meriden Square 10:30

January 2020 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Lunch costs \$3 and is served at 12:00 unless otherwise noted.</p> <p><i>Please call in by 10:00</i></p>			1 SENIOR CENTER <u>CLOSED</u> NEW YEAR'S DAY	2 Ground Beef Gravy Mashed Potatoes Vegetables Dessert	3 Tuna Salad On Croissant Fries Dessert
	6 Vegetable Lasagna Vegetable Dessert	7 *Lunch served at 11 Pancakes Sausage Applesauce Dessert	8 Chicken Cutlet Rice Vegetable Dessert	9 Stuffed Peppers Over Pasta Dessert	10 Grilled Cheese With Bacon Chips Pickles Dessert
	13 Eggplant Lasagna Dessert	14 Chili Cornbread Dessert	15 Swedish Meatballs Noodles Vegetable Dessert	16 Cheeseburgers Fries Dessert	17 Chicken Salad On Croissant Vegetable Dessert
	20 SENIOR CENTER <u>CLOSED</u> MARTIN LUTHER KING, JR. DAY	21 *Lunch served at 11 Egg + Cheese Croissant Sausage Fruit	22 Chicken Cacciatore Over Pasta Dessert	23 Shepherds Pie Roll Dessert 	24 Egg Salad Wrap Chips Pickles Dessert
	27 Beer Battered Fish Vegetables Dessert	28 Mac 'n Cheese Vegetables Dessert	29 Meat Loaf with Gravy Mashed Potatoes Vegetables Dessert	30 Kielbasa Cabbage Noodles Vegetables Desserts	31 Veggie Quiche Potato Dessert