

# North Branford Senior Newsletter February 2020

## **TAX ASSISTANCE**

**WHERE:** Edward Smith Library

**WHEN:** Every Monday, Wednesday & Thursday

**FROM:** February 3, 2020 - April 13, 2020

1:00 p.m. - 4:00 p.m.

*Please contact the Senior Center for transportation options.*

The Volunteer Income Tax (VITA) program offers free tax help to individuals who generally make \$54,000 or less, have a disability or speak limited English who need help preparing and filing their own tax returns.

Assistance will be on a first come, first served basis.

Please bring these items with you:

- A current picture ID card & Social Security Card
  - Social Security cards for dependents
    - Last year's tax return
  - All tax documents showing income & deductions.

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)

## **February Highlights**

*Please sign up for all activities in advance*

**Dollar General, Monday, February 3, 12:30pm, FREE**

Jump on the van and let's go pick up this or that!

**Know the Ten Signs, Friday, February 7, 12:45pm, FREE**

This program will focus on the difference between typical age-related changes in cognition and the warning signs or symptoms of Alzheimer's disease and other dementias. It will also help participants to better understand the terms dementia and Alzheimer's disease, the diagnosis process, the value of early detection and the resources that can help.

**Indoor walking at Ikea, Monday, February 10, 12:30pm, FREE**

Let's get out of the house, head down to Ikea for an indoor walk. Treat yourself to a frozen yogurt on the way out! Please sign up by Friday, February 7th.

**Cornhole, Tuesday, 2/11 & 2/25, 11:00am, FREE**

Come play Cornhole, this is a fun indoor activity with friends.

**Valentine's Day Craft, Wednesday, 2/12, 12:45, FREE**

Let's make Cupid's Crunch - a perfect mix of sweet and salty! With Valentine's Day right around the corner, enjoy making and eating this yummy treat.

**Movie, Smith Library Friday, February 14, 12:45pm, FREE**

Showing *His Girl Friday*, with some sweet treats. "When hard-charging New York newspaper editor Walter Burns (Cary Grant) discovers that his ex-wife, investigative reporter Hildy Johnson (Rosalind Russell), has gotten engaged to milquetoast insurance agent Bruce Baldwin (Ralph Bellamy), he unsuccessfully tries to lure her away from tame domestic life with a story about the impending execution of convicted murderer Earl Williams. But when Hildy discovers Williams may be innocent, her reporter instincts take over."

**CT Flower Show, Friday, February 21, 10:30am, \$20 CASH ONLY**

Spend the day exploring the Connecticut Convention Center with over 300 booths overflowing with all of your gardening needs! Lunch available on your own at the Convention Center.

**Hot Topics, Monday, February 24, 10:30am, FREE**

The East Shore Health District Nurse Educators will present this month's The Hot Topic, Climate Change and how it effects our health. This month's topic is Climate Change and how it affects your health.

**Health Fair, Wednesday, February 26, 10:00am, FREE**

Nursing students from SCSC are returning to provide information on heart healthy living, diet, exercise and better balance.

**Ireland Great Hunger Museum/Glenwood drive In - Friday, February 28, 10:30am, \$7res/\$12non-res**

Ireland's Great Hunger Museum at Quinnipiac University investigates the Famine and its impact through art. Lunch on your own at Glenwood.

**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 Spring/Summer 2020. Please share your ideas with us for groups, activities and trips!

**Indoor Walking**

**Monday, February 10**

**Departs 12:30pm sharp**

**Let's get out of the house, head down to Ikea for an indoor walk . Treat yourself to a frozen yogurt on the way out! Please sign up by Friday, February 7th.**



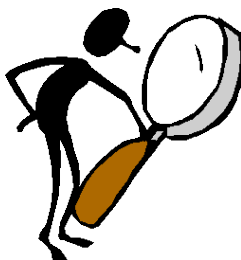
**Who wants to solve a mystery?**

Do you enjoy a good crossword puzzle, Sudoku, or reading a good mystery? Are you an armchair detective, a board game enthusiast, a fan of the crime genre? This new group may be just what you are looking for.

It will be a 3 month biweekly program that will exercise mental agility while having fun with friends.

*Please sign up at the front desk if you are interested.*

**The Arm Chair Detectives**



**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!**



**Thank you!**

To all who organized and contributed to our holiday raffle, thank you! The raffle prizes were very thoughtful and those that purchased tickets were most generous! It was a great success and we look forward to holding it again in 2020.

We have made some updates to our Medical Transportation Program. We have attached our guidelines to this month's newsletter for your convenience.

**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, February 11**

**AND**

**Tuesday, February 25**

**At 11:00**



# February 2020 Activities

North Branford Senior Center 203-484-6017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Strongercise 9:30 Dollar General 12:45	4 Mahjong 10:00 Shoprite 11:30	5 Get Fit 10:30 Early Dismissal / afternoon transportation Leaving at 12:45 Tai Chi 1:00pm	6 Bingo 10:30 Pinochle 12:30	7 Strongercise 9:30 Know the signs 12:45
10 Strongercise 9:30 Pinochle 10:30 Indoor Walking Ikea 12:30 Sharp	11 Mahjong 10:00 Cornhole 11:00 Big Y 12:30	12 Get Fit 10:30 Craft: Cupids Crunch 12:45 Tai Chi 1:00	13 Bingo 10:30 Valentine's Day Lunch Pinochle 12:30	14 Strongercise 9:30 Movie Smith Library 12:45
17 Senior Center CLOSED President's Day Strongercise 9:30	18 Mahjong 10:00 Shoprite 11:30	19 Get Fit 10:30 Atwater Library 12:45 Tai Chi 1:00pm	20 Bingo 10:30 Pinochle 12:30	21 Strongercise 9:30 CT Flower Show 10:30
24 Strongercise 9:30 Hot Topics 10:30	25 Mahjong 10:00 Cornhole 11:00 Big Y 12:30	26 Get Fit 10:30 SCSU Nursing Health Fair 10am -12pm Tai Chi 1:00pm	27 Bingo 10:30 Pinochle 12:30 Birthday Celebration at lunch time 	28 Strongercise 9:30 Ireland Great Hunger Museum 10:30

## February 2020 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Lunch costs \$3 and is served at 12:00 unless otherwise noted.</b></p> <p><i>Please call in by 10:00</i></p>	3 Stuffed Shells Garlic Knots Dessert	4 French Toast Casserole Potato Fruit <b>*Lunch served at 11</b>	5 Chicken Marsala Rice Vegetable Dessert	6 Pork Loin With gravy Potato Vegetables Dessert	7 BLT Wrap Lettuce Tomato Dessert
	10 Pizza Dessert	11 Sausage + Peppers Over Rice dessert	12 Beef Stew Dumplings Dessert Dessert	13 Linguine Crab and Scallop Sauce Dessert \$5.00	14 Chicken Salad Wrap Lettuce + Tomato Dessert
	17 <b>CLOSED HAPPY PRESIDENT'S DAY</b>	18 Egg Salad On Croissant chips Dessert  <b>*Lunch served at 11</b>	19 Shepard's Pie Dessert	20 American Chop Suey Dessert	21 Diced Chicken Gravy Noodles Vegetable Dessert
	24 Vegetable Quiche Dessert	25 Hot Dogs + Potatoes Vegetable Dessert	26 Boneless Baked Chicken Potatoes Peas Dessert	27 Stuffed Peppers Pasta Dessert  	28 Grilled Cheese Tomato Soup Dessert



**Medical Appointment Transportation - North Branford Senior Center**

**Phone:** 203-484-6017

**Hours of operation:** 10:00 am – 2:00 pm; Monday, Thursday, Friday

**Roundtrip Fee:** This is a free service to town residents, donations are appreciated.

**Wheel Chair Accessible:** Yes \*must note need when scheduling transportation.

**Attendants:** Attendants are required for transport with wheel chair.

**Other Nonmedical Appointments:** Yes, if vehicle is available.

**Appointment Process:** Once you have completed a Senior Center Membership Form, you are eligible for medical transport. A 2 week notice is preferred, however we will try to accommodate last minute appointment changes.

**Style of Pickup:** Curb to Curb.

**Where does the service go:** Within a twenty mile radius of the Senior Center.

**Cancellations:** Please call as soon as possible. Staff is available to take phone calls as early as 5:30 a.m. and until 8 p.m.the night prior, at the STW Community Center 203-484-6017. If transportation should be cancelled due to inclement or dangerous weather, every effort will be made to contact you directly as early as possible.

\*If schools are closed due to bad weather, all Senior Center transportation is cancelled.