

# North Branford Senior Newsletter July 2020

## REACH OUT CONNECTICUT

A warmline for our community

1-844-TALK-4-CT

1-844-825-5428

### What is Warmline?

A warmline is a number you can call that will direct you to the resources or services you need. When you call Reach Out Connecticut at 1-844-TALK-4CT (1-844-825-5428) you will be answered by a trained professional. The operators are experienced in providing mental health guidance and can connect you to agencies or hotlines if needed. During the COVID-19 crisis you deserve a compassionate listener who can lend an ear about your stress and point you in the right direction for whatever resources you might need. This warmline is available Monday-Thursday from 8:30am to 7:00pm and Friday from 8:30am to 6:00pm.

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

## GET BACK TO BEING ACTIVE

Our own Vicky Struk is presenting her **Get Fit** and **Strongercize** classes on Totoket TV!  
Starting June 29th.

Whether you've participated in group fitness classes or you are trying it out for the first time, you can customize this class to meet your individual needs right from the comfort of your own home. Improve your strength, mobility, flexibility and balance in an easy-to-follow workout.

**Strongercize** - Mondays and Fridays at 9:30 am

**Get Fit** - Wednesdays at 10:30 am



Totoket TV Public Access Television:  
Available on Comcast channel 18 or 1070  
Frontier channel 6004



Join in and stay fit at home!

## July 2020 Menu

	Monday	Monday Meal 2	Wednesday	Wednesday Meal 2	Friday + Sandwich
*Lunch costs \$3 and is served at 12:00 unless otherwise noted.  Please call in by 9:00	<b>Menu Subject to change</b>		1	2	3
			Spaghetti w/ Meatballs Roll Dessert	Vegetable Quiche Roll Dessert	<b>CLOSED INDEPENDENCE DAY</b>
	6	7	8	9	10
	Bacon, egg & cheese on a Croissant Fruit cup Dessert	American Chop Suey Roll Dessert	Fish & Cheese On a roll Fries Dessert	Sausage & Peppers Roll Dessert	Chili with Rice Cornbread Dessert
	13	14	15	16	17
	Lazy Man's Lasagna Roll Dessert	Hot Dogs & Beans Beet Salad Dessert	Egg Salad Dessert	Chicken Thighs over Rice Veggie Roll Dessert	Chicken & Cheese Quesadillas Fried Rice Dessert
	20	21	22	23	24
	Man 'n Cheese Veggie Roll Dessert	Chicken Piccata Rice Veggie Dessert	Meatloaf Mashed Potatoes Corn Dessert	Apple French Toast Casserole Fruit Dessert	Vegetable Lasagna Veggie Dessert
	27	28	29	30	31
	Tuna Wraps Chips Dessert	Hamburgers & Fries Dessert	Grilled Cheese w/ Bacon Fries Dessert	Penne w/ Diced Chicken & Broccoli Roll Dessert	Stuffed Cabbage Veggie Roll Dessert