

EAST HAVEN SENIOR CENTER NEWS

East Haven Senior Center 91 Taylor Avenue, East Haven CT (203) 468-3277



Director:	Bob Petrucelli, MPA
Administrative Assistant:	Regina Araujo
Program Specialist:	KimAnh Vu
Mini-Bus Driver:	Amber Fowler
Custodian:	Dominic Milano

DIRECTOR'S CORNER

Spring is here and just like the vibrant blooms bursting forth, the East Haven Senior Center is bursting with exciting possibilities! Join artist Darcee LoPresti of Picasso Parties, for her monthly art class to create a beautiful spring canvas painting. We will be taking a trip to the newly re-opened East Haven Historical Society to view and learn about the treasures collected and maintained by the Historical Society from East Haven's past. Also, our popular "lunch and learn" series continues with a presentation on falls prevention by our friends at the East Shore District Health Department. Learn to reduce the risk of falling followed by great lunch!

The Senior Center's grant from the State of Connecticut Unit on Aging has been approved and the grant monies received by the Town! This grant provides for physical improvements to the senior center as well as programming additions. We will be starting with the installation of a new hydration station then improvements to the men's and women's bathrooms.

Remember to welcome spring into your home. Try the following:

- Bring the outdoors in. Cheerful blooms like tulips, daffodils, or hyacinths with their vibrant colors and sweet scents will instantly brighten your home.
- Open your windows to let in the fresh air.
- As the days grow longer, open your curtains and blinds to let the natural light in.

Please don't let your guard down. Continue to be aware of the people around you and their health situation. Continue to be safe!

As always, please do not hesitate to call the East Haven Senior Center at 203-468-3277 if you or anyone you know, have any questions or need assistance.

~Bob~

Computer 101 with Chris Thursday, May 28th @ 2:00 pm

Basic computer knowledge is about how computers work and how to use them. This may include typing, learning keyboard commands, powering a computer on and off, knowing how to connect and disconnect the Internet to a computer.

How to use Microsoft Windows

- Browse the Web
- Sign up for an Email
- How to compose an email message

Instructor-Chris Hemingway –Librarian
Hagaman Memorial Library

CLASS SPACE LIMITED—MUST REGISTER



Ask A Nurse Thursday May 9th @ 1:00pm

From 1pm to 2pm, the second Thursday of each month, a registered nurse from the ESDH will be at the Senior Center to check your blood pressure, heart rate, weight and to work with you to set goal. The RN can also review your medications, help you create a medication list, and discuss how you can prepare for a medical appointment.
THERE IS NO CHARGE FOR THIS SERVICE.



PROGRAMS AT EAST HAVEN SENIOR CENTER

EXCERISE PROGRAMS

“Chair Yoga with Jo”

Tuesday May 21st 1:00pm

Chair yoga combines gentle yoga postures with the assistance of a chair. People of all ages and abilities can benefit. Working in the chair gives added support, reduces the risk of falls, and improves mobility and comfort.

Instructor-Jo McIntosh



“TAI CHI”

Every Wednesday & Friday

10:45am

Low impact movement to improve balance, stability and flexibility in older people. Tai Chi benefit the body and mind functions.

Instructor— Kathleen Trusdell



“CARDIO DRUMMING “

May 21st 10:00am

Reduces stress and anxiety. ...

Boosts mood. ...

Improves physical health. ...

Promotes social interaction.

Instructor-Christina Murphy, YMCA



“CIRCUIT TRAINING”

April 7th & 28th AT 10:00am

With regular circuit training, seniors find that they can walk further, faster and may even improve their balance to reduce the risk of falls over time. These fitness programs can also help alleviate bodily pains, muscle aches and joint stiffness by strengthening surrounding muscle tissue.

Instructor— Christina Murphy



Shopping

On Thursday

1:00pm

May 2nd -Walmart (Branford)

May 16th -Aldi's (Branford)

May30th-Big Y (No. Branford)

ON FRIDAY

9:00am

May 3rd--Stop & Shop

May 10th-Shoprite

May 17th -Stop & Shop

May 24th-Shoprite

May 31st -Stop & Shop



Art with Darcee

Tuesday, May 7th @

1:00pm

We provide the canvas/art materials and paints! All you have to do is unleash your inner Picasso! Projects vary, but Darcee will show you how to recreate a painting step by step, or will offer guidance on your own vision. No previous art experience necessary!

Instructor-Darcee LoPresti (Picasso Parties)

CLASS SPACE LIMITED—MUST REGISTER



UPCOMING SPECIAL EVENTS



**Trip to:
EH HISTORICAL SOCIETY
May 14th, 2024
1:00 pm – 2:30 pm
Hay's School**



****Please sign up in the office or call (203) 468-3277**
Seats are Limited**



**LUNCH & LEARN
ESDHD FALLS PREVENTION
May 23rd, 2024
11:00 am - 12:00 pm
"The Deli"
Pizza**

****Please sign up in the office or call (203) 468-3277****



WHAT HAPPENED IN 1950

President Harry S. Truman

1949-1953

Vice President Alben W. Barkley

1949-1953



Great Brinks Robbery

(The Brinks Armored Car Depot in Boston, Massachusetts was burglarized by a group of 11 men in a well-planned and coordinated robbery, masterminded by Anthony Pino.)



The Great Appalachian Storm

November 22 to 30, 1950. Western Pennsylvania southward deep into West Virginia with over 30 inches of snow. Several locations received more than 50 inches of snow, and Coburn Creek, West Virginia, reported. greatest snowfall total—a staggering 62 inches.



Movies

Father of the Bride (January) -Comedy

Cinderella (February)- Musical

Sunset Boulevard (August)- Drama



Sports

NY Yankees won the world series against the

Philadelphia Phillies

The Cleveland Browns won NFL Championship against
LA Rams



Music

All I Have to Do Is Dream- The Everly Brothers

Hardheaded Woman- Elvis Presley

Goodnight Irene- The Weavers



WHATS FOR DINNER:

Pasta Salad

Ingredients:

3 cups uncooked fusilli pasta
2 heaping cups halved cherry tomatoes
1 1/2 cups cooked chickpeas, drained and rinsed
2 cups arugula
1 cup Persian cucumbers, sliced into thin half moons
1 cup crumbled feta cheese
1 cup basil leaves, torn
1/2 cup minced parsley
1/2 cup chopped mint
1/4 cup toasted pine nuts

Dressing Ingredients:

1/4 cup extra-virgin olive oil, more for drizzling
3 tablespoons lemon juice
1 teaspoon Dijon mustard
3 garlic cloves, minced



Preparation time: 20 minutes

Cook Time: 10 minutes

Bring a large pot of salted water to a boil. Prepare the pasta according to the package directions, or until pasta is cooked.

Meanwhile make the dressing in a small bowl, whisk together the olive oil, lemon juice, mustard, garlic, herbs de Provence, red pepper flakes, and salt.

(NOTE THE DRESSING WILL HAVE A STRONG FLAVOR IT WILL MELLOW ONCE IT COATS ALL OF THE PASTA SALAD INGREDIENTS)

Drain the pasta, toss it with a little olive oil (so that it doesn't stick together) and let it cool to room temp.

Transfer to a large bowl with the tomatoes, chickpeas, arugula, cucumbers, feta cheese, basil, parsley, mint, and pine nuts. Pour the dressing and toss to coat.

Season to taste with lemon salt, pepper and or a drizzle of olive oil, if desired and serve.

WHATS FOR DESSERT:

Holy Cannoli Cookies recipe by Terri S

Ingredients:

2 cups of sugar
1 cup of butter softened
15 oz ricotta
4 cups of flour
2 tbs baking powder
2 tsp vanilla
2 eggs (room temp)
1tsp salt
1 bag of mini chocolate chips



Preparation time: 15 Minutes

Oven: 350 degrees

Cook Time: 11 minutes

Beat sugar, butter to cream together
Add ricotta, vanilla, eggs, and other
Ingredients

Dough can be divided in half to make two kinds of cookies.


Shape the dough into a ball and put in cookie sheet lined with parchment paper. Half with mini chips and half without. Put in oven for 11 minutes or until golden color. Remove from oven and let it cool.

SENIOR CENTER EVENTS & ACTIVITIES

May 2024

Mon	Tue	Wed	Thu	Fri
		1	2	3
		9:15a A. Bowling 9:30a Taking Images with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Aa+ 1:00p Bingo	10:00a Art & Paper Agape Art 11:30a Lunch 12:15p Aa+ 1:00p Cards & Games 1:00p Volunteer Breakfast	9:00a Social & Shop 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
	6	7	8	10
9:15a A. Bowling 10:30a Senior Banquet with Tea 11:30a Lunch 12:15p Aa+ 1:00p Bingo	9:15a Friendship Circle Support Group 10:00a Circuit Training with Christina 11:30a Lunch 12:15p Aa+ 1:00p Cards & Games 1:00p Cards & Games	9:15a A. Bowling 9:30a Taking Images with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Aa+ 1:00p Bingo	10:00a Art & Paper Agape Art 11:30a Lunch 12:15p Aa+ 1:00p Cards & Games 1:00p Cards & Games	9:00a Shopping 9:30a Movement to Music Fitness 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
	13	14	15	17
9:15a A. Bowling 10:30a Senior Banquet with Tea 11:30a Lunch 12:15p Aa+ 1:00p Bingo	9:15a Friendship Circle Support Group 10:00a Circuit Training with Christina 11:30a Lunch 12:15p Aa+ 1:00p Cards & Games 1:00p Cards & Games 1:00p Cards & Games	9:15a A. Bowling 9:30a Taking Images with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Aa+ 1:00p Bingo	10:00a Art & Paper Agape Art 11:30a Lunch 12:15p Aa+ 1:00p Cards & Games 1:00p Cards & Games	9:00a Shopping 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
	20	21	22	24
9:15a A. Bowling 10:30a Senior Banquet with Tea 11:30a Lunch 12:15p Aa+ 1:00p Bingo	9:15a Friendship Circle Support Group 10:00a Circuit Training with Christina 11:30a Lunch 12:15p Aa+ 1:00p Cards & Games 1:00p Cards & Games 1:00p Cards & Games	9:15a A. Bowling 9:30a Taking Images with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Aa+ 1:00p Bingo	10:00a Art & Paper Agape Art 11:00a Senior Center Prevention Lunch & Learn 12:15p Aa+ 1:00p Cards & Games 1:00p Cards & Games 1:00p Cards & Games	9:00a Shopping 9:30a Movement to Music Fitness 10:45a Tai Chi 11:30a Lunch 12:30p Memorial Day Special Bingo
	27	28	29	31
 CLOSED FOR MEMORIAL DAY	9:15a Friendship Circle Support Group 10:00a Circuit Training with Christina 11:15a Individual Testing Aa+ 11:30a Lunch 12:15p Aa+ 1:00p Cards & Games 2:00p Computer Lab with Bob	9:15a A. Bowling 9:30a Taking Images with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Aa+ 1:00p Bingo	10:00a Art & Paper Agape Art 11:15a Circuit Training Aa+ 11:30a Lunch 12:15p Aa+ 1:00p Bingo 1:00p Cards & Games	9:00a Social & Shop 10:45a Tai Chi 11:30a Lunch 12:30p Bingo

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		3oz BBQ Pork 1/2 c Baked Beans 1/2 c Beet Salad 1 ea Cornbread 1 ea Italian Bread 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	3oz Marsala Chicken Thigh 1/2 c Penne Pasta 1/2 c Tossed Salad 1 ea Italian Bread 1/2 c Mandarin Oranges 8oz Milk 1 tsp Margarine 1 ea Ranch Dressing	6oz Cream of Mushroom Soup 1 c Beef Fiesta Macaroni & Cheese 1 ea Broccoli 1 ea Wheat Bread 1 ea Fresh Fruit 8 oz Milk 1 tsp Margarine 1 pkt Saltine Crackers
6	7	8	9	10
1 ea Roasted Chicken Leg Quarter 1/2 c Scalloped Potatoes 1/2 c California Vegetable Blend 1 ea Dinner Roll 1/2 c Applesauce 8oz Milk 1 tsp Margarine	1 c American Chop Suey 1/2 c Green Peas 1/2 c Tuscan Vegetable Blend 1 ea Rye Bread 1/2 c Mandarin Oranges 8oz Milk 1 tsp Margarine	3oz Maple Mustard Pork 1/2 c Stuffing 1/2 c Tossed Salad 1 ea Dinner Roll 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine 1 ea Ranch Dressing	Mother's Day Special 1 slice Cheese Quiche 1/2 c Potato Tots 1/2 c Garlic Spinach 1 ea. Wheat Bread 1 slice Pound Cake 4oz Assorted Fruit Juice 8oz Milk 1 tsp Margarine	3/4 c Beef Vegetable Stir-Fry 1/2 c White Rice 1/2 Glazed Carrots 1 ea. Wheat Bread 1/2 c Pineapple Tidbits 8oz Milk 1 tsp Margarine
13	14	15	16	17
3oz Swiss Steak w/ Gravy 1/2 c Whipped Potatoes 1/2 c Capri Vegetable Blend 1 ea Rye Bread 1/2 c Diced Peaches 8oz Milk 1 tsp Margarine	6oz Vegetable Soup 1 c Macaroni & Cheese 1/2 Cauliflower 1 ea Italian Bread 1/2 c Applesauce 8oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	3oz Cacciatore Chicken Thigh 1/2 c Penne Pasta 1/2 c Mixed Greens 1 ea Dinner Roll 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	1 ea BBQ Hamburger 1/2 c Macaroni Salad 1/2 c Sliced Carrots 1 ea Hamburger Bun 1 ea Fudge Creme Cookie 4oz Assorted Fruit Juice 8oz Milk 1 pkt Ketchup	3oz Ginger Honey Pork 1/2 c Brown Rice 1/2 c Green Beans w/ Red Peppers 1 ea Wheat Bread 1/2 c Pineapple Tidbits 8oz Milk 1 tsp Margarine
20	21	22	23	24
3oz BBQ Pork Rib Patty 1/2 c Corn O' Brien 1/2 c Mixed Greens 1 ea Hamburger Bun 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	3oz Taco Meat 1/2 c Spanish Rice 1/2 c Lettuce & Tomato 1 ea Flour Tortilla 1/2 c Pineapple 8oz Milk 1 pkt Sour Cream	3oz Cut Grilled Chicken 1 c Romaine Lettuce 2 tbsp Parmesan Cheese 1 ea Caesar Dressing 1/2 c Garbanzo Bean Salad 1 ea Italian Bread 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	Memorial Day Special 1 ea Frankfurter w/ Chili 1/2 c Potato Salad 1/2 c Cucumber Salad 1 ea Hot Dog Bun 1/2 c Fruited Gelatin 8oz Milk 1 pkt Ketchup	3/4 c Turkey Tetrazzini 1/2 c Lima Beans 1/2 c Carrots 1 ea White Bread 1 ea Brownie 4oz Assorted Fruit Juice 8oz Milk 1 tsp Margarine
27	28	29	30	31
	3oz Balsamic Chicken 1/2 c Cilantro Lime Rice 1/2 c Zucchini 1 ea Rye Bread 1/2 c Oatmeal Cookie 4 oz Assorted Juice 8oz Milk 1 tsp Margarine	3oz Turkey Breast w/ Gravy 1/2 c Whipped Redskin Potatoes 1/2 c Confetti Cole-slaw 1 ea Dinner Roll 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	6oz Corn Chowder 3/4 c Ham, Broccoli & Cheese Casserole 1/2 c Capri Vegetable Blend 1 ea White Bread 1/2 c Pineapple Tidbits 8oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	6ea Beef/Chicken Sweet & Sour Meatballs 1/2 c Brown Rice 1/2 c Green Peas 1 ea Wheat Bread 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine

All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched. All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt.

****Trivia question****

Benjamin Franklin was a key figure in the drafting of the United States Constitution. Which state did he represent during the Constitutional Convention in 1787?

****FIRST MEMBER TO COME TO THE OFFICE WITH THE CORRECT ANSWER WINS A PRIZE****

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BASEBALL

BLOSSOM

BUMBLEBEE

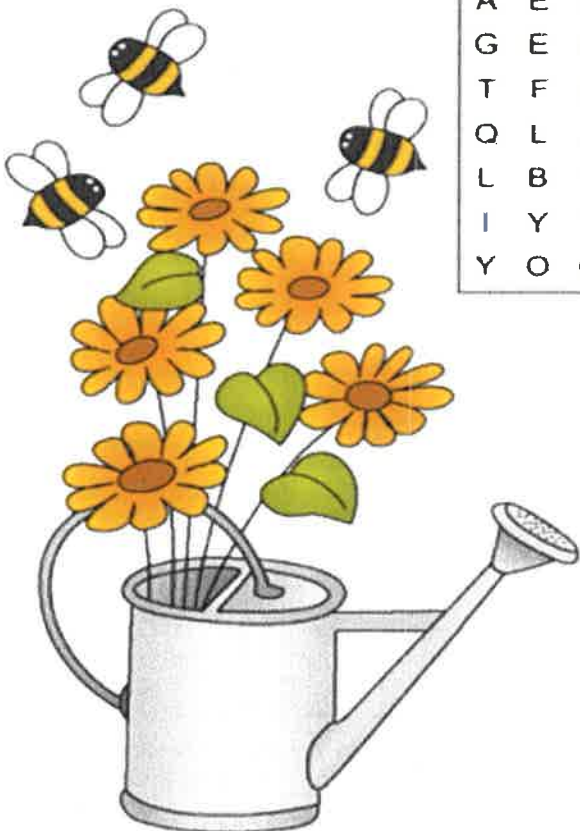
BUTTERFLY

CINCO DE MAYO

FLOWERS

MERRY MONTH OF May

Word Search



GARDEN

GEMINI

GREEN

LADYBUG

LAWNMOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER