

ACTIVE ADULTS NEWSLETTER-55+



MARCH

2018

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Dennis Marron
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Cliff McGuire
Jim Shanley
Howard Vaillancourt
Jim Ward

Please sign up in the office for all programs. Programs may be cancelled if enrollment is low. Participants must complete, sign and date a registration form to participate in any program or trip. In addition, the fee or deposit must be with the form to reserve your space.

ST PATRICK'S DAY LUNCH WITH KARAOKE

Friday, March 16, 12:00 noon, show us your Irish side by putting on your best green outfit and joining us for a Corned Beef and Cabbage lunch. Entertainment will be provided by Leigh Henry, & who knows who else, because Leigh does a Karaoke Show. Lyrics will be projected on a screen, so you can join in with the singing, if you like. For those who want to get in touch with their "inner ham," you will have the opportunity to sign up & perform for the audience. Guaranteed a fun experience! Purchase tickets in advance in the office. \$7.00.



PARKS AND RECREATION GAME SHOW AFTERNOON



"THE PRICE IS RIGHT"



On **Friday March 23rd, at approximately 12:30pm**, plan to stay after lunch for a friendly competition. *The Price Is Right* is a popular game show that revolves around contestants competing to identify accurate pricing of merchandise to win cash & prizes. Contestants are selected from the studio audience when the announcer proclaims the show's famous catchphrase, "Come On Down!". Sign up on the lunch list and have the opportunity to be selected to participate.

SLIDERS AND A MOVIE – "MEGAN LEAVEY"

We'll finish up our winter movie series with the 2017 release, "Megan Leavey," on **Tuesday, March 27th at 4:30 p.m.** This heartwarming story is based on the true events about a young female Marine and a combat dog named Rex. When she is assigned to clean up the K9 unit after a disciplinary hearing, Leavey identifies with a particularly aggressive dog, Rex, & is given the chance to train him and they become a team. Over the course of their service, Megan & Rex completed more than 100 missions, until an IED explosive injures them, putting their fate together in jeopardy. You will need a few tissues for this one, but will be inspired by the bond and love between a marine & her military dog. This movie was honored with the Truly Moving Picture Award at the Heartland Film Festival. For dinner, we'll pretend we are back at a drive-in movie getting served hamburger and chicken sliders, (veggie burgers available for the vegetarians) tater tots & milk shakes. \$6.00 collected at the door for dinner. Must sign up in advance in the office.



LEARN BEFORE LUNCH LECTURE – ESTATE PLANNING

On **Tuesday, March 27, 10:00 a.m.**, at the Community Center, Attorney Paul Czepiga, of Czepiga Daly Pope and Perri Law Firm, will present an informative lecture on Planning for Long Term Care. Attorney Czepiga will discuss Medicaid and long term care, and answer questions regarding spending-down, 5-year look-back, rules for the well spouse at home, etc. This information can prove helpful to give you a variety of strategies to be used to protect your assets, as well as steps you can take now to make sure you have a proper estate plan in place that is up to date with your needs, as well as with current law & regulations. Sign up in the office.

ACTIVE ADULT PROGRAMS (55+)

TAI CHI #10206

Day: Tuesday & Friday
Date: January 2—April 6
No Class Date: **March 30**
Time: 11:00 - 12:00 p.m. (adv)
12:00 - 1:00 p.m. (adv-int)
1:00 - 2:00 p.m. (beg)
2:00 - 3:00 p.m. (int)
Location: Community Center
Instructor: Martin Reichgut
Fee: \$60 one day/week
\$105 two days/week

Participants will use the graceful movements of this ancient Chinese martial art to improve their physical wellbeing, manage their stress, & defend against the confrontations of everyday life. Open to adults of all ages.

LOW IMPACT AEROBICS/

WEIGHT TRAINING #10208

Day: Tuesday and Friday \$50.00
Date: January 2 - April 6
No Class Date: **March 30**
Time: 1:30 - 2:30 p.m.
Location: Community Center
Instructor: Barbara Corso
Excellent program for cardio & stretching exercises.

PICKLEBALL AT

GUILFORD RACQUET CLUB

See P&R Winter Brochure

PICKLEBALL #10204

Date: Monday-January 8 – April 2
No Class: **January 15, February 19**
Times: A1 8:15 – 9:15 (Int)
A2 9:15 – 10:15 (Beg/Int)
A3 10:15 – 11:15 (Int/Adv)
A4 1:00 – 2:00 (Adv)
A6 6:00 – 7:00 (Adv)
Tuesday (@ North Branford)
January 9 - April 3

D1 9:00-10:00a.m. (Int. +)

D2 10:00-11:00a.m. (Int+)

Wednesday- January 10 – April 4

Times: B1 8:00 – 9:00 (Int/Adv)

B2 9:00 – 10:00 (Beg/Int)

Friday January 12 – April 6

No Class Date: **March 30**

Times: C1 8:00 – 9:00 (Beg/Int)C2

10:15 – 11:15 (Int/Adv)

Fee: \$20 per session

Location: Community Center

Played with a low net, wooden paddles & a ball similar to a whiffle ball. A combination of ping pong, tennis and badminton.

OIL PAINTING #10212

Day: Thursday
Date: January 4 - April 5
Time: 12:30 - 2:00 p.m. (A1)
3:00 - 4:30 p.m. (A2)
Location: Community Center
Instructor: Emer Gearheart
Fee: \$65

Explore the wonderful world of art by starting with a black & white painting and progress to color. Express your creativity and have fun with other budding artists.

HULA #10203

Day: Monday
Date: January 8 - April 2
Time: 1:30 - 2:30 p.m.
No Class: **January 15 ; February 19**
Location: Community Center
Instructor: Joanne Wilder
Fee: \$20

Learn traditional hula moves and learn about island culture. Helps to trim the waistline and improve strength, flexibility and balance.

FRENCH CONVERSATION #10210

Day: Monday
Date: January 8 - April 2
No Class: **January 15; February 19**
Time: 10:30 - 11:30 a.m.
Location: Community Center
Instructor: Candace Routh
Fee: \$30

Parlez-Vous Francais? Would you like to? Come join the French class! All levels welcome from beginner to advanced. Not a grammar class but an opportunity to learn conversational phrases and French culture. An extra 30 minutes at 10:00 is set aside for conversation.

BODY WISE #10201

Day: Tuesday & Thursday
Date: January 2– April 5
Time: 1:00 - 2:00 p.m.
Location: Community Center
Instructor: Lynne Keyser
Fee: \$40

A safe program of gentle exercise and movement designed to increase flexibility, muscle tone, bone density, and improve circulation, balance and coordination.

CHAIR YOGA #10217

Day: Monday
Date: January 8– April 2
Time: 10:45 a.m. - 12:00 p.m.
No class: **January 15; February 19**
Location: Community Center
Instructor: Lynda Corcoran
Fee: \$40

Protect yourself from stiffness through a program of gentle stretching, proper breathing & relaxation techniques. Improve your posture & sense of balance.

WATER STRIDES #10211

Day: Monday or Wednesday
Date: **January 8 - April 2**
January 10 - April 4

No Class: **January 15; February 19**
Time: 1:30 - 2:30 p.m.
Location: Soundview YMCA (Branford)
Instructor: YMCA Staff
Fee: Monday -\$55/Weds. -\$65

A variety of moves and equipment make this a versatile and challenging class. The pool is heated and includes a gentle ramp for pool entry.

ITALIAN # 10213

Day: Friday
Date: January 5 - April 6
No class date: **March 30**
Time: (A1)Beginner 11:30-1:00 p.m.
(A2) Intermediate 1:00-2:30 p.m.
Location: Community Center
Instructor: Elaine Jackson
Fee: \$30

All levels welcome. A fun opportunity to learn to converse with fellow students. A new language helps keep the mind sharp.

BALLROOM DANCE #10205

Day: Wednesday
Time 12:30 - 1:30 p.m.
Location: Community Center
Date: January 3—April 4
Instructor: Karen Pfrommer
Fee: \$30

Sign up with a partner or as a single to learn the basics of some great ballroom dances including foxtrot, swing, rumba, cha cha & waltz.

BALLROOM LINE DANCE #10202

Day: Friday Time: 9:00—10:00 a.m.

Date: January 5-April 6



No Class Date: **March 30**

Instructor: Karen Pfrommer
Fee: \$25

Learn Ballroom Dance moves, including the Cha Cha, Waltz, Salsa, & others through Line Dancing. Great exercise & fun. No partner needed.

SIGN UP FOR NEW TRIPS WILL BEGIN ON THURSDAY MARCH 1ST

REGISTRATIONS FOR TRIPS LISTED IN PREVIOUS NEWSLETTERS ARE ONGOING CONTINGENT ON AVAILABILITY. IF A TRIP FILLS WE MAKE EVERY EFFORT TO ADD SLOTS OR REPEAT IT TO ACCOMMODATE THE WAIT LIST. THERE IS A \$5.00 ADMINISTRATION FEE CHARGED FOR CANCELLING A TRIP VALUED AT \$60.00 OR LESS. OVER \$60.00 A \$10.00 FEE APPLIES. PLAN CAREFULLY WHEN SIGNING UP FOR TRIPS. **IMPORTANT: ONCE A COMMITMENT HAS BEEN MADE BY THE OFFICE TO THE RESTAURANT / VENUE, REFUNDS CAN ONLY BE GIVEN IF YOUR SLOT CAN BE FILLED.**

DATE	TRIP INFORMATION
<p>Wednesday, March 7 Lunch Bunch, Playwright Irish Pub, Hamden</p> 	<p>Our destination for our March lunch bunch is the Playwright Irish Pub in Hamden, one of the most authentic Irish restaurants in Connecticut. The menu features their Irish specialties, as well as American cuisine. Lunch is on your own. Meet at St. George rear parking lot at 11:30 a.m. & return at approximately 3:30 p.m. A \$3.00 administration fee will be collected on the bus.</p>
<p>Friday, March 9 Roy Orbison Tribute, Nelson Hall, Cheshire</p> 	<p>Brian McCullough, American tribute artist, performs in character as the legendary Roy Orbison. Reminisce with his classic melodies, “Only the Lonely,” “Crying,” “Pretty Woman,” & more. Opening & playing for McCullough are <i>The American Longboards</i>, whose repertoire features surf-style hits “Wipeout” & “Liar, Liar”. Lunch before the show is at Rossini’s, where you’ll choose from Chicken Cacciatore, Chicken Marsalla, Baked Manicotti Florentine or Eggplant Parmigiana. Meal includes salad, rolls, coffee or tea & a cannoli for dessert. \$58.00 residents, \$63.00 non-residents includes bus, show & lunch. Meet at St. George Church rear parking lot at 10:45 & return at approximately 5:30 p.m.</p>
<p>Thursday, March 15 Adult Coffee Club Lecture on Ancestry and Genealogy, Connecticut Science Museum, Hartford</p> 	<p>The Connecticut Science Center will be starting its 2018 lecture series with a talk by Nora Galvin, a member of the Association of Professional Genealogists. Ms. Galvin will explore the science behind DNA & an individual’s background. You will discover the three types of DNA tested, the three main companies that test DNA & some strategies on how to read your own results. This talk will help answer questions on the science behind DNA testing. Before the lecture you’ll have time to explore the Science Center’s exhibits & grab lunch on your own at the on-site Subway & Fro Yo Yogurt shop. \$18.00 includes bus, lecture & entry to museum to view exhibits. Meet at St. George Church rear lot at 9:30 & return at approximately 4:00 p.m.</p>
<p>Wednesday, March 21 Wednesday April 4, (Full- wait list only) The Fantasticks, Ivoryton</p>	<p>The Fantasticks is a funny and romantic tale about a boy, a girl & both of their parents who try to keep them apart. The result is a timeless fable of love. Lunch before the show at Chips Pub Clinton. Provide wrap selection at sign up. \$63.00 residents, \$68.00 non-residents includes bus show & lunch. Meet at St. George Church rear parking lot at 10:45 & return at approximately 5:30 p.m. <u>LIMITED SPACE IN THE MARCH 21ST TRIP</u></p>
<p>Monday, April 9 Exit Laughing, Newport RI Playhouse Dinner Theatre,</p>	<p>FULL—WAIT LIST ONLY: Meet at the Community Center at 8:45 a.m. & return at approximately 6:45 p.m.</p>
<p>Friday, April 20 Buddy and Beyond – The History of Rock N Roll</p>  	<p>In this Buddy Holly Tribute, Johnny Rogers transports you back in time to when you could go to your favorite malt shop with your favorite girl and eat and dance. This tribute begins with Johnny’s uncanny portrayal of the late Buddy Holly, leading up to the legendary Jerry Lee Lewis, Ricky Nelson, Chuck Berry and many more. Lunch before the show at one of Elim Parks’ fine dining facilities. Offerings include a choice of Chicken Marsala, or Baked Stuffed Scrod with mixed vegetables & Rice Pilaf or Pasta Primavera, Includes dessert & assorted beverages. \$62.00 residents, \$67.00 non-residents includes bus, lunch and show. Meet at the St. George rear parking lot at 11:00 a.m. & return at approximately 5:30 p.m.</p>
<p>Sunday, May 6 The Full Monty, Warner Theatre, Torrington with Lunch at LaCupola, Litchfield</p>  	<p>The Full Monty is filled with honest affection, engaging melodies & a highly anticipated closing number. This crowd pleaser will both entertain you and grab your heart. While spying on their wives at a “Girls Night Out”, a group of unemployed steel workers from Buffalo see how much their wives enjoy watching a male dancing show. They come up with a bold & unclothed way to make some quick cash. Full of comedy, with a touch of the serious. <u>CONTAINS ADULT LANGUAGE AND SITUATIONS.</u> Lunch before the show, at LaCupola Ristorante and Inn. Choose from Chicken Francais, Stuffed Sole or a Vegetarian option upon request. Meals include salad, pasta, vegetable, potato, dessert & coffee or tea. \$73.00 residents, \$78.00 non-residents includes bus, lunch & show. Meet at the Community Center parking lot 10:15 a.m. Return at approximately 6:00 p.m.</p>

DATE	TRIP INFORMATION
<p>Thursday, May 10 Triple Espresso, Nelson Hall, Cheshire</p>  	<p>Triple Espresso tells the story of three guys, whose bid for showbiz fame and fortune ended in 4 minutes of magnificent failure on national television. Hugh Butternut, Buzz Maxwell and Bobby Bean, a magician, a musician & a comedian, tell their rags-to-rags story earnestly, with hysterical results. The laughter is infectious & the comedy appeals to everyone. "Triple Espresso is a gem, a prize, a knockout, a truly funny & joyous production that emerges as that conspicuous rarity: a grand entertainment for all ages." – Don Freeman, San Diego Union Tribune. Lunch before the show is at the Community Center's celebration of "National Salad Month". The kitchen crew will put together an extensive variety of produce, with numerous toppings for you to make a fun & healthy meal. \$35.00 residents, \$40.00 non-residents includes bus, lunch & show. Meet at the Community Center at noon for lunch & return at approximately 5:30 p.m.</p>
<p>Monday, May 21 The Edwards Twins, Aqua Turf, Plantsville</p>  	<p>Come with us and be entertained by 2 brothers –100 stars. The famous Edwards Twins are the number-one impersonation act in the world! Their vocals & looks will amaze you, as you think you are seeing & hearing the real superstars right before your eyes. Be entertained by Barbra Streisand, Sonny & Cher, Andrea Bocelli, Bette Midler, Ray Charles, Stevie Wonder, Neil Diamond & more, all in one show. Coffee & donuts on arrival, followed by a family-style lunch of Garden Salad, Pasta, Chicken ala Kathryn, Broiled Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert, and Beverage. \$80.00 residents, \$85.00 non-residents includes bus, lunch & show. Meet at St. George Church parking lot at 9:45 a.m. & return at approximately 5:30 p.m.</p>
<p>Wednesday, June 13 Sister Act, Westchester Broadway Theatre, Elmsford, NY</p>  	<p>Travel by motor coach to the beautiful Westchester Broadway Theatre to enjoy a divine musical comedy – Sister Act! When lively lounge singer, Deloris Van Cartier, sees her mobster beau commit murder, she is relocated for her protection. Set up in the guise of a nun in a convent, Deloris proceeds to up-end the quiet lives of the resident sisters. In an effort to keep her out of trouble, they assign Deloris to the convent's choir, an ensemble that she soon turns into a vibrant & soulful act that gains widespread attention. You'll select your lunch from an excellent menu provided before the show. \$104.00 includes motor coach bus, lunch & show. Meet at St. George rear parking lot at 8:00 a.m. & return at approximately 6:00 p.m.</p>



2018 OVERNIGHT TRIPS

DATE	INFORMATION
<p><u>New York Lakes & Islands The Fabulous Finger Lakes & 1000 Islands</u> May 14 – 17, 2018 4 Days/8 Meals</p> 	<p>Get away to beautiful upstate New York & experience stunning nature, fine dining, wineries & local culture in the Finger Lakes Region and the 1000 Islands of the Saint Lawrence Seaway. A DETAILED TRIP FLYER IS AVAILABLE IN THE OFFICE. \$905 per person double occupancy, \$1,149 Single & \$851 per person triple occupancy. \$200 deposit due with reservation & final payment is due March 14, 2018. You don't need a passport for this trip.</p>
<p><u>Mackinac Island with Frankenmuth & Niagara Falls</u> September 23 – 30, 2018 8 Days/14 Meals</p> 	<p>Discover the beauty & cultures of the Great Lakes region, from the Victorian splendor of Mackinac Island (where no cars are allowed), to the Town of Frankenmuth, Michigan's "Little Bavaria". A DETAILED TRIP FLYER IS AVAILABLE IN THE OFFICE \$1,719 per person double occupancy, \$2,303 Single & \$1,579 per person triple occupancy. \$200 deposit due with reservation & final payment is due August 1, 2018. You must have a valid passport for this trip.</p>

Miscellaneous Information

55+ PROGRAM SHOWCASE

Each month we plan to feature a 55+ program or activity at a Friday lunch to provide our proud instructors and participants an opportunity to show what they learn during their program sessions and to educate non-participants about the options for programs we have available. On **Friday, April 13, 12:15 p.m.**, during the Birthday Lunch, we will showcase *The Joyful Voices*, our 55+ Chorus. This group of talented singers meets on Mondays from 11:00 – 12:00 to enjoy each other's company through song. When opportunities arise, they also love to perform at nursing homes, senior centers and other public events. They are looking forward to performing for you and hope you will consider joining their group.

DONATIONS NEEDED FOR SPRING GOODIE BAGS FOR SHUT-IN SENIORS

We will be making up Spring Holiday Goodie Bags for shut-in folks, seniors living alone or individuals who could just use a little lift. We are seeking donations of new mini- or small-sized items, like the following: lotions, tissues, soaps, lip balm, candy, and small packages of crackers, raisins or dried fruits. Please drop off your donations at the office by **Friday, March 23rd** so we can distribute them before the Easter Holiday.

SPRING INTO BOCCE Program # 40230A3

Registrations are now being accepted for the Senior Bocce League Spring season, which will run on **Tuesdays, from April 17th through June 26th, 10:00 a.m.**, at Chittenden Park. The registration is \$10.00 & covers both the Spring & Fall seasons, as well as the end-of-the-year banquet. New players are welcome & there is a need for people to be subs. Playing Bocce is a great way to have fun, laugh, meet new friends & get some exercise. Register in the office. If you have any questions, contact us at 203-453-8086.

MYSTERY BAG OF BOOKS SALE

On **Friday, March 2nd, at 12 noon**, during lunch, Ruth Meoli will be organizing a Mystery Bag of Books sale in an effort to find a home for extra books not needed for "Our Little Library" in the Alexander Lounge. For \$5.00 you can purchase a bag of books made up of 20 paperbacks or 10 hardcovers. What is included in your chosen bag is a mystery –

SPECIAL FILM EVENT – "THE AGE OF LOVE"

On **Thursday, March 22nd, 10:00 a.m. to 12:15 p.m.**, the Shoreline Eldercare Alliance is hosting a free screening of the award-winning documentary, *"The Age of Love"*, by Steven Loring. This documentary follows the comic & poignant adventures of 30 seniors who attend a first-of-its-kind Speed Dating event for 70 to 90 year olds, & discover how the search for love changes – or doesn't change – from first love to the far reaches of life. Director Steven Loring will be hosting a post-screening Question & Answer session. This event takes place at the Madison Arts Cinema, 761 Boston Post Road, in Madison. Limited seating & no tickets will be available at the door. Contact the office if you would like to attend.

DON'T BECOME A VICTIM OF A SOCIAL SECURITY SCAM

Recently, the New Haven Department of Elderly Services was notified of an ongoing scam that targets senior citizens in New Haven. It works as follows: A senior citizen will receive a phone call from an individual who claims to be from the Social Security Administration. The caller says the senior is entitled to a huge increase in his or her Social Security benefit payment & asks for your Social Security Number & birthdate. It's a simple scam, & yet it has been reported that many seniors have fallen prey to it. **Do not** give out any personal information. Call the Social Security Administration to verify the validity of the phone request. Another local scam has a caller saying he is from "Town Services" asking you to call about certain activity on your card & asking you to provide information to update your card services. This is also a scam. There is no reason the Town would be interested in your card services. **Hang up the phone!**

MONTHLY ASK THE NURSE

On **Friday, March 23, 11:30 – 12:30**, the VNA will be offering their Free Monthly Health Coaching opportunity. A registered nurse (RN) can check your blood pressure, heart rate & assess your health, review your medications, & work with you to set goals. She will be sitting at a private table near the windows in the lunch room, so stop by & say hello and see if she can help you with any health issues or questions.

AARP DRIVER SAFETY COURSE

Class is at the Guilford Community Center on Wednesday March 21 from 12:30 – 4:30 p.m. Cost is \$15.00 for AARP members . \$20.00 for non-members. **MAKE CHECKS PAYABLE TO AARP.** Sign up in the office.

LEARN TO PLAY MAH JOHGG

Ruth Meoli will be offering a 6 week session of Mah Jongg lessons on Wednesdays, April 4th –May 9th, 12:30 p.m - 2:00p.m. No Charge. Sign up in the office. This is a great way to help keep your mind sharp.



MARCH 2018 SENIOR'S INFORMATION, REFERRALS AND APPLICATION ASSISTANCE

Call 203-453-8009 for an appointment with Tammy DeFrancesco, 263 Church Street, Guilford.

CT HEATING ASSISTANCE



Guilford Social Services will schedule LIHEAP applications now through April 2018. All household income and assets must be documented. Grants towards your heat expenses for the 17/18 season are available from CT State Programs if your income is below 60% of state median: \$34,366 for a single person/ \$44,941 for two. Some assets are considered. Guilford residents call 203-453-8009 with questions or to schedule an appointment.

OPERATION FUEL UTILITY PROGRAM



Applicants may qualify for up to a one time emergency energy grant of \$500 if household has income below 75% state median income & has not received an Operation Fuel grant during the previous 12 months. Call 203-453-8009 for more info or an appointment. Must first apply for LIHEAP if potential eligibility.

The recently passed state budget lowered the income guidelines for the Medicare Savings Program . The date for the changes has now been revised to start effective July 1, 2018. The legislators will be meeting again before July 1, 2018 to determine a way to keep the program viable past July 1, 2018 and in future years., which may mean some structural changes to the program such as asset tests. As information becomes available it will be published. Keep up with all MSP paperwork that comes your way! If you are to lose the SLMB or ALMB benefit level you may begin to pay the monthly cost of your Medicare premium. Those that lose the QMB level benefit would need to find coverage for the deductible and the 20% that Medicare does not cover—you will want to enroll in a Medicare Advantage Plan or a Medicare Supplemental Plan to assist with the increased out of pocket medical costs.

Senator Ted Kennedy * Rep Vincent Candelora * Rep Sean Scanlon

Will be the legislators representing Guilford in discussions on any structural changes to CT's program.

New Medicare Cards are coming!

To help protect your identity, Medicare will be mailing you New Medicare cards starting April 2018. Your card will have a new Medicare Number that's unique to you instead of your Social Security Number.



Here's what you need to know about your new Medicare card:

- You do not have to do anything to get your new Medicare card
- The new card won't change your Medicare coverage or benefits
- Medicare won't call and ask you for private information to get your new Medicare Number or card
 - There's no charge for your new card

NEED FREE HELP with YOUR TAXES? Free income tax assistance is provided at numerous facilities for low to moderate income taxpayers of all ages, with special attention to those 60 and older. In Guilford, call 203-453-8086, to schedule an appointment to have your taxes prepared by a volunteer at the Guilford Free Library.



VNA HELPLINE 1-866-474-5230 elder health care information, advice and support from local experts.

MEALS ON WHEELS -Call 203-453-8359 to request this invaluable midday hot meal delivery service. Sliding scale fee.

CHARLIE'S CLOSET refurbished durable medical equipment that can be purchased for \$1. Call 203-453-8359 for more info.

FRIENDLY VISITORS provides an hour of caring, quality friendship a week to any Guilford resident feeling "out of touch" or lonely. Anyone wishing to have a visitor or be a visitor, should call 203-453-8359.

March 2018 Lunch Menu

Meals \$3.25 unless otherwise noted

You must call the office by 11:00 am to sign up for lunch. Please call to cancel if you will not be at lunch. Breakfast served Mon-Fri 7:30-10:45 am. (*Breakfast meal time is subject to change at discretion of kitchen staff.* Lunch is served at 12:00pm. **NO LUNCH ON WEDNESDAY** **Menu is subject to change at discretion of the kitchen staff.* 453-8086.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Quiche Lorraine Stewed Tomatoes Muffin	2 Chicken Marsala Roasted Potatoes Carrots \$4.25
5 Salisbury Steak Mashed Potatoes Mixed Vegetables	6 Chicken Parmesan Zucchini, Pasta	Breakfast Only 	8 Beef Enchiladas Vegetables Rice	9 Roast Pork Mashed Potatoes Mixed Vegetables \$4.25
12 Baked Chicken Thigh Scalloped Potatoes Brussels Sprouts	13 Cheese Ravioli Zucchini Sausage & Peppers	Breakfast Only 	15 Chicken Tetrazzini, Biscuit Mixed Vegetables	16 Corned Beef and Cabbage, Potatoes and Carrots \$7.00
19 Manicotti Sausage Zucchini	20 Pulled Pork Garlic Mashed Potatoes, Corn	Breakfast Only 	22 Salmon Patty Scalloped Potatoes Yellow Squash	23 Pot Roast Mashed Potatoes String Beans Birthday Lunch \$4.25
26 Kielbasa Pierogies Beans	27 Chicken a la King over Rice, Biscuit Mixed Vegetables	Breakfast Only 	29 Chicken Florentine Roasted Red Potatoes, Carrots	30 CLOSED GOOD FRIDAY

Daily Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:15a.m. Pickleball 10:30a.m. French 10:45a.m. Chair Yoga 11:00a.m. Chorus 12:30p.m. Bridge 1:00p.m. Knitting 1:00p.m. Conversation 1:30p.m. Water Strides 1:30p.m. Hula	9:30a.m. Pinochle 10:00a.m. Bocce (seasonal) 10:00 a.m. Crafts/Sewing 11:00a.m. 2nd Tuesday Budget Committee 11:00a.m. Tai Chi 12:30p.m. Mah Jongg 1:00p.m. Body Wise 1:30p.m. Aerobics	9:15a.m. Pickleball 10:00: Zumba Gold 12:30p.m. Ballroom dance 1:00p.m. Bridge 1st Wed. 1:30p.m. Water Strides	9:00a.m. Bridge 9:30a.m. Pinochle 10:00 a.m. Mah Jongg 12:30p.m. Oil Paint 12:30p.m. Set Back 1:00 p.m. Poker 1:00p.m. Body Wise 3:00p.m. Oil Painting	9:00a.m. Line Dance 8:00a.m. Pickleball 9:00a.m. Pinochle 1:00p.m. Tai Chi 1:00p.m. Bingo 1:00p.m. Italian (no summer) 1:30p.m. Aerobics

MONTHLY ASSISTANCE PROGRAMS

Call the Office at 203-453-8086 to schedule an Appointment

Medicare Assistance— by appointment
Financial Assistance— by appointment

Hearing Clinic- Fourth Monday each month
Legal Assistance- Fourth Tuesday each month



32 CHURCH STREET
 GUILFORD, CT 06437
 RETURN SERVICE REQUESTED

PRESORTED
 STANDARD
 US POSTAGE PAID
 PERMIT NO. 247
 GUILFORD, CT
 06437




TRANSPORTATION SERVICES-203-453-8086

Curb to Curb transportation services are provided to Guilford residents who are 55+ or disabled to medical appointments, errands, shopping & the Community Center.

TO SCHEDULE: Call 48-72 hours in advance. Provide the following information:

Your Name, Address & Phone Number * Date, Time, Estimated Appointment Length, *Name, Address, phone number of Appointment.

***YOU MUST CALL UPON COMPLETION OF APPOINTMENT FOR PICK UP.**

MONDAY (8:30AM-3:30PM)	TUESDAY (8:30AM-3:30PM)	WEDNESDAY (8:30AM-2:00PM)	THURSDAY (8:30AM-3:30PM)	FRIDAY (8:30AM-3:30PM)
*Rides within Guilford (Medical, errands, CC) *Medical Appts to: Branford, N. Branford, Madison, Clinton <u>10:00-1:00 ONLY</u> *Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital	*Rides within Guilford (Medical, errands, CC) *Medical Appts to: Branford, N. Branford, Madison, Clinton <u>10:00-1:00 ONLY</u> *Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital	*Shop @ Big Y 9-10 * <u>Limited Rides</u> within Guilford <u>ONLY</u> (Medical or CC) 	*Shop @ Big Y 9-10 *Rides within Guilford <u>11:30-2:30 only</u> (Medical, errands, CC) *Medical Appts to: Branford, N. Branford and Madison	*Rides within Guilford (Medical, errands, CC) *Medical Appts to: Branford, N. Branford, Madison, Clinton <u>10:00-1:00 ONLY</u> *Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital

All efforts are made to pick you up close to your appointment time, but sometimes, an early pick up is necessary. *Wheelchair clients who need assistance must be accompanied by a family member or aide who is able to transport to & from bus!*

New 2017 Transportation Policy available to pick up in the office.