

# SENIORS ON THE MOVE

East Haven Senior Center  
91 Taylor Avenue  
East Haven, CT 06512  
203 - 468 - 3277  
203 - 468 - 3278

## APRIL 2020

Staff Directory

Bob Petrucelli—Director  
Sara Cerilli—Office  
Renee Coppola—Office  
Amber Fowler—Mini-Bus  
Dominic Milano—Custodian  
Barbara Nelson—Office  
Jessica Santos—Office  
Mary Sprigno—Kitchen

April is the fourth month of the year, the first month with 30 days and the first full month of Spring.

April 1 — April Fools Day  
April 8 — Passover Begins  
April 10 — Good Friday  
April 12 — Easter Sunday  
April 16 — Passover Ends



## Easter

Sunday, April 12, 2020  
Pegi Schlis, CTRS, ACC, AC-BC

### HISTORY

The yeasty hot cross buns of Good Friday date back to 14th-century England when tradition has it that a monk and the cook of St. Alban's Abbey in Hertfordshire gave each poor person a spiced bun marked with the sign of the cross. Some purists eliminate the icing.

The egg, a symbol of rebirth since pre-Christian times, was adopted by the early Christians as the perfect symbol of the resurrection. Traditionally, many people break their Lenten fasts with hard-boiled eggs.

Baby bunnies, chicks, and lambs are traditional symbols of Easter, but so are butterflies and peacocks as remembrances of new life emerging. The custom of wearing flowered bonnets and new clothes began with the ancient belief that the Earth put on new garments in the spring. It was, therefore, good luck to wear new clothes for the spring holiday.



## This Was the Year...1954

Pegi Schlis, CTRS, ACC, AC-BC

### POPULAR MOVIES

On the Waterfront (Academy Award® winner) • Rear Window • Dial M for Murder • Sabrina • White Christmas

### POPULAR TV SHOWS

I Love Lucy • The Jackie Gleason Show • Dragnet • You Bet Your Life • The Toast of the Town

### FADS

Matchbox® cars • Scrabble® • Lincoln Logs® • Yahtzee™

### SPORTS CHAMPIONS

New York Giants (baseball) • Cleveland Browns (football) • Bill Vukovich (Indianapolis 500) • Detroit Red Wings (hockey) • La Salle (NCAA basketball) • Minneapolis Lakers (NBA) • Ed Furgol (golf U.S. Open) •

### MUSIC

Hey There (Rosemary Clooney) • I Need You Now (Eddie Fisher) • Little Things Mean a Lot (Kitty Kallen) • Oh! My Papa (O Mein Papa) (Eddie Fisher) • Mr. Sandman (The Chordettes) • Secret Love (Doris Day) • Sh-Boom (The Crew-Cuts) • Wanted (Perry Como) • This Ole House (Rosemary Clooney)

### POPULAR QUOTES

• "Hey kids, what time is it? It's Howdy Doody time!" • "Melts in your mouth, not in your hands." -M&M's®

**LUNCH WILL NOT BE SERVED AT THE EAST HAVEN SENIOR CENTER UNTIL FURTHER NOTICE.**



## 2020 Trip Schedule

**FOR INFORMATION ON ALTERNATIVE LUNCH PROGRAMS, PLEASE CALL (203) 468-3277**

**FOR MORE INFORMATION ON MEALS ON WHEELS PROGRAM FOR HOMEBOUND ELDERLY IN GREATER NEW HAVEN, CONTACT LIFEBRIDGE COMMUNITY SERVICES AT 203-752-9919 OR EMAIL [seniorfoodservices@lifebridgect.org](mailto:seniorfoodservices@lifebridgect.org)**

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### DIRECTOR'S CORNER

The health and safety of all individuals, including our Senior Center community, is our first priority. To that end, and based on the recommendation of the East Shore District Health Department, the Town of East Haven closed the East Haven Senior Center as of March 13, 2020 for an indefinite period of time.

I ask that everyone follow basic daily practices to protect yourselves, your families and the community. Basic precautions include: staying home if you are feeling sick, avoiding large crowds and close personal contact, and regularly washing your hands for twenty (20) seconds with soap and water.

While the global community grapples with the effects of Coronavirus-19, it is important to maintain good mental and physical health. Here are some things you can do: Go on a daily walk or do something that allows you to be active and breathe in some fresh air. Spend quality time with family or by yourself - cook a meal together, do arts and crafts or watch a movie. Call your neighbors or friends, especially those who may be most at risk. Avoid gatherings of 5 or more people.

Please stay safe, be smart, and make informed decisions. We will get through this latest crisis the same way we always do - together. I look forward to eventually seeing you all back at the Senior Center.

— Bob

**DUE TO THE CORONAVIRUS (COVID-19), SCHEDULED TRIPS MAY BE POSTPONED OR CANCELLED. FOR MORE INFORMATION, PLEASE CONTACT GETAWAY TOURS DIRECTLY AT 1-800-247-5457. THANK YOU.**

**\*\*\*THIS TRIP IS CANCELLED\*\*\***

**APRIL 18—25 (Saturday—Saturday)  
SAVANNAH, GA & CHARLESTON, SC**

**MAY 13 (Wednesday) NEW YORK, NY  
MUSEUM OF MODERN ART Lunch at MONT BLANC**

**MAY 21 (Thursday) NEWPORT, RI  
NEWPORT PLAYHOUSE "Sex Please, We're Sixty"  
Stop in for a flyer. \$120.00 SINGLE**

**MAY 26—29 (Tuesday—Friday)  
BAR HARBOR, MAINE**

**JUNE 11 (Thursday) NORTH KINGSTOWN, RI  
RHODE ISLAND LIGHTHOUSE CRUISE  
Lunch at QUONSET O CLUB \$119.00 SINGLE**

**JUNE 23 — 25 (Tuesday—Thursday)  
ATLANTIC CITY, NJ BALLY'S CASINO-HOTEL  
\$425.00 SINGLE \$310.00 PP DBL.**

**JULY 9 (Thursday) MASHANTUCKET, CT  
FOXWOODS CASINO \$81.00**





**AUGUST 27 (Thursday) ELMSFORD, NY  
WESTCHESTER BROADWAY THEATRE  
9 TO 5 THE MUSICAL \$119.00**

**SEPTEMBER 26 (Saturday) SAUGERTIES, NY  
30th Annual Hudson Valley Garlic Festival at  
Cantine Field \$75.00**

**SEPTEMBER 29 (Tuesday) CORNWALLVILLE, NY  
GAVIN'S IRISH COUNTRY INN—OKTOBERFEST  
A Fall Celebration in the Catskills \$100.00**

**OCTOBER 19---21 (Monday—Wednesday)  
AUTUMN in LANCASTER, PA  
Pennsylvania Dutch Country \$675.00 Single  
\$555.00 PP Double; \$535.00 PP Triple**

**DECEMBER 2---4 (Wednesday—Friday)  
DOVER DOWNS, DELEWARE  
Christmastime at Dover Downs Casino!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>EAST HAVEN SENIOR CENTER 91 TAYLOR AVE EAST HAVEN CT 06512 (203)468-3277 DUE TO COVID-19, SENIOR CENTER IS CLOSED UNTIL FURTHER NOTICE</p>	<p><b>APRIL 2020</b> ACTIVITIES ARE SUSPENDED UNTIL FURTHER NOTICE.  PUZZLE ANSWERS IN NEXT MONTH'S NEWSLETTER.</p>	<p>1 APRIL FOOLS DAY  </p>	<p>2</p>	<p>3</p>
<p>6</p>	<p>7  Word Puzzle #1  AIR 4CE 1</p>	<p>8 PASSOVER BEGINS</p>	<p>9</p>	<p>10 GOOD FRIDAY</p>
<p>13  Word Puzzle #2  .5 BAKED</p>	<p>14</p>	<p>15 Word Puzzle #3  TUNNEL </p>	<p>16 PASSOVER ENDS</p>	<p>17</p>
<p>20</p>	<p>21  Word Puzzle #4  AFF4AIRS</p>	<p>22</p>	<p>23  Word Puzzle #5    HIT</p>	<p>24</p>
<p>27  Word Puzzle #6  STATE (DOWN)</p>	<p>28</p>	<p>29  Word Puzzle #7  <u>ON</u></p>	<p>30</p>	

## THE RECIPE BOX: ANDREW'S BANANA BREAD



- 1 3/4 Cups All Purpose Flour
- 2 teaspoons Baking Powder (double action)
- 1/4 teaspoon Baking soda
- 3/4 teaspoon Salt
- 1/3 Cup Shortening
- 2/3 Cup Sugar
- 2 Eggs (Large)
- 4 RIPE Bananas (Medium to Large in size)

\*Set oven to 350 degrees F.  
 \*Grease and sugar two (2) 8 x 4 x 2 1/2 inch loaf pans or four (4) mini loaf pans (5x3x1). Place pans on a cookie sheet for easier handling. Set aside.  
 \*Peel, slice and mash bananas in separate Bowl #1.  
 \*Stir together flour with baking powder, soda and salt. Set aside flour mixture in separate Bowl #2.  
 \*In a 3 qt. Mixing Bowl, cream shortening and sugar until smooth and fluffy. Add eggs one at a time and beat well after each addition. Stir in freshly mashed bananas. Add flour in 4 portions: beat until smooth.  
 \*Fill each prepared loaf pans or mini pans only 2/3 full.  
 \*Bake in moderate oven (350 degrees F) for 50 minutes or until a cake tester inserted into bread comes out clean. Cool in pans. Cover each pan with a plastic lid or tin foil after bread is completely cooled.  
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 \*\*This banana bread is moist. Excellent hot with butter!! Will keep for 3-5 days if kept cool and tightly covered. \*\*  
 Do you have a recipe to share? Please let us know. —Bob  
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## Coronavirus - Basic Everyday Practices



Basic Everyday Practices help you reduce your risk and do your part to protect others. At this time, the best precautions to prevent infection are:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home as much as possible.
- Cover your mouth and nose with a cloth face cover when around others.
- Cover your cough or sneeze with a tissue, then throw the tissue into the trash.
- Clean and disinfect frequently touched objects and surfaces daily.

## GOOD NEWS!

### WHEN SENIORS DESIGNED A COMMUNITY GARDEN



A few years ago, a group of residents in a senior care center in New Mexico decided to create their own small community garden. The authorities told them their ideas were impractical. The residents decided to do it their way, and their administrator went along.

They decided a white picket fence with hollyhocks behind it would be more inviting than a gate with a chain and padlock. Then they decided the entrance would be a large arched arbor with trumpet vines to attract hummingbirds and butterflies.

They invited the high school shop class to build raised beds and table gardens. Then they asked the kindergarten class to paint these special gardens with handprints in bright colors "just for smiles."

One of the most important decisions these seniors made was to not limit their community garden to vegetables. They mixed marigolds with the beans and purple basil grew beside tomatoes. Parsley and chives mingled with the roses that lined the pergola.

Seniors and visiting children made signs that identified in English and Spanish what was growing. Their plantings included dwarf fruit trees because they could be reached from wheelchairs and a wall of sunflowers to feed the birds.

They held a Garden Party Potluck and invited the whole town to be a part of the feast and planting. Events including live music, storytelling sessions, puppet shows, and garden parties made this senior care home a destination for the whole community.

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 What do you grow in your garden? Answers in June Issue.  
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### The Senior Center says "Thank You!!"

- Petonito's Pastry and Cupcake Shop
- LifeBridge Community Services
- Raging Knights Firefighter Motorcycle Club
- ShopRite of East Haven
- Stop & Shop
- Town of East Haven Public Works Dept.

