

SENIORS ON THE MOVE

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

MARCH 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

Named for the Roman god of war, Mars, March has 31 days and is known as the first month of Spring in the Northern Hemisphere.

Welcome Spring!
The days are getting longer! Turn the clocks ahead one hour on Sunday, March 8, 2020.



ST. PATRICK'S DAY

March 17, 2020
Pegi Schlis, CTRS, ACC, AC-BC

HISTORY

St. Patrick, the patron saint of Ireland, was born in Scotland or Wales as Maewyn Succat between 373 and 385 A.D. (depending on the source). He later took the Latin name Patricus - Patrick is the English version - when he became a priest. At the age of 16, he was captured by Irish raiders and brought to Ireland as a slave. During this time, he became deeply religious and began to have visions. Six years later, he escaped and settled in France. After having visions of bringing Christianity to the Irish people, he returned to Ireland in 432 A.D. and stayed there until his death on March 17 in 461 A.D. Legend has it that Patrick pounded a drum and banished all the snakes from Ireland. There are no snakes in Ireland today.

The first St. Patrick's Day celebration in America was in 1737 in Boston. The first St. Patrick's Day parade was in 1779 in New York City. The St. Patrick's Day parade in New Haven is the 6th oldest parade in the nation, and the largest single-day spectator event in the State of Connecticut. More than 100 U.S. cities hold St. Patrick's Day parades now.

This Was the Year...1953

Pegi Schlis, CTRS, ACC, AC-BC

POPULAR MOVIES

From Here to Eternity (Academy Award® winner)
Peter Pan • The War of the Worlds •
Gentlemen Prefer Blondes • Shane •

POPULAR TV SHOWS

I Love Lucy • Dragnet • Arthur Godfrey's Talent Scouts • You Bet Your Life • The Milton Berle Show •

FADS

Mrs. Potato Head® • Scrabble® • Matchbox® (U.K.) • Wiffle ball • Leopard prints and fur dresses and sweaters • Men wearing Bermuda shorts

SPORTS CHAMPIONS

New York Yankees (baseball) • Detroit Lions (football) • Bill Vukovich (Indianapolis 500) • Montreal Canadiens (hockey) • Indiana (NCAA basketball) • Minneapolis Lakers (NBA)

MUSIC

The Doggie in the Window (Patti Page) • Don't Let the Stars Get in Your Eyes (Perry Como) • I Believe (Frankie Laine) • I'm Walking Behind You (Eddie Fisher) • May God Be with You (Les Paul & Mary Ford) • No Other Love (Perry Como) • Rags to Riches (Tony Bennett) • You, You, You (The Ames Brothers)

**PLEASE JOIN US FOR LUNCH...
WE HAVE A GREAT MENU!!!
SEE OUR LUNCH CALENDAR ON PAGE 3**



**2020
Trip Schedule**

- East Haven residents 60 years and over may participate in our Lunch program.
- A \$3.00 donation is suggested.
- On the Lunch Calendar, please Check off the days you would like to come in and give your list to Renee.
- If Renee does not have your list, you must **call by 11:30 the day before** you wish to eat and give us your order.
- On the day you come in to eat Lunch, **please be here by 11:00AM.**
- Please be thoughtful and let us know if you are unable to come in. Thank You.
- We look forward to seeing you!

DIRECTOR'S CORNER

By now, I've met many of you in person, but I would like to take this opportunity to formally introduce myself as the new Director of the Town of East Haven Senior Center. My name is Bob Petrucelli, and I am a Town of East Haven employee of with over 30 years of experience as the Director of Social Services and Director of Youth Services. I am thrilled to join the members and staff of the Senior Center.

Our shared goal moving forward is to positively impact the lives of East Haven residents by building on the foundation created by former Senior Center Director Jan Lougal. We will continue to offer existing successful activities such as Aerobics, Tai Chi Quan, Line Dancing, Bingo and Field Trips, while adding new programs and activities. For example, read in this newsletter about our new collaboration with the Visiting Nurses Association (VNA) Community Healthcare on a 10 week "Exercise for Better Balance Program" that begins on March 11, 2020. We plan on adding exciting new educational programs for senior center participants and their family members, along with more special events featuring food and music.

The Senior Center will remain a place where all East Haven residents, ages 60 years and older, and their families, are welcome and treated with respect. I want each and every one of you to feel comfortable while at the Senior Center, and I welcome your ideas and feedback. My staff and I will be glad to help you in any way possible. I look forward to many years of success together.

—Bob

**APRIL 18—25 (Saturday—Saturday)
SAVANNAH, GA & CHARLESTON, SC
\$2,185.00 SINGLE \$1,745.00 PP DOUBLE.
\$1,685.00 PP TRIPLE.**

**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
Coins & Claws, Lobster & Foxwoods \$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>2 Hot Open Turkey Sandwich Potato Wedges Tossed Salad w/ carrots Apple Slices Milk</p>	<p>3 Salisbury Steak w/ LS Gravy Sweet Potato Broccoli Multigrain Roll Fresh Fruit Milk</p>	<p>4 Tomato Basil Soup Southern Crusted Fish Rice and Carrots Rye Bread Canned Peaches Milk</p>	<p>5 Chicken Marsala Roasted Squash Green Beans Orange Juice Multigrain Bread Chocolate Pudding Milk</p>	<p>6 Eggplant Rolatini Ziti w/Sauce Caesar Salad Italian Bread Fresh Fruit Milk</p>
<p>9 Beef Stroganoff Bowtie noodles Green Beans Whole Wheat Bread Fresh Fruit Milk</p>	<p>10 Roasted Chicken Rosemary Potato Scandinavian Veg Wheat Roll Carrot Cake Milk</p>	<p>11 Pork Roast Mashed Potato Broccoli Pumpnickel Bread Mandarin Oranges Milk</p>	<p>12 Chicken Tortilla Soup Mushroom-Spinach Quiche Broiled Tomato Orzo Pilaf Marble Bread Fruit Cocktail Milk</p>	<p>13 Mediterranean Fish Brown Rice Pilaf Bean Blend Veg Dinner Roll Pineapple Milk</p>
<p>16 Minestrone Soup Cold Grinder (ham cheese turkey) Beet Salad Peaches Milk</p>	<p>17 St. Patrick's Day Corned Beef and Cabbage Boiled Potatoes Carrots Irish Soda Bread Bread Pudding Milk</p>	<p>18 Orange Chicken Fried Rice Peppers & Onions Wheat Bread Pineapple Milk</p>	<p>19 Beef and Bean Chili Roast Potato Wedge Roasted Squash Corn Bread Fresh Fruit Milk</p>	<p>20 Baked Ziti Salad w/ cucumbers Ranch dressing Breadstick Orange Juice Chocolate Cake Milk</p>
<p>23 Chicken Cacciatore Bowtie Noodles Cauliflower Italian Bread Fresh Fruit Milk</p>	<p>24 Italian Wedding Soup Unstuffed Peppers Salad w/Tomatoes balsamic dressing Whole Wheat Bread Pears Milk</p>	<p>25 Pulled Pork Sandwich Wheat Bun Coleslaw Baked Beans Fresh Fruit Milk</p>	<p>26 Roasted Turkey Mashed Butternut Squash Green Beans Rye Bread Apple Juice Brownie Milk</p>	<p>27 Tuna Boat—Tuna Salad /Hotdog Bun Pasta/Veg Salad Mixed Fruit Juice Vanilla Pudding Milk</p>
<p>30 Ravioli w/ Meat Sauce / Parmesan Broccoli Italian Bread Apple Juice Choc Chip Cookie Milk</p>	<p>31 Fish Sticks Tartar Sauce/Lemon Macaroni & Cheese Green Beans Rye Bread Fresh Fruit Milk</p>		<p>MARCH 2020 LUNCH MENU</p> <p>LIFEBRIDGE COMMUNITY SERVICES Nutrition for Mind, Body and Spirit</p>	<p>PLEASE BE SURE TO CALL YOUR LUNCH ORDER IN BY 11:30 ON THE DAY BEFORE YOU WISH TO EAT Call 203-468-3277 Please Join Us!!</p> <p>Suggested Donation \$3.00</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Aerobics 9:15 Lunch 11:20 Bingo 12:30</p>	<p>3</p> <p>SHOPPING DAY</p> <p>Lunch 11:20 Line Dancing 1:00</p>	<p>4</p> <p>SHOPPING DAY</p> <p>Aerobics 9:15 Lunch 11:15 Tai Chi Quan 1:00</p>	<p>5</p> <p>Lunch 11:20 Bingo 12:30</p>	<p>6</p> <p>Tai Chi Quan 10:00 Lunch 11:20 Bingo 12:30</p>
<p>9</p> <p>Aerobics 9:15 Lunch 11:20 Bingo 12:30</p>	<p>10</p> <p>SHOPPING DAY</p> <p>Lunch 11:20 Line Dancing 1:00</p>	<p>11</p> <p>SHOPPING DAY</p> <p>Aerobics 9:15 Better Balance 10:00 Lunch 11:15 Tai Chi Quan 1:00</p>	<p>12</p> <p>Lunch 11:20 Bingo 12:30</p>	<p>13</p> <p>Tai Chi Quan 10:00 Lunch 11:20 Bingo 12:30</p>
<p>16</p> <p>Aerobics 9:15 Lunch 11:20 Bingo 12:30</p>	<p>17 St. Patrick's Day</p> <p>SHOPPING DAY</p> <p>Lunch 11:20 Line Dancing 1:00</p>	<p>18</p> <p>SHOPPING DAY</p> <p>Aerobics 9:15 Better Balance 10:00 Lunch 11:15 Tai Chi Quan 1:00</p>	<p>19</p> <p>Lunch 11:20 Bingo 12:30</p>	<p>20</p> <p>Tai Chi Quan 10:00 Lunch 11:20 Bingo 12:30</p>
<p>23</p> <p>Aerobics 9:15 Lunch 11:20 Bingo 12:30</p>	<p>24</p> <p>SHOPPING DAY</p> <p>Lunch 11:20 Line Dancing 1:00</p>	<p>25</p> <p>SHOPPING DAY</p> <p>Aerobics 9:15 Better Balance 10:00 Lunch 11:15 Tai Chi Quan 1:00</p>	<p>26</p> <p>Lunch 11:20 Bingo 12:30</p>	<p>27</p> <p>Tai Chi Quan 10:00 Lunch 11:20 Bingo 12:30</p>
<p>30</p> <p>Aerobics 9:15 Lunch 11:20 Bingo 12:30</p>	<p>31</p> <p>SHOPPING DAY</p> <p>Lunch 11:20 Line Dancing 1:00</p>		<p>EAST HAVEN SENIOR CENTER 91 TAYLOR AVE EAST HAVEN, CT 06512 (203) 468-3277</p>	<p>MARCH 2020 ACTIVITY CALENDAR</p>



Exercise for Better Balance

DATE Wednesdays, March 11—May 27
TIME 10:00—11:00 A.M.
 ***No class when site is closed.
 ***No make-up dates.

LOCATION East Haven Senior Center
 91 Taylor Ave., East Haven CT

COST \$15 for series
REGISTER 866.474.5230 (TOLL FREE)

Join our trained experts to improve overall function:

- Strength training & stretching
- Safe and effective exercises
- Flexibility and balance training
- Exercises can be modified for each person's fitness level and can be performed seated or standing.

Presented by: VNA Community Healthcare & Hospice.

IMPORTANCE OF WATER

Next to oxygen, water is the nutrient most needed for life. A person can live without food for a month, but most people can survive only 3 or 4 days without water. Water makes up 85% of the blood, 70% of the muscles and about 75% of the brain. Fluid balance is vital for body functions and adequate blood volume. Dehydration occurs when the amount of water a person takes in is less than the amount that is lost. An early sign of dehydration can be confusion. Generally, skin will feel warm and moist, blood pressure will decrease and pulse will increase with dehydration. Dehydration can lead to falls, constipation, infection, and even death.



The best defense against dehydration is prevention. Drink several small glasses of cool, refreshing water, juice, or ginger ale during each and every day.

GOOD NEWS!



104-YEAR-OLD WOMAN "ARRESTED"

A Bucket List wish came true for Anne Brokenbrow, a 104-year-old resident at Stokeleigh Care Home in Stoke Bishop, Bristol, England, when she was "arrested" by two officers. This took place on March 20, 2019 as part of a charity event through ALIVE, an organization that aims to enrich the lives of older people. The home was one of five in the area participating in the Wishing Washing Line initiative. Forms were given to the residents to complete. The care home residents' wishes were hung on a Wishing Washing Line at nearby Co-op stores in the hope shoppers would see them and offer to make them come true. Brokenbrow wrote, "My wish is... to be arrested. I am 104 and I have never been on the wrong side of the law." She had always wondered what it would be like to be arrested. The "charge" was being an "upstanding citizen."

101-YEAR-OLD WOMAN CROSSES FINISH LINE AT OHIO STATE 4 MILER

Lois "Marge" Stroebel, 101, of the Dayton, OH area, completed the charity Ohio State 4 Miler on October 12, 2019 for the second year in a row with help from her granddaughter, Beth Kreger, and friends and co-workers, Scott and Wendy Tharp. Scott Tharp ran the entire 4 miles pushing Stroebel in her transport wheelchair (it has small wheels), while his wife and Kreger ran interference. They yelled, "Look out! We've got Grandma!" and "Beep, beep! Grandma's coming through!" as they zigged and zagged through the sea of people. Lois was the oldest participant in the race of more than 15,000 that walked and ran (nearly 200 of them were over the age of 70) across the Ohio State University campus ending in Ohio Stadium. When Lois reached the north end zone inside the stadium, she rose from her wheelchair, took off the sleeping bag she'd been bundled in and powered by her own determination, walked the final 50 yards to the finish line. Lois and her team finished 10 minutes faster (56 minutes and 3 seconds) than their time from last year's race.

