

New Haven

ELDERLY SERVICES

New Haven



2008



Toni Harp, Mayor
Migdalia Castro, Director
165 Church St. New Haven, CT
203-946-7854



New Haven



2008

Atwater Senior Center
26 Atwater St.
203-946-8558

Dixwell/Newhallville Senior Center
255 Goffe St.
203-946-8541

East Shore Senior Center
411 Townsend Avenue
203-946-8544

DECEMBER

Dear Neighbors and Friends,

As we flip the calendar to December, with traditional holiday festivities now in full swing, it's time to prepare for all the splendor of the season. Regardless of which holiday we celebrate, December is a memorable time to spend with loved ones.

The New Haven Green once again boasts a magnificent holiday tree, standing tall right in the middle of the city. The 12,400-pound, 50 ft. Norway Spruce is decorated with some 30,000 lights – it's the centerpiece of the city's weekly holiday festival. Be sure to spend a Saturday afternoon on the Green and join the celebration!

And there's likely no reminder needed: winter begins December 21, with cold weather and slippery conditions forecast. Each of us is advised to be prepared with proper clothing, arrangements for snow clearing, and emergency contact numbers just in case.

Always mindful of those who are less fortunate, the New Haven Board of Alders is conducting its annual Holiday Food Drive through December to benefit food pantries throughout New Haven. Non-perishable food can be donated at City Hall, the Shubert Theater, and at the Whitney Center in Hamden.

Thank you in advance for your generosity! Best wishes to each of you for peace and joy throughout this festive season!

Sincerely,
Toni N. Harp, Mayor



Estimados vecinos y amigos,

Como lanzamos el calendario para diciembre, con las festividades tradicionales ahora en pleno apogeo, es el momento de prepararse para todo el esplendor de la temporada. Independientemente de la fiesta que celebramos, diciembre es un momento memorable para pasar con sus seres queridos.

El New Haven Green, una vez más cuenta con un magnífico árbol de Navidad, de pie en el centro de la ciudad. Un árbol de 12,400 libras, 50 pies picea Norway Spruce está decorado con unos 30,000 luces - es la pieza central del festival de la semana de vacaciones de la ciudad. Asegúrate de pasar una tarde algún sábado unite la celebración!

No es necesario un recordatorio: el invierno comienza el 21 de diciembre con un pronóstico de un clima frío y las condiciones resbaladizas. Cada uno de nosotros se les aconseja que estén preparados con ropa adecuada, los arreglos para limpieza de la nieve, y los números de contacto de emergencia por si acaso.

Teniendo siempre en cuenta aquellos que son menos afortunados, la Junta de Asambleístas de New Haven están llevando a cabo su anual Colecta de Alimentos hasta diciembre para beneficiar a las despensas de alimentos a lo largo de New Haven. Alimentos no perecederos pueden ser donados en el Ayuntamiento, al Teatro Shubert, y en el Centro de Whitney en Hamden.

¡Gracias de antemano por su generosidad! Mis mejores deseos para cada uno de ustedes por la paz y la alegría de toda esta temporada festiva!

Sinceramente,
Toni N. Harp, Alcaldesa

Message from Migdalia Castro
Director of Elderly Services



Seasons' Greetings:

I hope that everyone had a delightful time with family and friends this Thanksgiving holiday! There is an additional opportunity to bond with family and friends, in the City of New Haven, on Tuesday, December 1, 2015 during the New Haven Tree Lighting Ceremony. This festivity will be held from 4:00 PM to 8:00 PM on the New Haven Green; the rain date will be Wednesday, December 2, 2015. Be sure to bring your grandchildren because this event will be showered with food, fun, and activities. The lighting ceremony will include: food vendors, visits with Santa, holiday crafts, horse drawn carriage rides, Ferris Wheel rides, musical performances by New Haven's Youth, a carousel, and additional family activities. If you have further inquiries, you may call 203-946-7172.

In light of the rapidly approaching winter season, the Department of Elderly Services has prepared a list of pharmacies and grocery stores. Many of the listed businesses deliver which is a great service to utilize during times of inclement weather. Please refer to pages 17-20 for further information about the listed pharmacies and grocery stores.

The process for the Connecticut Energy Assistance Program (CEAP) has begun at the state-wide community action agency sites. CEAP has been established to decrease the winter heating costs of Connecticut's lower income households. All applicants must provide the required documentation in order to seek eligibility for this program. The list of required documents is located on page 9. For an appointment, please contact your senior center or local community action agency via the phone numbers provided on pages 10 and 11 of this newsletter. To schedule an appointment with the department's outreach workers, call Georgiann Dogolo at 203-946-2272 or Doug Toth at 203-946-8585. You may also call the DSS Office of Community Services at 1-800-842-1132 for contact information of your nearest intake site.

Last Call: The deadline for submitting your "Renters' Rebate Program Request for Extension of Time to File" form is Tuesday, December 15, 2015. In order to be eligible for an extension of time, you must submit an attached letter from your doctor to your completed Renters' Rebate form. Refer to pages 4 and 5 for a form.

Please utilize the aforementioned services to remain comfortable, safe, and warm this winter season.

Happy holidays!

Mensaje de Migdalia Castro
Directora de Servicios de Envejecientes



Felicitaciones en estos Días Festivos:

Espero que todos hayan tenido un día fabuloso con sus familiares y amistades en el Día de Acción de Gracias. Hay otra oportunidad de reunirse con la familia y las amistades en la Ciudad de New Haven, el Lunes, 1 de Diciembre de 2015 durante la celebración de la iluminación del árbol en el "Green". Será de 4:00 am 8:00 pm y si llueve será el Miércoles, 2 de diciembre de 2015. Asegúrese de traer sus nietos ya que este evento tendrá una variedad de actividades y comida. La ceremonia incluye, vendedores de comida, visita con Santa Claus, artesanía de los días feriados, paseos en carruajes de caballos, paseos en el Ferris Wheel, actuaciones musicales de la juventud de New Haven, un carrusel, y actividades familiares. Si tienen más preguntas pueden llamar al 203- 946-7172.

Ya que la temporada de invierno se acerca, el Departamento de Ancianos ha preparado una lista de farmacias y tiendas muchos de ellos dan entregas a domicilios lo cual es un gran servicio para utilizarse debido a las inclemencias del tiempo. Por favor consulte las páginas 17-20 para más información sobre las farmacias y tiendas que dan estos servicios.

El proceso para el Programa de Asistencia de Energía de Connecticut (CEAP) ha comenzado en las agencias de community action del estado de Connecticut. CEAP se ha establecido para disminuir los costos de calefacción de invierno de los hogares con bajo ingresos en todo el estado de Connecticut. Todos los solicitantes deben llevar la documentación necesaria para solicitar la elegibilidad para este programa. La lista de los documentos requeridos se encuentra en la página 9. Para obtener una cita, por favor llamen a su centro de envejecientes o la oficina más cercana de Community Action Agency, los números de teléfono aparecen en las páginas 10 y 11 de este boletín. Para obtener una cita con el departamento llama a Georgiann Dogolo al 203-946-2272 o Doug Toth al 203-946-8585. También puede llamar a la Oficina de DSS de Servicios Comunitarios al 1-800-842-1132 para obtener información cual es la agencia más cercana a usted.

Última llamada: La fecha límite para la presentación de su "Solicitud Programa de Reembolso de los inquilinos para la extensión del plazo para presentar" la forma es el Martes, 15 de diciembre de 2015. Con el fin de ser elegible para una extensión de tiempo, usted debe presentar una carta de su médico Para el formulario de reembolso de inquilinos consulte las páginas 4 y 5 para un formulario.

Por favor utilice los servicios antes mencionados para permanecer cómodo, seguro, y caliente en esta temporada de invierno.

Felices fiestas!

Migdalia Castro

RENTERS' REBATE PROGRAM REQUEST
FOR EXTENSION OF TIME TO FILE

Please complete the following information and return this letter, along with a letter from your doctor, to the Connecticut Office of Policy and Management at the address below.

APPLICANT NAME _____

ADDRESS _____

SOCIAL SECURITY NUMBER _____-_____-_____

TELEPHONE NUMBER (_____) _____-_____

I am requesting an extension of time to file for the Renters' Rebate Program. I was under a doctor's care during the designated filing period April 1 through October 1 of this year.

Enclosed please find a letter of medical proof from my doctor.

The deadline for filing a Request for Extension of Time to File is December 15th.

Signature

Date

Send to: Connecticut Office of Policy and Management
450 Capitol Avenue
MS#54GSU
Hartford, CT 06106-1379
Attention: Patrick Sullivan

PROGRAMA DE REEMBOLSO SOLICITUD INQUILINOS '
PRÓRROGA PARA PRESENTAR LA SOLICITUD

Por favor, complete la siguiente información y devuelva este formulario, junto con una carta de su médico, a la Oficina de Connecticut "Policy and Management" a la dirección incluida.

NOMBRE DEL SOLICITANTE _____

DIRECCIÓN _____

NUMERO DE SEGURO SOCIAL _____-_____-_____

NÚMERO DE TELÉFONO (_____) _____-_____

Estoy solicitando una extensión de tiempo para el Programa de Reembolso por los inquilinos. Yo estaba bajo el cuidado de un médico durante el período de presentación designado el 1 de abril hasta el 1 de octubre de este año.

Adjunto encontrará una carta de la prueba médica de mi médico.

La fecha límite para la presentación de una Solicitud de Prórroga para Presentar es el 15 de diciembre de 2014.

Firma

Fecha

Enviar a: Connecticut Office of Policy and Management
450 Capitol Avenue
MS # 54GSU
Hartford, CT 06106-1379
Atención: Patrick Sullivan

revisado 3/06/13

**Casa Otoñal, Incorporated Holds
First Intergenerational Doubles Domino Tournament
By: *Diana T. Cruz***

Casa Otoñal, Inc. held its first Intergenerational Doubles Dominos Tournament on Saturday, October 17, 2015 at Casa Otoñal's Community Center on 148 Sylvan Avenue in New Haven, CT from 2:30 PM to 6:30 PM. The tournament was dedicated in memory of Mr. Josè M. Goitía who was an avid Dominos player and a resident of Casa Otoñal housing.

The players, both men and women, ranged from ages 30 to 91. First and second place winners received a trophy and cash prize. Family, friends and members of the community came to support the games and enjoyed a delicious Latino meal.

The winners, who are residents of Casa Otoñal, are Mr. Josè Cordero, first place winner & Mr. Arturo Gravina, second place winner. The winners, who are residents of New Haven, CT, are Mr. Felix Galarza, first place winner & Mr. Tiemarciel Ramos, second place winner.



First Place Winners
Josè Cordero & Felix Galarza

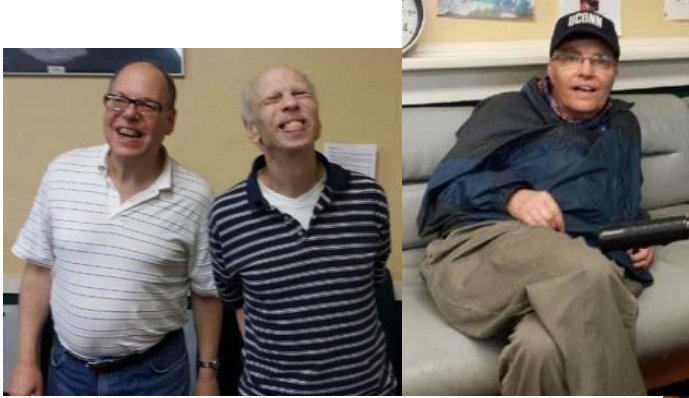


Second Place Winners
Tiemarciel Ramos & Arturo Gravina

This event was made possible by invaluable support and generous contributions from the Black and Hispanic Caucus of the New Haven Board of Alders, the Board of Directors of Casa Otoñal, Inc. and the Resident Council of Casa Otoñal Housing.



Atwater Spice Seniors
Enjoying Recreational
Activities & One



Atwater Seniors Enjoying
Each Others Company
During a Hibachi Style



Atwater
Seniors' Hour



Friendship





Atwater Seniors Enjoying



(Left): Phyllis Enjoying Tai Chi at 102 years old



(Right): Seniors at the East Shore Senior

FOOD

FUN

HEALTHY HABITS



East Shore Senior Learning How to Preserve

Community Action Agency of New Haven, Inc.
2015-2016 Intake Sites

CITY	SITE CODE	START DATE	SITE NAME	CONTACT PERSON
East Haven	1015	10/1	East Haven Social Services - By Appointment only 250 Main Street, East Haven, 06512 Monday -Wednesday 9:00am-12:00pm	Bob Petrucelli & Jessica Santos T-203-468-3277 - F-203-468-3947
Hamden	1001	10/1	Miller Senior Center-By Appointment Only 2901 Dixwell Avenue, Hamden, 06517 Monday-Friday 8:30am-4:30pm <i>Hamden residents 60 & over</i>	Jeanne Folsom, Patti Heyer & Kim Craft T-203-287-2691 - F-203-287-2693
Hamden	1002	10/20	Keefe Comm.Center- By Appt. Only- <i>Hamden residents under 60</i> 11 Pine Street, Hamden, 06514 Tues 9am-12:00pm, Wed 9am-3om & Thurs 9am-3pm	Pamela Cummings & Sharon Jones T-203-562-5129, F-203-562-2026
	1000	8/1	CAANH-by Appointment Only (IVA – 285-8018) 419 Whalley Ave., New Haven 06511 Monday-Thursday 9:00am – 4:00pm	April Branch 859-6644 Sharon Willard 859-6640 F-203-387-3987
New Haven	1035	10/27	Atwater Senior Center-By Appointment Only 26 Atwater Street, New Haven, 06513 Wednesday & Thursday 10:00am – 1:00pm, Seniors 60 & over	Filomena Fiondella T-203-946-8558, F-203-946-8556
	1080	10/2	Brookside Estates 6 Solomon Crossing, New Haven 06515 Tuesday & Thursday 5pm –7pm & Saturday 10am-12pm	Veronica Wright 203-691-6599 X 102
	1003	10/7	Christian Community Action-By Appointment only 168 Davenport Ave, New Haven, 06519 Mon. 9:30am-12pm & 2pm-4pm & Thurs. 2pm-4pm	Lillian N. Marquez & Nicole Smith T-203-777-7848, F-203-777-7174
	1050	10/8	Kensington Square 1327 Chapel St., New Haven 06511, Wednesday & Thursday 10am-4pm	Carlette Coe T-203-745-4558
	1045	10/1	JUNTA for Progressive Action- 169 Grand Ave., New Haven 06513 Wednesday 9am-1pm	Cheila Serrano & Fer- nando Faneyte T-203- 787-1091 X10 F-203-787-4934
	1009	9/27	Dixwell Neighborhood Corporation By Appointment Only 226 Dixwell Avenue New Haven, 06511 Mon. -Fri 10:00am-2:00pm	Peter Gray Gladys Graham T-203-562- 2178
	1014	10/27	Dixweii-Newhallville Senior Center-By Appointment Only 255 Gaffe Street, New Haven, 06511 Tuesday & Thursday 1:00pm -4:00pm, Seniors 60 & over	Irrita Osborn T-203-946-8541, F-203-946-6729
	1022	10/27	East Shore Senior Center – By Appointment Only 411 Townsend Ave. New Haven, 06512 Monday -Thursday - 10:00am-3:00pm -Seniors 60 and over	Michelle Clary Butler T-203-946-8544, F-203-946-8549
	1019	10/20	Fair Haven Parents Ministry-By Appointment Only 160 Ferry Street, New Haven, 06513 Monday -Thursday 9:00am-11:30am	Tim Jackson & Onzie Chatman T-203-865-5585, F-203-865-5585
	1016	10/27	New Haven Elderly Services 135 Church St New Haven, CT 06511-Seniors 60 and over	Doug Toth & Georgiann Dogolo
	1008	Southern CT Gas Co. Homebound gas clients only Monday –Friday 7:30am -3:00pm	Sharon Willard (CAANH) T-203- 859-6640, F-203-387-3987	
North Haven	1012	10/1	North Haven Community Services-By Appointment Only 18 Church St., North Haven, 06473 <i>North Haven residents only</i> Monday 1:00pm-4:00pm & Tuesday 9:00am-12:00pm	Dan Riccio & Carla Riccio John Bi- monte, Lynne Cole & Janeen D'Amo- re T-203-239-2566, F-203-234-3942
West Haven	1013	10/20	West Haven City Hall-Human Res. Dept. • By appointment only 355 Main Street, West Haven, 06516 Man Tue & Thurs 9am-4pm; Wed 9am-1pm <i>W. Haven residents only</i>	Marissa Papalia T-203-937-3572, F-203-937-3636

REQUIRED ENERGY DOCUMENTATION

ALL HOUSEHOLD MEMBERS MUST PROVIDE THE FOLLOWING DOCUMENTATION:

- Names, birth dates, & Social Security Numbers
- Name, address, & telephone number of landlord
- Copy of utility bill (natural gas or electric)
- Name of fuel company if household heats with a deliverable fuel
- Documentation of age or disability if applicable
- •Documentation of household income for four consecutive weeks prior to the date of application, wages, compensation, social security, pension, unemployment, self-employment, alimony, child support, rental income, DSS cash assistance, or financial contributions to household
- Current rent receipt or copy of lease (for household where heat is included in rent)
- •Current copy of mortgage statement
- Current copy (all pages) of liquid asset statement (i.e. bank statements, credit union statement, IRA, Stocks, etc.)

OPERATIONAL FUEL provides one-time emergency energy assistance to some clients in crises who may not be eligible under the Energy Assistance Program

DOCUMENTOS NECESARIOS PARA PEDIR AYUDA CON LA ENERGIA

TODOS LOS MIEMBROS DE LA CASA DEBEN PROVEER LA SIGUIENTE DOCUMENTACION

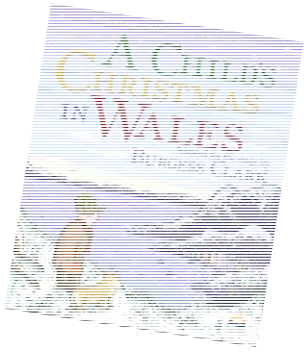
- Nombres, fechas de nacimientos y los números de los seguros sociales
- Nombre, Dirección & teléfono del arrendador
- Copia de las utilidades (gas o electricidad)
- Nombre de la compañía de aceite si se calienta con aceite
- Documentación de edad o si el solicitante es deshabilitado
- Documentación del ingreso los últimos cuatro consecutivos talonarios de cheque antes de la fecha de la aplicación, si su ingreso es del seguro social, compensación, desempleo, empleado propio, pensión alimenticia, manutención, ingreso de renta, DSS efectivo, contribución financiera
- Más reciente recibo de renta (para aquellos que la renta esta incluida con la renta)
- Copia de la declaración de hipoteca)
- Copia corriente (todas las paginas) cuenta del banco, cuenta de cualquier ingreso liquida (i.e. estados de cuenta del banco, estado cuenta de la cooperativa de créditos, IRA, Stocks, etc.)

ACEITE OPERACIONAL Provee una-vez asistencia de energía de emergencia para algunos clientes en caso de crisis que posiblemente no sean elegible dentro del Programa de Asistencia de Energía

Community Action Agency of New Haven, Inc.
2015-2016 Sitios de Registro

CIU-DAD	CODIGO	COMIE	SITIO/NOMBRE	PERSONA DE CONTACTO
East Haven	1015	10/1	East Haven Servicios Sociales-Con Citas solamente 250 Main Street, East Haven, 06512 Lunes -Miercoles 9:00am-12:00pm	Bob Petrucelli & Jessica Santos T-203-468-3277- F-203-468-3947
Hamden	1001	10/1	Miller Senior Center-By Con Citas solamente 2901 Dixwell Avenue, Hamden, 06517 Lunes-Viernes 8:30am-4:30pm Residentes de <i>Hamden 60 & mas</i>	Jeanne Folsom, Patti Heyer & Kim Craft T-203-287-2691 - F-203-287-2693
Hamden	1002	10/20	Keefe Comm.Center- Con Citas solamente- Residentes de <i>Hamden Menos de 60</i> 11 Pine Street, Hamden, 06514	Pamela Cummings & Sharon Jones T-203-562-5129, F-203-562-2026
	1000	8/1	CAANH-by Con Citas solamente (IVA – 285-8018) 419 Whalley Ave., New Haven 06511 Lunes-Jueves 9:00am – 4:00pm	April Branch 859-6644 Sharon Willard 859-6640 F-203-387-3987
New Haven	1035	10/27	Centro de Ancianos Atwater Con Citas solamente 26 Atwater Street, New Haven, 06513 Miércoles & Jueves 10:00am – 1:00pm, Ancianos 60 &mas	Filomena Fiondella T-203-946-8558, F-203-946-8556
	1080	10/2	Brookside Estates 6 Solomon Crossing, New Haven 06515 Martes & Jueves 5pm – 7pm & Sábados 10am-12pm	Veronica Wright 203-691-6599 X102
	1003	10/7	Christian Community Action - Con Citas solamente 168 Davenport Ave, New Haven, 06519 Lun.. 9:30am-12pm & 2pm-4pm & Jueves 2pm-4pm	Lillian N. Marquez & Nicole Smith T-203-777-7848, F-203-777-7174
	1050	10/8	Kensington Square 1327 Chapel St., New Haven 06511, Merciless & Jueves 10am-4pm	Carlette Coe T-203-745-4558
	1045	10/1	JUNTA for Progressive Action- 169 Grand Ave., New Haven 06513 Merciless 9am-1pm	Cheila Serrano & Fernando Faneyte T-203-787-1091 X10
	1009	9/27	Dixwell Neighborhood Corporation Con Citas solamente 226 Dixwell Avenue New Haven, 06511 Lunes-Viernes 10:00am-2:00pm	Peter Gray Gladys Graham T-203-562-2178
	1014	10/27	Dixwell-Newhallville Centro de Ancianos Con Citas solamente 255 Gaffe Street, New Haven, 06511 Martes & Jueves 1:00pm -4:00pm, Ancianos 60 & mas	Irrita Osborn T- 203-946-8541, F-203-946-6729
	1022	10/27	East Shore Senior Center – Con Citas solamente 411 Townsend Ave. New Haven, 06512 Lunes -Jueves - 10:00am-3:00pm -Ancianos 60 and mas	Michelle Clary Butler T-203-946-8544, F-203-946-8549
	1019	10/20	Fair Haven Parents Ministry-By Appointment Only 160 Ferry Street, New Haven, 06513 Lunes -Jueves 9:00am-11:30am	Tim Jackson & Onzie Chatman T-203-865-5585, F-203-865-5585
	1016	10/27	New Haven Servicios de Ancianos 135 Church St New Haven, CT 06511- Ancianos 60 y mas	Doug Toth & Georgiann Dogolo
	1008	Southern CT Gas Co.Homebound clientes de gas solamente Lunes –Viernes 7:30am -3:00pm	Sharon Willard (CAANH) T-203-859-6640, F-203-387-3987	
North Haven	1012	10/1	North Haven Community Services-By Con Citas solamente 18 Church St., North Haven, 06473 Solo para los residents de <i>North Haven</i> Lunes 1:00pm-4:00pm & Martes 9:00am-12:00pm	Dan Riccio & Carla Riccio John Bimonte, Lynne Cole & Janeen D'Amore T-203-239-2566, F-203-234-3942
West Haven	1013	10/20	West Haven City Hall-Human Res. Dept. • Con Citas solamente 355 Main Street, West Haven, 06516 Lun.Martes&Jueves9am-4pm; Wed 9am-1pm Residentes de West Haven solamente	Marissa Papalia T-203-937-3572, F-203-937-3636

New Haven Free Public Library Activity Schedule



Date	Time	Class	Location
Tuesday, December 1	6:00 PM – 7:00 PM	Evening Meditation	Main Library—Community Program Room
Wednesday, December 2	3:30 PM – 4:30 PM	MANGA Club	Wilson Branch
Wednesday, December 2	5:30 PM – 7:00 PM	Free Math Tutoring	Main Library
Thursday, December 3	10:00 AM – 3:00 PM	Medicare Part D-Info Session	Main Library-Transition Center
Thursday, December 3	2:30 PM – 4:00 PM	Free Math Tutoring	Main Library
Saturday, December 5	10:00 AM – 4:00 PM	Medicare Part D –Info Session	Main Library–Transition Center
Monday, December 7	6:00 PM – 7:30 PM	Knitting Club	Mitchell Branch
Monday, December 7	6:00 PM – 7:00 PM	A Child's Christmas in Wales	Main Library
Monday, December 7	6:30 PM – 8:00 PM	English Class	Mitchell Branch
Tuesday, December 8	6:00 PM – 7:00 PM	Evening Meditation	Main Library–Community Program Room
Wednesday, December 9	3:30 PM – 4:30 PM	MANGA Club	Wilson Branch
Wednesday, December 9	5:30 PM – 7:00 PM	Free Math Tutoring	Main Library
Thursday, December 10	2:30 PM – 4:00 PM	Free Math Tutoring	Main Library
Thursday, December 10	6:00 PM – 8:00 PM	New Haven Guitar Quartet	Main Library

Lista de Actividades de la Biblioteca Publica de New Haven

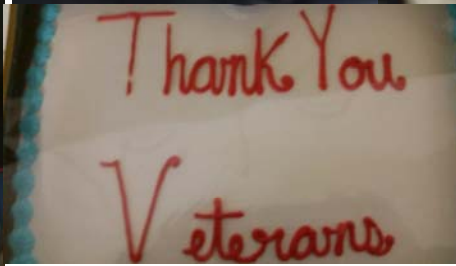


Date	Time	Class	Location
Saturday, December 12	1:00 PM – 3:00 PM	Discussion with the Author of Triumph: Judge Clarence Jones	Main Library–Community Program Room
Monday, December 14	6:00 PM – 7:30 PM	Knitting Club	Mitchell Branch
Monday, December 14	6:30 PM – 8:00 PM	English Class	Mitchell Branch
Tuesday, December 15	6:00 PM – 7:00 PM	Evening Meditation	Main Library–Community Program Room
Wednesday, December 16	3:30 PM – 4:30 PM	MANGA Club	Wilson Branch
Wednesday, December 16	5:30 PM – 7:00 PM	Free Math Tutoring	Main Library
Thursday, December 17	2:30 PM – 4:00 PM	Free Math Tutoring	Main Library
Monday, December 21	6:00 PM – 7:30 PM	Knitting Club	Mitchell Branch
Monday, December 21	6:30 PM – 8:00 PM	English Class	Mitchell Branch
Tuesday, December 22	6:00 PM – 7:00 PM	Evening Meditation	Main Library–Community Program Room
Wednesday, December 23	3:30 PM – 4:30 PM	MANGA Club	Wilson Branch
Wednesday, December 23	5:30 PM – 7:00 PM	Free Math Tutoring	Main Library
Thursday, December 24	2:30 PM – 4:00 PM	Free Math Tutoring	Main Library
Monday, December 28	6:00 PM – 7:30 PM	Knitting Club	Mitchell Branch
Monday, December 28	6:30 PM – 8:00 PM	English Class	Mitchell Branch

	ATWATER	DIXWELL-NEWHALLVILLE	EAST SHORE
Monday December: 7, 14, 21, 28, 2015	Computer Room (8:30 a.m.-3:30 p.m.) Morning Coffee (9:00 a.m.) Tai Chi (10:00 a.m.) Sewing (12:30 a.m.—2:30 p.m.) Lunch (11:30) Pokeno/cards/games/pool (1-4:00)	Computer, Pool Room & Cards, Knitting/ Crocheting (8:30-3:30) Breakfast Club (9:00) Lunch (11:30) Sr. Drama Club (1:00-3:00) Movie (1:00)	12/7: Trip to Gilford Plaza; Lunch at Log Cabin 12/28: Casino Trip
Tuesday December: 1, 8, 15, 22, 29 2015	Computer Room (8:30-3:30) Coffee (9:00); Yoga (10:00) Lunch (11:30) Crafts (12:30-2:00) Hispanic Entertainment (1:00-2:30) Pool/ Wii/ Ping Pong/Pokeno Cards/Games (1:00-4:00) 12/8: Trip to Foxwoods	Computer, Pool Room & Cards, Knitting/ Crocheting (8:30—3:30) Breakfast Club (9:00-10:00) Tai Chi (10:00) Art Class (11:00) Lunch (11:30) Computer Class (1:00) Line Dancing (5:00)	Computer Room (8:30-3:30) Coffee & Conversation (9:00) Let's Make a Deal (10:00) Lunch, Listen & Learn (11:30) Progressive Bingo (12:30) Free Blood Pressure Screening (10:30) 12/3: Yale Blood Pressure Screening
Wednesday December: 2, 9, 16, 23, 30 2015	Computer Room (8:30-3:30) Coffee (9:00) ; Yoga (10:00) Yoga & Pilates (10:00) Lunch (11:30) 12/16: Christmas Party Pool/Wii/Ping Pong/Pokeno Cards/Games, Bingo (1:00) Reminiscing - Call for information	Computer, Pool Room & Cards, Knitting/ Crocheting (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) 12/2: Red Cross Bingo (1:00) Knitting/Crocheting (1:00) 12/9: Anthem Blue Cross (1:00) Dixwell Senior Center/Association Meeting (every Wednesday)	Computer Room (8:30-3:30) Coffee & Conversation (9:30) Yoga 10:30-11:30; Lunch (11:30) Mahjong (12:30) Knit/Crochet/Sew (1:00-3:00) Bingo (1:00) Arts & Crafts (1:30) 12/17: East Shore Holiday Gathering
Thursday December: 3, 10, 17, 24, 31, 2015	Computer Room (8:30-3:30) Project Mothercare (8:30-2:00) Yoga/pilates/zumba (10:00) Lunch (11:30) Ceramics (12:00-4:00) Dance (1:00) Pool, ping pong, games (1-4:00) Hispanic Dancing (1:00)	Computer, Pool Room & Cards, Knitting/ Crocheting (8:30-3:30) Breakfast Club (9:00-10:00) Yoga (10:00); Reminiscing (11:00) Lunch (11:30) Sewing Class (1:00) Line Dancing (5:00)	Computer Room (8:30-3:30) Coffee & Conversation (9:30) Tai Chi-Kathy Trusdell(10-11:00) Lunch (11:30) Progressive Bingo (1-3) 12/3: Gateway College Legislative Lunch 12/25: ALL CENTERS CLOSED
Friday December 4, 11, 18, 25, 2015	Computer Room (8:30-3:30); Morning Coffee (9:00) Project Eldercare (9:30-12:30) Yoga - Debbie Kahan (9:30-10:30) Lunch (11:30) Ceramics (1:00—4:00) Pool/Wii/Ping Pong/Pokeno (1-4) Food Bank (2:00)	Computer, Pool Room & Cards, Knitting/ Crocheting (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Sr. Drama Group (1:00-3:00) Bingo (1:30) 12/11: City Seed w/Ms. Ella 12/18: Christmas Party @ Amarantes (12PM-4PM)	Computer Room (8:30-3:30); Coffee & Conversation(9:30) Lunch (11:30); Ceramics OR Sewing (12:30) Card Sharks (12:30-3); Sewing Class (Call for more Info) 12/18: City Seed Cooking Demo

	ATWATER	DIXWELL - NEWHALLVILLE	EAST SHORE
Lunes	Cuarto de computadoras (8:30-3)	Cuarto de computadoras (8:30-3)	Cuarto de computadoras (8:30-3)
1, 8,	Café (9:00)	Juego de naipes, el billar (8:30-3:00)	12/1: Viaje a "Christmas Tree Shop"
15, 22, 29	Costura (12:30 a.m.-2:30 a.m.)	Desayuno (9-10)	12/8: Fiesta de Anthony
de diciembre	Tai Chi (10:00)	Almuerzo (11:30)	12/15: Desayuno International con Santa a Nathan Hall
	Almuerzo (11:30)	Grupo de Drama (1:00-03:00)	12/22: Board Meeting
	Juegos de cartas y billar (1-4:00)		12/29: Viaje de un Día: Moheagan Sun; Precio: \$25.00
Martes	Cuarto de computadoras (8:30-3)	Cuarto de computadoras (8:30-3)	Cuarto de computadoras (8:30-3)
2, 9, 16, 23,	Café (09:00); Yoga (10:00)	Juego de naipes, Billar (8:30-3:00)	Café y conversación (9:30)
30	Almuerzo (11:30)	Desayuno (9-10)	Almuerzo (11:30)
de diciembre	Artesanía (12:30-2:00)	Tai Chi (10:00)	Bingo Progresivo (1-3)
	Billar/ Wii / Juegos /Cartas (1-4)	Almuerzo (11:30)	12/16: Bizcocho de Cumpleaños y Celebración
	12/8: Viaje a Foxwoods Casino		12/30: Pruebas de la Presión Alta Gratis (10:30)
Miércoles	Cuarto de computadoras (8:30-3)	Cuarto de computadoras (8:30-3)	Cuarto de computadoras (8:30-3)
3, 10, 17, 24, 31	Café (9:00); Yoga&Pilates (10:00)	Juego de naipes, Billar (8:30-3)	Café y conversación (9:30)
de diciembre	Recordar el pasado -favor llamar	Desayuno (9-10)	Yoga(10:30-11:30) ; Almuerzo 11:30
	Almuerzo 11:30	Almuerzo (11:30)	"Manjhong" / Croche / Costura(1:00-3:00)
	Billar / Wii / Ping Pong / Pokeno	Reunión de grupo (1:00-3:00)	Bingo (1:00) y Artes y Oficios (1:30)
	Cartas/ Juegos, Bingo (1:00)		Arte y Artesanía (1:30)
	11/26: Fiesta de Acción de Gracias Auspiciado por Fairhaven Management Team	Llame al Centro para Información sobre las Actividades en el Mes de Noviembre #: 203-946-8541	12/17: Reunión Feriada de East Shore
Jueves	Cuarto de computadoras (8:30-3)	Cuarto de computadoras (8:30-3)	Cuarto de computadoras (8:30-3)
4, 11, 18, 25	Proyecto Mothercare (08:30-2:00)	Juego de naipes, Billar (8:30-3:00)	Café y conversación (9:30)
de diciembre	Yoga/Pilates/Zumba (10:00)	Yoga (10) Recordando el pasado (11)	Tai Chi Kathy Trusdell (10:00-11:00)
	Almuerzo (11:30); 12/11: Fiesta de Navidad	Almuerzo (11:30)	Almuerzo (11:30)
	Cerámica (12-4)Baile (1:00)	Clases de Computadoras 1:00	Bingo Progresivo (1:00-3:00)
	Billar, juegos (1-4), Baile Latino (1:00)	Baile (05:00)	12/25: El Centro Estará Cerrado
Viernes	Cuarto de computadoras (8:30-3)	Cuarto de computadoras (8:30-3:00)	Cuarto de computadoras (8:30-3)
5, 12, 19, 26	Café (09:00)	Juego de naipes, Billar (8:30-3:00)	Café y Conversación (9:30)
de diciembre	Proyecto Eldercare (09:30-12:30)	Desayuno (9:00-10:00)	Almuerzo (11:30)
	Yoga - Debbie Kahan (9:30-10:30)	Almuerzo (11:30)	Cerámica O Costura (12:30)
	Almuerzo (11:30); Cerámica (12:00-4)	Grupo de Damas (1:00-3:00)	Juego de naipes (12:30-3)
	Billar / Wii / Ping Pong / Pokeno (1-4)	Bingo (1:30)	Izquierda, derecho, centro (1:00)
	Dispensario de Alimentos (2:00)	12/26: El Centro Estará Cerrado	12/26: El Centro Estará Cerrado
	12/26: El Centro Estará Cerrado		

**East Shore Senior Center recognizes
& thanks U.S. Military
Servicemen & Veterans**



**Bon Voyage to Ms. Bushay of
Dixwell/Newhallville**



**East Shore seniors having a grand
time with each other during their**



City of New Haven—Elderly Services Department

PHARMACY	ADDRESS	PHONE NUMBER	DELIVERY
Visels Pharmacy	714 Dixwell Ave. New Haven	203-562-6878	Only in the Dixwell Area
Bella Vista	321 Eastern St. New Haven	203-467-1683	Bella Vista
Hancock Pharmacy	306 Grand Ave. New Haven	203-776-7100	Free Delivery & Pick Up: New Haven, West Haven & Hamden
Rite Aid	325 Ferry St. New Haven	203-777-0695	Free Delivery in the New Haven area
Walgreens	88 York St New Haven	203-752-9893	No Delivery
Walgreens	1471 Whalley Ave. New Haven	203-389-2143	No Delivery
Berney's Pharmacy	615 Howard Ave New Haven	203-562-4447	Free Delivery & Pick Up: All over town and in Hartford once a week
Rite Aid	66 Church St. New Haven	203-777-7248	Free Delivery in the New Haven Area
New Haven Pharmacy	382 Grand Ave. New Haven	203-777-3700	Free Delivery & Pick Up: Fair Haven, New Haven, North Haven, East Haven, West Haven, and Hamden
CVS Pharmacy	215 Whalley Ave. New Haven	203-401-4661	No Delivery
Chapel St. Pharmacy	1219 Chapel St. New Haven	203-777-2227	Free Delivery & Pick Up in the New Haven area
Cornell Scott Hill Health Center's Pharmacy	428 Columbus Ave. New Haven	203-500-3021	No Deliveries
People's Pharmacy Express	375 Washington Ave. North Haven	203-287-7375	Free Delivery & Pick up in New Haven, West Haven, East Haven, Hamden, Branford, Wallingford and Meriden
Hancock Pharmacy	1 Long Warf New Haven	203-787-9908	Free Delivery in the New Haven area
Beacon Prescription Pharmacy	875 Foxon Rd. East Haven	203-467-2600	New Haven Deliveries \$2.00 charge for Delivery (fee for multiple orders will be waived)

Ciudad de New Haven

Departamento de Servicios a los Envejecientes

FARMACIA	DIRECCION	TELEFONOS	ENTREGAS
Farmacia Visels	714 Dixwell Ave. New Haven	203-562-6878	Solo en la área de Dixwell
Bella Vista	321 Eastern St. New Haven	203-467-1683	Bella Vista
Farmacia Hancock	306 Grand Ave. New Haven	203-776-7100	Entrega/Recogido Gratis New Haven, West Haven, & Hamden
Rite Aid	325 Ferry St. New Haven	203-777-0695	Entrega Gratis en el área de New Haven
Walgreens	88 York St New Haven	203-752-9893	No entregas
Walgreens	1471 Whalley Ave. New Haven	203-389-2143	No entregas
Farmacia Berney	615 Howard Ave New Haven	203-562-4447	Entrega/Recogido Gratis: En todos los pueblos y una vez en la semana en Hartford
Rite Aid	66 Church St. New Haven	203-777-7248	Free Delivery in the New Haven Area
Farmacia New Haven	382 Grand Ave. New Haven	203-777-3700	Free Delivery & Pick Up: Fair Haven, New Haven, North Haven, East Haven, West Haven, & Hamden
Farmacia CVS	215 Whalley Ave. New Haven	203-401-4661	No Delivery
Farmacia Chapel St.	1219 Chapel St. New Haven	203-777-2227	Entrega/Recogido Gratis en el área de New Haven
Farmacia Cornell Scott Hill Health Center	428 Columbus Ave. New Haven	203-500-3021	No Entregas
Farmacia People	375 Washington Ave. North Haven	203-287-7375	Entrega/Recogido Gratis en New Haven, West Haven, East Haven, Hamden, Branford, Wallingford and Meriden
Farmacia Hancock	1 Long Warf New Haven	203-787-9908	Entregas Gratis en el área de New Haven
Farmacia Beacon Prescription	875 Foxon Rd. East Haven	203-467-2600	\$2 entregas en New Haven (múltiples entregas el cargo se elimina)

Local Grocers that Deliver or Provide Rides Home with Groceries

<u>Name</u>	<u>Address</u>	<u>Telephone No.</u>	<u>Description</u>
Whitney Ville Food Center	1248 Whitney Avenue New Haven, CT 06511	(203) 248-4471	No Minimum fee just \$9.00 delivery charge. Meats, cold cuts, produce, dairy, frozen foods, desserts
Four Season Market	875 W Main Street Branford, CT 06405	(203) 488-4248	\$15.00 delivery charge Meats, deli, desserts, hot & cold salad bar and take out, bakery. Will prepare meal per request
C-Town	325 Ferry Street New Haven, CT 06513	(203) 777-3998	When placing your order for delivery, Ask for Store Manger, and indicate order/Delivery; transportation home is available in their four passenger service van. Minimum purchase of \$40.00
Edge of the Woods	379 Whalley Avenue New Haven, CT 06511	(203) 787-1055	Natural health food, organic produce, gourmets items, groceries, bakery, flowers, hot and cold deli, coffee, juice bar, vitamins, cosmetics, etc.
Marketa	180 Temple Street New Haven, CT 06510	(203) 848-6746	Full Deli, hot and cold salad bar hot and cold subs, produce, dairy, soup, pasta, basic toiletries (they deliver w/ Minimum purchase of \$20.00)
Ninth Square Market	72 Orange Street New Haven, CT 06511	(203) 603-9809	Delivery to Tower One/Tower East only. Hot and cold deli, dairy products, fruit, soups (Ask for Eddie) Delivery minimum \$12.00
P&M Orange Street Market	721 Orange Street New Haven, CT 06511	(203)787-5919	Full service groceries, produce, meats, and Fish. No deliveries.
C-Town	482 Greenwich Avenue New Haven, CT 06519	(203) 773-8998	When placing your order for delivery, ask for Store Manger and indicate order. Delivery & transportation home, are available in their four passenger service van. Delivery minimum of \$40.00.

Tiendas que Le Proveen Transportación con Sus Compras de Alimentos		
Nombre	Dirección	Teléfono
Whitney Ville Food Center	1248 Whitney Avenue New Haven, CT 06511	(203) 248-4471
Four Season Market	875 W Main Street Branford, CT 06405	(203) 488-4248
C-Town	325 Ferry Street New Haven, CT 06513	(203) 777-3998
Edge of the Woods	379 Whalley Avenue New Haven, CT 06511	(203) 787-1055
Marketa	180 Temple Street New Haven, CT 06510	(203) 848-6746
Ninth Square Market	72 Orange Street New Haven, CT 06511	(203) 603-9809
P&M Orange Street Market	721 Orange Street New Haven, CT 06511	(203) 787-5919
C-Town	482 Greenwich Avenue New Haven, CT 06519	(203) 773-8998

Descripción
No cargos mínimos solo \$9 cargos por transportación. Carnes, deli para sándwiches, productos, lácteos, y postres
\$15 cargo por la transportación Carnes, deli para sándwiches, variedad de ensaladas frías y calientes. Puede ordenar para llevar Le preparan la orden como la pida.
Cuando haga su comprar Pregunte por el Gerente e indique que necesita transportación a la casa, esta disponible en una guagua de 4 pasajeros Mínimo \$40.00.
Comida buena para la salud productos orgánicos, articulos gourmets, comestibles, pastelerías, flores, comida caliente y frías, café, jugos, vitaminas, cosméticos, etc.
Deli completo, ensaladas caliente y frías sándwiches fríos y calientes, productos lácteos sopas, pasta, articulos misceláneos, proveen transportación, Mínimo \$20.00.
Proveen transportación a Tower One/Tower East solamente. Deli caliente o fríos, productos lácteos, frutas, sopas (Pregunte por Eddie) Proveen transportación con un mínimo \$12.00
Servicio completo para los comestibles, productos, carnes y pescado. No se provee transportación. Cuando haga una order para que se la envíen, pregunte por el Gerente, e indique que necesita que le den transportación a la casa, se provee transportación en la guagua de 4 pasajeros. Mínimo de \$40.00.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	HAPPY BIRTHDAYS! Crab Cake/Tartar Sauce/Lemon; Coleslaw Vinaigrette; Corn on the Cob; Whole Wheat Bread; Pineapple Juice; Frosted Marble Cake; Low Fat Milk	Vegetable Barley Soup w/Crackers; Chicken w/Lemon & Garlic; Oven Roasted Potato; Broccoli; Wheat Dinner Roll; Peaches; Low Fat Milk	Turkey/LS Gravy; Sweet Potato Pone; Green Beans; Cranberry Sauce; Pumpernickel Bread; Fresh Fruit; Low Fat Milk	Cheese Lasagna w/ Parmesan Cheese; Tossed Salad w/ Tomato & Italian Bread & Italian Dressing; Mandarin Oranges; Low Fat Milk
7	8	9	10	11
Chicken Cacciatore; Penne; Fresh Zucchini; Garlic Breadstick; Apple Juice; Chocolate Chip Cookie; Low Fat Milk	Breaded Veal Cutlet w/LS Gravy; Smashed Potato; Green Beans; Wheat Bread; Fresh Fruit; Low Fat Milk	Chanukah Special Pot Roast W/LS Gravy; Potato Latkes; Applesauce Garnish; Carrots; Rye Bread; Jelly Donut; Low Fat Milk	Chicken Noodle Soup w/Crackers; Light Crunch Fish; Tartar Sauce/Lemon; Wild Rice Pilaf; Spinach Salad w/carrot & Raspberry; Marble Rye; Pineapple; Low Fat Milk	Broccoli Quiche; Scandinavian Blend Veggies; Roast Potato; Wheat Dinner Roll; Fresh Fruit; Low Fat Milk
14	15	16	17	18
Beef & Bean Chili; Baked Potato/Sour Cream; Fiesta Blend; Tortilla Chips; Mixed Fruit Juice; Diet Fruited Jello w/Topping; Low Fat Milk	Minestrone Soup w/Crackers; Seafood Salad Plate w/Seafood Salad, Lettuce, Tomato, Beet Salad; Portuguese Roll; Fresh Fruit; Low Fat Milk	Herb Roasted Chicken w/LS Gravy; Confetti Brown Rice; Green Beans; Marble Rye; Pears; Low Fat Milk	Pot Roast/LS Gravy; Smashed Potato; Mixed Vegetables; Wheat Bread; Cranberry Juice; Carrot Cake; Low Fat Milk	Spinach Grandioli; Tossed Salad w/Olives & Balsamic Vinaigrette; broccoli; Parmesan Cheese; Garlic Bread; Pineapple; Low Fat Milk
21	22	23	24	25
Meatloaf/LS Gravy; Mashed Potato; Green Beans; Pumpernickel Bread; Apricots; Low Fat Milk	Chicken Parmesan Penne w/Sauce & Parmesan Cheese; Fresh Zucchini; Italian Bread; Grape Juice; Oatmeal Cookie; Low Fat Milk	Christmas Special Beef Wellington; Twice Baked Potato; Peas & Mushrooms; Snowflake Dinner Roll; Cranberry Juice; Holiday Cake; Low Fat Milk	Roast Pork/LS Gravy; Baked Potato/Sour Cream; Peas & Carrots; Applesauce Garnish; Rye Bread; Peaches; Low Fat Milk	CENTERS CLOSED FOR HOLIDAY MERRY CHRISTMAS Día de Navidad—Los Centros Estarán Cerrados
28	29	30	31	
Sweet & Sour Pork; Brown Rice; Oriental Blend; Mandarin Oranges; Low Fat Milk	New Year Celebration Chicken Breast w/Spinach & Red Pepper; Brown Rice; Parsley Carrots; Herbed Dinner Roll; Holiday Cake; Low Fat Milk	Stuffed Salmon/Rosemary Cream Sauce; Mashed Potato; California Blend; Marble Bread; Baked Apple Slices; Low Fat Milk	Broccoli Stuffed Chicken w/Supreme Sauce; Roasted Sweet Potato; Collard Greens; Wheat Bread; Fresh Fruit (Orange); Low Fat Milk	

Latino Menu—Atwater Senior Center & Casa Otoñal

12/4

Spanish Lasagna
Parmesan Cheese
Tossed Salad w/Tomato & Italian Dressing
Italian Bread
Mandarin Oranges
Low Fat Milk

12/8

Roast Pork Pernil
Rice & Pink Beans
Yucca
Wheat Bread
Fresh Fruit
Low Fat Milk

12/18

Spanish Baked Fish
Rice & Pigeon Peas
Tossed Salad w/Olives & Balsamic Vinaigrette
Garlic Bread
Pineapple
Spanish Flan
Low Fat Milk

12/22

Spanish Garlic Chicken
White Rice
Fresh Zucchini
Italian Bread
Grape Juice
Oatmeal Cookie
Low Fat Milk

Menú Latino—Atwater Senior Center y Casa Otoñal

12/5

$\frac{3}{4}$ c Sopa minestrone /Galletas sin sal
Pastelón
 $\frac{1}{2}$ taza arroz
1 rebanada de pan
1 fruta fresca
8 oz de leche baja en grasa

12/9

$\frac{1}{2}$ vaso jugo de manzana
3 oz ajo pollo
 $\frac{1}{2}$ taza yuca
 $\frac{1}{2}$ taza arroz
 $\frac{1}{2}$ taza. Habichuelas verdes
 $\frac{1}{8}$ del pastel de calabaza
8 oz Leche baja en grasa

12/23

$\frac{1}{2}$ vaso jugo frambuesa
3 oz. asopado de pollo español
 $\frac{1}{2}$ taza arroz
 $\frac{1}{2}$ taza maíz
 $\frac{1}{2}$ taza budín de guineos
8 oz leche baja en grasa



CHOICE MENU

Tuesday

12/1: **HAPPY BIRTHDAY CELEBRATION**

Seafood Salad on Small Deli Roll w/Shredded Lettuce

Carrot Raisin Salad

Tomato & Cucumber Salad

Frosted Marble Cake

12/8

Beef Broth W/ Vegetables & Orzo/LS Crackers

Egg Salad on Multigrain Bread

Coleslaw

Seasonal Fresh Fruit

12/15

Minestrone Soup/LS Crackers

LS Ham & LS Swiss on Rye/Mustard

German Potato Salad

Waldorf Salad

12/22

Seafood Salad on Bed of Lettuce w/Tomato Garnish

Small Whole Wheat Roll

Pasta/Veggie/Olive Salad

Black Bean & Corn Salad

Grape Juice

Oatmeal Cookie

12/29

Sliced Virginia Ham/Swiss Cheese on Rye

Mustard/Mayo

Tomato, Onion, Cucumber, Basil Salad

Coleslaw W/Shredded Carrot

Sparkling Juice

Holiday Cake

Thursday

12/3

Fresh Roast LS Turkey & LS Cheese w/Lettuce & Tomato on Whole Wheat Wrap

Potato Salad

Fresh Fruit

12/10

Chicken noodle soup w/2 crackers

Turkey Salad w/Celery on Whole Wheat Kaiser Roll

Tossed Salad w/LS Dressing

Chickpea Salad w/Onion, Green Pepper & Garlic

Pineapple

12/17

Chicken Salad on Multigrain Bread

German Potato Salad

Tossed Salad w/Tomatoes

Italian Dressing

Cranberry Juice

Carrot Cake

12/24

Sliced Roasted Butterball Turkey w/cranberry sauce

Whole Grain Bread w/Mayo

German Potato Salad

Fresh Spinach Salad/Vinaigrette

Cranberry Juice

Carrot Cake

12/31

Mediterranean Tuna Wrap Whole Wheat Wrap
(Shredded Lettuce, Red Onion, Olives, Parsley & Lemon Zest)

Broccoli & Cauliflower Salad

Waldorf Salad

Low Fat Milk

New Haven, Connecticut Department of Elderly Services
(Departamento de Servicios para Ancianos en New Haven, Connecticut)

- Migdalia Castro, Director; 203-946-7854 mcastro@newhavenct.net (Directora del Departamento de Envejecientos)
- Georgiann Dogolo, Elderly Services Specialist (Especialista Servicios Envejecientes); 203-946-2272
- Douglas Toth, Elderly Services Specialist (Especialista Servicios Envejecientes); 203-946-8585
- Maya Welfare, Newspaper Editor and Spanish Translator (Editora del Periodico y Traductora); mwelfare@newhavenct.net
- Mercedes Felix, Spanish Translator (Traductora); 203-946-8200
- Gus Cuomo, Circulation Manager (Gerente Circulación); **Atwater Senior Center**, 26 Atwater Street; Tel. 203-946-8558
- Gwen Grady; Elderly Services Specialist; **Dixwell/Newhallville Senior Center**, 255 Goffe Street; Tel: 203-946-8541
- Michelle Clary-Butler, Elderly Services Specialist; **East Shore Senior Center**, 411 Townsend Avenue; 203-946-8544
- Filomena Fiodella; Elderly Services Specialist; **Atwater Senior Center**, 26 Atwater Street; Tel. 203-946-



IMPORTANT PHONE NUMBERS/NÚMEROS IMPORTANTES

MAYOR'S OFFICE — 203-946-8200 (OFIDINA DEL ALCALDESA)

ELDERLY SERVICES—203-946-7854 (SERVICIOS DE ANCIANOS)

MY RIDE — 203-288-6643 (MI TRANSPORTACIÓN)

MARY WADE MEDICAL TRANSPORTATION — 203-562-7222 (TRANSPORTACIÓN MARY WADE)

POLICE—NON-EMERGENCY—203-946-6316 (POLICÍA NO EMERGENCIA)

EMERGENCY—911 (EMERGENCIA)

PUBLIC WORKS—203-946-7700 (HOURS 7:00 A.M -3:00 P.M. M-F) (TRABAJOS PÚBLICOS)

TRANSPORTATION, TRAFFIC & PARKING 203-946-8078 (TRANSPORTACION, TRÁFICO Y PARQUEADERO)

