

NORTH STONINGTON SENIOR TIMES

OPEN HOUSE

On Tuesday, September 21st, at 4:00 pm there will be an Open House at the Senior Center.

It's time to show off all the hard work that has been taking place at the center.

Many members of the art class have their works on display.

The quilting class has done a fantastic job on the valances and the craft class is busy decorating for the fall season.

At the open house, sign-up sheets will be available for old and

new activities that will be starting in the fall.

I hope to entice new members to join our fun loving group of Seniors. We are always looking for new ideas to make our center as active as possible.

Appetizers and coffee will be served. Please come and join in the fun.



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- Happy Birthday and Happy Anniversary to:
- Sandra Appleton
- Janet Caswell
- Roseanne Cullen
- Theraleen VanDine
- Nicholas Mullane II
- Florance Mullane
- Mille Pilch
- Charles and Joan Knapp
- Eleanor and Robert Ritzie
- Daisy and John Jennerwein
- Esther Perkins

CHOICES Training

Please note that on September, 8th, 15th, 22nd 29th and October 13, 2010, I will in training with the Senior Resources, Agency on Aging. This seminar is Co-sponsored by the State of Connecticut & the Center for Medicare Advocacy.

The seminar is held once a year and will enable me to assist seniors in completing their forms and to ensure that they are getting the proper benefits to which they are entitled. I look forward to helping you with your needs.

UP and Coming Events

- Sept. 7 Mystery Lunch 10:20 am
- Sept 16 Farmers Market leaving 10:00 am
- Sept. 14 Florence Griswold Museum 10:00
- Sept 21 Open House 4:00 pm
- Oct. 1 Paul King Orchestra 10:45 am
- Oct. 12 Mystery Lunch
- Oct. 20 Oktober Fest 10:30 am

Please note the AARP Safe Driver Program will be held at the Senior Center Oct. 25th & 26th.
Call and sign up today!

Flu Clinic:
Sept. 23, 2010
9:00 am –11:00 am
&
Oct. 14, 2010

Winter Heating Assistance

We had a very good turn out for our informational on heating assistance last month.

You may not be aware but the guide lines have changed to address the needs of the middle class as well as the lower class income.

For example: a family of one may earn between \$ 16,245.01 and \$21,660.00 and receive almost two fill ups of oil. A family of 3, earning between

\$27,465.01 - \$35,620.00 will receive the same amount.

This program is not just for Seniors. If you know someone who may need help with heating have them call the Pawcatuck Neighbor Center at (860)



Lunch Menu

- Sept. 8 Mac & cheese, ham veggie bread Egg plant parm.
- Sept. 15 Home made Pizza and salad
- Sept. 22 Pot Luck
- Sept. 29 Cold cuts and salads

I know I will be missing these dinners due to my training. Fortunately, David Fede, former culinary instructor at the Tech school will be helping out.



September 2010

Mon	Tue	Wed	Thu	Fri
		1 GA Meeting 12:30	2 Quilting 1:00-3:00 Tai Chi 3:15-4:00 pm	3 Art class 10:00-noon Chair aerobics 1:30-2:30 pm
6 Crafts 10:00- Noon	7 Mystery Lunch	8 Dinner Noon Bingo	9 Quilting Tai Chi	10 Art Chair aerobics canceled
13 Crafts	14 Florence Griswold Museum	15 Dinner Bingo	16 Quilting Bishop's Orchard Leave at 10:00 am	17 Art Chair aerobics
20 Crafts	21 Open House 4:00 pm	22 Dinner Bingo	23 Exercising Resumes 10:00 Quilting	24 Art Chair aerobics
27 Breakfast Club 7:00 Gentlemen's Farmer	28	29 Dinner Bingo	30 Exercise Quilting	

North Stonington Senior Center



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40 Main St.
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Email: north.stonington@snet.net

Transportation is provided by seniors for medical reason, by appointment only! Appointments must be made at least a month in advance.

North Stonington Golden Ages Club

Board of Directors:

GA President –Jerry Ward

GA Vice President –Sunny Gleason

GA Secretary– Marie Herbert

GA Treasurer-John Holliday

GA Sunshine Lady– Margaret Ward

Yearly membership dues of \$10.00 are due at the end of each January. Club Meetings are held at the center on the first Wednesday of each month.

Roasted Fall Vegetables

Prep: 20 minutes Total: 1 hour 20 minutes

With just salt, pepper, a bit of oil, and a hot oven, nearly every vegetable becomes sublime.

To store: Let cool, place in an airtight container, and refrigerate up to 3 days. Pour off any accumulated liquid before using.

Ingredients

Serves 8; Makes about 12 cups.

- 2 pounds (about 1 medium) butternut squash, peeled, seeded, and cut into 1 1/2-inch pieces
- 2 pounds red new potatoes (12 to 14), well scrubbed and quartered
- 1 pound medium red onions (about 2 to 3),

peeled and quartered

- 1 pound carrots (6 to 8 medium), halved lengthwise, if thick, and cut into 1 1/2-inch lengths
- 4 to 6 garlic cloves, peeled and smashed
- 3 tablespoons olive oil

Coarse salt and ground pepper Directions

Preheat oven to 450 degrees. Divide vegetables and garlic between two rimmed baking sheets (or line with parchment paper, if desired, for easy cleanup); dividing evenly, toss with oil, 2 teaspoons coarse salt, and 1/4 teaspoon pepper.

Roast until vegetables are tender and beginning to brown, 40 to 50 minutes, tossing them and rotating sheets from top to bottom halfway through. Serve hot or at room temperature.