



March 2012



St. Patrick's Day Luncheon



Friday, March 16 12:00, join us for Corned Beef and Cabbage, potatoes, carrots and Irish dessert. Entertainment by John Kuhner. Purchase ticket in the office. Find a shamrock sticker and get entered to win a prize in our raffle. \$6.00

Staying Home in Guilford

There will be an informational meeting on **Sunday, March 11 at 2:00** at the Guilford Library. Refreshments will be served. Come and learn more about this neighbor helping neighbor organization. The Staying Home in Guilford Committee also needs to know how many Guilford residents are interested in being participants as a member, a volunteer or a paid service person.

New Basic Meal Fee

Effective July 1, 2012, the fee for a basic meal at the Community Center will be \$3.00. Special meals will still be priced where different.

Mah Jongg

Interested in playing Mah Jongg. The office is currently taking names of those who are interested in playing Mah Jongg to form a group to play regularly. If you are interested please call 453-8086.

Sewing

The sewing group is looking for volunteers who enjoy sewing. If you would like to join the group or sew items at home call the office 203-453-8086.

Healthy Living Talk

Tuesday, March 27 at 10:00, the VNA will be talking about Memory. Learn why exercising your brain is as important as exercising your body. Find out how to maintain and improve brain function and dispel myths of memory loss and aging. Refreshments will be served.

Booming Business

Baby Boomers and Empty Nesters Age 55+

Planning for your retirement: Preparation is an important step to make your Golden Years really golden. Join us for a series of seminars that can help those 55+ with planning and those 65+ to possibly make adjustments.

March 8, 7:30 (snow date March 15): Understanding Medicare and planning for Healthcare costs in retirement. Understand basic Medicare coverage and the various supplemental health care options available to maximize health care coverage in retirement. Learn how to account for healthcare costs, including those not covered by Medicare.

April 12, 7:30: Does my financial situation need a trust? Learn the basics about trusts and how they might help you and your beneficiaries. Some commonly used trust structures will be discussed that could be used in today's volatile market environment for asset protection, charitable giving and beneficiary care.

Please call the office to register. 203-453-8086. Light refreshments will be provided.

Dinner and A Movie From the 1970's

\$5.00 per night. 6:00p.m. Schedule as follows:
Friday, March 30 Blues Brothers
Friday, April 27 American Graffiti
Friday, May 25 Arthur

The Natural Secrets of Guilford

Join us for a series of guided educational walks/hikes in some of Guilford's most beautiful natural treasures. 3 miles long at moderate pace. Bring proper footwear, insect repellent, water and snack.

April 14 (Raindate: 4/21)– The Meadowlands Audubon Sanctuary and an adjacent section of the East River Preserve. Meet at the Community Center to carpool to site.

May 12 (Raindate: 5/19)– Myerhuber Preserve and Reid's view of the Braemore Preserve. Meet at Braemore parking area, Rt. 77 in North Guilford.

June 9 (RAindate: 6/16)– Nut Plains Woods. Meet at Guilford Lakes School to carpool to site.

Thursday Shopping



The shopping bus will go to Stop and Shop in Branford on the last Thursday of the month.

THE
GUILFORD
SENIOR
CITIZENS
32 CHURCH STREET
GUILFORD, CT
(203) 453-8086

Terry Buckley
Coordinator

Tracy Guliani
Program
Assistant

Barbara Kuziel
Office Assistant

Larry Santamaria
Chef

Ian Porter
Assistant Chef

Lenzi Thomas
Assistant

Frank Culligan
Assistant

Drivers:

Horace Little
Guido Dobrila
Dominick Mastrony
Cliff McGuire

Please sign up in the office for all programs. If not enough people are signed up programs will be cancelled. 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.

Travel

- Wednesday** **Joe Cuddy Irish Comedian at John Sullivan's**—Join us for Ireland's foremost popular singer/comedian, Joe Cuddy, known for his witty patter, hilarious stories, and huge hit single "Any Dream Will Do". Coffee, Danish on arrival. Lunch includes garden salad, pasta, Irish soda bread, potato, specialty dessert, beverage and choice of Corned Beef and Cabbage, Chicken Florentine, or NY Strip Steak. Meet at Community Center at 10:15. \$56 residents, \$61 non-residents includes bus, lunch and show.
- Wednesday** **Always... Patsy Cline at the Ivoryton**—Join us for this show based on the true story of Patsy Cline. Includes home country humor, true emotion and many of her unforgettable hits such as Crazy, I Fall to Pieces and Walking After Midnight. Lunch before the show at Oliver's Tavern with a choice of Flat Iron Steak, Vermont Cheddar and Pear Stuffed Chicken, Baked Salmon or Eggplant Parmesan. Meet at the Community Center at 11:00 a.m. \$52 residents \$57 non residents includes bus, lunch and show. **FULL—TAKING WAITLIST**
- Wednesday** **Lunch Bunch**— This month we are heading to the Hibachi Grill and Supreme Buffet in Orange. Enjoy a wide selection of Chinese food or get your lunch cooked in front of you on the hibachi grill. \$2 for the bus \$6.59 for the buffet paid at the restaurant.
- Wednesday** **Crooners & Cannoli** - Travel by motor coach to the Birthplace of "The Chairman of the Board," Ol Blue Eyes' himself, Francis Albert Sinatra, Hoboken, New Jersey. We'll stop at some of Frank's old haunts, such as Lepore's Chocolates, St. Francis Church, where he was baptized, Giorgio's bakery, and visit Frank Sinatra Park, with its beautiful view of the Manhattan skyline. We'll eat at one of Frank's favorite restaurants, Leo's Grandveous. Cannoli will be delivered from Carlo's Bakery, home of television's "Cake Boss, Buddy Valastro. We'll also stop at the Hoboken Historical Museum, full of Frank Sinatra memorabilia. Meet at Community Center at 7:00 a.m. and return approximately 7:00 p.m. \$76 residents, \$81 non-residents.
- Friday** **The Graduate at Ivoryton Theatre**—Start the evening with a spaghetti dinner with salad, bread and dessert at the community center beginning at 5:30 p.m. After dinner, board the Parks and Recreation bus to Ivoryton Playhouse to see the opening night of The Graduate complete with Simon and Garfunkel music. Following the show, meet the cast at an opening night reception with wine and light refreshments. \$42 residents, \$47 non-residents for bus, dinner and show.
- Tuesday** **John Timpanelli: Singer, Comic, Impressionist**— At the Riverhouse in Haddam. John Timpanelli is a romantic crooner, a Broadway showstopper and a wonderful impersonator. \$52 residents, \$57 non-residents, includes transportation and lunch with garden salad, harvest rolls, chicken marsala or pan seared salmon with mango salsa, vegetable, potato, chocolate mousse martini, drinks. Meet at community center at 10:45.
- Wednesday** **Vicki Lawrence at Foxwoods Theater**— See Emmy award winning comedienne Vicki Lawrence, one of the most beloved television personalities of her generation best known for her performances on the "Carol Burnett Show". The show is a mixture of stand-up comedy, music and her observations about real life. \$50 Residents, \$55 Non Residents includes bus, show, buffet, time in the casino and current Foxwoods bonus package. Meet at the community center at 9:45 and return approximately 5:00p.m.
- Monday** **Boston Red Sox vs. Detroit Tigers**— Travel to Fenway Park to see the Red Sox with their new head coach Bobby Valentine as they take on the defending AL Central champions Detroit Tigers. \$70 resident / i\$75 non-residents includes roundtrip motorcoach transportation, right field grandstand seats and driver gratuity. Sure to be a great game, sign up early!!
- Monday** **Sleepy Hollow at Sunnyside and Philipsburg Manor**—by motor coach. Sunnyside is filled with Washington Irving's furnishings, books and memorabilia. Next, head to the Union Church with its stained glass window by Henri Matisse. Dine at Sunset Cove with a menu of chicken picatta or bowtie primavera, salad, fruit platter and coffee or tea. \$87 resident \$92 non-resident includes transportation, tour and lunch. Meet at community center at 8:00 a.m. and return approximately 6:45 p.m.
- Fri-Mon** **Quebec City**—Our destination is Quebec City, the only walled city in North America and the vibrant center of French culture in Canada. A guide will show us all the sights including the Plains of Abraham, the Provincial Parliament, Citadel Fortress, Quebec Basilica and Royal Palace. We also spend a day at the Beaupe, the Isle of Orleans and outdoor bread ovens. Total cost is \$679 residents, \$689 non residents. Stop in at the office for a flyer.

Sunday

July 1

Tall Ships in Boston— Board a sightseeing boat for a narrated up-close look at the Tall Ships and US Naval vessels from across the world that are coming to Boston to mark the bicentennial of the War of 1812 and “The Star Spangled Banner”. Family style All You Can Eat luncheon is included at a popular Boston area restaurant. \$97 residents, \$105 non residents includes roundtrip motorcoach transportation, lunch, narrated cruise, all taxes and gratuities.

Tues-Fri

Aug. 21-30

Western Frontiers— Our big trip for the year will be a trip to the Western Frontiers. Ten days and many breathtaking sights await you on our tour to several National Parks and highlights of the Old Frontier. We’ll visit Cheyenne, the Badlands National Park, marvel at MT. Rushmore, and look in awe at the Grand Tetons. The Buffalo Bill Historical Center has many fascinating stories to tell, as well as Fort Hays, site of the filming of “Dances with Wolves”. Yellowstone National Park is not to be missed. Stops include 3 night stay in Rapid City and 2 nights in the Yellowstone area. Airfare is included. Total cost is \$2879 which can be paid with a \$379 deposit with your reservation, a \$1,000 payment due on April 1 and a final payment of \$1500 due May 13. Stop in at the office for a flyer.

Mon-Wed.

Oct. 1-3

Jonah at the Millennium Sight and Sound Theater Bethlehem, Lancaster and Philadelphia— Our trip starts with a stop in Bethlehem, the Christmas City, with a visit to the new Sands Casino. We then head to Reading for a 2 night stay at the beautiful Crowne Plaza Hotel. Activities and sights also include a reception, a live musical comedy show, the Intercourse Creamery, Kitchen Kettle gift shops and a guided tour of Philadelphia. \$409 double, \$389 triple and \$499 single.

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Men's Conversation Group Meets every Monday 1:00			1	2	3
4	5 John Cicarella Medicare Assistance	6	7 Joe Cuddy @ Joe Sullivan's	8 Financial Seminar on Medicare	9	10
11 Staying Put Meeting @ Library	12	13 Blood Pressure Budget Comm. Meeting	14	15	16 St. Patrick's Day Lunch	17
18	19	20	21 AARP 1:00-5:00 Patsy Cline Trip	22	23	24
25	26 Attorney Gail Kotowski Call to make an appointment	27 Healthy Living— talk on memory	28 Lunch Bunch— Hibachi Grill	29	30 Dinner & Movie "Blues Brothers"	31

Monday

Senior Cinema 9:30
Knitting 1:00
French 10:30
Aerobics 1:30-2:30
Gentle Yoga 10:45-12:00
Bridge 12:30

Tuesday

Pinochle 9:30
Spanish 10:00-11:00
Bocce 10:00
Int. Tai Chi 12:00-2:00
Aerobics 1:30-2:30

Wednesday

Santa's Elves 10-12

Thursday

Body Wise 1:30-2:30
Bridge 9AM-12PM
Wii Bowling 10:00a.m

Friday

Ball Room Line Dance 9:00-10:00
Tai Chi 1:00-2:00
Pickleball 10:15-11:15
BINGO 1:00



March Municipal Agent Messages

SENIOR'S INFORMATION, REFERRALS AND APPLICATION ASSISTANCE.

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



CT HEATING ASSISTANCE

Call 203-453-8009 to schedule an appointment to apply for a heating benefit.



Due to budget cuts, benefit levels had been severely cut, but have increased since the start of the program. If you have been told you have exhausted your CEAP benefit, call CRT back and request another delivery. **Deadline to file an energy application this winter season has now been extended to May 1, 2012.** All household income and assets must be documented. Grants towards your heat expenses for the 11/12 season are available from the CT State Program if your income is below: \$31,864 for a single person/ \$41,668 for two.

CL&P Low Budget & Matching Payment Plan Assistance

Guilford CL&P residents who heat with electricity, qualify for an energy program and are having difficulty paying their electric bills.



OPERATION FUEL WINTER PROGRAM



Federal Benefit Payments Are Going All-Electronic

The U.S. Department of the Treasury now requires all federal benefit and non-tax payments to be paid electronically. People applying for Social Security, Veterans Affairs or other federal benefits, will receive their payments electronically starting with their first payment. People currently receiving federal benefit checks will be required to switch to an electronic payment option by **March 1, 2013.**

Those of you currently receiving federal benefit checks instead of direct deposit should consider making the switch to electronic payments now to beat the last-minute rush to sign up before the deadline of March 1, 2013.

Benefit recipients can choose to receive their payments by **direct deposit** to a bank or credit union account or to a **Direct Express® Debit Card®** card account.

Call (800)333-1795 or visit www.GoDirect.org for info



HOMEOWNERS TAX RELIEF PROGRAM

Call The Guilford Tax Assessor's office at 458-8010 to arrange for an appointment to receive assistance for your application to applicable tax relief programs for seniors, disabled individuals and veterans **before May 15, 2012**



CONNECTICUT TAX-AIDE

NEED FREE HELP With YOUR TAXES?

In Guilford, please call 203-453-8086 to make an appointment to have them done at the Guilford Free Library.

To locate a Connecticut AARP Tax-Aide

Income tax preparation another facility near you:

Call 211 or visit www.211ct.org/taxaide.asp

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.



BANK, HAIR & MEDICAL TRANSPORTATION

Within Guilford available by the Senior Bus. Call the Senior Office for reservations at least 48 hours in advance. Call 203-453-8086, when making your reservation you must notify the office of all your intended destinations.



GROCERY SHOPPING TRANSPORTATION

available in Guilford on Thursdays only, by the Senior bus. Call, 203-453-8086, 24 hours in advance.



WHEELCHAIR TRANSPORTATION

in or out of Guilford is available on the Senior Bus. Wheelchair passengers must be accompanied by an aide. Call, 203-453-8086, 48 hours in advance.



MY RIDE Regional Rides Transportation Program

Door to door bus service transportation to those over 60 or disabled residents. No limitations on trip purpose. \$2.50 per one way trip fare charged, you may be accompanied by an aid or guest. Service area encompasses the towns of: Bethany, Branford, East Haven, Guilford, Hamden, New Haven, North Branford, North Haven, Wallingford, West Haven and Woodbridge. Call 203-288-6282 for more info.



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



FRIENDLY VISITORS- provides 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.



MEALS ON WHEELS - call 203-453-8359 to request this invaluable midday meal delivery service.

**HOME DELIVERY SERVICES:

Guilford Food Center- offers grocery delivery with a \$20 minimum order. Fee is \$8 and your order must be called in by 11am, 203-453-4849.

CVS Pharmacy- offers free Rx delivery service, Mon through Fri., for their Guilford customers who are homebound & those unable to drive. You must call the Pharmacy at 203-458-1444 to arrange for this service.

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



FRENCH #20220

Day: Monday
 Date: April 2 - June 18
 Time: 10:30 - 11:30 a.m.
 No class: May 28
 Instructor: Candace Routh
 Fee: \$30.00 Non-Res. \$40.00
 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.

SPANISH #20224

Day: Tuesday
 Date: April 3-June 19 27
 Time: 11:00 a.m. - 12:00 p.m.
 Instructor: Esther Bracken
 Fee: \$30.00 Non-Res. \$40.00
 !Bienvenidos! All levels welcome from beginner to advanced. A fun opportunity to learn to converse with fellow students. A new language helps keep the mind sharp.

GENTLE YOGA #20222

Day: Monday
 Date: April 2 - June 18
 Time: 10:45 a.m. - 12:00 p.m.
 No class: May 28
 Instructor: Nancy Ashcroft
 Fee: \$40.00 Non-Res. \$50.00
 Protect yourself from stiffness through a program of gentle stretching, proper breathing and relaxation techniques. Improve your posture and sense of balance to help reduce your risk of falling.

BODY WISE #20201

Day: Tuesday and Thursday
 Date: April 3- June 21
 Time: 1:30 - 2:30 p.m.
 Where: Community Center
 Instructor: Elizabeth Santoro
 Fee: \$30.00 Non-Res. \$40.00
 A safe program of gentle exercise and movement designed to increase flexibility, muscle tone, bone density, and improve circulation, balance and coordination.

BALLROOM LINE DANCE #20212

Day: Friday
 Date: April 13 - June 22
 Time: 9:00 - 10:00 a.m.
 Instructor: Karen Pfrommer
 Fee: \$25.00 Non-Res. \$35.00
 Remember those songs and dances you love and the wonderful memories they invoke while having fun and getting fit. Come and Cha Cha to Tea for Two, Waltz

to Moon River and Mambo to Tequila. Done in line format so no partner needed.

**LOW IMPACT AEROBICS/
WEIGHT TRAINING #20223**

Day: Tuesday and Friday
 Date: April 3- June 22
 No Class: April 6
 Time: 1:30 - 2:30 p.m.
 Instructor: Barbara Corso
 Fee: \$45.00 Non-Res. \$55.00
 Excellent program for cardio and stretching exercises.

HULA #20211

Day: Monday
 Date: April 2- June 18
 Time: 1:30 - 2:30 p.m.
 No Class: May 28
 Instructor: Joanne Wilder
 Fee: Free
 Join this fun exercise class and learn traditional hula moves and learn about island culture. Helps to trim the waistline and improve strength, flexibility and balance.

TAI CHI #20204

Day: Tuesday and Friday
 Date: April 3- June 22
 No Class: April 6
 Time: Advanced - 11:00 a.m. - 12:00 p.m.
 Beginner - 12:00 - 1:00 p.m.
 Inter. - 1:00 - 2:00 p.m. (Fri. only)
 Instructor: Martin Reichgut
 Fee: \$60.00 one day/week
 \$105.00 two days/week
 Non-Res. Add \$10.00

Come participate in this gentle form of exercise and moving meditation which can benefit you physically, emotionally and mentally. A safe and effective way to improve strength, flexibility, coordination, memory, concentration and stress management.

SENIOR CINEMA #20200

Day: Third Monday
 Date: Apr. 16, May. 21, June 18
 Time: 9:30 a.m. - 12:00 p.m.
 Instructor: Elizabeth Santoro
 Fee: \$12.00 Non-Res \$17.00
 Inspiring movies that will change your thinking about the world around you. These heartwarming movies are not shown in mainstream theaters. Discussion follows.

PICKLEBALL #20210

Day: Friday
 Date: April 13- June 22
 Time: 10:15 - 11:15 a.m.
 Instructor: Recreation Staff

Fee: \$20.00 Non-Res \$30.00
 Played with a low net, wooden paddles and a ball similar to a whiffle ball. A combination of ping pong, tennis and badminton. Easy for beginners, great fun. and exercise.

WATER STRIDES #20202

Day: Monday or Wednesday
 Date: April 2 - June 18
 April 4- June 20
 Time: 1:30 - 2:30 p.m.
 No Class: May 28
 Where: Soundview Family YMCA Pool in Branford
 Instructor: YMCA Staff
 Fee: Mon. \$55.00 Wed \$60.00
 No non-Resident fee
 A great water aerobics class. 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.

OIL PAINTING #20203

Day: Thursday
 Date: April 5 - June 21
 Time: A1 12:30-2:00 p.m.
 A2 3:00-4:30 p.m.
 Instructor: Emer Gearheart
 Fee: \$55.00 Non-Res. \$65.00
 Explore the wonderful world of art by starting with a black and white painting and progress to color. A chance to express your creativity and have fun with friends. Supplies included.

BRAIN. E. OLOGY # 20205

Day: Thursday
 Date: April 12 - May 31
 Time: 10:30-11:30 a.m.
 Instructor: Beth Capobianco R.N.
 Fee: \$25.00 Non-Res. \$35.00
 Exercise for your mind is just as important as exercise for your body. Join this Brain Fitness class and participate in meaningful exercises that will help you maintain your memory and cognitive ability throughout your life. As much fun as it is informative.

COMPUTER CLASS #20225

Day: Tuesday or Thursday
 Date: April 3 - May 10
 Time: 1:00 - 2:00 p.m.
 Instructor: Bob Hartz
 Location: Madison Senior Center
 Fee: \$40.00 (Non-resident: \$50)
 Get connected. Join us with our Madison neighbors at their new computer room. Learn computer basics, launching applications, email, and basic internet searching. Transportation to the Madison Senior Center can be provided as needed.

\$2.50 (unless noted otherwise) includes dessert and beverage
 Please call by 9:30 AM to reserve a lunch. 453-8086. **Please**
note: Menu subject to change.



March 2012



Mon	Tue	Wed	Thu	Fri
			1 BBQ Chicken Thighs	2 Beef Stroganoff \$3.00
5 Beef Cabbage Casserole Veggies	6 Codfish with Seafood Stuffing Pickled Beets Yellow Squash \$3.00	7 Breakfast Served 8-10 a.m.	8 Philly Cheese Steak Sandwich	9 Chicken Parmesan Shells with Sauce Zucchini
12 Whitfield Burger Onion and Cheese Baked Beans Green Beans	13 Spanish Rice with Chicken Sausage Zucchini Wax Beans	14 Breakfast Served 8-10 a.m.	15 Cheese Ravioli Spinach Sausage and Peppers	16 St. Patrick's Day Lunch \$6.00
19 Kielbasa Sauerkraut Diced Carrots Boiled Potatoes	20 Roast Pork with Fruit Sauce Whipped Squash Green Beans \$3.00	21 Breakfast Served 8-10 a.m.	22 Baked Ziti Eggplant Medley Italian Bread	23 Cod Fish Cakes California Blend Macaroni and Cheese \$3.00
26 Ham with Pineapple Slice Sweet Potatoes Brussels Sprouts	27 Meatloaf Mashed Potatoes Broccoli	28 Breakfast Served 8-10 a.m.	29 Sweet and Sour Pork Chinese Veggies Rice \$3.00	30 Chicken Florentine Diced Carrots Scalloped Potatoes Birthday Lunch

Pillows and Stuffing

The craft group is looking for pillows and pillow stuffing. If you have any please bring them to the office.

Budget and Social Committees

Have a great idea for an event? Want to have a say in how money is spent? If you are interested in joining the budget or social committee contact Terry in the office at 203-453-8086. Meetings are held on the second Tuesday of the month at 10:00am.

Medicare Assistance

John Cicarella, Benefit Specialist, is here on the first Monday of each month. If you need help with a billing question, understanding your Medicare plan or need to enroll call the office to make an appointment. There is no charge.

Legal Consultation

Legal consultation is available from Attorney Gail Kotowski the last Monday of the month. Call the office 203-453-8068 to make an appointment.

AARP DRIVER SAFETY CLASS

Day/Date/Time:

Wednesday **March 21 1:00-5:00 p.m.**

Wednesday **April 17 1:00-5:00 p.m.**

Wednesday **May 16 6:00-10:00 p.m.**



Instructor: Cliff McGuire

Fee: AARP Member \$12.00

Non-Member \$14.00

The AARP Driver Safety course is a refresher course for all drivers, but primarily aimed at the 60+ year old driver. You can receive a discount on your automobile insurance. NOTE: Registration for this program must be done on a form provided in the office at the Community Center and checks should be made payable to AARP.

Senior Sewing

Senior sewing will now meet on Wednesdays 10:00a.m.—12:00p.m. in the Quonnipaug Room. They will meet jointly with Santa Elves

Knit One-Purl Two Mondays 1:00-2:00 PM



SOS. The knitting group is desperately in need of clean yarn. If you attended the senior Fair last October and saw all of the items that were made and how much yarn was used then you would understand why we are asking for your donations. So friends, if you have any to spare, please bring it to the office or deliver it Mondays at 1:00 to the knitting group. Thank you in advance because we know the seniors always come through for a good cause!!

Valet Parking at VA Hospital

The VA now has valet parking. Signs will direct patients to Building #2 main entrance, parking lot #4 during the hours of 6:30a.m-6p.m. Monday-Friday. Attendants will verify eligibility by checking the patient ID, appointment card etc. Keys will be given to valet service, receive a claim ticket and proceed into medical center. After appointment return to valet station, turn in claim ticket and receive your car.

TRIAD News

TRIAD is a joint effort of the Police Dept., senior services, and the businesses in the community to support senior citizens especially in the area of personal safety. The Police Dept. has provided our first TRIAD crime prevention tip.

***Studies show that Senior Citizens are more at risk to be targeted by telemarketing scams than any other age groups. Fraudulent telemarketers direct anywhere from 56 to 80 percent of their calls at older Americans believing they are vulnerable and more susceptible to their tricks. These can be avoided by keeping these tips in mind.

***Offers too good to be true usually are. Ask to receive the unbelievable deal in writing so you can go over it carefully before making a commitment.

***Never give out your personal information over the phone or internet unless you have initiated the contact. Legitimate callers will never ask you for this information over the phone.

***If a caller asks you to pay for an offer in advance or asks for your credit card or social security number, tell them that **YOU DON'T GIVE OUT PERSONAL INFORMATION OVER THE PHONE**. Legitimate telemarketers won't be turned off by this. They will appreciate dealing with an educated consumer. **IT'S NOT RUDE IT'S SHREWD**

***Be suspicious anytime someone tells you must rush a decision or not confide in family or the police concerning a matter. If it's legitimate there should be no rush or secrecy.

Granny's Attic

We have decided to bring Granny's Attic back to the Guilford Senior Fair. We will be looking for quality, clean, new, used or re-gifted items to sell at the fair. To make sure items meet our standard of quality they will be inspected and approved by our committee. Items not approved MUST be taken back by donor. Items will be accepted the last Tuesday of the month starting March 27 from 10:00a.m.-12:00p.m.

Blood Pressure Screening. 2nd Tuesday of the month from 9-10:30 at the Community Center.

GUILFORD SENIORS PROGRAM
DEPT. OF PARKS & RECREATION
32 CHURCH STREET
GUILFORD, CT 06437
Return Service Requested

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