

Varsha Salani, D.M.D., LLC



State of the Art Dentistry

Emphasizing Cosmetics in a Therapeutic Environment

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Let us show you what our all female state-of-the-art cosmetic dentistry can do for you.
- Whitening - Smile Design
- Painless Gentle Dentistry

Come see us at our new location!
185 Maple Ave., North Haven, CT

Varsha Salani, D.M.D., LLC
(203) 234-1901

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF JANUARY

Mon., 1/13: **10am:** iPad User Group; **1-3pm:** Jukebox Bingo - FREE.

Tues., 1/14: **10am:** Blind & Vision Care Seminar; **11am:** Happy Birthday Party.

Wed., 1/15: **10:30am:** Q & A Wallingford Police Dept.; **1pm:** T.A.B.'s.

Thurs., 1/16: **9:30am:** A.G.E.

Fri., 1/17: **9am:** WCOA Meeting; **12:30pm:** Movie - "Knives Out."

Mon., 1/20: *Center Closed.*

Thurs., 1/23: **10am:** Demystifying Cremation...continued; **11am:** Cardio Drumming; **1:30pm:** Book Club Discussion Group.

Fri., 1/24: **10am:** iPhone Workshop, Parkinson's Support Group; **12:30pm:** Movie - "Who Framed Roger Rabbit."

JANUARY 2025 WEEKLY ACTIVITIES

Monday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Texas Hold'em, Canasta Lessons, Body in Motion; **10am:** Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout with Sue-ZOOM; **11am:** Total Fitness; **12:00 noon:** Healthy Moves, Art Appreciation; **12:45pm:** Chair Yoga; **1pm:** Cards/Nickel-Nickel, Chess Club, Harmonica Club.

Tuesday: **8:30am:** Workout with Sue - ZOOM; **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Total Fitness, Basic Social Dance; **10am:** Bocce, Ballroom Dance Lessons; **11am:** Strength and Balance; **12:00 noon:** Bridge; **12:30pm:** Bingo; **1pm:** Quilting, Parkinson Fitness, Mah Jongg; **2pm:** Silver Sneaker Classic.

Wednesday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards, Cards; **9am:** Setback; **9:30am:** Body in Motion; **9:45am:** Guided Meditations; **10:15am:** BOOM Silver Sneakers; **11am:** Shuffleboard; **12:30pm:** Acting Studio; **1pm:** Cribbage, Crafter's Corner, Cards, Dominoes; **2:30pm:** Basic Group Drumming.

Thursday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Total Fitness, Basic Social Dance; **10am:** Bible Discussion; **11am:** Total Fitness; **12:30pm:** Bingo, Artists' Studio; **1pm:** Parkinson Fitness, Mah Jongg, Scrabble; **2pm:** Silver Sneaker Classic; **3pm:** Gentle Yoga.

Friday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9am:** Tap Dance; **10am:** Mah Jongg Lessons, Tai Chi, Mah Jongg; **10:30am:** Workout with Sue - ZOOM; **11am:** Strength and Balance, Bridge; **12:30pm:** Pinochle, Movie Matinee; **1pm:** Knit & Crochet, Cornhole; **2pm:** Senior Jammers.

Subject to Change. We will make every effort to reschedule any activity that has been cancelled.

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Joyce C. Budrow Senior Center
189 Pool Rd., North Haven
Hours: 8:30am-3:30pm

The following programs are held at the Joyce C. Budrow Senior Center and are available for North Haven Residents only. View our Senior Center Newsletter online at www.town.northhaven.ct.us.

WEEK OF JANUARY 13-17

Mon., 1/13: **9am:** **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** *Move to Music with Adrienne;* **1pm:** Bingo.

Tues., 1/14: **9:30 & 10:45am:** Better Balance; **10:30am:** *Finance Meeting;* **12:00 noon:** Oil Painting Class; **1pm:** Mahjong.

Wed., 1/15: **9:30am:** Fitness Fun; **11am:** *Diamond Art Painting;* **12:30pm:** Bridge; **1pm:** Bingo, Pinochle.

Thurs., 1/16: **9:30 & 10:45am:** Better Balance; **10am:** Knitting/Crochet Class; **1pm:** Dominos, Mahjong.

Fri., 1/17: **9am:** *AARP Smart Drivers Course;* **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo.

Senior Center Activities

AARP Free Tax Preparation will be available with an AARP Foundation Tax-Aide every Friday from 8:30am-12:30pm **beginning Feb. 21 and ending March 21.** The service is by appointment only and is a free service extended to taxpayers. ***Registration began January 2.*** Refer to the newsletter for documents required. Call (203) 239-5432 or stop by the office to register or for more information.

AARP Smart Drivers Course will be offered on the third Friday of each month, **beginning January 17.** South Central Regional Council of Governments (SCRCOG) will sponsor the January and April; therefore, there will be no charge for those two classes. The remaining classes will cost $20 for AARP members, $25 for non-members. Check the newsletter online for exact dates or call (203) 239-5432 for more information.

Cue Club: Our billiards room is open Mon.-Fri. from 9am-3pm for open play. Call or stop by to reserve a time slot for up to 2 hours. Bring a friend or meet a friend to play this classic game. If you are interested in learning how to play, please sign-up on the bulletin board and we will let you know when the class will be.

Upcoming Trip - "Swing into Spring with the King!": Tues., April 15 at A Villa Louisa, Bolton, CT. Cost of the trip is $115 per person for North Haven Residents, $125 per person for Non-Residents. Check payment ONLY, payable to Friendship Tours. Cost includes, round trip coach bus transportation, dinner with your choice on entrée, and featuring Richie Santa's tribute to Elvis! Bus will depart the Senior Center at 10:30am, with an estimated return by 4:15pm. ***Registration and payment due by Feb. 28.*** For more information, call (203) 239-5432.

The Municipal Agent, Judy Amarone, whose office is in the Senior Center, serves as a resource for the Town of North Haven providing information and referrals to local services for residents 60 years and older. Appointments are available on Tuesdays & Thursday mornings; walk-ins are welcome as well.

The Municipal Agent can assist older adults with Food Stamps/SNAP Applications • Fuel Assistance Referrals • Housing Referrals • Legal Service Referrals • Meals on Wheels Referrals/Nutrition Sites/Food Pantry Referrals • Medicaid Assistance • Medicare Enrollment and Assistance • Protective Services Referrals • Social Security Referrals • Social Services Referrals and Applications • Tax Assistance Referrals.

Enrichment Classes

Balance Through Strength: ***NEW!*** **Thursdays, 1pm-1:45pm.** Build stability, strength and confidence in this 12-week class led by Tom, a certified personal training and fitness coach with IFA, CPR, and Silver Sneakers credentials.

This class can improve balance challenges and build muscle strength to enhance sit-to-stand movements and other daily activities. This class is for those who are not already enrolled in the Better Balance class.

Session runs from Feb. 20-May 8 for a 12-week session ($30). ***Payment due at registration. Registration is now underway.***

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Free Nutritional Workshops

The following Free Nutritional Workshops will be held at Keefe Community Center, 11 Pine St., at 10am for English, and 11:30am for Spanish.

Get Moving!: Learn about proper exercise techniques and how to lead a more active life.

Living a Healthy Lifestyle: January 14. Learn about chronic disease prevention through exercise and healthy diet.

Workshops are provided free of charge in Spanish and English through the Hispanic Health Council's SNAP-Ed PANA Program.

For more information, contact Linda Davis Cannon, (203) 562-5129, ext. 1121. ldaviscannon@hamden.com.

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Masonicare Hospice Seeking Volunteers

Wallingford: Masonicare Hospice is seeking new volunteers for all areas of CT and the Westerly, RI region.

Hospice volunteers assist in many ways, including companionship (in person or through phone calls), sitting vigil, quiet conversations, family support, expressive arts, spiritual care, and clerical tasks in the office. We are also looking for Veterans who are interested in visiting other Veterans through our "We Honor Veterans" program.

Volunteers set their own time schedules and will receive ongoing support and training. Our volunteers tell us they are amazed at how much they get out of this experience!

Complimentary, virtual or in-person training classes are available. To learn more or sign up, please contact Jolan Szollosi, Volunteer Coordinator, at (203) 679-5342.

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SENIOR LIVING

ACCEPTING APPLICATIONS FOR
Studio Units $560
1 Bedroom Units $661
Includes All Utilities

Exciting Community Activities

Davenport Residence
125 Putnam Ave. Hamden
(203) 248-1445

Age and income limits apply
TRS message relay via CCC:
TRS (800) 842-9710

Equal Housing Opportunity

Al-Anon 12-Step Program

Does someone else's drinking trouble you? Do you feel that there is no one who understands your problems? Attending Al-Anon and Alateen Family Group meetings can help.

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories.

To learn more, browse the website **ctalanon.org**. To find a meeting in CT, please use the Meetings tab at the top of the page. Alternately, calls can be made to 1-888-825-2666.

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WANTED: WWII Vets, immediate cash for all German helmets, hats, daggers, flags, medals, uniforms, patches. Collector will beat all dealer offers; (203) 932-0750 •

FOR SALE: Two adjacent burial plots - All Saints Cemetery, North Haven $2,000, plots 4 & 5, Lot G-3, convenient location; (239) 849-9390 •

The Cue Club Grand Opening





Pictured Above: A group of many seniors that came for the grand opening. **Right:** Bobby Hilton cutting the ribbon.

North Haven: The senior center is thrilled to announce the opening of The Cue Club, a brand-new pool table room at the center! Designed to be a welcoming space, and a perfect place to meet with friends, hone your skills, or just play for fun. Bobby Hilton, the owner of Yale Billiards in Wallingford, Ct was present to cut the ribbon and get things started. Moving forward The Cue Club will be open M-F 9am- 3pm and all North Haven Seniors are invited to come and play or just to cheer on their friends. Pool School will be offered soon for seniors who would like to learn to play pool or just sharpen their skills.

Story by Paulette Demaio and photos by Jo Ann Buccetti.