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Varsha Salani, D.M.D., LLC



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

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

Joyce C. Budrow Senior Center

189 Pool Rd., North Haven
Hours: 8:30am-3:30pm
Phone: (203) 239-5432

The following programs are held at the Joyce C. Budrow Senior. For information and to register for programs, call (203) 239-5432 or stop by the office. View the newsletter online at www.town.northhaven.ct.us.

WEEK OF FEBRUARY 9-13

Mon., 2/9: 9:30am: Fitness Fun; **10am:** *Needle Felting Valentine Bears,* Canasta, Cornhole; **10:15am:** Chess; **11am:** Move to Music; **1pm:** Bingo.

Tues., 2/10: 9:30am: Functional Fitness; **10am:** *Wii Bowling,* Rummikub; **10:30am:** *Finance Meeting,* Setback; **11:30am:** *Oil Painting Class (note time change);* **1pm:** Mah Jongg; **1:15pm:** *Master of Balance V, Presented by QVHD;* **2pm:** Pool School; **3pm:** *Senior Fitness Tests Led by QU PT Students.* ***Mini Trip: Universal Drive.***

Wed., 2/11: 9:30am: Fitness Fun; **11am:** Diamond Art Painting; **11:30am:** *Nurse Blood Pressure Clinic;* **12:30pm:** *Learn to Play Mah Jongg (Full),* Bridge; **1pm:** Bingo.

Thurs., 2/12: 10am: Knitting/Crochet, Seated Qi-gong/Tai Chi; **11:15am:** Standing Qigong/Tai Chi; **1pm:** Balance Through Strength, Dominos, Mah Jongg.

Fri., 2/13: 8:15am: *AARP Smart Drivers Course;* **9:30am:** Fitness Fun, Scrabble; **10am:** Canasta; **12:30pm:** Bridge; **1pm:** Bingo.

Programs/Activities

"This Business of Fighting": Wed., March 4 at **10:30am.** Arnold Pritchard will share a story based on his father's letters home to his parents from the front lines of WWII. It gives a street-level view of the most cataclysmic event in history. A dramatized lecture followed by a Q & A. Register on the program sign-up board or call (203) 239-5432. Registration is underway for Residents, and 2/17/26 for Non-Residents. ***Registration ends 2/27/26.***

Upcoming Trips

"The New York Bee Gees": Thurs., May 14 at **Aqua Turf Club** in Plantsville, CT. Featuring all of the classic disco hits from *Saturday Night Fever* while embracing their early works such as *To Love Somebody* and *I've Got to Get a Message to You,* and many more! Cost is $132 per person for Residents, $142 per person for Non-Residents. Check ONLY, payable to Friendship Tours. Price covers coach bus transportation, coffee & donut reception, family style menu, dessert, beverage and show. Call (203) 239-5432 for more details. ***Registration for trip ends March 27, 2026.***

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS
FEBRUARY 9-13

Mon., 2/9: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Texas Hold'em; **9:30am:** Body In Motion; **10am:** Canasta; **10:15am:** Tai Chi Beginner; **10:45am:** ZOOM Workout with Sue; **11am:** Social Shuffle, total Fitness; **12 noon:** Silver Sneakers CIRCUIT; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club, Karaoke with Barbara & Pat, Chair Yoga; **2pm:** Zumba Gold.

Tues., 2/10: 8:30am: ZOOM Workout with Sue, Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Clay Class: Beginner Hand Building, Total Fitness; **10am:** Basic Social Dance, Line and Ballroom Dance Lessons, Strong Minds Social Hour with Katie; **11am:** Bridge, Strength & Balance; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC.

Wed., 2/11: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, SetBack; **9:30am:** Body In Motion; **10am:** Q & A Police Department; **10:15am:** Silver Sneakers BOOM; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players; **1pm:** Crafters Corner, Cribbage; **2:30pm:** Basic Drumming.

Thurs., 2/12: ***Senior Center Closed.***

Fri., 2/13: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Silver Steppers Tap Class; **10am:** Tai Chi; **10:30am:** ZOOM Workout with Sue; **11am:** Bridge - Great Room, Strength and Balance; **12 noon:** Pinochle; **1pm:** Knitters & Crocheters, Indoor Cornhole; **2pm:** Senior Jammers.

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

SENIOR SPOTLIGHT

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

Enrichment Classes

Seated Qigong/Tai Chi: Thursdays at **10am, Now thru March 26.** This is a great introductory class of this ancient Chinese practice of combining slow, gentle movements, deep breathing, and focused intention to cultivate and balance the body's vital life energy or "Qi" while incorporating elements of Tai Chi. Call (203) 239-5432 for more information.

*Non-Resident guests are asked to complete a Non-Resident Guest Agreement for all classes, as well as completing a Non-Resident Guest Application. Both documents need to be on file before registering for a class.

Checks are payable to Treasurer-Town of North Haven, unless otherwise indicated. A class with insufficient enrollment will be cancelled prior to the start date and participants will be notified and receive a refund. Once a class is in session, there are NO refunds or adjustments to the required payment, as instructors are based on payment once class is filled.

WANTED: Antiques or collectibles, highest prices paid for paintings, furniture, glassware, pottery, documents, photographs, bottles, anything old, one piece or entire estates, cash paid; (203) 915-7662 •

FOR SALE: Men's large black Arctic Cat snowmobile suit, very good cond. $25; (203) 848-4582 •

FOR SALE: Art portfolio carry case, black durable fabric, very slim, hand held or shoulder strap, 26"Wx20"T $20; (203) 239-8060 •

WANTED: Old tools, musical instruments, military, Winchesters, Colts, antique guns & old hunting & fishing. We buy gold & silver coins and jewelry. Anything related to vintage jewelry. Call Joe, (203) 488-7271 •

Delicious Dinner Was Held For The Lunar New Year



Pictured (L-R) Top: Members of the Rotary Club Ray Sola, Laura Pellegrino, Rick Taft, Maria O'Connor, Mark Shatner, Mary Minotti, Rick Bassett, Mark Minotti, Billy Corso. **Bottom:** Everyone who enjoyed the dinner, eating the delicious Won Ton soup.

North Haven: The North Haven Rotary Club held a delicious dinner on January 23rd, on Friday night at 5 o'clock at St. John's Episcopal Church. It was a variety of Eastern dishes Chinese food. There was so much delicious Chinese food consisting of Won Ton soup, Shrimp Kung Pao, General Tso's Chicken, chicken dumplings, BBQ ribs, vegetable fried rice, vegetable Lo Mein, vegetable egg rolls, and crab ragoons.

The North Haven Rotary Club puts on a dinner the third Friday of every month at St. John's Episcopal Church starting at 5 o'clock. Maria Connor did most of the cooking with the help of the other members of the club. Tables were set up for people to sit and tables where all the food was being heated. Everyone was served delicious Wonton soup by the members. Then everyone went up table by table to get the main food and you could go up as many times to eat. If you wanted to take anything home you could as long as everyone ate. Leftover food was donated to the volunteer fire department. Cake, coffee, tea, water, lemonade, and sweetened ice tea was available for all to drink. Friends and family always enjoy the dinners that the Rotary Club puts on for a great night out. Thank you to all the members of the Rotary Club for all you do. We missed Christine who couldn't be there that night.

Story and photos by Jo Ann Buccetti

Spring Glen Garden Club Thanks Elderly Services For Their Holiday Bash



Pictured: Kim from Hamden's Elderly Services and her great helpers at the Elderly Services Holiday Bash at the Thorton Wilder Auditorium. A hardy Thank You to Kim and her helpers for a wonderful time. The entertainment and food were very good, and everyone seemed to enjoy themselves.

Hamden: The Club would like to thank the Community for helping us celebrate our 100th anniversary. The Garden Club ongoing projects includes the gardens and planters in Spring Glen, Poppy's Garden on the Farmington Canal Trail and the Historical Herb Garden at The Jonathan Dickerman House, watering the plants at the Government Center and the Miller Library.

The Club donated 10 American Elm hybrid trees to the Hamden Center Park as a result of its successful Wreaths for Trees program.

Other projects of the Club were a Rhododendron Garden at the entry to Lockwood Cottage and the Red Oak tree (Quercus rubra) affectionately known as "Annie Oakley" planted in the Eli Whitney Park.

The Club has been a fixture in the Hamden community since 1925, a chartered member of The Federated Garden Clubs of Connecticut, Inc., and National Garden Clubs, Inc., since 1929. Please stop by our historical display in hall outside the Miller Library in front of Thorton Wilder Auditorium.