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Let us show you what our all female
state-of-the-art cosmetic dentistry
can do for you.

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- 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

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.north-haven.ct.us.

WEEK OF FEBRUARY 16-20

Mon., 2/16: 9:30am: Senior Center Closed. Presidents' Day.

Tues., 2/17: 9:30am: Functional Fitness; **10am:** Rummikub, Wii Bowling; **10:30am:** Setback; **12 noon:** Lunch Bunch at Wood N Tap; Oil Painting Class; **1pm:** Mah Jongg; **1:15pm:** Matter of Balance VI, Presented by QVHD; **2pm:** Pool School.

Wed., 2/18: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art Painting; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 2/19: 10am: Line Dancing, Knitting/Crochet Class, Seated Qigong/Tai Chi; **11:15am:** Standing Qigong/Tai Chi; **1pm:** Balance Through Strength, Dominos, Mah Jongg.

Fri., 2/20: 8:30am: AARP Tax Aide (ends at 12:30pm); **9:30am:** NO Fitness Fun, NO Scrabble; **10am:** NO Canasta; **11:30am:** Senior Center Mardi Gras Party SOLD OUT; **12:30pm:** NO Bridge; **1pm:** NO Bingo.

Programs/Activities

AARP Smart Drivers Course:

Attend the Nation's first refresher course specifically designed for drivers 50 years old and up. In many states, drivers benefit from a discount on their auto insurance premium upon completing the course. Classes are held at the Senior Center every month from 8:15am-12:15pm. Please note: the Friday, February 13, 2026 session has been canceled. Upcoming dates are as follows: March 13 and April 17. Prior registration is required by calling the Center at (203) 239-5432. Cost is \$20 for AARP Members, \$25 for Non-AARP Members. Check

or Money Order only-payable to AARP. Please no cash, debit or credit.

"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 board or call (203) 239-5432. **Registration ends 2/27/26.**

Spotlight Activities: Pinochle is back! Every other Wednesday from 10am-12 noon, beginning March 11. Pinochle is a great game for keeping your mind sharp and fostering teamwork. We now offer **Canasta** two days a week, Mondays and Fridays at 10am. Our new date for **Setback** is Fridays at 1pm. And don't forget about **Bridge**! Our Bridge player get together on Wednesdays and Fridays at 12:30pm. Each game offers an opportunity to enhance strong social connections and improving your emotional well-being.

Upcoming Trips

"The New York Bee Gees" at

Aqua Turf: Thurs., May 14. Featuring all of the classic 70's disco hits from *Stayin' Alive* to *Night Fever* while embracing their early work as well. Cost is \$132/pp for Residents, \$142/pp for Non-Residents. Price includes round trip coach bus transportation, coffee & donuts upon arrival, family style menu featuring Chicken Cacciatore & Salmon with Honey Ginger Glaze, dessert, beverage and show. Check payment ONLY, payable to Friendship Tours. Bus will depart the Senior Center approximately 10:45am with an estimated return of 4:30pm. **Registration and payment due by March 27.** Call (203) 239-5432 for more information.

The Log Cabin - Holyoke,

MA: Thurs., July 30. Featuring "Showtime!" with Bobby Darling & Dr. Devine. They are one of the funniest, zaniest shows to witness! Dine on your choice of Twin Lobsters or Prime Rib au

A Big Thank You to 7 Brew Coffee For Bringing Coffee to The Senior Center



Pictured (L- R): Dayana G, Mia A, and Mary Higgins center's activity coordinator.

North Haven: On February 6, Friday afternoon while our members played bingo and cards, we got to sample a selection of drinks that they offer when they open their North Haven location in March on Washington Avenue. It was a generous and wonderful treat that they brought us of several different coffee espresso drinks, and a flavored tea drink to try. All the members who attended bingo and played cards were so appreciative for the delicious drinks that they brought to us for free. Thank you Mia A. and Dayanna G. for thinking of us. Story by Mary Higgins the center's activity coordinator, and member Jo Ann Buccetti photo by Jo Ann Buccetti

jus, baked potato and cole slaw, dessert, coffee and more. The cost is \$155/pp for Residents, \$165/pp for Non-Residents. Price includes round trip coach bus transportation, dinner, and show. Check payment ONLY, payable to Friendship Tours. Bus will depart North Haven Senior Center approximately 9:30am with an estimated return of 5pm. Registration begins March 2 for North Haven residents. Registration for Non-Residents begins March 17. **Payment and registration due by May 29.** Call (203) 239-5432 for more information.



Free Caregivers Workshop Series -- March/April

The Agency on Aging of South-Central CT is sponsoring a self-care education program for family caregivers, designed to provide you with tools and strategies to better handle the unique challenges you face.

The free workshop series consists of six sessions held on Wednesdays, 10:30am-12:30pm on **March 18, 25, and April 1, 8, 15 & 22.** The workshop series will be virtual, and a Zoom link will be provided prior to the first class. Cassandra Brunson and Patricia Soos will present the six sessions.

To register, please visit our website registration page www.aosccc.org/forms/ptcl/.

If you have any questions, please feel free to call or email Patricia Soos at (203) 752-2117, psos@aosccc.org.

RSVP Volunteer Program

Need a little help? Feeling a bit isolated? Want to give back in a way that can make an impact? Then the Agency on Aging's RSVP Volunteer Program could be the perfect place to call. We have been offering support and volunteer opportunities for over 30 years.

The only requirements are that you are over 55 years old and willing to complete an application for volunteering or a referral for support.

Just give us a call at (203) 752-3059 and ask for Schari.

Wallingford Senior Center (203) 265-7753

CALENDAR EVENTS FEBRUARY 16-20

Mon., 2/16: Presidents' Day. Senior Center Closed.

Tues., 2/17: 8:30am: ZOOM Workout with Sue **9am:** 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, Chinese New Year, Strength & Balance; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC.

Wed., 2/18: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Clay Stoked Stories Totem Candleholder Workshop, Total Fitness; **10am:** Bible Discussion, Shakespeare For All; **10:15am:** Silver Sneakers YOGA/Chair Yoga; **11am:** Total Fitness; **12 noon:** Advanced Group Drumming; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC; **3pm:** Gentle Yoga.

Thurs., 2/19: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Clay Stoked Stories Totem Candleholder Workshop, Total Fitness; **10am:** Bible Discussion, Shakespeare For All; **10:15am:** Silver Sneakers YOGA/Chair Yoga; **11am:** Total Fitness; **12 noon:** Advanced Group Drumming; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC; **3pm:** Gentle Yoga.

Fri., 2/20: 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, Friday Movie - *Big Miracle*; **1pm:** Knitters & Crocheters, Indoor Cornhole, Marriage Vows Renewal Ceremony; **2pm:** Senior Jammers.

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

An Afternoon Tea in Paradise



Pictured Top: Larry Huzi with design. **Bottom:** Horizontal design, and vertical design.

Wallingford Garden Club will present a journey to warmer climates with a 'Tropical Nouveau' floral design presentation by Larry Huzi featuring his favorite tropical flowers and foliage. This event will be on Saturday April

18, 2026 from 2:00-4:00 at the Wallingford Senior Center, 238 Washington St. Raffle tickets will be sold at the door.

Guests will be served a three course tea including savory tea sandwiches, tender scones with honey butter and delectable desserts. The Tea will be Bigelow Earl Gray Tea.

Visit the Wallingford Garden Club website for ticket info. Visit website: www.wallingfordgardenclub.com. Click on Tea poster: opens to registration page.

Tickets are available in advance by returning your response with \$45 per guest. Checks should be written to the Wallingford Garden Club and mailed to Karin Pyskaty, Wallingford Garden Club, PO Box 6026, Wallingford CT 06492. Please contact Karin Pyskaty at karin.pyskaty@ctgardenclubs.org with any questions.

Wallingford Garden Club is a member of The Federated Garden Clubs of Connecticut, New England Garden Clubs, Inc and National Garden Clubs, Inc. Photos from Larry Huzi

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

FOR SALE: Corning six-cup teapot, "Spice of Life" pattern, pristine, like new cond. \$25; (203) 606-0932

FOR SALE: Lane hope chest, 4'Lx18"Hx18"W \$100 firm; (203) 645-8006, leave message

FOR SALE: Gasoline Honda generator, 100 ft. 50 amp cable, low hours \$3,500; (203) 407-0105

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