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185 Maple Ave., North Haven, CT

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

North Haven Senior Center

189 Pool Rd., North Haven
Hours: 8:00am-4:00pm
Phone: (203) 239-5432

The following programs are held at the North Haven Senior Center. 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 APRIL 13-17

Mon., 4/13: 9:15am: *Silver Sneakers Circuit;* **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** Move to Music; **1pm:** Bingo.

Tues., 4/14: 9:30am: *Functional Fitness Begins;* **10am:** Rummikub; **10:30am:** Finance Committee Mtg.; **12pm:** Oil Painting Class; **1pm:** *Senior Center Mural Project,* Mah Jongg; **2pm:** Pool School. *Mini Trip: Wal-Mart Wallingford.*

Wed., 4/15: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art Painting; **12:30pm:** Bridge*;* **1pm:** *Silver Sneakers Gentle Yoga Meet & Greet,* Bingo.

Thurs., 4/16: 10am: *Bobcat Walking Group* (pre-registration required), *Seated Qigong/ Tai Chi Begins,* Knitting/Crochet Class, Line Dancing; **11:15am:** *Standing Qigong/Tai Chi Begins;* **1pm:** *Rita's African Show,* Balance Through Strength, Bocce, Dominos, Mah Jongg.

Fri., 4/17: 8:15am: *AARP Smart Drivers Course* (ends at 12:15pm); **9:30am:** Fitness Fun; **10am:** Canasta; **11:30am:** *The Birthday Club with the Landing;* **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

Programs/Activities

AARP Smart Drivers: The Nation's first refresher course is 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. **The upcoming dates are as follows: Fri., April 17 and Fri., May 15.** 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.

How to Make the Most of Your Medicare: Wed., April 22 at **10:30am.** Medicare is doing many innovative things to try to make you healthier. People are finally realizing that when people are healthier, medical costs go down. Learn all the ways you can take advantage of all these programs. Join us for this FREE presentation featuring Dr. Nupar Garg, MD, Lifestyle and Family Medicine. Call to register at (203) 239-5432 or sign-up on the program board ***by April 17.***

North Haven Counseling Services: Mon., April 27 at **10am.** Taking care of your emotional well-being is just as important as taking care of your physical health. North Haven Counseling Services offer a warm, confidential space to talk about life transitions, stress, grief, relationships, and emotional well-being. Come and learn more about what counseling truly is and meet the counselors that provide this support to North Haven residents. There is NO obligation to participate in counseling, this is just an opportunity to learn more and ask questions. Register by calling (203) 239-5432 or sign-up on the program board ***by April 24.***

Timeless Beauty - Makeup for Mature Women: Thurs., May 7 at **9:30am.** Celebrity makeup artist, Joby Rogers, will explore makeup techniques to make you feel more beautiful and confident in your makeup abilities. Bringing your personal makeup and attending makeup is encouraged but not required. Cost is $10 for Residents, $15 for Non-Residents. ***Registration ends April 24.*** Stop in the office to register.

Mother's Day Tea Party: Fri., May 15 at **11:30am.** Celebrate the mothers in your life! Come enjoy a delicious Tea Party featuring a cheeseboard, finger sandwiches, desserts and of course, tea! Entertainment by Pat Russo. LIMITED SEATING AVAILABLE. Cost is $5 for North Haven Residents, $10 for Non-Residents. ***Registration ends May 1.*** Call (203) 239-5432 for details.

Upcoming Day Trips

Under the Boardwalk Summer Fun: Thurs., June 25 at **Grand Oak Villa, Oakville, CT.** Come celebrate all things summer! Listen to Summer classics from Joey & Doreen Arminio as they bring their Jammin' Island Band to perform the music of Jimmy Buffet, Jersey Shore Classics, Beach Boys hits and more! Cost is $132 for Residents, $142 for Non-Residents. Check ONLY, payable to Friendship Tours. Bus departs North Haven Senior Center at 10:15am and estimated to return by 5pm. ***Registration is open now,*** so don't miss out on the fun! Call (203) 239-5432 for more information.

"The Log Cabin" at Holyoke, MA: Thurs., July 30. Featuring Showtime! With Bobby Darling and Dr. Devine. They are one of the funniest, zaniest shows around, so come ready to have a good time! Cost is $155 for Residents, $165 for Non-Residents. Checks ONLY, payable to Friendship Tours. Bus departs North Haven Senior Center at 9:30am with an estimated return of 5pm. Cost includes round trip coach bus transportation, welcome tray with cheese and vegetable platter, choice of entrée: Twin Lobsters or Prime Rib au jus, sides, dessert, coffee and show. ***Registration ends May 29.*** Call (203) 239-5432 for more information.

Wallingford Senior Center

(203) 265-7753

CALENDAR EVENTS
APRIL 2026

Mon., 4/13: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Texas Hold'em; **9:30am:** Body in Motion; **10am:** Canasta, Bingocize Curiosity Club - Don't Worry Be Happy; **10:15am:** Tai Chi Beginner; **10:45am:** ZOOM Workout with Sue; **11am:** Total Fitness; **12pm:** Silver Sneakers CIRCUIT; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel, Chair Yoga; **1pm:** Chess Club, Instrumental Cello Concert - Hollywood Ryan Mitten; **2pm:** Zumba Gold.

Tues., 4/14: 8:30am: Zoom Workout with Sue; **9am:** Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Total Fitness; **10am:** Bocce; **10:15am:** Steady and Strong; **11am:** Bridge, Happy Birthday Party with Piano Mike, Line & Ballroom Dance Lessons, Strength and Balance; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC.

Wed., 4/15: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Setback; **9:30am:** Body In Motion; **10am:** Bingocize; **10:15am:** Silver Sneakers BOOM; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players; **1pm:** Crafters Corner, Cribbage; **2:30pm:** Basic Drumming.

Thurs., 4/16: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Marbled Clay - Flower Teacup & Saucer, Total Fitness; **10am:** Bocce, Bible Discussion; **10:15am:** Silver Sneakers YOGA/Chair Yoga; **11am:** Total Fitness; **12pm:** Advanced Group Drumming; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC; **3pm:** Gentle Yoga; **5pm:** Lake View Dinner & Ashly Cruz; **6pm:** Cabaret in Paris Ashly Cruz.

Fri., 4/17: 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; **12pm:** Pinochle, Friday Movie- *Abbott and Costello;* **1pm:** Knitters & Crocheters, Indoor Cornhole; **2pm:** Senior Jammers.

North Haven Garden Clubs Barrels And Pots A Thing Of The Past





North Haven: The North Haven Garden Club is sad to say that the barrels and pots that have adorned the islands on Maple Avenue, Pool Road, and Shawmut Avenue will no longer be there. After many close calls in the past year, it has been decided that we can no longer take our lives in our hands to water and care for the barrels and pots. It's proven to be a very scary time for members and for the town workers who have helped us with the watering. People are much to distracted while driving, by texting, going way to fast and just not paying attention.

But on the brighter side, barrels will be placed on the town green, in parks and other areas where traffic is not an issue. This way we will be safe while caring for them. The cement planter at Parks and Rec. will still be planted, so look around town for our beautiful barrels and pots.

Don't forget to check out The North Haven Garden Club on Facebook for lots of useful and entertaining information and pictures of all our club does in our great town of North Haven! For membership information please email Italia at italia_a@comcast.net.

Article and photos by Cindy Golia

Masonicare at Ashlar Village Hosts Green Fair

Wallingford: Masonicare at Ashlar Village is proud to invite residents and the community to its Green Fair this Earth Day on Wed., April 22, from 1pm-3pm in the Knapp Auditorium. This exposition-style event is designed to showcase the many ways the Ashlar Village community embraces environmental stewardship and sustainable living.

The Green Fair will feature tables representing campus-wide programs, giving attendees the opportunity to ask questions, get involved, and explore topics ranging from energy conservation to gardening.

Confirmed groups that will be participating include: NexTrex, the OP SHOP, LR Enterprises, the Xerces Society, and many more!

Residents and members of the community are encouraged to attend, learn, and get involved in shaping a greener future at Masonicare at Ashlar Village.

For more information, please contact Kerry Hatch at 203-679-6017 or khatch@masonicare.org

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Equal Housing Opportunity

GFWC Women's Club Provides "Treats For Vets" At The Veterans Hospital In West Haven



Pictured (R-L): Michael Lejeune, Volunteer Program Specialist, accepting Treats for Vets at the West Haven Veterans Hospital from Bernadine Goulet, Vice President GFWC Women's Club of North Haven, and Michele Charm, Member GFWC Women's Club

North Haven: On Thursday, March 26 the GFWC Women's Club of North Haven delivered a box of "Treats for Vets" consisting of carrot-shaped bags containing orange cheese balls as fun favors for the Veterans at the Veterans Hospital in West Haven. Additionally, the Women's Club provided a box of paperback books. The treats and books were accepted by Michael Lejeune, Volunteer Services Specialist. We hope the fun treats will bring some fun and joy to all who receive them.

For well over a decade the Women's Club has made contributions of various types to the Veterans and also to various other groups, as part of the group's commitment to serve the community. Our club tries to make 2 or 3 donations of various sorts to the VA Hospital each year.

The General Federation of Women's Clubs is an international organization with clubs in every state in the continental US and in many countries. The club was founded in 1890 and was chartered in 1901 by the 56th US Congress. The GFWC is committed to volunteer activities enhancing the lives of others. This is the 136th year of the national General Federation of Women's Clubs, and during this time it has supported local communities as well as supporting important legislative issues such as combating domestic violence, and child abuse.

The Women's Club is open to women 18 and over who are interested in making a real difference in their community through community service projects. The Club welcomes new members and invites anyone interested in joining the organization to attend a meeting. Contact Pam Lerner at (203) 281-3090 for additional information about our club and meetings. Join us at one of our meetings and meet other ladies who are committed to service to our community. Come, meet and make friends and enjoy some social time as well. Our meetings are normally held at the North Haven Senior Center at 189 Pool Road on the first Friday of the month at 10:00 am. Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.

WANTED: Collector buying old photographs from the 1800's on glass, tin or paper, of people, places or things; (203) 915-7662