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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 JUNE 22-26

Mon., 6/22: 9am: *In Case of Emergency Cards (by appt. only);* **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** Move to Music; **1pm:** Bingo.

Tues., 6/23: 9:30am: Functional Fitness; **10am:** *Monitor My Health,* Rummikub, Wii Bowling; **12pm:** Oil Painting Class; **1pm:** Bocce, Mah Jongg.

Wed., 6/24: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 6/25: 10am: *Bobcat Walking Group, Seated Qigong & Tai Chi, Line Dancing,* Knitting/Crochet; **10:15am:** *Trip: Grand Oak Villa;* **11:15am:** *Standing Qigong/Tai Chi, Silver Sneakers Circuit;* **1pm:** *Balance Through Strength,* Bocce, Dominos, Mah Jongg.

Fri., 6/26: 8:15am: *AARP Smart Drivers Course;* **9:30am:** Fitness Fun, Scrabble; **10am:** *QU Assessments,* Canasta; **11am:** Melody Makers; **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

Programs/Activities

Municipal Agent Update: Judy Amarone, the town's Municipal Agent has moved to a new location! You may now find Judy's office at Community Services (Town Annex Building) at 5 Linsley Street. Office hours are Wed. and Thurs., from 9am-5pm. Municipal Agents are familiar with programs and benefits such as SNAP, Medicare and Medicaid, Social Security, protective services, legal services, adult day care, housing and more. You may contact Judy at (203) 239-5321, Ext. 8521 or call Judy directly at (203) 672-8399.

NOW ACCEPTING: We are now collecting any unwanted Jewelry for our Holiday Fair. If you have pieces you no longer wear, or are in the midst of "spring cleaning", we will happily take any costume jewelry, vintage pieces or styles you have outgrown for our ever-popular Jewelry table. Stop by the office anytime Mon.- Fri. between 9am-4pm for drop-off. WE ARE NOT ACCEPTING ANY OTHER DONATION ITEMS AT THIS TIME. Be sure to 'stay tuned' for more Holiday Fair news.

Make and Take - Watermelon Coasters: Tues., July 7 at **1pm.** Each person will make one set of two coasters. These coasters are nice enough to gift, but you're going to want to keep it for yourself! Register on the Program Sign Up Board or call the office at (203) 239-5432. Residents and Non-Residents may sign up at this time. ***Registration ends 6/26.***

Teen Tech: July 9 & July 23 from **10:30am-12:30pm.** Whether you have a specific technology question, or would like a quick tutorial from a young tech-whiz, you will have the opportunity to learn something new! Bring your device with you (cell phone, tablet, laptop). If you have a specific question to ask, feel free to let Mary know ahead of time. Register on the Program Sign-Up board. Residents and Non-Residents may register at this time. Drop-ins are also welcome!

Perk Up & Power On: Thursdays, July 23 - Aug. 27 at **1pm.** This class, run by members, will run through a list of exercises that they have found beneficial in their time taking our Balance Through Strength class. Join for exercise, or stop in for coffee and conversation! This is a temporary class to take place in the summer while our instructor is on vacation. No commitment necessary, but a headcount is appreciated. Resident and Non-Resident Cost: FREE. Resident Registration now in progress; Non-Resident begins 7/6. Registration ends 7/17.

Health & Fitness

Move and Groove: NEW! Exercises will be done to music and will include dancing. There will be both seated and standing exercises that can be modified for all fitness levels. ***Session begins July 14 - August 4.*** Residents and Non-Residents may register at this time. Cost for residents is $10. Cost for Non-Residents is $20. Call (203) 239-5432 for more information.

Silver Sneakers Circuit: Thurs. at **11:15am-12:15pm.** Registration for the July session is now underway for Residents and Non-Residents. Interval-style training, designed to strengthen your upper-body with handheld weights. Low-impact cardio movements are alternated to maximized fitness benefits. A chair is offered for support. Cost is Free for Silver Sneakers members (card/number must be provided) OR $2 per class (cash) for those who do not participate in Silver Sneakers. ***Classes will be held July 2, 9, 16, 23 & 30.*** Call (203) 239-5432 for more information.

Silver Sneakers Yoga: Mondays at **1pm, June 22-Sept. 21** (No Class 8/3 or 9/7). Poses focusing on breathing, stretching, balance, and relaxation are done seated in a chair and standing. There will be options for doing some poses seated on the floor. Bring a yoga mat if you have one. Payable by cash. Late sign-ups will be prorated. Resident and Non-resident cost is free for Silver Sneakers members, $24 for Non-Silver Sneakers Members. Residents & Non-Residents may register now.

Upcoming Trip

Culinary Institute of America-Hyde Park, New York: Thurs., September 17. Take part in this wonderful and unique opportunity to go behind the scenes of the world-famous Culinary Institute of America. Tour Roth Hall where culinary magic happens and enjoy a full course luncheon at their Caterina de Medici Restaurant. Cost for the trip is $172/pp for North Haven Residents, $182/pp for Non-Residents. Check ONLY, payable to Friendship Tours. Payment due at time of registration. Cost includes: round-trip coach bus transportation, tour of the Culinary Institute and Pre-set menu, full-course luncheon. ***Last day to register: 7/31.*** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY EVENTS JUNE 22-26

Mon., 6/22: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 6/23: 9am: Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 6/24: 9am: Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 6/25: 9am: Billiards; **10am:** Bocce, Bible Discussion;

MONTHLY EVENTS & DAY TRIPS FOR JUNE 2026

Mon., 6/22: 10am: Realty Roundtable KW Realtor; **10:30am:** Wills, Trusts and Probate.

Tues., 6/23: 9:30am: Veterans Coffee House.

Thurs., 6/24: 1:30pm: Book Club Discussion Group; **7am:** Under the Boardwalk.

UPCOMING CLASSES/GROUPS

Tues., 6/23: 8:30am: Golf League; **10am:** Line and Ballroom Dance Lessons.

Wed., 6/24: 1pm: Crafters Corner, Cribbage.

Thurs., 6/25: 9:30am: Clay-Napkin Rings; **10am:** Shakespeare For All.

Fri., 6/26: 9am: Silver Steppers Tap Class; **10am:** iPhone 101; **2pm:** Senior Jammers.

Mon., 6/29: 8:30am: Golf League; **10am:** Canasta.

Tues., 6/30: 8:30am: Golf League; **10am:** Line and Ballroom Dance Lessons.

FOR SALE: Outdoor wicker ottoman with cushion, honey color, plus 2 sofa pillows $40; (203) 605-4327 •

WANTED: Collector wants to buy early historic New Haven County related items, maps, books, engravings, paintings, paper items or actual products; (203) 915-7662 •

FOR SALE: Saga Blue Fox jacket $300 or best; Residents mink jacket $300 or best offer; (475) 361-3473 •

FOR SALE: Black canvas outdoor chaise lounge, zero gravity, heavy duty, never used $30; (203) 605-4327 •

FOR SALE: Ladies bicycle $25; (203) 288-5594 •

SENIOR SPOTLIGHT

SENIOR LIVING

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

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(203) 248-1445

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

Equal Housing Opportunity

Greetings For All



Pictured Top (L-R) Front row: Some of the many members Jo Ann, Kathy. Back row: Beverly, Shelly, Bonnie showing off their finished greeting card. **Bottom (L-R):** Donna Seminoro, activity coordinator Mary Higgins, and the 5 greeting cards samples the members made.

North Haven: On Thursday, June 11, at the North Haven Senior Center, a wonderful greeting card craft was put on by member Donna Seminoro which many members enjoyed making their greeting cards. Donna gave out free materials to all to make and decorate 5 beautiful assorted greeting cards and she had samples that everyone followed to make. It was so much fun being with other members and showing their talents. Thank you Donna, and Mary Higgins, senior center program activity coordinator for having this wonderful craft.

Story and photos by Jo Ann Buccetti

District 23A Lions Clubs

APPLICATIONS NOW BEING ACCEPTED

District 23A Lions Clubs -- New Haven & Fairfield Counties are now accepting applications (Scan QR code). Communities in the local area that have Lions Clubs are: Cheshire, East Haven, Hamden, New Haven, North Haven, Wallingford, and West Haven.

Lions Clubs are looking for fun, positive community members dedicated to making a difference. The benefits are Leadership Growth, Community Impact, Networking and Friendship, Global Reach, and Local Action.

Lions Initiative Blood Drive

Wallingford: Statewide Lions Initiative Blood Drive, sponsored by the Wallingford and North Haven Lions Clubs will be held on Tues., June 23, noon-5pm at the Polish National Alliance (in the hall), 171 N. Plains Industrial Rd.

Call 1-800-RED CROSS (1-800-733-2767) or visit RedCross Blood.org and enter: Lions to schedule an appointment.

Come to give blood now thru 6/28 for a $15 e-gift card plus chance to win a $7.5K prize! See rcblood.org/June.

Give a Lions share of life. Serve with pride. Give blood.

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.

FOR SALE: Lilac shrubs, 3 to 4 ft. tall $10 ea.; (203) 234-1129 •

FOR SALE: Waterford Crystal Lismore 10 wine glasses $75; (203) 537-1711 •