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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 JULY 7-11

Mon., 7/7: 9:30am: Fitness Fun; **10am:** Canasta; **10:15am:** Chess; **11am:** Qi Gong & Tai Chi, Move to Music; **1pm:** Bingo.

Tues., 7/8: 9:30am: *Better Balance;* **10am:** Rummikub; **10:30am:** Setback, Finance Committee; **10:45am:** *Better Balance;* **12:00 noon:** Oil Painting Class; **1pm:** Bocce, Mahjongg; **2pm:** *Ice Cream Social (Cost: $3.00).*

Wed., 7/9: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 7/10: 9:45 & 10:45am: Better Balance; **10am:** Knitting/Crochet; **10:30am:** *Ask the Nurse;* **1pm:** *Make & Take: Create Your Own Suncatcher!,* Balance Through Strength, Bocce, Dominos, Mahjongg.

Fri., 7/11: 9:30am: Scrabble, No Fitness Class; **10am:** No Canasta; **11:30am:** *Food and Friends: Taco Bar;* **12:30pm:** No Bridge; **1pm:** Bocce, No Bingo.

Programs/Activities

Please Note: *Grocery Shopping for the week of July 7-11 will take place on Wed., July 9th.*

Teen Tech at the Brainwave Café: Our friends from North Haven High School will be back again this summer to answer your technology questions. Learn how to get the most out of your cell phone, tablets and laptops. Be sure to bring your device with you. In addition to the tech help, the Techs will invite you to play brain games/puzzles and socialize. Dates for July are as follows: **Tuesdays, July 15 & 29** from **11am-1pm**.

AARP Smart Drivers Course: Did you know you may benefit from a discount on your auto insurance premium upon completing the AARP Smart Drivers Course? Did you also know that the summer sessions are FREE and are being sponsored by South Central Regional Council of Governments (SCROG), therefore they are of no cost to you! **Summer sessions are held at the Center on Fri., July 18,** from **8:30am-12:30pm (few spots remaining!!) & Fri., Aug. 15,** from **8:30am-12:30pm,.** Prior registration is required by calling the Senior Center at (203) 239-5432.

Last Two Trips of the Season!!

• **Charles Riverboat Cruise and Cheesecake Factory: Boston, MA. Wed., Sept. 10.** Bus departs North Haven Senior Center at 8:45am with an estimated return of 6:45pm. Cost is $143 pp for Residents, $153 pp for Non-Residents. Check payment only, payable to Friendship Tours. Cost includes round trip coach bus, lunch at the Cheesecake Factory in Boston, followed by a Riverboat Cruise on the Charles River. ***Payment and registration due by August 1.*** Call (203) 239-5432 for more information.

• **Kenny & Dolly - A Smoky Mountain Christmas: Wed., Dec. 10 at Aqua Turf in Plantsville.** Bus departs North Haven Senior Center at 10:45am with an estimated return of 4:15pm. Cost is $134 pp for Residents, $144 per person for Non-Residents. Check payment only, payable to Friendship Tours. Cost includes round trip coach bus, family style dinner, and show. ***Payment and registration due by Oct. 10.*** Call (203) 239-5432 for more information.

Enrichment Class

Qigong & Tai Chi: The gentle rhythmic movements of Qigong & Tai Chi can reduce stress, build stamina, increase vitality and enhance the immune system. Two classes are currently being offered at the Senior Center **starting Mon., August 4.**

• Intro to Qigong & Tai Chi- **Mondays** from **10am-11am.** This class is specifically for NEW students.

• Qigong & Tai Chi 101 - **Mondays** from **11am-12 noon.** This class is for our "returning" students.

• Residents may register for the August sessions beginning June 27. Cost is $20.

• Non-Residents may register for the August sessions beginning July 14. Cost is $30.

• ***Registration for both classes ends July 25.***

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF JULY

Mon., 7/7: 9:30am: New! Clay Class Prerequisite.

Tues., 7/8: 9:30am: New! Clay Class Technique Development.

Wed., 7/9: 10:30am: Q & A Wallingford Police Dept.

Thurs., 7/10: 10am: Curiosity Club; **11am:** Cardio Drumming; **5pm:** Lake View Dinner; **6pm:** "R" Band.

Fri., 7/11: 12:30pm: Movie: *Driving Miss Daisy.*

Mon., 7/14: 9:30am: New! Clay Class Prerequisite; **10am:** iPad User Group; **1pm:** Welcoming Party! Meet Ann Zak, New Executive Director.

Tues., 7/15: 9:30am: New! Clay Class Technique Development; **11am:** Happy Birthday Party.

Wed., 7/16: 10am: NEW! IDEA FACTORY - Jewelry Making Class.

Thurs., 7/17: 5pm: Lake View Dinner; **6pm:** "R" Band.

Fri., 7/18: 9am: WCOA Meeting; **12:30pm:** Movie: *Get Low.*

Sat., 7/19: 9am-3pm: Wallingford Health Fair - Community Lake Park.

Mon., 7/21: 9:30am: New! Clay Class Prerequisite.

Tues., 7/22: 9:30am: Veteran's Coffee House, New! Clay Class Technique Development.

Thurs., 7/24: 11am: Cardio Drumming; **1:30pm:** Book Club; **5pm:** Lake View Dinner; **6pm:** "R" Band.

Fri., 7/25: 9:30am: Morning Hike - Quinnipiac Trail - Wallingford; **10am:** Parkinson's Support Group, iPhone Workshop; **12:30pm:** Movie: *Wonka.*

Mon., 7/28: 9:30am: New! Clay Class Prerequisite; **10am:** Caldwell Banker Realty; **10:30am:** Wills, Trusts & Probate; **1-3pm:** Hearing Services.

Tues., 7/29: 9:30am: New! Clay Class Technique Development; **10am:** ShopRite Dietician-Ice Cream.

Thurs., 7/31: 5pm: Lake View Dinner; **6pm:** "R" Band.

JULY 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, Clay Class Prerequisite; **10am:** Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout with Sue-ZOOM; **11am:** Total Fitness; **12pm:** Silver Sneaker Circuit, Art Appreciation; **12:45pm:** Chair Yoga; **1pm:** Cards/Nickel-Nickel, Chess Club, Harmonica Club; **2pm:** Zumba Gold.

Tuesday: 8:30am: Workout with Sue - ZOOM; **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Clay Class Technical Development, Total Fitness, Basic Social Dance; **10am:** Bocce, Ballroom Dance Lessons; **11am:** Strength & Balance; **12:00 noon:** Bridge; **12:30pm:** Bingo; **1pm:** Quilting, Parkinson Fitness, Mah Jongg; **2pm:** Silver Sneakers 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 Club, Dominoes; **1pm:** Cribbage, Cards, Crafters Corner; **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; **10:15am:** Silver Sneakers Chair Yoga; **11am:** Total Fitness; **12:30pm:** Bingo, Artists' Studio; **1pm:** Parkinson Fitness, Mah Jongg, Scrabble; **2pm:** Silver Sneakers Classic; **3pm:** Gentle Yoga.

Friday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9am:** Tap Dance; **10am:** 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.

FOR SALE: Da Vinci 12" black plastic slate roof tiles, new in factory strapped bundles $100; call Jerry, (203) 804-8400 •

FOR SALE: Boy's Huffy Fury 24" mountain bike, 15-speed, neon yellow with black, good condition $45; (203) 530-1045 •

WANTED: Buying older beer cans, flats, conetops, single cans or entire collections; (203) 915-7662 •

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(203) 248-1445

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TRS message relay via CCC:
TRS (800) 842-9710

Equal Housing Opportunity

Luke Nugent To Speak About Forest Ecology

North Haven: Luke Nugent, this year's winner of the Daytime Gardeners $500 Merit Scholarship Award, will present a program on July 22, 2025 about his work and experiences with Forest Ecology. Luke is entering his senior year at University of New Hampshire, College of Life Sciences and Agriculture (COLSA) where he is studying Natural Resources and The Environment (NREN).

Since April 2023, Luke has continuously pursued forest research. His project is to analyze the effectiveness of treatments in suppressing hemlock woolly adelgid and elongate hemlock scale, two invasive insects that threaten hemlock-dominated forests. Luke conducted literature reviews, developed methods, conducted field surveys and data entry, and initiated data analysis. His goal is to complete this project for publication in a scientific journal. Luke wants to attend graduate school at UNH and conduct further research on forest pathogens.

This program is open to the public and will be held at the North Haven Recreation Center, 7 Linsley Street, North Haven from 11:00 AM to noon on July 22. Please register by calling 203-239-1557. A guest donation of $5.00 is appreciated. Photo by Mary Anne Hardy



Luke Nugent

HWC Continues Activities In Summer



Pictured (L-R): HWC members Rosalind Navolla, Shirley Mero, Judy Feather, Sharon Nolan, Elle Gaetano, Giavanna Capolla, Marge Giunti, and Carolyn DellaPietra.

Hamden: Are you thinking about joining an amazing social group that can make a positive and rewarding difference in your life? If this is the case, please consider joining us - the Hamden Woman's Club, Inc., GFWC. The HWC is open to any woman over eighteen years of age who would like to volunteer in the community, develop new friendships, and have fun at the same time! We are a civic, educational and social organization that was first organized 75 YEARS AGO - in August, 1950 and joined the General Federation of Women's Clubs(GFWC) in January, 1951. Our Motto is "A Group that Cares and Shares" - which we demonstrate by our many charitable activities. We are a part of the largest volunteer organization in the world, and we continually develop new projects to improve the quality of life within our greater community.

The HWC also provides many enjoyable social benefits to our members and these activities are continuing all summer long: a Book Club that meets monthly at a local restaurant, our "International Lunch Bunch" and our newer evening group - "Dinner Divas". (We love dining out!). Everyone loves our seasonal choral group as well as our holiday parties & annual banquets, day trips, Military Whists, Bingo Nights, and Arts & Crafts Competitions. We are all excited about our major Fall Fundraiser - a Brunch/luncheon on Sunday, Nov. 2!

Meetings are held at 6:30pm on the first Wednesday of each month from September to June, at the Hamden Senior Center (located in the rear of the Miller Memorial Library). Our next meeting will be on September 3 with a very special WELCOME BACK celebration! PLEASE JOIN US! You do NOT have to live in Hamden to join - in fact, many of our members are from area towns. We are very pleased that our HWC recently received the Best Membership Award because of our exceptional growth to more than fifty members! After our business meeting, we will enjoy a friendly & fun social hour of "calories & camaraderie". NEW MEMBERS ARE ALWAYS WELCOME to attend meetings and we encourage anyone interested in learning more about the HWC to please contact Sharon Nolan 203-248-2538. Also, please look at our Facebook page - Hamden Woman's Club, GFWC, Inc. - for more information, articles and fun photos of our friendly club.