

Varsha Salani, D.M.D., LLC



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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 Center and are available for North Haven Residents only. See our Senior Center Newsletter online at www.town.north-haven.ct.us.

WEEK OF NOV. 25-29

Mon., 11/25: 9:30am: Fitness Fun; **10am:** Canasta; **1pm:** Bingo.

Tues., 11/26: 9:30 and 10:45am: Better Balance; **12:00 noon:** Oil Painting Class; **1pm:** Bocce, Mahjong.

Wed., 11/20: 9:30am: Fitness Fun. *Senior Center Closing at noon. All afternoon activities cancelled.*

Thurs., 11/28 and Fri., 11/29: *Senior Center Closed. Thanksgiving Holiday.*

Save the Date

Annual Christmas Tree Decorating Party: Mon., December 2 at **10:30am.** The holiday season is upon us, so come celebrate with us! We'll decorate our tree, enjoy refreshments, eggnog, live music, raffles and more! Come meet and greet our new Senior Center Manager, Paulette DeMaio! It's sure to be a fun-filled morning and what a great way to get into the holiday spirit. Call (203) 239-5432 or stop by the office to let us know if you plan on attending.

Ten Warning Signs of Alzheimers and Dementia: Wed., December 4 at **10:15am.** Presented by Maria Tomassetti from the Alzheimers Association. Learn the difference between normal aging and Alzheimers, become familiar with early warning signs, the importance of early detection, benefits of diagnosis, resources, and more. Call (203) 239-5432 or stop by the office to register ***by November 29.***

Senior to Senior Breakfast: Wed., December 11, from **8:15-9:30am.** All North Haven Seniors are invited to the FREE Annual Senior to Senior Breakfast held at the North Haven High School. Enjoy delicious homemade breakfast treats baked by the Culinary Department. Members can drive on their own (carpooling strongly encouraged), or Members may drive to the Center at 7:30am to travel by bus. If you need a ride, bus pickups will begin at 7am. Call (203) 239-5432 or stop by the Senior Center office to ***RSVP by December 4.***

Paid Classes

All checks made payable to: Treasurer Town of North Haven or unless otherwise noted.

Registration will be taken Monday-Friday from 10am-3pm. A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment, as instructors are based on payment once the class is filled.

Move to the Music with Adrienne: A low impact, fun, choreographed fitness class which can be done either seated or standing. The functional movements can help to improve coordination, balance, strength and memory. NOVEMBER SESSION IS FULL. Our next offering of this class will be **Mon., Dec. 9,** at **11am.** Registration for the December session is now underway and will end on Dec. 2. Space is limited, Cost is $5 per class for Residents, $10 per class for Non-Residents**. Cash will be accepted. Call (203) 239-5432 for more information.

Better Balance: Tuesdays & Thursdays, 9:30am-10:30am or 10:45-11:45am. Better Balance will focus on strength training and stretching, safe and effective exercises, flexibility and balance training, and exercises that can be modified for each person's fitness level and can be performed seated or standing. THE CURRENT SESSION IS FULL. **Next session will be Jan. 7 - Feb. 13, 2025.** Registration will begin Mon., Dec. 2. Call (203) 239-5432 for more information. Subsidized in part by the Town of North Haven. Open to North Haven Residents ONLY.

**Non-Resident Guests will be asked to complete a Non-Resident Agreement for all classes as well as completing a Non-Resident Guest Application.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF NOVEMBER

Mon., 11/25: 10-11:30am: Ask a Realton; **10:30am:** Wills, Trusts and Probate; **1-3pm:** Hearing Services.

Tues., 11/26: 10am: Veteran's Coffee House.

Wed., 11/27: *Center Closes at 1pm.*

Thurs., 11/28: *Thanksgiving Day - Center Closed.*

Fri., 11/29: *Center Closed.*

NOVEMBER 2024 WEEKLY ACTIVITIES

Monday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Texas Hold'em, Canasta Lessons, Body in Motion; **10am:** Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout with Sue - ZOOM; **11am:** Total Fitness - Singing For Fun; **12:00 noon:** Healthy Moves, Art Appreciation; **12:45pm:** Chair Yoga; **1pm:** Cards/Nickel-Nickel, Chess Club, Harmonica Club.

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

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

Town Issues Reminder on Clearing Sidewalks

Wallingford: Mayor Vincent Cervoni has issued a reminder to all Wallingford residents, property owners, businesses and occupants of properties regarding their responsibility for the care of the abutting public sidewalks.

Municipal Ordinance #198-11 requires that snow and ice be removed from the sidewalk by the abutting property owner, following the end of the storm. Sidewalks must be cleared of any snow or ice, within eighteen (18) hours after the end of the storm. If the storm ends at night, the deadline for removal of any snow and ice will be eighteen (18) hours after sunrise.

The minimum cleared width of the path shall be three (3) feet. In no case shall snow from private property be deposited in the public roadway.

In the event that the ice cannot be removed, the property owner must make the sidewalk safe and passable, which may include the placement of sand or other suitable deicing materials.

Failure to comply with the provisions of this Ordinance can result in a $25.00 per day fine for each day the snow is not removed and the actual cost for the Town to clear the sidewalk.

The Mayor has asked for everyone's cooperation on this important issue.

Questions concerning this Ordinance may be directed to the Town of Wallingford Department of Engineering at 203-294-2035.

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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 •



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Equal Housing Opportunity

GFWC Women's Club Members Prepare Holiday Vases To Bring Cheer To Our Veterans





Pictured: Members Of GFWC Women's Club Preparing Holiday Vases For Veterans. **Right:** GFWC CT State President Kathy Barnes And North Haven Club President Pam Lerner.

North Haven: The GFWC Women's Club of North Haven met on Friday, November 8 at the North Haven Senior Center for its November meeting and to prepare Holiday vases to bring cheer to the Veterans at the Veterans Hospital in West Haven. Our project called "Vases for Vets" involves small table-top vases containing flowers for the vets. Kathy Barnes, CT State GFWC President of the 27 GFWC Clubs in CT with 1060 members honored the North Haven Club by joining the meeting and helping to prepare the vases.

The General Federation of Women's Clubs is an international club founded 135 years ago and committed to community service. There are 2300 GFWC clubs with approximately 60,000 members in the US and clubs throughout the world providing help, support and service. For example, The GFWC Clubs in both Aruba and Peru have been providing community service for 90 years. There are clubs in Mexico, Brazil, Cyprus, the Philippines, Taiwan and even Ukraine.

The GFWC Women's Club of North Haven has embraced many projects over each club year designed to serve the community and support many needs. The North Haven Club regularly provides food donations to the Churches of North Haven at the North Haven Congregational Church. This Fall the Club has provided "Purple Purses" donations of toiletries, socks and other items to BHcare for victims of domestic violence. The Club makes regular donations of socks, toiletries, paperback books, calendars and other items to the Veterans at the VA Hospital in West Haven. The Women's Club recently donated diapers, infant clothing and other infant items to Mary and Joseph's Place for mothers in need. Members of the Women's Club built a Little Free Library, in front of the Congregational Church and keeps it filled with free books-especially children's books. The motto of the Little Free Library is "Take a book, share a book". Donations of books are always welcome. Donations are provided to North Haven's Community Services. Also the Club members provide yearly donations of school supplies to North Haven Elementary Schools.

Normally meetings of the GFWC Women's Club of North Haven are held on the first Friday of each month from September to June at the North Haven Senior Center. If you would like to join us for one of our meetings, please call Pam Lerner and find out the particulars for an upcoming meeting. Come and meet other ladies who have made a commitment of service and meeting needs to North Haven and the Connecticut area.

Women interested in community service with the GFWC Women's Club of North Haven should contact Pam Lerner at (203) 281-3090, for additional information. Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.

WANTED: Antique country store items, old tins, bins, signs, boxes or anything related; (203) 915-7662 •

FOR SALE: Tools: Snap-On matching numbers boxes with tools, late 1960s; (475) 355-8084 •

FOR SALE: Buffet, mahogany, 5' wide, 20" deep, six drawers, exc. cond.; (860) 573-3210 •