YOUR LINK TO QUALITY HEALTHCARE

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. 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 2-6

Mon., 6/2: **9:30am:** Fitness Fun; **10am:** Canasta; **10:15am:** Chess; **11am:** *Tai Chi & Qi Gong-New,* Move to Music; **1pm:** Bingo.

Tues., 6/3: **9:30:** Better Balance; **10:30am:** Rummikub, Setback; **12:00 noon:** Oil Painting Class; **1pm:** Bocce, Mahjong.

Wed., 6/4: **9:30am:** Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo, Pinochle; **2:30pm:** Pool School.

Thurs., 6/5: **9:30 & 10:45am:** Better Balance; **10am:** Knitting/Crochet Class; **1pm:** Balance Through Strength, Bocce, Dominos, Mahjong.

Fri., 6/6: **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo, Bocce.

Programs/Activities

Goal Setting 101 with Marisa: **Tues., June 17** at **1pm.** Our favorite dietician from ShopRite is back for this FREE wellness presentation on goal setting. Learn about different ways that you can meet your health and wellness goals that will work best with your lifestyle. North Haven Residents and Non-Residents may register now. Registration ends June 13.

Spotlight Activity: Did you know the Senior Center has a variety of games to choose from? Classic card games like Canasta, Bridge and Setback, as well as tile games like Dominos, Mahjongg and Rummikub! If strategy is more your style, come on down and play a game or two of Chess, or test your vocabulary skills with Scrabble. Or, if you are looking for a fun way to spend the afternoon, we offer Bingo 3 days a week! Do you like the outdoors, come give Bocce a try! We guarantee we have something for everyone! Not only are these activities fun, they're a great way to relieve stress, stimulate brain activity and stay connected, all of which are essential to your overall health. Come visit us today!

Enrichment Class

Better Balance: **Tuesdays & Thursdays** from **9:30-10:30am or 10:45-11:45am.** Better Balance will focus on strength training, and stretching, safe and effective exercises, flexibility and balance training. ***Registration for the next session will begin on June 9, at 9am. Summer session will run July 8 - August 14.*** Cost is $15. Check ONLY, payable to Yale New Haven Health. Space is limited. Call (203) 239-5432 for more information.

Qigong and Tai Chi: ***NEW!!*** This class combines the active and dynamic movements of Qigong and Tai Chi to allow healthy energy to flow through the organs, digestive, circulatory, and nervous system reducing blockages that can lead to inflammation and pain. This introductory class will begin on Mondays starting June 2 at 11am. Cost for residents is $25. Non-Residents may participate for $35. Registration is open now for North Haven Residents and Non-Residents. Check payment ONLY, payable to Treasurer-Town of North Haven.

**Non-Resident guests are asked to complete a Non-Resident Guest Agreement for all classes, as well as completing a Non-Resident Guest Application. Both documents need to be on file before registering for a class.*

Checks are payable to Treasurer-Town of North Haven, unless otherwise indicated. A class with insufficient enrollment will be cancelled prior to the start date and participants will be notified and receive a refund. Once a class is in session, there are NO refunds or adjustments to the required payment, as instructors are based on payment once class is filled.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF JUNE

Tues., 6/3: **7:30am:** Trip: Blossoms and Butterflies.

Wed., 6/4: **9am:** AARP Smart Drivers; **12:30pm:** Military Whist.

Thurs., 6/5: **10am:** Hospitality Meeting; **11am:** New! Clay Class; **5pm:** Lake View Dinner; **6pm:** Jukebox 45.

Fri., 6/6: **1-3pm:** Foot Care; **5-7pm:** Fine Arts Flower & Verse Show.

Sat., 6/7: **10am-1pm:** Fine Arts Flower & Verse Show.

Mon., 6/9: **9:30am:** AARP Technology; **11:15am-12 noon:** AARP Night Driving.

Tues., 6/10: **9:30am:** New! Clay Class; **10am:** Hiring a Caregiver - Amy Platt; **11am:** Happy Birthday Party.

Wed., 6/11: **10:30am:** Q & A Wallingford Police Dept.

Thurs., 6/12: **11am:** Cardio Drumming; **5pm:** Lake View Dinner; **6pm:** Vinny & Lynn Knapp.

Fri., 6/13: **9am:** ProShred Event; **9:30am:** Morning Hike-Racebrook Tract; **12:30pm:** Movie - "50 First Dates."

Sat., 6/14: **10am-3pm:** Masonicare Family Festival.

JUNE 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; **10am:** Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout with Sue-ZOOM; **11am:** Total Fitness; **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:** Clay Class, 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:** 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.

North Haven Library Awarded Autism Community

The North Haven Memorial Library is proud to announce that it has been awarded the Autism Community Impact Grant in the amount of $4,200 from the Doug Flutie Jr. Foundation for Autism. This funding will support the launch of a sensory-friendly Storytime program for the North Haven community and provide sensory tools for patrons to use during their visits.

The Autism Community Impact Grant, awarded through a competitive application process, supports under-served, underfunded, and culturally diverse communities. The grant will help the North Haven Memorial Library create a welcoming, inclusive environment for families affected by autism and other developmental differences.

The new sensory-friendly Storytime, named Calm Connections, will be a free, weekly program with no registration required, allowing families to participate whenever it suits them—without the pressure of scheduling or needing to cancel. The program will feature sensory toys, calming lighting, carefully selected books, and other sensory-friendly materials to create a relaxed and stigma-free experience.

"While we welcome everyone into all our programs, we understand that some of our friends with sensory sensitivities may not feel comfortable in traditional settings," Griffiths added. "Thanks to this grant, we've been able to purchase specialized items that make the library a more comfortable and inclusive space for all."

In addition to supporting children, the program aims to foster meaningful connections among parents and caregivers within the autism community—helping families feel seen, supported, and empowered in a shared space.

HIKED The ROCK



North Haven: If you never HIKED the ROCK [or did visit the park in the past] come join the Board of Peter's Rock Association for a guided hike to the Summit on SATURDAY, JUNE 7 @ 10:00 AM to celebrate National Trails Day. The Park is located at 133 Middletown Ave. here in North Haven behind First Fuel Gas Station. The hike will take you to the highest elevation in North Haven to view great sights [Sleeping Giant, New Haven harbor, etc] and is open to everyone. It's approximately 1 mile up and somewhat challenging up the Summit. Please wear appropriate shoes. Heavy rain cancels. REFRESHMENTS WILL BE OFFERED by VOX CHURCH at the conclusion of the hike. Visit petersrockassociation.org for more info.

SENIOR SPOTLIGHT

SENIOR LIVING

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125 Putnam Ave. Hamden
(203) 248-1445

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

Equal Housing Opportunity

Goodwill Staffers Train for Special Olympics Games

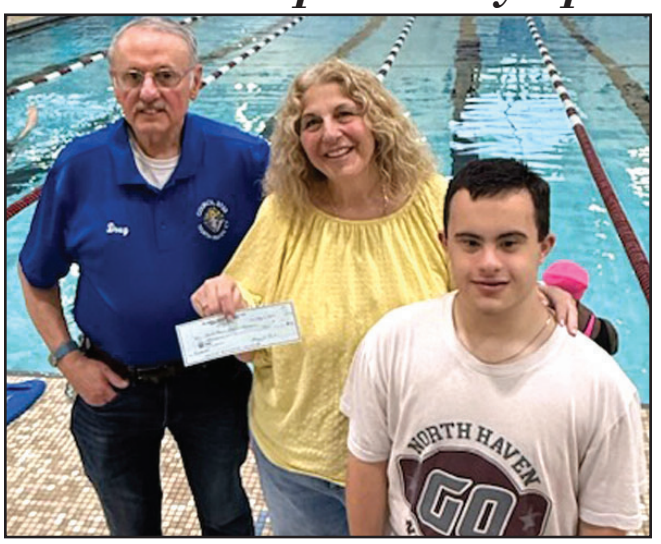
North Haven: Proud Goodwill employees are off-the-field training and celebrating as they prepare for this year's Summer Games. On Wed., June 4, 11am, at Goodwill Headquarters, 432 Washington Ave., you'll meet inspiring team members and see how determination, teamwork, and support from the Goodwill community help fuel their success on and off the field.

With regional headquarters in North Haven, Goodwill is a 501(c)(3) nonprofit organization with more than 100 years of experience in reuse, recycling, and workforce development. Our mission is to empower individuals through the power of work. As one of the nation's leading nonprofit providers of employment services for people with disabilities and other barriers to employment, Goodwill proudly supports its Special Olympic athletes through inclusion, opportunity, and celebration of their achievements.

FOR SALE: Scotts 50 inch mower deck, 3-blade, exc. cond., good spindles, solid $100; (203) 214-5232

FOR SALE: Air Sweep push leaf blower, 5hp engine, serviced, adjustable discharge chute $100; (203) 214-5232

Knights Of Columbus Donates To Special Olympics



Pictured: Douglas Fernandez, Grand Knight; Ria Violano, North Haven Special Olympics Coordinator; and Mathew Lengvinis, Special Olympics Swim Team Athlete.

North Haven: The North Haven Knights of Columbus with Doug Fernandez, Grand Knight, recently donated $1,000 to The Special Olympics Swim Team of North Haven. Doug Fernandez is an avid supporter of the Special Olympics in North Haven.

Charity is at the heart of the Knights of Columbus and it always has been. Founded in 1882 in New Haven, CT with the principles of Charity, Unity & Fraternity. Charity means supporting a virtually boundless variety of projects including local charitable organizations. We support The North Haven Police, North Haven Fire Department and many many other worthy organizations in our Town such as ACES and The North Haven Food Bank just to name a few.