

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. View our Senior Center Newsletter online at www.town.northhaven.ct.us.

WEEK OF FEBRUARY 3-7

Mon., 2/3: 9:30am: Fitness Fun; **10am:** Canasta; **11am:** *Move to Music with Adrienne;* **1pm:** Bingo.

Tues., 2/4: 9:30 & 10:45am: Better Balance; **12:00 noon:** Oil Painting; **1pm:** Mahjong.

Wed., 2/5: 9:30am: Fitness Fun; **11am:** *Cardio Drumming with Paulette,* Diamond Art Painting; **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 2/6: 10am: Knitting/ Crochet Class; **1pm:** Dominos, Mahjong.

Fri., 2/7: 9:30am: Fitness Fun, Scrabble; **10am:** *GFWC of North Haven;* **12:30pm:** Bridge; **1pm:** Bingo.

Save the Date!

AARP Free Tax Preparation will be available with an AARP Foundation Tax-Aide every Friday from 8:30am-12:30pm **beginning Feb. 21 and ending March 21.** The service is by appointment only and is a free service extended to taxpayers. Refer to the newsletter for documents required. Call (203) 239-5432 or stop by the office to register or for more information. Appointments are filling up, so call today!

AARP Smart Drivers Course will be offered on the third Friday of each month. South Central Regional Council of Governments (SCRCOG) will sponsor the January and April; therefore, there will be no charge for those two classes. The remaining classes will cost $20 for AARP members, $25 for non-members. Check the newsletter online for exact dates or call (203) 239-5432 for more information. **Next Course will be offered on Fri., February 21 from 8:30am-12:30pm.** Pre-registration is required.

Lunch Bunch: Join us at Adelphia Café, 476 Washington Ave., North Haven on **Thurs., Feb. 20** at **12:00.** Is Happy Hour more your style? Then come to Volo, 117 Washington Avenue. on **Fri., Feb. 28** from **2-4pm** for Happy Hour Specials. These are all pay-on-your-own, drive-on-your-own events. Come meet our members, make new friends and have some fun on these dreary winter days!

Upcoming Trips

"Swing into Spring with the King!": Tues., April 15 at A Villa Louisa, Bolton, CT. Cost of the trip is $115 per person for North Haven Residents, $125 per person for Non-Residents. Check payment ONLY, payable to Friendship Tours. Cost includes, round trip coach bus transportation, dinner with your choice of entrée, and featuring Richie Santa's tribute to Elvis! Bus will depart the Senior Center at 10:30am, with an estimated return by 4:15pm. ***Registration and payment due by Feb. 28.*** For more information, call (203) 239-5432.

"Waitress" - A Musical: Thurs., May 29 at The Majestic Theater in West Springfield, MA. Cost of the trip is $155 per person for North Haven Residents, $165 per person for Non-Residents. Check payment ONLY, payable to Friendship Tours. Cost includes, round trip coach bus transportation, lunch at Storrowton Tavern Carriage House with your choice of entrée, and a matinee performance of "Waitress." This show celebrates the power of friendship, dreams, and the family we choose, featuring music from Tony Award winning composer Sara Bareilles. Bus will leave North Haven Senior Center at 9:45am with an estimate return time of 6pm. ***Registration and payment due by April 11.*** For more information, call (203) 239-5432.

Summer Breeze: Wed., June 25 at Amarante's Sea Cliff in New Haven. Cost of the trip is $85 per person for North Haven Residents, $95 per person for Non-Residents. Check payment ONLY, payable to Friendship Tours. Cost includes, choice of entrée and a performance by Dennis Dell, a present member of the oldies group, The Acchords. Dennis will bring his solo show to Amarante's where your favorite songs will be brought to life with originality and authenticity. Please note there will be NO Charter bus for this trip. Attendees are encouraged to drive on their own and carpool. Transportation to members who do not drive will be provided by the North Haven Senior Center bus on a VERY LIMITED basis and is FIRST COME, FIRST SERVE. For more information, please call (203) 239-5432.

Enrichment Classes

Move to Music with Adrienne: Dates for the upcoming classes are as follows: **Mon., February 10** at **11am.** Registration for this class will begin February 5. Cost is $5 for Residents and $10 for Non-Residents*. **Mon., February 24** at **11am.** Registration for this class will begin February 10 at 11am. Space is limited. Call (203) 239-5432 for more information.

*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.

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Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF FEBRUARY

Wed., 2/5: *AARP TAX Preparation.* **12:30pm:** Military Whist; **9am-1pm:** Drivers Ed Course; **1pm:** CarFit.

Thurs., 2/6: 9:30am: A.G.E.; **10am:** Hospitality Meeting.

Fri., 2/7: 12:30pm: Movie: *Remember the Titans*; **1pm:** Foot Care. *Come on down and get your SUPERBOWL surprise give-away (first 100).*

Mon., 2/10: *AARP TAX Preparation.* **10am:** iPad User Group, Collette Travel Presentation: Hawaii.

Tues., 2/11: 10:30am: Q & A Wallingford Police; **11am:** Happy Birthday Party.

Wed., 2/12: *Center Closed. Lincoln's Birthday.*

Thurs., 2/13: 10am: Gratitude Letters; **11am:** Cardio Drumming.

Fri., 2/14: 9am: WCOA Meeting; **12 noon:** Valentine's Day Party; **1pm:** Dave and Renee Duo Concert. *Lakeview Breakfast Only.*

Mon., 2/17: *Center Closed. Presidents' Day.*

Tues., 2/18: 9:15am: Trip Sign Up: Lancaster, PA Sight and Sound Theatre; **10am:** Financial Safety Fraud.

Wed., 2/19: *AARP TAX Preparation.* **10am:** Sound Healing.

Thurs., 2/20: 9:30am: A.G.E.; **1:30am:** Book Club Discussion Group.

Fri., 2/21: 10am: Parkinson's Support Group; **12:30pm:** Movie: *When Harry Met Sally.*

Mon., 2/24: *AARP TAX Preparation.* **10am:** Medication Management Seminar; **10-11:30am:** Ask a Realtor; **10:30am:** Wills, Trusts and Probate.

Tues., 2/25: 9:30am: Veteran's Coffee House, Reiki Presentation.

Wed., 2/26: *AARP TAX Preparation.* **1pm:** T.A.B.'s Workshop.

Thurs., 2/27: 11am: Cardio Drumming.

Fri., 2/28: 10am: iPhone Workshop; **12:30pm:** Chili Cook-Off Contest; **12:30pm:** Movie: *Groundhog Day.*

FEBRUARY 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:** 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 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 Studio; **1pm:** Cribbage, Crafter's Corner, Cards, Dominoes; **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 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.

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Upcoming Events at the Garden Club of Woodbridge

The Garden Club of Woodbridge meeting on April 1st will have a presentation by Kelsey Fisher, Ph.D regarding "Meadow Gardens." Kelsey is a scientist who researches insect movement and dispersal ecology, pollinator conservation and agriculture pest management.

Location is the Woodbridge Town Library, 10 Newton Road, Woodbridge and will run from 7-9pm. Open to the public with a $5 guest fee.

For more information, please contact Mary Jane: wpurcell@snet.net.

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FOR SALE: Ladies bathrobe, pink, S.P.A. (Brookstone) original, never opened package, universal size $20; (203) 606-0932

FOR SALE: Shotgun, rifle & handgun carrying storage cases, quilted canvas and rigid plastic $10, $25 each. Firearms previously sold. (203) 815-4994 •



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Equal Housing Opportunity

Floral Designs For Wallingford Senior Center Entrance Table



Pictured: Wendy Hartley and Shirley Lagerstrom's Wishing Well.

Wallingford Garden Club members are providing floral designs, plants or educational exhibits for the Wallingford Senior Center Entrance area. Members have been taking floral design workshops provided by Design Committee Chair. New design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for the public. The participants for January were: Wendy Hartley depicting English Tea and Shirley Lagerstrom depicting public comment with Wishing Well motif.

Wallingford Garden Club is a member of The Federated Garden Clubs of Connecticut, Inc., New England Garden Clubs and National Garden Clubs, Inc.

Photos by Eleanor Tessmer

A Wonderful Birthday Dinner Was Celebrated By Aunt and Nephew of North Haven

On January 25th, North Haven residents, Jo-Ann Buccetti and nephew Dino enjoyed a wonderful, delicious birthday dinner at LongHorn Steakhouse on Universal Drive. Jo-Ann's birthday was on January 22nd and Dino's was on January 28th.

The dinner and service were excellent. We were treated cordially by waiters Krystian, Luigi, and manager Elizabeth Buckley. At the end of our dinner, four waiters came to our table and sang to us with a delicious free ice cream for each of us. It is so great to enjoy a wonderful night out with family. *Story by Jo-Ann Buccetti*

Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

RSVP Volunteer Program

Need a little help? Feeling a bit isolated? Want to give back in a way that can make an impact? Then the Agency on Aging's RSVP Volunteer Program could be the perfect place to call. We have been offering support and volunteer opportunities for over 30 years.

The only requirements are that you are over 55 years old and willing to complete an application for volunteering or a referral for support.

Just give us a call at (203) 752-3059 and ask for Schari.

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Indepencence® has an announcement:

Senior Residents living alone are welcome to contact our Volunteer Representative, Janet, if you wish someone to reach out to you to see how you are doing or just to say hello.

Please call Janet at (203) 500-9359.

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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 •