

Varsha Salani, D.M.D., LLC

State of the Art Dentistry

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185 Maple Ave., North Haven, CT

Varsha Salani, D.M.D., LLC
(203) 234-1901

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF FEBRUARY

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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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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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 24-28

Mon., 2/24 **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** *Move to Music w/Adrienne;* **1pm:** Bingo.

Tues., 2/25: **1pm:** Mahjong, Oil Painting.

Wed., 2/26: **9:30am:** Fitness Fun; **11am:** Diamond Art Painting; **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 2/27: **10am:** Knitting/Crochet Class; **1pm:** *Balance Through Strength w/Tom,* Dominos, Mahjong.

Fri., 2/28: **8:30am:** *AARP Free Tax Prep. (last appt. at 11:30am);* **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo.

Senior Center Activities

St. Patrick's Day Party: **Fri., March 14** at **11:30am.** Wear your Green and enjoy the festivities with your friends at the Senior Center. Savor a delicious Corned Beef and Cabbage lunch, while Lou Manzi provides musical entertainment singing many of your favorite songs, as well as the Irish standards you know and love. Cost is $5 for Residents, $15 for Non-Resident guests. ***Registration and payment due by March 7.*** Call (203) 239-5432 to reserve your spot today!

Viva Italia! **Tues., March 18** at **10:30am.** Learn all about Italian Culture with Anna from La Bottega, enjoy delicious Italian coffee and Zeppoles, in honor of St. Joseph's Day. This event is FREE. Seating is limited so reserve your spot today! ***RSVP to this event by March 10.*** Call (203) 239-5432 for more information.

Make & Take-Designer Greeting Cards: **Thurs., March 20** at **1pm.** You will create 3 greeting cards, Thinking of You, Get Well and Happy Birthday. Spend an afternoon getting in touch with your creative side. All supplies will be provided for this FREE activity. Space is limited. ***RSVP by March 12 to secure your spot.*** Call (203) 239-5432 for more information.

Spotlight Activities: Why not give Bridge or Canasta a try! Did you know Bridge has its origins in 16th Century England where it was originally called "Whist?" It's a four player, trick-taking game where you divide into 2 partnerships and work a 52 Card Deck. Canasta is a popular game that has been around for decades, originating in South America and is a derivative of Rummy. The game can accommodate a number of players ranging from 2-6 players, although it's ideally played with 2 teams of 4. Both games are beneficial in enhancing memory, strategic and cognative thinking, as well as visualization skills. Hot Coffee, Tea and Hot Chocolate are always on hand to enjoy. So give Canasta a try, Mondays at 10am or Bridge on Tuesdays and Fridays at 12:30pm. New and experienced players are always welcome.

Upcoming Day Trips

• **Tues., April 15 - "Swing into Spring with the King"** at A Villa Nova in Bolton, CT. $115 for North Haven Residents, $125 Non-Residents. Register by February 28.

• **Thurs., May 29 - "Waitress: The Musical"** at The Majestic in West Springfield, MA. $155 for North Haven Residents, $165 for Non-Residents. Register by 4/11

• **Wed., June 25 - "Summer Breeze"** at Amarante's in New Haven. $85 for North Haven Residents, $95 for Non-Residents. Register by May 1.

• **Thurs., July 17 - "Boston Harbor Bingo Cruise"** in Boston, MA. $165 for North Haven Residents, $175 for Non-Residents. Register by June 3.

Call (203) 239-5432 for more information regarding these ex-

Enrichment Class

• **Better Balance:** The focus is on strength training and stretching, safe and effective exercises, flexibility and balance training. Exercise is modified for each person's fitness level and can be performed standing or sitting. Next Session will be March 20-June 12. NO CLASS on Thursday, April 24. ***Registration begins on Tues., Feb. 25 at 9am.*** Cost is $30, for North Haven Residents only. Check payable to Yale New Haven Health. Please note: those enrolled in "Balance Through Strength with Tom" are NOT eligible for the Better Balance class. For more information, call (203) 239-5432.

• **Move to Music w. Adrienne:** This is 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. Cost for this class is $5 for Residents, and $10 for Non-Resident Guests*. Upcoming session date and times are as follows:

Session I: Monday, March 10 at 11am. ***Register for this session Feb. 24 - March 3.***

Session II: Monday, March 24 at 11am. ***Register for this session March 10-17.*** Space is very 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.



SENIOR LIVING

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(203) 248-1445

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

Equal Housing Opportunity

Connecticut to Honor Living World War II Veterans in 2025 Ceremony

North Haven is seeking living World War II veterans residing in our community who have served at any time from December 7, 1941 to December 31, 1946.

In a heartfelt effort to honor and recognize the courage and sacrifices of living World War II veterans, Connecticut Lieutenant Governor Susan Bysiewicz, in collaboration with Veterans Affairs Commissioner Ron Welch and Major General Francis Evon of the Connecticut National Guard, announced a commemorative ceremony. This event will be held on Monday, May 19, 2025, at 11am at the Governor William A. O'Neill State Armory, located at 360 Broad Street, Hartford, CT.

The ceremony marks the 80th anniversary of the conclusion of World War II, a pivotal moment in history that ended in September 1945. The event aims to recognize and thank members of the Greatest Generation, whose dedication and bravery shaped the freedom and democracy enjoyed today.

North Haven is seeking living World War II veterans residing in our community who have served at any time from December 7, 1941 to December 31, 1946. Please contact the Selectman's office at 203-239-5321 ext. 680 or via email at firstselectman@northhaven-ct.gov with the veteran's name, including their branch of service and age ***no later than April 30, 2025.***

This information will be shared with the Lieutenant Governor's office to ensure all veterans are properly honored. Lieutenant Governor Susan Bysiewicz conveys that this ceremony serves as a reminder of the immeasurable contributions made by World War II veterans. By gathering to celebrate their service, Connecticut ensures that their legacy endures, and their sacrifices are never forgotten. The state invites everyone to join in this historic tribute and express gratitude to those who served during one of the most defining periods in modern history.

Spring Glen Garden Club Members Help Celebrate Valentine's Day At The Senior Center



Pictured: Members of The Spring Glen Garden Club continue to celebrate its l00th anniversary by helping the Hamden Senior Center celebrate St. Valentine's Day.

Hamden: The Glen Garden Club has been in service to the Town of Hamden for 100 years, please stop by our historical display in hall outside the Miller Library in front of the Thorton Wilder Auditorium.

The Club has been a fixture in the Hamden community since 1925, a chartered member of The Federated Garden Clubs of Connecticut, Inc., and National Garden Clubs, Inc., since 1929.

The Garden Club ongoing projects includes gardens and planters in Spring Glen, Poppy's Garden on the Farmington Canal Trail and the Historical Herb Garden at The Jonathan Dickerman House, watering the plants at the Government Center and the Miller Library.

The Club donated 10 American Elm hybrid trees to the Hamden Center Park as a result of its successful Wreaths for Trees program.

Other projects of the Club were a Rhododendron Garden at the entry to Lockwood Cottage and the Red Oak tree (Quercus rubra) affectionately known as "Annie Oakley" planted in the Eli Whitney Park.