

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

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF APRIL

Mon., 4/14: 10am: iPad User Group, Bucket List Travel Presentation.

Tues., 4/15: 10:15am: ELVIS Trip Departs; **11am:** Happy Birthday Party.

Wed., 4/16: *Wear your favorite animal print today.*

Thurs., 4/17: 5pm: *Hors d'oeuvres - Pre-Registered Tickets;* **6pm:** Gene the Amazing; **7pm:** Anchor Management Ticket Concert.

Fri., 4/18: *Closed. Good Friday.*

Mon., 4/21: 1pm: Timeless Beauty Make-Up Workshop.

Tues., 4/22: 9:15am: Trip Sign-Up: Mackinac Island; **9:30am:** Veteran's Coffee House.

APRIL 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 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.

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 APRIL 14-18

Mon., 4/14 9:30am: Fitness Fun; **10am:** Canasta; **1pm:** Bingo.

Tues., 4/15: 9:30 & 10:45am: Better Balance; **10:30am:** *Depart for "Swing into Spring with the King" at A Villa Louisa-Bolton, CT;* **12:00 noon:** Oil Painting Class; **1pm:** Mahjong*;* **4:15pm:** *Estimated Return from Trip.*

Wed., 4/16: 9:30am: Fitness Fun; **11am:** Diamond Art Painting; **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo; **2pm:** Pool School.

Thurs., 4/17: 9:30 & 10:45am: Better Balance; **10am:** Knitting/Crochet Class; **12 noon:** *Lunch Bunch - Hard Hat Cafe;* **1pm:** Balance Through Strength with Tom, Dominos, Mahjong.

Fri., 4/18: *Senior Center Closed. Good Friday.*

Programs/Activities

In partnership with AARP, the Senior Center is proud to present the following:

AARP Car Fit: Sat., April 26 from **9am-1pm.** Developed by AARP and the American Occupational Therapy Association, Car Fit offers older adults the opportunity to check how well their personal vehicles 'fit' them. The program provides information and materials on community-specific resources that could enhance their safety as drivers and/or increase their mobility in the community. Assessments are by appointment ONLY. Call (203) 239-5432 or stop by the office to ***register now through April 18.***

Community Drum Circle by Hands-On Drumming: Tues., May 13 from **1:30pm-2:30pm.** Hands-On Drumming offers engaging rhythmic activities for adults to have a participatory musical experience. They provide the drum, stories, rhythm games and traditional songs and dances from around the globe, for all to play. All abilities are welcome. Cost is $5 per person, due at time of registration. Limited seating for this event. ***Register by April 25.*** Call (203) 239-5432 for more information.

LAST CALL!! Waitress - The Musical: Thurs., May 29 at the Majestic Theater in West Springfield, MA. Cost is $155 per person for Residents, $165 per person for Non-Residents. Cost includes round-trip coach bus transportation, lunch at Storrowton Tavern Carriage House with your choice of entrée, and admission to the show. Few spots left! Call (203) 239-5432 for more information.

Enrichment Class

Oil Painting: Tuesdays from **12 noon-3pm.** Open to all levels of painters. Supply list available upon registration. Cost is $40 for Residents, $50 for Non-Resident-Guest*. Space is limited. Registration for the upcoming session begins NOW. ***Session will begin April 22 and end July 15.*** Cost is $40 for Residents, and $50 for Non-Residents. Pay by Check 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.

Reunion Gathering BSA Troop 811 Celebrating 30 Yrs.!

North Haven: Were you a Scout or a Leader of Boy Scout Troop 811? Do you remember those fabulous campouts, trips, and the summer week at Camp Sequassen? Well, the Troop is alive and well and we would like to celebrate 30 years of serving the youth of North Haven.

Plans are well along for this event. You do not want to miss this, so save the date: **Saturday, May 31** from **2-5pm** to gather and re-live some of those memories with friends from the Troop. Location TBD.

To RSVP and for more details, please contact: Casey Marinuzzi at caseymarinuzzi@gmail.com or at (203) 257-0708.

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



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Equal Housing Opportunity

Miller Seniors Meeting

Hamden: The next general meeting of the Miller Association of Seniors will be on Wednesday, April 23 at 12:45pm.

Joe Neumann will be performing at the meeting. He will be singing the "Best of the Oldies" and will be accompanied by his guitar with synthesizer and drum machine.

A social hour will follow the performance. Coffee ($1.00) and donuts ($1.50) will be available.

A Springtime Surprise For Our Seniors!



Pictured (L-R): Chris Reardon, Mark Schachter, and Mary Jane Mulligan.



Pictured (L-R): Mark and Mary Jane handing out the beautiful Hyacinths from the cart.

North Haven: It was an exciting day on Thursday April 10th at The Senior Center. Mark Schachter and the North Haven Rotary Club surprised our seniors and generously donated a beautiful Hyacinth plant for each of them. These fragrant blooms brought smiles and a breath of spring to the community. It's small gestures like these that brighten days and remind us of all of the power of kindness. The seniors gave a big round of applause and thanks to Mark and The Rotary Club!

Photos and story by Paulette DeMaio

Hamden Lions Successful Shred Day



Pictured: Lions Patty, Sally ,Anne, Donna, Kathy, Natalie, Dave and Sue.

Hamden: The Hamden Lions wish to thank everyone for their generous donations on Shred Day. The event was a huge success and will benefit a variety of Hamden charities. The smiles of our members and those who donated were rays of sunshine on the cloudy day. The Hamden Lions thank the Miller Library for providing the central location as well as local businesses for hanging the informational flyers on their community boards. A Shred Day event will be planned again for next year.

The Hamden Lions would also like to Thank Eli's Brick Oven for the gift card and pizza donation for our previous Comedy Night Event.

We are very grateful for the support given to our events and fundraisers which allow us to serve our Hamden Community.