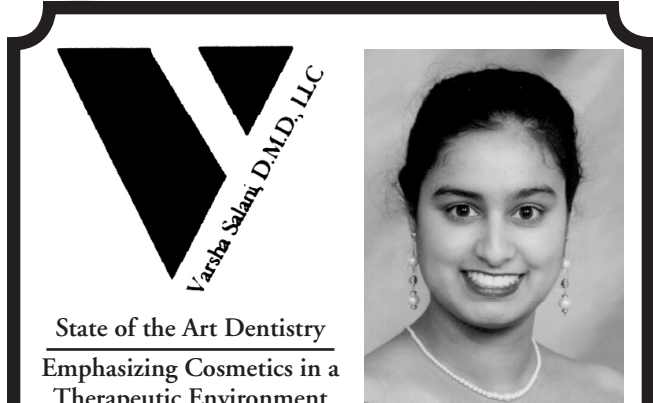


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 (203) 234-1901

North Haven Senior Center
 189 Pool Rd., North Haven
 Hours: 8:00am-4:00pm
 Phone: (203) 239-5432

The following programs are held at the North Haven Senior Center. For information and to register for programs, call (203) 239-5432 or stop by the office. View the newsletter online at www.town.north-haven.ct.us.

- WEEK OF MARCH 9-13**
- Mon., 3/9: 9:30am:** Fitness Fun; **10am:** Canasta, Cornhole; **10:15am:** Chess; **11am:** Move to Music; **12pm:** Silver Sneakers Circuit - Meet & Greet; **1pm:** Bingo.
 - Tues., 3/10: 9:30am:** Functional Fitness; **10am:** Rummikub, Wii Bowling; **10:30am:** Finance Meeting; **12pm:** Oil Painting Class; **1pm:** Mah Jongg; **2pm:** Pool School.
 - Wed., 3/11: 9:30am:** Fitness Fun; **10am:** Pinochle begins (every other Wednesday); **11am:** Diamond Art; **12pm:** Nurse Blood Pressure Clinic (NH Residents only); **12:30pm:** Bridge; **1pm:** Bingo.
 - Thurs., 3/12: 10am:** Knitting/Crochet, Seated Qigong/Tai Chi; **10:30am:** Make & Take: Jewelry Dish; **11:15am:** Standing Qigong/Tai Chi; **1pm:** Balance Through Strength, Dominos, Mah Jongg.
 - Fri., 3/13: 8:15am:** AARP Smart Drivers Course; **8:30am:** AARP Free Tax Prep. (by appt. only); **9:30am:** Fitness Fun, Scrabble; **10am:** Canasta; **12:30pm:** Bridge; **1pm:** Bingo, Setback.

Programs/Activities

Medicare Savings Program: Tues., March 17 at 1pm. Presented by Kareen Collazo, Insurance Agent. Learn about CT's best kept secret...the Medicare Savings Program. Those who are eligible may receive help with deductibles, copays and coinsurance, prescription drug costs and Medicare Part B premiums. This is a FREE program with no penalties for applying. Register on sign-up board or call (203) 239-5432. **Registration ends on March 13.**

Enrichment Classes

Move to Music: Mondays at 11am. Move to Music 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. **Next session is April 20 - July 13.** NO CLASS on May 25. Cost is \$25 for Residents, \$35 for Non-Residents. Payable by Check ONLY to Treasurer, Town of North Haven. **Registration for Residents begins March 16; for Non-Residents, registration begins March 30. Registration ends April 10.**

Qigong and Tai Chi: Thursdays, April 16 - July 2. Seated Qigong & Tai Chi class is from 10am-11am. Standing Qigong & Tai Chi class is from 11:15am-12:15pm. Choose the class that best suits your needs. The gentle rhythmic movements of Qigong & Tai Chi can reduce stress, build stamina, increase vitality and enhance the immune system. Cost is \$25 for Residents, \$35 for Non-Residents. Check ONLY, payable to Treasurer, Town of North Haven. **Residents may register beginning March 19; Non-Residents may register beginning March 30. Registration ends April 10.**

Balance Through Strength: Thursdays at 1pm. Build stability, strength, and confidence in this 12-week class led by Tom, a certified personal trainer and fitness coach with IFA, CPR, and Silver Sneaker credentials. **Next session is April 16 - July 2.** Cost is \$15 for Residents; \$25 for Non-Residents. **Residents may register beginning March 19; Non-Residents may register beginning March 30. Registration ends April 10.**

Functional Fitness: Tuesdays at 9:30am. Functional Fitness is a fall prevention class centered around strength, balance, and fitness. **Next session will run April 21 - July 7.** Cost is \$15 for Residents; \$25 for Non-Residents. Check ONLY, payable to Treasurer, Town of North Haven. **Residents may register beginning March 17; Non-Residents may register beginning March 30.**

POSITIONS WANTED

KIND, CARING RETIRED SPECIAL ED TEACHER interested in being a companion for a senior who needs socialization and help with meals, etc. I've had experience working with seniors with depression, anxiety and cognitive decline issues. References gladly given. Call or text Ruth at (203) 687-6509.

Registration ends April 10.
 *Non-Residents must have a Non-Resident Guest Agreement for all classes, as well as complete a Non-Resident Guest Application. Both need to be on file before registering for a class.

Upcoming Trips

"The New York Bee Gees" at Aqua Turf: Thurs., May 14. Featuring all of the classic 70's disco hits from Stayin' Alive to Night Fever while embracing their early works as well. Cost is \$132/pp for Residents, \$142/pp for Non-Residents. Check ONLY, payable to Friendship Tours. Cost includes coach bus transportation, coffee & donut reception, family style menu, dessert, beverage and show. Call (203) 239-5432 for more details. **Registration for trip ends March 27.** FEW SPOTS LEFT FOR THIS SOLD OUT SHOW!

"Under the Boardwalk": Thurs., June 25 at Grand Oak Villa, Oakville, CT. Listen to Summer classics from Joey & Doreen Arminio as they bring their Jammin' Island Band to perform the music of Jimmy Buffet, Jersey Shore Classics, Beach Boys hits and more! Cost is \$132 for Residents, \$142 for Non-Residents. Check ONLY, payable to Friendship Tours. Bus departs North Haven Senior Center at 10:15am and estimated to return by 5pm. Cost includes round trip coach bus transportation, cheese and cracker reception, family style menu, dessert, soda, carafes of wine at table, coffee and show. **Registration is open now!** Call (203) 239-5432 for more information.

The Log Cabin - Holyoke, MA: Thurs., July 30. Featuring Showtime! with Bobby Darling & Dr. Devine. They are one of the funniest, zaniest shows so come ready to have a good time! Cost is \$155 for Residents, \$165 for Non-Residents. Check ONLY, payable to Friendship Tours. Bus departs North Haven Senior Center at 9:30am with an estimated return of 5pm. Cost includes round trip coach bus transportation, welcome tray with cheese & vegetable platter, choice of entrée: Twin Lobsters or Prime Rib au jus, sides, dessert, coffee and show. **Registration begins on March 2 for North Haven Residents; March 17 for Non-Residents. Registration ends May 29.** Call (203) 239-5432 for more information.

Wallingford Senior Center
 (203) 265-7753

- CALENDAR EVENTS MARCH 2026**
- Mon., 3/9: 9am:** Billards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.
 - Tues., 3/10: 9am:** Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.
 - Wed., 3/11: 9am:** Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.
 - Thurs., 3/12: 9am:** Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.
 - Fri., 3/13: 9am:** Billiards; **11am:** Bridge - Great Room; **12pm:** Pinochle; **1pm:** Knitters & Crocheters, Indoor Cornhole.
 - Mon., 3/16: 9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel

- Nickel; 1pm:** Chess Club.
- Tues., 3/17: 9am:** Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.
- Wed., 3/18: 9am:** Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.
- Thurs., 3/19: 9am:** Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.
- Fri., 3/20: 9am:** Billiards; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - The Commitments; **1pm:** Knitters & Crocheters, Indoor Cornhole.
- Mon., 3/23: 9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.
- Tues., 3/24: 9am:** Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.
- Wed., 3/25: 9am:** Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.
- Thurs., 3/26: 9am:** Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.
- Fri., 3/27: 9am:** Billiards; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie-Babe; **1pm:** Knitters & Crocheters, Indoor Cornhole.
- Mon., 3/30: 9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.
- Tues., 3/31: 9am:** Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.



Free Caregivers Workshop Series

The Agency on Aging of South-Central CT is sponsoring a self-care education program for family caregivers, designed to provide you with tools and strategies to better handle the unique challenges you face.

The free workshop series consists of six sessions held on Wednesdays, 10:30am-12:30pm on **March 18, 25, and April 1, 8, 15 & 22.** The workshop series will be virtual, and a Zoom link will be provided prior to the first class. Cassandra Brunson and Patricia Soos will present the six sessions.

To register, please visit our website registration page www.aosacc.org/forms/ptcl/.

If you have any questions, please feel free to call or email Patricia Soos at (203) 752-2117, psoos@aosacc.org.

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Independence® 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.

WANTED: Collector buying any Connecticut Brewery items for Wehle, Hulls, Wiebel, Largay or any other CT Breweries, signs, cans, bottles, etc.; call (203) 915-7662

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Equal Housing Opportunity

Why Older Adults Should Focus on Eye Health Now



(StatePoint) As you age, it's important to keep an eye on your vision. While some vision changes can be expected over time, others may signal something more serious, such as cataracts, glaucoma or age-related macular degeneration (AMD), which can result in vision loss, blurred vision and glare.

According to one study, one-third of all cases of cataracts, open-angle glaucoma and early AMD occur in those 80 years old or older.

Older adults with diabetes are especially at risk of developing eye-related issues over time, including cataracts and glaucoma, as well as diabetic retinopathy," said Dr. Grant Tarbox, senior executive medical director with HealthSpring, which offers Medicare plans across the country.

In fact, more than half of people with diabetes eventually develop diabetic retinopathy, according to the National Eye Institute. This is a serious condition that can cause blindness if left untreated.

Vision screening recommendations for older adults vary by organization based on health status and medical history. Nevertheless, if you have a vision benefit in your insurance plan, it's a good idea to take advantage of it in 2026. While Original Medicare doesn't cover a routine annual vision exam, most Medicare Advantage (MA) plans, such as those offered by HealthSpring, do provide additional vision benefits, including annual screenings. These plans may even provide you with an incentive for getting an annual

vision exam. To avoid surprise payments, always visit an optometrist or ophthalmologist in your network.

Many eye diseases don't present symptoms in the early stages, making screenings important. When conditions are caught and treated early, disease progression can be slowed. Both Original Medicare and MA plans generally cover treatment for various eye diseases. Beneficiaries may have to pay coinsurance or copays, depending on their coverage. Additionally, a Medicare Part D plan, which is often included in an MA plan, generally covers eye drops and other vision-related prescriptions.

You should always ask your eye doctor to share information about your vision health with your primary care physician, including any prescriptions ordered, to better coordinate care, said Tarbox.

In addition to screenings, you can support healthy eyes with lifestyle tweaks. Tarbox added that the same habits that benefit your overall health are also good for your eye health. This includes eating well, maintaining a healthy weight, washing your hands, not smoking, and taking medications as prescribed. Additionally, because of the heightened risk of diabetic retinopathy, people with diabetes should undergo comprehensive annual eye exams and keep their A1C (a measurement of blood sugar), blood pressure and cholesterol levels under control.

For information on HealthSpring™ Medicare plans, visit www.healthspring.com.