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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

WEEKLY ACTIVITIES SEPTEMBER 7-11

Mon., 9/7: Closed for Labor Day. All activities cancelled.

Tues., 9/8: 9am: Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 9/9: 9am: Billiards, Set-Back; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 9/10: 9am: Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 9/11: 9am: Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Saturday Night Fever*; **1pm:** Knitters & Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS - SEPTEMBER

Wed., 9/9: 9:30am: Stowe's and Savin Rock Beach.

Tues., 9/15: 11am: Happy Birthday Party with Piano Mike.

Wed., 9/16: 10am: Q & A Police Department; **11:30am:** Lunch Bunch Colony Diner.

Tues., 9/22: 9:30am: Veterans Coffee House.

Thurs., 9/24: 10am: New England Big E; **1:30pm:** Book Club Discussion Group.

Mon., 9/28: 10:30am: Wills, Trusts and Probate.

UPCOMING CLASSES/GROUPS

Mon., 9/14: 8:30am: Golf League; **10am:** Canasta.

Tues., 9/15: 8:30am: Golf League; **9:30am:** Clay - Coffee Mug & Coffee Drip; **10am:** Line and Ballroom Dance Lessons.

Wed., 9/16: 1pm: Crafters Corner, Cribbage.

Thurs., 9/17: 9:30am: Clay - Coffee Mug & Coffee Drip.

Fri., 9/18: 9am: Silver Stepers Tap Class; **2pm:** Senior Jammers.

Mon., 9/21: 8:30am: Golf League; **10am:** Canasta.

Tues., 9/22: 8:30am: Golf

League; **10am:** Line and Ballroom Dance Lessons.

Wed., 9/23: 1pm: Crafters Corner, Cribbage.

Fri., 9/25: 9am: Silver Stepers Tap Class; **2pm:** Senior Jammers.

Mon., 9/28: 8:30am: Golf League; **10am:** Canasta.

Tues., 9/29: 8:30am: Golf League; **10am:** Line and Ballroom Dance Lessons.

Wed., 9/30: 1pm: Crafters Corner, Cribbage, Idea Factory-Abstract Paper Collage/Hanji.

North Haven Senior Center

189 Pool Rd., North Haven

Hours: 8:00am-4:00pm

Phone: (203) 239-5432

UPCOMING CLASSES/GROUPS

Mon., 9/14: 8:30am: Golf League; **10am:** Canasta.

Tues., 9/15: 8:30am: Golf League; **9:30am:** Clay - Coffee Mug & Coffee Drip; **10am:** Line and Ballroom Dance Lessons.

Wed., 9/16: 1pm: Crafters Corner, Cribbage.

Thurs., 9/17: 9:30am: Clay - Coffee Mug & Coffee Drip.

Fri., 9/18: 9am: Silver Stepers Tap Class; **2pm:** Senior Jammers.

Mon., 9/21: 8:30am: Golf League; **10am:** Canasta.

Tues., 9/22: 8:30am: Golf League; **10am:** Line and Ballroom Dance Lessons.

Wed., 9/23: 1pm: Crafters Corner, Cribbage.

Fri., 9/25: 9am: Silver Stepers Tap Class; **2pm:** Senior Jammers.

Mon., 9/28: 8:30am: Golf League; **10am:** Canasta.

Tues., 9/29: 8:30am: Golf League; **10am:** Line and Ballroom Dance Lessons.

Wed., 9/30: 1pm: Crafters Corner, Cribbage, Idea Factory-Abstract Paper Collage/Hanji.

Health & Fitness:

NEW CLASS: "Just Move!":

Mondays at 11am, Sept. 14 - Dec. 14. (No class on 9/28 or 10/12.) A mostly seated workout

Wallingford Garden Club September 8th Meeting



Pictured Top: WGC tri-fold at Celebrate Wallingford. **Bottom:** WGC tile and WGC Collage at WPL.

Wallingford Garden Club will hold the September 8th business meeting at 11:00. The program will be held at the First Congregational Church, 23 South Main Street. The program is for members only. Our first meeting in the new season 2026-2027. We'll hear from the new board and committee chairs and speakers planned for the upcoming year. Bring payment if you want a paper yearbook.

Members will sign up for specific committees and activities to volunteer for the upcoming season. Bring your calendar as all members are required to volunteer for the Annual Plant Sale, The Holiday Tea and to bring dessert to one of the monthly meetings. We'll have social time to meet new members and catch up at lunch. We'll enjoy a pizza lunch this meeting, so bring your appetite and a mug for beverage.

Parking is available off Center St and/or beyond in Town Hall public parking area. For more information, please call 203-269-2653.

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

Photos by EllieTessmer:

featuring low-impact moves to fun and upbeat music designed to improve circulation, endurance, and energy. Moves will combine rhythmic arm and leg patterns, light cardio sequences, and conclude with a cool-down of gentle stretches and breathing exercises. Cost is \$15 for Residents, \$25 for Non-Residents. Cash or check payable to Treasurer, Town of North Haven. Residents and Non-Residents may register at this time. **Registration ends 9/11.** Call (203) 239-5432 for more information.

Qigong: Thursdays, Oct. 8-Dec. 17. (No class 11/26.) Seated class begins at 10am. Standing class begins at 11:15am. Our wonderful instructor, Carol, returns for a 9-week series of Qigong, a gentle rhythmic exercise that can reduce stress, build stamina, increase vitality and enhance the immune system. Cost is \$15 for Residents, Non-Resident cost is \$25. Payable by cash or check to Treasurer, Town of North Haven. Residents may register beginning 9/8, Non-Residents may register beginning 9/21. **Registration ends 9/29.** Chose the class that best suits your needs! Call (203) 239-5432 for more information

Programs/Activities

Please Note the Following:

• There will be **No Transportation** available now through September 16.

Empowering Partnerships: Mon., Sept. 14 at 10:15am. The Empowering Partnerships Network Register on the program sign-up board or call 203-239-5432.

Enhanced Health Screenings: Wed., September 16, by appointment ONLY, 8:30am-12:30pm. Yale New Haven Health is offering FREE Health Screenings at our center, includ-

ing blood pressure checks, A1C testing, Cholesterol Testing and BMI. Fasting is a MUST for accurate results. Open to North Haven Residents ONLY. Stop by the office to register. **FEW SPOTS REMAINING.**

Diabetes 101: Mon., September 21 at 10:15am. Need help managing your diabetes? Come join our friend, Natalie, Consulting Registered Dietician for Big Y, to learn about risk reduction and control. Register on the program sign-up board or call 203-239-5432.

Understanding Medicare: Tues., Sept. 22 at 11am, Register on the program sign-up board or call (203) 239-5432.

Cooking Demo: Wed., September 23 at 11am. Residents may register on the program sign-up board or call (203) 239-5432. Non-residents may register beginning 9/8.

Cap-Tel Phones: Wed., September 23 at 10:30am. CapTel phones are available at no cost! A presentation takes place at 10:30am and a representative will be available at our center for questions until 12:30pm. Residents may register on the program sign-up board or call (203) 239-5432. Non-residents may register beginning 9/8.

Upcoming Day Trips

Museum of Fine Arts: Mon., Oct. 19. LAST CALL!! In partnership with the West Haven Senior Center, we are excited to provide you with an opportunity to visit The Museum of Fine Arts in Boston. Checks payable ONLY to: West Haven Senior Trip Account. **Payment may be dropped off at North Haven Senior Center and is due by Fri., Sept. 18.** Bus will leave North Haven Senior Center at 8am with an estimated return at 6:15pm. Space is limited so sign-up today. Call (203) 239-



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5432 for more information.

"A Tribute to The Platters":
Wed., Dec. 9 at the Aqua Turf in Plantsville, CT. This outstanding group of singers performs all of The Platters greatest hits and then some with stunning accuracy. Cost is \$137/pp for Residents, \$147/pp for Non-Residents. Checks ONLY, payable to Friendship Tours. Full payment due at time of registration. Cost includes round-trip coach bus transportation, and Family Style menu. Bus will depart North Haven Senior Center at 10:45am with an estimated return of 4:15pm. Registration is underway for both Residents and Non-Residents. For more information, call (203) 239-5432. **Registration ends Oct. 30. SEATS ARE GOING QUICKLY!!**

Upcoming Reunions

**WILBUR CROSS H.S.
CLASS OF 1962**

New Haven: Wilbur Cross High School Class of 1962 will hold their Class Reunion on **Saturday, Oct. 10**, from

12 noon-4pm at Bellini's Restaurant, 2 Broadway, North Haven. Cost: \$60 per person.

Please mail checks to: Roseanne Maggio, 20 Notkins Street, Hamden, CT 06514.

**HAMDEN HIGH SCHOOL
CLASS OF 1971**

The Hamden High School Class of 1971 will hold their 55th Reunion on **Friday, Oct. 23** at Anthony's Ocean View; \$70 per person.

For more information, please call Ken Mahoney at (203) 903-3257.

**WILBUR CROSS H.S.
CLASS OF 1976**

New Haven: Wilbur Cross High School Class of 1976 will hold their 50th Class Reunion on **Sunday, Oct. 4**, from 5-9pm at The Woodwinds.

For more information, please call Calvin at (203) 503-1253; Deb, (203) 619-1445 or Gloria, (203) 668-5018.

FOR SALE: Sears hydraulic floor jack, 2-ton \$50; (203) 980-4322



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