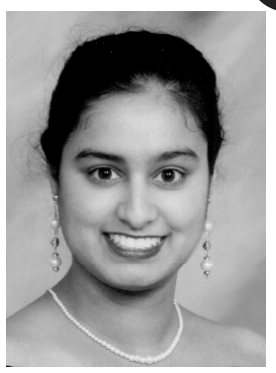
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Varsha Salani, D.M.D., LLC
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Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
OCTOBER 5-9

Mon., 10/5: **9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 10/6: **9am:** Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 10/7: **9am:** Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 10/8: **9am:** Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 10/9: **9am:** Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle; **12:30pm:** Bridge Tournament; **1pm:** Knitters and Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS - OCTOBER

Wed., 10/7: **9am:** AARP Safe Driver Course; **12:30pm:** Military Whist Card Party.

Mon., 10/12: ***Closed.***

Tues., 10/13: **11am:** Happy Birthday Party with Don Peirson.

Wed., 10/14: **10am:** Q&A Police Department; **10am:** Beatles at Farmington Polo Club.

Wed., 10/21: **11:30am:** Lunch Bunch (Serafino's).

Mon., 10/26: **10:30am:** Wills, Trusts and Probate.

Tues., 10/27: **9:30am:** Veterans Coffee House.

UPCOMING CLASSES/GROUPS

Mon., 10/12: ***Closed. Cancelled Canasta.***

Tues., 10/13: **10am:** Line & Ballroom Dance Lessons.

Wed., 10/14: **1pm:** Crafters Corner, Cribbage, Idea Factory-Mexican Tin Art Bird.

Thurs., 10/15: **9:30am:** Clay-Ceramic Lantern Ghosts; **10am:** Shakespeare For All - Macbeth.

Fri., 10/16: **9am:** Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 10/19: **10am:** Canasta.

Tues., 10/20: **10am:** Line & Ballroom Dance Lessons.

Wed., 10/21: **1pm:** Crafters Corner, Cribbage.

Thurs., 10/22: **9:30am:** Clay-Ceramic Lantern Ghosts; **10am:** Shakespeare For All - Macbeth; **1:30pm:** Book Club Discussion Group.

Fri., 10/23: **9am:** Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 10/26: **10am:** Canasta.

Tues., 10/27: **10am:** Line & Ballroom Dance Lessons.

Wed., 10/28: **1pm:** Crafters Corner, Cribbage, Idea Factory-Witches Hat Decor.

Thurs., 10/29: **10am:** Shakespeare For All - Macbeth.

Fri., 10/30: **9am:** Silver Steppers Tap Class; **2pm:** Senior Jammers.

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.northhaven.ct.us.

October 5-9

Mon., 10/5: **9:30am:** Fitness Fun; **10am:** *Appraisals w/Amento's,* Canasta, Chess; **11am:** *Just Move!* **1pm:** Bingo.

Tues., 10/6: **9:30am:** *Functional Fitness;* **10am:** *Transportation Options,* Rummikub, Wii Bowling; **12pm:** *Oil Painting Class;* **1pm:** Bocce, Mah Jongg.

Wed., 10/7: **9:30am:** Fitness Fun; **10am:** *Card Making,* Pinochle; **11am:** Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 10/8: **9am:** *Holiday Fair Meeting;* **10am:** *Line Dancing, Bobcat Walking Group,* Knitting/Crochet, Seated Qigong; **11:15am:** *Silver Sneakers Circuit,* Standing Qigong; **1pm:** *Trivia with Mary,* Balance Through Strength, Bocce, Dominoes, Mah Jongg,

Fri., 10/9: **9:30am:** Fitness Fun, Scrabble; **10am:** Canasta; **11am:** *Button Craft,* Melody Makers; **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

Health & Fitness

Standing Qigong: Thursdays, Oct. 8 - Dec. 17. (No class 11/26) FEW SPOTS LEFT in our Standing class 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. Call (203) 239-5432 for more information.

Enrichment Class

Oil Painting: Tuesdays from **12 noon-3pm.** Dive into the rich, luminous world of oil painting in this supportive, informative and fun class. You will also be instructed how to "tone" your canvas, sketch your subject and learn how to mix basic colors. Supply list available upon registration.

Next session will be held **Nov. 10 - Feb. 2.** No class on Nov. 24. Cost is $30 for residents, $40 for non-residents. Check only, payable to Treasurer-Town of North Haven. Residents may register beginning Oct. 13, while Non-Residents may register beginning Oct. 26. ***Registration ends Nov. 6.*** Call (203) 239-5432 for more information.

A Simple Ride Can Make a Significant Difference

For many of us, attending a doctor's appointment is a routine task that we rarely give much thought to. We simply hop into our car and head out.

However, for many older adults living in the Greater New Haven area who have lost their driving ability, attending appointments can become a major challenge.

RIDES+ (a program of Interfaith Volunteer Care Givers of Greater New Haven) plays a crucial role in ensuring the independence of local residents by connecting them with volunteer drivers who provide rides to medical appointments. The need for rides is spiking and that translates to more volunteer opportunities (the critical ingredient).

While a ride may only take an hour or two out of your day, it can be a lifeline for the person receiving it, allowing them to attend important medical appointments while maintaining their sense of independence.

Moreover, volunteering offers a rewarding experience that fosters connections with people you might never encounter otherwise. You'll have the opportunity to hear their stories and engage in meaningful conversations.

Volunteering doesn't require a significant commitment. Even providing occasional rides can make a substantial difference. Whether you choose to volunteer a few hours a day, week, or month, the decision is entirely yours.

If you have some extra time on your hands, consider becoming a volunteer driver with RIDES+.

For more information, please visit: CareNewHaven.org

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WANTED: Someone to take my crafts on consignment: birdhouses, seaglass necklaces, acrylic paintings, painted bottles, gourd baskets, wooden keychains; (203) 288-8841 •

FOR SALE: 6 ft. x 6 ft. hutch $100; (203) 239-9913 •

Programs/Activities

North Haven Senior Center Holiday Fair Fundraiser: Sat., November 7, 9am-3pm. Our much-anticipated holiday fair is right around the corner! All proceeds support programs, events and services at the North Haven Senior Center. *We are accepting donations for Grannie's Attic through Oct. 30.* Donations can be dropped off Mon.-Fri. from 8:30am-3:30pm. Please note: we **do not** accept the following: CDs, VHS tapes, DVDs, Books, Puzzles, mismatched glassware, electronic items, linens or clothing.

Senior Center Closed: Mon., October 12 in observance of Indigenous People/Columbus Day holiday.

Estate Planning: Tues., October 13 at **2pm.** Attorney Ron Bathrick will speak about the importance of Estate Planning, the documents involved, and how to ensure your assets are distributed as you intend. Register on the program board or call the office at (203) 239-5432.

AARP Smart Drivers: Fri., October 16 from **8:15am-12:15pm.** Classes held at the North Haven Senior Center. Pre-registration is required. Cost is $20 for AARP members, $25 for non-AARP members. Check or money order ONLY due on the day of class. Call (203) 239-5432 to register. FEW SPOTS REMAIN for the October class. ***Next session dates are as follows: Fri., Nov. 13 and Fri., Dec. 18.***

Medicare Whodunnit: Wed., October 21 at **10:15am.** Oak Street Health will be bringing this healthcare mystery to the senior center. Register on the program sign-up board or call (203) 239-5432 for more information.

Vaccine Clinic: Tues., October 21 from **1-3pm.** In partnership with Stop & Shop, we will be hosting a vaccine clinic: Flu/COVID/Shingles/RSV/Pneumonia/Tdap. No appointment necessary. For people 18 and over. Proof of insurance required. Call (203) 239-5432 for more information.

Health & Fitness:

Qigong: Thursdays, Oct. 8-Dec. 17. (No class 11/26.) Seated class begins at 10am. Standing class begins at 11:15am. Cost is $15 for Residents, Non-Resident cost is $25. Payable by cash or check to Treasurer, Town of North Haven. Residents and Non-Residents may register at this time, Choose the class that best suits your needs! Call (203) 239-5432 for more information.

Silver Sneakers-Circuit: Thursdays, Oct. 1, 8, 15, 22 and 29 at **11:15am.** Payable by Cash OR through Silver Sneakers membership. Cost is $2 per class for Non-SilverSneakers members. Resident and Non-Resident registration is underway. Call (203) 239-5432 for more information.

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FREE: One pail full of gourd seeds; (203) 288-8841 •

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

FOR SALE: Snow blower, 2-stage, (strong), (gasoline), Craftsman, good augur, needs carb cleaning $35. Pick up in Hamden. Call 3-8pm, (203) 287-5430 •

FOR SALE: Snow blower, 2-stage, (strong), (gasoline), Craftsman, good augur, needs carb cleaning $35. Pick up in Hamden. Call 3-8pm, (203) 287-5430 •

WANTED: Antique country store items, old tins, bins, signs, boxes or anything related; (203) 915-7662 •

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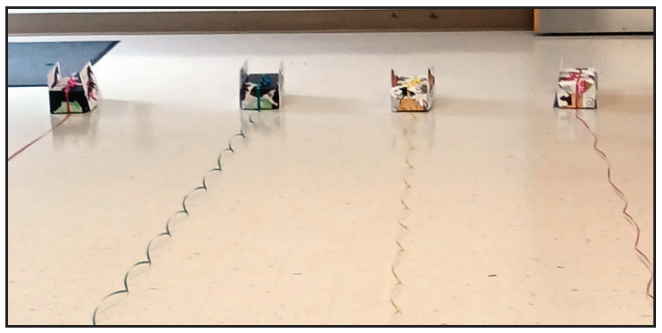
Age and income limits apply
TRS message relay via CCC:
TRS (800) 842-9710

Equal Housing Opportunity

Senior Center Carnival



Pictured: The slot game with volunteers Lou, Helen, and Donna.



Pictured Above: The horse racing game.

North Haven: The North Haven Senior Center held a carnival on Friday, September 28. There were many games to play where you won tickets to receives prizes. The was a ball toss game, slot game and a horse racing game. There were many volunteers who helped with the games, gifts and snack tables. The snacks included assorted cookies, soft warm pretzels, popcorn, nuts, pink lemonade and assorted seltzers. Everything was free and everyone had a great time! Thanks to Paulette DeMaio and the Senior Center staff.

Story and photos by Jo Ann Buccetti

Newly Formed Chapter of ACAP

Wallingford: ACAP (Adult Children of Aging Parents) South Central Connecticut is a newly created Chapter of ACAP created to help caregivers benefit from the expertise of senior services professionals and to connect with a vibrant community of caregivers.

Our community draws strength and inspiration from shared experiences and strives to help you gain the information and support you need to be a more effective caregiver and advocate. We understand the challenges of caring for aging parents and we are here to offer resources and support as you navigate the caregiver role.

Our chapter offers free monthy educational programs, resources, and connections for caregivers throughout the area. ***Currently we are hosting monthly meetings at Ashlar Village in Wallingford, open to all.***

Topics we cover include access to local resources, Connecticut's caregiving legal issues, financial issues for you and your aging parent, and the caregiver's emotional well-being, among others.

https://acapcommunity.org/find-a-chapter/acap-south-central-connecticut

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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 •