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185 Maple Ave., North Haven, CT

Varsha Salani, D.M.D., LLC
(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.northhaven.ct.us.

October 12-16

Mon., 10/12: Senior Center Closed - Columbus Day, Indigenious Peoples' Day.

Tues., 10/13: 9:30am: *Functional Fitness;* **10am:** *Transportation Options,* Rummikub, Wii Bowling; **10:30am:** *Finance Committee Meeting;* **12pm:** *Oil Painting Class;* **1pm:** Bocce, Mah Jongg; **2pm:** *Estate Planning. Mini Trip: Universal Drive.*

Wed., 10/14: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12pm:** Nurse BP Screenings (North Haven Residents Only); **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 10/15: 10am: *Line Dancing, Seated Qigong,* Knitting/Crochet; **11:15am:** *Standing Qigong, SilverSneakers Circuit;* **1pm:** *Balance Through Strength,* Bocce, Dominos, Mah Jongg. *Bus Trip: Beatles Tribute.*

Fri., 10/16: 8:15am: *AARP Smart Drivers;* **9:30am:** Fitness Fun, Scrabble; **10am:** Canasta; **11am:** Melody Makers; **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

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.

Medicare Who Dunnit? Wed., October 21 at **10:15am.** Oak Street Health will be bringing this healthcare mystery to the senior center. Come help us solve it! It's not a scary mystery but it is one that happens to a lot of seniors. Together we will figure out how it happened and how to prevent it! Register on the program sign-up board or call (203) 239-5432 for more information.

Pizza Social: Wed., Oct. 21 from **11:30am-12:30pm.** Join us for an opportunity to have a slice and socialize with friends! $2 per slice of cheese pizza. You will pay ahead for the number of slices you plan on eating that day. Stop by the office to register and pay. Call (203) 239-5432 for more information.

Vaccine Clinic: Tues., October 27 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.

Memory Loss - When to be Concerned: Wed., Nov. 4 at **10:30am.** Angela Christie, Dementia specialist from Hartford Healthcare Center for Healthy Aging, will hold a free presentation on how to learn the difference between mild forgetfulness, serious memory problems, and causes of memory loss. We will share tips on how to have the tough conversations and next steps. Registration is underway for Residents. Non-Residents may register beginning 10/19. Register on the program sign-up board or call (203) 239-5432 for more information.

Health & Fitness

Silver Sneaker Circuit: Thursdays, 11:15am-12pm. Monthly sessions offered. Interval-style training, designed to strengthen your upper-body with hand-held weights. Low-impact cardio movements are alternated to maximize fitness benefits. A chair is offered for support. November Session will be held on the following dates: 11/5, 11/12 & 11/19. Free for SilverSneakers members, for non-members, cost is $2 per class, payable by cash only. Residents may sign-up beginning 10/5, Non-Residents may register beginning 10/19. 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. Whether you have little to no experience or are getting back into painting again this relaxed environment class is a welcoming space to explore, create and unwind. Students will work from a photo of their choice. (Beginners should choose a simple subject with just a few elements.) 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 and Non-Residents may register starting Oct. 26. ***Registration ends Nov. 6.*** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
OCTOBER 12-16

Mon., 10/12: ***Closed.*** *All Activities Cancelled.*

Tues., 10/13: 9am: Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 10/14: 9am: Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 10/15: 9am: Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 10/16: 9am: Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Practical Magic;* **1pm:** Knitters and Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS - OCTOBER

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., 10/19: 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.

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

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

SENIOR SPOTLIGHT

SENIOR LIVING
ACCEPTING APPLICATIONS FOR
Studio Units $750
1 Bedroom Units $850
Includes All Utilities
Exciting Community Activities
Davenport Residence
125 Putnam Ave. Hamden
(203) 248-1445
Age and income limits apply
TRS message relay via CCC:
TRS (800) 842-9710
Equal Housing Opportunity

GFWC Women's Club Honors BHCARE In Its Efforts To Combat Domestic Violence



Pictured: Showing My Sister's Place and a load of items donated by the Women's Club of North Haven

North Haven: The General Federation of Women's Clubs International Day of Service theme this year is Domestic Violence, and October is Domestic Violence Month. The Women's Club of North Haven collected salable items that could be sold at My Sister's Place in Ansonia, CT. My Sister's Place (MSN) sells collected goods for profit. All profits obtained through sales is turned over to BHcare, the Umbrella Center for Domestic Violence Services (UCDVS) in CT. Members of the Club packed three cars with collected goods and traveled down to My Sister's Place in Ansonia. The estimated value of the donated items from all 3 cars was over $5,000.00. In conversations with the person accepting the items, My Sisters Place had obtained $189,000.00 from sales which they turned over to BHcare during their most recent fiscal year.

October is dedicated to making the public aware of domestic violence and its terrible toll in the United States. Each year we see an increase in domestic violence. According to the 2026 FBI Report on domestic violence covering the period 2020 to 2024, there were 1.1 million victims of domestic violence, of which there were more than 11,000 domestic violence murder victims. Nearly 75 per cent of the victims were female. Additionally, the report cited that in 2024 more than 70,500 incidents of teen domestic violence. Connecticut has had 10 domestic violence murders so far in 2026. This scourge needs to be stopped.

Connecticut is facing a desperate blood shortage and the Red Cross has deep concerns about this problem. Multiple disasters including tornadoes, forest fires, floods and other problems have ravaged parts of our country creating the need for blood. The lack of blood donations has resulted in a critical shortage of blood. In order to address this critical need, the GFWC Women's Club of North Haven will host a blood drive for the American Red Cross on Friday, October 16, 2026 from 12:00 p.m. to 5:00 p.m. at the Hope Christian Church on 211 Montowese Avenue in North Haven. Members of the Club will supply homemade food items and host the blood drive. If you are able, please register at redcrossblood.org to donate blood. It will help resolve a critical need and do your state and fellow man a real service!

In over a century and a third the General Federation of Women's Clubs has grown to be an international organization with clubs in every state in the continental US and in many countries. The GFWC is committed to service - to volunteer activities enhancing the lives of others. GFWC is open to women 18 and over who are interested in making a real difference in their community through various service projects. We welcome anyone interested in finding out about the Club and how they can serve their neighbors and their community neighbors to attend a meeting. Contact Pam Lerner at (203) 281-3090 for additional information about our club and meetings. Our meetings are held at 10:00 a.m. at the North Haven Senior Center on the first Friday of each month between September and June.

FOR SALE: M.A.S.H. 4077th Limited Edition commemorative plate, original box and certificate number $40; (203) 239-5796

FOR SALE: Scotts 50 inch mower deck, 3-blade, exc. cond., good spindles, solid $75; (203) 214-5232