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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.northhaven.ct.us.

October 26-30

Mon., 10/26: 9:30am: Fitness Fun; **10am:** Canasta, Chess; **11am:** *Just Move!;* **1pm:** Bingo.

Tues., 10/27: 9:30am: *Functional Fitness;* **10am:** Rummikub, Wii Bowling; **12pm:** *Oil Painting;* **1pm:** Bocce, Mah Jongg. *Vaccine Clinic: 1-3pm.*

Wed., 10/28: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 10/29: 10am: *Line Dancing, Seated Qigong,* Knitting/Crochet; **11:15am:** *Silver Sneakers: Circuit, Standing Qigong;* **1pm:** *Halloween Bingo,* Bocce, Dominoes, Mah Jongg.

Fri., 10/30: 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., Nov 7, 9am-3pm. Our much-anticipated holiday fair is right around the corner! We'll have crafted items, made with love by our members, Grannie's Attic, Costume Jewelry, our famous "Cookie Walk", fabulous raffles, and more! Santa will be visiting from 10am-2pm to hand out candy canes and accepting letters. Bring your camera and your smiles! Bagels in the morning and fried dough in the afternoon will be available for purchase. All proceeds support programs, events and services at the North Haven Senior Center. ***Donations for Grannie's Attic ends Oct. 30.*** Donations can be dropped off Mon.-Fri., from 8:30am-3:30pm. Please note we do not accept the following: CD's, VHS tapes, DVD's, Books, Puzzles, mismatched glassware, electronic items, linens or clothing.

Mini Trip - Universal Drive: Tues., Nov. 10. Get a jump on holiday shopping! Reservations are first come, first serve. Space is limited. Call (203) 239-5432 to reserve your spot today.

Medicare Changes: Tues., Nov. 10 at **10am.** If you have received a letter regarding changes to your insurance, this is an opportunity to be informed on what those changes are and how they will affect you. Presented by Judy Amarone, Municipal Agent for the Elderly and Leslie Pruitt from the Agency on Aging of South Central CT. Light refreshments will be served. Residents may register now through Nov. 5. Non-residents may register beginning Oct. 26. Sign up on the program board or call (203) 239-5432.

Health & Fitness

Silver Sneaker Circuit: Thursdays, 11:15am-12pm. Registration for the November session is underway for Residents and Non-Residents. Interval-style training, designed to strengthen your upper-body with handheld weights. Low-impact cardio movements are alternated to maximized fitness benefits. A chair is offered for support. Cost is free for Silver Sneakers members (card/number must be provided) or $2 per class (cash) for those who do not participate in Silver Sneakers. Classes will be held Nov. 5, 12 & 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 and Non-Residents may register at this time. ***Registration ends Nov. 6.*** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
OCTOBER 26-30

Mon., 10/26: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 10/27: 9am: Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 10/28: 9am: Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 10/29: 9am: Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

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

MONTHLY EVENTS & DAY TRIPS - NOVEMBER

Wed., 11/4: 9am: AARP Safe Driver Course; **12:30pm:** Military Whist Card Party.

Tues., 11/17: 8:45am: Culinary Institute of America Trip; **11am:** Happy Birthday Party with Pat Russo.

Wed., 11/18: 10am: Q&A Police Department; **12pm:** Lunch Bunch (Crush Winery).

Mon., 11/23: 10:30am: Wills Trusts and Probate.

Tues., 11/24: 9:30am: Veterans Coffee House.

UPCOMING CLASSES OR GROUPS - NOVEMBER

Mon., 11/2: 10am: Canasta.

Tues., 11/3: 9:30am: Line and Ballroom Beginner; **10am:** Line and Ballroom Dance Lessons.

Thurs., 11/4: 1pm: Crafters Corner, Cribbage, Idea Factory-Abstract Paper Collage/Hanji.

Fri., 11/6: 9am: Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 11/9: 10am: Canasta.

Wed., 11/11: *Closed.* *(Crafters Corner, Cribbage - Cancelled.)*

Fri., 11/13: 9am: Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 11/16: 10am: Canasta.

Wed., 11/18: 1pm: Crafters Corner, Cribbage.

Thurs., 11/19: 9:30am: Book Club Discussion Group.

Fri., 11/20: 9am: Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 11/23: 10am: Canasta.

Wed., 11/25: 1pm: Crafters Corner, Cribbage.

Fri., 11/27: *Closed.* *(Silver Steppers Tap Class, Senior Jammers - Cancelled.)*

Mon., 11/30: 10am: Canasta.

FOR SALE: Antiques, estate furniture, collectibles, Winchester items, hunting clothing, bows, memorabilia, household items, men's clothes, women's clothes, records. Call for appt., (203) 641-5436 •

WANTED: Old watches-pocket watches, wrist watches, working or not, watch parts, tools, bands, chains & fobs; (203) 494-2496, Bill •

Men's Health Lecture Series

Hamden: The Health and Wellness Ministry at Saint Paul VI Parish invites you to join us at our monthly lecture series on Tues., Nov. 10, 6:30pm at Our Lady of Mt. Carmel Parish Center, 2819 Whitney Avenue.

Dr. J. Camilleri (Urologist) will be speaking on Men's Health/Protate Health.

Refreshments will be served. Any questions, please call (203) 506-3076.

Al-Anon 12-Step Program

Does someone else's drinking trouble you? Do you feel that there is no one who understands your problems? Attending Al-Anon and Alateen Family Group meetings can help.

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories.

To learn more, browse the website **ctalanon.org**. To find a meeting in CT, please use the Meetings tab at the top of the page. Alternately, calls can be made to 1-888-825-2666.

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Equal Housing Opportunity

GFWC Women's Club Hosted A Blood Drive At The Hope Christian Church



Pictured (L-R) Standing: Susan Labovich, Red Cross volunteer, and Pam Lerner, President GFWC Women's Club. **Sitting:** Women's Club Members Marie Stockmon and Angela Beach.

North Haven: As needs in Connecticut increase and problems escalate the GFWC Women's Club of North Haven with its commitment to community service sees its role to help resolve some of these matters. Among Connecticut's critical needs is the need for blood. Amid the increasing incidence of climate driven disasters such as tornados, forest fires, floods and other tragedies in the US, the Red Cross Disaster Relief program is finding it increasingly difficult to meet the need for blood to save lives from these tragedies. Reduced donations of blood nationwide and also here in Connecticut have resulted in a critical shortage of blood. In order to help meet this critical need the GFWC Women's Club of North Haven hosted a Blood drive on Friday, October 16, 2026 at the Hope Christian Church on Montowese Avenue. The Drive ran from 12:00 noon to 5:00 p.m.

As in all the other blood drives hosted by the Women's Club, members prepared and supplied home baked items and sandwiches for donors after donation. The Women's Club is strongly committed to helping to meet the need for blood in CT, and has hosted 23 blood drives in North Haven over the past 15 years. Though our efforts serve only to help, far more commitment of citizens continues to be crucial. We thank each donor for their important donation, and as Portia says in Shakespeare's Merchant of Venice "How far that little candle throws its light! So shines a good deed in a weary world."

The GFWC Women's Club's commitment to community service makes a difference in the community through various service projects. The organization operates the "Little Free Library" on the grounds of the North Haven Congregational Church providing free books for children and adults, and continues to provide food donations to the various food pantries in North Haven. The Women's Club supplies various items including warm hats, socks, calendars and paperback books and treats for the Veterans at the Veteran's Hospital in West Haven. Regular donations of diapers, wipes, baby clothes and other items go to Mary and Joseph's Place for mothers in need. Numerous other service activities fill the yearly agenda of the Women's Club. Just over a week ago members of the Women's Club sent 3 vans filled with salable items to My Sister's Place in Ansonia. All profits from the sale of these items help fund BHcare in its efforts to combat Domestic Violence in CT.

The General Federation of Women's Clubs is an international organization with clubs in every state in the continental US and in many countries. The GFWC is committed to volunteer services and is open to women 18 and over who are interested in making a real difference in their community through various service projects. We welcome and invite anyone to a meeting who is interested in finding out about the Club and how they can serve their community neighbors. 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.