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Come see us at our new location!
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.

November 16-20

Mon., 11/16: 9:30am: Fitness Fun; **10am:** Canasta, Chess; **11am:** *Just Move!, Ukulele Lessons-New;* **1pm:** *Learn to Play Mah Jongg,* Bingo. ***No Transportation.***

Tues., 11/17: 9:30am: *Functional Fitness;* **10am:** Rummikub, Wii Bowling; **12pm:** *Oil Painting;* **1pm:** Mah Jongg; **2:30pm:** *Presentation: Headaches and Back Pain.* ***No Transportation.***

Wed., 11/18: 9:30am: Fitness Fun; **10am:** Pinochle; **11am:** Diamond Art; **11:30am:** *Pizza Social;* **12pm:** *Nurse BP Clinic North Haven Residents Only;* **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 11/19: 10am: *Line Dancing, Seated Qigong,* Knitting/Crochet; **11:15am:** *Standing Qigong, Silver Sneakers Circuit;* **1pm:** *Balance Through Strength,* Dominos, Mah Jongg. ***Grocery Shopping.***

Fri., 11/20: 11:30am: *Food and Friends: Thanksgiving. All other programs cancelled.*

Health & Fitness:

Just Move: Mondays, 11am. A mostly seated workout 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. ***Winter session dates are January 4-March 29, 2027.*** Cost of session is $15 for Residents, $25 for Non-Residents. Cash or check payable to Treasurer, Town of North Haven. Residents may register beginning Nov. 30, Non-Residents may register beginning Dec. 4. Call (203) 239-5432 for more information.

Silver Sneakers Circuit: Thursdays, 11:15am-12pm. Registration for the December session is now underway for Residents. Non-Residents may register beginning Nov. 19. 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 December 3, 10 & 17.*** Call (203) 239-5432 for more information.

Programs/Activities

North Haven Senior Center Holiday Hours: Wed., Nov. 25- Closing at 3pm; **Thurs., Nov. 26-** Closed (Thanksgiving); **Fri., Nov. 27-** Closed (Thanksgiving Holiday.

Trees of Hope & Lunch at Olive Garden: Tues., Dec. 8 at **10:30am.** Join us to visit Trees of Hope, located at the Maritime Center, 555 Long Wharf Drive in New Haven. This event, which supports the Ronald McDonald House of CT, features over 150 beautiful holiday displays donated and sponsored by individuals, local business, and community organizations. We will depart the Senior Center at 10am. ***Those who do not drive will get first priority for taking the senior bus.*** We will meet at the Trees of Hope at 10:30am and depart at 12pm. On the way back, we will stop at Olive Garden for lunch. Lunch is pay on your own. Space is limited. Please stop by the office to register or call (203) 239-5432.

Senior to Senior Breakfast: Wed., Dec. 9, 8am-9:30am. All North Haven seniors are invited to the FREE Annual Senior to Senior Breakfast held at the North Haven High School. Enjoy delicious homemade breakfast treats, baked by the Culinary Department, and meet and greet the seniors of NHHS. Members can drive on their own for this event. No registration required.

Spotlight Activities: ***NEW!*** **Mexican Train Dominoes.** This is a popular, train-themed table game where players connect matching domino tiles to form "trains" branching out from a central hub. The game is played with 2-8 players. Join us every other Thursday, at 10am for a morning of fun. Check for dates in our newsletter, which can be found online at www.northhaven-ct.gov. Corn Hole is back! Fridays from 10:30-11:30am. This popular lawn game will be played indoors. This is a drop-in league. No registration required. Come for the friendly competition and stay for the good company!

Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
NOVEMBER 16-20

Mon., 11/16: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 11/17: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 11/18: 9am: Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 11/19: 9am: Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 11/20: 9am: Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle; **1pm:** Knitters and Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS - NOVEMBER

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

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

UPCOMING CLASSES OR GROUPS - NOVEMBER

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.

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.

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

For more information, please visit: CareNewHaven.org

2026-27 CT Energy Assistance Program

North Haven: The Community Services office is now conducting residents' appointments for the CT Energy Assistance Program (CEAP). Please note that depending on how you heat your home will determine your appointment time. Appointments will be conducted by phone on Tuesdays and Wednesdays from 9am-11:15am.

If you heat with oil: You may call Community Services at this time.

If you heat with gas or electric: Call Community Services in **January 2027.**

If your heat is included in your rent: Call Community Services in **January 2027.**

Note: Your original lease that shows your heat is included in the rent will be required

Eligibility is based on total annual income of household members. To see if you qualify, for further explanation or to schedule your phone appointment, call Community Services at (203) 239-2566 any time between 9am-4pm, Monday through Friday.

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

Daytime Gardeners Prep For Wreath Fundraiser







Pictured Top (L-R): Brenda Howlett, Linda Thomas, Nancy DeRienzo, and Deborah Caruso. **Bottom (L-R):** Donna Kelly, Walt Brockett, and Kate Ohno, Mary Ellen Proto.

North Haven: Members of the Daytime Gardeners of North Haven are busy preparing materials to be used for their custom-designed wreaths. The gardeners make efficient use of time by preparing materials that can be made in advance, so they are ready to be assembled when the fresh greens arrive from Canada. This year the gardeners are transitioning to using more natural plant materials such as dried seed pods, pinecones, berries, and a variety of needle evergreens. The bows are custom-made with a variety of colors and patterns, so wreaths are unique in style.

Orders are being taken now for these custom-designed holiday wreaths, table arrangements, and swags. We offer holiday designs for home and business decorating! Wreaths are available in 24" outside diameter ($45). Need something smaller? Swags ($20) are the perfect fit for small doors or special locations or choose a table arrangement in a decorated glass vase for $25. Order now and choose the color to coordinate with your home or business.

Proceeds are used to support community projects such as the gardens at the intersection of Washington Avenue and Route 22, and the Blue Star Memorial on the Town Green. To order or discuss details, call the Daytime Gardeners at 203-721-4382. Order by November 27th and your wreath will be available by Dec. 5, 2026.

Photos by Sally Brockett

Consider Asking Yourself The Following Question:

By B.L. -- A Long-term Resident of North Haven with 58 Years of Community Experience

When solar panels need to be temporarily removed to repair a roof leak or replace the roof, what is the typical cost for removal and reinstallation? Can quotes be obtained directly from the original installer? Additionally, is there a list of licensed contractors who are authorized to perform this work?

Are monthly payment plans available for these services? Finally, does the town require a permit for the removal and reinstallation of solar panels?

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 •

FOR SALE: Paperback books: 5 Nora Roberts, 2 Danielle Steel $3 ea., good cond., call for titles, (203) 865-2795 •