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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

CALENDAR EVENTS FOR MONTH OF JANUARY
Mon., 1/20: Center Closed.
Thurs., 1/23: 10am: Demystifying Cremation...continued; 11am: Cardio Drumming; 1:30pm: Book Club Discussion Group.
Fri., 1/24: 10am: iPhone Workshop, Parkinson's Support Group; 12:30pm: Movie - "Who Framed Roger Rabbit."
Mon., 1/27: 10-11:30am: Ask a Realtor; 10:30am: Wills, Trusts & Probate; 1-3pm: Hearing Services.
Tues., 1/28: 9:30am: Veteran's Coffee House.
Wed., 1/29: 10am: The ABC's of Legacy Letters.
Thurs., 1/30: 9:30am: A.G.E.
Fri., 1/31: 12:30pm: Movie - "One Fine Day."

JANUARY 2025 WEEKLY ACTIVITIES
Monday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9:30am: Texas Hold'em, Canasta Lessons, Body in Motion; 10am: Canasta; 10:15am: Beginner Tai Chi; 10:45am: Workout with Sue-ZOOM; 11am: Total Fitness; 12:00 noon: Healthy Moves, Art Appreciation; 12:45pm: Chair Yoga; 1pm: Cards/Nickel-Nickel, Chess Club, Harmonica Club.
Tuesday: 8:30am: Workout with Sue - ZOOM; 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9:30am: Total Fitness, Basic Social Dance; 10am: Bocce, Ballroom Dance Lessons; 11am: Strength and Balance; 12:00 noon: Bridge; 12:30pm: Bingo; 1pm: Quilting, Parkinson Fitness, Mah Jongg; 2pm: Silver Sneaker Classic.
Wednesday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards, Cards; 9am: Setback; 9:30am: Body in Motion; 9:45am: Guided Meditations; 10:15am: BOOM Silver Sneakers; 11am: Shuffleboard;



12:30pm: Acting Studio; 1pm: Cribbage, Crafter's Corner, Cards, Dominoes; 2:30pm: Basic Group Drumming.
Thursday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9:30am: Total Fitness, Basic Social Dance; 10am: Bible Discussion; 11am: Total Fitness; 12:30pm: Bingo, Artists' Studio; 1pm: Parkinson Fitness, Mah Jongg, Scrabble; 2pm: Silver Sneaker Classic; 3pm: Gentle Yoga.
Friday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9am: Tap Dance; 10am: Mah Jongg Lessons, Tai Chi, Mah Jongg; 10:30am: Workout with Sue - ZOOM; 11am: Strength and Balance, Bridge; 12:30pm: Pinochle, Movie Matinee; 1pm: Knit & Crochet, Cornhole; 2pm: Senior Jammers.
Subject to Change. We will make every effort to reschedule any activity that has been cancelled.

Joyce C. Budrow Senior Center
189 Pool Rd., North Haven
Hours: 8:30am-3:30pm
Phone: (203) 239-5432

The following programs are held at the Joyce C. Budrow Senior Center and are available for North Haven Residents only. View our Senior Center Newsletter online at www.town.north-haven.ct.us.
WEEK OF JANUARY 20-24
Mon., 1/20: Senior Center Closed. Martin Luther King Jr. Holiday.
Tues., 1/21: 9:30 & 10:45am: Better Balance; 12:00 noon: Lunch Out: Outback Steakhouse (Drive/Pay on your own), Oil Painting Class; 1pm: Mahjong; 4pm: Commission on Aging Meeting.
Wed., 1/22: 9:30am: Fitness Fun; 11am: Card Drumming with Paulette, Diamond Art Painting; 12:00 noon: Pinochle; 12:30pm: Bridge; 1pm: Bingo.
Thurs., 1/23: 9:45 & 10:45am: Better Balance; 10am: Knitting/Crochet Class; 1pm: Chinese

New Year's Party with the Jinling Dancers (snow date 1/30), Dominos, Mahjong.

Fri., 1/24: 9:30am: Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo.
Senior Center Activities
AARP Free Tax Preparation will be available with an AARP Foundation Tax-Aide every Friday from 8:30am-12:30pm beginning Feb. 21 and ending March 21. The service is by appointment only and is a free service extended to taxpayers. **Registration is in progress.** Refer to the newsletter for documents required. Call (203) 239-5432 or stop by the office to register or for more information.

AARP Smart Drivers Course will be offered on the third Friday of each month. South Central Regional Council of Governments (SCRCOG) will sponsor the January and April; therefore, there will be no charge for those two classes. The remaining classes will cost \$20 for AARP members, \$25 for non-members. Check the newsletter online for exact dates or call (203) 239-5432 for more information. **Next Course will be offered on Fri., February 21 from 8:30am-12:30pm.** Pre-registration is required.

Valentine's Day Mason Jars: Thurs., Feb. 6 at 1pm. Join Mary, our program coordinator, for this fun craft where you can create your own Valentine's Day Candy Jar! Craft will include mason jar, mod podge, stickers, washi tape and will be provided. When your jar is finished, you will be able to fill it with candy and take it home to enjoy or give as a gift! **Deadline to register is Jan. 29**, so sign up today. Space is limited!

Lunch Bunch: Join us at Adelphia Café, 476 Washington Ave., North Haven on **Thurs., Feb. 20 at 12:00.** Is Happy Hour more your style? Then come to Volo, 117 Washington Avenue. on **Fri., Feb. 28 from 2-4pm** for Happy Hour Specials. These are all pay-on-your-own, drive-on-your-own events. Come meet our members, staff, make new friends and have some fun on these dreary winter days!

Cue Club: Our billiards room is open **Mon.-Fri. from 9am-3pm** for open play. Call or stop by to reserve a time slot for up to 2 hours. Bring a friend or meet a friend to play this classic game. If you are interested in learning how to play, please sign-up on the bulletin board and we will let you know when the class will be.

Upcoming Trips
"Swing into Spring with the King!": Tues., April 15 at A Villa Louisa, Bolton, CT. Cost of the trip is \$115 per person for North Haven Residents, \$125 per person for Non-Residents. Check payment ONLY, payable to Friendship Tours. Cost includes, round trip coach bus transportation, dinner with your choice on entrée, and featuring Richie Santa's tribute to Elvis! Bus will depart the Senior Center at 10:30am, with an estimated return by 4:15pm. **Registration and payment due by Feb. 28.** For more information, call (203) 239-5432.

"Waitress" - A Musical: Thurs., May 29 at The Majestic Theater in West Springfield, MA. Cost of the trip is \$155 per person for North Haven Residents, \$165 per person for Non-Residents. Check payment ONLY, payable to Friendship Tours. Cost includes, round trip coach bus transportation, lunch a Storwton Tavern Carriage house with your choice of entrée, and a matinee performance of "Waitress". This show celebrates the power of friendship, dreams, and the family we choose, featuring music from Tony Award winning composer Sara Bareilles. Bus will leave North Haven Senior Center

at 9:45am with an estimate return time of 6pm.

*Non-Resident guests are asked to complete a Non-Resident Guest Agreement for all classes, as well as completing a Non-Resident Guest Application. Both documents need to be on file before registering for a class. Checks are payable to Treasurer-Town of North Haven, unless otherwise indicated. A class with insufficient enrollment will be cancelled prior to the start date and participants will be notified and receive a refund. Once a class is in session, there are NO refunds or adjustments to the required payment, as instructors are based on payment once class is filled.

AARP Presentation on Caregiving

Hamden: The Saint Paul VI Columbiettes invite everyone to a free AARP presentation on Caregiving to be held on Sunday, January 26 at 1pm in the St. Rita Church Hall, 1620 Whitney Ave. The presentation will cover safety tips for your home, financial aid, and self-care. A question and answer period will be included as well as materials on caregiving.

Navigating Your Finances During A Presidential Transition

(StatePoint) It's common to wonder how a new presidential administration will impact your wallet. As policies and regulations change, many people are left questioning what it means for their money. According to CERTIFIED FINANCIAL PLANNER® professionals, here's how to safely navigate your finances during a presidential transition: Take market coverage with a grain of salt: Media headlines might feel overwhelming, but it's wise to avoid making big investment decisions based solely on the 24-hour news cycle. Unlike what you may hear, U.S. market growth and resilience have historically remained steady regardless of the political climate. For investment planning and advice, always rely on trusted resources, such as the insights of your financial advisor.

Focus on fundamentals: Market volatility around election cycles is historically short-lived, so now is not the time to try to game the system, fully revamp your portfolio or reverse course on your long-term investment strategy. As always, you should stay focused on sound investment principles, like diversification and compound interest. Examine your tax strategy: Consider whether your tax strategy will need tweaking in light of laws ushered in by the new administration. Whether it is your capital gains taxes or your small business taxes, new regulations can impact what you pay. Your financial advisor can help ensure you continue to maximize every dollar you earn.

Take a look at your savings: Policies coming out of Washington could affect healthcare costs, energy prices, Social Security income and other factors that impact your overall financial picture. Work with a CFP® professional to create a holistic financial plan that is both tailored to your needs and adaptable to change. To find a CFP® professional that will work in your best interests throughout this presidential administration and beyond, visit LetsMakeAPlan.org.



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Equal Housing Opportunity

Baby Blanket Given To Senior Center's Mary Higgins



Pictured: The baby blanket has teddy bears with pink bows.
North Haven: A beautiful handmade baby blanket was made by Fran Bartlett on Thursday, January, 16th for Mary who is expecting her baby in May. It is a full size yellow blanket with pink bows representing the baby is a girl. Fran thought it will be good for when the baby grows bigger. Mary was so grateful and surprised for the thoughtfulness of Fran Bartlett, a wonderful gesture!
 Story by Jo Ann Buccetti and photo by Claudia Giulietti who is a member and is in Fran's knitting and crochet class.

Navigating your finances during a presidential transition can feel tricky but with a big-picture mentality and the partnership of a qualified financial advisor, you can meet your financial goals.

Mae's Closet Still Needs Help

Hamden: Mae's Closet, the place where durable medical equipment is loaned out, is asking for volunteers to assist in helping. You do not need to be familiar with the equipment, we will teach you. What we need are people who are friendly and helpful, and interested in making life easier for our fellow citizens. The Closet is based in Hamden but we serve people from all over the area. We are a non-profit affiliated with Interfaith Volunteer Care Givers and we meet our borrowers or donors of equipment on weekday afternoons by appointment. If you are interested in volunteering or to find out more, please call (475) 414-8333 and a volunteer will return your call.

Masonicare Hospice Seeking Volunteers

Wallingford: Masonicare Hospice is seeking new volunteers for all areas of CT and the Westery, RI region. Hospice volunteers assist in many ways, including companionship (in person or through phone calls), sitting vigil, quiet conversations, family support, expressive arts, spiritual care, and clerical tasks in the office. We are also looking for Veterans who are interested in visiting other Veterans through our "We Honor Veterans" program. Volunteers set their own time schedules and will receive ongoing support and training. Our volunteers tell us they are amazed at how much they get out of this experience! Complimentary, virtual or in-person training classes are available. To learn more or sign up, please contact Jan Szollosi, Volunteer Coordinator, at (203) 679-5342.