

Varsha Salani, D.M.D., LLC



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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: 8am-4pm
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.

WEEK OF FEBRUARY 23-27

Mon., 2/23: **9:30am:** Fitness Fun; **10am:** Canasta, Cornhole; **10:15am:** Chess; **11am:** Move to Music; **1pm:** Bingo.

Tues., 2/24: **9:30am:** Functional Fitness; **10am:** Rummikub, Wii Bowling; **10:30am:** Setback; **12 noon:** Oil Painting Class; **1pm:** Mah Jongg; **1:15pm:** *Matter of Balance VII, Presented by QVHD;* **2pm:** Pool School.

Wed., 2/25: **9:30am:** Fitness Fun; **11am:** Diamond Art Painting; **12:30pm:** Bridge*;* **1pm:** Bingo.

Thurs., 2/26: **10am:** Knitting/Crochet Class, Seated Qigong/Tai Chi; **11:15am:** Standing Qigong/Tai Chi; **1pm:** Balance Through Strength, Dominos, Mah Jongg.

Fri., 2/27: **8:30am:** *AARP Free Tax Prep. (last appt. at 11:30am);* **9:30am:** Fitness Fun, Scrabble; **10am:** Canasta; **12:30pm:** Bridge; **1pm:** Bingo.

Programs/Activities

AARP Smart Drivers Course: Attend the Nation's first refresher course specifically designed for drivers 50 years old and up. In many states, drivers benefit from a discount on their auto insurance premium upon completing the course. Classes are held at the Senior Center every month from 8:15am-12:15pm. Upcoming dates are as follows: March 13 and April 17. Prior registration is required by calling the Center at (203) 239-5432. Cost is $20 for AARP Members, $25 for Non-AARP Members. Check or Money Order only-payable to AARP. Please no cash, debit or credit.

"This Business of Fighting": **Wed., March 4** at **10:30am.** Arnold Pritchard will share a story based on his father's letters home to his parents from the front lines of WWII. It gives a street-level view of the most cataclysmic event in history. A dramatized lecture followed by a Q & A. Register on the program board or call (203) 239-5432. ***Registration ends 2/27/26.***

Spotlight Activities: Love to play cards? Pinochle is back! Every other Wednesday from 10am-12 noon, beginning March11. Pinochle is a great game for keeping your mind sharp and fostering teamwork. We now offer **Canasta** two days a week, Mondays and Fridays at 10am. Our new date for **Setback** is Fridays at 1pm. And don't forget about **Bridge!** Our Bridge players get together on Wednesdays and Fridays at 12:30pm. Each game offers an opportunity to enhance strong social connections and improving your emotional well-being.

Upcoming Trips

"The New York Bee Gees" at Aqua Turf: Thurs., May 14. Featuring all of the classic 70's disco hits from *Stayin' Alive* to *Night Fever* while embracing their early work as well. Cost is $132/pp for Residents, $142/pp for Non-Residents. Price includes round trip coach bus transportation, coffee & donuts upon arrival, family style menu featuring Chicken Cacciatore & Salmon with Honey Ginger Glaze, dessert, beverage and show. Check payment ONLY, payable to Friendship Tours. Bus will depart the Senior Center approximately 10:45am with an estimated return of 4:30pm. ***Registration and payment due by March 27.*** Call (203) 239-5432 for more information.

The Log Cabin - Holyoke, MA: Thurs., July 30. Featuring "Showtime!" with Bobby Darling & Dr. Devine. They are one of the funniest, zaniest shows to witness! Dine on your choice of Twin Lobsters or Prime Rib au jus, baked potato and cole slaw, dessert, coffee and more. The cost is $155/pp for Residents, $165/pp for Non-Residents. Price includes round trip coach bus transportation, dinner, and show. Check payment ONLY, payable to Friendship Tours. Bus will depart North Haven Senior Center approximately 9:30am with an estimated return of 5pm. Registration begins March 2 for North Haven residents. Registration for Non-Residents begins March 17. ***Payment and registration due by May 29.*** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS
FEBRUARY 23-27

Mon., 2/23: **9am:** Billiards, Club 60 Plus Fitness Center, (Other), Volunteering, Lake View Cafe, Texas Hold'em; **9:30am:** Body In Motion; **10am:** Canasta, Realty Roundtable KW Realtor; **10:15am:** Tai Chi Beginner; **10:30am:** Wills, Trusts and Probate; **10:45am:** ZOOM Workout with Sue; **11am:** Total Fitness; **12pm:** Silver Sneakers CIRCUIT; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Hearing Services by Appointment, Chess Club, Sing-A-Long with Larry Batter, Chair Yoga; **2pm:** Zumba Gold.

Tues., 2/24: **8:30am:** ZOOM Workout with Sue **9am:** Billiards, Club 60 Plus Fitness Center, (Other), Volunteering, Lake View Cafe; **9:30am:** Clay Class: Beginner Hand Building, Veterans Coffee House, Total Fitness; **10am:** Basic Social Dance, Line and Ballroom Dance Lessons, Strong Minds Monthly with Katie (Navigating Dating After Loss); **11am:** Bridge, Strength and Balance; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC.

Wed., 2/25: **9am:** Billiards, Club 60 Plus Fitness Center, (Other), Volunteering, Lake View Cafe, SetBack; **9:30am:** Body In Motion; **10:15am:** Silver Sneakers BOOM; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players; **1pm:** Crafters Corner, Cribbage; **2:30pm:** Basic Drumming.

Thurs., 2/26: **9am:** Billiards, Club 60 Plus Fitness Center, (Other), Volunteering, Lake View Cafe; **9:30am:** Clay Stcked Stories Totem Candleholder Workshop, Total Fitness; **10am:** Bible Discussion, Curiosity Club-Why Our Brains Need Friends, Shakespeare For All; **10:15am:** Silver Sneakers YOGA/Chair Yoga; **11am:** Total Fitness; **12pm:** *cancelled* Advanced Group Drumming; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble, Parkinson's Fitness; **1:30pm:** Book Club Discussion Group; **2pm:** Silver Sneakers CLASSIC; **3pm:** Gentle Yoga.

Fri., 2/27: **9am:** Billiards, Club 60 Plus Fitness Center, (Other), Volunteering, Lake View Cafe, Silver Steppers Tap Class; **10am:** iPhone 101, Parkinson's Support Group, Tai Chi; **10:30am:** ZOOM Workout with Sue; **11am:** Bridge- Great Room, Strength and Balance; **12pm:** Pinochle, Friday Movie - *Conclave,* CHOWDER Cook-Off COOKS, Chowder Cook-Off Consume and Judge*;* **12:30pm:** The Survivors Swing Band; **1pm:** Knitters & Crocheters, Indoor Cornhole; **2pm:** Senior Jammers.

Volunteers Needed for Nursing Home

Hamden: Whitney Rehabilitation Center at 2798 Whitney Ave., is seeking volunteers for our recreation department.

Interested individuals can inquire at (203) 287-7718 and ask for our Director of Recreation, Donna Mignosa.

Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

Free Caregivers Workshop Series

The Agency on Aging of South-Central CT is sponsoring a self-care education program for family caregivers, designed to provide you with tools and strategies to better handle the unique challenges you face.

The free workshop series consists of six sessions held on Wednesdays, 10:30am-12:30pm on **March 18, 25, and April 1, 8, 15 & 22.** The workshop series will be virtual, and a Zoom link will be provided prior to the first class. Cassandra Brunson and Patricia Soos will present the six sessions.

To register, please visit our website registration page www.aoascc.org/forms/ptc/.

If you have any questions, please feel free to call or email Patricia Soos at (203) 752-2117,

RSVP Volunteer Program

Need a little help? Feeling a bit isolated? Want to give back in a way that can make an impact? Then the Agency on Aging's RSVP Volunteer Program could be the perfect place to call. We have been offering support and volunteer opportunities for over 30 years.

The only requirements are that you are over 55 years old and willing to complete an application for volunteering or a referral for support.

Just give us a call at (203)

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Indepencence® has an announcement:

Senior Residents living alone are welcome to contact our Volunteer Representative, Janet, if you wish someone to reach out to you to see how you are doing or just to say hello.

Please call Janet at (203) 500-9359.

Have an Afternoon to Spare?

Hamden: If you do, we could use help at Mae's Closet, where gently used equipment is donated and then lent out to people who need it.

Mae's Closet is in Hamden and is a program of Interfaith Volunteer Care Givers. Our goal is to take in wheelchairs, walkers, bath seats, etc. that are no longer being used, sanitize, repair if necessary and then lend out. We are keeping this equipment from the landfill or sitting in someone's garage unused.

This is a very satisfying way to spend time and very appreciated by the people who come to borrow equipment which can be so expensive.

If you are interested, please call 475-414-8333 and one of the volunteers will call you back and answer any questions you may have.

Our Journey of Sight Support Group

"Our Journey of Sight" - a low vision/blind support group meets monthly at the West Haven Public Library, 300 Elm St., West Haven, from 10am-noon on the 3rd Friday of the month.

This is not a regulatory group, but a group that provides monthly speakers, and support to each other during our journey of visual loss.

For more information, please contact Richard Howard at (203) 214-7631.



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TRS (800) 842-9710

Equal Housing Opportunity

Garden Clubs February Meeting "A Preview To A Storybook Garden"



Pictured Top: New member Karin Gallagher, membership chair Italia Avitable and new member Mark Spinello. **Bottom:** Karin working on one of the arrangements.

North Haven: The North Haven Garden Club held its February meeting will featuring a presentation by North Haven Garden Club member Karin Pyskaty. Karen is the past FGCCT president and will present a design program. As an accredited flower show judge Karin will demonstrated three designs from the Hartford Flower Show "A Storybook Garden". She will included information on design types, sustainable mechanics, and staging. In all, Karin he created 5 beautiful arrangements, each member received a raffle ticket and a chance to win one of the arrangements. She encouraged members of the club to create their own arrangements and enter them in the Connecticut Flower Show which runs from February 18th through February 22nd.

Hostesses for the evening are Linda Lianos, Maryann Angelopoulos, and Cindy Adinolfi with the table arrangement provided by Kati Fritzel.

Before the presentation, we also welcomed two new members at the start of the meeting, Karin Gallagher and Mark Spinello to our club! Each were presented a yellow rose with baby's breath, created by Shaorn's Flower Boutique.

Don't forget to check out The North Haven Garden Club on Facebook for lots of useful and entertaining information and pictures of all our club does in our great town of North Haven! For membership information please email Italia at italia_a@comcast.net.

North Haven Garden Club is a member of The Federated Garden Clubs of Connecticut Inc., New England Garden Clubs Inc., and The National Garden Clubs Inc.

Article and photos by Cindy Golia