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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.

WEEK OF MAY 11-15

Mon., 5/11: **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** *Move to Music*; **1pm:** *Silver Sneakers: Gentle Yoga,* Bingo.

Tues., 5/12: **9:30am:** *Functional Fitness;* **10am:** *Monitor My Health,* Rummikub, Wii Bowling; **10:30am:** *Finance Committee Meeting;* **12pm:** *Oil Painting Class;* **1pm:** Bocce, Mah Jongg; **2:30pm:** *Life's Full Portraits.*

Wed., 5/13: **9:30am:** Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12 noon:** *Nurse Blood Pressure Clinic;* **12:30pm:** Bridge; **12:45pm:** *Learn to Play Mah Jongg;* **1pm:** Bingo.

Thurs., 5/14: **10am:** *Seated Qigong/Tai Chi,* Bobcat Walking Group, Knitting/Crochet, *Butterflies in the Backyard Presentation*, Line Dancing; **10:45pm:** *Trip to Aqua Turf: NY Bee Gees;* **11:15am:** *Standing Qigong/Tai Chi, Silver Sneakers Circuit;* **1pm:** *Balance Through Strength,* Bocce, Dominos, Mah Jongg.

Fri., 5/15: **8:15am:** *AARP Smart Drivers Course (ends at 12:15pm);* **9:30am:** NO Fitness Fun, NO Scrabble; **10am:** NO Canasta; **11am:** NO Melody Makers; **11:30am:** *Food and Friends: Mother's Day Tea;* **12:30pm:** NO Bridge; **1pm:** Bocce, NO Bingo, NO Setback.

Programs/Activities

AARP Smart Drivers Course: 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: June 26.** 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.

Trivia with Mary: **Thursday, June 4** at **1pm.** Join our program coordinator, Mary, for an afternoon of fun, refreshments and snacks. You may sign up with a team of 4 or sign up on your own and a team will be assigned. Prizes will be awarded to the top 3 teams, donated by our friends at Montowese Center for Health and Rehabilitation. Stop by the office to register or call (203) 239-5432. Residents and Non-Residents may register now. ***Registration ends 5/22.***

Senior Housing Forum: **Thurs., June 4** from **3pm-6pm.** Join us for an informative event designed to help older adults and their families learn about the many housing options available for seniors. Representatives from a variety of housing settings will be on hand to share information about subsidized housing, market-rate rentals, assisted living and long-term care options. Presented by the North Haven Senior Center and the Commission on Aging.

Quinnipiac University Leisure Assessments: **Fridays** beginning **June 5 - ending July 31** from **10am-1pn.** QU Occupational Therapy students will be joining us this summer to connect, learn from your experiences, and offer activities focused on leisure, wellness, and social engagement. Participants will be asked to complete a guided assessment and then are welcome to stay for games, activities and conversation. Pick the date/time you wish to attend. Call the office at (203) 239-5432 to schedule your date or for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY EVENTS: MAY 11-15

Mon., 5/11: **9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 5/12: **9am:** Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 5/13: **9am:** Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 5/14: **9am:** Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 5/15: **9am:** Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle; **1pm:** Knitters & Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS FOR MAY 2026

Mon., 5/11: **10am:** Curiosity Club - Dear Abby & Beyond.

Tues., 5/12: **11am:** Happy Birthday Party with Blaise Tramazzo.

Wed., 5/13: **10am:** Police Department Q&A SCAMS/FRAUD.

Thurs., 5/14: **11:30am:** Bee Gees - Aqua Turf.

Mon., 5/18: **10am:** Realty Roundtable KW Realtor; **10:30am:** Wills Trusts and Probate; **1pm:** Karaoke with Barbara & Pat.

Tues., 5/26: **9:30am:** Veterans Coffee House.

Thurs., 5/28: **1:30pm:** Book Club Discussion Group.

UPCOMING CLASSES/GROUPS

Mon., 5/11: **8:30am:** Golf League; **10am:** Canasta.

Tues., 5/12: **8:30am:** Golf League; **10am:** Line & Ballroom Dance Lessons.

Wed., 5/13: **1pm:** Crafters Corner, Cribbage.

Thurs., 5/14: **11am:** Cardio Drumming; **3pm:** Mah Jongg Lessons.

Fri., 5/15: **9am:** Silver Steppers Tap Class; **10am:** Vet Care Everywhere; **2pm:** Senior Jammers.

Mon., 5/18: **8:30am:** Golf League; **10am:** Canasta.

Tues., 5/19: **8:30am:** Golf League; **10am:** Line & Ballroom Dance Lessons.

Wed., 5/20: **1pm:** Crafters Corner, Cribbage.

Thurs., 5/21: **3pm:** Mah Jongg Lessons.

Fri., 5/22: **9am:** Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 5/25: **Closed** - Golf League Cancelled; Canasta Cancelled.

Tues., 5/26: **8:30am:** Golf League; **10am:** Line & Ballroom Dance Lessons.

Wed., 5/27: **1pm:** Crafters Corner, Cribbage.

Thurs., 5/28: **11am:** Cardio Drumming; **3pm:** Mah Jongg Lessons.

Fri., 5/29: **9am:** Silver Steppers Tap Class; **10am:** iPhone 101; **2pm:** Senior Jammers.

SENIOR SPOTLIGHT

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1 Bedroom Units $661
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WANTED: Old tools, musical instruments, military, Winchesters, Colts, antique guns & old hunting & fishing. We buy gold & silver coins and jewelry. Anything related to vintage jewelry. Call Joe, (203) 488-7271 •
FOR SALE: Art portfolio carry case, black durable fabric, very slim, hand held or shoulder strap, 26"Wx20"T $15; (203) 239-8060 •
FOR SALE: Scotts 50 inch mower deck, 3-blade, exc. cond., good spindles, solid $100; (203) 214-5232

Dazzling Ducks



Pictured: Everyone who decorated their ducks, and all the finished decorated ducks.

North Haven: On Wednesday, May 6, from 6pm to 7:30pm in the North Haven Memorial Library 's community room everyone that registered to bead decorate an adorable rubber duck with beautiful colored rhinestone beads, that the library supplied the kits free to everyone. Everyone had a great time using their imagination decorating their ducks, and having fun with family and friends and making new friends. Melinda Landino put on a movie with ducks for us to enjoy watching and listening to while we decorated our ducks. Melinda Landino puts on these wonderful presentations and she has many others that she puts on in other area's of the library. Thank you Melinda for getting the residents together by having these programs to enjoy with with each other. Most presentations have to be registered with the library calling 203 239 5803 presentations, these are for residents and non-residents. You can pick up a monthly program at the North Memorial Haven Library.

Story and photos by Jo Ann Buccetti

GFWC Women's Club Will Provide Stuffed Animals For The North Haven Police Department



Pictured: Members of the GFWC Women's Club of North Haven, holding various assorted stuffed animals for North Haven Police Department to help aid children in crisis situations.

North Haven: As the last project for the club year, at the club meeting on Friday, April 10, ladies of the GFWC Women's Club of North Haven posed with some of the already collected clean, new stuffed animals for the North Haven Police Department. These will be placed in plastic bags and put in police patrol cars to help aid children in crisis situations. The stuffed animals will be kept in North Haven police vehicles to be used to help allay anxieties and fears of children in crisis situations. The North Haven Police have effectively used this method of helping young children in crisis situations for some time. For many young children, just being able to cuddle a cute, soft stuffed animal helps ease the fears and the problems and calms the child. Anyone interested in helping with a donation of a new, gently used, clean stuffed animal can do so by contacting Michele Charm at 203-915-8990.

The GFWC Women's Club is part of the GFWC International organization committed to volunteerism and service. The Women's Club has embraced numerous projects designed to serve the community and support many in need. The Club regularly provides food donations to the various Food Pantries of North Haven. The Club provides donations of toiletries, socks and other items to BHcare for women and their children, victims of domestic violence. Members of the Women's Club built a Little Free Library, had it installed in front of the Congregational Church and filled it with free books—especially children's books. Anyone can take a book or give a book. Members of the Club also provide numerous items including special items to bring cheer to the Veterans at the VA Hospital in West Haven.

Meetings of the Club are held on the first Friday each month between September and June. The GFWC Women's Club of North Haven is open to women 18 and over who are interested in serving the community through various projects. Join us at one of our meetings and meet other ladies who have made a commitment to serve our community. Our current motto is "We Rise By Lifting Others". Women interested in community service with the GFWC Women's Club of North Haven should contact Pam Lerner at (203) 281-3090, or at (203) 671-5911 for additional information. Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.