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- Painless Gentle Dentistry

**Come see us at our new location!
185 Maple Ave., North Haven, CT
Varsha Salani, D.M.D., LLC
(203) 234-1901**

**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. For information and to register for programs, call (203) 239-5432 or stop by the office. View the newsletter online at www.town.north-haven.ct.us.

WEEK OF JUNE 23-27

Mon., 6/23: 9:30am: Fitness Fun; 10am: Canasta; 10:15am: Chess; 11am: Qi Gong & Tai Chi, Move to Music; 1pm: Bingo.

Tues., 6/24: 10:30am: Rummikub, Setback; 12:00 noon: Lunch Bunch at Grand Apizza North, Oil Painting Class; 1pm: Bocce.

Wed., 6/25: 9:30am: Fitness Fun; 11am: Diamond Art; 11:30am: "Summer Breeze" at Amarante's - New Haven; 12:30pm: Bridge; 1pm: Bingo; 4pm: Estimate Return from Trip.

Thurs., 6/26: 10am: Knitting/Crochet Class; 1pm: Make & Take: Create Your Own Personalized Mug, Balance Through Strength, Bocce, Dominos, Mah-jongg.

Fri., 6/27: 9:30am: Fitness Fun, Scrabble; 12:30pm: Bridge; 1pm: Bingo, Bocce.

Programs/Activities

Ice Cream Social: Tuesday, July 8 at 2pm. Celebrate National Ice Cream Sundae Day with a build-your-own sundae bar! Cost is \$3 for residents, \$5 for non-residents. Registration for Residents and Non-Resident is now underway. Kindly stop by the office to register by July 3.

Food & Friends Friday: Join us on July 11 at 11:30am for lunch at the Senior Center. This month, we will feature a Taco Bar. Build your tacos exactly the way you like them with a wide variety of toppings, fillers and more! Space is limited. Stop by the office to register. Cost is \$5 for Residents, \$10 for Non-Residents. Registration ends July 3.
Happy Hour at JRoos': Thurs.,

July 24 from 2-4pm. This is a pay-on-your-own/drive- on-your-own event. Come on down and hang with "the crew." Enjoy some delicious food, sit on the patio and enjoy the fresh air, engage in great conversation, and best of all, meet friends and make new ones! JRoos' is located on 243 State Street and has been a fixture in North Haven for over 20 years! Sign up on the board at the Center or call (203) 239-5432 for more information.

Last two trips of the season!

• **Charles Riverboat Cruise and Cheesecake Factory: Boston, MA. Wed., Sept. 10.** Bus departs North Haven Senior Center at 8:45am with an estimated return of 6:45pm. Cost is \$143 pp for Residents, \$153 pp for Non-Residents. Check payment only, payable to Friendship Tours. Cost includes round trip coach bus, lunch at the Cheesecake Factory in Boston, followed by a Riverboat Cruise on the Charles River. **Payment and registration due by August 1.** Call (203) 239-5432 for more information.

• **Kenny & Dolly - A Smoky Mountain Christmas: Wed., Dec. 10 at Aqua Turf in Plantsville.** Bus departs North Haven Senior Center at 10:45am with an estimated return of 4:15pm. Cost is \$134 pp for Residents, \$144 per person for Non-Residents. Check payment only, payable to Friendship Tours. Cost includes round trip coach bus, family style dinner, and show. **Payment and registration due by Oct. 10.** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF JUNE
Mon., 6/23: 10am: Caldwell Banker Realty; 10:30am: Wills, Trusts and Probate; 1pm-3pm: Hearing Services.
Tues., 6/24: 9:30am: Veteran's Coffee House, New! Clay Class.

Wed., 6/25: 10am: All About Coins.
Thurs., 6/26: 11:30am: Trip: Amarante's - Summer Breeze (Drive on Own); 11am: Cardio Drumming; 1:30pm: Book Club; 5pm: Lake View Dinner; 6pm: Ashly Cruz.
Fri., 6/27: 10am: Parkinson's Support Group; 12 noon-3pm: Bill Viola Retirement Party - EST Pizza Trucks and Entertainment by Tamijiro.

JUNE 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: Clay Class, Total Fitness, Basic Social Dance; 10am: Bocce, Ballroom Dance Lessons; 11am: Strength & Balance; 12:00 noon: Bridge; 12:30pm: Bingo; 1pm: Quilting, Parkinson Fitness, Mah Jongg; 2pm: Silver Sneakers 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 Club, Dominoes; 1pm: Cribbage, Cards, Crafters Corner; 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; 10:15am: Silver Sneakers Chair Yoga; 11am: Total Fitness; 12:30pm: Bingo, Artists' Studio; 1pm: Parkinson Fitness, Mah Jongg, Scrabble; 2pm: Silver Sneakers 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, Corn-hole; 2pm: Senior Jammers.

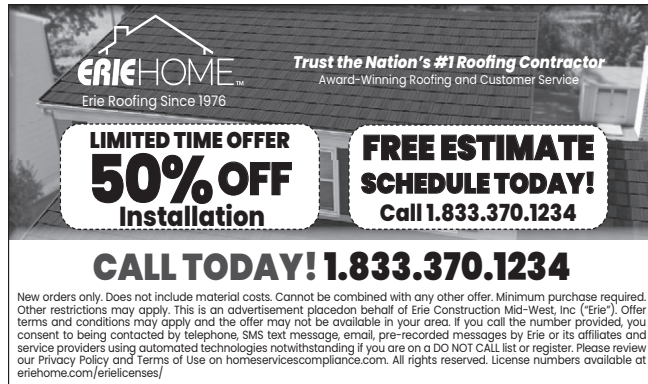
Subject to Change. We will make every effort to reschedule any activity that has been cancelled.

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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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) 752-3059 and ask for Schari.

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Independence® 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.

SENIOR SPOTLIGHT

SENIOR LIVING

ACCEPTING APPLICATIONS FOR Studio Units \$560 1 Bedroom Units \$661 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



Friends Enjoyed A Fantastic Doo-Wop Show



Pictured: With the fantastic group, Jo Ann Buccetti and friend Irish Annie were proud to be able to have their picture taken with them, one singer was missing from the picture.

North Haven: On Sunday, June 15, a group of friends from North Haven and Wallingford got together for a wonderful day out to see a fantastic four men singing group, called the Accords at the Seven Angels Theatre in Waterbury. The singers were dressed in beautiful black suits, and sang songs of the 50's and 60's, from groups of the Righteous Brothers, the Temptations, the Duprees, the

Pyramids, and sounded just like the original singers. They were fantastic, they also entertained us with some comedy for three hours straight without any break. After the show ended, we waited in the packed lobby to take a picture with them, and buy their cds. The Seven Angels Theatre was started by seven friends and was once a skating rink. If you ever get the chance to see this fantastic group you will not be disappointed. There is nothing like the old songs and great singing groups of the past.

Story by Jo Ann Buccetti, and photo by Richard and Jo Ann Buccetti.

A Veteran Collecting A Fundraiser For Veterans Aid Services



Pictured: Veteran Verno Cross in front of Stop & Shop.

North Haven: On Saturday, June 14, a dedicated veteran, Verno Cross, who lives in Waterbury came down to North Haven to collect money for veterans to receive service and aid that all veterans well deserve. They served our country, many gave their lives for us for all Americans to be free. God Bless Verno and all veterans, God Bless America.

Story and photo by Jo Ann Buccetti