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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.northhaven.ct.us.

WEEK OF JUNE 30 - JULY 4

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

Tues., 7/1: 10:30am: Rummikub, Setback; **12:00 noon:** Oil Painting Class; **1pm:** Bocce.

Wed., 7/2: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 7/3: 10am: Knitting/Crochet Class; **1pm:** Balance Through Strength, Bocce, Dominos, Mahjongg.

Fri., 7/4: *Senior Center Closed. Independence Day.*

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. Residents and Non-Residents: 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 JRoo's: Thurs., July 24 from **2-4pm.** This is a pay-on-your-own/drive- on-your-own event. Enjoy some delicious food, sit on the patio, meet friends and make new ones! JRoo's is located on 243 State Street. Sign up on the board at the Center or call (203) 239-5432 for info.

Ask the Nurse: Did you know the Center provides a Health Counseling Clinic at **10am** on the **2nd Thursday of each month**? The clinic can provide you with help setting overall health goals, check your blood pressure, assist with creating a medication list and teach you how to prepare for your next medical appointment. This is free to any North Haven resident and funded by the Town of North Haven. No appointment necessary just walk in!

Oil Painting Class: Open for all levels. Beginners welcome. Supply list available upon registration. **Class held on Tuesdays from 12-3pm. Next session will run from July 22-Oct. 7.** Cost is $40 for residents, $50 for non-residents. Registration for residents will begin July 1 and end July 22. Non-residents may register from July 15-July 22. For more information, call the Senior Center at (203) 239-5432.

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 JULY

Tues., 7/1: 9:30am: New! Clay Class Wrap Up.

Wed., 7/2: 9am: AARP Smart Drivers; **12:30pm:** Military Whist.

Thurs., 7/3: 10am: Hospitality Meeting.

Fri., 7/4: *Senior Center Closed.*

Mon., 7/7: 9:30am: New! Clay Class Prerequisite.

Tues., 7/8: 9:30am: New! Clay Class Technique Development.

Wed., 7/9: 10:30am: Q & A Wallingford Police Dept.

Thurs., 7/10: 10am: Curiosity Club; **11am:** Cardio Drumming; **5pm:** Lake View Dinner; **6pm:** "R" Band.

Fri., 7/11: 12:30pm: Movie: *Driving Miss Daisy.*

Mon., 7/14: 9:30am: New! Clay Class Prerequisite; **10am:** iPad User Group; **1pm:** Welcoming Party! Meet Ann Zak, New Executive Director.

Tues., 7/15: 9:30am: New! Clay Class Technique Development; **11am:** Happy Birthday Party.

Wed., 7/16: 10am: NEW! IDEA FACTORY - Jewelry Making Class.

Thurs., 7/17: 5pm: Lake View Dinner; **6pm:** "R" Band.

Fri., 7/18: 9am: WCOA Meeting; **12:30pm:** Movie: *Get Low.*

Sat., 7/19: 9am-3pm: Wallingford Health Fair - Community Lake Park.

Mon., 7/21: 9:30am: New! Clay Class Prerequisite.

Tues., 7/22: 9:30am: Veteran's Coffee House, New! Clay Class Technique Development.

Thurs., 7/24: 11am: Cardio Drumming; **1:30pm:** Book Club; **5pm:** Lake View Dinner; **6pm:** "R" Band.

Fri., 7/25: 9:30am: Morning Hike - Quinnipiac Trail - Wallingford; **10am:** Parkinson's Support Group, iPhone Workshop; **12:30pm:** Movie: *Wonka.*

Mon., 7/28: 9:30am: New! Clay Class Prerequisite; **10am:** Caldwell Banker Realty; **10:30am:** Wills, Trusts & Probate; **1-3pm:** Hearing Services.

Tues., 7/29: 9:30am: New! Clay Class Technique Development; **10am:** ShopRite Dietician-Ice Cream.

Thurs., 7/31: 5pm: Lake View Dinner; **6pm:** "R" Band.

JULY 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, Clay Class Prerequisite; **10am:** Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout with Sue-ZOOM; **11am:** Total Fitness; **12pm:** Silver Sneaker Circuit, Art Appreciation; **12:45pm:** Chair Yoga; **1pm:** Cards/Nickel-Nickel, Chess Club, Harmonica Club; **2pm:** Zumba Gold.

Tuesday: 8:30am: Workout with Sue - ZOOM; **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Clay Class Technical Development, 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:** 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.

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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: Wheelchair $50; Harley-Davidson jacket, patches on sleeves $50; (203) 208-5630 •

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Equal Housing Opportunity

Garden Club Creates New Memorial Garden







Recently **North Haven Garden Club** member Cindy Golia designed and planted, with the help from her husband Anthony, The Jan Tracy Memorial Native Pollinator Garden on the bottom of the island at Rock Road and Fitch Street, across from Montowese School. All the plants were purchased from Natureworks in North Branford with help from their extremely knowledgeable staff and are all native pollinator plants The funds for this project came from applying for a grant from The Federated Garden Clubs of Connecticut, Inc. BEE RESILIENT 2025-2027 President's Theme and Project which theme is "to enhance the beauty of our community and preserve nature in a changing climate by creating small native garden in a public location and a donation from the North Haven Volunteer Firefighters shortly after Jan's passing. The final step was spreading mulch, with the help of Marge Quinn, that was provided by our great public works department, the PW also dug the garden according to the designed layout, dumped and spread a thick layer of soil which made for easier planting.

We will be placing an 8 x 10 Memorial Plaque in the garden at the Dedication Ceremony, date to follow.

We couldn't be happier with the way the garden turned out. The garden will have color and a seasonal balance with blooms from spring to fall with a mix of purples, blues, pinks, oranges, and deep greens. It is pollinator friendly and many of the plants will attract bees, butterflies, and hummingbirds. It has structural variation with the back row providing vertical elements while the middle and front rows create depth and contrast. Enough room was left for each plant to spread based on its mature size.

Dimensions: 8ft depth x 15 feet length, more of an oval or pear shaped garden rather a rectangular garden which will be viewable from any angle, best view from the road. Design Style: informal, cottage/native pollinator garden. Sunlight- full sun to partial shade. Soil: well drained, average soil. Layout: taller plants in the back (east side), medium in the middle, and short in the front (west side).

The following is adetailed garden plan for an 8 foot by 15- foot garden using mostly native plants. This will be beautifully diverse garden with lots of pollinator-friendly plants that considers plant heights, bloom times, color harmony, and growth habits to create an aesthetically pleasing and functional design:

Garden Layout Plan

1. Back Row (Tall, Structural Plants for Height & Interest)

- Joe Pye Weed (2) – Tall, striking, pollinator favorite.
- Blue Lace Hybrid Bee Delphinium (2) – Adds dramatic spikes of blue flowers.
- Liatris Spicata Dense Blazing Star (2) – Vertical accents with fluffy purple flowers.
- Liatris aspera Rough Blazing Star (2) – Same vertical appeal but a bit looser in structure.
- Hummingbird Summersweet (1) – Provides lovely summer blooms and fragrance.
- Rhododendron (1) – A showstopper with evergreen foliage.

2. Mid-Level Plants (Color & Pollinator Focus)

- Echinacea purpurea 'Ruby Star' (2) – Bold, daisy-like flowers.
- Echinacea purpurea PowWow Wild Berry (2) – Rich color variation with compact growth.
- Monarda hybrida Sugar Buzz 'Grape Gumball' (2) – Unique purple-pink flowers.
- Bee Balm Monarda didyma 'Raspberry Wine' (2) – Attracts hummingbirds with deep raspberry flowers.
- New England Aster 'Purple Dome' (1) – Late-season blooms for vibrant color.

3. Front Row (Low-Growing & Ground Cover Plants)

Butterfly Weed Asclepias tuberosa (2) – Brilliant orange flowers with great pollinator appeal.

- Meadow Sage Salvia 'RoseMarvel' (2) – Compact, rich-colored flowers.
- Anise Hyssop Agastache foeniculum (1) – Aromatic and purple blooms.
- Blue Anise Agastache 'Blue Fortune' (1) – Another fragrant option with soft blue tones.
- Sedum 'Autumn Joy' (1) – Year-round interest with late-season appeal.
- Purple Spotted Dead-Nettle Lamium maculatum (4) – Spreading ground cover for texture.

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.

Article and photos by Cindy Golia

Water Safety

The recent drownings this time of year is really sad, but they've inspired me to offer some suggestions concerning water safety. Having come from a family of champion swimmers, brought up on the beach at Mansfield Grove, and fishing and boating all my life, I humbly submit my ten commandments. Hopefully they will help to minimize some deaths due to water activities. Most of them you'll find to be common sense...

1. If you are a boater, take the required safety course and pay attention to the weather. Tell someone where you are going and expected time of return. If the boat capsizes, stay with the boat if possible.
2. Never swim alone -- anticipate tides and watch for currents.
3. Know your limitations - don't swim a long distance on a bet.
4. If you are drinking, do not swim or operate a boat.
5. Do not overexpose yourself to the sun.
6. If you cannot swim -- lessons are suggested.
7. Pay attention to signs and lifeguards.
8. Do not dive in unfamiliar waters.
9. Take a CPR and lifesaving course.
10. Stay focused and observant to your surroundings and people in your area. Have fun, be safe, and respect the water.

Ron Johnson, Hamden