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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

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF JULY

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.

WANTED: Collector wants to buy early historic New Haven County related items, maps, books, engravings, paintings, paper items or actual products; (203) 915-7662 •

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 JULY 14-18

Mon., 7/14: 9:30am: Fitness Fun; **10am:** *Holiday Fair Meeting,* Canasta; **10:15am:** Chess; **11am:** Qi Gong & Tai Chi, Move to Music; **1pm:** Bingo.

Tues., 7/15: 9am: *Mini Trip: Universal Drive;* **9:30am and 10:45am:** Better Balance; **10am:** Rummikub; **10:30am:** Setback; **11am:** *Teen Tech (ends at 1pm);* **12:00 noon:** Oil Painting Class; **1pm:** Bocce, Mahjongg.

Wed., 7/16: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 7/17: 8am: *Depart for Boston Bingo Cruise Trip;* **9:30am and 10:45am:** Better Balance; **10am:** Knitting/Crochet; **1pm:** Bocce, Dominos, Mahjongg; **7pm:** *Estimate Return from Boston Trip.*

Fri., 7/18: 8:30am: *AARP Smart Drivers Course (ends at 12:30pm);* **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo, Bocce.

WEEK OF JULY 21-25

Mon., 7/21: 9:30am: Fitness Fun; **10am:** Canasta; **10:15am:** Chess; **11am:** Move to Music, Qi Gong & Tai Chi; **1pm:** Bingo.

Tues., 7/22: 9:30 & 10:45am: Better Balance; **10:30am:** Rummikub, Setback; **11am:** Teen Tech (ends at 1pm); **12:00 noon:** Oil Painting Class; **1pm:** Bocce, Mahjongg.

Wed., 7/23: 9:30am: Fitness Fun; **11am:** Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 7/24: 9:30am and 10:45am: Better Balance; **10am:** Knitting/Crochet; **1pm:** Balance Through Strength, Dominos, Mahjongg; **2pm:** *Happy Hour at J.Roo's.*

Fri., 7/25: 9:30am: Fitness Fun, Scrabble; **11am:** *"Puzzle Off" Competition;* **12:30pm:** Bridge; **1pm:** Bingo, Bocce.

Programs/Activities

Teen Tech at the Brainwave Café: Our friends from North Haven High School will be back again this summer to answer your technology questions. Learn how to get the most out of your cell phone, tablets and laptops. Be sure to bring your device with you. In addition to the tech help, the Techs will invite you to play brain games/puzzles and socialize. Dates for July are as follows: **Tues., July 15 & 29** from **11am-1pm**.

Happy Hour at J.Roo's: Thurs., July 24 from **2-4pm.** Join our "Lunch Bunch" on the go at one of North Haven's most popular restaurants! Enjoy great American fare, sit on the patio or enjoy the A/C inside. Call (203) 239-5432 ***by July 17*** to put your name on our list.

Puzzle-Off Competition: Oak Street Health is sponsoring this fun program! Coffee, tea and mini muffins will be served. There will be door prizes and the winning team will receive a special prize! Registration is free. Sign up on the program board at the Senior Center today or call (203) 239-5432 ***before July 17.***

Key Bank Fraud Prevention: Mon., Aug. 4 at **10:15am.** Learn how to navigate the banking world with confidence and security, as well as peace of mind. Join us for this important FREE presentation. Sign up on the program board at the Senior Center or call (203) 239-5432 ***by July 25.***

Food and Friends Summer Beach Party: Fri., Aug. 8 at **11:30am.** BBQ Chicken, black beans, pasta salad and dessert. Live music provided by Pat Russo will have you dancing to some of your summer favorites. North Haven Resident registration is now in progress at NO COST. Non-Residents may register beginning July 14 at $10 per person. Call (203) 239-5432 to ***RSVP by July 25.***

Enrichment Classes

Qigong & Tai Chi: The gentle rhythmic movements of Qigong & Tai Chi can reduce stress, build stamina, increase vitality and enhance the immune system. Two classes are currently being offered at the Senior Center **starting Mon., August 4.**

• Intro to Qigong & Tai Chi- **Mondays** from **10am-11am.** This class is specifically for NEW students.

• Qigong & Tai Chi 101 - **Mondays** from **11am-12 noon.** This class is for our "returning" students.

• Residents may register now for the August sessions. Cost is $20.

• Non-Residents may register for the August sessions beginning July 14. Cost is $30.

• ***Registration for both classes ends July 25.***

Oil Painting: Open for all levels! Beginners welcome! Supply list available upon registration. Class is held on **Tuesdays** from **12pm-3pm. Next session begins July 22 and ends Oct. 7.** Registration for North Haven Residents is now underway. Cost is $40. Registration for Non-Residents begins July 15. Cost is $50. ***Registration ends July 22.*** Call (203) 239-5432 for more information.

Move to Music: Enjoy this low impact, fun, choreographed fitness class which can be done either seated or standing. The functional movements can help to improve coordination, balance, strength and memory. Cost is $20 for Residents, $40 for Non-Residents. ***Registration Ends July 31.*** Call (203) 239-5432 for more information.

SENIOR SPOTLIGHT

SENIOR LIVING

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Age and income limits apply
TRS message relay via CCC:
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Equal Housing Opportunity

Masonicare Hospice Seeking Volunteers

Wallingford: Masonicare Hospice is seeking new volunteers for all areas of CT and the Westerly, 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 Jolan Szollosi, Volunteer Coordinator, at (203) 679-5342.

Are You Looking for a Meaningful Volunteer Job?

Hamden: If so, come and join the team at Mae's Closet, the Hamden based durable medical equipment loan closet. We lend all sorts of durable medical equipment, including wheelchairs, shower chairs and walkers, to those who need it. The equipment is donated, repaired if necessary, sanitized and then loaned out for $1.00. It is recycling at its best.

The hours are flexible, the company is great, and the people who come to borrow equipment are most grateful. We save them a lot of money.

Mae's Closet is a program of Interfaith Volunteer Care Givers, (IVCG) the organization that provides volunteer drivers to seniors to medical appointments. If the closet doesn't appeal to you then you can volunteer to drive for IVCG. Either way you will be providing a valuable service to our community.

To reach Mae's Closet, call (475) 414-8333 Mon.-Fri., 9am-12 noon. To reach Interfaith Volunteer Care Givers call (475) 257-6538.

Oak View Resident Enjoys Her 70th Birthday With Family And Friends



Pictured: Diane in between her son and daughter, her nephew and his son standing behind her, her future daughter in law and grand daughter are to the right of Diane's son.

North Haven: On Sunday, July 6, in the housing community room Diane Palermo celebrated her 70th birthday, her son Charlie bought 4 family size pizzas from Big Y. Her daughter Danielle bought a huge delicious birthday cake. Friends all gathered around the table where Diane and her family sat. We all sang happy birthday and ate the cake and ice cream after eating the pizzas. There was so much that everyone took a lot home. Diane we wish you many more wonderful birthdays , there is nothing like celebrating your birthday with family and friends.

Story and photo by Jo Ann Buccetti