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North Haven Senior Center

189 Pool Rd., North Haven
Hours: 8:00am-4:00pm
Phone: (203) 239-5432

Programs/Activities

The following programs are held at the North Haven Senior Center. For more information and to register for programs, call (203) 239-5432 or stop by the office. View the newsletter online at www.northhaven-ct.gov.

Community Resources: Mon., Aug. 10 at **11am.** Every year more than $58 billion in benefits are unclaimed because people are unaware that they may be eligible for benefits. Dr. Kidder, VP of the Agency on Aging of South Central CT will be here to review 5 programs for us, so you can determine if you may be missing out on an important benefit. ***Registration ends for Residents and Non-Residents on 8/7.*** Sign-up on our program board or call (203) 239-5432 to reserve your spot.

Fire Extinguisher Training: Tues., Aug. 11 at **10am.** Most of us have a fire extinguisher in our home in case of an emergency, but how many of us feel confident in using one? North Haven Fire Department will be on hand to teach us how to confidently act in that moment of crisis. Join us for this free and important presentation. ***Registration ends for Residents and Non-Residents on 8/5.*** Sign-up on our program board or call (203) 239-5432 to reserve your spot.

Pirates & Pizza: Thurs., August 20 at **11:30am.** Learn the history of the pirates and pirate hunters of New England during the Golden Age of Piracy - while enjoying some pizza! We will discuss why people became pirates, how pirate ships were run and the tactics they used, politics of the pirates, how piracy ended and more! Cost is $5 for Residents, Non-Resident cost is $10. ***Registration ends 8/14.*** Stop in the office to register today!

National Waffle Day: Mon., August 24 at **10am.** Celebrate with a delicious late morning breakfast including waffles, with optional toppings of whipped cream, strawberries, butter and syrup, with a side of sausage! Stop by the office to register and pay. Cost is $5 for Residents, $10 for Non-Residents. ***Registration ends 8/14.***

Spotlight Activity - Diamond Art - Wednesdays at 11am: Diamond Art has quickly become a new and exciting way to tap into your creative side. It's simple, relaxing and you'll be amazed at how easy and fun it is! There is no fee, just bring your own project. If you don't have a project, we can help select one for you. Thanks to some generous donations, we have some kits for you to try for free! Supplies limited.

Health & Fitness

Silver Sneakers Circuit: Thursdays from **11:15-12pm.** Registration for the August session is underway for Residents and Non-Residents. Interval-style training designed to strengthen your upper-body with handheld weights. Low-impact cardio movements are alternated to maximized fitness benefits. A chair is offered for support. Cost is free for Silver Sneakers members (card/number must be provided) or $2 per class (cash) for those who do not participate in Silver Sneakers. Classes will be held Aug. 6, 13 & 27 (No class on Aug. 20). Call (203) 239-5432 for more information.

Upcoming Day Trips

"Studio Two - The Beatles Tribute Band": Thurs., October 15 at the elegant Farmington Polo Club in Farmington, CT. Come enjoy a lively luncheon show with Studio Two, hailed as "New England's Best Beatles Tribute Band." You will be sure to be dancing and singing and reminiscing about the magic of Beatlemania. Cost is $137/pp for Residents, $147/pp for Non-Residents. Check ONLY, payable to Friendship Tours. Full payment due at time of registration. Cost includes round-trip coach bus transportation and Family Style dinner. Bus will depart North Haven Senior Center at 10:30am with an estimated return of 4:15pm. ***Registration ends 9/4 for Residents and Non-Residents.*** For more information, call (203) 239-5432.

Museum of Fine Arts: Mon., Oct. 19. In partnership with the West Haven Senior Center, we are excited to provide you with an opportunity to visit The Museum of Fine Arts in Boston. Explore works from world-renowned artists featuring Cezanne, Gauguin, Rembrandt and Monet, to name a few! Cost of this trip is $125 for both North Haven Residents and Non-Residents. Price includes round-trip coach bus transportation, driver gratuity, and admission to the museum. Lunch is independent at your choice of 3 onsite eating venues: New American Café, Taste, or Garden Cafeteria. Checks payable ONLY to: West Haven Senior Trip Account. ***Payment may be dropped off at North Haven Senior Center and is due by Fri., Sept. 18.*** Bus will leave North Haven Senior Center at 8am with an estimated return at 6:15pm. Space is limited so sign-up today. Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
AUGUST 3-7

Mon., 8/3: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 8/4: 9am: Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 8/5: 9am: Billiards, Set-Back; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 8/6: 9am: Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 8/7: 9am: Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Big;* **1pm:** Knitters and Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS - AUGUST

Wed., 8/5: 9am: AARP Safe Driver Course; **12:30pm:** Military Whist Card Party.

Thurs., 8/6: 8:30am: Connecticut Lighthouse Cruise.

Mon., 8/10: 10am: Curiosity Club - Money.

Tues., 8/11: 11am: Happy Birthday Party with Blaise Tramazzo.

Wed., 8/12: 10am: Q & A Police Department.

Wed., 8/19: 11am: Grease - Aqua Turf.

Monl., 8/24: 10:30am: Wills, Trusts and Probate.

Tues., 8/25: 9:30am: Veterans Coffee House.

Thurs., 8/27: 1:30pm: Book Club Discussion Group.

UPCOMING CLASSES/GROUPS

Mon., 8/3, 8/10, 8/17, 8/24, 8/31: 8:30am: Golf League; **10am:** Canasta.

Tues., 8/4, 8/11, 8/18, 8/25: 8:30am: Golf League.

Tues., 8/18: 9:30am: Idea Factory - Designer Pasta.

Wed., 8/5, 8/12, 8/19, 8/26: 1pm: Crafters Corner, Cribbage.

Thurs., 8/6, 8/13, 8/20, 8/27: 9:30am: Clay - Ceramic Butter Dish.

Fri., 8/7, 8/14, 8/21, 8/28: 9am: Silver Steppers Tap Class; **2pm:** Senior Jammers.

Fri., 8/28: 10am: iPhone 101.

Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

25TH ANNUAL FAMILY CAREGIVER CONFERENCE

Save the Date - The Agency on Aging of South Central Connecticut announces the 25th Annual Family Caregiver Conference will be held Thurs., August 27, 9am-2:30pm at Cielo's Banquet Hall, 85 Chase Lane, West Haven.

The keynote speaker is Donna Fedus, Gerontologist.

Celebrating 25 years of the Title IIIE National Family Caregiver Support Program. The conference will bring together family caregivers, paid caregivers who assist family caregivers to ensure people can remain living at home, and members of the aging network who interact with both groups. We are often member of more than one group and the things that unite us are more powerful than the designations that separate us.

Join us as we explore the intersection of family caregiving and paid caregiving.

DID YOU KNOW THAT THE AGENCY ON AGING HAS VOLUNTEER SERVICES?

North Haven: The Agency on Aging provides opportunities for individuals to volunteer their time and experience to help others in the community. Whether it's engaging in conversation with someone at home or assisting a senior with transportation to a medical appointment, our volunteer department strives to support those over the age 21 who wish to make a difference.

We also offer our assistance to individuals in need of support. Sometimes, small acts of kindness, a listening ear, or a friendly phone call can significantly impact someone who feels alone and forgotten.

All volunteers and clients are vetted before service, and applications must be completed.

For more information, please reach out to Cherie Strucaly at (203) 752-2795 or cstrucaly@aoascc.org.

The Agency on Aging of South Central CT is located at 117 Washington Avenue, North Haven. www.aoascc.org.

WANTED: WWII Vets, immediate cash for all German helmets, hats, daggers, flags, medals, uniforms, patches. Collector will beat all dealer offers; (203) 932-0750 •

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Equal Housing Opportunity

Rappel Down Mohegan Sun To Support Special Olympics Athletes



Hamden: Registration is now open for Special Olympics Connecticut's Over the Edge fundraiser, hosted by Mohegan Sun, which will take place on Friday, August 28th. The event will give brave individuals and teams the unique opportunity to rappel more than 30 floors down Mohegan Sun's Sky Tower in recognition of their fundraising efforts and support for the organization's athletes of all abilities. Those who wish to keep two feet on the ground may make an online donation instead, and all are invited to come out as spectators. Mohegan Sun is located at 1 Mohegan Sun Boulevard in Uncasville, CT. To learn more, register to rappel, or to donate, visit soct.org. Additional information may also be obtained by emailing specialolympicsct@soct.org, calling 203-230-1201, or following Special Olympics Connecticut on Facebook and Instagram.

Over the Edge annually draws participants from local businesses and corporations, community organizations, law enforcement agencies and schools, and is open to all. Several Special Olympics athletes are also expected to rappel again this year. Through online fundraising, participants must raise a minimum of $1,250 to rappel; however, no experience is necessary. Each participant will be fitted with safety gear, trained and guided through the experience.

Wallingford Garden Club Visits Skyview Rehab Center



Pictured Top: WGC group Pat Breen. Crissy Besaw, Cheryl Solomon, Laura Cannon, Joellen Nellums and Suzanne Surato.

Wallingford: The Wallingford Garden Club's Healing Therapy and Senior Gardening group visited the Skyview Rehab Center to plant succulents, flowers and veggies as well as seeds.

Kim Dennis brought trays of mini succulents donated by Beaumont Farms. Residents enjoyed this program. Later the group went outside to the back patio to plant marigolds, tomato plants in the WGC portable raised planters. Garden club members also planted cucumber, radish, and lettuce seeds in tall pails for the residents. The Garden Club group will be back in June to check on the plants.

Garden Club members assisted with the planting program were Crissy Besaw, Laura Cannon, Cheryl Solomon, Sue Surato and Joellen Nellums Skyview Recreation Director, Renae Musio offered to water plants in our absence.

Many thanks to Beaumont Farms for their generous donation of plants and seeds.

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

Photos by Betty Wilson