The Hamden Lions Club Supports The North Haven Senior Center's Health Fair And Flu Clinic



North Haven: Members of the Hamden Lions Club participated in the North Haven Senior Center's Health Fair and Flu Clinic. Lions members Sally, Michele, and Janet shared information about the Lion Clubs commitment to improving and maintaining good eyesight and hearing. The Lions Club International was founded in 1917, local Lions Clubs continue to help communities with Good Health initiatives.

Lunch With The Bunch



Pictured: Jane Iannone and Bette DeMayo.

North Haven: Retirees from the North Haven Board of Education will meet on Monday, Nov 18th at the Pacific Buffet and Grill at 20 Ives Rd #301C in Wallingford. Social at 11:30 and lunch at 12:00.

The group raises scholarship monies for graduating seniors from North Haven High School whose relatives have or had worked for the North Haven Board of Education.

2024 Recipients were Ava Johnson, Nicholas Sterling and Ilana Blumenthal.

Call in reservations before Nov 15th to Pat DeMatties in North Haven at 203-239-5115, Tina Snyder in North Haven at 203-891-5025 or Judy Cody at 203-265-6432. Pre-registration is essential to secure seating.

For more information, please contact Ellie Tessmer at 203-269-2653.

Photo by Ellie Tessmer

Big Y Of North Haven Number One Again For Breast Cancer Awareness



Pictured (L-R): Katie Suprono, Cassie Lebel two wonderful Big Y employees standing next to one of its stores wall.

North Haven: Big Y of North Haven has done it again being number one for collecting the most donations out of all of it's chain stores for breast cancer awareness month in October. As you enter, exit, and go inside the store, there are so many of its store walls covered with pink donation slips honoring the customers loved ones and friends with their names. The cashiers take the donations from the customers as they are cashing out their groceries. The generosity of residents and customers in North Haven are very generous giving from their heart. I'm so proud to be a resident of North Haven and its residents. Big Y matches each customer's donation, thank you Big Y, its employees, and its customers for doing such a great job for a good cause. God Bless all who have and had battled cancer, this is a terrible disease.

Story and photo by Jo Ann Buccetti

WANTED: Buying older beer cans, flats, conetops, single cans or entire collections; (203) 915-7662

FOR SALE: Walker, used once, hand brakes, folding seat, storage bag $70; (203) 850-1567 •

Free Nutritional Workshops

The following Free Nutritional Workshops will be held at Keefe Community Center, 11 Pine St., at 10am for English, and 11:30am for Spanish.

Healthy Meal Planning: October 29. Learn about the five food groups with MyPlate and how to plan healthier meals - Jeopardy game available.

Food Safety: November 22. Learn about the right steps to take to keep your food safe from bacteria that can cause sickness- Jeopardy game available.

Get Moving!: Learn about proper exercise techniques and how to lead a more active life.

Making Healthy Food Choices: December 10. Learn how to read food labels to understand the nutrient contents of foods you are eating.

Living a Healthy Lifestyle: January 14. Learn about chronic disease prevention through exercise and healthy diet.

Workshops are provided free of charge in Spanish and English through the Hispanic Health Council's SNAP-Ed PANA Program.

For more information, contact Linda Davis Cannon, (203) 562-5129, ext. 1121. ldaviscannon@hamden.com.

La Leche League Upcoming Meeting

Hamden: La Leche League (LLL) of Hamden/North Haven will meet on Wed., Nov. 13, 9:30am, at Grace & St. John's Church, 2927 Dixwell Ave. Led by accredited LLL Leaders, our Group will gather in the upstairs church living room. We meet every 2nd Wednesday of each month.

Are you pregnant or a parent of a breastfeeding baby? Come to our free in-person meetings to get support and information on all aspects of breastfeeding and parenting. Women with their babies and young children are welcome from all surrounding towns of the Greater New Haven area.

We also provide phone and online help at any time with your questions/concerns.

To RSVP and get details on our monthly meeting and for breastfeeding questions contact: Anne.M@LLLCT.org

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WANTED: Will the woman at the North Haven concert that I made a comment about your gray hair, please call me, Ron (475) 238-9321 •

FOR SALE: Billygoat 5hp blower, runs great, looks great $75; (475) 261-2154 •

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