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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 Center and are available for North Haven Residents only. See our Senior Center Newsletter online at www.town.north-haven.ct.us.

- WEEK OF SEPT. 30 - OCT. 4**
Mon., 9/30: 9:30am: Fitness Fun; 10am: Holiday Fair Meeting, Canasta; 1pm: Bingo.
Tues., 10/1: 9:30 & 10:45am: Better Balance; 12:00 noon: Oil Painting Class; 1pm: Craft with Mary: Paint Halloween Terra Cotta Pots, Bocce, Mahjong.
Wed., 10/2: 9:30am: Fitness Fun; 10am: Let's Talk About It; 10:15am: Medicare Changes with Nick Casella; 12:30pm: Bridge; 1pm: Pinochle - New Day, Bingo.
Thurs., 10/3: 9:30 & 10:45am: Better Balance; 10am: Bocce; 11am: Mason Jar Terrariums with The North Haven Garden Club; 1pm: Financial Fraud Bingo hosted by CT Dept. of Banking, Dominos, Mahjong; 2pm: Moving with Mary (Note Time).
Fri., 10/4: 9:30am: Fitness Fun, Scrabble; 10am: GFWC of North Haven, Chair Volleyball; 12:30pm: Bridge; 1pm: Bingo, Bocce.

Save the Date
Blind / Low Vision Directory Program: Wed., Oct. 16 at 10:15am. Call (203) 239-5432 to RSVP by Fri., Oct. 11, or stop by the office to register.
Free Pizza Party: Thurs., Oct. 17 at 12 noon. Call (203) 239-5432 to RSVP by Oct. 11.
Paid Classes
 All checks made payable to: Treasurer Town of North Haven or unless otherwise noted.
 Registration will be taken Monday-Friday from 10am-3pm. A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as

being notified. Once a class is in session there are no refunds or adjustments to the required payment, as instructors are based on payment once the class is filled.

Move to Music with Adrienne: "Move to Music" is a 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. Our next offering of this class will be **Mon., October 21**. Registration will begin on October 1 (NO EXCEPTIONS). Space is limited, registration will close when class reaches capacity. Cost is \$5.00 per class for Residents, \$10 per class for Non-Residents**. Cash will be accepted. Call (203) 239-5432 for more information.

Learn to Draw: Coming in late autumn, the Center will offer a drawing class for those who would like to explore their creative side. Instructor Sharon Alpert will lead you into the world of creativity. Please note this class will be a prerequisite to the Oil Painting Class that is held on Tuesdays. Class fee and dates will be announced in the October Newsletter.

**** Non-Resident Guests will be asked to complete a Non-Resident Agreement for all classes as well as completing a Non-Resident Guest Application.**

Wallingford Senior Center
(203) 265-7753

- CALENDAR EVENTS FOR MONTH OF OCTOBER**
Tues., 10/1: 10am: iPhone 101.
Wed., 10/2: 9am: AARP; 12:30pm: Military Whist; 10am-12:00 noon: Matter of Balance (MOB).
Thurs., 10/3: 10am: A.G.E., Hospitality Meeting.
Fri., 10/4: 12:30pm: Movie: *Thelma*; 1pm: Footcare.
Mon., 10/7: 7:30am: Niagara Fall Trip Departs.
Tues., 10/8: 11am: Happy Birthday Party.

12 Tips To Manage Anxiety With Dr. Wendy Hurwitz



North Haven: When faced with anxiety, what can one do before and during to help reduce and relieve anxiety and regain balance, calm, and clarity?

Come learn about anxiety and what you can do to help prevent it and to manage it if it occurs. Everyone will come away with information, tools, and techniques to help manage anxiety and help regain and restore balance and calm.

free and open to all towns Wed Oct 9, 6PM-7:30PM at North Haven Memorial Library, 17 Elm St, North Haven, CT. Cost: Free open to all towns.

To register: please call the Library at: (203) 239-5803 or register on-line at: <https://northhaven.librarycalendar.com/event/tips-to-manage-anxiety-13366>

Wed., 10/9: 10am-12:00 noon: (MOB) Workshop; 10:30am: Q&A Wallingford Police Dept.; 12:30-2:30pm: Acting Studio.
Thurs., 10/10: Trip Departure-CHER - no bus; 5pm: Lake View Café Dinner; 6pm: Music by RSVP.

Fri., 10/11: 9:30am: Morning Hike; 10am: Round Table Discussion; 12:30pm: Movie: *The Boys in the Boats*.

Mon., 10/14: Center Closed - Columbus Day.
Tues., 10/15: 10:30-12:30pm: Flu Clinic.

Wed., 10/16: 10am-12:00 noon: (MOB) Workshop; 1pm: T.A.B.'s.
Thurs., 10/17: 8:30am: Bus Trip - Clark Museum; 10am: A.G.E.; 5pm: Lake View Café Dinner; 6pm: Comedy Show - Linda Belt.

Fri., 10/18: 9am: WCOA Meeting; 12:30pm: Movie: *Nomadland*.
Mon., 10/21: 10am: iPad User Group, Wlfd. Fire Dept. Safety Presentation.

Tues., 10/22: 10am: Fall Prevention Technology Presentation-Masonicare.
Wed., 10/23: 10am-12:00 noon: (MOB) Workshop.

Thurs., 10/24: 10am: Wlfd. Funeral Home Presentation; 11am: Cardio Drumming; 1:30pm: Book Club Discussion Group; 6-8pm: Cobblestone Road Concert.

Fri., 10/25: 10am: Parkinson's Support Group; 12:30pm: Movie: *The Haunted Mansion*.

Mon., 10/28: 10-11:30am: Ask a Realtor; 10:30am: Wills, Trusts and Probate; 1-3pm: Hearing Services. *Raffle Tickets on Sale 9am-3pm.*

Tues., 10/29: 10am: Veteran's Coffee House.
Wed., 10/30: 10am-12:00 noon: (MOB) Workshop.

Thurs., 10/31: 10am: A.G.E.; 1pm: Halloween Party with Ashly Cruz.

OCTOBER 2024 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: Bridge Lessons, Canasta; 10:15am: Beginner Tai Chi; 10:45am: Workout with Sue - ZOOM; 11am: Total Fitness - Singing For Fun; 12:00 noon: Healthy Moves, Art Appreciation; 12:45pm: Chair Yoga; 1pm: Cards/Nickel-Nickel, Chess Club, Harmonica Club.

Tuesday: 8:30am: Golf, Workout with Sue - ZOOM; 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9:30am: Total Fitness, Basic Social Dance; 10am: Bocce, Ballroom Dance Lessons; 11am: Strength and Balance; 12:00 noon: Bridge; 12:30pm: Bingo; 1pm: Quilting, Parkinson Fitness, Mah Jongg;

Wednesday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9am: Tap Dance; 9:45am: Mah Jongg Lessons; 10am: Tai Chi; 10:30am: Workout with Sue - ZOOM; 11am: Strength and Balance, Bridge; 12:30pm: Pinochle, Movie Matinee; 1pm: Knit & Crochet, Cornhole; 2pm: Senior Jammers.

Friday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9am: Tap Dance; 9:45am: Mah Jongg Lessons; 10am: Tai Chi; 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.

Important Medicare Changes in 2025
 The Town of North Branford Office of Social Services with Leslie Pruitt, Aging Resource Center Coordinator for the Agency on Aging, will present changes to Medicare that will begin in 2025.

The event will take place at the Stanley T Williams Community Center, located at 1332 Middletown Ave., Northford on Tues., October 22 at 11am. This is important information for anyone currently on Medicare or expecting to be in the next year.

Seating is limited. If you wish to attend, please let us know by email at lbreen@northbranfordct.gov or by calling the Office of Social Services at (203) 484-6006. Feel free to bring your questions.

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

FOR SALE: Women's gray suit jacket, Lane Bryant, size 26, worn once \$25; (203) 239-3348

FOR SALE: Golf clubs and bag, "women's", very good cond. \$60; (203) 213-2626

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Age and income limits apply
 TRS message relay via CCC:
 TRS (800) 842-9710

Equal Housing Opportunity

Flu Clinic Arrives At Two Senior Housings



Pictured (L-R): Administrative Assistant, Liz Early, Resident Service Coordinator, LaToya Meyers, RN Beth Capobianco.



Pictured (L-R): resident Pat Gannon receiving her flu shot from RN Beth Capobianco.

North Haven: On Wednesday September 25, at Woods Edge housing from 1:00 pm to 1:45 pm and at Oak View housing from 2:00 pm to 3:00 pm, RN Beth Capobianco and Administrative Assistant, Liz Early from East Sore District Health Department came to both housings to give out flu shots. The flu shots are necessary to prevent the flu which is a contagious disease that spreads around the United States every year. Anyone can get the flu, but it is more dangerous for infants, young children, people 65 years and older and pregnant women, people with health conditions who are at greater risk. Pneumonia, bronchitis, sinus infections, ear infections are flu related complications. The flu can cause fever, chills, a sore throat, headache, cough, fatigue, runny and stuffy noses. It takes about two weeks for the vaccine protection to work. The residents of both housings gathered in their community rooms and RN Beth collected the residents health insurance application and in a minute the flu shot was given. All the residents want to thank Resident Service Coordinator, LaToya Meyers, RN Beth, and Administrative Assistant, Liz Early for coming to them, many residents don't have transportation. God Bless all of you.
 Story and photos by Jo Ann Buccetti

- 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: 60 year collection of R/C airplanes and boats plus all related motors and accessories; Mini-Oper steam engine; (203) 484-9335**