



YOUR LINK TO QUALITY HEALTHCARE

Varsha Salani, D.M.D., LLC

State of the Art Dentistry
Emphasizing Cosmetics in a Therapeutic Environment

Don't wait any longer. Call for an appointment today Let us show you what our all female state-of-the-art cosmetic dentistry can do for you.

- Whitening - Smile Design
- Painless Gentle Dentistry

Come see us at our new location!
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 NOV. 11-15
Mon., 11/11: Senior Center Closed - Veterans Day.
Tues., 11/12: 9:30 & 10:45am: Better Balance; 10:30am: Finance Meeting; 12:00 noon: Oil Painting Class; 1pm: Bocce, Mahjong.
Wed., 11/13: 9:30am: Fitness Fun; 10:15am: Helpful Hints for the Holidays; 12:30pm: Bridge; 1pm: Bingo, Pinochle
Thurs., 11/14: 9:30am and 10:45am: Better Balance; 10am: Bocce, Knitting/Crochet Class; 10:30am: Ask the Nurse; 1pm: Dominos, Mahjong.
Fri., 11/15: 8:30am: AARP Smart Drivers Course (ends at 12:30pm); 9:30am: Fitness Fun, Scrabble; 10am: Chair Volleyball; 12:30pm: Bridge; 1pm: Bingo, Bocce.

Save the Date
Cupcakes & Canasta: Mon., Nov. 18 at 10am. Join our Canasta players for Cupcakes and Canasta! They will teach you how to play this quick and fun to play game, no experience or commitment necessary. Call (203) 239-5432 or stop by the office to let us know that you plan to attend by **Tues., Nov. 12.**
Annual North Haven Senior Center Holiday Party NEW LOCATION: Fri., Dec. 6 at noon. Doors open at 11:30am. New Location! This party will be held at the Senior Center, 189 Pool Road. Entertainment by the Boogie Boys and lunch by Stellato's Catering. **Registration for this event is closed.**



Paid Classes
All checks made payable to: Treasurer Town of North Haven or unless otherwise noted.

Registration will be taken Mon.-Fri. 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

Move to the Music with Adrienne: 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., Nov. 18.** Space is limited, registration will close when class reaches capacity. Cost is \$5 per class for Residents, \$10 per class for Non-Residents**. Cash will be accepted. Call (203) 239-5432 for more information.

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

Municipal Agent Information

The Municipal Agent serves as a resource for the Town of North Haven providing information and referrals to local services for residents 60 years and older. Our Municipal Agent is Judy Amarone, her office is in the Senior Center. Generally, appointments with the Municipal Agent are held on Tuesdays and Thursday mornings. While it is suggested to call ahead, walk ins are welcome as well.

Our Municipal Agent can assist older adults with: Food Stamps/Snap Applications • Fuel Assistance • Housing Referrals • Legal Service • Meals on Wheels Nutrition Sites/Food Pantry • Medicaid Assistance • Medicare Enrollment and Assistance • Protective Services • Social Security Referrals • Social Services Referrals and Applications • Tax Assistance Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF NOVEMBER

Mon., 11/11: Veterans Day. Center Closed.
Tues., 11/12: 10am: ShopRite Dietitian Marisa Malone, "Cooking For One"; **11am:** Happy Birthday Party.
Wed., 11/13: 10:30am: Q&A Wallingford Police Dept.
Thurs., 11/14: 10am: Back Yard Birds Presentation; **11am:** Cardio Drumming.
Fri., 11/15: 9am: WCOA Meeting; **9:30am:** Morning Hike; **10am:** Parkinson's Support Group; **10am-1pm:** Pet Clinic.
Sat., 11/16: 10am-1pm: YMCA Health Fair - West Side location.
Mon., 11/18: 10am: iPad Workshop.
Tues., 11/19: 9:15am: Trip Sign-up - Titanic: The Artifact Exhibition; **10am:** Scarf Tying - RED.
Wed., 11/20: 1pm: T.A.B.'s.
Thurs., 11/21: 9:30am: A.G.E.; **1:30pm:** Book Club Discussion Group.
Fri., 11/22: 10am: iPhone Workshop; **12 noon:** Thanksgiving Lunch and Celebration, Entertainment by Lynn and Vinny Knapp.
Mon., 11/25: 10-11:30am: Ask a Realtor; **10:30am:** Wills, Trusts and Probate; **1-3pm:** Hearing Services.
Tues., 11/26: 10am: Veteran's Coffee House.
Wed., 11/27: Center Closes at 1pm.
Thurs., 11/28: Thanksgiving Day - Center Closed.
Fri., 11/29: Center Closed.

NOVEMBER 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:** 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: 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; **2pm:** Silver Sneaker 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 Studio; **1pm:** Cribbage, Crafter's Corner, Cards; **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; **11am:** Total Fitness; **12:30pm:** Bingo, Artists' Studio; **1pm:** Parkinson Fitness, Mah Jongg, Scrabble; **2pm:** Silver Sneaker Classic; **3pm:** Gentle Yoga.

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

RSVP Volunteer Program

The Agency on Aging of South Central CT has an RSVP Volunteer Program that offers individuals over the age of 55 an opportunity to use their time and experience to enhance the lives of local seniors and Veterans through companionship.

Make a difference with as little as an hour a week. Call for more information and to apply, Cherie Strucaly at (203) 752-3059, x2907 or cstrucaly@aaoascc.org

Al-Anon 12-Step Program

Does someone else's drinking trouble you? Do you feel that there is no one who understands your problems? Attending Al-Anon and Alateen Family Group meetings can help.

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories.

To learn more, browse the website ctalanon.org. To find a meeting in CT, please use the Meetings tab at the top of the page. Alternately, calls can be made to 1-888-825-2666.



SENIOR SPOTLIGHT

SENIOR LIVING

ACCEPTING APPLICATIONS FOR Studio Units \$560 1 Bedroom Units \$661 Includes All Utilities

Exciting Community Activities

Davenport Residence
125 Putnam Ave. Hamden
(203) 248-1445

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

Equal Housing Opportunity

Let Your Voice Be Heard



Pictured Above (L-R): Members Dolores Marques, Mary Comfort, Paulette DeMaio, Donna Gagliardi in front of the beautiful new TV you can see the words that they sing with for karaoke. **Right (L-R):** Delores(Dee) Marques, Donna Gagliardi singing karaoke.

North Haven: The North Haven Senior Center is enjoying their new TV which was purchased with funds through a grant provided by the North Haven Rotary Club. Thanks to this new technology upgrade, they can stream music, movies, and do karaoke! All North Haven residents over 60 are welcome to join. Feel free to stop by 189 Pool Road Monday -Friday 8am-4pm to see the center and meet the staff.

Story by Paulette DeMaio, photos by Jo Ann Buccetti

Equip Senior Exercise Classes

North Haven: Equip Rehabilitation is a pro bono, student-run physical therapy clinic at Quinnipiac University. We are so excited to resume our free in-person exercise classes, to be held Tuesdays 4pm, at 370 Bassett Road. Join us Via Zoom! Meeting ID: 942 3742 0553. Password: EQUIP

Our 45 minute classes will consist of an assortment of strengthening, stretching & aerobic activities for all abilities.

Please note that masks are required on Quinnipiac University's Campus for all individuals, regardless of vaccination status.

Parking: Please park in the front lot in front of the "School of Health Sciences" building. There are designated visitor parking spots. Students will meet you near the entrance of the building, wear khakis and navy blue shirts, and will walk you to class.

Tips For Increasing Happiness: Raising Your Happiness Setpoint With Dr. Wendy Hurwitz

Cheshire: Did you know that researchers have found that every person has an individual baseline of happiness, and that this baseline of happiness can be raised?

Come learn tips and techniques to raise your happiness setpoint and enhance well-being.

free and open to all towns Thurs Dec 5, 2PM-3PM at Cheshire Public Library, 104 Main Street, Cheshire, CT. Free open to all towns.

To register, please call the Library at: (203) 272-2245 or register online at: <https://cheshirelibrary.libcal.com/event/13068272>

Volunteers Needed for Nursing Home

Hamden: Whitney Rehabilitation Center at 2798 Whitney Ave., is seeking volunteers for our recreation department.

Interested individuals can inquire at (203) 287-7718 and ask

for our Director of Recreation, Donna Mignosa.

FOR SALE: 5-drawer chest, pine wood, medium brown color, brass handles, 40"Hx 36"Wx16"D, \$30; (203) 627-6430, leave message

