


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**


## 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. 18-22**

**Mon., 11/18: 9:30am:** Fitness Fun; **10am:** *"Cupcakes & Canasta" Learn to Play!;* **11am:** *Move to Music with Adrienne (Cost: $5.00);* **12 noon:** Pinochle; **1pm:** Bingo.

**Tues., 11/19:** *Mini Trip: Walmart-Wallingford.* **9:30 and 10:45am:** Better Balance; **12:00 noon:** Oil Painting Class; **1pm:** Bocce, Mahjong.

**Wed., 11/20: 9:30am:** Fitness Fun; **12:30pm:** Bridge; **1pm:** Bingo.

**Thurs., 11/21: 9:30am and 10:45am:** Better Balance; **1pm:** *Sugar 101 with Marisa from ShopRite,* Dominos, Mahjong.

**Fri., 11/22: 9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo, Bocce. *Afternoon Shopping: ShopRite in Wallingford.*

### Save the Date

**North Haven Senior Center Closure:** *Thurs., Nov. 28 and Fri., Nov. 29 for the Thanksgiving Holiday.*

**Annual Christmas Tree Decorating Party: Mon., Dec. 2** at **10:30am.** The holiday season is upon us, so come celebrate with us! We'll decorate our tree, enjoy refreshments, eggnog, live music, raffles and more! Come meet and greet our new Senior Center Manager, Paulette DeMaio! Call (203) 239-5432 or stop by the office to let us know if you plan on attending.

**10 Warning Signs of Alzheimers and Dementia: Wed., Dec. 4** at **10:15am.** Presented by Maria Tomassetti from the Alzheimers Association. Learn the difference between normal aging and Alzheimers, become familiar with early warning signs, the importance of early detection, benefits of diagnosis, resources, and more. Call (203) 239-5432 or stop by the office to register ***by November 29.***

### 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 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. NOVEMBER SESSION IS FULL. Our next offering of this class will be **Mon., Dec. 9,** at **11am.** Registration for the December session will begin on Wed., Nov. 20 and end on Dec. 2. Space is limited, Cost is $5 per class for Residents, $10 per class for Non-Residents**. Cash will be accepted. Call (203) 239-5432 for more information.

**Better Balance:** Tuesdays & Thursdays, 9:30am-10:30am or 10:45-11:45am. Better Balance will focus on strength training and stretching, safe and effective exercises, flexibility and balance training, and exercises that can be modified for each person's fitness level and can be performed seated or standing. THE CURRENT SESSION IS FULL. **Next session will be Jan. 7 - Feb. 13, 2025.** Registration will begin Mon., Dec. 2. Call (203) 239-5432 for more information. Subsidized in part by the Town of North Haven. Open to North Haven Residents ONLY.

### 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 Referrals • Housing Referrals • Legal Service Referrals • Meals on Wheels Referrals/Nutrition Sites/Food Pantry Referrals • Medicaid Assistance • Medicare Enrollment and Assistance • Protective Services Referrals • Social Security Referrals • Social Services Referrals and Applications • Tax Assistance Referrals.

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.

## Wallingford Senior Center

**(203) 265-7753**

**CALENDAR EVENTS FOR MONTH OF NOVEMBER**

**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 Realton; **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.

***Subject to Change.*** We will make every effort to reschedule any activity that has been cancelled.

### Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Indepencence® has an announcement:

Senior Residents living alone are welcome to contact our Volunteer Representative, Janet, if you wish someone to reach out to you to see how you are doing or just to say hello.

Please call Janet at (203) 500-9359.





**SENIOR LIVING**

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TRS (800) 842-9710

Equal Housing Opportunity


## Sons And Daughters Of Italy Collecting Toys For YNH Children's Hospital Toy Closet



**Pictured (L-R):** Lodge members delivering toys to the YNHH Toy Closet in December 2023, YNHH coordinator Billy Bradley, Georgianna Hull, Ralph Casciello, and Donna Casciello.

**North Haven:** The Community Outreach Committee of the North Haven Sons and Daughters of Italy, Lodge 2805 will be collecting new, unwrapped toys to help restock the Toy Closet at the Yale New Haven Children's Hospital for the holiday season.

A hospital stay can be scary and lonely for a child. The goal of the Toy Closet Program is to provide each pediatric patient with an age-appropriate toy or small gift when they are discharged from Yale New Haven Children's Hospital. Toys are given out 365 days a year from every hospital in the Yale New Haven Hospital system.

Please help us by dropping off a new, unwrapped toy (batteries included) by December 6th at one of the following local businesses:

Arnold's Jeweler's, 117 Washington Avenue, North Haven; Hello Gorgeous Hair Studio, 630 Washinton Avenue, North Haven; Nick's Char-Pit, 22 Middletown Avenue, North Haven; Studio BE, 117 Washington Avenue, North Haven; T & Co., A Creative Hair Group, 540D Washington Avenue, North Haven.

Thank you in advance for your support. Feel free to call Donna, 203-887-7308 with any questions. For more information, please visit our website, https://northhavenlodge2805.club.

## North Haven Senior Center Honors Veterans With Patriotic Songs



**North Haven:** On Friday, November 8, members of the North Haven Senior Center gathered to sing patriotic songs in honor of Veteran's Day, accompanied on piano by senior center member Lee Fermo.