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185 Maple Ave., North Haven, CT
Varsha Salani, D.M.D., LLC
(203) 234-1901

Wallingford Senior Center (203) 265-7753

CALENDAR EVENTS FOR NOVEMBER

Tues., 11/25: 9:30am: New! Clay Class Technique Development, Veteran's Coffee House.

Wed., 11/26: Center Closes at 1pm.

Thurs., 11/27: Center Closed-Thanksgiving.

Fri., 11/28: Center Closed.

Mon., 12/1: Trip - 8am: Christmas in Cape May.

NOVEMBER 2025 WEEKLY ACTIVITIES

Monday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Texas Hold'em, Canasta Lessons, Body in Motion, Clay Class Prerequisite; **10am:** Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout with Sue-ZOOM; **11am:** Total Fitness; **12pm:** Silver Sneaker Circuit; **12:45pm:** Chair Yoga; **1pm:** Cards/Nickel-Nickel, Chess Club, Harmonica Club; **2pm:** Zumba Gold.

Tuesday: 8:30am: Workout with Sue - ZOOM; **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Clay Class Technical Development, Total Fitness, Basic Social Dance; **10am:** Bocce, Ballroom Dance Lessons; **11am:** Strength & Balance; **12:00 noon:** Bridge; **12:30pm:** Bingo; **1pm:** Quilting, Parkinson Fitness, Mah Jongg; **2pm:** Silver Sneakers Classic.

Wednesday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards, Cards; **9am:** Setback; **9:30am:** Body in Motion; **10:15am:** BOOM Silver Sneakers; **11am:** Shuffleboard; **12:30pm:** Acting Club, Dominoes; **1pm:** Cribbage, Cards, Crafters Corner; **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:** Bocce, Bible Discussion; **10:15am:** Silver Sneakers

Chair Yoga; **11am:** Total Fitness; **12:30pm:** Bingo, Artists' Studio; **1pm:** Parkinson Fitness, Mah Jongg, Scrabble; **2pm:** Silver Sneakers Classic; **3pm:** Gentle Yoga.

Friday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9am:** Tap Dance; **10am:** Tai Chi, Mah Jongg; **10:30am:** Workout with Sue-ZOOM; **11am:** Strength and Balance, Bridge; **12:30pm:** Pinchle, 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.

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. For information and to register for programs, call (203) 239-5432 or stop by the office. View the newsletter online at www.town.north-haven.ct.us.

WEEK OF NOVEMBER 24-28

Mon., 11/24: 9:30am: Fitness Fun; **10am:** Canasta, Seated Qigong and Tai Chi; **10:15am:** Chess; **11am:** Move to Music; **11:15am:** Qigong and Tai Chi; **1pm:** Bingo.

Tues., 11/25: 9:30am: SAIL Fitness; **10am:** Rumikub; **10:30am:** Setback; **12 noon:** Oil Painting; **1pm:** Bocce, Mahjongg. *Grocery Shopping.*

Wed., 11/26: 9:30am: Fitness Fun; **11am:** NO Diamond Art; **12:30pm:** NO Bridge; **1pm:** NO Bingo. *Closing at 12 noon.*

Thurs. and Fri., 11/27 & 11/28: Senior Center Closed. *Happy Thanksgiving.*

Programs/Activities
Make & Take - Cookie Cutter Christmas Ornament: Mon., Dec. 1 at 10:30am. What better way to celebrate National Cookie Cutter Day than to find new ways to utilize your cookie cutters than

to create your very own Christmas ornament! Materials will be provided, however, if you have your own cookie cutter that you feel inspired to repurpose, you are welcome to bring it in! Register on the program sign-up board or call (203) 239-5432 for more information. **RSVP by 11/26.**

Cupcake Decorating: Wed., Dec. 10 at 10:30am. Learn how to use various cake decorating tools in order to decorate 2 of your own cupcakes to take home. Join us for this FREE program, sponsored by Aetna. Register on the program board or call (203) 239-5432 for more information. **Residents and Non-Residents RSVP by 12/3.**

Gingerbread Cookie Decorating: Fri., Dec. 12 at 10:30am. Come decorate gingerbread man cookies, donated by Montowese Health and Rehab in North Haven. It's fun, festive and FREE! Residents and Non-Residents may register now on the sign-up board or call (203) 239-5432. **Registration ends 12/5.**

Elder Abuse Signs & Resources: Mon., Dec. 15 at 10:30am. The Umbrella Center for Domestic Violence Services (BH Care) will present on neglect and exploitation, warning signs, and resources that are available. Learn the signs and learn what you

can do to protect yourself and your loved ones from this type of abuse. Register on the program sign-up board or call (203) 239-5432. Residents and Non-Residents may register now. **Registration ends 12/12.**

Move to Music: Mondays at 11am-12 noon. This 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. **Next session will be held Jan. 5 - April 6, 2026.** Resident registration for this session is now underway. Non-Resident registration begins Dec. 1. **Registration ends 12/19.** Cost for Residents is \$48, Cost for Non-Residents is \$58. Payable by check to Treasurer-Town of North Haven.

Functional Fitness: Tuesdays at 9:30-10:30am. This is a fall prevention class centered around strength, balance, and fitness. **Session begins January 6 and ends March 24, 2026.** Resident registration for this session is now underway. Non-Resident registration begins Dec. 2. **Registration ends Dec. 19.** Cost for Residents is \$30, Non-Resident cost is \$40. Payable by Check to Treasurer-Town of North Haven.

Healing Hearts, Child Life Private Practice LLC Grand Opening



Pictured: Stacey Malcom, Owner and Matt Iovanne, Business Development Executive, Quinnipiac Chamber of Commerce.

North Haven: On Thursday, November 13, 2025, the Quinnipiac Chamber of Commerce honored Healing Hearts – A Child Life Private Practice of North Haven – with a commemorative plaque in recognition of their official Grand Opening.

Healing Hearts, A Child Life Private Practice LLC is here to locally support children and families through grief, loss, illness and life's most stressful moments. Stacey is a Certified Child Life Specialist of over 5 years, with a great experience of serving children and families in areas with high acuity throughout the hospital. Stacey is excited to bring the practice of child life to the community and fill the gaps. Stacey offers in-person and virtual sessions. Whether your child needs extra support during a blood draw or to process their grief. Stacey's got you!

Please join us in warmly welcoming Healing Hearts to the Quinnipiac Chamber family! Instagram: @healingheartscsls

Spring Glen Garden Club At Senior Center Halloween Party



Pictured (L-R): Marti, Jeanne and Carol members of The Spring Glen Garden Club at the Halloween Party at Hamden's Senior Center.

Hamden: Members of the Club created the centerpieces for the tables and circulated among the party goers. The Club has been a fixture in the Hamden community since 1925, a chartered member of The Federated Garden Clubs of Connecticut, Inc., and National Garden Clubs, Inc., since 1929. Please stop by our historical display in hall outside the Miller Library in front of the Thorton Wilder Auditorium.



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Equal Housing Opportunity



GFWC Women's Club Brought A Bit Of Cheer To Veterans At The West Haven Veterans Hospital



Pictured (L-R): Donation of "Vases for Vets" Pam Lerner, President, GFWC Women's Club and Mike Lejeune, Veteran's Hospital Volunteer Coordinator.

North Haven: The GFWC Women's Club of North Haven honored our veterans who have so gallantly served our country. Our project called "Vases for Vets" consisted of 100 small table-top vases containing bright colorful fall flowers to bring cheer to the many veterans in the VA Hospital. These vases were prepared by the women in the Club, and delivered before Veterans Day to the Veteran's Hospital in West Haven to be distributed at the hospital to celebrate Veteran's Day. Mike Lejeune, who helps coordinate the volunteers at the hospital, accepted our donation. The Women's Club is deeply indebted to our Veterans for we can never repay them for all the sacrifices they made for us, for our nation, and for the world. The Women's Club acknowledges our debt by providing regular donations to the Veteran's Hospital, and if we can bring cheer to them, we are happy.

Service to our community is the major goal of the North Haven Women's Club, and the club has embraced numerous projects over the club year designed to serve the area and the community and support many needs. In December this year, members will be donating to the North Haven Community Services holiday gift giving for children and also donating to the North Haven Food Pantry. The Club supports BHcare, a multipurpose organization providing legal help, shelter for women and sometimes their children in domestic violence safe houses. Recently, the Club provided a load of diapers, wipes and baby clothes to Mary and Joseph's Place, a facility providing items for newborns to mothers in need. The Club will be providing school supplies to a North Haven elementary school. Club members are always working on one project or another for our community.

The General Federation of Women's Clubs is an international sisterhood of clubs ranging across all of the United States and in many countries. GFWC originated over 130 years ago with the primary commitment to volunteer activities which enhance the lives of others. This commitment has never wavered over the years. The Women's Club is open to women 18 and over who are interested in making a real difference in their community through numerous community service projects. Contact Pam Lerner at (203) 281-3090 for additional information about our club and meetings. Join us at one of our meetings and meet other ladies who are committed to service to our community. Come and meet new friends and enjoy some social time as well.

The Women's Club meets at the North Haven Senior Center at 10:00 A.M. on the first Friday of each month from September through June. With the current situation in the country and in the world there is great need for women making a commitment to serving their neighbors and the community. Our members would enjoy meeting new people willing to help their neighbors.

Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.