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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.northhaven.ct.us.

WEEK OF DECEMBER 1-5

Mon., 12/1: 9:30am: Fitness Fun; **10am:** Canasta, Seated Qigong and Tai Chi; **10:15am:** Chess; **10:30am:** *Cookie Cutter Ornaments;* **11am:** Move to Music; **11:15am:** Qigong and Tai Chi; **1pm:** Bingo.

Tues., 12/2: 9:30am: Functional Fitness; **10am:** Rumikub; **10:30am:** Setback; **12 noon:** Oil Painting Class; **1pm:** Mahjongg.

Wed., 12/3: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo. *Grocery Shopping.*

Thurs., 12/4: 9:30am: Line Dancing; **10am:** Knitting/Crochet; **1pm:** Balance Through Strength, Dominos, Mahjongg.

Fri., 12/5: Noon-3pm: *Senior Center Annual Holiday Party--Terrace on the Green, Wallingford (Sold Out).*

Programs/Activities

Holiday Fun at the Senior Center: Get into the spirit of the season with us! Join in on one or all of the fun activities we have on tap to celebrate this most wonderful time of the year:

Cupcake Decorating: Wed., Dec. 10 at **10:30am.** Sponsored by Aetna, learn how to use various cake decorating tools in order to create 2 unique cupcakes to take home. Use colored frosting, decorative piping tips, sprinkles and your own whimsy to create fun, edible works of art. ***RSVP by 12/3*** by calling (203) 239-5432 or sign up on the program board.

Christmas Tree Decorating: Thurs., Dec. 11 at **1pm.** Gather round for some holiday cheer to decorate the Senior Center Christmas tree. Holiday music, desserts, and door prizes! At 2pm students from Studio Be will be performing a dance from the Nutcracker. Register on the program board or call (203) 239-5432. ***Registration ends 12/5.***

Gingerbread Cookie Decorating: Fri., Dec. 12 at **10:30am.** Celebrate National Gingerbread Decorating Day with us! Decorate you very own gingerbread man cookie, donated by Montowese Health and Rehab in North Haven. Register on the program board or call (203) 239-5432. ***Registration ends 12/5.***

Ask the Nurse: Thurs., Dec. 11 at **10:30am.** Did you know that your Center provides a Health Counseling Clinic the 2nd Thursday of each month? The clinic can provide you with help setting overall health goals, check your blood pressure, assist with creating a Medication list, and teach you how to prepare for your next medical appointment. No appointment necessary. Free to any North Haven Resident and funded by the Town of North Haven.

Recognizing Elder Abuse: Mon., Dec. 15 at **10:30am.** The Umbrella Center for Domestic Violence Services 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. ***Registration ends 12/5.***

Classes Beginning January 2026

Balance Through Strength: Thursdays from **1-1:45pm.** This 12-week class will be led by Tom, a certified personal trainer and fitness coach with IFA, CPR and Silver Sneakers credentials. **Next session will run Jan. 8 - March 26.** Resident fee is $30, Non-Resident fee is $40. Payable by check to Treasurer-Town of North Haven. Residents may register beginning 12/1, Non-Residents may register beginning 12/15. ***Registration ends 12/26.***

Functional Fitness: Tuesdays from **9:30-10:30am.** This is a fall prevention class centered around strength, balance and fitness. **Session will run from Jan. 6 - March 24.** Resident registration for this session is now underway. Non-Resident registration will begin 12/2. ***Registration ends 12/19.*** Cost for Residents is $30, Non-Resident cost is $40. Payable by Check to Treasurer-Town of North Haven.

Qigong and Tai Chi: Thursdays from **10-11am (Seated) or 11:15am-12:15pm (Standing).** The gentle rhythmic movements of Qigong and Tai Chi can reduce stress, build stamina, increase vitality and enhance the immune system. **Next session will run from Jan. 8 - March 26.** Resident fee is $48, Non-Resident fee is $58. Payable by check to Treasurer-Town of North Haven. Residents may register beginning 12/1, Non-Residents may register beginning 12/15. ***Registration ends 12/26.*** Space is limited. Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR DECEMBER

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

Tues., 12/2: 11am: Happy Birthday Party.

Wed., 12/3: 9am: Smart Drivers; **12:30pm:** Military Whist.

Thurs., 12/4: 10am: Hospitality Meeting.

Fri., 12/5: 12:30pm: Movie: *Red One;* **1-3pm:** Foot Care.

Mon., 12/8: 9:30am: Clay Class Introduction to Glazing; **12:30pm:** JukeBox Bingo.

Tues., 12/9: 9:30am: Clay Class Technique Development; **10am:** Meal Prep Part II; **1pm:** The Warm and Fuzzy Hour.

Wed., 12/10: 11:30am: *Drive on Your Own - Kenny and Dolly Christmas;* **11:30am:** Veteran's Coffee House Holiday Party.

Thurs., 12/11: 10am: Curiosity Club - Christmas Cookies; **11am:** Christmas Cardio Drumming.

Fri., 12/12: 9:30am: Morning Hike - Orchard Glen Trail; **12:30pm:** Movie: *Scrooged.*

Mon., 12/15: 9:30am: Clay Class Introduction to Glazing; **10am:** iPad User Group; **1pm:** NEW! Hanukkah Party.

Tues., 12/16: 9:30am: Clay Class Technique Development; **12pm:** BINGO Holiday Party.

Wed., 12/17: 10am: IDEA FACTORY - Christmas Sweater Workshop; **10:30am:** Q & A Wallingford PD; **11am:** Cello Musician Ryan Mitten.

Thurs., 12/18: 1:30pm: Book Club; **5pm:** Lake View Dinner; **6pm:** Nashville Christmas.

Fri., 12/19: 9am: WCOA Meeting; **11am:** Silk N Sounds Concert; **12:30pm:** Movie: *Christmas in Connecticut.*

Mon., 12/22: 9:30am: Clay Class Introduction to Glazing; **10:30am:** Wills, Trusts, Probate; **1pm:** Karaoke w/Barbara & Pat; **1pm-3:30pm:** Hearing Services.

Tues., 12/23: 9:30am: Clay Class Technique Development.

Wed., 12/24: 10am: Violin Quartet - Chika Wee Family. *Center Closes at 1pm. Lake View Café Breakfast Only.*

Thurs., 12/25: *Christmas Day. Center Closed.*

Fri., 12/26: 10am: iPhone Workshop. *Lake View Café Breakfast Only.*

Mon., 12/29: *Lake View Café Breakfast Only.*

Tues., 12/30: 10am-12 noon: Year's Eve Party. *Lake View Café Breakfast Only.*

Wed., 12/31: *Center Closes at 1pm. Lake View Café Breakfast Only.*

Thurs., 1/1: *Center Closed.*

DECEMBER 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:** 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.

FOR SALE: Rival roaster/ grill pan, comes with dome cover and 2 nonstick pans, ribbed and all purpose, orig. $99, now $45, electric, large; (203) 287-9280 •

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Equal Housing Opportunity

Floral Designs For Wallingford Senior Center Entrance Table



Pictured: Design by Donna Oddie, and design by Suzanne Surato.

Wallingford Garden Club members are providing floral designs, plants or educational exhibits for the Wallingford Senior Center Entrance area. Members have been taking floral design workshops provided by Design Committee Chair. Design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public view.

The November participants were: Donna Oddie and Suzanne Surato.

Wallingford Garden Club is a member of The Federated Garden Clubs of Connecticut, Inc., New England Garden Clubs and National Garden Clubs, Inc.

Photos by Eleanor Tessmer.

Wallingford Garden Club's Annual Holiday Tea



Pictured Top: Pop Up Shop with Carmelina Villani, Martha Shea, Kirsten Pedersen, Dina Rawling.

Wallingford Garden Club will hold the annual Holiday Tea, Design Pop-Up Shop and Wreath Exhibit at the Wallingford Public Library Community Room on December 10, 2025 from 1:00 to 3:00. Tea, coffee and punch with finger sandwiches and holiday pastries will be prepared by Wallingford Garden Club members to be served to the general public. Kathy Bryson is Holiday Tea Chairperson this year.

Holiday wreaths and swags prepared by members will decorate the community room walls. There will be a variety of holiday items for sale at the Pop Up Shop with holiday floral arrangements and some selected wreaths.

No Snow date available. For more information, please call 203-269-2653. Check WGC website at: www.wallingfordgardenclub.com.

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Photos by Betty Wilson