

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 DECEMBER 2-6

Mon., 12/2: 9:30am: Fitness Fun; **10am:** Canasta; **10:30am:** *Tree Decorating - Meet and Greet with Paulette;* **1pm:** Bingo.

Tues., 12/3: 9:30 and 10:45am: Better Balance; **10:45am:** *Depart for Aqua Turf Trip - A Tribute to Motown;* **12:00 noon:** Oil Painting Class; **1pm:** Mahjong; **4pm:** *Estimated Return from Aqua Turf.*

Wed., 12/4: 9:30am: Fitness Fun; **10:15am:** *10 Warning Signs of Alzheimer's and Dementia;* **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 12/5: 9:30am and 10:45am: Better Balance; **10am:** Knitting/Crochet Class; **1pm:** *Movie Matinee: Pinball - The Man Who Saved the Game,* Dominos, Mahjong.

Fri., 12/6: *Senior Center Annual Holiday Party. Doors Open at 11:30am.*

Save the Date

Senior to Senior Breakfast: Wed., December 11, from **8:15-9:30am.** All North Haven Seniors are invited to the FREE Annual Senior to Senior Breakfast held at the North Haven High School. Enjoy delicious homemade breakfast treats baked by the Culinary Department. Members can drive on their own (carpooling strongly encouraged), or Members may drive to the Center at 7:30am to travel by bus. If you need a ride, bus pickups will begin at 7am. Call (203) 239-5432 or stop by the Senior Center office to ***RSVP by December 4.***

NEW*- Cardio Drumming! Wed., Dec. 11** at **11am.** Join Paulette DeMaio, our new director for this exciting new class! If you enjoy a low cardio workout, music and most of all HAVING FUN, this is the class for you. First session is: SOLD OUT! ***The next session will be Wed., January 8, 2025. Registration for the January session begins Mon., Dec. 2. Call (203) 239-5432 or stop by the office today to learn more about this exciting new program.

Meet Oak Street Health: Thurs., Dec. 19 at **1pm.** Oak Street Health specializes in caring for older adults on Medicare. Enjoy a holiday themed activity, hot cocoa, tea and donuts! Call (203) 239-5432 or stop by the office ***by Dec. 11 to register.***

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.

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. Our next offering of this class will be **Mon., Dec. 9,** at **11am.** Registration for the December session is now underway and will 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.

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

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Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF DECEMBER

Mon., 12/2: 1pm: Tree Decorating.

Tues., 12/3: Aqua Turf Show--No Bus.

Wed., 12/4: 9am: AARP; **10am:** Bus Trip Departure - Christmas Lights.

Thurs., 12/5: *CarFit Assessment by Appointment.* **9:30am:** A.G.E.; **10am:** Hospitality Meeting.

Fri., 12/6: 9:30am: Morning Hike Hubbard Park; **1-3pm:** Foot Care.

Tues., 12/10: 10am: Bank of America Fraud & Scam; **11am:** Happy Birthday Party.

Wed., 12/11: 11:30am: Veteran's Holiday Party.

Thurs., 12/12: 11am: Christmas Cardio Drumming; **6pm:** Cartells Holiday Concert.

Fri., 12/13: 11:30am: Holiday Party at Cascade Fine Catering featuring The Coconuts.

Mon., 12/16: 9am: ***Fitness Classes Registration - Members.*** **10am:** iPad Workshop; **10:30am:** Wills, Trusts and Probate; **11am:** "Joy To The World" Concert; **1-3pm:** Hearing Services.

Wed., 12/18: 10:30am: Q&A Wallingford Police Dept.; **1pm:** T.A.B.'s.

Thurs., 12/19: 9:30am: A.G.E.

Fri., 12/20: 9am: WCOA Meeting; **10am:** Parkinson's Support Group; **10am:** LHHS Holiday Chorus; **12 noon:** Holiday Luncheon. *Lake View Closes at 11am.*

Mon., 12/23: 9am: ***Fitness Classes Registration - Guests.*** **11am:** Live String Quartet; **1pm:** Hanukkah Celebration.

Tues., 12/24: *Center Closes at 1pm. Lake View Breakfast Only.*

Wed., 12/25: *Center Closed.*

Thurs., 12/26: 9:30am: A.G.E.; **1:30pm:** Book Club Discussion Group. *Lake View Breakfast Only.*

Fri., 12/27: 10am: iPhone Workshop. *Lake View Breakfast Only.*

Mon., 12/30: 10am-11:30am: Ask a Realtor; **1pm:** Patty Carver Performance. *Lake View Breakfast Only.*

Tues., 12/31: 10am: NOON Year's Eve Party - Entertainment by Jen Disapio. *Center Closes at 1pm.*

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

DECEMBER 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.

La Leche League Support Group

Hamden: La Leche League (LLL) of Hamden/North Haven will meet on Wed., Dec. 11, 9:30am at Grace & St. John's Church, 2927 Dixwell Ave. Led by accredited LLL Leaders, our Group will gather in the upstairs church living room. We meet every second Wednesday of each month.

Are you pregnant or a parent of a breastfeeding baby?

Come to our free in-person meetings to get support and information on all aspects of breastfeeding and parenting. Women with their babies and young children are welcome from all surrounding towns of the Greater New Haven area.

We also provide phone and online help at any time with your questions/concerns, plus can give you info on additional virtual meetings held monthly in CT.

To RSVP and get details on our monthly meeting and for breastfeeding questions contact: Anne.M@LLLCT.org

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FOR SALE: Commode, brand new $25; tub seat $15; 3 rollators $40 each. Cash Only. (203) 710-5445



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Equal Housing Opportunity

Floral Designs For Wallingford Senior Center Entrance Table



Pictured: Cathleen Cullen hydrangea vase, and Linda Thomas hydrangea basket.

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. New design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public view.

The November participants were: Cathleen Cullen submitted a vase with hydrangeas and Linda Thomas had a basket with hydrangeas.

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.

North Haven Garden Club Announces National Garden Clubs Sculpture Contest

North Haven: The purpose of this contest is to encourage our youth to keep our planet green and to get involved with saving the environment.

· All children in 4th – 8th grades are eligible to enter, with a local garden club sponsor.

· Sculptures must consist of recycled, reused, and reduced materials.

· The sculpture is limited to a size that will fit sitting on an 8 ½" x11" sheet of paper; height should be proportionate.

· A list of materials used, and a brief description of the sculpture should be included on the entry form.

· Entry form may be found on NGC website at www.garden-club.org



· Entries will include (2) 4"x6" photographs printed on the back of the entry form.

· Chairman should make photos of entries to provide as requested from the NGC website.

· Club entries must be sent to your State Chairman by your state's deadline.

· SCR winners will be sent to NGC by March 1.

· If your state does not participate in this contest, your entry may be sent directly to the SCR Youth Sculpture Chairman.

Scale of Points:

1. Creative use of materials and self-expression 60%
2. Description of sculpture and materials used 30%
3. Craftsmanship and Technique 10%

Don't forget to check out The North Haven Garden Club on Facebook for lots of useful and entertaining information and pictures of all our club does in our great town of North Haven! For membership information please email Italia at italia_a@comcast.net.

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

Article and photo by Cindy Golia