

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

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF DECEMBER

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.

• • • •

WANTED: Antiques or collectibles, highest prices paid for paintings, furniture, glassware, pottery, documents, photographs, bottles, anything old, one piece or entire estates, cash paid; (203) 915-7662 •

FOR SALE: Sanitaire canister vacuum, hose w/four attachments, excellent cond. $150; (203) 807-6302 •

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 16-20

Mon., 12/16: **9:30am:** Fitness Fun; **10am:** Canasta; **1pm:** Bingo.

Tues., 12/17: *Mini Trip: Universal Drive North Haven;* **12:00 noon:** Oil Painting Class; **1pm:** Mahjong.

Wed., 12/18: **9:30am:** Fitness Fun; **12:30pm:** Bridge; **1pm:** Bingo, Pinochle.

Thurs., 12/19: **10am:** Knitting/Crochet Class; **1pm:** *Meet Oak Street Health Holiday Party,* Dominos, Mahjong.

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

WEEK OF DECEMBER 23-27

Mon., 12/23: **9:30am:** Fitness Fun; **10am:** Canasta; **1pm:** Bingo.

Tues., 12/24: *Senior Center Closing at Noon.*

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

Thurs., 12/26: **10am:** Knitting/Crochet Class; **1pm:** Dominos, Mahjong.

Fri., 12/27: **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo.

Save the Date

"Cue Club" Now OPEN!: Come play pool in our brand new Cue Club Room! The room will be open daily from 9am-3pm. New and experienced players are welcome! Bring a friend to join you! Meet new people and most of all, have fun!

Cardio Drumming: **Wed., Jan. 8** at **11am.** Our new Manager, Paulette will be teaching this new exercise class! Cardio Drumming is a full-body workout that combines drumming, cardio and music for a fun and unique experience. This class is free! Space is limited! Registration is now underway. Call (203) 239-5432 or stopy by the office to register.

Diamond Art Painting: **Beginning Wed., Jan. 8** from **11am-12 noon.** Instructor Diane Palermo will introduce you to the creative and beautiful art of Diamond painting! There are many projects to choose from, including keychains, pictures, posters and more! Registration for the program is free, participants will choose a project to work on - kits range in price from $3-$10. Payment is due the day of class. Call (203) 239-5432 or stop by the office to ***register by Dec. 30.***

Monthly Lunch Gathering: **Fri., Jan. 10** at **11:30am.** Beginning in January, we will be offering lunch on the 2nd Friday of every month! January's lunch will consist of pasta and meatballs, salad, bread and dessert. Cost is $5 per person, due at time of registration. ***Registration begins on Dec. 16 and ends Jan.3.*** Stop by the office to register. Call (203) 239-5432 for more information.

Re-Gifting Auction: **Fri., Jan. 10** at **10:30am.** Did you receive a holiday gift that just doesn't suit you? Donate it to our re-gifting auction. Donations of new and gently used knick-knacks, jewelry, household items will be accepted between now and Jan. 3. Judy Amarone will serve as auctioneer. Refreshments will be offered. Snow date is Thurs., Jan. 16 at 1pm. Call or stop by the office to ***RSVP by Mon., Jan. 6.***

Energy Assistance Scheduling Appointments

The Town of North Haven's Community Services office is now scheduling residents' appointments for the 2024-2025 CT Energy Assistance Program (CEAP).

Energy assistance appointments will be conducted via phone on Tuesdays and Wednesdays from 9am-11:15am. All paperwork for signature and required documents will be requested after the phone appointment.

For more information, to see if you qualify or to schedule your phone appointment, call Community Services at (203) 239-2566 from 9am-4pm, Mon.-Fri.

• • • •

WANTED: Old tools, musical instruments, military, Winchesters, Colts, antique guns & old hunting & fishing. We buy gold & silver coins and jewelry. Anything related to vintage jewelry. Call Joe, (203) 488-7271 •

WANTED: Antique country store items, old tins, bins, signs, boxes or anything related; (203) 915-7662 •



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

Monarch Resident Of North Haven Continues Dressing Up For The Holidays



Pictured: Fran Bartlett as Mrs Claus next to the North Haven senior centers Christmas tree.

North Haven: Fran Bartlett is well known for dressing up in her costumes for all whatever holiday is celebrated. She loves doing it and all the North Haven residents love it when she does. When there is a parade in North Haven, Fran is right there showing off her costume. Fran don't stop what you do, we really enjoy it, and you. Story and photo by Jo Ann Buccetti

WANTED: WWII Vets, immediate cash for all German helmets, hats, daggers, flags, medals, uniforms, patches. Collector will beat all dealer offers; (203) 932-0750 •

FOR SALE: Cine Elmo 8-AA movie camera, 50+ yrs. old, non-electric or battery $90; (203) 631-1804 •

Senior Center Rocks The Holiday With Annual Party







Pictured Top (L-R): Senior center members standing Jo Ann, sitting Gail, Sylvia, Pat, Giselle. **Right:** RotariansMarybeth Marino,Mark Schachter, Mark Minotti, senior center manager Paulette Demaio, and The Boogie Boys L-R Buzzy Fallstrom, Nick Longo.

North Haven: The North Haven Senior Center was filled with holiday cheer on Friday, December 6th, as the community came together for its much-anticipated Annual Holiday Party. It was a festive afternoon of delicious food from Stellato's Deli &Catering in North Haven, lively music by the Boogie Boys, and heartfelt laughter, making it a truly memorable celebration for all who attended. Mark Schachter came with fellow Rotary members and surprised the seniors with a Poinsettia plant for each of them. This annual event once again proved that the senior center is a place where connections are made, and memories are shared, and holiday joy is spread. The seniors are looking forward to the Chinese New Year Party in January! Story by Paulette Demaio, photos by Jo Ann Buccetti