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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.north-haven.ct.us.

Week of February 2-6

Mon., 2/2: 9:30am: Fitness Fun; **10am:** Canasta, Cornhole; **10:15am:** Chess; **10:30am:** Nutrition Jeopardy with Natalie from Big Y; **11am:** Move to Music; **1pm:** Bingo.

Tues., 2/3: 9:30am: Functional Fitness; **10am:** Rummikub; **10:30am:** Setback; **12 noon:** Oil Painting Class; **1pm:** Mah Jongg; **1:15pm:** Matter of Balance IV, presented by QVHD; **2pm:** Pool School.

Wed., 2/4: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge, Learn to Play Mah Jongg (Full); **1pm:** Bingo.

Thurs., 2/5: 10am: Line Dancing, Knitting/Crochet, Seated Qigong/Tai Chi; **11:15am:** Standing Qigong/Tai Chi; **1pm:** Balance Through Strength, Dominos, Mah Jongg.

Fri., 2/6: 9:30am: Fitness Fun, Scrabble; **10am:** GFWC of North Haven, Canasta; **11:30am:** The Birthday Club with The Landing; **12:30pm:** Bridge; **1pm:** Bingo.

Programs/Activities

Wii Bowling: Tuesdays at 10am. The video game version of this fun sport has been brought to the Senior Center for some friendly competition! Play and submit your scores each week. Whoever bowls the highest score in this 6-week session will win a prize! Session will run from February 10 - March 17. Register on

the program sign-up board or call the office at (203) 239-5432. **Registration ends 2/6/26.**

Senior Fitness Tests: Tues., February 10 from 3pm-3:45pm. Led by Quinpiac Physical Therapy students. Do you ever find yourself feeling a bit unsteady on your feet? Come participate in a free balance screening that will take you through 4 standardized movements to determine your fitness level. The screening and individual discussion of results takes about 25 minutes per person. Register on the program sign-up board or call (203) 239-5432 for more information. **Registration ends 2/6/26.**

Nurse Blood Pressure Clinic: Wed., February 11 from 11:30am-12:30pm. Did you know that your Center provides a Health Counseling Clinic the 2nd Wednesday 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. This is free to any North Haven resident and funded by the Town of North Haven. **No appointment necessary!**

Lunch Bunch at Wood N Tap: Tues., February 17 at 12 noon. Meet with friends for lunch at this family-friendly hangout offering craft beers and American comfort food. Drive and pay on your own. Register on program board or call (203) 239-5432. **Registration ends 2/6/26.**

"This Business of Fighting": Wed., March 4 at 10:30am. Arnold Pritchard will share a story based on his father's letters home to his parents from the front lines of WWII. It gives a street-level view of the most cataclysmic event in history. A dramatized lecture followed by a Q & A. Register on the program sign-up board or call (203) 239-5432. **Registration begins 2/2/26 for Residents, and 2/17/26 for Non-Residents. Registration ends 2/27/26.**

Floral Designs For Wallingford Senior Center Entrance Table January 2026



Pictured: Design by Alberta Flynn, and basket of Hydrangeas by Linda Thomas.

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 January participants were: Alberta Flynn with a snowflake feature for winter and Linda Thomas had a basket of dried hydrangea blooms with summer memories.

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

Wallingford Garden Club is a member of The Federated Garden Clubs of CT, Inc; New England Garden Clubs, Inc, and The National Garden Club, Inc. Photos by Eleanor Tessmer.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FEBRUARY 2-6

Mon., 2/2: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Texas Hold'em; **9:30am:** Body In Motion, Canasta; **10:15am:** Tai Chi Beginner; **10:45am:** ZOOM Workout with Sue; **11am:** Total Fitness; **12 noon:** Silver Sneakers CIRCUIT; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club, Chair Yoga; **2pm:** Zumba Gold.

Tues., 2/3: 8:30am: ZOOM Workout with Sue, Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Clay Class: Beginner Hand Building, Total Fitness; **10am:** Basic Social Dance, Line and Ballroom Dance, Strong Minds Social Hour with Katie; **11am:** Bridge, Strength and Balance; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC.

Wed., 2/4: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, AARP Safe Driver Course, Lake View Cafe, Set-Back; **9:30am:** Body In Motion; **10:15am:** Silver Sneakers BOOM; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players, Military Whist Card Party; **1pm:** Crafters Corner, Cribbage; **2:30pm:** Basic Drumming.

Thurs., 2/5: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Clay Stcked Stories Totem Candleholder Workshop, Total Fitness; **10am:** Bible Discussion, Shakespeare For All; **10:15am:** Silver Sneakers YOGA/Chair Yoga; **11am:** Total Fitness; **12 noon:** Advanced Group Drumming; **12:30pm:** Bingo; **1pm:** Mah Jongg, Scrabble, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC.

Fri., 2/6: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Silver Steppers Tap Class; **10am:** Tai Chi; **10:30am:** ZOOM Workout with Sue; **11am:** Bridge - Great Room, Strength and Balance; **12 noon:** Pinochle, Friday Movie Fargo; **1pm:** Knitters & Crocheters, Foot Care Clinic by Appointment, Indoor Cornhole; **2pm:** Cornhole Event - Lyman Hall High School, Senior Jammers.

WGC Floral Designs Group With January Theme



Pictured Top: Designs by Ann Marie Wolfer, and Donna Joyce. **Bottom:** Designs by Opal Bernardesca, and Kathy Bryson.

Wallingford Garden Club members are providing floral designs with different monthly themes. January was Burrr! Chair Shirley Lagerstrom suggested using cool colors such as green, blue, and purple.

North Haven Lions Collecting Used Glasses for Charity

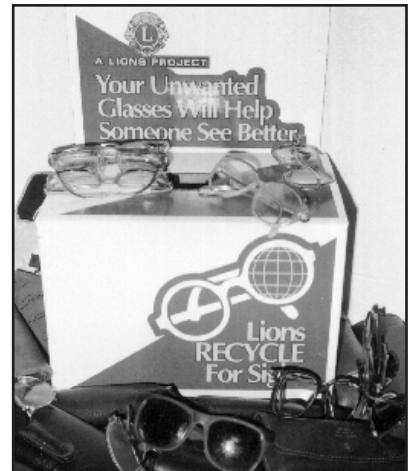
The box pictured at right is for used glasses for the underprivileged that cannot afford them.

The North Haven Lions would appreciate help in collecting glasses for these people around the world.

Listed below are the locations where glasses can be dropped off:

Key Bank (Washington Ave., North Haven); North Haven Library (Elm St., North Haven); North Haven Congregational Church (28 Church St., North Haven); Total Vision Eyecare Center (81A Washington Ave., North Haven); Arnold's Jewelers (117 Washington Ave., North Haven); North Haven Senior Center (189 Pool Road.); North Haven Pharmacy (278 Maple Ave. North Haven); North Haven Funeral Home (36 Washington Ave. North Haven); Washington Memorial Funeral Home, (4 Washington Ave. North Haven).

For more information, contact Marie Anne Barnhart, call 203-248-6948.



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Equal Housing Opportunity

Try one sided design.

The participants were: Ann Marie Wolfer, Jeannie Lawrence, Donna Joyce, Opal Bernardesca, Kathy Bryson, Maria Mercio and Shirley Lagerstrom.

February Design Theme will be Groundhog Day: Suggestions a shadow design or one with repeat elements or a Valentine Design with hearts, red flowers, cupid.

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 Betty Wilson

Have an Afternoon to Spare?

Hamden: If you do, we could use help at Mae's Closet, where gently used equipment is donated and then lent out to people who need it.

Mae's Closet is in Hamden and is a program of Interfaith Volunteer Care Givers. Our goal is to take in wheelchairs, walkers, bath seats, etc. that are no longer being used, sanitize, repair if necessary and then lend out. We are keeping this equipment from the landfill or sitting in someone's garage unused.

If interested, please call 475-414-8333 and one of the volunteers will call you back and answer any questions you may have.

WANTED: Buying older beer cans, flats, conetops, single cans or entire collections; (203) 915-7662