

Varsha Salani, D.M.D., LLC



State of the Art Dentistry

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Come see us at our new location!
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 JANUARY 6-10

Mon., 1/6: 9am: *AARP Vol. Training Session Ends at 3pm (Mirrored Rm. Closed);* **9:30am:** Fitness Fun; **10am:** Canasta; **1pm:** Bingo.

Tues., 1/7: 9:30am: *Mini Trip: Universal Drive;* **9:30 & 10:45am:** *Better Balance Begins;* **12:00 noon:** Oil Painting Class; **1pm:** Mahjong.

Wed., 1/8: 9:30am: Fitness Fun; **11am:** *Cardio Drumming with Paulette, Diamond Art Painting (New);* **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 1/9: 9:45 & 10:45am: Better Balance; **10am:** Knitting/Crochet Class; **10:30am:** *Ask the Nurse;* **1pm:** *Movie Matinee: "Wild Oats",* Dominos, Mahjong.

Fri., 1/10: 9am: *AARP Vol. Training Session Ends at 3pm (Mirrored Rm. Closed);* **9:30am:** Fitness Fun, Scrabble; **10:30am:** *Re-Gifting Auction (snow date Jan. 16);* **11:30am:** *Senior Center Lunch Gathering w/Pasta & Meatballs;* **12:30pm:** Bridge; **1pm:** Bingo.

Senior Center Activities

AARP Free Tax Preparation will be available with an AARP Foundation Tax-Aide every Friday from 8:30am-12:30pm **beginning Feb. 21 and ending March 21.** The service is by appointment only and is a free service extended to taxpayers. ***Registration began January 2.*** Refer to the newsletter for documents required. Call (203) 239-5432 or stop by the office to register or for more information.

AARP Smart Drivers Course will be offered on the third Friday of each month, **beginning January 17.** South Central Regional Council of Governments (SCRCOG) will sponsor the January and April; therefore, there will be no charge for those two classes. The remaining classes will cost $20 for AARP members, $25 for non-members. Check the newsletter online for exact dates or call (203) 239-5432 for more information.

Cue Club: Our billiards room is open Mon.-Fri. from 9am-3pm for open play. Call or stop by to reserve a time slot for up to 2 hours. Bring a friend or meet a friend to play this classic game. If you are interested in learning how to play, please sign-up on the bulletin board and we will let you know when the class will be.

Upcoming Trip - "Swing into Spring with the King!": Tues., April 15 at A Villa Louisa, Bolton, CT. Cost of the trip is $115 per person for North Haven Residents, $125 per person for Non-Residents. Check payment ONLY, payable to Friendship Tours. Cost includes, round trip coach bus transportation, dinner with your choice on entrée, and featuring Richie Santa's tribute to Elvis! Bus will depart the Senior Center at 10:30am, with an estimated return by 4:15pm. ***Registration and payment due by Feb. 28.*** For more information, call (203) 239-5432.

The Municipal Agent, Judy Amarone, whose office is in the Senior Center, serves as a resource for the Town of North Haven providing information and referrals to local services for residents 60 years and older. Appointments are available on Tuesdays & Thursday mornings; walk-ins are welcome as well. The 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.

Enrichment Classes

Balance Through Strength: ***NEW!*** **Thursdays, 1pm-1:45pm.** Build stability, strength and confidence in this 12-week class led by Tom, a certified personal training and fitness coach with IFA, CPR, and Silver Sneakers credentials.

This class can improve balance challenges and build muscle strength to enhance sit-to-stand movements and other daily activities. This class is for those who are not already enrolled in the Better Balance class. **Session runs from Feb. 20 - May 8** for a 12-week session. ***Payment due at registration. Registration began January 2.***

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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

Wallingford Senior Center

(203) 265-7753

CALENDAR EVENTS FOR MONTH OF JANUARY

Tues., 1/7: 10am: ShopRite Dietician Marisa McCoy and Dr. Ann Lee - Probiotics.

Wed., 1/8: 12:30pm: Military Whist; **9am-1pm:** AARP Drivers Ed Course - FREE; **1pm:** CarFit.

Thurs., 1/9: 11am: Cardio Drumming.

Fri., 1/10: 12:30pm: Movie - "Mystic Pizza."

Sat., 1/11: 12:00 noon: Pizza Lunch; **1pm:** "R" Band Winter Warmer Concert.

Mon., 1/13: 10am: iPad User Group; **1-3pm:** Jukebox Bingo - FREE.

Tues., 1/14: 10am: Blind & Vision Care Seminar; **11am:** Happy Birthday Party.

Wed., 1/15: 10:30am: Q & A Wallingford Police Dept.; **1pm:** T.A.B.'s.

Thurs., 1/16: 9:30am: A.G.E.

Fri., 1/17: 9am: WCOA Meeting; **12:30pm:** Movie - "Knives Out."

Mon., 1/20: *Center Closed.*

Thurs., 1/23: 10am: Demystifying Cremation...continued; **11am:** Cardio Drumming; **1:30pm:** Book Club Discussion Group.

Fri., 1/24: 10am: iPhone Workshop, Parkinson's Support Group; **12:30pm:** Movie - "Who Framed Roger Rabbit."

Mon., 1/27: 10-11:30am: Ask a Realtor; **10:30am:** Wills, Trusts & Probate; **1-3pm:** Hearing Services.

Tues., 1/28: 9:30am: Veteran's Coffee House.

Wed., 1/29: 10am: The ABC's of Legacy Letters.

Thurs., 1/30: 9:30am: A.G.E.

Fri., 1/31: 12:30pm: Movie - "One Fine Day."

JANUARY 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; **10am:** Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout with Sue-ZOOM; **11am:** Total Fitness; **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, Dominoes; **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.

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OBITUARIES



Richard A. Cofrancesco, 74, of Hamden passed away peacefully on Friday, December 20th, 2024, with his family by his side at Yale New Haven Hospital. He was the beloved husband for 45 years to Lena Bolduc Cofrancesco. Richard was born in New Haven on June 8th, 1950, and was the son of the late Alex F. and Dorothy M. Warner Cofrancesco.

Father of Amy E. Nagle (Richard), Richard W. Cofrancesco and Jessica M. Cofrancesco (Emily). Papi of Aidan Ragusa, Ricky, Jace, Ava and Austin Nagle, Czara Cofrancesco. Brother of Gerald Cofrancesco (Donna), Alex Cofrancesco (Judy) and Eugene Cofrancesco (Paula). Also survived by brother in-law Edward Bolduc (Anne) and nieces and nephews.

Should friends desire, memorial contributions may be made to St. Jude Children's Research Hospital www.stjude.org or Tunnel to Towers Foundation, https://t2t.org

Services were held at the North Haven Funeral Home www.northhavenfuneral.com.



Frederick "Fred" Dinneen, age 88, of Wallingford, passed away peacefully on December 15th, 2024, at The Connecticut Hospice in Branford, surrounded by his loving family.

Born in New Haven on January 3, 1936, Fred was the cherished son of the late John M. and Irene (Turner) Dinneen. He proudly served in the U.S. Army.

Fred is now joyfully reunited with his mother, his sister Janet Willis, and his brothers John, William, James, Robert, Richard, and Donald Dinneen. He leaves behind several nieces and nephews, and his best friend and feline companion, Coco.

The family would like to extend their heartfelt gratitude to the compassionate staff at The Connecticut Hospice for the care and kindness they provided to Fred and his family during his final days.

Should friends desire, donations can be made in Fred's name to The Connecticut Hospice, 100 Double Beach Road, Branford, CT 06405.

Wallingford•Yalesville Funeral Homes



Nora C. (Doyle) Deaz, 76, of Wallingford, passed away on Sunday, December 29, 2024. Nora was born to John and Madelyn (Monahan) Doyle on October 6th, 1948 in New Haven. She was the oldest of four children. The family moved to Wallingford in the late 50's where she graduated from Saint Mary's High School in 1966.

Nora is predeceased by her husband Michael Deaz, her parents Madelyn and John Doyle, and her sister-in-law and brother-in law Betty and Paul Berry. Nora is survived by her daughters and sons-in-laws, Cindy and Mike Romano, and Michelle and Andrew Spires; her grandchildren, MacKenzie (Gerrity) Gibbons and her husband, Rob, Madelyn (Gerrity) Kuczmarski and her husband, Nick, Griffin and Nora Spires; her great granddaughter, Eloise Gibbons; her three siblings, Cher Gingras, Jack and wife, Anne Doyle, and Maureen Doyle; and many nieces and nephews.

Wallingford•Yalesville Funeral Homes



Elizabeth "Betty" Rubenstein, 74, of Wallingford, loving wife of Thomas Rubenstein for 48 years, passed away December 17, 2024 at MidState Medical Center in Meriden. Betty was born in New Haven on August 15, 1950, the daughter of the late Alfred and Julia (Kusmerski) Huhla.



James Lawlor, age 80, of Wallingford, died peacefully on December 12, 2024, at the Hospital of Central Connecticut surrounded by his loving family. For 55 years, he was the devoted husband of Maria Crowe Lawlor. Jim was born in New Haven on September 7, 1944, son of the late Walter and Hildavie Carlson Lawlor. He served in the United States Army, where he served three years, two of which were spent in Germany.

Jim was a loving father to Diane (Scott) Heinrich and Suzanne (Gregg) Akoury, brother of Sr. Maryann Lawlor, OP, the late Matthew (Phyllis) Lawlor and the late John Lawlor. He was the proud grandfather of Kailee, Jamie and Scotty Heinrich and Aiden and Cullen Akoury. He is also survived by several nieces and nephews.

Should friends desire, memorial contributions may be made to St. Jude's Children's Hospital www.stjude.org/donate

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In addition to her husband, Tom, she is survived by her daughter, Lisa M. Damato; and her granddaughter, Kadence G. Damato.

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St. Ann's Food Pantry

Hamden: St. Ann's Food Pantry at 322 Circular Avenue (rear building), is open on the 2nd and 4th Saturday of each month from 9:30-10:30am.

For more information, please call (203) 248-0141.

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