

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 JANUARY

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.

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. View our Senior Center Newsletter online at www.town.northhaven.ct.us.

WEEK OF JANUARY 27-31

Mon., 1/27: **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** *Move to Music with Adrienne;* **1pm:** Bingo.

Tues., 1/28: **9:30 & 10:45am:** Better Balance; **12:00 noon:** Oil Painting Class; **1pm:** Mahjong.

Wed., 1/29: **9:30am:** Fitness Fun; **11am:** *Diamond Art Painting;* **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 1/30: **9:30 & 10:45am:** Better Balance; **10am:** Knitting/Crochet Class; **1pm:** Dominos, Mahjong.

Fri., 1/31: **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo.

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

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. Refer to the newsletter for documents required. Call (203) 239-5432 or stop by the office to register or for more information. Appointments are filling up, so call today!

AARP Smart Drivers Course will be offered on the third Friday of each month. 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. **Next Course will be offered on Fri., February 21 from 8:30am-12:30pm.** Pre-registration is required.

Lunch Bunch: Join us at Adelphia Café, 476 Washington Ave., North Haven on **Thurs., Feb. 20** at **12:00.** Is Happy Hour more your style? Then come to Volo, 117 Washington Avenue. on **Fri., Feb. 28** from **2-4pm** for Happy Hour Specials. These are all pay-on-your-own, drive-on-your-own events. Come meet our members, make new friends and have some fun on these dreary winter days!

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.

Enrichment Classes

Better Balance: Tues. & Thurs. 9:30am-10:30am or 10:45am-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. Current session is FULL. **Next session will run March 18 - June 10.** ***Registration for the Spring Session will begin on Mon., Feb. 17 at 9am.*** Payment is due at time of registration, CHECK ONLY, payable to Yale New Haven Health. Open to North Haven Residents ONLY.

*Non-Resident guests are asked to complete a Non-Resident Guest Agreement for all classes, as well as completing a Non-Resident Guest Application. Both documents need to be on file before registering for a class.

Checks are payable to Treasurer-Town of North Haven, unless otherwise indicated. A class with insufficient enrollment will be cancelled prior to the start date and participants will be notified and receive a refund. Once a class is in session, there are NO refunds or adjustments to the required payment, as instructors are based on payment once class is filled.

Upcoming Trips

"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 of 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.

"Waitress" - A Musical: Thurs., May 29 at The Majestic Theater in West Springfield, MA. Cost of the trip is $155 per person for North Haven Residents, $165 per person for Non-Residents. Check payment ONLY, payable to Friendship Tours. Cost includes, round trip coach bus transportation, lunch at Storrowton Tavern Carriage House with your choice of entrée, and a matinee performance of "Waitress." This show celebrates the power of friendship, dreams, and the family we choose, featuring music from Tony Award winning composer Sara Bareilles. Bus will leave North Haven Senior Center at 9:45am with an estimate return time of 6pm. ***Registration and payment due by April 11.*** For more information, call (203) 239-5432.

Summer Breeze: Wed., June 25 at Amarante's Sea Cliff in New Haven. Cost of the trip is $85 per person for North Haven Residents, $95 per person for Non-Residents. Check payment ONLY, payable to Friendship Tours. Cost includes, choice of entrée and a performance by Dennis Dell, a present member of the oldies group, The Acchords. Dennis will bring his solo show to Amarante's where your favorite songs will be brought to life with originality and authenticity. Please note there will be NO Charter bus for this trip. Attendees are encouraged to drive on their own and carpool. Transportation to members who do not drive will be provided by the North Haven Senior Center bus on a VERY LIMITED basis and is FIRST COME, FIRST SERVE. For more information, please call (203) 239-5432.

• • • •



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

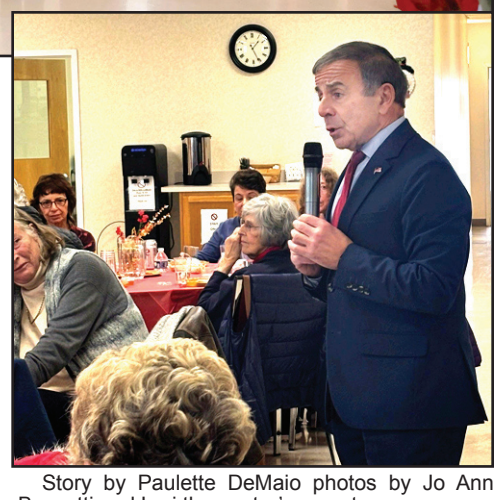
WANTED: Antiques or collectibles, highest prices paid for paintings, furniture, glassware, pottery, documents, photographs, bottles, anything old, one piece or entire estates, cash paid; (203) 915-7662 •

FOR SALE: Bench vise, Columbian D44, 4" jaws, anvil, pipe clamp, swivel base, clean $100; (203) 606-0932

WANTED: 1900 thru 1960 cars & trucks, parts, tools, road signs & memorabilia; (203) 265-2530, no texts •

A Cultural Experience To Remember





Pictured Above: The Jingling Dance group of men and women. **Right:** First Selectman Mike Freda greeting the seniors.

North Haven: The senior center rang in the Year of the Snake with a festive Chinese New Year celebration that brought the community together for a fun afternoon of food and fellowship. The members received a surprise visit from First Selectman, Mike Freda. This presence added a special touch to the party, he greeted the seniors and had a brief Q&A with them before the show. He plans to come back in the future to give the seniors an opportunity to chat with him again. The highlight of the event was a live performance by the Jingling Dance group, a talented group from the Greater New Haven area, dedicated to preserving and showcasing traditional Chinese dance. The party is an example of the creative events that make the center a place of joy and togetherness for all. Stay tuned for more exciting events to come.

Story by Paulette DeMaio photos by Jo Ann Buccetti and Lori the center's secretary.

La Leche League Support Group Meeting - Feb. 12

Hamden: LLL of Hamden/North Haven will meet on Wed., February 12, 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 living room. We meet every 2nd 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.

Should the weather on meeting day be snowy/icy, please check before coming out.

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

• • • •

FOR SALE: Buffet, mahogany, 5'Wx20"D, 6 drawers, exc. cond. $75; (860) 573-3210, Hamden •

Al-Anon 12-Step Program

Does someone else's drinking trouble you? Do you feel that there is no one who understands your problems? Attending Al-Anon and Alateen Family Group meetings can help.

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories.

To learn more, browse the website **ctalanon.org**. To find a meeting in CT, please use the Meetings tab at the top of the page. Alternately, calls can be made to 1-888-825-2666.