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Varsha Salani, D.M.D., LLC
(203) 234-1901

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF FEBRUARY

Mon., 2/10: *AARP TAX Preparation.* **10am:** iPad User Group, Collette Travel Presentation: Hawaii.

Tues., 2/11: **10:30am:** Q & A Wallingford Police; **11am:** Happy Birthday Party.

Wed., 2/12: *Center Closed. Lincoln's Birthday.*

Thurs., 2/13: **10am:** Gratitude Letters; **11am:** Cardio Drumming.

Fri., 2/14: **9am:** WCOA Meeting; **12 noon:** Valentine's Day Party; **1pm:** Dave and Renee Duo Concert. *Lakeview Breakfast Only.*

Mon., 2/17: *Center Closed. Presidents' Day.*

Tues., 2/18: **9:15am:** Trip Sign Up: Lancaster, PA Sight and Sound Theatre; **10am:** Financial Safety Fraud.

Wed., 2/19: *AARP TAX Preparation.* **10am:** Sound Healing.

Thurs., 2/20: **9:30am:** A.G.E.; **1:30am:** Book Club Discussion Group.

Fri., 2/21: **10am:** Parkinson's Support Group; **12:30pm:** Movie: *When Harry Met Sally.*

Mon., 2/24: *AARP TAX Preparation.* **10am:** Medication Management Seminar; **10-11:30am:** Ask a Realtor; **10:30am:** Wills, Trusts and Probate.

Tues., 2/25: **9:30am:** Veteran's Coffee House, Reiki Presentation.

Wed., 2/26: *AARP TAX Preparation.* **1pm:** T.A.B.'s Workshop.

Thurs., 2/27: **11am:** Cardio Drumming.

Fri., 2/28: **10am:** iPhone Workshop; **12:30pm:** Chili Cook-Off Contest; **12:30pm:** Movie: *Groundhog Day.*

FEBRUARY 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 Sneakers 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 Sneakers 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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FOR SALE: Gulf gasoline price sign number 29, number 17 $55; Gulf motor oil, 2-gallon can $25; (203) 239-8060 •

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 FEBRUARY 10-14

Mon., 2/10 **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** *Move to Music w/Adrienne;* **1pm:** Bingo.

Tues., 2/11: **9:30 & 10:45am:** Better Balance; **10:30am:** Finance Meeting; **12:00 noon:** Oil Painting Class; **1pm:** Mahjong.

Wed., 2/12: **9:30am:** Fitness Fun; **11am:** Diamond Art Painting; **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 2/13: **9:30am and 10:45am:** Better Balance Ends; **10am:** Knitting/Crochet Class; **10:30am:** *Ask the Nurse;* **1pm:** Dominos, Mahjong.

Fri., 2/14: ***Senior Center Valentine's Day Party 1pm.*** (Doors open at 12:30pm.)

Upcoming Trips

Celebrate at the Center: We have two fantastic celebrations coming up. Celebrate **St. Patrick's Day** with us on **Friday, March 14** from **11:30am-1:30pm.** Enjoy a corned beef and cabbage lunch, entertainment by Lou Manzi and more! Cost is $5 for Residents, $15 for Non-Residents. ***Sign up by March 7.***

The fun continues with **Viva Italia!** Learn all about Italian Culture with Anna from La Bottega, enjoy delicious Italian coffee and Zeppoles, **in honor of St. Joseph's Day, March 19.** This event is FREE. Seating is limited so reserve your spot today! ***RSVP to this event by March 10.*** Call (203) 239-5432 for more information!

"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." 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. 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.

Enrichment Class

Move to Music with Adrienne: Mon., Feb. 24 at **11am.** Cost is $5 for Residents and $10 for Non-Residents*. Registration for this class will begin February 10 at 11am. Space is limited. Call (203) 239-5432 for more information.

*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.

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SENIOR SPOTLIGHT

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Equal Housing Opportunity

Two Dedicated Men Standing In The Frigid Cold Collecting Money For A Great Cause





Pictured (L-R) Above: Joseph K, and Cody A with a table set up with the beautiful handmade wooden boards. **Right:** The beautiful handmade wooden boards by the residents.

North Haven: On Saturday February 1st, in front of Stop and Shop, Joseph K and Cody A, were standing in the frigid cold collecting money for a fundraiser Adult And Teen Challenge Ct, a 10-12 month residential program to recover from addiction, also a 5DIC3 non- profit. They don't accept any insurance or government funding, yet they don't refuse anyone who needs help. They teach vocational skills, beautiful wooden boards are made by the residents as a woodworking skill. They make the boards to sell and take donations to keep the funding program going. They have been in Connecticut since 1996, in the New Haven area, and moved to Moodus, CT three years ago. This is a rural setting, much more conducive to recovery. The program is faith based and a Christian Program not just to recover, but to be transformed by the Hand Of God. If you know someone struggling please call Intake at 508-631-5735. Story by Joseph K, photos 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: Baseball cards, 1960 Topps, 50 different, nice colors $75; (203) 527-8482 •

Mae's Closet Still Needs Help

Hamden: Mae's Closet, the place where durable medical equipment is loaned out, is asking for volunteers to assist in helping. You do not need to be familiar with the equipment, we will teach you. What we need are people who are friendly and helpful, and interested in making life easier for our fellow citizens.

The Closet is based in Hamden but we serve people from all over the area. We are a non-profit affiliated with Interfaith Volunteer Care Givers and we meet our borrowers or donors of equipment on weekday afternoons by appointment.

If you are interested in volunteering or to find out more, please call (475) 414-8333 and a volunteer will return your call.