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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 Center and are available for North Haven Residents only. View our Senior Center Newsletter online at www.town.northhaven.ct.us.

WEEK OF FEBRUARY 17-21

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

Tues., 2/18: 12:00 noon: Oil Painting Class; **1pm:** Mahjong.

Wed., 2/19: 9:30am: Fitness Fun; **11am:** *Cardio Drumming with Paulette,* Diamond Art Painting; **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 2/20: 10am: Knitting/Crochet Class; **12:00 noon:** *Lunch Bunch at Adelphia Cafe (Drive/Pay on your own);* **1pm:** *Balance Through Strength with Tom,* Dominos, Mahjong.

Fri., 2/21: 8:30am: *AARP Tax Aide (ends at 12:30pm), AARP Smart Drivers Course (ends at 12:30pm);* **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo.

Senior Center Activities

St. Patrick's Day Party: Fri., March 14 from **11:30am-1:30pm.** Celebrate the luck of the Irish with your friends at the Senior Center. Enjoy a delicious lunch of Corned Beef and Cabbage, entertainment by Lou Manzi and more! Cost is $5 for Residents, $15 for Non-Residents. ***Registration and payment due by March 7th.*** Call (203) 239-5432 for more information.

Spotlight Activities: Do you like to play Dominoes? Ever play Pinochle? Would you like to learn? Come in from the cold and give these games a try! Both games are fun and easy to learn and provide a range of benefits, from improving math skills, strategic thinking, boosting cognative abilites through decision making and, most importantly, fostering camaraderie and social interaction. Hot coffee, tea and hot chocolate are always on hand, so why not spend an afternoon playing **Dominoes** on **Thursdays** at **1pm** or **Pinochle** on **Wednesdays** at **12:00 noon.** New and experienced players are always welcome. Call (203) 239-5432 for more information.

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.

New Day Trip

"Spirit of Boston Bingo Lunch Cruise": Thurs., July 17. Come aboard the popular "Spirit of Boston" for a unique mix of dining, dance, Bingo games and spectacular views. Cruising from Boston's historic Seaport District, the Sprit offers a unique experience. This 2 hour cruise features a delicious luncheon buffet, DJ entertainment and Bingo games with fantastic prizes all with the beautiful Boston skyline as your backdrop. See landmarks such as Bunker Hill Memorial Bridge, the Seaport District and the USS Constitution warship. Spend time afterwards at the famous Quincy Market! Cost is $165 pp for Residents, $175 pp for Non-Residents. Coach bus will leave the North Haven Senior Center at 8am with an estimate return of 7pm. ***Payment and registration due by June 3, 2025.*** Call (203) 239-5432 for more information.

More 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 February 28.*** For more information, call (203) 239-5432.

"Waitress" - The 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.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF FEBRUARY

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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Equal Housing Opportunity

Document Shredding Event *Save the Date*

The **North Haven Land Trust** will hold their annual "early bird" document shredding event on **Saturday, April 5th in the parking lot of the North Haven Pool, 45 Elm Street.**

Your participation in this event will support the North Haven Land Trust in their mission to contunue to acquire, maintain and preserve land for future generations as well as to engage community members in conservation actions.

The cost of a small copy box or paper bag will be $10. Paper items only please. The on-site shredding truck will be provided by PROSHRED of Wallingford.

For more information about the event or the organization, email NHLT President Peter Madden at pmadden91@comcast.net.

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FREE: Catheter bags, three large, five leg; (203) 269-6212 •

North Haven Senior Center Members Make Valentine's Day Candy Jars





North Haven: On Tuesday, February 11, members of the North Haven Senior Center gathered to create Valentine's Day candy jars. They made their jars their own using various decorative tapes, tissue papers, mod podge, stickers, and filling them with candy. Everyone had a great time, getting their creative juices flowing and spending time with friends, new and old. To learn more about activities at the senior center, call or stop by the center: 203.239.5432.

Photos submitted by Mary Higgins

WANTED: Collector wants to buy early historic New Haven County related items, maps, books, engravings, paintings, paper items or actual products; (203) 915-7662 •

FOR SALE: Shotgun, rifle & handgun carrying storage cases, quilted canvas and rigid plastic $10, $25 each. No firearms. No ammo. (203) 815-4994 •

FOR SALE: World Champions - Mets Collectors: Original photograph black & white team picture, 1969 Amazin' Mets, 11x14, $75; (203) 427-5014 •