

Varsha Salani, D.M.D., LLC



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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 APRIL

Wed., 4/2: *AARP Tax Preparation.* **12:30pm:** Military Whist; **9am-1pm:** AARP Drivers Ed Course; **1pm:** CarFit.

Thurs., 4/3: **10am:** Hospitality Meeting.

Fri., 4/4: **12:30pm:** Movie: "Out To Sea"; **1pm:** Foot Care.

Mon., 4/7: *AARP Tax Preparation.*

Tues., 4/8: **10am:** Meal Planning with Priya Gooty MD (Omni Group) - Tastings included.

Wed., 4/9: *AARP Tax Preparation.* **10:30am:** Q & A Wallingford Police.

Thurs., 4/10: **11am:** Cardio Drumming. ALL DAY - Pump It For Parkinson's; **5pm:** Lake View Dinner; **6pm:** Jose Paulo Caribbean Dance.

Fri., 4/11: **9am:** WCOA Meeting; **12:30pm:** Movie: "Like Father"; **2pm:** *Talent Show Dress Rehearsal.*

Mon., 4/14: **10am:** iPad User Group, Bucket List Travel Presentation.

Tues., 4/15: **10:15am:** ELVIS Trip Departs; **11am:** Happy Birthday Party.

Wed., 4/16: *Wear your favorite animal print today.*

Thurs., 4/17: **5pm:** *Hors d'oeuvres - Pre-Registered Tickets;* **6pm:** Gene the Amazing; **7pm:** Anchor Management Ticket Concert.

Fri., 4/18: *Closed. Good Friday.*

Mon., 4/21: **1pm:** Timeless Beauty Make-Up Workshop.

Tues., 4/22: **9:15am:** Trip Sign-Up: Mackinac Island; **9:30am:** Veteran's Coffee House.

Wed., 4/23: **7:30am:** NY Botanical Gardens depart; **10am:** Instruments From Around the World.

Thurs., 4/24: **1:30pm:** Book Club Discussion Group - "One Book One Wallingford"; **5pm:** Lake View Dinner; **6pm:** Tony V. Concert.

Fri., 4/25: **10am:** iPhone Workshop, Parkinson's Support Group; **1-2:30pm:** *Talent Show.*

Mon., 4/28: **10:30am:** Wills, Trusts & Probate; **1-3pm:** Hearing Services.

Wed., 4/30: **10am:** Tropical Birds From Around the World Presentation.

Thurs., 5/1: **5pm:** Lake View Dinner; **6pm:** The Fortunate Sons Concert.

Fri., 5/2: **12:30pm:** Movie: "Captain Phillips"; **1pm-3pm:** Pet Clinic; **1pm:** Foot Care.

APRIL 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 Club, Dominoes; **1pm:** Cribbage, Cards, Crafters Corner; **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; **10:15am:** Silver Sneakers Chair Yoga; **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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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.northhaven.ct.us.

WEEK OF MARCH 31 - APRIL 4

Mon., 3/31 **9:30am:** Fitness Fun; **10am:** Canasta; **1pm:** Bingo.

Tues., 4/1: **9:30 & 10:45am:** Better Balance; **12:00 noon:** Oil Painting Class; **1pm:** *Bocce Meeting,* Mahjong.

Wed., 4/2: **9:30am:** Fitness Fun; **11am:** Diamond Art Painting; **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo; **2pm:** Pool School.

Thurs., 4/3: **9:30 & 10:45am:** Better Balance; **10am:** Knitting/Crochet Class; **1pm:** *Balance Through Strength with Tom,* Dominos, Mahjong; **4pm:** *Senior Center Open House Ends at 6pm.*

Fri., 4/4: **9:30am:** Fitness Fun, Scrabble; **10am:** *GFWC of North Haven;* **12:30pm:** Bridge; **1:15pm:** Bingo.

Programs/Activities

In partnership with AARP, the Senior Center is proud to present the following:

Bocce Meeting: Tues., April 1 at **1pm.** Warmer weather is finally here and that means it's Bocce Season! If you are interested in playing Bocce this season, we encourage you to attend. We will discuss the rules and regulations for our group. New and experienced players are welcome.

Senior Center Open House: Thurs., April 3 from **4-6pm.** Stop by the Center to meet the staff and other members; tour the building; and learn about the programs, services and activities that we offer! Do you have a neighbor or a friend who has been talking about joining the Center? Now is the time to bring them by! Light refreshments will be served. We look forward to seeing you!

AARP Car Fit: Sat., April 26 from **9am-1pm.** Developed by AARP and the American Occupational Therapy Association, Car Fit offers older adults the opportunity to check how well their personal vehicles 'fit' them. The program provides information and materials on community-specific resources that could enhance their safety as drivers and/or increase their mobility in the community. Assessments are by appointment ONLY. Call (203) 239-5432 or stop by the office to ***register now through April 18.***

Kentucky Derby Fun! Ready for the excitement of the Kentucky Derby! For over 150 years, the "most exciting two minutes in sports" has thrilled millions. Come join us at the Senior Center as we celebrate with the following:

• **Tues., April 29** at **1pm.** Kick off the week by decorating your very own Kentucky Derby Hat. Cost is $5, due at registration. ***Stop by office to register/pay by March 31.***

• **Thurs., May 1** at **1pm.** Celebrate the History of the Kentucky Derby with beautiful stories and photos of outstanding, thoroughbred racehorses from 1875 to the present. ***Register by April 23.***

• **Fri., May 2** from **2-4pm.** Join us at Volo for a Kentucky Derby Themed Happy Hour! This is a drive/pay on your own event. Don't forget your Kentucky Derby Hat! ***Registration ends April 24.***

Enrichment Class

Better Balance: Tuesdays and Thursdays, 9:30am-10:30am or 10:45-11:45am. The focus is on strength training and stretching, safe and effective exercises, flexibility and balance training. CLASS IS FULL. Stay tuned for Summer Dates!

Move to Music w. Adrienne: This is a low-impact, fun, choreographed fitness class which can be done either seated or standing. The functional movements can help to improve coordination, balance, strength, and memory. Cost for this class is $5 for Residents, and $10 for Non-Resident Guests*. Upcoming session date and times are as follows:

• **Session I: Mon., April 7** at **11am.** Registration/payment due by April 2.

• **Session II: Mon., April 21** at **11am.** Registration begins April 7. Registration/payment due by April 14.

*Non-Resident guests are asked to complete a Non-Resident Guess 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

Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

Calling All Artists!

Agency of Aging of South Central Connecticut is hosting its annual art exhibition opening Thurs., May 29, from 2-4pm. Artists aged 60 years and older are invited to submit their paintings or photography for display throughout the halls of the AOASCC building. Prizes will be awarded and there is no entry fee.

Registration on our website is now open. Dropoff for registered artwork will be Mon., May 5 through Thurs., May 8, from 10:30am-2:30pm.

For more information go to: www.aoascc.org/artofaging

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FOR SALE: Polk vintage monitor speakers, look and sound as new, photos available $150 firm; (203) 294-1711 •



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Equal Housing Opportunity

Vendors Wanted For North Haven Garden Club Annual May Market Fundraiser



North Haven: The North Haven Garden is in the planning stages of our Annual May Market Fundraiser for 2025. We are pleased to be adding an additional hour to our time. May Market will be held at Mildred A. Wakley Community and Recreation Center, 7 Linsley Street on MAY 10th from 9am to 1pm. Weather permitting there will be some outdoor spaces available. If the market is cancelled for any unseen reason we would let you know 48 hours prior, or on Thursday.

Spots for vendors are $30.00 each. Set up will start anytime after 7:30am. We do not supply tables or chairs so please bring your own for your display. Your reserved space will accommodate no more than one (1) eight foot table. Checks should be made out to NHGC and returned with completed form to Cindy Golia 12 Stanton Rd. North Haven, Ct 06473 to secure your spot.

Don't forget to check out The North Haven Garden Club on Facebook for lots of useful and entertaining information and pictures of all our club does in our great town of North Haven! For membership information please email Italia at italia_a@comcast.net.

Photo and article by Cindy Golia

FOR SALE: Old Beanie Baby collection, 16 pieces with tags $45 or best offer, show & tell records; (203) 265-1285 •

FOR SALE: Craftsman 22" push mower, 4.75hp, B&S engine, serviced, one pull starting, excellent $100; (203) 214-5232

North Haven Taking Back Unwanted Prescription Drugs - April 26th at Fire Headquarters

On Saturday, April 26, from 10am-2pm, the Town of North Haven and the Drug Enforcement Agency (DEA) will be teaming up once again to give the public the opportunity to prevent pill misuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs. This event is open to any residents from any town.

Visitors are asked to bring medications for safe disposal to North Haven Fire Headquarters at 11 Broadway. The service is free and anonymous, with no questions asked. This is the 31st National DEA Takeback Day, with collection events taking place every April and October.

This is a drive-through drop-off event. Visitors simply need to pull down the driveway of Fire Headquarters and drive around to the back of the building, where they will be greeted by staff to accept the medications. Visitors will be asked to remain in their vehicles and to hand the medications through the window to the staff. Visitors are discouraged from exiting their vehicles or walking up to the disposal tables.

Vapes and other e-cigarette devices or cartridges are also now being accepted; please remove the batteries before dropping these items off for safe disposal. Items that will not be accepted include syringes, needles or other sharps, inhalers, such as those for asthma, aerosol cans, mercury thermometers, iodine-containing medications and illegal drugs or substances (including marijuana which is still a schedule 1 drug under federal law).

Please leave all medications in their original containers if possible. Cross out the person's name with a black marker to ensure privacy.

For more information, please contact Carla Picard in Community Services at (203) 239-5321 x504.