

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

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.*

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.

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 APRIL 7-11

Mon., 4/7 **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** *Move to Music with Adrienne;* **1pm:** Bingo.

Tues., 4/8: **9:30:** *Mini Trip: Universal Drive;* **9:30 & 10:45am:** Better Balance; **10am:** *Learn to Play Rummikub;* **10:30am:** *Finance Meeting;* **12:00 noon:** Oil Painting Class; **1pm:** Mahjong.

Wed., 4/9: **9:30am:** Fitness Fun; **10am:** *Holiday Fair Committee Meeting;* **11am:** Cardio Drumming, Diamond Art Painting; **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo; **2pm:** Pool School.

Thurs., 4/10: **9:30 & 10:45am:** Better Balance; **10am:** Knitting/Crochet Class; **1pm:** *Wreath Craft w/Oak Street Health,* Balance Through Strength with Tom, Dominos, Mahjong.

Fri., 4/11: **9:30am:** Fitness Fun, Scrabble; **11:30am:** *Food and Friends Lunch Gathering;* **12:30pm:** Bridge; **1:15pm:** Bingo.

Programs/Activities

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

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.***

Community Drum Circle by Hands-On Drumming: **Tues., May 13** from **1:30pm-2:30pm.** Hands-On Drumming offers engaging rhythmic activities for adults to have a participatory musical experience. They provide the drum, stories, rhythm games and traditional songs and dances from around the globe, for all to play. All abilities are welcome. Cost is $5 per person, due at time of registration. Limited seating for this event. ***Register by April 25.*** Call (203) 239-5432 for more information.

LAST CALL!! Waitress - The Musical: **Thurs., May 29** at the Majestic Theater in West Springfield, MA. Cost is $155 per person for Residents, $165 per person for Non-Residents. Cost includes round-trip coach bus transportation, lunch at Storrowton Tavern Carriage House with your choice of entrée, and admission to the show. Few spots left! Call (203) 239-5432 for more information.

Spotlight Activity: Did you always want to learn how to knit or crochet but never had the time or a patient teacher to teach you? Now is the time to learn with our amazing instructor, Fran! If you already know how, come join this fun group to work together on your individual projects, share patterns, Bring your own supplies and come join the Knitters on Thursdays from 10am-12pm.

Enrichment Class

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 is $5 for Residents, and $10 for Non-Resident Guests*. Upcoming session date and times aer as follows:

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 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.

Connecticut to Honor Living World War II Veterans in 2025 Ceremony

North Haven is seeking living World War II veterans residing in our community who have served at any time from December 7, 1941 to December 31, 1946.

In a heartfelt effort to honor and recognize the courage and sacrifices of living World War II veterans, Connecticut Lieutenant Governor Susan Bysiewicz, in collaboration with Veterans Affairs Commissioner Ron Welch and Major General Francis Evon of the Connecticut National Guard, announced a commemorative ceremony. This event will be held on Monday, May 19, 2025, at 11am at the Governor William A. O'Neill State Armory, located at 360 Broad Street, Hartford, CT.

The ceremony marks the 80th anniversary of the conclusion of World War II, a pivotal moment in history that ended in September 1945. The event aims to recognize and thank members of the Greatest Generation, whose dedication and bravery shaped the freedom and democracy enjoyed today.

North Haven is seeking living World War II veterans residing in our community who have served at any time from December 7, 1941 to December 31, 1946. Please contact the Selectman's office at 203-239-5321 ext. 680 or via email at firstselectman@northhaven-ct.gov with the veteran's name, including their branch of service and age ***no later than April 30, 2025.***

This information will be shared with the Lieutenant Governor's office to ensure all veterans are properly honored. Lieutenant Governor Susan Bysiewicz conveys that this ceremony serves as a reminder of the immeasurable contributions made by World War II veterans. By gathering to celebrate their service, Connecticut ensures that their legacy endures, and their sacrifices are never forgotten.

The state invites everyone to join in this historic tribute and express gratitude to those who served during one of the most defining periods in modern history.

Spring on the Quinnipiac

The **North Haven** Trail Association maintains the Banton Quinnipiac Trail in the Quinnipiac River State Park in North Haven and is once again sponsoring the MARSH MARIGOLD WALK on Sat., April 12 at 10am. Spring has arrived and with it acres of tiny yellow flowers blooming along the Quinnipiac River. The flowers correctly named Lesser Celandine are viewed as you walk along the trail to the Pines (approximately 1 mile) and return back by the roadway.

Mary Mushinsky of the Wallingford Quinnipiac Linear Trail will act as guide. Participants will meet at the Park entrance located on Upper State Street in North Haven.

Rain cancels. For further info visit www.northhaventrails.org.

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WANTED: Collector buying old photographs from the 1800's on glass, tin or paper, of people, places or things; (203) 915-7662 •



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Equal Housing Opportunity

Lunch With The Bunch



Pictured: Bette DeMayo, Mary Quinn-Devine, and Jane Iannone.

North Haven: Retirees from the North Haven Board of Education will meet on Monday, April 21st at the Pacific Buffet and Grill at 20 Ives Rd #301C in Wallingford. Social at 11:30 and lunch at 12:00.

The group raises scholarship monies for graduating seniors from North Haven High School whose relatives have or had worked for the North Haven Board of Education.

2024 Recipients were Ava Johnson, Nicholas Sterling and Ilana Blumenthal.

Call in reservations before April 18th to Pat DeMatties in North Haven at 203-239-5115, Tina Snyder in North Haven at 203-891-5025 or Judy Cody at 203-265-6432. Pre-registration is essential to secure seating.

For more information, please contact Ellie Tessmer at 203-269-2653.

Photo by Ellie Tessmer

Wallingford Garden Club April Meeting Features Spring Floral Designs



Pictured: Floral Designs.

Wallingford Garden Club will hold the April 8th meeting at 11:00. The program will be held at the First Congregational Church, 23 South Main Street.

The program is Spring Floral Design by Heather Potter of Cheshire Nursery at 11:00. Following the program will be a BYO lunch with dessert and coffee/tea available by the Club. A WGC business will follow.

Guests welcome with a $5 donation. Parking is available off Center St and/or beyond in Town Hall public parking area. For more information, please call 203-269-2653.