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**Come see us at our new location!**  
**185 Maple Ave., North Haven, CT**  
**Varsha Salani, D.M.D., LLC**  
**(203) 234-1901**

**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. For information and to register for programs, call (203) 239-5432 or stop by the office. View the newsletter online at [www.town.north-haven.ct.us](http://www.town.north-haven.ct.us).

**WEEK OF APRIL 21-25**  
**Mon., 4/21 9:30am:** Fitness Fun; **10am:** Canasta; **10:15am:** Chess; **11am:** Move to Music with Adrienne; **1pm:** Bingo.  
**Tues., 4/22: 9:30 & 10:45am:** Better Balance; **10am:** Rummikub; **10:30am:** Setback; **12:00 noon:** Oil Painting Class; **1pm:** Celebrate Earth Day with DIY Mini Greenhouse, Mahjong.  
**Wed., 4/23: 9:30am:** Fitness Fun; **11am:** Cardio Drumming, Diamond Art Painting; **12:30pm:** Bridge; **1pm:** Bingo; **2:30pm:** Pool School.  
**Thurs., 4/24: 9:30 & 10:45am:** NO Better Balance; **10am:** Knitting/Crochet Class; **12 noon:** Senior Center Volunteer Luncheon; **1pm:** NO Balance Through Strength w/Tom, Dominos, Mahjong.  
**Fri., 4/25: 8:30am:** AARP Smart Drivers Course (ends at 12:30pm); **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** 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. **LAST CALL TO SIGN UP!**

239-5432 or stop by the office to register now through April 18. **LAST CALL TO SIGN UP!**  
**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.

**Author and Community Book Swap: Thurs., May 22 at 1pm.** Janet Barrett, author of *Comanche and His Captain - The Warhorse and The Soldier of Fortune*, will be joining us to discuss her book and sell signed copies for those who are interested. At 2pm we will have our Community Book Swap. Bring a gently used book to pass along, take a book to read and engage in conversation with fellow book lovers about favorite authors, stories and genres. **Registration begins April 21.** Call (203) 239-5432 or sign up at the Senior Center today.

**Low Cost Pet Health & Wellness Clinic: Fri., May 23 from 9am-12 noon.** Presented by Vet Care Everywhere. This non-profit will be at the Center to provide low-cost Veterinary care for your dog or cat. Services include: wellness check, rabies & distemper vaccine, basic deworming and heartworm testing on dogs only. Please note, all cats MUST be in a carrier and all dogs MUST be on a leash. Pre-registration is required. You can register online at [vetcareeverywhere.org](http://vetcareeverywhere.org) or call (203) 239-5432. Email MUST be provided. Cost is \$60 per pet for qualifying Seniors and Veterans, \$100 per pet for all others. Cash or check only due on day of service. **Register by May 19.** Space is limited.

**Spotlight Activity:** We have three new activities at the Se-

nior Center: Chess: Mondays at 10:15am, Setback: Tuesdays at 10:30am and Rummikub: Tuesdays at 10am. Whether you like the strategy of Chess, a classic card game like Setback or the fun of Rummikub, there is something here for everyone.

**Enrichment Class**  
**Oil Painting: Tuesdays from 12 noon-3pm.** Open to all levels of painters. Supply list available upon registration. Cost is \$40 for Residents, \$50 for Non-Resident-Guest\*. Space is limited. Registration for the upcoming session begins NOW. Session will begin April 22 and end July 15. Cost is \$40 for Residents, and \$50 for Non-Residents. Pay by Check ONLY, payable to Treasurer-Town of North Haven.  
**Move to Music w/Adrienne: Mondays at 11am-12pm.** A low impact, fun, choreographed fitness class which can be done seated or standing. This class will now be held EVERY Monday of each month. Sign-ups are monthly and can be done in office. **Registration for the May session will begin April 22 and ends on May 2 or until filled.** Space is limited and is first come, first serve. For more information, call (203) 239-5432.

\*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.

## Miller Seniors Meeting

**Hamden:** The next general meeting of the Miller Association of Seniors will be on Wednesday, April 23 at 12:45pm.

Joe Neumann will be performing at the meeting. He will be singing the "Best of the Oldies" and will be accompanied by his guitar with synthesizer and drum machine.

A social hour will follow the performance. Coffee (\$1.00) and donuts (\$1.50) will be available.

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**Wallingford**  
**Senior Center**  
**(203) 265-7753**

**CALENDAR EVENTS FOR MONTH OF APRIL**  
**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.

## Seniors Making Beautiful Spring Wreaths At Senior Center



**North Haven:** On Thursday, April 10, Oak Street Health joined us at the North Haven Senior Center to make beautiful spring wreaths! It may have been

a cold and windy day, but we were in the spring spirit. Every wreath came out unique and personalized. Photos submitted by staff: Mary Higgins



# SENIOR LIVING

## ACCEPTING APPLICATIONS FOR Studio Units \$560

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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



## North Haven Rotary

### \*All You Can Eat Dinner\*



The All You Can Eat Dinner - For Only \$5.00, presented by the North Haven Rotary, will take place Friday, April 25th, from 5-7pm at St. John's Church, located on St. John's Street, North Haven.

Dinner will include PORK entrees with assorted sides, garlic bread, and drinks while supplies last. 100% of donations will go to local charities.

## American Legion Post 88 Hamden

### Wanted - All Veterans to join our American Legion Post 88 Hamden. Stop in and check us out at 3005 Dixwell Avenue. Please call (203) 281-9522.