



YOUR LINK TO QUALITY HEALTHCARE

Varsha Salani, D.M.D., LLC

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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**

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

**CALENDAR EVENTS
FOR MONTH OF APRIL/MAY**

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, Dominos; **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.north-haven.ct.us.

WEEK OF APRIL 28 - MAY 2

Mon., 4/28 9:30am: Fitness Fun; **10am:** Canasta; **1pm:** Bingo.

Tues., 4/29: 9:30 & 10:45am: Better Balance; **12:00 noon:** Oil Painting Class; **1pm:** Make and Take - Kentucky Derby Hats, Mahjong.

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

Thurs., 5/1: 9:30 & 10:45am: Better Balance; **10am:** Knitting/Crochet Class; **1pm:** Balance Through Strength, Dominos, Mahjong.

Fri., 5/2: 9:30am: Fitness Fun, Scrabble; **10am:** GFWC of North Haven; **12:30pm:** Bridge; **1pm:** Bingo; **2pm:** Kentucky Derby Happy Hour at Volo.

Programs/Activities

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 began 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 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: Cardio Drumming is a full-body workout that combines drumming, cardio, and music for a fun and unique experience. Exercises can be done seated or standing. Join our Director Paulette, enjoy some great music and have a blast while getting your blood flowing! **Register NOW** at the Senior Center. Class is free. Space is limited. Classes will take place every other Wednesday at 11am as follows: **May 7 & 21, June 4 & 18 and July 2 & 16.** Please plan to attend all 6 classes. For more information, call (203) 239-5432.

Enrichment Class

Balance Through Strength: Thursdays from 1pm-1:45pm. Build stability, strength, and confidence in this 12-week program led by Tom, a certified personal trainer with IFA, CPR and Silver Sneakers credentials. This class is for those who are NOT registered with the Better Balance class. Space is limited. **Next session begins May 29 and ends August 21.** Cost is \$30 for North Haven Residents, \$40 for Non-Residents*. Payment by Check ONLY, payable to Treasurer, Town of North Haven. **North Haven residents may register beginning April 28. Non-Residents may register beginning May 12.** Registration ends on May 23rd. For more information, please call (203) 239-5432.

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 29 thru July 15.** Cost is \$40 for Residents, and \$50 for Non-Residents. Check ONLY, payable to Treasurer-

Town of North Haven.

*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.



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 Monday, May 5 through Thursday, May 8, from 10:30am-2:30pm.

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

RSVP Volunteer Program

Need a little help? Feeling a bit isolated? Want to give back in a way that can make an impact? Then the Agency on Aging's RSVP Volunteer Program could be the perfect place to call. We have been offering support and volunteer opportunities for over 30 years.

The only requirements are that you are over 55 years old and willing to complete an application for volunteering or a referral for support.

Just give us a call at (203) 752-3059 and ask for Schari.

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Independence® has an announcement:

Senior Residents living alone are welcome to contact our Volunteer Representative, Janet, if you wish someone to reach out to you to see how you are doing or just to say hello.

Please call Janet at (203) 500-9359.

WANTED: Old tools, musical instruments, military, Winchesters, Colts, antique guns & old hunting & fishing. We buy gold & silver coins and jewelry. Anything related to vintage jewelry. Call Joe, (203) 488-7271

FOR SALE: Maple king-size headboard, 48 3/4" high, footbed 32 3/4" high, arched centers, 1-5/8" thick \$400; (203) 214-5885

WANTED: Collector buying any Connecticut Brewery items for Wehle, Hulls, Wiebel, Largay or any other CT Breweries, signs, cans, bottles, etc.; call (203) 915-7662

FOR SALE: Girl's bicycle, helmet, training wheels, 7 to 10 years, used once \$50; (203) 393-3309



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Equal Housing Opportunity

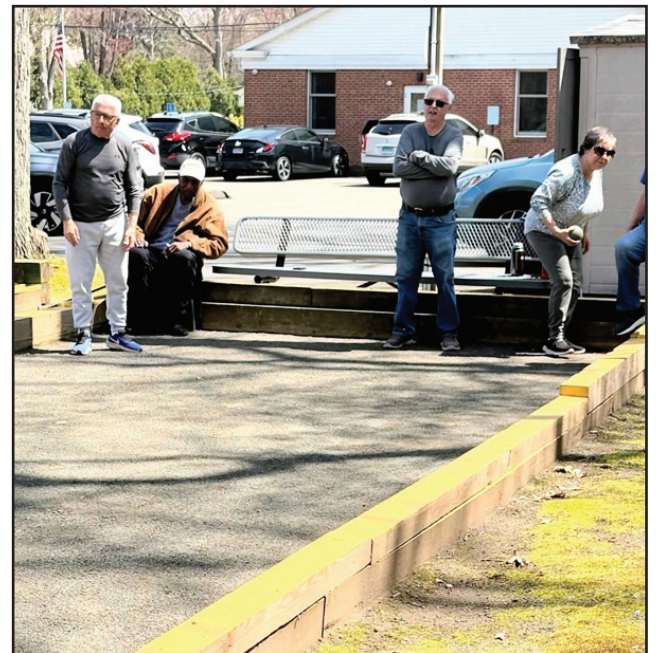
Friends Enjoyed Making Spring Wreaths Together



Pictured (L-R): Friends Kathy Smith, Jo Ann Buccetti, and Jean Karacsonyi.

North Haven: On April 10, a group of friends enjoyed making spring wreaths with other members of the North Haven Senior Center. They had so much fun making these beautiful wreaths, using their imagination, and creation. The supplies were given by The Oak Street Health. Everyone had enjoyed being with friends it was so special. Story and photo by Jo Ann Buccetti

Warmer Weather Means Bocce Is Back



Pictured: Players having fun with friends playing Bocce.

North Haven: Whether you are a seasoned pro or new to the game, now is the time to play. Enjoy the outdoors, get a low impact workout and make new friends. Bocce is offered Tuesday, Thursday, and Friday at 1pm. Come on down and give it a try at the North Haven Senior Center's Bocce court.

Story by Paulette Demaio and Jo Ann Buccetti, photo by Paulette Demaio