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Wallingford Senior Center (203) 265-7753

CALENDAR EVENTS FOR MONTH OF MAY

Tues., 5/6: WSC Co-ed Golf League Begins.

Wed., 5/7: 9am: AARP Smart Drivers; **12:30pm:** Military Whist.

Thurs., 5/8: 11am: Cardio Drumming; **5pm:** Lake View Dinner; **6pm:** DJ Rocco Dance Party.

Fri., 5/9: 12:30pm: Movie: "Captain Phillips."

Sat., 5/10: 9am-1pm: AARP CarFit - FREE.

Mon., 5/12: 10am: iPad User Group, Travel Presentation - Nashville.

Tues., 5/13: 11am: Happy Birthday Party.

Wed., 5/14: 10am: Varicose Veins Presentation; **10:30am:** Q&A Wlfd. Police.

Thurs., 5/15: TRIP: Aqua Turf 11:30 - ABBA (Drive on Own); 10am: Curiosity Club Kick-off!; **5pm:** PIZZA; **6pm:** Boogie Boys.

Fri., 5/16: 9am: WCOZ Meeting; **11am:** Sound Healing; **12:30pm:** Movie: "Shanghai Noon."

Mon., 5/19: 10am: Caldwell Banker Realty; **1-3pm:** Hearing Services; **1:30pm:** Wallingford Ukulele Group Sing-A-Long.

Tues., 5/20: 10am: ShopRite-Baking Swaps.

Wed., 5/21: 1pm: Classical Music Education - Mozart.

Thurs., 5/22: 11am: Cardio Drumming; **1:30pm:** Book Club; **5pm:** Lake View Dinner; **6pm:** Downtown 6.

Fri., 5/23: 10am: Parkinson's Support Group; **12:30pm:** Movie: "Noting Hill."

Mon., 5/26: Center Closed.

Tues., 5/27: 9:30am: Veteran's Coffee House.

Wed., 5/28: 10am: Book Signing - Meet the Authors Greg Armstrong and D.W. Alder.

Thurs., 5/29: 5pm: Lake View Dinner; **6pm:** Mulan Dancers.

Fri., 5/30: TRIP: 7:30am - NY 1000 Islands; 9:30am: Morning Hike at Wharton Park; **10am:**

iPhone Workshop; **12:30pm:** Movie: "American Graffiti."

Sat., 6/1: 4pm: SCOW School of Music Recital.

MAY 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.

QU Occupational Therapy Doctoral Students Hold Free Car Safety Event For Senior Drivers At Ashlar Village



Pictured From left: Quinnipiac University occupational therapy doctoral students Grace Miceli, Giulia Tucci and Erin Morairty go over a 12-point checklist with driver Linda Hartzer as part of the CarFit program.

Hamden: The students introduced the free educational program, designed to help older drivers ensure their vehicles fit them safely and comfortably, to residents of Masonicare at Ashlar Village on Wednesday in Wallingford.

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 MAY 5-9

Mon., 5/5: 9:30am: Fitness Fun; **10am:** Canasta; **10:15am:** Chess - New! **11am:** Move to Music with Adrienne; **1pm:** Bingo.

Tues., 5/6: 9:30am: Mini Trip: Universal Drive; 9:30 & 10:45am: Better Balance; **10:30am:** Rummikub - New, Setback - New; **12:00 noon:** Oil Painting Class; **1pm:** Bocce, Mahjong.

Wed., 5/7: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art Painting; **12:30pm:** Bridge; **1pm:** Bingo; **2:30pm:** Pool School.

Thurs., 5/8: 9:30 & 10:45am: Better Balance; **10am:** Knitting/Crochet Class; **10:30am:** Ask the Nurse; **1pm:** Balance Through Strength, Bocce, Dominoes, Mahjong.

Fri., 5/9: 11:30am: Mother's Day Luncheon. All other activities cancelled.

Programs/Activities

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 now in progress.** 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: Diamond Art has quickly become all the rage and for good reason! It allows you to feel like an artist, even if there's not a creative bone in your body! Bring your own projects, or we can help you select a project. It's a great way to stimulate activity, de-stress, focus and fine tune your motor skills all while having fun. Join us **Wednesdays from 11am-12pm.**

New Day Trip: Charles Riverboat Cruise and Cheesecake Factory, Boston, Mass. **Wed., Sept. 10.** Bus departs North Haven Senior Center at 8:45am with an estimated return of 6:45pm. Cost is \$143 pp for Residents, \$153 pp for Non-Residents. Check payment only, payable to Friendship Tours. Cost includes round trip coach bus, lunch at the Cheesecake Factory in Boston, followed by a Riverboat Cruise on the Charles River. **Payment and registration due by Aug. 1.** Call 203-239-5432 for more information.

North Haven Garden Club Members Attend Federated Garden Clubs Annual Luncheon



Pictured Top Sitting: Gerri Giordano, Carmen Sealy, Marge Quinn. **Standing:** Linda Lianos, Cindy Adinolfi, Cindy Golia, Ellie Tessmer, Poonam Karnwal, Noreen Adley, Fran Notaro and Karen Pyskaty. Missing from photo is Brenda Howlett. **North Haven:** On Wednesday April 16th several members of the North Haven Garden Club attended the Federated Garden Clubs 96th annual luncheon/meeting at Aqua Turf in Plainville. The featured guest speaker was Larry Weaner. His program was "If You Do Nothing Something Will Grow..." Larry's presentation was chock full of advice on how to start and maintain a manicured lawn using native plants.

We also said goodbye to outgoing President of Federated Garden Clubs Karin Pyskaty and welcomed the new President Nan Merolla. Nans President's theme and project for 2025-2027 is "Bee Resilient - Garden for Nature. Enhance the beauty of your community and preserve nature in a

changing climate by creating small native gardens in a public location." The North Haven Garden Club looks forward to participating in this project with a new garden in town.

Members attending from the North Haven Garden Club were Cindy Adinolfi, Noreen Adley, Gerri Giordano- President of NHGC, Cindy Golia, Brenda Howlett, Linda Lianos, Fran Notaro, Poonam Karnwal, Marge Quinn, Carmen Sealy, Ellie Tessmer, and Karin Pyskaty- past President of the Federated Garden Clubs and member of NHGC. We had a great time visiting all the local vendors and enjoyed the event.

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.

Article and photos by Cindy Golia



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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

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.

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WANTED: Buying older beer cans, flats, conetops, single cans or entire collections; (203) 915-7662