

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

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 and are available for North Haven Residents only. See our Senior Center Newsletter online at www.town.north-haven.ct.us.

WEEK OF MAY 6-10

Mon., 5/6: **9:30am:** Fitness Fun; **10am:** Canasta; **12 noon:** Pinochle; **1pm:** Bingo.

Tues., 5/7: **9am:** *Ask the OT;* **9:30am & 10:45am:** Better Balance; **1pm:** *Oil Painting Class (New Session Begins),* Bocce, Mahjong.

Wed., 5/8: **9:30am:** Fitness Fun; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 5/9: **9am:** *Ask the OT;* **9:30am & 10:45am:** Better Balance; **10:30am:** *Ask the Nurse;* **1pm:** *Occupational Therapy Presentation,* Dominos, Mah Jongg.

Fri., 5/10: **9:30am:** Fitness Fun, Scrabble; **10am:** Chair Vollyball; **12 noon:** *Mother's Day Pizza Party (SOLD OUT);* **12:30pm:** Bridge; **1pm:** Bocce.

The Challenges of Aging

Join Cherie Strucaly, the Assistant Director of the AmeriCorps Senior Program at the Agency on Aging of South-Central CT, for a conversation about the challenges of aging while sipping a mocktail and making a decoration for your garden.

Please note that space is limited to 15 individuals.

To register, please call the North Haven Senior Center at (203) 239-5432 or visit the office by May 24.

Save the Date

Celebrate International Family Day! Wed., May 15 at **10:30am.** Call (203) 239-5432 to ***reserve your spot by Wed., May 8.***

Lifestyle Care Program Q&A Session: Fri., May 17 at **10:30am.** Improve your health and join the most effective Lifestyle Care Program! For more information, call (203) 239-5432.

New Day Trip - Encore Boston Harbor: Thurs., Aug. 8. Non-Resident registration begins May 15. Bus departs North Haven Senior Center 8:45am with an estimated return of 7pm. For more information, call (203) 239-5432. ***Registration ends July 3.***

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF MAY

Tues., 5/7: **8:30am:** Coed Golf League Begins; **10am:** iPhone Workshop.

Wed., 5/8: **12:30pm:** Acting Studio 1 Begins (12 weeks).

Thurs., 5/9: **9am:** Bus Trip Departure: Culinary Institute; **11am:** Cardio Drumming; **5pm:** Lake View Dinner; **6pm:** Cabaret Blaise Tramazzo.

Fri., 5/10: **1pm:** Mother's Day Celebration.

Mon., 5/13: **9:15am:** Trip Registration: Savor the Flavor and Cher Experience; **1pm:** Ukulele Fun.

Tues., 5/14: **10am:** Collette Travel Presentation; **10:30am:** Q&A Wallingford Police Dept.; **11am:** Happy Birthday Party.

MAY 2024 WEEKLY ACTIVITIES

Monday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Texas Hold'em, Body in Motion; **10am:** Canasta; **19:15am:** Beginner Tai Chi; **10:45am:** Workout w/Sue-ZOOM; **11am:** Total Fitness; **12:00 noon:** Healthy Moves, Art Appreciation; **12:45pm:** Chair Yoga; **1pm:** Cards/Nickel-Nickel, Chess Club; **1:30pm:** Harmonica and Kazoo Club; **2pm:** Strength & Balance.

Tuesday: **8:30am:** Coed Golf, Workout with Sue - ZOOM; **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Total Fitness, Basic Social Dance; **10am:** Line and Ballroom Dance Lessons, Bocce; **11am:** Strength & 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; **9am:** Setback; **9:30am:** Body in Motion; **9:45am:** Guided Meditations; **11am:** Digital Photography, Pickleball, Shuffleboard; **1pm:** Cribbage, Crafter's Corner; **1:30pm:** Monitor My Health; **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:** Virtual Bowling, Bible Discussion, Bridge Lessons, Bocce; **11am:** Total Fitness; **12 noon:** Advanced Group Drumming; **12:30pm:** Bingo, Artists' Studio; **1pm:** Parkinson Fitness, Mah Jongg, Scrabble; **2pm:** Silver Sneakers Classic; **3pm:** Gentle Yoga, Virtual Bowling.

Friday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9am:** Tap Dance; **10am:** Tai Chi; **10:30am:** Workout with Sue - ZOOM, Mah Jongg Lessons; **11am:** Strength & Balance, Bridge; **12:30pm:** Pinochle, Movie Matinee; **1pm:** Knit & Crochet, Corn Hole; **2pm:** Senior Jammers.

Subject to Change. We will make every effort to reschedule any activity that has been cancelled.

"Stop the Bleed" Training Course

Hamden: The Tuesday Night Training Course, "Stop the Bleed" will be held May 7th, 6:30-8:30pm at Hamden Middle School Auditorium, 2623 Dixwell Ave.

Learn life-saving skills from the experts. Through our "Stop the Bleed" course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively.

Hosted by the Hamden Fire Department in partnership with Yale-New Haven Center for EMS, The American Red Cross, South Central CT EMS Council, Quinnipiac University EMS, Hamden Community Emergency Response Team, and American Medical Response.

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



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Equal Housing Opportunity

FOR SALE: Cast iron skillet (camping), 9½" square with pouring spout, clean, exc. cond. $12; (203) 606-0932

FOR SALE: Used bricks, over 200 years old 50¢ ea., quantity discount; (203) 285-5628 •

ReAbility North Haven!
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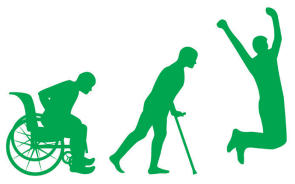

- Stroke
- Spinal Cord Injuries
- TBI
- Parkinson's
- Cerebral Palsy
- Multiple Sclerosis

All programs are designed & supervised by Physical Therapists & Exercise Physiologists

Call 203-623-4198 to Schedule an Appointment
1870 Hartford Turnpike, North Haven, CT 06473

Question & Answer - Dr. Richard Durocher

Q: What is a bunion and what can be done about it?

A: A bunion is a bump that is present on the inside of your foot at the level of where the big toe is connected to the foot. It is actually a prominence of a bone at the great toe joint. In most people that great toe and attached bone are in good alignment, but in some people that bone points toward the other foot and the great toe points the other way. This can be painful as it progresses. The pain can be within that joint or on the bump itself. The bump may also have some redness and inflammation caused by irritation from the shoe gear worn, due to the tightness of the shoes.

The bunion can develop slowly from an imbalance of the muscles and structure of the foot. Inherited foot types can also contribute to bunion formation. To help slow the progression of the bunion, orthotics (custom arch supports) may be recommended. Wearing wider shoes can take some pressure off the bump to relieve the discomfort. For moderate to severe cases or when



Dr. Richard W. Durocher, Podiatrist & Surgeon
Board Certified
Member of the American College Of Foot & Ankle Surgeons
Doctor is fluent in French & Spanish

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Senior Center Members Create Decoupage Spring Plaques



North Haven: On Tuesday, April 30, Deb from Hamden Rehabilitation and Health Care Center visited the North Haven Senior Center for a craft, creating decoupage spring plaques. Each piece of artwork created was unique. To find out about other senior center programs such as these, follow "Town of North Haven Senior Center" on Facebook, or stop by the senior center during normal business hours, Monday through Friday, 8am-4pm.

Photo submitted by staff: Mary Higgins