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Varsha Salani, D.M.D., LLC
(203) 234-1901

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

**CALENDAR EVENTS
FOR MONTH OF MAY**

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.

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

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WANTED: Collector wants to buy early historic New Haven County related items, maps, books, engravings, paintings, paper items or actual products; (203) 915-7662

Invasive Plant Species In CT

North Haven: Sponsored by Daytime Gardeners of North Haven and presented by Felicia Millett, MS. Invasive plant species can be deadly to our native trees, shrubs, and landscape plantings. They thrive in our climate and take advantage of our native plants. Do you have invasives on your property? Can you identify the good from the bad plant species? Do you know the best safe and effective method to eradicate invasives? The Daytime Gardeners May presentation by Felicia Millett will answer these questions and help you learn more about Connecticut invasive plants and how to protect your property.

Felicia Millett is a Plant Diagnostician in the Department of Plant Pathology & Ecology at the Connecticut Agricultural Experiment Station (CAES). Invasive plant species can ruin the health and beauty of your landscape. Taking proper action to control these species can avoid extensive problems later. This presentation will cover identification and treatment of the top invasive species in Connecticut. Timing is important for success so learn now so you can be ready to take action at the right time.

The program will be held on Tuesday, May 27, 2025, from 11:00 AM until noon at the North Haven Recreation Center, 7 Linsley Street, North Haven. Guests are welcome. A \$5.00 guest donation is appreciated. Please call Daytime Gardeners at 203-239-1557 to register for the meeting.

New members are always welcome. For information on our activities and membership, email proto.mary@yahoo.com, and be sure to visit us on Facebook at Daytime Gardeners of North Haven.

Submitted by Sally Brockett



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 12-16

Mon., 5/12: 9:30am: Fitness Fun; **10am:** Canasta; **10:15am:** Chess; **11am:** Move to Music; **1pm:** Bingo.

Tues., 5/13: 9:30 & 10:45am: Better Balance; **10:30am:** Finance Meeting, Rummikub, Setback; **12:00 noon:** Oil Painting; **1pm:** Bocce, Mahjong; **1:30pm:** Community Drum Circle with Hands-On Drumming.

Wed., 5/14: 9:30am: Fitness Fun; **11am:** Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo; **2:30pm:** Pool School.

Thurs., 5/15: 9:30 & 10:45am: Better Balance; **10am:** Knitting/Crochet Class; **1pm:** Balance Through Strength with Tom (Ends), Bocce, Dominos, Mahjong.

Fri., 5/16: 8:30am: AARP Smart Drivers Course; **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo, Bocce.

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 NOW. Non-Residents may register beginning May 12. Registration ends May 23rd.** SPACE IS LIMITED. For more information on availability, please call (203) 239-5432.

Better Balance: Tuesdays & Thursdays from 9:30-10:30am or 10:45-11:45am. Better Balance will focus on strength training, and stretching, safe and effective exercises, flexibility and balance training. **Registration for the next session will begin on June 9, at 9am. Summer ses-**

sion will run July 8 - August 14. Cost is \$15. Check ONLY, payable to Yale New Haven Health. Space is limited. Call (203) 239-5432 for more information.

**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.

Got It Made at 80

We oldsters sure do get away with a lot just because we've managed to keep breathing longer than most folks. I have just celebrated my 80th birthday and I've got it made.

If you forget someone's name or an appointment, or what you said yesterday, just explain that you are 80 and you will be forgiven. If you spill soup on your tie or forget to shave half your face, or take another man's hat by mistake, or promise to mail a letter and carry it around in your pocket, just say "I'm 80, you know" and nobody will say a thing.

Being 80 is much better than being 70. At 70, people are mad at you for everything, but if you make it to 80, you can talk back, argue, disagree, and insist on having your own way, because everybody thinks you are getting a little soft in the head.

They say that life begins at 40. Not true. If you ask me, life begins at 80.

Author Unknown

Submitted by Ron Johnson, Hamden

FOR SALE: Antique wheel cheese cutter \$75; Bella, bread maker, 2 lb, new in box \$45; vintage "Jarts" in original box \$65; (203) 269-5362, leave message

WANTED: Antiques or collectibles, highest prices paid for paintings, furniture, glassware, pottery, documents, photographs, bottles, anything old, one piece or entire estates, cash paid; (203) 915-7662



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Equal Housing
Opportunity



Floral Designs For Wallingford Senior Center Entrance Table



Pictured: Alberta Flynn Easter/Spring theme and Ann Cohen dePalma with double arrangement.

Wallingford Garden Club members are providing floral designs, plants or educational exhibits for the Wallingford Senior Center Entrance area. Members have been taking floral design workshops provided by Design Committee Chair. New design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public view

The participants for April 2025 were: Alberta Flynn with Easter/Spring theme and Ann Cohen dePalma with double arrangement.

Photos by Eleanor Tessmer.

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