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Joyce C. Budrow Senior Center

189 Pool Rd., North Haven
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.

WEEK OF MAY 19-23

Mon., 5/19: 9:30am: Fitness Fun; 10am: Canasta; 10:15am: Chess - New! 11am: Move to Music with Adrienne; 1pm: Bingo.

Tues., 5/20: 9:30am: Mini Trip: Walmart (Wld.); 9:30: & 10:45am: Better Balance; 10:30am: Rumikub - New! Setback - New!; 12:00 noon: Holiday Fair Committee Meeting; Oil Painting Class; 1pm: Bocce, Mahjong.

Wed., 5/21: 9:30am: Fitness Fun; 11am: Cardio Drumming, Diamond Art Painting; 12:00 noon: Pinochle; 12:30pm: Bridge; 1pm: Bingo; 2:30pm: Pool School.

Thurs., 5/22: 9:30 & 10:45am: Better Balance; 10am: Knitting/Crochet Class; 12:00 noon: Author Talk & Community Book Swap featuring Janet Barrett; 1pm: Bocce, Dominos, Mahjong.

Fri., 5/23: 9am: Low Cost Vet Clinic (by appt. only) - Ends at 12pm; 9:30am: Fitness Fun, Scrabble; 12:30pm: Bridge; 1pm: Bingo, Bocce.

Programs/Activities

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. **LAST CALL TO REGISTER.** Space is limited.

Reminder: The North Haven Senior Center will be closed Mon., May 26 in observance of Memorial Day.

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.

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

CALENDAR EVENTS FOR MONTH OF MAY

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.



Free Caregivers Workshop Series

The Agency of Aging of South Central Connecticut is sponsoring a self-care educational program for family caregivers, designed to provide you with tools and strategies to better handle the unique challenges you face.

The free workshop series consists of six sessions. **We will be offering a session via Zoom beginning on June 11. The six weeks will be June 11, June 18, June 25, July 2, July 9 and July 16.** The program will be held on Wednesdays from 11am-1pm (2 hours). A Zoom link will be provided to you via email once you are registered and a week prior to the beginning of the workshop.

The six sessions will be presented by Patricia Soos and Cassandra Brunson. You may register by going to our website: <https://www.aoscc.org/Services/Caring-for-Loved-Ones-at-Home/Caregiver-Support-and-Respite-Services/> or by emailing Patricia Soos at psaos@aoscc.org or calling (203) 785-8533, ext. 3159.

Please only register if you plan to attend for all or most of the six weeks. Space is limited we can only allow a maximum of 12 people per session.

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.

Reunion Gathering BSA Troop 811 Celebrating 30 Yrs.!

North Haven: Were you a Scout or a Leader of Boy Scout Troop 811? Do you remember those fabulous campouts, trips, and the summer week at Camp Sequassen? Well, the Troop is alive and well and we would like to celebrate 30 years of serving the youth of North Haven.

Plans are well along for this event. You do not want to miss this, so save the date: **Saturday, May 31 from 2-5pm** to gather and re-live some of those memories with friends from the Troop. Location TBD.

To RSVP and for more details, please contact: Casey Marinuzzi at caseymarinuzzi@gmail.com or at (203) 257-0708.

FOR SALE: Drive walker/ transporter, handles with rubber grips, folds, sturdy, blue, great condition, used mainly inside \$50; (203) 214-5885

WANTED: Electronic Keyboard with weighted keys, with stand and seat if possible. (203) 415-6214

North Haven Garden Club Cleans And Mulches Dolly Chagnon Memorial Garden At Rock Road Island



Pictured Above: Pete Stevenson, Cindy Golia, Italia Avitable, and Jen Saslasky, Deb Tranpani, Maria Yankura.

North Haven: On a beautiful, sunny and mild Monday morning several members of the North Haven Garden Club under the direction of Committee Chair Cindy Golia cleared last years debris from the garden before spreading mulch. Pete Stevenson pruned the 4 rose bushes before mulching. Members who helped spread 2 large piles of mulch were Italia Avitable, Angela Buzzelli, Pete Stevenson, Jen Saslasky, Deb Trapani and Maria Yankura. With all the hands on deck the garden was cleaned and mulched in about 1.5 hours. The daffodils and hyacinths bulbs that were planted last fall are starting to bloom and with the fresh mulch really stand out. Soon the allium bulbs will

bloom along with the many perennials. Club member Christie Amato donated several stepping stones which were placed in the garden and look great! Look on Facebook for more photos of the blooming bulbs.

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.

North Haven Garden Club is a member of The Federated Garden Clubs of Connecticut Inc., New England Garden Clubs Inc., and The National Garden Clubs Inc.

Article and photos by Cindy Golia

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Celebrating Older American Month Through Art

Pictured: Director Cherie Struculy holding a beautiful sketch of Pope Francis done by a senior.

North Haven: At the Agency On Aging, 117 Washington Ave., Director of AmeriCorps Senior Programs, Cherie Struculy and staff do such a great job of having many seniors come to show their art at the North Haven location. The Art of Aging is the name of the show, it began 12 years ago it's held in May because May is Older American Month, and it's time when agencies on aging, 650 across the country celebrate older

adults. It is important because it is an opportunity to show the community that older adults are contributing members to the quality of life within the community. A woman who was 100 years old and lived in an assistant living facility was only thinking of what life she has left until a recreation director talked her into painting which she never did before. Now she only thinks about painting and can't wait until the next art show. The art show -profits go to the AOA client fund, it is used for emergency situations. The halls and rooms at the Agency on Aging are filled with beautiful art paintings of oil, sketches, or photographs done by seniors. The Opening ceremony is on May 29th from 2-4.

Story by Cherie Struculy, photo by Jo Ann Buccetti.

