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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

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF MAY

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.

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.northhaven.ct.us.

WEEK OF MAY 26-30

Mon., 5/26: *Senior Center Closed in Observance of Memorial Day.*

Tues., 5/27: **9:30: & 10:45am:** Better Balance; **10:30am:** *Rummikub - New!, Setback - New!;* **12:00 noon:** Oil Painting Class; **1pm:** Bocce, Mahjong.

Wed., 5/28: **9:30am:** Fitness Fun; **11am:** Diamond Art Painting; **12:00 noon:** Pinochle; **12:30pm:** Bridge; **1pm:** Bingo; **2:30pm:** Pool School.

Thurs., 5/29: **9:30 & 10:45am:** Better Balance; **9:45am:** *Departure for "Waitress" in West Springfield, MA;* **10am:** Knitting/Crochet Class; **1pm:** Balance Through Strength with Tom, Bocce, Dominos, Mahjong; **6pm:** *Estimate Return from Trip.*

Fri., 5/30: **9:30am:** Fitness Fun, Scrabble; **12:30pm:** Bridge; **1pm:** Bingo, Bocce.

Programs/Activities

Qigong and Tai Chi: *NEW!* Qigong is the original form of Chinese exercise and the foundation of Tai Chi. This class combines the active and dynamic movements of Qigong and Tai Chi to allow healthy energy to flow through the organs, digestive, circulatory, and nervous system reducing blockages that can lead to inflammation and pain. This class helps to improve balance and flexibility as well as building strength and muscles. **This introductory class will begin on Mondays starting June 2 at 11am.** Cost for residents is $25. Non-Residents may participate for $35. Registration is open now for North Haven Residents and Non-Residents. Check payment ONLY, payable to Treasurer-Town of North Haven.

Goal Setting 101 with Marisa: Tues., June 17 at **1pm.** Our favorite dietician from ShopRite is back for this FREE wellness presentation on goal setting. Learn about different ways that you can meet your health and wellness goals that will work best with your lifestyle. North Haven Residents may register now, and Non-Residents may register beginning June 2. Registration ends on June 13.

Create Your Own Personalized Mug: Thurs., June 26 at **1pm.** Join us for a fun, hands-on craft session where you'll design a one-of-a-kind mug to keep or give as a gift to a loved one. No experience needed. Whether you have a favorite quote, a cherished family photo or a picture of your beloved pet, you can bring your ideas to life. Space is limited for this craft, so sign up today. Cost is $5. North Haven Residents ONLY. Registration ends May 30.

Last two trips of the season!

• **Charles Riverboat Cruise and Cheesecake Factory: Boston, MA. 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 August 1.*** Call (203) 239-5432 for more information.

• **Kenny & Dolly - A Smoky Mountain Christmas: Wed., Dec. 10 at Aqua Turf in Plantsville.** Bus departs North Haven Senior Center at 10:45am with an estimated return of 4:15pm. Cost is $134 pp for Residents, $144 per person for Non-Residents. Check payment only, payable to Friendship Tours. Cost includes round trip coach bus, family style dinner, and show. ***Payment and registration due by Oct. 10.*** Call (203) 239-5432 for more information.

Termites 101

A pesty insect which causes millions of dollars of damage each year. Termites can have wings or be wingless and anyone who stores wood around their house or foundation is asking for trouble. They also like tree stumps as well, and can tunnel from the ground into your house almost undetected.

We, in this area, have to mainly deal with the "Subterranean Termite" and in the southern states the "Formosa Termite." These are only two of the 2,000 termite species that have been identified.

Recently, I found termites in my backyard under a flower pot and also under a brick that I picked up, so do an inspection around your house.

I am currently using a remedy to eradicate this insect, which I found on YouTube and there is also information on identifying this insect before it gets into your home.

Ron Johnson, Hamden

Memorial Library Spring Programs

To register for a program at North Haven Memorial Library (17 Elm St.), visit our website at www.northhavenlibrary.net or call us at (203) 239-5803. ***Registration is required for all programs except for those noted otherwise.***

ALL MONTH LONG! Staff Pet's Scavenger Hunt: Mon., June 30, All Day. All Ages.

Must See Movie - *Merchant Ivory:* Mon., June 2, 1:30pm-3:30pm. No Registration Required.

German Conversation Group: Tues., June 3, 4pm-5pm. Come practice your German speaking in an informal group.

The Challenges of Aging - Why "Growing Up" is So Tough: Tues., June 3, 6-7:30pm. Explore the challenges of aging, especially its losses, griefs, and fears.

Online Author Talk - Smithsonian's Extinctopedia: Wed., June 4, 2-3pm, Virtual. Join us as Smithsonian scientists highlight information found in the Smithsonian's book,

Teen Advisory Board (TAB): Wed., June 4, 3pm-4:30pm. Grades: 6th-12th. Registration is Encouraged.

Knit So As To Turn Water: The History of New England's Maritime Knitting: Wednesday, June 4, 6:30-7:30pm.

Thursday Morning Book Club: June 5, 10:30-11:30am. For the month of June, we will be discussing *How to Read a Book* by Monica Wood.

Tai Chi with Debbie: Thurs., June 5, 1:15-2:15pm. You will be taught the Sun style, please do not register. No equipment required. Reminder: Upon registration you are automatically registered for each session in this 5 week series.

Lit Lounge - Book Club at the Brewery: Thurs., June 5, 6-7pm. Location: Off Site. Ages: 18+. This chill new book club is designed for adult readers of young adult (YA) literature. Want more of Lit Lounge? Let us know by calling the library at (203) 239-5803.

Edward Smith Library
3 Old Post Rd., Northford

UPCOMING MAY EVENTS

To register for events at the library, visit the Events Calendar at our website: https://northbranford.librarycalendar.com/ or call (203) 484-0469.

Children and Digital Devices: Wed., May 28, 6-7pm. Last of four discussions on the effect of digital devices on children, based on the bestselling book "The Anxious Generation" by Jonathan Haidt. Topics include: impact of a phone-based childhood; loss of play; how to work with schools, other families and community. The program is a collaboration of the North Branford Public Libraries and the North Branford Public Schools. School and library staff will facilitate.

Monday Night Mah-Jongg: June 2, 6-8pm. Those interested in playing Mah-Jongg are invited. Participants should bring their Mah-Jongg sets.

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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 •

SENIOR SPOTLIGHT

SENIOR LIVING

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1 Bedroom Units $661
Includes All Utilities

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125 Putnam Ave. Hamden
(203) 248-1445

Age and income limits apply
TRS message relay via CCC:
TRS (800) 842-9710

Equal Housing Opportunity

Red Cross Blood Drive

The **North Haven** Sons and Daughters of Italy, Lodge 2805 will be hosting a Red Cross Blood Drive on Mon., June 2, from 10am-3pm at Hope Christian Church Hall, 211 Montowese Avenue.

Help us contribute to the blood banks for the summer by making an appointment! Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org.

FOR SALE: Lane solid cedar hope chest, 45"x16" factory docs, good cond. $100; Jerry, (203) 804-8400

WANTED: WWII Vets, immediate cash for all German helmets, hats, daggers, flags, medals, uniforms, patches. Collector will beat all dealer offers; (203) 932-0750 •

FREE: Regulation ping pong table, fair condition. Have to pick up. (203) 269-9639 •

Two-Year Turtle Rescue Culminates In Celebratory Release At Masonicare's Ashlar Village



Pictured: "Bowser" the turtle was rescued on a loading dock at Masonicare's Ashlar Village senior living campus two years ago. After caring for Bowser for two years, the community released him back into their pond on Friday, May 23, in celebration of World Turtle Day.

Wallingford: Masonicare at Ashlar Village is renowned for its diverse senior living options, carefully designed to maximize independence and quality of life for today's seniors. From independent living to memory care, residents can thrive with access to Masonicare's extensive continuum and exceptional services.

But the chance to thrive at Masonicare is not just for older adults, it seems.

"Bowser" the turtle, aptly named for the iconic Mario Bros. character, was the size of a quarter when he was found on a loading dock at Ashlar Village in 2023. It was December, with temperatures around 22 degrees, and Ed Hutwagner, Director of Dining Services, happened to notice him.

"I thought it was a toy on the ground," Hutwagner said. "I didn't think he would last a week."

Feeling optimistic, Hutwagner decided to give the tiny common snapping turtle a second chance. Despite not eating for over a month, Bowser slowly began to adjust to his home at Masonicare, increasing in size and outgrowing three enclosure tanks. Each morning, he would greet the Masonicare staff, swimming like a puppy, for his breakfast.

"We were hesitant to release him last year because he was only the size of a donut. He's now about the size of a book and in a hard-to-clean 60-gallon tank; it's time for him to go," Hutwagner noted.

After caring for Bowser for two years, saying goodbye wasn't easy. Masonicare residents and staff had grown quite attached to the tiny turtle. Residents stop by Hutwagner's office daily to check on Bowser and see how he was doing. Staff from all across the campus frequently stoped by to check in on him, impressed by how much he had grown.

"He had really become the mascot for our Ashlar Village dining services department," Hutwagner admits. "We love the little dude, but it was time for him to head back to the pond."

The Ashlar Village senior living community had a special release event for Bowser on Friday, May 23. Fittingly, the event coincided with World Turtle Day, a yearly observance that aims to raise awareness about the importance of turtles and their disappearing habitats worldwide.

Members of the press were invited to attend the event for Bowser's release on May 23 at 11:00 a.m., which featured a brief gathering of residents and staff at the pond located on Masonicare at Ashlar Village's campus at 74 Cheshire Road, Wallingford. For press inquiries, please contact Marissa Salvesen at msalvesen@masonicare.org or 203.225.5021. To inquire about independent living, assisted living, or memory care options at Ashlar Village, please contact Kim Fiore at kfiore@masonicare.org or 203.679.6400.