Specially-abled Adults Perform Original Songs



Hamden: Play with Grace Expressive Arts Programs, Inc., is a 501(c)3 nonprofit located in Hamden, Connecticut serving specially-abled adults.Their mission is to improve the life of specially-abled adults through education, respite, travel retreats, special events, expressive and healing arts programs and other group social activities. The vision of Play with Grace Expressive Arts Programs is to expand programming throughout Connecticut, including the acquisition of property with indoor space, and land to build gardens and greenhouses with space to accommodate and serve a larger population of specially-abled adults.

Songs of Life: Summer Jubilee Expressive Drama performance will take place Saturday June 21, 2025 at 2pm at the Thornton Wilder Auditorium located at the Miller Memorial Library, 2901 Dixwell Avenue in Hamden. The show features original music written by singer-songwriter Carmelina Mosher and musician James Hayes; the songs inspired by our special Stars who are supported on and off stage by parents and community volunteers. There is a $20 donation and our performance is open to the public.

Founder, artist/therapist Carmelina Mosher's Expressive Drama program has engaged wide and diverse participation throughout Connecticut for over 25 years. Due to a widespread interest in having this program available to those with special needs (Downs Syndrome, Autism Spectrum, Pervasive Developmental Disorder, etc), Carmelina enlisted the help of a Board of Directors including team of parents and advocates, many of whom are also arts and human services professionals to custom-design programs like Play with Grace Expressive Drama, including a bowling league, multi-media arts courses, healthy cooking, sign language, and special events designed to serve this community of extraordinary people.

This innovative program provides participants a unique opportunity to discover a new set of interests and talents, the opportunity to make lasting friendships and to build skills and self confidence.

In this theatrical arena among fellow creative souls, miracles happen!

Hamden Woman's Club Celebrates Cinco de Mayo-Olé!



Hamden: The International Lunch Bunch, a social subgroup of the Hamden Woman's Club, meets on the third Tuesday of each month at a different ethnic restaurant to learn more about other cultures and customs via new foods, drinks, and atmosphere. This fun group is always eager and ready to share new and exotic recipes with their companions.

Last week, a large group of fifteen "señoritas" visited Torito Mexican Restaurant in North Haven to celebrate el Cinco de Mayo in style - and everything was "fantástico y delicioso!" A wonderful "fiesta"was enjoyed by all! "Muchas gracias " to International Committee Chairperson Donna Cifaldi for organizing these fun luncheons, and to the manager and staff of el Torito. ¡MAGNÍFICO!

The Hamden Woman's Club, Inc., GFWC, is open to any woman over eighteen years of age who would like to volunteer in the community, develop new friendships, and have fun at the same time! We are a civic, educational and social organization that was organized in 1950 (75 years ago!) and joined the General Federation of Woman's Clubs, Inc.(GFWC) in January, 1951. We are proud to be a part of the largest volunteer organization in the world, and we continually develop new projects to improve the quality of life within our community.

The HWC also provides many fun social benefits to our members. We have a "revised" Book Club that meets monthly at a local restaurant, this "International Lunch Bunch" and also our "Dinner Divas", an evening dining group.

You do NOT have to reside in Hamden to join - and we are very pleased that our membership has grown to fifty (50) members and we won the Best in Membership Award" for the GFWC-CT Southeast District this year! Most meetings are held at 6:30pm on the first Wednesday of each month from September to June, at the Hamden Senior Center (located in the rear of the Miller Memorial Library). OUR NEXT MEETING will be on Wed. JUNE 4 - and NEW MEMBERS ARE ALWAYS WELCOME to attend meetings. PLEASE JOIN US! After a brief business meeting and guest speaker, we will enjoy a variety of delicious homemade STRAWBERRY DESSERTS to celebrate June and our final official meeting until September. We urge anyone interested in learning more about the HWC to please contact Sharon Nolan @ 203-248-2538 or @ Snolan_06514@yahoo.com. Also, please look at our Facebook page - Hamden Woman's Club, GFWC, Inc. - for more information and fun photos of our friendly club!

FOR SALE: Yaheetech water slide, 5-in-1, blow-up, including blower, ages 3-6 $50; (203) 239-3348 •

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

FOR SALE: Genuine Cushman Colonial Creations #1151 desk, 6 side drawers, 1 top drawer $100; (203) 710-7260 •

FOR SALE: Phillips Dream Station CPAP, like new, has carrying case and humidifier $50; (203) 494-1753 •

FOR SALE: "Cheers" beer glass, new in box $5; firewood log racks $10-$25 each; (203) 397-5188 •

FREE: Cedar chest, needs to be refinished, painted. Has to be picked up. (203) 269-9639 •

FOR SALE: Antique saw blades, 2-person, total of 4, missing handles, lot $100; (203) 397-5188 •

FOR SALE: 4 tan L.B. Cacique 42DDD bras, 3 black bras, 42DDD $30; (203) 239-3348 •

FOR SALE: Genuine Cushman Colonial Creations #1152 bench $100; (203) 710-7260 •



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Question & Answer - Dr. Richard Durocher

Q: I have burning in my feet. What causes this?

A: Burning in the soles of the feet can be due to different causes. Sometimes a person may get a burning for a short period of time, but there are times that it is long lasting. The sensation or pain can flare up with little or no provocation. Sometimes the problem can be traced to a person's shoe gear due to inappropriate fit or sensitivity to the chemicals used in the shoe linings. In other cases, the cause is more serious, involving health disorders such as impaired circulation, hypothyroidism or damaged peripheral nerves. Diabetes is one of the causes of nerve sensation changes.

To determine the actual cause may require examination, laboratory testing and a thorough review of a person's medical history.

Please contact Dr. Durocher for further evaluation and preventative measures that can be taken to avoid this problem.



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