

Senior Happenings

September



October

The mission of the North Haven Senior Center is to respond to the ever-changing needs of mature adults and their families. Providing opportunities for: personal enrichment, wellness, social and recreational activities, volunteerism, advocacy, information and referral.



Margaret Angelini, Lenore Carrone, Barbara Case, Ginger Clare, Donald Colvin, Danny Fahey, Maddelina Ferrante, Sharon Gooding, Linda Heidtman, Rhoda Kreisman, Kathi Manceri, Janet Mongillo, Rose Nuseau, Janet Palmer, David Royka, Bob Soltes, Gary Stackpole, Dzung Anh Tran, Elaine Zanovich

Joyce C. Budrow
North Haven Senior Center
189 Pool Road
North Haven, CT 06473
Office: 203-239-5432
Fax: 203-234-7185
www.northhaven-ct.gov

Hours of Operation:
Monday - Friday 8am - 4pm

Staff

Manager: Paulette DeMaio
Program Coordinator: Mary Higgins
Secretary: Laurie Feldman
Transportation: Keith Baedor

Paulette's Postings.....

Can you believe summer is coming to a close already? Fall is on the way and with it comes comfy sweaters and pumpkin flavored everything. Here at the Senior Center, we're not slowing down one bit. In fact, the fun is just getting started. September and October bring a fresh wave of programs, events and opportunities to connect. So come in and try something new. Because around here, every season is a good one when we're all together! October is my one-year anniversary, and I've loved every minute so far. **Paulette**

Please Note:

The Senior Center staff has a standing meeting on Monday mornings from 8:00am - 9:00am. Feel free to leave a message and we will get back to you.

Transportation:

Daily Transportation

Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432. **If you need a ride to the center for an activity or class etc. reservations are required by 12 noon of the preceding workday by calling the Center 203-239-5432.**

For errands, grocery, personal care; hair, nail appointments, etc. and mini trips all riders must be on time and ready for pick up with the time that was given to you. You must advise the senior center if you are making other arrangements for your return trip. If you are not at your designated pick-up point when driver arrives, there will be a ten-minute wait time. If you miss the bus, it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return later to pick you up on that day.

We understand that plans can change, and sometimes you may need to cancel your scheduled ride. If that happens, we kindly ask that you call the office as soon as possible to let us know. Our office opens at 8:00am but you can also call earlier and leave a voicemail. To ensure fair and reliable service for all riders, we do keep track of cancellations and missed rides. Please be aware: Two or more no shows within a 2 month period may result in a 30 day suspension from transportation services. Habitual cancellations without a valid reason may also lead to a suspension of services. This policy will take effect August 1, 2025 in order to keep our transportation service running smoothly.

Wednesday Mornings: (time frame for errands will be up to an hour for a single stop from time of drop off)

- Errands to include - Pharmacies, Bank, Post Office. One Errand Per Person Unless in the Same Complex

Thursday Mornings:

- Hairdressers, Barbers, Nail Salon & Library

Friday Mornings: (time frame for grocery shopping will be an hour and a half from time of drop off)

- Grocery Shopping-3 bag maximum.
Big Y and Stop and Shop

PLEASE NOTE CHANGES TO GROCERY SHOPPING ON THE FOLLOWING DATES:

Wed. Sept. 10 (due to Lunch on 9/12)

Wed. Sept. 24 (due to Cookout on 9/26)

Wed. Oct. 8 (due to Pizza Party on 10/10)

Transportation to Doctor's Appointments-

All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested to better serve all requests. **Pickup times are approximate.** Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven and Hamden.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor's office.

Please Note:

A staff member will contact you the day before to inform you of your pick, up time when you have a scheduled medical appointment for the following day. Reservations for mini trip begin on the first day of the month. If scheduled trip is canceled for any reason, there *will not* be a make-up day during that week for transportation.

Appointments for transportation to doctor's appointments will begin no earlier than 9:00am and one must be ready to go home by 3:30pm. There will be no transportation between 11:30am and 1:30pm.

Reminder: We will be closed 9/1/25 for Labor Day and 10/13/25 for Columbus Day.

Policy Page

Out of Town Mini Trips Policy

We are excited to offer transportation to North Haven residents for our out-of-town Mini Trips, ensuring everyone has a safe and enjoyable experience. However, to make these trips possible, we require at least half the bus to be filled with participants. If this minimum is not met, the trip may need to be cancelled. We encourage early registration to secure your spot and help ensure the trip proceeds as planned. Thank you for your understanding and support as we work to provide enjoyable outings for all of our members. If you have any questions, please don't hesitate to ask!

Photography/Videography Memo

Please note that photos and videos may be taken at the senior center for promotional purposes. If you would prefer not to be photographed, please let the photographer know.

Registration Policy

Priority Registration – All classes, trips events and programs will prioritize North Haven residents in the initial registration period. Non-residents may begin registering two weeks after the resident registration period opens. Non-residents will pay an additional fee of \$5 or \$10 depending on the cost of the class, trip, event, or program. Once a non-resident is registered, they will not be bumped, their spot is guaranteed. The Senior Center reserves the right to offer some classes, trips, events, or programs for residents only. They will be clearly advertised as a resident only event. This policy aims to prioritize North Haven residents while also providing non-residents with the opportunity to participate, ensuring fairness and clarity for everyone. If you have any questions, call the office: 203-239-5432.

Payment Policy

Checks are made payable to: Treasurer Town of North Haven, unless otherwise noted. **Registration for all paid classes is done in person Monday – Friday from 9am- 3pm.** A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment, as instructors are based on payment once the class is filled.

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.



The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers 50 years old and up. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit because of what they learned.

The dates for 2025 are:

September 5

October 17

November 14

December 19

Classes are held at the Center, 189 Pool Road from 8:30am-12:30pm
Prior Registration is required by calling the center at 203-239-5432.

Payable by Check or Money Order to AARP:
\$20 AARP member, \$25 non-AARP members and due on the day you are scheduled to take the class. Please bring your driver's license as it is required by the instructor.



AARP Carfit

One-On-One Assessments

September 13th

9am – 1:00pm

CarFit is an educational program developed by AARP and the American Occupational Therapy Association that offers older adults the opportunity to check how well their personal vehicles "fit" them.

The program provides information and materials on community-specific resources that could enhance their safety as drivers and/or increase their mobility in the community.

Assessments are by appointment.
Call or stop by the office to register by September 5.

Mini Trip

Morning Pick Up Begins at 9:00am

- **Tues. Oct. 7-Universal Drive**

Those who do not drive have first priority for mini trips.

Call or stop by the office to sign up.

Senior Farmers' Market Nutrition Program (SFMNP)

What SFMNP does:

Improves access to fresh produce by allowing low-income seniors and people with disabilities to purchase fresh fruits and vegetables, which are essential for a healthy diet.

Who is eligible:

People who are 60 years of age or older OR people who are disabled and residing in senior housing with congregate meals.

Individuals who have a maximum monthly household income of:

\$2,413 for 1 person

\$3261 for 2 people

Next Steps:

If you meet these guidelines and would like to take part in this program. Please contact the office at 203-239-5432 and schedule an appointment. North Haven Residents only.

The appointments will take place:

9am – 11am

2pm – 3pm

Tuesdays at the Senior Center.

Vaccine Clinic

Wednesday, October 1st

9:00am – Noon

Join the Quinnipiack Valley Health District and Stop & Shop Pharmacy for this vaccine clinic.

Flu, Pneumonia, and COVID vaccines will be available.

Please bring your insurance cards with you.

No appointments necessary.

Most Commercial Insurances Accepted.



Did you know we have a Commission on Aging?

Members have been appointed by the Board of Selectmen for a three-year term. The Commission is responsible for studying the needs of elderly persons in the community relating to housing, health, recreation, transportation and act as a liaison between the Senior Center and the community. The following members proudly serve on your Commission on Aging: Kimberly Yates Carew, Chairperson, Deacon Ron Bicknell, Vice Chairperson, Fran Bartlett, Jennifer Caldwell, Dr. Nupur Garg, Claudia Giulietti, Amee Lunn, Esq., Rob Nielsen, Christine Umsteadt

NORTH HAVEN SENIOR CENTER'S ANNUAL HOLIDAY FAIR FUNDRAISER 2025

189 POOL RD | SATURDAY, NOV. 1 | 9AM - 4PM

CRAFTED ITEMS, GRANNIE'S ATTIC, COSTUME
JEWELRY, COOKIE WALK, AND MORE!

NEW THIS YEAR!



Santa will be visiting from 10am – 3pm handing out candy canes and accepting letters. There will also be gifts for kids to purchase for their loved ones.

Bring your cameras and your smiles!



Santa's Sweet Shop Table –
homemade treats and goodies for sale!



Bagels in the morning and
fried dough in the afternoon
available for purchase.



All proceeds support programs, events, and services at the North Haven Senior Center.

***Where every day is something new and the
good times never get old!***

We need YOUR support to make North Haven Senior Center's Annual Holiday Fair Fundraiser a success!

How can you help?:



Grannie's Attic & Costume Jewelry—We're accepting donations of gently used items from **Sept. 15–Oct. 14**, Monday through Friday, 9am – 3pm.

Raffle Basket Donations – Accepting from **Sept. 29–Oct. 17**, Monday through Friday, 9am – 3pm. Be creative—we love themed baskets!



Cookie Walk Bakers—We need volunteers to bake **4 dozen** of the same type of cookie, delivered to the Center on **Friday, Oct. 31**. Please stop by the office to sign up to be a baker.

Volunteers – please call or stop by the office if you are interested in volunteering the day of the holiday fair.

We're pulling out all the festive stops, but we can't do it without you.

Please donate, volunteer, spread the word—and come shop!

All proceeds support programs, events, and services at the North Haven Senior Center.

Line Dancing Mini-Series

With Instructor: Xan Walker

**Thursday, September 4
& Thursday, September 18
9:30 – 10:30am**

Kick Up Your Heels!

No experience needed.

**Just bring your enthusiasm!
Learn fun, easy line dances and
enjoy great music with friends.
Stop by the office to sign up.**

Resident: \$5 per class, \$10 for both

Resident Registration: 7/21 – 8/29

Non-Resident: \$10 per class, \$20 for both

Non-Resident Registration: 8/4 – 8/29

Blue Zones

*Lessons for Living Longer from the
People who Live the Longest*
Friday, September 5 at 10:15am

Those who live in what has been coined the “blue zones” live in very different part of the world. Yet they have a common theme that is believed to lead to longer, healthier, happier lives.

Join Angela Christie from Hartford Healthcare's Center for Healthy Aging for a discussion on the 9 common sense healthy habits practiced by communities with the highest rate of centenarians across the world.

Register on the program sign-up board.

Resident: \$ FREE

Resident Registration: 7/21 -8/29

Non-Resident: \$ FREE

Non-Resident Registration: 8/4 – 8/29

Stay Active and Independent for Life (SAIL)

**Tuesdays, Sept. 9 – Dec. 2,
9:30 – 10:30am**

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention class centered around a strength, balance and fitness program.

Payable by check to
Treasurer, Town of North Haven

Resident: \$ 30

Resident Registration: 8/19 – 9/5

Non-Resident: \$ 40

Non-Resident Registration: 8/26 – 9/5

First Aid & CPR Informational Program Wednesday, September 10, 10:15am – 11:45am

Donna Alogna, a retired EMT trainer, will present information on first aid and CPR that may be useful for seniors to be aware of for themselves or others.

This isn't a certification program. This information is to help you be confident in an emergency situation with your loved ones.

Register on the program sign-up board.

Resident: \$ FREE

Resident Registration: 7/28 – 9/5

Non-Resident: \$ FREE

Non-Resident Registration: 8/11 – 9/5

Q&A with First Selectman Michael Freda

**Thursday, September 11,
1:00 – 3:00pm**

Meet with Mike Freda at this public forum to get updates right from the source.

Ask your burning questions about the town that you've been wanting to know.

Refreshments will be offered.

Register on the program sign-up board.

Resident: \$ FREE

Resident Registration: 8/18 – 9/10

Non-Resident: \$ FREE

Non-Resident Registration: 9/2 – 9/10

Food & Friends Friday Friday, September 12 at 11:30am

Come and eat great food, socialize and make new friends!

Menu will include pulled pork sliders, Cole slaw, salad, corn bread and dessert. Stop by the office to sign up.

Resident: \$ 5

Resident Registration: 8/11 – 9/5

Non-Resident: \$ 10

Non-Resident Registration: 8/25 – 9/5

Medicare Update

Wednesday, September 17th

11:30am – 1:00pm

Join Thomas Tropiano, Medicare Broker at Barnum Benefit Advisors, to learn about this year's Medicare updates. Thomas will answer any questions that you may have.

Register on the Program
Sign Up board.

Resident: \$ FREE

Resident Registration: 8/18 - 9/10

Non-Resident: \$ FREE

Non-Resident Registration: 9/2 - 9/10

Essential Estate Planning Documents

**Thursday, September 18th
at 1:00pm**

Elder Law Attorneys, Donna Levine of North Haven will review the essential three documents every adult should have and will also go over some additional planning considerations including trusts and alternatives to trusts.

Register on the Program Sign Up board.

Resident: \$ FREE

Resident Registration: 8/18 - 9/10

Non-Resident: \$ FREE

Non-Resident Registration: 9/2 - 9/10

Table for one: How to Shop, Cook, and Eat Healthy for One

With Natalie Webb, dietician from Big Y

Friday, September 19 at 10:15am

Cooking for just yourself can seem like a challenge. You may wonder if there are ways to cook for yourself on a budget, without wasting food and switching it up so you're not just eating the same leftovers all week long. Come learn helpful tips to save money when you are shopping and cooking for yourself.

Register on the Program Sign Up board.

Resident: \$ FREE

Resident Registration: 8/18 – 9/12

Non-Resident: \$ FREE

Non-Resident Registration: 9/2 – 9/12

Lunch Bunch: Nick's Char Pit

Tuesday, September 23 at Noon

22 Middletown Ave in North Haven

Hot dogs and other American eats round out the menu at this enduring counter-serve with open-flame cooking.

Drive On Your Own/Pay On Your Own

Register on the Program Sign Up board.

Resident: \$ Pay On Your Own

Resident Registration: 8/18 – 9/12

Non-Resident: \$ Pay On Your Own

Non-Resident Registration: 9/2 – 9/12

Onda Healing Arts

With Onda Sound Healing

Thursday, September 25 at 10:30am

A sound bath meditation is an immersive, full-body listening experience that uses harmonic vibrations – produced by instruments like Tibetan bowls, crystal singing bowls, gongs, chimes, and voice – to guide the mind and body into deep relaxation.

Come together for this unique relaxation experience, designed to support deep rest, energetic clearing, and nervous system balance. Residents can register on the Program Sign Up board.

Non-Residents, please stop by the office.

Resident: \$ FREE – for Senior Center Month!

Resident Registration: 8/25 – 9/19

Non-Resident: \$ 10

Non-Resident Registration: 9/8 – 9/19

Senior Center Month Celebration!

Friday, September 26 at 11:30am

Join us for a fun-filled day as we celebrate

Senior Center Month in style.

Get ready to tap your toes and sing along to classic hits with live music by the Elderly Brothers!

Enjoy hamburgers, hot dogs, tasty side dishes, awesome door prizes, and great company.

Don't miss all the fun!

Please stop by the office to register.

Resident: \$ FREE

Resident Registration: 8/15 – 9/12

Non-Resident: \$ 10

Non-Resident Registration: 8/25 – 9/12

Think Before You Click:

Cyber Scam Awareness for Seniors

Monday, September 29 at 10:30am

Join us for an engaging and eye-opening session on how to spot and stop online scams targeting older adults. From fake calls and phishing emails to social media impersonation and tech support fraud, you'll learn the red flags and what to do if you are targeted.

Presented by the CyberGuardian Team, this program will empower you with practical tips, real-life examples, and introduce a new app designed to protect seniors from cybercrime.

Register on the Program Sign Up Board.

Resident: \$ FREE

Resident Registration: 8/18 – 9/19

Non-Resident: \$ FREE

Non-Resident Registration: 9/2 – 9/19

Make & Take: Halloween Pumpkins

Thursday, October 2 at 1:00pm

Let's roll into something spooky! We're turning toilet paper into boo-tiful Halloween pumpkins.

No tricks – just a treat you can take home!

Residents, register on the Program Sign Up Board. Non-residents, stop by the office to register and pay.

Resident: \$ FREE

Resident Registration: 8/25 – 9/26

Non-Resident: \$ 5

Non-Resident Registration: 9/8 – 9/26

Medicare Info Session

Friday, October 3 at 10:30am

Join Nick Casella, Senior Partner at Health Insurance Associates, LLC, for an info session to discuss the changes to Medicare Insurance plans for 2026.

Bring your questions!

Register on the Program Sign Up Board.

Resident: \$ FREE

Resident Registration: 9/2 – 9/26

Non-Resident: \$ FREE

Non-Resident Registration: 9/15 – 9/26

Birthday Club is Back!

Friday, October 3 at 11:30am

Beginning in October, we will be bringing back our monthly birthday celebrations! If your birthday is in September or October, please come celebrate! If your birthday does not fall in one of those 2 months, you are still encouraged to celebrate with us!

It's not a party without friends.

Register on the Program Sign Up Board.

*Cake provided by
The Landing of North Haven*

Resident: \$ FREE

Resident Registration: 9/2 - 9/26

Non-Resident: \$ FREE

Non-Resident Registration: 9/15 - 9/26

Fire Prevention

Monday, October 6 at 11:30am

Fire Prevention Week is
October 5 – October 11

The North Haven Fire Department will be presenting on fire prevention and safety in your homes. These tips are to educate our members to be better prepared in a fire emergency.

Register on the Program Sign Up board.

Resident: \$ FREE

Resident Registration: 9/2 – 9/26

Non-Resident: \$ FREE

Non-Resident Registration: 9/15 – 9/26

Celebrate Joy, Happiness, and Humor

Tuesday, October 7 at 1:00pm

Presented by Dr. Steve Sobel, speaker, humorist, author and coach

A wonderfully engaging and memorable presentation. Laugh until you cry and cultivate the ability not to “make mountains out of molehills” and understand why laughter is indeed the best medicine. You will leave inspired and feeling great about handling life’s challenges and stresses.

Stop by the office to register.

Resident: \$ 5

Resident Registration: 9/2 – 9/30

Non-Resident: \$ 10

Non-Resident Registration: 9/15 – 9/30

Best of North Haven Pizza Contest

Friday, October 10 at 11:30am



We all have our favorite local pizza joint, but how sure can you be that your favorite is the best? How often do we get to compare the popular local spots with each other?

Well, now's your chance!

We will be taste testing the cheese pizza of North Haven pizzerias and voting for our top 3 favorite slices. Who will reign supreme?

Residents can register on the Program Sign-Up Board.

Non-residents, please stop by the office to register.

Resident: \$ FREE

Resident Registration: 9/2 – 9/30

Non-Resident: \$ 5

Non-Resident Registration: 9/15 – 9/30

 **Montowese**
Center for Health & Rehabilitation

Make & Take:

Joyful Bracelet Workshop **Wednesday, October 15 at 10:30am**

Comfort Keepers will be hosting this Make-and-Take event to bring a bit of sparkle and joy to our center!

Join J'Lyn from Comfort Keepers to create your own unique bracelet.

Register on the Program Sign Up Board.

Resident: \$ FREE

Resident Registration: 9/15 - 10/8

Non-Resident: \$ FREE

Non-Resident Registration: 9/29 - 10/8

Dental Health & Hygiene **Friday, October 17 at 10:30am**

University of New Haven Dental Hygiene students will answer dental health questions, review important information on dental health, and demonstrate proper self-care techniques.

Those who are interested may receive basic screenings for signs of cavities, infections, or oral cancer or schedule an appointment.

Register on the Program Sign Up Board.

Resident: \$ FREE

Resident Registration: 9/2 – 10/10

Non-Resident: \$ FREE

Non-Resident Registration: 9/15 – 10/10

Breakfast Bunch at the Breakfast Nook

Thursday, October 23 at 8:00am
565 Washington Ave in North Haven

Meet up for breakfast at the Breakfast Nook!
A cozy American spot serving eggs, pancakes,
breakfast burritos, and more!

Drive On Your Own/Pay On Your Own
CASH PREFERRED

Register on the Program Sign Up Board.

Resident: \$ Pay On Your Own
Resident Registration: 9/22 – 10/17
Non-Resident: \$ Pay On Your Own
Non-Resident Registration: 10/6 – 10/17

Brain Health: What Can I Do?

Friday, October 24 at 10:30am

Presented by Angela Christie, Dementia Specialist
at Hartford HealthCare Center for Healthy Aging

Brain health is a critical part of your overall health. It underlies your ability to communicate, make decisions, solve problems and live a productive and useful life. Because the brain controls so much of daily function, it is arguably the single most valuable organ in the human body. Join this class to learn tips and tricks for brain health.

Register on the Program Sign Up Board.

Resident: \$ FREE
Resident Registration: 9/15 – 10/17
Non-Resident: \$ FREE
Non-Resident Registration: 9/29 – 10/17

Make & Take Greeting Cards

Thursday, November 6 at 2:30pm

Senior Center member, Donna Seminoro, will be leading us in this greeting card making class. Together, we will make 5 greeting cards: 4 Christmas, and 1 Thanksgiving. No experience necessary to create these works of art!

Register on the Program Sign Up Board.

Resident: \$ FREE
Resident Registration: 9/29 – 10/31
Non-Resident: \$ FREE
Non-Resident Registration: 10/13 – 10/31

Low Cost Health & Wellness Pet Clinic

Friday, November 7, 9:00am - Noon

Call by Nov. 7 to reserve your spot
203-239-5432.

\$60 per pet for qualifying seniors and veterans.
\$100 per pet for all others.

Included Services: Wellness checks, rabies vaccines, distemper vaccines, basic deworming, heart worm testing (dogs only)

*Additional services such as nail trims and non-core vaccines (Lyme, Lepto, Kennel Cough) available for an added fee.

Please note:

- All cats must be in a carrier and all dogs must be leashed.
- No litters of puppies or kittens.
- Prior proof of rabies required for 3-year rabies certificate.

Annual Holiday Party 2025

Terrace on the Green
37 Harrison Rd. in Wallingford



Entertainment by the Boogie Boys

Lunch will include: salad, pasta, garlic mashed potatoes, vegetable medley, and your choice of entrée: Hot Sliced Flank Steak, Chicken Piccata, or Scrod Mediterranea.

Transportation available for those who do not drive – carpooling is encouraged.

*If you would like to choose your tablemates,
please register and pay together using the form below.*

Resident: \$25, payable by check to *Treasurer, Town of North Haven*

Resident Registration: September 8 – October 10

Resident: \$35, payable by check to *Treasurer, Town of North Haven*

Resident Registration: September 22 – October 10

North Haven Senior Center 2025 Holiday Party

[illegible]

On-Going Programs

Lending Library

You are welcome to stop by and pick up a book at your leisure. When donating or returning a book please place them in the bin located in the library.

Computer Lab/Brainwave Café, Mon – Fri 9am-3pm for your use.

Play a variety of board games or puzzles and brain teasers. Utilize our computers, internet and printer.

Ask the Nurse – Thursday, September 11 & Thursday, October 9 at 10:30am

Did you know that your Center provides a Health Counseling Clinic the 2nd Thursday of each month? The clinic can provide you with help setting overall health goals, check your blood pressure, assist with creating a Medication List, and teach you how to prepare for your next medical appointment. This is free to any North Haven residents and funded by the Town of North Haven.

Creativity

Oil Painting Class - Tuesdays, 12:00 - 3:00pm – There is still room to join the current session!

Next session: Oct. 14 – Jan. 13, no class 11/11 or 12/23

Open for all levels; a supply list is available upon registration.

Resident Cost: \$40

Resident Registration: 9/16 – 10/10

Non-Resident Cost: \$50

Non-Resident Registration: 9/30 – 10/10

Diamond Art Painting Group – Wednesdays from 11:00am – 12:00 Noon

Diamond painting has quickly become all the rage, and for good reason! It allows you to feel like an artist, even if there's not a creative bone in your body! There is no fee, just bring your own project. If you need help selecting a project, we can help. If you haven't done diamond art before, we will teach you!

Friends of Fran Knitting and Crocheting Group – Thursdays 10am – 12pm

Come join this fun group to work together on your individual projects, share patterns, and chit-chat the morning away!

Holiday Fair Committee Meeting – Those interested in being involved this year are encouraged to attend the next two meetings are September 8th & October 6th and 20th at 10:00am.

Play Games:

BINGO - Mondays, Wednesdays, & Fridays – 1-3pm

\$3 for the afternoon – bring the exact amount to play. BYOM (Bring your own marker)

Dominos– Thursdays at 1pm

Novice and experienced game players are welcome. This quick moving game is easy to learn and difficult to master! Come join in on the fun!

Bridge – Wednesdays and Fridays at 12:30pm

Bridge is the ultimate trick-taking card game, easily the greatest source of enjoyment that four people can have with a pack of cards. New and experienced players are welcome.

Canasta – Mondays & Fridays at 10:00am

Canasta is a card game that is similar to Rummy. This is a game played with teams that is easy to learn. New and experienced players are welcome.

Mah Jongg – Tuesdays and Thursdays at 1:00pm

Mah Jongg is a Chinese game, usually played by four people, that is similar to Rummy. Experienced players are welcome; we do not have a Mah Jongg class at this time.

Scrabble – Fridays at 9:30am

Scrabble is a classic game that gets your brain working and tests your vocabulary. New and experienced players are welcome.

Chess – Mondays at 10:15am

A strategy game for two. New and experienced players are welcome.

Setback at 10:30am & Rummikub at 10:00 am – Tuesdays

Setback is a trick-taking card game. Rummikub is a tile-based game where players take turns placing tiles into sets and runs. New and experienced players are welcome.

Cue Club

Our billiards room is open Monday – Friday from 9am – 3pm for open play. Call or stop by to reserve a time slot up to 2hrs. Bring a friend or meet a friend playing this classic game.

Bocce – Tuesdays, Thursdays & Fridays at 1:00 pm

If you have never played the game but wish you had learned – come and play! New and experienced players are welcome.

Health & Fitness

Fitness Fun – Mondays, Wednesdays and Fridays at 9:30am

This 30-minute exercise program is self-run by members. Stop in to get all your body parts moving! This class is great for all fitness levels.

Cardio Drumming – Every other Wednesday at 11:00am

Cardio Drumming is a full-body workout that combines drumming, cardio, and music for a fun, unique experience. Exercises can be done seated or standing and the class is free.

Move To Music – Mondays at 11:00am – Noon, September 8 – December 1

“Move to Music” is a low impact, fun, choreographed fitness class which can be done either seated or standing. The functional movements can help to improve coordination, balance, strength, and memory.

Payable by check to Treasurer, Town of North Haven

Resident Cost: \$48

Resident Registration: 8/18 – 9/5

Non-Resident Cost: \$58

Non-Resident Registration: 8/25 – 9/5

Qigong & Tai Chi – Mondays, September 15 – December 8

Seated Qigong/Tai Chi: 10:00 – 11:00am or Standing Qigong/Tai Chi 101: 11:15am – 12:15pm

The gentle rhythmic movements of Qigong and Tai Chi can reduce stress, build stamina, increase vitality and enhance the immune system.

Payable by check to Treasurer, Town of North Haven

Resident Cost: \$48

Resident Registration: 8/18 – 9/5

Non-Resident Cost: \$58

Non-Resident Registration: 8/25 – 9/5

Balance Through Strength – Thursdays, 1:00 – 1:45, August 28 – November 13

Build stability, strength, and confidence in this 12-week class led by Tom, a certified personal trainer and fitness coach with IFA, CPR and Silver Sneakers credentials. This class is for those who are not already enrolled in the Better Balance Class.

Resident Cost: \$30

Resident Registration: 7/31 – 8/21

Non-Resident Cost: \$40

Non-Resident Registration: 8/14 – 8/21

Mark Your Calendar and Plan Ahead!

November 1: Holiday Fair, 9:00am – 4:00pm

November 4: Fall Prevention, Gaylord, 1:00pm

November 6: Make & Take: Card Making with Donna, 2:30pm

November 7: Low Cost Health & Wellness Pet Clinic

November 10: Make & Take: Poppy Pinwheels, 10:30am

November 13: AOASCC Medicare Program, 10:00am

November 14: Birthday Club, 11:30am

November 20: Paul Cicarella & Dave Yaccarino, Meet and Greet, 10:30am

November 20: Oak Street Health, Music Bingo, 1:00pm

November 21: Friendsgiving Lunch, 11:30am

December 1: Make & Take: Cookie Cutter Christmas Ornament, 10:30am

December 5: Holiday Party at Traditions in Wallingford w/Boogie Boys

December 10: Kenny and Dolly Show at Aqua Turf

December 19: Birthday Club, 11:30am

SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
SENIOR CENTER	9:30-SAIL Fitness	9:30-Fitness Fun	9:30-Line Dancing	8:30-AARP Smart
CLOSED	10:00-Rummikub	11:00-Diamond Art	10:00-Knitting/Crochet	Drivers Course
	10:30-Setback	12:30-Bridge	1:00-Balance/Strength	9:30-Fitness Fun
LABOR DAY	12:00-Oil Painting	1:00-Bingo	1:00-Bocce	9:30-Scrabble
	1:00-Bocce		1:00-Dominos	10:00-GFWC Mtg.
	1:00-Mahjongg		1:00-Mahjongg	10:15-Blue Zones:
				Lessons for Living
				Longer
				12:30-Bridge
				1:00-Bingo
				1:00-Bocce
8	9	10	11	12
9:30-Fitness Fun	9:30-SAIL Fitness	8:45-Depart for	10:00-Knitting/Crochet	9:30- NO Fitness Fun
10:00-Canasta	10:00-Rummikub	River Boat Cruise	10:30-Ask the Nurse	9:30-Scrabble
10:00-Holiday Fair Mtg.	10:30-Setback	9:30-Fitness Fun	1:00-Balance/Strength	10:00- NO Canasta
10:15-Chess	10:30-Finance Mtg.	10:15-First Aid	1:00-Bocce	11:30-Food &Friends
11:00-Move to Music	12:00-Oil Painting	Informational	1:00-Dominos	Pulled Pork Sliders
1:00-Bingo	1:00-Bocce	11:00-Cardio Drum.	1:00-Mahjongg	12:30- NO Bridge
	1:00-Mahjongg	11:00-Diamond Art	1:00 Q&A with Mike	1:00- NO Bingo
	2:00- Pool School	12:30-Bridge	Freda	1:00-Bocce
		1:00-Bingo		
	Wallingford Bocce	6:45-Estimate return		Car Fit Event
	Tournament	From trip		Saturday 9/13
	1-3 p.m.			9:00 a.m.-1:00 p.m.
				Appointment Req.
		Grocery Shopping		(register by 9/5)
15	16	17	18	19
9:30-Fitness Fun	9:30-SAIL Fitness	9:30-Fitness Fun	9:30-Line Dancing	9:30-Fitness Fun
10:00-Canasta	10:00-Rummikub	11:00-Diamond Art	10:00-Knitting/Crochet	9:30-Scrabble
10:00- Seated Qigong/Tai Chi	10:30-Setback	11:30-Medicare 101	1:00-Balance/Strength	10:00-Canasta
10:15-Chess	12:00-Oil Painting	12:30-Bridge	1:00-Bocce	10:15-Table for One
11:00-Move to Music	1:00-Bocce	1:00-Bingo	1:00-Dominos	Presented by Big Y
11:15-Qigong/Tai Chi	1:00-Mahjongg		1:00-Mahjongg	12:30-Bridge
1:00-Bingo	2:00- Pool School		1:00-Estate Planning	1:00-Bingo
	4:00-COA Meeting			1:00-Bocce
22	23	24	25	26
9:30-Fitness Fun	9:30-SAIL Fitness	9:30-Fitness Fun	10:00-Knitting/Crochet	9:30- NO Fitness Fun
10:00-Canasta	10:00-Rummikub	11:00-Cardio Drum.	10:30 Onda Healing	9:30-Scrabble
10:00- Seated Qigong/Tai Chi	10:30-Setback	11:00-Diamond Art	Arts	10:00- NO Canasta
10:15-Chess	12:00-Oil Painting	12:30-Bridge	1:00-Balance/Strength	11:30-Senior Center
11:00-Move to Music	12:00-Lunch Out at	1:00-Bingo	1:00-Bocce	Month Celebration
11:15-Qigong/Tai Chi	Nick's Char Pit		1:00-Dominos	12:30- NO Bridge
1:00-Bingo	1:00-Bocce		1:00-Mahjongg	1:00- NO Bingo
	1:00-Mahjongg	Grocery Shopping		1:00-Bocce
	2:00- Pool School			
29	30			
9:30-Fitness Fun	9:30-SAIL Fitness			
10:30 Think Before You Click	10:00-Rummikub			
10:00-Canasta	10:30-Setback			
10:00-Seated Qigong/Tai Chi	12:00-Oil Painting			
10:15-Chess	1:00-Bocce			
11:00-Move to Music	1:00-Mahjongg			
11:15-Qigong/Tai Chi	2:00- Pool School			
1:00-Bingo				

OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:30-Fitness Fun	10:00-Knitting/Crochet	9:30-Fitness Fun
		11:00-Diamond Art	1:00-Balance/Strength	9:30-Scrabble
		12:30-Bridge	1:00-Bocce	10:00-Canasta
		1:00-Bingo	1:00-Dominos	10:00-GFWC Mtg.
			1:00-Mahjongg	10:30-Medicare w.
			1:00-Make & Take:	Nick Casella
		VACCINE CLINIC TODAY	Halloween Pumpkins	11:30-Birthday Club
		9:00 A.M.-12:00 P.M.		with The Landing
				12:30-Bridge
				1:00-Bingo
				1:00-Bocce
6	7	8	9	10
9:30-Fitness Fun	9:00-Mini Trip:	9:30-Fitness Fun	10:00-Knitting/Crochet	9:30- NO Fitness
10:00-Canasta	Universal Drive	11:00-Cardio Drumming	10:30-Ask the Nurse	9:30-Scrabble
10:00-Seated Qigong & Tai Chi	9:30-SAIL Fitness	11:00-Diamond Art	1:00-Balance/Strength	10:00- NO Canasta
10:00-Holiday Fair Mtg.	10:00-Rummikub	12:30-Bridge	1:00-Bocce	11:30-Food and
10:15-Chess	10:30-Setback	1:00-Bingo	1:00-Dominos	Friends feat.
11:00-Move to Music	12:00-Oil Painting		1:00-Mahjongg	Best Pizza
11:15-Qigong/Tai Chi	1:00-Bocce	Grocery Shopping		12:30- NO Bridge
11:30-Fire Prevention	1:00-Mahjongg			1:00- NO Bingo
Program	1:00-Celebrate			1:00-Bocce
1:00-Bingo	Joy, Happiness			
	& Humor			
13	14	15	16	17
SENIOR CENTER	9:30-SAIL Fitness	9:30-Fitness Fun	10:00-Knitting/Crochet	8:30-AARP Smart
CLOSED	10:00-Rummikub	10:30-Make & Take:	1:00-Balance/Strength	Drivers Course
	10:30-Setback	Joyful Bracelets w/	1:00-Bocce	9:30-Fitness Fun
COLUMBUS DAY	10:30-Finance	Comfort Keepers	1:00-Dominos	9:30-Scrabble
	Committee Mtg.	11:00-Diamond Art	1:00-Mahjongg	10:00-Canasta
	12:00-Oil Painting	12:30-Bridge		10:30-Dental Hygiene
	1:00-Bocce	1:00-Bingo		Clinic w. UNH
	1:00-Mahjongg			12:30-Bridge
				1:00-Bingo
				1:00-Bocce
20	21	22	23	24
9:30-Fitness Fun	9:30-SAIL Fitness	9:30-Fitness Fun	8:00-Breakfast at	9:30-Fitness Fun
10:00-Canasta	10:00-Rummikub	11:00-Cardio Drumming	The Breakfast Nook	9:30-Scrabble
10:00- Seated Qigong & Tai Chi	10:30-Setback	11:00-Diamond Art	10:00-Knitting/Crochet	10:00-Canasta
10:00-Holiday Fair Mtg.	12:00-Oil Painting	12:30-Bridge	1:00-Balance/Strength	10:30-Brain Health
10:15-Chess	1:00-Bocce	1:00-Bingo	1:00-Bocce	Presentation
11:00-Move to Music	1:00-Mahjongg		1:00-Dominos	12:30-Bridge
11:15-Qigong/Tai Chi			1:00-Mahjongg	1:00-Bingo
1:00-Bingo				1:00-Bocce
27	28	29	30	31
9:30-Fitness Fun	9:30-SAIL Fitness	9:30-Fitness Fun	ALL ACTIVITIES	ALL ACTIVITIES
10:00-Canasta	10:00-Rummikub	11:00-Diamond Art	CANCELED	CANCELED
10:00-Seated Qigong & Tai Chi	10:30-Setback	12:30-Bridge		
10:15-Chess	12:00-Oil Painting	1:00-Bingo	HOLIDAY FAIR	HOLIDAY FAIR
11:00-Move to Music	1:00-Bocce		SET UP	SET UP
11:15-Qigong/Tai Chi	1:00-Mahjongg			
1:00-Bingo				

