



YOUR LINK TO QUALITY HEALTHCARE

Varsha Salani, D.M.D., LLC

State of the Art Dentistry
Emphasizing Cosmetics in a Therapeutic Environment

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- Whitening - Smile Design
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Come see us at our new location! 185 Maple Ave., North Haven, CT

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

North Haven Senior Center
189 Pool Rd., North Haven
Hours: 8:00am-4:00pm
Phone: (203) 239-5432

The following programs are held at the North Haven 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 APRIL 20-24
Mon., 4/20: 9:15am: Silver Sneakers Circuit; **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** Move to Music; **1pm:** Bingo.
Tues., 4/21: 9:30am: Functional Fitness; **10am:** Rummikub; **12pm:** Oil Painting Class; **1pm:** Bocce, Mah Jongg; **2pm:** Pool School. *Bus Trip: Miss Dallas' Shop & Cracker Barrel.*
Wed., 4/22: 9:30am: Fitness Fun; **10am:** Pinochle; **10:30am:** How to Make the Most of Medicare; **11am:** Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.
Thurs., 4/23: 10am: Knitting/Crochet, Bobcat Walking Group, Seated Qigong/Tai Chi; **11:15am:** Standing Qigong/Tai Chi; **1pm:** Balance/Strength, Bocce, Dominos, Mah Jongg.
Fri., 4/24: 9:30am: Fitness Fun; **10am:** Canasta; **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

Enrichment Classes
Oil Painting: Thursdays, 12pm-3pm. Open for all levels; supply list available upon registration. Next session: May 26- August 11. Resident cost is \$30, Non-Resident cost is \$40. Check payable to: Treasurer, Town of North Haven. Residents may register beginning May 4, Non-Residents may register May 11. **Registration ends May 22.**

*Non-Residents must have a Non-Resident Guest Agreement for all classes, as well as complete a Non-Resident Guest Application. Both need to be on file before registering for a class.



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Programs/Activities

Monitor My Health: Tuesdays, May 12 - July 7 at 10am. Are you above 60 years old and have diabetes or pre-diabetes? You are eligible to join an evidence-based 9 weeks long diabetes self-management program at NO cost! To learn more and see if this program is right for you, join us for an **Info Session on Tues., April 28 at 10am.** Refreshments will be provided. Register on the program sign-up board or call (203) 239-5432. Residents may register beginning April 20, Non-Residents may register beginning April 27.

Nurse Blood Pressure Clinics: Did you know that your Center provides a health Counseling Clinic the 2nd Wednesday 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 resident and funded by the Town of North Haven.

Bring Back the Pollinators: Butterflies in Your Backyard: Thurs., May 14 at 10am. The Xerces Society's "Bring Back the Pollinators" campaign is a 4-step initiative to help declining pollinator populations by encouraging people to grow pollinator friendly flowers, provide nesting and shelter, avoid using pesticides and spread the word. Call (203) 239-5432 for more information.

Line Dancing: Thursdays, May 14 & 28 at 10am. Our wonderful instructor, Xan will have you up on your feet as you learn the most popular line dances. Cost is \$5 per class per Residents, \$10 per class for Non-Residents. Residents may register at this time, Non-Residents may register beginning April 27. Register in office. Call (203) 239-5432 for more information.

Silver Sneakers Circuit: Thursdays, 11:15am-12pm. Interval-style training, designed to strengthen your upper-body with handheld weights. Low impact cardio movements are alternated

to maximized fitness benefits. A chair is offered for support. Resident cost: Silver Sneakers membership or \$2.00 per class. Resident registration for the May session begins April 20. Non-Resident cost: Silver Sneakers membership or \$2.00 per class. Registration for Non-Residents begin April 27. **Registration for May session ends May 1.** Space is limited. Call (203) 239-5432 for more information.

Upcoming Day Trips

Under the Boardwalk Summer Fun: Thurs., June 25 at Grand Oak Villa, Oakville, CT. Listen to Summer classics from Joey & Doreen Arminio as they bring their Jammin' Island Band to perform the music of Jimmy Buffet, Jersey Shore Classics, Beach Boys hits and more! Cost is \$132 for Residents, \$142 for Non-Residents. Check ONLY, payable to Friendship Tours. Bus departs North Haven Senior Center at 10:15am and estimated to return by 5pm. Cost includes round trip coach bus transportation, cheese & cracker reception, family style menu, dessert, soda, carafes of wine at table, coffee and show. **Registration is open now**, so don't miss out on the fun! Call (203) 239-5432 for more information.

"The Log Cabin" at Holyoke. MA: Thurs., July 30. Featuring Showtime! With Bobby Darling and Dr. Devine. They are one of the funniest, zaniest shows around, so come ready to have a good time! Cost is \$155 for Residents, \$165 for Non-Residents. Check ONLY, payable to Friendship Tours. Bus departs North Haven Senior Center at 9:30am with an estimated return of 5pm. Cost includes round trip coach bus transportation, welcome tray with cheese and vegetable platter, choice of entrée: Twin Lobsters or Prime Rib au jus, sides, dessert, coffee and show. **Registration ends May 29.** Call (203) 239-5432 for more information.

Lighthouse Cruise - Narragansett Bay: Wed., Aug. 12. See 10 famous lighthouses, 10 incredible islands, view the Newport Naval Base, experience the beauty of Newport Harbor and its fascinating waterfront. Prior to the cruise enjoy brunch at the Quonset 'O' Club, and then set sail for a 90-minute narrated cruise on a state-of-the-art catamaran, where you can enjoy views from one of three levels! Following the cruise, we'll stop at Olde Mistick Village. Cost is \$164/pp for Residents, \$174/pp for Non-Residents. Cost includes: Round-trip air-conditioned bus transportation, brunch and cruise. Check ONLY, payable to Friendship Tours. Bus will depart North Haven Senior Center at 9:15am with an estimated return of 7:30pm. Residents may register beginning April 27, Non-Residents may register beginning May 11. **Registration ends June 10.** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS APRIL 2026

Mon., 4/20: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Texas Hold'em; **9:30am:** Body In Motion; **10am:** Canasta, Better Questions, Better Answers Wally Kostrzewa, Bingocize; **10:15am:** Tai Chi Beginner; **10:45am:** ZOOM Workout with Sue; **11am:** Total Fitness; **12pm:** Silver Sneakers CIRCUIT; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel, Chair Yoga; **1pm:** Chess Club, Karaoke with Barbara and Pat; **2pm:** Zumba Gold.

Tues., 4/21: 8:30am: ZOOM Workout with Sue; **9am:** Billiards, Club 60 Plus Fitness, Volunteering, Lake View Cafe; **9:30am:** Total Fitness; **10am:** Bocce; **10:15am:** Steady and Strong; **11am:** Bridge, Line and Ballroom Dance Lessons, Strength and Balance; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC.

Wed., 4/22: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, SetBack; **9:30am:** Body In Motion; **10am:** Bingocize; **10:15am:** Silver Sneakers BOOM; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominos, Prime Time Players; **1pm:** Crafters Corner, Cribbage; **2:30pm:** Basic Drumming.

Thurs., 4/23: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Marbled Clay - Flower Teacup & Saucer, Total Fitness; **10am:** Bocce, Bible Discussion; **10:15am:** Silver Sneakers YOGA/Chair Yoga; **11am:** Cardio Drumming, Total Fitness; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble, Parkinson's Fitness; **1:30pm:** Book Club Discussion Group; **2pm:** Silver Sneakers CLASSIC; **3pm:** Gentle Yoga; **5pm:** Lake View Dinner and Tomaca; **6pm:** Tomaca.

Fri., 4/24: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Silver Steppers Tap Class; **10am:** iPhone 101, Parkinson's Support Group, Tai Chi; **10:30am:** ZOOM Workout with Sue; **11am:** Bridge-Great Room, Strength and Balance; **12pm:** Pinochle, Friday Movie - Avatar; **1pm:** Knitters & Crocheters, Indoor Cornhole; **2pm:** Senior Jammers.

SENIOR SPOTLIGHT

SENIOR LIVING

ACCEPTING APPLICATIONS FOR Studio Units \$560 1 Bedroom Units \$661 Includes All Utilities

Exciting Community Activities

Davenport Residence
125 Putnam Ave. Hamden
(203) 248-1445

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

Equal Housing Opportunity

Garden Club Community Grants

The Suburban Garden Club of Cheshire is accepting applications for the 2026 Community grants initiative. Cheshire individuals and non-profit organizations are eligible to apply for funds for projects that support our goals to:

- Encourage interest in all phases of gardening
- Promote better environmental practices and conservation of natural resources

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- Increase knowledge in the artistic use of plant material in design and landscaping
- Assist in Cheshire community beautification and civic involvement through participation, contributions and charitable activities

The form can be found at <https://www.cheshiregardeners.org/> The process began on April 1st and **the deadline is April 30, 2026.** Grants will be awarded by June 15, 2026.

Rita's African Show At Senior Center



Pictured Top: Members joining in clapping as Rita sang and danced to the African music. **Bottom:** Rita dancing with a basket on her head, and showing her Uganda Flag.

North Haven: On Thursday, April 16, a wonderful presentation was held starting with enjoyable music. Africa has 54 countries, 46 tribes, a tribe is made up of a group of people who have something in common and Uganda is in East Africa and has 52 million people where Rita comes from. Rita is 64 years old, worked as a social worker who is now retired, she is a seamstress and a jeweler. She has two grandchildren who she loves very much. She showed different size baskets where each basket has a purpose for them to use, they walk with baskets on their heads and also dance with as many as 6 or 10 baskets on their heads. A ekyagwe vine plant, 50 of them are used to wash clothes that are stiff then get soft as they use them. They throw them away and go and pick another one outside, they never run out of them. They make their Uganda flag out of a fabric called Lubugo from a tree skin. When there is a wedding or graduation, they dance for four days in a row for the celebrations. Rita danced for us, brought in many different dress gears of the many countries of Africa that each tribe wears. It was such a great presentation with much information, so interesting, thank you Rita Kabali, Mary Higgins and Paulette DeMaio.
Story and photos by Jo Ann Buccetti

FOR SALE: Stanley outdoor plant hangers/shelf brackets, brand new, sealed, with hooks, hardware, 2 prs./\$6; (203) 606-0932

FOR SALE: MTD 20" lawn mower, one pull starting, serviced, oil changed, blade sharpened \$100; (203) 214-5232

WANTED: Antique country store items, old tins, bins, signs, boxes or anything related; (203) 915-7662