YOUR LINK TO QUALITY HEALTHCARE

Varsha Salani, D.M.D., LLC

State of the Art Dentistry

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Let us show you what our all female state-of-the-art cosmetic dentistry can do for you.

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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

WEEKLY ACTIVITIES
NOVEMBER 9-13

Mon., 11/9: **9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 11/10: **9am:** Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 11/11: ***Closed - Veterans' Day. All Activities Cancelled.***

Thurs., 11/12: **9am:** Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 11/13: **9am:** Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle*;* **1pm:** Knitters and Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS - NOVEMBER

Tues., 11/17: **8:45am:** Culinary Institute of America Trip; **11am:** Happy Birthday Party with Pat Russo.

Wed., 11/18: **10am:** Q&A Police Department; **12pm:** Lunch Bunch (Crush Winery).

Mon., 11/23: **10:30am:** Wills Trusts and Probate.

Tues., 11/24: **9:30am:** Veterans Coffee House.

UPCOMING CLASSES OR GROUPS - NOVEMBER

Mon., 11/16: **10am:** Canasta.

Wed., 11/18: **1pm:** Crafters Corner, Cribbage.

Thurs., 11/19: **9:30am:** Book Club Discussion Group.

Fri., 11/20: **9am:** Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 11/23: **10am:** Canasta.

Wed., 11/25: **1pm:** Crafters Corner, Cribbage.

Fri., 11/27: ***Closed.*** *(Silver Steppers Tap Class, Senior Jammers - Cancelled.)*

Mon., 11/30: **10am:** Canasta.

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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.northhaven.ct.us.

November 9-13

Mon., 11/9: **9:30am:** Fitness Fun; **10am:** Canasta, Chess; **11am:** *Just Move!;* **1pm:** Bingo.

Tues., 11/10: **9:30am:** *Functional Fitness;* **10am:** Rummikub, Wii Bowling; **12pm:** *Oil Painting Class;* **1pm:** *Make & Take-Washcloth Pumpkins,* Bocce - LAST DAY!, Mah Jongg. Mini Trip: Universal Drive.

Wed., 11/11: ***Senior Center Closed. Veterans' Day.***

Thurs., 11/12: **10am:** *Line Dancing, Seated Qigong,* Knitting/Crochet; **11:15am:** *Standing Qigong, Silver Sneakers Circuit;* **12pm:** *Back 9 Social (Pay/Drive on your own);* **1pm:** *Balance Through Strength,* Dominos, Mah Jongg.

Fri., 11/13: **8:15am:** *AARP Smart Drivers;* **9:30am:** Scrabble, Fitness Fun; **10am:** *GFWC of NH,* Canasta; **10:30am:** Cornhole, NO Melody Makers; **11:30am:** *Birthday Club;* **12:30pm:** Bridge; **1pm:** Bingo, Setback.

Health & Fitness:

Silver Sneakers Circuit: **Thursdays** from **11:15am-12pm.** Inverval-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. Payable by cash ($2 per session) or free with SilverSneakers membership. Membership number IS required upon registration. **Dates for the December session are as follows: Dec. 3, 10 & 17.** Call (203) 239-5432 for more information.

Programs/Activities

Medicare Changes: 2027 will bring changes to the Medicare program. We offer 2 opportunities for you to address questions and concerns. We encourage you to take advantage of one or both of the following:

• **Tues., Nov. 10** at **11am.** Judy Amarone, Municipal Agent for the Elderly and Leslie Pruitt from the Agency on Aging of South-Central CT will be on hand to discuss changes to Medicare and how they will affect you. Light refreshments will be served.

• **Mon., Nov. 16** at **10am.** Kareen Collazo, Licensed Insurance Broker specializing in Medicare solutions will present the important changes coming to Medicare in 2027, including plan terminations, new carriers entering the market, changes to Special Supplemental Benefits for the chronically ill and how the Medicare Savings Program may help individuals reduce health costs.

Understanding Neck Pain & Headaches: **Tues., Nov. 17** at **2:30pm.** Join Hartford Healthcare Rehabilitation for a presentation, led by a physical therapist, on the cause of neck pain and headaches. Learn how posture, muscle tension, and movement can contribute to symptoms. Learn practical strategies, exercises, and lifestyle modifications to help reduce pain, improve mobility, and prevent future episodes. Join us for the FREE presentation. Sign-up on the program board or call (203) 239-5432 to reserve your spot today. Non-Resident registration is now underway.

AARP Smart Drivers Course: **The Remaining date for 2026 is Fri., Dec. 18.** Classes are held at the North Haven Senior Center, from 8:15am-12:15pm. AARP Smart Drivers 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 the auto insurance premium. Registration is required. Cost is $20 for AARP members, $25 for non-AARP members, Check or Money Order ONLY, payable to AARP. Call (203) 239-5432 for more information or to register.

Spotlight Activities: ***NEW!*** **Mexican Train Dominoes.** This is a popular, train-themed table game where players connect matching domino tiles to form "trains" branching out from a central hub. The game is played with 2-8 players. Join us every other Thursday, at 10:00 a.m. for a morning of fun. Check for dates in our newsletter, which can be found online at www.northhavenct.gov. Corn Hole is back! Fridays from 10:30-11:30am beginning Nov. 13. This popular lawn game will be played indoors. Come for the friendly competition and stay for the good company!

Understanding Medicare Changes For 2027

The **North Branford** Office of Social Services, in partnership with the Agency on Aging, will offer a class explaining the many Medicare changes taking effect in 2027.

The class will cover plans leaving Connecticut, including Connecticare, Care Partners, and Silverscripts, along with premium changes affecting Medicare Advantage, Part D prescription drug, and Medicare Supplement plans. The average Part D premium is expected to increase from $80.25 to $114.51.

Participants will learn when they may change plans, switch from Original Medicare to a Medicare Advantage plan, or return to Original Medicare. We will explain Initial, Open, Special, General, and Medicare Advantage enrollment periods. People whose Medicare Advantage plan is leaving Connecticut will also learn how to select a new plan by the applicable deadlines and avoid disruptions in coverage.

The class will also explain the differences between Original Medicare, Medicare Advantage, Medicare Supplement, and prescription drug plans, as well as what Medicare Parts A, B, C, and D cover.

Event details: **Tues., November 17,** at **10am** in the **Board of Education Media Room,** located in the main lobby of the **STW Community Center.**

Registration: Please confirm your attendance by calling (203) 484-6006 and leaving a message, or by emailing lbreen@northbranfordct.gov.

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Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

DID YOU KNOW THAT THE AGENCY ON AGING HAS VOLUNTEER SERVICES?

The Agency on Aging provides opportunities for individuals to volunteer their time and experience to help others in the community. Whether it's engaging in conversation with someone at home or assisting a senior with transportation to a medical appointment, our volunteer department strives to support those over the age 21 who wish to make a difference.

We also offer our assistance to individuals in need of support. Sometimes, small acts of kindness, a listening ear, or a friendly phone call can significantly impact someone who feels alone and forgotten.

All volunteers and clients are vetted before service, and applications must be completed.

For more information, please reach out to Cherie Strucaly at (203) 752-2795 or cstrucaly@aoascc.org.

The Agency on Aging of South Central CT is located at 117 Washington Avenue, North Haven. www.aoascc.org.

Newly Formed Chapter of ACAP

Wallingford: ACAP (Adult Children of Aging Parents) South Central Connecticut is a newly created Chapter of ACAP created to help caregivers benefit from the expertise of senior services professionals and to connect with a vibrant community of caregivers.

Our community draws strength and inspiration from shared experiences and strives to help you gain the information and support you need to be a more effective caregiver and advocate. We understand the challenges of caring for aging parents and we are here to offer resources and support as you navigate the caregiver role.

Our chapter offers free monthy educational programs, resources, and connections for caregivers throughout the area. ***Currently we are hosting monthly meetings at Ashlar Village in Wallingford, open to all.***

Topics we cover include access to local resources, Connecticut's caregiving legal issues, financial issues for you and your aging parent, and the caregiver's emotional well-being, among others.

https://acapcommunity.org/find-a-chapter/acap-south-central-connecticut

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FOR SALE: Invicta watches $25 & up; Timex-Casio $30 & up; many others; (203) 645-8006 •

SENIOR SPOTLIGHT

SENIOR LIVING

ACCEPTING APPLICATIONS FOR

Studio Units $750
1 Bedroom Units $850
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

First Set Of Triplets Born In Connecticut



Wallingford: Valentino Anastasio, his sister Theresa, and brother Fredrick were all born on Valentines Day in 1949 at home. The picture of them was in the New Haven Register. His mother said "It was love that I had my triplets on Valentines Day." She had seven children all born at home from 1944 to 1949, five boys and two girls altogether in six years. They lived on Franklin Street in New Haven, moved to Dodge Avenue in East Haven. Valentino and his sister now live in Wallingford. Valentino worked at City Food Distributors in West Haven for 26 years. What a great guy he is, and great story.

Story and photo by Jo Ann Buccetti

A Simple Ride Can Make a Significant Difference

For many of us, attending a doctor's appointment is a routine task that we rarely give much thought to. We simply hop into our car and head out.

However, for many older adults living in the Greater New Haven area who have lost their driving ability, attending appointments can become a major challenge.

RIDES+ (a program of Interfaith Volunteer Care Givers of Greater New Haven) plays a crucial role in ensuring the independence of local residents by connecting them with volunteer drivers who provide rides to medical appointments. The need for rides is spiking and that translates to more volunteer opportunities (the critical ingredient).

While a ride may only take an hour or two out of your day, it can be a lifeline for the person receiving it, allowing them to attend important medical appointments while maintaining their sense of independence.

Moreover, volunteering offers a rewarding experience that fosters connections with people you might never encounter otherwise. You'll have the opportunity to hear their stories and engage in meaningful conversations.

Volunteering doesn't require a significant commitment. Even providing occasional rides can make a substantial difference. Whether you choose to volunteer a few hours a day, week, or month, the decision is entirely yours.

If you have some extra time on your hands, consider becoming a volunteer driver with RIDES+.

AARP Foundation Experience Corps Volunteers Needed!

Hamden: Experience Corps Volunteers - people age 50 and older - help children in kindergarten through third grade learn to read. By volunteering as a reading tutor, you can help change a child's future. You provide the life experience. We'll provide the training and support.

CT's *only* Experience Corps program is now hosted by your Interfaith Volunteers (IVCG). Free to schools and families, the literacy coaching through 3rd grade involves consistent volunteer generosity, providing trusted intergenerational sessions. Occuring in the school, these half-hour sessions twice each week build reading skills and social-emotional learning.

We elevate reading literacy along with senior wellness. Join us in community.

ExperienceCorps@CareNewHaven.org. (475) 257-6534; 212 Whitney Ave., Hamden. ECGNH.org.

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WANTED: Old tools, musical instruments, military, Winchesters, Colts, antique guns & old hunting & fishing. We buy gold & silver coins and jewelry. Anything related to vintage jewelry. Call Joe, (203) 488-7271 •