



Varsha Salani, D.M.D., LLC

State of the Art Dentistry
Emphasizing Cosmetics in a
Therapeutic Environment

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

**- Whitening - Smile Design
- Painless Gentle Dentistry**

**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 MARCH 2-6
Mon., 3/2: 9:30am: Fitness Fun; **10am:** Canasta, Cornhole; **10:15am:** Chess; **11am:** Move to Music; **1pm:** Bingo.
Tues., 3/3: 9:30am: Functional Fitness; **10am:** Rummikub; **12:00:** Oil Painting Class; **1pm:** Mah Jongg; **1:15pm:** Matter of Balance VIII, Presented by QVHD; **2pm:** Pool School.
Wed., 3/4: 9:30am: Fitness Fun; **10:30am:** "This Business of Fighting"; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.
Thurs., 3/5: 9am: Holiday Fair Committee Meeting; **10am:** Knitting/Crochet, Line Dancing, Seated Qigong/Tai Chi; **11:15am:** Standing Qigong/Tai Chi; **1pm:** Balance Through Strength, Dominos, Mah Jongg.
Fri., 3/6: 8:30am: AARP Free Tax Prep. (by appt. only); **9:30am:** Fitness Fun, Scrabble; **10am:** GFWC of North Haven, Canasta; **11:30am:** Birthday Club with The Landing; **12:30pm:** Bridge; **1pm:** Bingo, Setback.

Programs/Activities
AARP Smart Drivers Course: Attend the Nation's first refresher course specifically designed for drivers 50 years old and up. In many states, drivers benefit from a discount on their auto insurance premium upon completing the course. Classes are held at the Senior Center every month from 8:15am-12:15pm. Upcoming dates are as follows: March 13 and April 17. Prior registration is required by calling the Center at (203) 239-5432. Cost is \$20 for AARP Members, \$25 for Non-

AARP Members. Check or Money Order only-payable to AARP. Please no cash, debit or credit.
Spotlight Activities: Love to play cards? Pinochle is back! Every other Wednesday from 10am-12 noon, beginning March 11. Pinochle is a great game for keeping your mind sharp and fostering teamwork. We now offer **Canasta** two days a week, Mondays and Fridays at 10am. Our new date for **Setback** is Fridays at 1pm. And don't forget about **Bridge!** Our Bridge players get together on Wednesdays and Fridays at 12:30pm. Each game offers an opportunity to enhance strong social connections and improving your emotional well-being.

Upcoming Trips
"The New York Bee Gees" at Aqua Turf: Thurs., May 14. Featuring all of the classic 70's disco hits from *Stayin' Alive to Night Fever* while embracing their early work as well. Cost is \$132/pp for Residents, \$142/pp for Non-Residents. Price includes round trip coach bus transportation, coffee & donuts upon arrival, family style menu featuring Chicken Cacciatore & Salmon with Honey Ginger Glaze, dessert, beverage and show. Check payment ONLY, payable to Friendship Tours. Bus will depart the Senior Center approximately 10:45am with an estimated return of 4:30pm. **Registration and payment due by March 27.** Call (203) 239-5432 for more information.

The Log Cabin - Holyoke, MA: Thurs., July 30. Featuring "Showtime!" with Bobby Darling & Dr. Devine. They are one of the funniest, zaniest shows to witness! Dine on your choice of Twin Lobsters or Prime Rib au jus, baked potato and cole slaw, dessert, coffee and more. The cost is \$155/pp for Residents, \$165/pp for Non-Residents. Price includes round trip coach bus transportation, dinner, and show. Check payment ONLY, payable to Friendship Tours. Bus will depart North Haven Senior Center approximately 9:30am with an estimated return of 5pm. **Regis-**

tration begins March 2 for North Haven residents. Registration for Non-Residents begins March 17. **Payment and registration due by May 29.** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS MARCH 2026
Mon., 3/2: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.
Tues., 3/3: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.
Wed., 3/4: 9am: Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominos, Prime Time Players.
Thurs., 3/5: 9am: Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.
Fri., 3/6: 9am: Billiards; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *The Guard*; **1pm:** Knitters & Crocheters, Indoor Cornhole.
Mon., 3/9: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.
Tues., 3/10: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.
Wed., 3/11: 9am: Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominos, Prime Time Players.
Thurs., 3/12: 9am: Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.
Fri., 3/13: 9am: Billiards; **11am:** Bridge - Great Room; **12pm:** Pinochle; **1pm:** Knitters & Crocheters, Indoor Cornhole.
Mon., 3/16: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.
Tues., 3/17: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.
Wed., 3/18: 9am: Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominos, Prime Time Players.
Thurs., 3/19: 9am: Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.
Fri., 3/20: 9am: Billiards; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *The Commitments*; **1pm:** Knitters & Crocheters, Indoor Cornhole.
Mon., 3/23: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.
Tues., 3/24: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.
Wed., 3/25: 9am: Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominos, Prime Time Players.
Thurs., 3/26: 9am: Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.
Fri., 3/27: 9am: Billiards; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Babe*; **1pm:** Knitters & Crocheters, Indoor Cornhole.
Mon., 3/30: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.
Tues., 3/31: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

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 Caregivers Workshop Series
The Agency on Aging of South-Central CT is sponsoring a self-care education program for family caregivers, designed to provide you with tools and strategies to better handle the unique challenges you face.
The free workshop series consists of six sessions held on Wednesdays, 10:30am-12:30pm on **March 18, 25, and April 1, 8, 15 & 22.** The workshop series will be virtual, and a Zoom link will be provided prior to the first class. Cassandra Brunson and Patricia Soos will present the six sessions.
To register, please visit our website registration page www.aosccc.org/forms/ptcl.
If you have any questions, please feel free to call or email Patricia Soos at (203) 752-2117, psos@aosccc.org.

RSVP Volunteer Program
Need a little help? Feeling a bit isolated? Want to give back in a way that can make an impact? Then the Agency on Aging's RSVP Volunteer Program could be the perfect place to call. We have been offering support and volunteer opportunities for over 30 years.
The only requirements are that you are over 55 years old and willing to complete an application for volunteering or a referral for support.
Just give us a call at (203) 752-3059 and ask for Schari.

Need Someone To Reach Out To You?
The Agency on Aging of South Central Connecticut -- Your Advocate for Independence® has an announcement:
Senior Residents living alone are welcome to contact our Volunteer Representative, Janet, if you wish someone to reach out to you to see how you are doing or just to say hello.
Please call Janet at (203) 500-9359.

Have an Afternoon to Spare?
Hamden: If you do, we could use help at Mae's Closet, where gently used equipment is donated and then lent out to people who need it.
Mae's Closet is in Hamden and is a program of Interfaith Volunteer Care Givers. Our goal is to take in wheelchairs, walkers, bath seats, etc. that are no longer being used, sanitize, repair if necessary and then lend out. We are keeping this equipment from the landfill or sitting in someone's garage unused.
This is a very satisfying way to spend time and very appreciated by the people who come to borrow equipment which can be so expensive.
If you are interested, please call 475-414-8333 and one of the volunteers will call you back and answer any questions you may have.

Volunteers Needed for Nursing Home
Hamden: Whitney Rehabilitation Center at 2798 Whitney Ave., is seeking volunteers for our recreation department.
Interested individuals can inquire at (203) 287-7718 and ask for our Director of Recreation, Donna Mignosa.

SENIOR SPOTLIGHT

SENIOR LIVING

ACCEPTING APPLICATIONS FOR

Studio Units \$560

1 Bedroom Units \$661

Includes All Utilities

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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



5 Sugar Intake Tips to Prevent Cavities in 2026

(StatePoint) Holiday celebrations often feature lots of great food and drinks, including sweet treats to indulge in. But too much sugar in your diet can weaken your teeth, leaving your smile vulnerable to cavities. After a sweet holiday season, follow these five sugar intake tips so you can prevent cavities and improve your oral and overall health in 2026.
Restore the balance. If your holiday season was filled with candy canes, hot cocoa and cookies, now is the time to revive a balanced diet with a variety of healthy foods from each of the five major food groups. Fill your plate with whole grains, fruits, vegetables, lean proteins and low-fat dairy foods.
Sugary beverages like soda and juice should be served sparingly, as healthier options like water and plain milk have far more nutritional value. "Water is the best beverage for your teeth," said American Dental Association (ADA) dentist, Mirissa Price, D.M.D. "Not only does water help wash away cavity-causing bacteria and weaken the acids in your mouth, but water with optimal levels of fluoride strengthens your teeth against cavities."
Be picky if it's sticky and watch out for starch. You might think dried fruit is a healthy choice, but raisins and dried cranberries often stick to your teeth, giving the bacteria in your mouth more time to feast on the natural sugars. Meanwhile, starchy foods like chips and cakes often get trapped between your teeth where cavities also form. "If you choose these foods, pair them with water, and make sure to brush and floss thoroughly," said Dr. Price.
Resolve to maintain your dental routine. Speaking of brushing and flossing, it's important to keep up with your dental care routine no matter what your diet looks like. That means brushing your teeth twice daily with fluoride toothpaste and cleaning between your teeth once a day. Choose dental products with the ADA Seal of Acceptance and see your dentist regularly for valuable checkups. Appointments can fill up fast after the holidays, so schedule them far in advance to avoid delays.
Timing matters. Instead of eating sweets on their own, pair them with meals or eat them shortly after mealtimes. During a meal, your mouth releases more saliva, which is another tool in the fight against tooth decay, canceling out acids and washing away food from teeth and gums. Saliva also contains minerals to repair weakened teeth. For snacks between meals, choose a healthy option like fruit, vegetables or cheese. "If you find yourself enjoying a sweet treat apart from a meal, chewing sugar-free gum with the ADA Seal of Acceptance after can increase saliva and may help counter acidity," said Dr. Price.
Set a good example. It's no surprise that most kids also want to enjoy a sweet treat now and then, but remember that cavities are the most common chronic childhood disease. Provide children with foods and drinks that are healthy and low in sugar, remind them about regular at-home dental care, and set a good example by modeling all the tips above.
To learn more about how nutrition affects your teeth, visit MouthHealthy.org/nutritionimpact. For help keeping your child's dental routine on track, visit MouthHealthy.org/calendar to download a free 12-month brushing and flossing calendar.
"Making choices to keep your mouth healthy doesn't stop you from enjoying good food," said Dr. Price. "Finding a balance is key, and the start of a new year is a great time to focus on healthy behaviors to benefit your dental and overall health."