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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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.northhaven.ct.us.

WEEK OF MARCH 23-27

Mon., 3/23: **9:30am:** Fitness Fun; **10am:** Canasta; **10:15am:** Chess; **11am:** Move to Music; **1pm:** Bingo.

Tues., 3/24: **9:30am:** Functional Fitness; **10am:** Rummikub; **12pm:** Oil Painting Class; **1pm:** Mah Jongg; **2pm:** Pool School.

Wed., 3/25: **9:30am:** Fitness Fun; **10am:** Pinochle; **11am:** Diamond Art Painting; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 3/26: **10am:** Knitting/Crochet Class, Seated Qigong/Tai Chi; **11:15am:** Standing Qigong/Tai Chi; **12pm:** *Lunch Out at Longhorn;* **1pm:** Balance Through Strength, Dominos, Mah Jongg.

Fri., 3/27: **8:30am:** *AARP Free Tax Prep (last appt. at 11:30am);* **9:30am:** Fitness Fun, Scrabble; **10am:** Canasta; **12:30pm:** Bridge; **1pm:** Bingo.

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: Fri., April 17 and Fri., May 15.** Prior registration is required by calling the Center at (203) 239-5432. Cost is $20 for AARP Members, $25 for Non-Members. Check or Money Order only, payable to AARP. Please no cash, debit or credit.

Silver Sneakers - Gentle Yoga Meet & Greet: **Wed., April 15** at **1pm.** Join Paul, a yoga instructor with over 15 years of experience, for a FREE demonstration of this yoga class suitable for all levels of ability. Poses focusing on breathing, stretching, balance and relaxation are done in a chair and standing. Bring a yoga mat if you have one. Space is limited. Register on the program board or call (203) 239-5432. Residents may register at this time, Non-Residents may register beginning 3/30. ***Registration ends 4/10.***

Rita's African Show: **Thurs., April 16** at **1pm.** Our friend Rita, who hails from Uganda, will share her experience of living in two cultures and will take you through fashions and dances of Africa. Residents may register at this time on the sign- up board, Non-Residents may register beginning 3/30 with a $5 registration fee. ***Registration ends on 4/10.***

How to Make the Most of Your Medicare: **Wed., April 22** at **10:30am.** Medicare is doing many innovative things to try to make you healthier. Learn all the ways you can take advantage of all these programs. Presented by North Haven physician, Dr. Nupar Garg, Lifestyle and Family Medicine. Residents may register at this time on the program board or call the office at (203) 239-5432. Non-Residents may register beginning 3/30. ***Registration ends 4/17.***

Mental Health Presentation: **Mon., April 27** at **10am.** North Haven Counseling Services offer a warm, confidential space to talk about life transitions, stress, grief, relationships, and more. Join us to learn more about what counseling truly is and meet the counselors that provide this support. There is NO obligation to participate in counseling, this is just an opportunity to learn more and ask questions. This program is FREE to NORTH HAVEN RESIDENTS ONLY. ***Registration is now in progress and ends 4/24.*** Register on the program board or call (203) 239-5432.

Enrichment Classes

Move to Music: **Mondays** at **11am.** 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. **Next session is April 20 - July 13.** NO CLASS on May 25. Cost is $25 for Residents, $35 for Non-Residents. Payable by Check ONLY to Treasurer, Town of North Haven. Registration for Residents is now underway; for Non-Residents, registration begins 3/30. ***Registration ends 4/10.***

Qigong and Tai Chi: **Thursdays, April 16 - July 2.** (Seated) Qigong & Tai Chi class is from 10am-11am. (Standing) Qigong & Tai Chi class is from 11:15am-12:15pm. Choose the class that best suits your needs. The gentle rhythmic movements of Qigong & Tai Chi can reduce stress, build stamina, increase vitality and enhance the immune system. Cost is $25 for Residents, $35 for Non-Residents. Check ONLY, payable to Treasurer, Town of North Haven. Registration for Residents is now underway; Non-Residents may register beginning 3/30. ***Registration ends 4/10.***

Balance Through Strength: **Thursdays** at **1pm.** 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 Sneaker credentials. **Next session: April 16 - July 2.** Cost is $15 for Residents; $25 for Non-Residents. Registration for Residents is now underway; Non-Residents may register beginning 3/30. ***Registration ends 4/10.***

Functional Fitness: **Tuesdays** at **9:30am.** Functional Fitness is a fall prevention class centered around strength, balance, and fitness. **Next session will run April 21 - July 7.** Cost is $15 for Residents; $25 for Non-Residents. Check ONLY, payable to Treasurer, Town of North Haven. Registration for Residents is now underway; Non-Residents may register beginning 3/30. ***Registration ends 4/10.***

**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.*

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS
MARCH 2026

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:** Dominoes, 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.

POSITIONS WANTED

KIND, CARING RETIRED SPECIAL ED TEACHER interested in being a companion for a senior who needs socialization and help with meals, etc. I've had experience working with seniors with depression, anxiety and cognitive decline issues. References gladly given. Call or text **Ruth** at (203) 687-6509.

Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

The Art of Aging

In observance of Older Americans Month, this event acknowledges the significant contributions of older adults within our communities. The Area Office on Aging of South Central Connecticut (AOASCC) is proud to host The Art of Aging, which will showcase the artistic talents of painters and photographers aged 60 and above. For further details, please refer to the contact information provided.

We are currently seeking volunteers to assist in the following areas:

1. Community Engagement: Volunteers are needed to generate interest among local organizations that may be willing to sponsor the event through financial donations.

2. Registration Support: There will be a drop-off registration period from May 4 through May 7. Volunteers will assist agency staff by helping artists complete the necessary paperwork, marking artwork for storage, and ensuring proper placement of the artwork in designated storage areas. Periodic assistance is requested between the hours of 10:30am-1:30pm. Interested individuals are encouraged to reach out to ensure inclusion in all relevant communications regarding this process.

3. Opening Reception: The public viewing hours will take place on Thurs., May 28, from 2-4pm. Volunteers will play a crucial role in distributing program brochures, selling "People's Choice" voting tickets, restocking refreshments, and managing a table that provides information on AOASCC and the Volunteer program.

Your participation would be invaluable to the success of this event, and we look forward to your support.

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 Indepencence® 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.

American Legion Post 88 Hamden

Wanted - All Veterans to join our American Legion Post 88 Hamden. Stop in and check us out at 3005 Dixwell Avenue. Please call (203) 281-9522.

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

Take Extra Measures to Help Prevent Check Fraud



(StatePoint) The use of checks may be declining, but check crimes are actually on the rise due to new, creative criminal schemes. Once a check is stolen, it can be altered or signed on your behalf to withdraw money from your account, and there are online marketplaces where criminals will sell stolen checks for other criminals to use for fraud.

Luckily, there are steps you can take to protect yourself:

• Pay Digitally. Reduce the number of checks you send and utilize card or digital payment methods instead. Consider using check fraud prevention services like Positive Pay, if available at your financial institution.

• Go to the Post Office. If you must mail a check, use the secure mailbox inside a USPS facility or hand the envelope over to a postal worker who can mail it for you.

• Follow Up. If you mail a check, confirm with the payee that they received it.

• Monitor Accounts. Set up account alerts and review statements regularly. Most banks will provide an option for an image of each check to be viewable on statements. Cross-reference this image to ensure that the check processed is identical to the one you wrote.

• Report Quickly. Approximately 50% of stolen check images are posted online for sale within eight days of theft. Criminals act fast, and you need to act fast, too, to stop them in their tracks. As soon as you identify an account or payment anomaly, notify your bank to put a stop payment on the check and a freeze on your account. File a police report and submit a separate report with the Federal Trade Commission. Keep a record of all conversations, reports and correspondence in case later problems arise.

Methods of fraud continue to evolve, and a simple check can be used in a variety of ways to commit theft. For instance, criminals can create fraudulent checks using your account information and sign your name. Or they could copy down your account information and use it for fraudulent purposes digitally or otherwise. Mail theft-related check fraud – where a check is stolen while enroute – accounts for hundreds of millions of dollars in attempted theft annually.

Here are some of the most common fraud methods used:

Account Theft. Checks are used to steal account information details to either steal money directly or fraudulently open additional accounts.

Forgery. Criminals have long forged the legitimate signature or altered the payee or amount on a check. However, artificial intelligence (AI) is making it easier than ever to do so with accuracy.

Check Washing. Criminals "wash" a check, using chemicals like acetone or bleach to erase the payee and amount, then rewrite the check to themselves for their amount of choice.

Counterfeits. Criminals create entirely fake checks that look real using stolen account information.

Check Return Schemes. Criminals will send what they claim is a pay check or other payment by way of a check where they "overpay." They ask you to deposit it, then return the "extra" money back before it's discovered that the check is fake.

For more fraud prevention information, visit PNC's Security and Privacy Center. Safe handling of checks may not only protect against theft but also defend against more widespread account compromise.

FOR SALE: Weller 8200N soldering gun with carrying case, desoldering tool, brush, exc. cond. $20; (203) 606-0932 •

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