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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- 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.northhaven.ct.us.

WEEK OF APRIL 6-10

Mon., 4/6: 9:15am: *Silver Sneakers Circuit;* **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** Move to Music; **1pm:** Bingo.

Tues., 4/7: 10am: Rummikub; **12pm:** Oil Painting Class; **1pm:** *Bocce Meeting,* Mah Jongg; **2pm:** Pool School.

Wed., 4/8: 9:30am: Fitness Fun; **10am:** Pinochle; **10:30am:** *Make & Take - Beaded Bracelets;* **11am:** Diamond Art; **12 noon:** *Nurse Blood Pressure Clinic;* **12:30pm:** Bridge*;* **1pm:** Bingo. *Grocery Shopping.*

Thurs., 4/9: 10am: Knitting/Crochet Class; **1pm:** *Bocce Begins, Music Bingo with Oak Street Health,* Dominos, Mah Jongg.

Fri., 4/10: 9:30am: NO Fitness Fun; **10am:** Canasta; **11:30am:** *Food & Friends - Food Around the World;* **12:30pm:** Bridge; **1pm:** Bocce, Setback, NO 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. **The 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-AARP Members. Check or Money Order only, payable to AARP. Please no cash, debit or credit.

How to Make the Most of Your Medicare: Wed., April 22 at **10:30am.** Presented by Dr. Nupar Garg, Lifestyle and Family Medicine. Medicare is doing many innovative things to try to make you healthier. People are finally realizing that when people are healthier, medical costs go down. Learn all the ways you can take advantage of all these programs. Register on the program board or call (203) 239-5432 for more information.

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.

Upcoming Day Trips

Under the Boardwalk Summer Fun: Thurs., June 25 at **Grand Oak Villa, Oakville, CT.** Kick off summer with Joey & Doreen Arminio as they bring their Jammin' Island Band complete with props and lots of fun! The music is timeless from Jimmy Buffet to Jersey Shore classics, tropical favorites, Beach Boys medley and more! Cost is $132/pp for Residents, $142/pp for Non-Residents. Check ONLY, payable to Friendship Tours. Payment due at time of registration. Cost includes round trip coach bus transportation, welcome reception of cheese/crackers upon arrival, family style meal, wine, coffee/tea, dessert and of course, great entertainment. Bus will depart North Haven Senior Center at 10:15am with an estimated return time of 5pm. Call (203) 239-5432 for more information.

Twin Lobsters! Thurs., July 30 at **The Log Cabin in Holyoke, MA.** Bobby Darling and Dr. Devine will bring their incredible show to the Log Cabin. They are one of the funniest, zaniest shows around. Cost is $155/pp for Residents, $165/pp for Non-Residents. Checks ONLY, payable to Friendship Tours. Payment due at time of registration. Cost includes: round-trip coach bus transportation, charcuterie upon arrival, New England Clam Chowder, Salad, with you choice of Prime Rib au jus or TWO lobsters, sides, dessert and coffee. Bus will depart North Haven Senior Center at 9:30am with an estimated return time of 5pm. Call (203) 239-5432 for more information.

Enrichment Classes

Qigong & Tai Chi: The gengle rhythmic movements of Qigong and Tai Chi can reduce stress, building stamina, increase vitality and enhance the immune system. We are currently offering 2 classes:

- **Seated Qigong/Tai Chi: Thursdays** at **10am.** This class is perfect for those with mobility issues. Get the full workout while remaining seated.
- **Standing Qigong/Tai Chi: Thursdays** at **11:15am.**

Cost for each class is $25 for Residents, $35 for Non-Residents, payable by check to Treasurer, Town of North Haven. Registration is open for North Haven Residents and Non-Residents. ***Registration ends April 10.*** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS
APRIL 2026

Mon., 4/6: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Texas Hold'em; **9:30am:** Body in Motion; **10am:** Canasta, 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; **2pm:** Zumba Gold.

Tues., 4/7: 8:30am: Zoom Workout with Sue; **9am:** Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Total Fitness; **10am:** Bocce, Strong Minds Social Hour with Kate; **10:15am:** Steady and Strong; **11am:** Bridge, Ask the Executive Director, Line and Ballroom Dance Lessons, Strength and Balance; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC.

Wed., 4/8: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Setback; **9:30am:** Body In Motion; **10am:** Bingocize, Q & A Police Department; **10:15am:** Silver Sneakers BOOM; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players; **1pm:** Crafters Corner, Cribbage; **2:30pm:** Basic Drumming.

Thurs., 4/9: 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:** Total Fitness; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC; **3pm:** Gentle Yoga.

Fri., 4/10: 9am: Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Silver Steppers Tap Class; **10am:** Tai Chi; **10:30am:** ZOOM Workout with Sue; **11am:** Bridge - Great Room, Strength and Balance; **12pm:** Pinochle, Friday Movie- *Sherlock Holmes;* **1pm:** Knitters & Crocheters, Foot Care Clinic by Appointment, Indoor Cornhole; **2pm:** Senior Jammers.

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.

WANTED: Antiques or collectibles, highest prices paid for paintings, furniture, glassware, pottery, documents, photographs, bottles, anything old, one piece or entire estates, cash paid; (203) 915-7662 •

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

Quinnipiac's Kaleidoscope Of Creativity Gallery Highlights Youth Artwork



Pictured: Jack Ferraro, left, a student at North Haven's Clintonville Elementary School, is one of 30 children from area public schools whose artwork is on display at Quinnipiac University's 2026 Kaleidoscope of Creativity gallery at the School of Education. Ferraro is pictured with his art teacher, Melissa Grego.

North Haven: Artwork by 30 children from area public schools is on display at Quinnipiac University's 2026 Kaleidoscope of Creativity gallery at the School of Education.

On Tuesday, excited student artists, their families and public school art educators visited the newly hung art in the gallery. Refreshed annually with new student works, the Kaleidoscope of Creativity gallery in the School of Education lobby features a wide variety of paintings, photographs and designs.

The gallery is on display year-round to inspire faculty, students, staff and members of the public visiting the North Haven Campus.

Art teachers from the School of Education's partner schools selected the student work for the gallery. The student artists were celebrated during a special viewing reception where they received a certificate of recognition from the School of Education.

School of Education Dean Anne Dichele welcomed attendees and presented certificates to this year's artists, representing students in kindergarten through grade 12.

Connecticut area partner schools working with the School of Education this year included North Haven Public Schools, Hamden Public Schools, Fair Haven School in New Haven and Side by Side Charter School in Norwalk.

All of the student artwork will remain on public display in the gallery at Quinnipiac's School of Education until April 2027.

FOR SALE: Five outdoor patio chairs with pillows, including one swivel chair, good cond. $150; (203) 284-1183 •

FOR SALE: Delta 10" compound miter saw, new blade, runs great $60; (203) 980-4322 •

FOR SALE: Fountain, ballpoint pens, mechanical pencils $30; (203) 234-7255 •

Veterans Honor Guard Seeking Volunteers

The Veterans Honor Guard of Meriden is looking for Honorable Discharged Veterans, male or female, to volunteer in Veterans Burials. It is a great way to honor your fallen brother or sister by giving them the honor they deserve.

So, if you can spend a few hours to volunteer, please contact Clark Doehr at (203) 223-3338 or Ray Bednarz at 860-690-5833.