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Varsha Salani, D.M.D., LLC



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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 APRIL 27 - MAY 1

Mon., 4/27: **9:30am:** Fitness Fun; **10am:** *Community Services,* Canasta; **11am:** Move to Music; **1pm:** Bingo.

Tues., 4/28: **9:30am:** Functional Fitness; **10am:** Rummikub; **12pm:** Oil Painting Class; **1pm:** Bocce, Mah Jongg; **2pm:** Pool School.

Wed., 4/29: **9:30am:** Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 4/30: **10am:** *Bobcat Walking Group,* Knitting/Crochet, Line Dancing, Seated Qigong/Tai Chi; **11:15am:** Standing Qigong/Tai Chi; **12pm:** *Lunch at Bellini's (pay/drive on your own);* **1pm:** Balance Through Strength, Bocce, Dominos, Mah Jongg.

Fri., 5/1: **9:30am:** Fitness Fun; **10am:** *GFWC of North Haven,* Canasta; **11am:** *Melody Makers-New;* **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

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 and Non-Residents may register at this time.

Melody Makers - New! Fridays at **11am,** beginning **May 1.** If you love music and love to sing, this is for you! Come sing along to some of your old favorites with friends! Senior Center member, Lee Fermo will accompany on piano. Lyric sheets will be provided. You don't have to have a perfect voice to attend -- this choir group is meant for fun and reminiscing. This is a drop-in group. No commitment.

Life's Full Portraits: Tues., May 12 at **2:30pm.** Amy Cheung, MD, will be taking FREE portraits for you to share with your loved ones. Photos will be shared via text or email. You can take an individual photo or get your photo taken with a friend. Afterwards, you can optionally fill out a survey or have a brief discussion. This program is sponsored by the American Association for Geriatric Psychiatry. Register for your 10-minute appointment on the Program sign-up board or call (203) 239-5432 for more information.

Health & Fitness

Silver Sneakers Circuit: Thursdays from **11:15am-12pm.** Sessions available monthly. 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. North Haven Residents and Non-Residents may now register for the May session. ***Registration ends May 1.*** No cost to Silver Sneakers members, just present your card. Non-members will pay $2 cash per class. **Sessions will be held on May 7, 14, 21 & 28.** Call (203) 239-5432 for more information.

Upcoming Day Trips

Lighthouse Cruise - Narragansett Bay: Wed., Aug. 12. See 10 famous lighthouses, 10 incredible islands, view the Newport Naval Base and see the Aircraft Carriers, experience Newport Harbor and fascinating waterfront views. Prior to the cruise enjoy brunch at the Quonset 'O' Club, and then hop on board and set sail for a 90-minute narrated cruise of Narragansett Bay. Following the cruise, we'll stop at Olde Mistick Village. Cost is $164/pp for North Haven Residents, $174/pp for Non-Residents. Check ONLY, payable to Friendship Tours. Cost includes: Round-trip coach bus transportation, brunch and cruise. Resident registration is now underway. Non-Resident registration begins May 11. ***Last day to register will be June 10.*** Call (203) 239-5432 for more information.

Culinary Institute of America-Hyde Park, NY: Thurs., Sept. 17. Participate in an interactive demonstration where you'll explore the science of taste. Tour Roth Hall, where culinary magic happens! Enjoy a full course luncheon at their Caterina de Medici Restaurant with truly authentic Italian cuisine. Cost for the trip is $172/pp for North Haven Residents, $182/pp for Non-Residents. Check ONLY, payable to Friendship Tours. Payment due at time of registration. Residents may register at this time, while Non-Residents may register beginning May 4. Cost includes: round-trip coach bus transportation, tour of the Culinary Institute and Pre-set menu, full-course luncheon. ***Last day to register will be July 31.*** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS
WEEK OF 4/27 - 5/1

Mon., 4/27: **9am:** Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Texas Hold'em; **9:30am:** Body In Motion; **10am:** Canasta, Bingocize, Realty Roundtable KW Realtor; **10:15am:** Tai Chi Beginner; **10:30am:** Wills, Trusts and Probate; **10:45am:** ZOOM Workout with Sue; **11am:** Total Fitness; **12pm:** Silver Sneakers CIRCUIT; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel, Chair Yoga; **1pm:** Hearing Services by appointment, Chess Club, Sing-A-Long with Jim Sheehan; **2pm:** Zumba Gold.

Tues., 4/28: **8:30am:** ZOOM Workout with Sue; **9am:** Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Veterans Coffee House, Total Fitness; **10am:** Bocce, Strong Minds Monthly with Katie (A Resiliency Journey); **10:15am:** Steady and Strong; **11am:** Bridge, Strength and Balance; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC.

Wed., 4/29: **9am:** Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe, Set-Back; **9:30am:** Body In Motion; **10am:** Bingocize; **10:15am:** Silver Sneakers BOOM; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players; **1pm:** Crafters Corner, Cribbage; **2:30pm:** Basic Drumming.

Thurs., 4/30: **9am:** Billiards, Club 60 Plus Fitness Center, Volunteering, Lake View Cafe; **9:30am:** Total Fitness; **10am:** Bocce, Bible Discussion; **10:15am:** Silver Sneakers YOGA/Chair Yoga; **11am:** Total Fitness; **12pm:** Advanced Group Drumming; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble, Parkinson's Fitness; **2pm:** Silver Sneakers CLASSIC; **3pm:** Gentle Yoga; **5pm:** Lake View Dinner and Italian Night & Tony V.; **6pm:** Tony V.

Fri., 5/1: **9am:** Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle; **1pm:** Knitters & Crocheters, Indoor Cornhole.

FREE: Discover and Smithsonian magazines, 2020 thru 2025, great for educators, collectors; (203) 269-3572 •

Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

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

North Haven: 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.

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

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

FOR SALE: Glideaway electric bed base, full size, just 2 yrs. old; new $1,100, now $300 or best offer; (203) 287-9280 •

FOR SALE: Piano, Knight, ebony, upright, tuned, in great condition, bench too, $600 or best offer; (203) 287-9280 •

SENIOR SPOTLIGHT

SENIOR LIVING

ACCEPTING APPLICATIONS FOR
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1 Bedroom Units $661
Includes All Utilities

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125 Putnam Ave. Hamden
(203) 248-1445

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

Equal Housing Opportunity

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 •

FOR SALE: Regal Ware automatic electrical percolator, makes 10 to 36 cups, $18; call after 3pm, (203) 248-0891 •

FOR SALE: Open air screen house, like new, 9x13 $50; (203) 269-4042 •

HWC International Lunch Bunch "Goes to Greece" - OPA!





Hamden: On Tuesday, April 21, twelve ladies of the Hamden Woman's Club's International Lunch Bunch enjoyed delicious Greek dishes in an authentic atmosphere at Mykonos Restaurant in Newington, CT. This lunch group meets on the third Tuesday of each month to experience different ethnic cultures and cuisines at new restaurants. Greek food was our choice this month - and everyone raved about this experience. We want to thank Donna Cifaldi, Chairwoman of the International Affairs Committee, for her excellent work in arranging these fun, lovely luncheons. Next time, we'll celebrate Mexico and el Cinco de Mayo!

The Hamden Woman's Club, Inc., GFWC. is accepting new members! The HWC is open to any woman who would like to volunteer in the community, develop new friendships, and have fun at the same time! We are a civic, educational and social organization that was organized in 1950 and then joined the General Federation of Women's Clubs (GFWC-CT) in 1951. Our Motto is "A Group that Cares and Shares" - which we demonstrate by our many charitable activities to improve the quality of life within our community. We meet on the first Wednesday of every month from September to June at 6:30 pm at the Hamden Senior Center, at the rear entrance of the Miller Library.

The HWC also provides many fun social activities to our members. We have a unique Book Club that meets at a local restaurant, our "International Lunch Bunch" and our "Dinner Divas" evening group. Everyone loves our seasonal choral group as well as our annual banquets, day trips, Military Whists, Bingo and Trivia Nights, Arts & Crafts Competitions, and other fun activities. You do NOT have to live in Hamden to join - many of our members live in area towns. On Wednesday, May 6, our annual Installation Banquet will be held at JRoo's Restaurant in North Haven. A new slate of Executive Officers for the upcoming two years will be welcomed and installed, as HWC's calendar year begins in June, 2026. It will be a special night to thank our excellent outgoing Executive Board members and celebrate our club's many wonderful accomplishments!

The next general meeting of the Hamden Woman's Club will be on Wednesday, June 3, at 6:30 pm in the Hamden Senior Center. PLEASE JOIN US! NEW MEMBERS ARE ALWAYS WELCOME TO ATTEND MEETINGS & SOCIAL HOUR! We would like to invite YOU to attend a meeting, book club or luncheon so that you can get to know what we are all about. Please visit our new website - www.hamdenwomansclub.org. For more information about our wonderful club, please contact Sharon Nolan @ Snolan_@yahoo.com. or call 203-248-2538.