



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.north-haven.ct.us.

WEEK OF MAY 4-8
Mon., 5/4: 9:30am: Fitness Fun; 10am: Canasta; 11am: Move to Music; 1pm: Silver Sneakers: Gentle Yoga, Bingo.
Tues., 5/5: 9am: Holiday Fair Meeting; 9:30am: Functional Fitness; 10am: Rummikub, Wii Bowling; 12pm: Oil Painting Class; 1pm: Bocce, Mah Jongg.
Wed., 5/6: 9:30am: Fitness Fun; 10am: Pinochle; 11am: Diamond Art; 12:30pm: Learn to Play Mah Jongg, Bridge; 1pm: Bingo.
Thurs., 5/7: 10am: Bobcat Walking Group, Seated Qigong/Tai Chi, Knitting/Crochet; 11:15am: Standing Qigong/Tai Chi, Silver Sneakers Circuit; 1pm: Balance Through Strength, Bocce, Dominos, Mah Jongg.
Fri., 5/8: 9:30am: Fitness Fun, Scrabble; 10am: Canasta; 11am: Melody Makers; 11:30am: Birthday Club; 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! Learn how to thrive with diabetes, prevent complications, get help finding resources, information on nutrition and wellness, and more. Register on the program sign-up board or call (203) 239-5432. Residents and Non-Residents may register now.
Line Dancing: Thursdays, May 14 & 21 at 10am. NO experience is necessary, just bring your enthusiasm. Learn fun, easy line



dances and enjoy great music with friends. Get your day started on the right foot! Cost is \$5 per class. Registration now open for Residents and Non-Residents.

Stretch and Restore: Tuesdays, May 19 & 26 and June 2 & 9 at 1:30pm. Quinpiac Physical Therapy students will be hosting this 4-week stretching class to bring us gentle exercises that will make you feel rejuvenated and relaxed. Residents and Non-Residents may register now, on the program board.

Home Hazard Challenge: Thurs., May 21 at 12 noon. Our friends at Angel Care Companions will present an interactive program designed to help you assess what safety hazards you have in your own home, and learn practical ways to reduce risk. Residents and Non-Residents may register now for this presentation, on the program board or call the office at (203) 239-5432. **Registration ends 5/15.**

Cooking Demo: Thurs., May 28 at 11am. Enjoy a hands-on experience prepping ingredients for a delicious chicken and rice stir-fry. The Dietary Director from Montowese Center for Health and Rehabilitation will then demonstrate cooking the stir-fry. We will finish up by enjoying the meal together and everyone will go home with a copy of the recipe. Residents may now register on the program board, while Non-Residents can register beginning 5/11. **Registration ends 5/22.**

Floral Wreaths with the North Haven Garden Club: Mon., June 1 at 10am. Create a unique floral wreath made with silk flowers, to hang in your home or give as a gift. Space is limited. Residents may now register on the sign-up board; Non-Residents may register beginning 5/11. **Registration ends 5/22.**

Housing Forum: Thursday, June 4 from 3-6pm. Join us for an informative event designed to help older adults and their families learn about the many housing options available for seniors. Representatives from a variety of housing settings will be on hand to share information about subsi-

dized housing, market-rate rentals, assisted living and long-term care options. Presented by the North Haven Senior Center and the Commission on Aging.

Upcoming Day Trips
Lighthouse Cruise - Narragansett Bay: Wed., Aug. 12. Cruise aboard a state-of-the-art catamaran complete with climate-controlled interior, 3 levels of views, or enjoy the outside sun deck and catch some rays. Prior to the cruise, enjoy a wonderful buffet brunch at the Quonset 'O' Club, then hop on board and set sail for a 90-minute narrated cruise of Narragansett Bay. After the cruise, we'll visit Olde Mistick Village. Cost is \$164/pp for North Haven Residents, \$174/pp for Non-Residents. Check ONLY, Payable to Friendship Tours. Payment due at time of registration. Cost includes: round-trip coach bus transportation, brunch, and cruise. Resident registration is now in progress, Non-resident registration begins 5/11. **Last day to register will be 6/10/26.** Call (203) 239-5432 for more information.

Limited Space Available - Twin Lobsters at The Log Cabin, Holyoke, MA: Thurs., July 30 at 9:30am. Cost is \$155/pp for Residents, \$165/pp for Non-Residents. Payment due at time of registration. Check ONLY, payable to Friendship Tours. Cost includes round-trip coach bus transportation, Welcome Tray with cheese and crudité platter, New England Clam Chowder, salad and your choice of Prime Rib au jus or Twin Lobsters, with baked potato, coleslaw, dessert and coffee. Entertainment provided by the hilarious musical comedy duo Bobby Darling and Dr. Devine. **Last day to register will be 5/29.**



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.

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.

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

FOR SALE: MTD 20" lawn mower, one pull starting, serviced, oil changed, blade sharpened \$100; (203) 214-5232

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

FOR SALE: Eljer standard size brown round toilet, exc. cond., alternative use as planter \$25; (203) 239-7088



WEEKLY EVENTS: MAY 4-8
Mon., 5/4: 9am: Billiards, Texas Hold'em; 12:30pm: Harmonica Club; 12:45pm: Nickel Nickel; 1pm: Chess Club.

Tues., 5/5: 9am: Billiards; 10am: Bocce; 11am: Bridge; 12:30pm: Bingo; 1pm: Mah Jongg, Quilting.

Wed., 5/6: 9am: Billiards, Setback; 11am: Pickleball, Shuffleboard; 12:30pm: Dominoes, Prime Time Players.

Thurs., 5/7: 9am: Billiards; 10am: Bocce, Bible Discussion; 12:30pm: Artist Studio, Bingo; 1pm: Mah Jongg, Scrabble.

Fri., 5/8: 9am: Billiards; 9:30am: Texas Hold'em; 11am: Bridge - Great Room; 12pm: Pinochle, Friday Movie - Hamnet; 1pm: Knitters & Crocheters, Indoor Cornhole.

MONTHLY EVENTS/DAY TRIPS
Wed., 5/6: 9am: AARP Safe Driver Course; 12:30pm: Military Whist Card Party.

Mon., 5/11: 10am: Curiosity Club - Dear Abby & Beyond.

Tues., 5/12: 11am: Happy Birthday Party with Blaise Tramazzo.

Wed., 5/13: 10am: Police Department Q&A SCAMS/FRAUD.

Thurs., 5/14: 11:30am: Bee Gees - Aqua Turf.

Mon., 5/18: 10am: Realty Roundtable KW Realtor; 10:30am: Wills Trusts and Probate; 1pm: Karaoke with Barbara & Pat.

Tues., 5/26: 9:30am: Veterans Coffee House.

Thurs., 5/28: 1:30pm: Book Club Discussion Group.

WEEKLY CLASSES/GROUPS
Mon., 5/4: 8:30am: Golf League; 10am: Canasta.

Tues., 5/5: Golf League; 10am: Line and Ballroom Dance Lessons.

Wed., 5/6: 1pm: Crafters Corner, Cribbage.

Thurs., 5/7: 9:30am: Clay - 4 Coasters (Picture-Perfect Coasters); 3pm: Mah Jongg Lessons.

Fri., 5/8: 9am: Silver Steppers Tap Class; 2pm: Senior Jammers.

Historical Society \$1000 Scholarship Application

The North Haven Historical Society & Museums \$1000 Scholarship is available to a 2026 graduating senior who is a North Haven resident. The applicant should demonstrate a serious interest in and commitment to the field of Historical Studies as evidenced by academic record, extra-curricular activities and career plans.

Attach a typewritten personal statement that demonstrates your serious interest in history-related studies. Topics to address should include: the basis for your interest in history, academic and non-academic activities which demonstrate your commitment to the discipline of historical studies, and your future career plans. Statements should be at least one page in length, but no more than two double-spaced, typewritten pages.

Please obtain a letter of recommendation from a social studies faculty member or a community member familiar with your extra-curricular activities related to the discipline of historical studies. The recommendation letter may be e-mailed separately or included along with your personal statement.

The above information along with your name, address and contact phone number **must be received no later than May 31, 2026** by e-mail to nhhistoc@gmail.com. If you have any questions, please contact us.



SENIOR LIVING

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1 Bedroom Units \$661

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(203) 248-1445

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

Equal Housing Opportunity

North Haven Garden Club's May Market Annual Fundraiser

Pictured: 2025 Perennial table.

North Haven: Our annual May Market will take place on Saturday, May 9th, from 9 A.M. to 12:00 PM rain or shine at North Haven Parks and Rec, 7 Linsley Street across from the Police Station. This is the North Haven Garden Club's primary fundraiser. The funds from this sale pay for our programs, committee budgets, educational scholarships, and beautification projects.

The plant sale will feature extraordinary perennials, most hand-dug from members' gardens that attract bees, butterflies, and birds. The sale will also feature herbs, vegetable and tomato plants and fabulous, unique and colorful annuals, outstanding geraniums and an array of flowering hanging baskets.

Come see a wide variety of vendors who are selling their creative crafts, baked goods, birdhouses, Pampered Chef, Rays Raw Honey, The Gift Girl, B's Baked Goods, What The Fudge, Zizi Rose Bakery, Sweets, by Steph, Tracy Bakes, Frosted Cup Cakes, Build Your Own Baskets for Baby, and many more, there's something for everyone. Come early, bring a friend and bring a wagon. If you need any help or assistance it will be provided by the Key Club of North Haven.

Don't forget to check out The North Haven Garden Club on Facebook for lots of useful and entertaining information and pictures of all our club does in our great town of North Haven!

For membership information please email Italia at italia_a@comcast.net. *Article and photos by Cindy Golia*



FOR SALE: Ryobi 40V blower & trimmer, includes charger, battery not charging \$50; (203) 248-9999

FOR SALE: Coins - Lincoln wheat pennies, 500+ coins, lots of old timers \$60; (203) 527-4200

FOR SALE: Power XL air fryer, 5.3 quart, black, "new" in sealed box \$75; call (203) 530-1045

FOR SALE: Coleman lanterns - 1963, M#229F-228F \$50; 1980 M#275A \$65; both \$100; (203) 239-7088

North Haven Rotary Club Grant Applications Now Open!

The North Haven Rotary Club is proud to announce that we are officially accepting grant applications for the 2026 funding cycle. We take great pride in our history of supporting local and international initiatives, having donated thousands of dollars to organizations that make a real difference!

Grant Details: Award Range: \$500 – \$1,500.
Eligibility: Primarily 501(c)(3) non-profit organizations. (Non-501(c)(3) organizations are welcome to apply but may be asked to provide additional criteria)

Submission Deadline: May 31, 2026.
Applying is simple! Please ensure you have your IRS determination letter, your most recent 990N or 990EZ, a summarized project budget, and your organization's W-9 ready for upload. Late or incomplete submissions will not be considered. You may revisit the form to edit your information at any time until the May 31st deadline.

Click the link to start your application:
<https://zfrmz.com/PoTqQSZOxGzYbJSL0Sj3>

