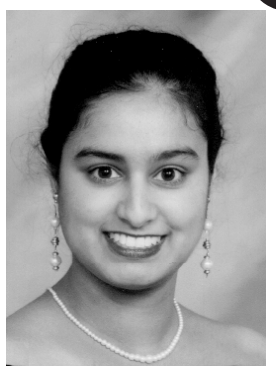
YOUR LINK TO QUALITY HEALTHCARE

Varsha Salani, D.M.D., LLC



State of the Art Dentistry

Emphasizing Cosmetics in a Therapeutic Environment

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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.northhaven.ct.us.

WEEK OF MAY 25-29

Mon., 5/25: Senior Center Closed - Memorial Day.

Tues., 5/26: 9:30am: Functional Fitness; **10am:** *Monitor My Health,* Rummikub, Wii Bowling; **12pm:** *Oil Painting Class (New Session);* **1pm:** Bocce, Mah Jongg; **1:30pm:** *Stretch and Restore.*

Wed., 5/27: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **12:45pm:** *Learn to Play Mah Jongg;* **1pm:** Bingo.

Thurs., 5/28: 10am: *Bobcat Walking Group, Seated Qigong/Tai Chi,* Knitting/Crochet; **11am:** *Cooking Demo with Montowese Health and Rehab;* **11:15am:** *Standing Qigong/Tai Chi, Silver Sneakers Circuit;* **1pm:** *Balance Through Strength, Bocce,* Dominos, Mah Jongg.

Fri., 5/29: 9:30am: Fitness Fun, Scrabble; **10am:** Canasta; **11am:** Melody Makers; **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

Programs/Activities

Senior Housing Forum: Thurs., June 4 from **3pm-6pm.** Call (203) 239-5432 to register.

Quinnipiac University Leisure Assessments: Fridays from **10am-1pm, June 5, 26 and July 17, 24 & 31.** Call (203) 239-5432 for more information.

Line Dancing: Thurs., June 11 & 25 from **10-11am.** No experience necessary.Call 203-239-5432 for more information.

Ice Cream Social: Tues., June 16 at **2pm.** ***Registration ends 6/10 or when capacity is reached.*** Call (203) 239-5432 for more information.

Make and Take Succulent Planters: Thurs., June 18 at **10am.** Register on the program sign-up board or call the office at (203) 239-5432. Residents may register at this time, while Non-Residents may register beginning 6/1. ***Registration ends 6/12.***

Enrichment Classes

Oil Painting Class: Tuesdays, 12pm-3pm. Next session is: May 26-August 11. Cost for Residents is $30, Non-Resident cost is $40. Check ONLY, payable to Treasurer-Town of North Haven. Supply list available upon registration. Call (203) 239-5432 for more information.

**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.*

Upcoming Trip

Culinary Institute of America-Hyde Park, New York: Thurs., September 17. Take part in this wonderful and unique opportunity to go behind the scenes of the world-famous Culinary Institute of America. Participate in an interactive demonstration where you'll explore the science of taste. Tour Roth Hall where culinary magic happens and enjoy a full course luncheon at their Caterina de Medici Restaurant. 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. Cost includes: round-trip coach bus transportation, tour of the Culinary Institute and Pre-set menu, full-course luncheon. ***Last day to register: 7/31.*** Call (203) 239-5432 for more information.

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FOR SALE: Two brand new, unused Anderson double-hung insect window screens $30 ea. or $50 both; (203) 239-8060 •
FOR SALE: Electrical wire, 18 gauge, general hookup or pet fence, 1,000 ft. $30, 258 ft. $10; (203) 606-0932

Floral Designs For Wallingford Senior Center Entrance Table



Pictured Top: Karen Ciosek Easter Theme, and Tea Display in Showcase. **Bottom:** Jeanne Lawrence English Tea Theme, and Cheryl Solomon Dog Theme.

Wallingford Garden Club members are providing floral designs, plants or educational exhibits for the Wallingford Senior Center Entrance area. Members have been taking floral design workshops provided by Design Committee Chair. New design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public View.

The April participants were: Karen Ciosek, Jeanne Lawrence, Cheryl Solomon.

Wallingford Garden Club is a member of The Federated Garden Clubs of Connecticut, Inc., New England Garden Clubs and National Garden Clubs, Inc. Photos by Eleanor Tessmer.

Wallingford Senior Center
(203) 265-7753

WEEKLY EVENTS MAY 25-29

Mon., 5/25: *Closed - Memorial Day. All Activities Cancelled.*

Tues., 5/26: 9am: Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 5/27: 9am: Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 5/28: 9am: Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 5/29: 9am: Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *The Big Lebowski;* **1pm:** Knitters & Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS FOR MAY 2026

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

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

UPCOMING CLASSES/GROUPS

Mon., 5/25: Closed - Golf League Cancelled; Canasta Cancelled.

Tues., 5/26: 8:30am: Golf League; **10am:** Line & Ballroom Dance Lessons.

Wed., 5/27: 1pm: Crafters Corner, Cribbage.

Thurs., 5/28: 11am: Cardio Drumming; **3pm:** Mah Jongg Lessons.

Fri., 5/29: 9am: Silver Steppers Tap Class; **10am:** iPhone 101; **2pm:** Senior Jammers.

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WANTED: Collector buying any Connecticut Brewery items for Wehle, Hulls, Wiebel, Largay or any other CT Breweries, signs, cans, bottles, etc.; call (203) 915-7662 •

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: Wooden step ladder, 6 ft. $20; (203) 248-2839 •

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

Agency on Aging OF SOUTH CENTRAL CONNECTICUT

FREE CAREGIVERS WORKSHOP SERIES

North Haven: The Agency on Aging of South-Central Connecticut is sponsoring a self-care education program for family caregivers called "Powerful Tools," which is designed to provide you with tools and strategies to better handle the unique challenges you face.

The free workshop series includes six sessions held in person at the Agency on Aging of South-Central Connecticut (117 Washington Avenue, Suite 17). The workshops will run from June 3 to July 8. Each session lasts 2.5 hours and is scheduled for Wednesdays from 11am to 1:30pm, with light lunch served.

Dates: 6/3, 6/10, 6/17, 6/24, 7/1 and 7/8.

Patricia Soos and Cassandra Brunson will lead the six sessions.

To register, please call Cassandra Brunson: (203) 752-2995 or email cbrunson@aoascc.org

Please register online on our website, see below:

https://www.aoascc.org/forms/ptc/

Please register only if you plan to attend most of the six sessions, as space is limited to 12 participants, with a minimum of 8 required. If we do not have at least 8 participants, the workshop may be rescheduled to a different date.

Our Mother's Day Lunch Was A Blooming Success



Pictured: Just some of the many mothers day attendees, and the Pat Russo band.

North Haven: On Friday, May 15, from 11:30am to 1:15pm, the North Haven Senior Center, with a charming theme, was a sold out event bringing together great food, laughter, and wonderful company. Guests enjoyed live entertainment from the Pat Russo band that many residents danced to. Each attendee received a beautiful free carnation generously donated by Investigative Consultants owner Mark Schachter. Thank you to everyone who helped make this day so special for the amazing mothers and women in our community!

Story by Senior Center manager, Paulette DeMaio, photos by Jo Ann Buccetti.