YOUR LINK TO QUALITY HEALTHCARE

Varsha Salani, D.M.D., LLC

State of the Art Dentistry

Emphasizing Cosmetics in a Therapeutic Environment



Don't wait any longer.
Call for an appointment today
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.

JULY 6-10

Mon., 7/6: 9:30am: Fitness Fun; **10am:** Canasta, Chess; **11am:** *Move to Music;* **1pm:** *Silver Sneakers Gentle Yoga,* Bingo.

Tues., 7/7: 9:30am: *Functional Fitness;* **10am:** *Monitor My Health,* Rummikub, Wii Bowling; **12pm:** *Oil Painting Class;* **1pm:** *Make and Take - Watermelon Coasters,* Bocce, Mah Jongg.

Wed., 7/8: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12pm:** *Nurse Blood Pressure Screenings - North Haven Residents ONLY;* **12:30pm:** Bridge; **1pm:** Bingo. *Grocery Shopping.*

Thurs., 7/9: 10am: *Trip to New Haven Museum & Lunch at Bears Smokehouse,* Bobcat Walking Group, Knitting/Crochet; **10:30am:** *Teen Tech (ends at 12:30pm);* **11:15am:** *Silver Sneakers Circuit;* **1pm:** *Balance Through Strength,* Bocce, Dominos, Mah Jongg.

Fri., 7/10: 11:30pm: *Food and Friends Bingo;* **1pm:** *Bocce. *All other activities cancelled.*

Now Accepting...

We are now collecting any unwanted Jewelry for our Holiday Fair. If you have pieces you no longer wear, or are in the midst of "spring cleaning" we will happily take any costume jewelry, vintage pieces or styles you have outgrown for our ever-popular Jewelry table.

Stop by the office anytime, Monday-Friday, between 9am-4pm for drop-off. WE ARE NOT ACCEPTING ANY OTHER DONATION ITEMS AT THIS TIME. Be sure to "stay tuned" for more Holiday Fair news.

Programs/Activities

Teen Tech: Thurs., July 9 & July 23 from **10:30am-12:30pm.** Whether you have a specific technology question, or would like a quick tutorial from a young tech-whiz, you will have the opportunity to learn something new! Bring your device with you. Register on the Program Board or call (203) 239-5432. Walk-ins are also welcome!

Get Smart About GERD: Mon., July 20 at **10:15am.** Did you know that gastroesophageal reflux disease, also known as GERD, is very common, affecting up to 1 in 5 or more adults in the US? Join Natalie, Consulting Register Dietician for Big Y, and learn what you can do to reduce your risk. Register on our Program Board or call (203) 239-5432. ***Registration ends 7/15.***

Lions Low Vision Services: Mon., July 20 at **3pm.** Lions offers specialized Occupational Therapy to help people with vision loss stay safe, independent, and confident in daily life. Learn about their services, including personalized low-vision strategies, free adaptive equipment, and training from specially trained OTs to support everyday tasks at home and in the community. Register on our program board or call (203) 239-5432. ***Registration ends 7/15.***

Health & Fitness

Perk Up & Power On: Thursdays, July 23 - Aug. 27. This class, run by members, will run through a list of exercises that they have found beneficial in their time taking our Balance Through Strength class. Join in for exercise, or stop in for coffee and conversation! This is a temporary class to take place in the summer while our instructor is on vacation. No commitment necessary, but a headcount is appreciated.

Silver Sneakers Circuit: Thursdays, 11:15-12pm. Registration for August session begins July 13 for residents. Non-residents may register beginning July 27. 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. Cost is free for Silver Sneakers members (card/number must be provided) OR $2 per class (cash) for those who do not participate in Silver Sneakers. **Classes will be held August 6, 13 & 27.** NO class on 8/20. Call (203) 239-5432 for more information.

Silver Sneakers Yoga: Mondays at **1pm, June 22-Sept. 27.** (NO class on 8/3 or 9/7.) Poses focusing on breathing, stretching, balance, and relaxation are done seated in a chair and standing. There will be some options for doing some poses seated on the floor. Bring a yoga mat if you have one. Payable by cash. Late sign-ups will be prorated. Call (203) 239-5432 for more information.

Upcoming Trip

"Studio Two - The Beatles Tribute Band": Thurs., October 15 at the elegant Farmington Polo Club in Farmington, CT. Come enjoy a lively luncheon show with Studio Two, hailed as "New England's Best Beatles Tribute Band." You will be sure to be dancing and singing and reminiscing about the magic of Beatlemania. Cost is $137/pp for Residents, $147/pp for Non-Residents. Check ONLY, payable to Friendship Tours. Full payment due at time of registration. Cost includes round-trip coach bus transportation and Family Style dinner. Bus will depart North Haven Senior Center at 10:30am with an estimated return of 4:15pm. Residents may register beginning 7/6, Non-Residents may register beginning 7/20. ***Registration ends 9/4.*** For more information, call (203) 239-5432.

Wallingford Senior Center
(203) 265-7753

WEEKLY EVENTS
JULY 6-10

Mon., 7/6: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 7/7: 9am: Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 7/8: 9am: Billiards, Set-Back; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

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

Fri., 7/10: 9am: Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Black Panther;* **1pm:** Knitters & Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS FOR JULY 2026

Wed., 7/8: 7:30am: Block Island.

Mon., 7/13: 10am: Curiosity Club - Front Porch.

Tues., 7/14: 7am: Tall Ships Boston; **11am:** Happy Birthday Party with Joe Kury.

Wed., 7/15: 10am: Q&A Police Department; **11am:** Lunch Bunch (Michaels Trattoria).

Mon., 7/20: 1pm: Monday Melodies - Karaoke with Barbara and Pat.

Thurs., 7/23: 1:30pm: Book Club Discussion Group.

Mon., 7/27: 10am: Realty Roundtable KW Realtor; **10:30am:** Wills, Trusts and Probate.

Tues., 7/28: 9:30am: Veterans Coffee House.

Wed., 7/29: 9:30am: Peabody Museum.

UPCOMING CLASSES/GROUPS

Mon., 7/13: 8:30am: Golf League; **10am:** Canasta.

Tues., 7/14: 8:30am: Golf League;**9am:** Clay Class: Beginner Hand Building.

Wed., 7/15: 1pm: Crafters Corner, Cribbage.

Thurs., 7/16: 9:30am: Clay - Egg Tray.

Fri., 7/17: 9am: Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 7/20: 8:30am: Golf League; **10am:** Canasta.

Tues., 7/21: 8:30am: Golf League; **9am:** Clay Class: Beginner Hand Building.

Wed., 7/22: 1pm: Crafters Corner, Cribbage.

Thurs., 7/23: 9:30am: Clay - Egg Tray.

Fri., 7/24: 9am: Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 7/27: 8:30am: Golf League; **10am:** Canasta.

Tues., 7/28: 8:30am: Golf League; **9am:** Clay Class: Beginner Hand Building.

Wed., 7/29: 1pm: Crafters Corner, Cribbage.

Thurs., 7/30: 9:30am: Clay - Egg Tray.

Fri., 7/31: 9am: Silver Steppers Tap Class; **10am:** iPhone 101; **2pm:** Senior Jammers.

QU Nursing Professor Pina Violano, Named Fellow Of The American Academy Of Nursing



Hamden: Pina Violano, of Hamden, clinical associate professor of nursing at Quinnipiac University and director of community engagement, has been selected as a Fellow of the American Academy of Nursing (FAAN), one of the nursing profession's highest honors.

Violano is among the distinguished nurse leaders selected for the academy's 2026 Class of Fellows, recognized for their significant contributions to improving health outcomes and advancing health care through leadership, innovation, research and policy.

"Being selected as a Fellow of the American Academy of Nursing is an incredible honor and one I accept with great gratitude," Violano said. "Throughout my career, I have been driven by a commitment to improving patient outcomes, advancing trauma and injury prevention, and mentoring the next generation of nurses who I know will make a difference in their communities while leading with compassion, evidence and innovation. I am proud to share this recognition with my colleagues at Quinnipiac University, whose dedication to excellence in nursing education inspires me every day."

Election as a fellow of the American Academy of Nursing is one of the profession's most prestigious distinctions. Fellows are selected through a rigorous peer-review process that recognizes sustained and significant contributions to nursing practice, education, research and health policy. The 2026 class includes leaders from 39 states, the District of Columbia and 17 countries, joining a fellowship of more than 3,600 accomplished nurse leaders worldwide.

The 2026 class of fellows will be formally inducted during the American Academy of Nursing's annual Health Policy Conference on Oct. 10 in Washington, D.C.

WANTED: WWII Vets, immediate cash for all German helmets, hats, daggers, flags, medals, uniforms, patches. Collector will beat all dealer offers; (203) 932-0750 •

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: Melitta 6-cup pour over coffee maker, brand new, with 80 cone filters $10; (203) 606-0932**

★★★ GOD BLESS AMERICA! ★★★

God bless our Land of the Free,
God bless us, too, we pray to thee.

Our country celebrates 250 years,
Many lives were lost and we have tears.

Numerous parties and events as we celebrate 2026,
Let us not forget to pray for those we miss.

Let the bells ring out,
Let us proudly shout-God bless America!

God bless our country!
God keep us free!

Freedom abounds in our United States,
East to west, north to south, keep the faith.

May our resources forever be prosperous,
And remain always plentiful and rich for us.

May our wildlife and domestic animals live in harmony,
With each other and all people, safe and free.

May our government, political leaders engage,
In laws for food/shelter/clothing/safety/justice and employment with fair wage.

Life, liberty and the pursuit of happiness,
They fought the fight for all, no less.

We salute those who currently serve,
Our prayers they certainly do deserve.

We salute our veterans ever brave,
Whom the road to freedom, they did pave.

We salute our husbands/wives, brothers/sisters, everyone, whose lives were lost,
They gave their all, encountered much and suffered the cost.

God bless our Anthem to be sung,
Sing out your voices everyone.

Pledge allegiance to our flag,
God bless the dogs who served, died or tails now wag.

God bless our land and our seas,
And keep us all ever free.

May our citizens of golden years,
Live healthy with necessities, no fears.

May our young ones, grow up to be,
Strong, healthy, educated and worry free.

May we continue to be one nation under God,
Indivisible with liberty and justice for all, for this they trod.

May we extend brotherly love to our neighbors, to all,
And assist their needs when we hear their call.

Let us extend harmony beyond our home,
That peace and good will shall be for all who roam.

Let hunger, strife, crime and fatalities,
Be stricken from all our municipalities.

Much has happened and there's much to be said,
About these years since 1776, when we were led.

Let us continue our heritage and remember,
To be bold, brave and as strong as ever.

May the mountains and hills, valleys and streams,
Remain steadfast, flowing and green.

Enjoy each day with family and friends,
Be free and safe, for this we defend.

Share your blessings with those whom have not,
The young, the old, every little tot.

America, the land flowing with milk and honey,
Let famine and strife end, keep our nation bright and sunny.

Let us build homes, not walls,
Let freedom ring for one and all.

May our country see many more years of freedom to come,

With an abundance of blessings for everyone.

Our freedom was fought by many who live or have died,
Honor and fly our flag with pride.

America! America! God bless our land!
Keep us free and safe, every woman and man.

Let guns be carried and shot only in war time,
Put a halt to death, instead, be kind.

Dance, be merry, kick up your heels, we are free,
Don't be wasteful, don't be unjust, love and live in harmony.

May our land remain clean and beautiful for all to see,
Keep our homes, streets, roadways free of debris.

We can go on and on about our land,
Above all else-let freedom stand.

May you and yours remain ever healthy and free,
In our sweet land of liberty!

God Bless America!

Composed by Linda Houle, Wallingford, CT - June 26, 2026

SENIOR SPOTLIGHT

SENIOR LIVING
ACCEPTING APPLICATIONS FOR
Studio Units $750
1 Bedroom Units $850
Includes All Utilities
Exciting Community Activi-
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