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.

AUGUST 10-14

Mon., 8/10: 9:30am: Fitness Fun; **10am:** Canasta, Chess; **11am:** *AOASCC Community Resources;* **1pm:** *SS Gentle Yoga,* Bingo.

Tues., 8/11: 10am: *Fire Extinguisher Training,* Rummikub, Wii Bowling; **10:30am:** *Finance Committee Meeting;* **12pm:** *Oil Painting;* **1pm:** Mah Jongg, Bocci.

Wed., 8/12: 9:30am: Fitness Fun; **10am:** Pinochle; **11am:** Diamond Art; **12pm:** *Nurse BP Clinic: North Haven Residents ONLY;* **12:30pm:** Bridge; **1pm:** Bingo. ***Bus Trip:*** *Lighthouse Cruise - 10am Departure.*

Thurs., 8/13: 10am: Bobcat Walking Group, Knitting/Crochet; **11:15am:** *Silver Sneakers Circuit;* **1pm:** *Perk Up & Power On,* Dominos, Mah Jongg, Bocci.

Fri., 8/14: 9:30am: Fitness Fun, Scrabble; **10am:** Canasta; **11am:** Melody Makers; **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

Programs/Activities

Reminder: We are still collecting any unwanted Jewelry for our Holiday Fair. If you have pieces you no longer wear, 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 Mon.-Fri., 9am-4pm for drop-off. **Donations for Grannie's Attic will begin Sept, 21st.** For Grannie's attic, we will accept GENTLY USED home items. We do NOT take electronics, books, CD's/DVD's/VHS tapes, puzzles or mismatched glassware. *Please do NOT drop off Grannie's Attic items prior to September 21st.*

Upcoming Mini Trips: Tues., Aug. 11 - Walmart in Wallingford; **Tues., Aug. 18 -** Christoforo Farms in North Haven (accepts Farmer's Market Card). Morning pickup for these trips begin at 9am. Those who do not drive have first priority for mini trips. Call (203) 239-5432 or stop by the office to sign-up. Space is limited.

New on NHTV: Have you ever wanted to try Qigong? Well, now you can from the comfort of your own home! Tune in Mondays and Thursdays at 10am for our seated Qigong class, and 11am for our standing Qigong on NHTV Comcast channel 18. Thinking about taking the class in person? This is a great way to preview the class! Fall registration dates are coming soon, so stay tuned.

Center for Healthy Aging: Tues., Sept. 1 at **10am.** The Center for Healthy Aging is a complimentary information and resource center with teams across CT to provide guidance and service connections. Learn about the many resources that they offer. Refreshments will be served! Registration is FREE! Sign up on our program board or call (203) 239-5432. Residents may register at this time; Non-Residents may register beginning Aug. 17. ***Registration ends 8/28.***

Strum By The Sound: Thurs., Sept. 3 at **1pm.** A non-profit organization that delivers the gift of music to those who need it most, Strum By The Sound will be joining us for an hour of hnads-on music with singing and small handheld instruments. This event is FREE. Residents may register at this time; Non-Residents may register beginning Aug. 17. ***Registration ends 8/28.*** Register on the program Sign-up board or call (203) 239-5432.

AARP Smart Drivers: Fri., Sept. 18. This refresher course is specifically designed for drivers 50 years old and up. There is NO COST for the September session, thanks to a grant from South Central Regional Council of Governments (SCRCOG). Classes are held at the Senior Center, from 8:15am-12:15pm. Prior registration is required by calling the Center at (203) 239-5432. Please remember to bring your driver's license.

Upcoming Day Trips

"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. Checks 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. ***Registration ends 9/4 for Residents and Non-Residents.*** For more information, call (203) 239-5432.

Museum of Fine Arts: Mon., Oct. 19. In partnership with the West Haven Senior Center, we are excited to provide you with an opportunity to visit The Museum of Fine Arts in Boston. Explore works from world-renowned artists featuring Cezanne, Gauguin, Rembrandt and Monet, to name a few! Cost of this trip is $125 for both North Haven Residents and Non-Residents. Price includes round-trip coach bus transportation, driver gratuity, and admission to the museum. Lunch is independent at your choice of 3 onsite eating venues: New American Café, Taste, or Garden Cafeteria. Checks payable ONLY to: West Haven Senior Trip Account. ***Payment may be dropped off at North Haven Senior Center and is due by Fri., Sept. 18.*** Bus will leave North Haven Senior Center at 8am with an estimated return at 6:15pm. Space is limited so sign-up today. Call (203) 239-5432 for more information.

Enrichment Classes

Oil Painting: Tuesdays, from **12pm-3pm.** Upcoming session begins Aug. 18 and ends Nov. 3. Whether you have little to no experience or are getting back into painting again this relaxed environment class is a welcoming space to explore, create and unwind. Students will work from a photo of their choice. (Beginners should choose a simple subject with just a few elements). You will also be instructed how to "tone" your canvas, sketch your subject and learn how to mix basic colors. Registration for both Residents and Non-Residents is underway! Cost for Residents is $30; Non-Resident cost is $40. Checks ONLY payable to Treasurer-Town of North Haven. ***Registration ends 8/14.*** *This class is subsidized by money raised at our annual holiday fair fundraiser. Call (203) 239-5432 for more information

Health & Fitness

Silver Sneakers Circuit: Thursdays, 11:15-12pm. Registration for September session begins Aug. 10 for Residents; Non-Residents may register beginning Aug. 24. ***Registration ends 8/28.*** Interval-style training, designed to strengthen your upper-body with handheld weights. 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 Sept. 3, 10 & 17. NO Class on Sept. 24. Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
AUGUST 10-14

Mon., 8/10: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 8/11: 9am: Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

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

Thurs., 8/13: 9am: Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 8/14: 9am: Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Close Encounters of the Third Kind;* **1pm:** Knitters and Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS - AUGUST

Mon., 8/10: 10am: Curiosity Club - Money.

Tues., 8/11: 11am: Happy Birthday Party with Blaise Tramazzo.

Wed., 8/12: 10am: Q & A Police Department.

Wed., 8/19: 11am: Grease - Aqua Turf.

Monl., 8/24: 10:30am: Wills, Trusts and Probate.

Tues., 8/25: 9:30am: Veterans Coffee House.

UPCOMING CLASSES/GROUPS

Mon., 8/17, 8/24, 8/31: 8:30am: Golf League; **10am:** Canasta.

Tues., 8/18, 8/25: 8:30am: Golf League.

Tues., 8/18: 9:30am: Idea Factory - Designer Pasta.

Wed., 8/19, 8/26: 1pm: Crafters Corner, Cribbage.

Thurs., 8/20, 8/27: 9:30am: Clay - Ceramic Butter Dish.

Fri., 8/21, 8/28: 9am: Silver Steppers Tap Class; **2pm:** Senior Jammers.

SENIOR SPOTLIGHT

SENIOR LIVING

ACCEPTING APPLICATIONS FOR

Studio Units $750
1 Bedroom Units $850
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

Items Requested to Replenish Food Bank

North Haven: The Department of Community Services Food Bank is currently seeking assistance in replenishing several much-needed items, including pasta sauce, flavored rice, baked beans, canned chili, canned fruit, cookies, Pop-Tarts, peanut butter crackers, and cheese cracker snacks.

An Amazon wish list has been created to allow donations to be shipped directly to Community Services.

To access the wish list, select "Registry & Gift List" on the Amazon home page, click "Find a Registry," and search for "North Haven CS Food Bank."

Donations can also be made directly through the following link: https://www.amazon.com/registries/gl/guest-view/22SWBOJQ9FKB4

In addition, donations may be dropped off at the Department of Community Services, located at 5 Linsley Street, during business hours Monday-Friday from 9am-4pm.

For questions regarding donations, or for residents interested in accessing the food bank, please contact Robert Snurkowski at the Dept. of Community Services, Mon.-Fri. at (203) 239-5321 ext. 8502.

Team Verdi 4 West Purple Hearts Collect A Fundraiser To End Alzheimers Disease





Pictured Above: The Team Verdi 4 West Purple group members. **Right (L-R):** Emmett McCarthy, Sherry Reeves Team Verdi 4 West Purple members.

Hamden: On Sunday, August 2, in front of Stop and Shop, Sherry Reeves, and Emmett McCarthy of Team Verdi 4 West Purple Hearts were collecting a fundraiser for the Alzheimers Association. There will to be a walk to end Alzheimers on Sunday, September 27, 2026 at Lighthouse Point Park. Team Verdi 4 Purple Hearts, Yale New Haven Health, Saint Raphaels Campus invite you to join the Alzheimers Association walk to end Alzheimers. Every step we take helps raise awareness, find research, and provides support for individuals and families affected by this Alzheimers disease. We would be honored to have you walk with us or to support their team with a donation, please register or donate at http://alz.org/ CT Walk. Together we can make a difference.

Story and photos by Emmett McCarthy and Jo Ann Buccetti.