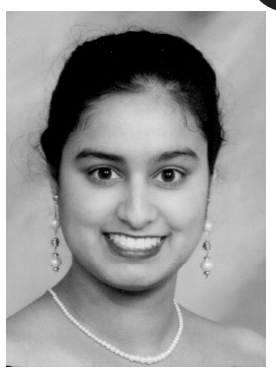
YOUR LINK TO QUALITY HEALTHCARE

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 24-28

Mon., 8/24: NO Fitness Fun; **10am:** *National Waffle Day,* Canasta, Chess; **1pm:** Bingo, SS Gentle Yoga.

Tues., 8/25: **10am:** Rummikub, Wii Bowling; **12pm:** *Oil Painting Class;* **1pm:** Mah Jongg, Bocce.

Wed., 8/26: **9:30am:** Fitness Fun; **11am:** Pinochle, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 8/27: **10am:** Bobcat Walking Group, Knitting/Crochet; **11:15am:** *Silver Sneakers Circuit;* **12pm:** *Lunch Bunch: Hard Hat Café;* **1pm:** Dominos, Mah Jongg, Perk Up and Power On, Bocce.

Fri., 8/28: **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.*

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 and Non-Residents may register at this time. ***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 hands-on music with singing and small handheld instruments. This event is FREE. Residents and Non-Residents may register at this time. ***Registration ends 8/28.*** Register on the program Sign-up board or call (203) 239-5432.

Upcoming Day Trips

"Studio Two - The Beatles Tribute Band": *LAST CALL!!!* 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." 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.

"A Tribute to The Platters": Wed., Dec. 9 at the Aqua Turf in Plantsville, CT. This outstanding group of singers performs all of The Platters greatest hits and then some with stunning accuracy. Their Holiday Concert will also feature Seasonal Music for your enjoyment at this wonderful time of year! 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 menu. Bus will depart North Haven Senior Center at 10:45am with an estimated return of 4:15pm. Residents and Non-Residents may register at this time. ***Registration ends 10/30.*** For more information, call (203) 239-5432.

Health & Fitness: Fall Registration Underway!

NEW CLASS:* "Just Move!": Mondays, 11am, Sept. 14 - Dec. 14.** (No class on 9/28 or 10/12.) A mostly seated workout featuring low-impact moves to fun and upbeat music designed to improve circulation, endurance, and energy. Moves will combine rhythmic arm and leg patterns, light cardio sequences, and conclude with a cool-down of gentle stretches and breathing exercises. Cost is $15 for Residents, $25 for Non-Residents. Cash or check payable to Treasurer, Town of North Haven. Residents and Non-Residents may register at this time. ***Registration ends 9/11. Call (203) 239-5432 for more information.

Functional Fitness: Tuesdays, 9:30-10:30am, Sept. 8-Nov. 24. Adrienne returns for a fall prevention class centered around strength, balance and fitness. Resident cost is $15, Non-Resident cost is $25. Residents and Non-Residents may register at this time. ***Registration ends 9/4.*** Payable by check to Treasurer, Town of North Haven. Call (203) 239-5432 for more information.

Silver Sneakers Circuit: Thursdays, 11:15-12pm. Registration for September session is now underway for Residents and Non-Residents. ***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.

Line Dancing RETURNS!!: Thursdays, 10am, Sept. 3 - Oct. 29. Learn fun, easy line dances, while enjoying great music with friends. It's a great low-cardio workout that is so fun it doesn't even feel like exercise, thanks to our energetic instructor, Xan. Cost for the 9-week session is $25 for Residents, Non-Resident cost is $35. Residents and Non-Residents may register at this time. ***Registration ends 9/3.*** Payable by cash or check to Treasurer, Town of North Haven. Call (203) 239-5432 for more information.

Balance Through Strength: Thursdays, 1pm-1:45pm. (No class on 10/29, 11/5, or 11/26). Build stability, strength, and confidence in this 10-week class led by Tom, a certified personal trainer and fitness coach with IFA, CPR and Silver Sneakers credentials. Resident cost is $15, Non-Resident cost is $25. Payable by cash or check to Treasurer, Town of North Haven. Residents and Non-Residents may register at this time. ***Registration ends 9/11.*** Call (203) 239-5432.

Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
AUGUST 24-31

Mon., 8/24: **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 8/25: **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 8/26: **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 8/27: **9am: 12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 8/28: **12pm:** Pinochle, Friday Movie - *Up;* **1pm:** Knitters & Crocheters, Indoor Cornhole.

Mon., 8/31: **9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

MONTHLY EVENTS & DAY TRIPS - AUGUST

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

Thurs., 8/27: **1:30pm:** Book Club Discussion Group.

UPCOMING CLASSES/GROUPS

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

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

Fri., 8/28: **9am:** Silver Steppers Tap Class; **10am:** iPhone 101; **2pm:** Senior Jammers.

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

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

Are You Looking for a Meaningful Volunteer Job?

Hamden: If so, come and join the team at Mae's Closet, the Hamden based durable medical equipment loan closet. We lend all sorts of durable medical equipment, including wheelchairs, shower chairs and walkers, to those who need it. The equipment is donated, repaired if necessary, sanitized and then loaned out for $1.00. It is recycling at its best.

The hours are flexible, the company is great, and the people who come to borrow equipment are most grateful. We save them a lot of money.

Mae's Closet is a program of Interfaith Volunteer Care Givers, (IVCG) the organization that provides volunteer drivers to seniors to medical appointments. If the closet doesn't appeal to you then you can volunteer to drive for IVCG. Either way you will be providing a valuable service to our community.

To reach Mae's Closet, call (475) 414-8333 Mon.-Fri., 9am-12 noon. To reach Interfaith Volunteer Care Givers call (475) 257-6538.

Our Journey of Sight Support Group

"Our Journey of Sight" - a low vision/blind support group meets monthly at the West Haven Public Library, 300 Elm St., West Haven, from 10am-noon on the 3rd Friday of the month.

This is not a regulatory group, but a group that provides monthly speakers, and support to each other during our journey of visual loss.

For more information, please contact Richard Howard at (203) 214-7631.

Friends Having Fun At Senior Housing



Pictured (L-R) Standing: Jo Ann, Mo, Jackie. Sitting: Diane, Pat , all had fun together.

North Haven residents and friends had a great time together at a senior outing at Holiday Hill. There was so much food starting with assorted donuts, danish, clam chowder soup, coffee, tea, soda, and lemonade, throughout the building. Around noon hot dogs, hamburgers, cheeseburgers were available for all to enjoy, and soon after clams on the half shell, and the main course was given out. There was Music being played, bingo game called and a raffle was held for a tv. There were so many seniors from all over Connecticut, everyone had a great time together.