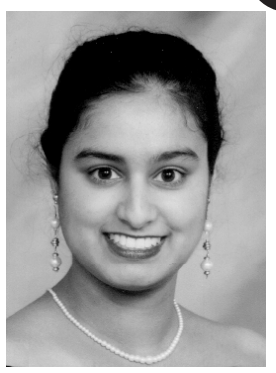
YOUR LINK TO QUALITY HEALTHCARE

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.

September 21-25

Mon., 9/21: 9:30am: Fitness Fun; **10am:** *Just Move!* Canasta, Chess; **10:15am:** *Diabetes 101;* **1pm:** *Silver Sneakers Gentle Yoga,* Bingo.

Tues., 9/22: 10am: Rummikub, Wii Bowling; **11am:** *Understanding Medicare;* **12pm:** *Oil Painting Class;* **1pm:** *Bocce,* Mah Jongg.

Wed., 9/23: 9:30am: Fitness Fun; **10:30am:** *Cap Tel Phones;* **11am:** *Cooking Demo with Montowese Healthcare and Rehabilitation,* Cardio Drumming, Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 9/24: 10am: *Line Dancing,* Bobcat Walking Group, Knitting/Crochet, Seated Qigong, *NO Silver Sneakers Circuit;* **11:15am:** Standing Qigong; **1pm:** Bocce, Dominoes, Mah Jongg, Balance Through Strength.

Fri., 9/25: 9:30am: Fitness Fun, Scrabble; **10am:** Canasta; **10:15am:** *Paint and Reset;* **11am:** Melody Makers; **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

Programs/Activities

Please Note the Following:

• There will be ***No Transportation*** available now through September 16.

Last Call for Farmers Market Vouchers: ***Enrollment ends 9/30/26.*** For people who are 60 years of age or older OR people who are disabled and residing in senior housing with congregate meals. Income guidelines are $2,461 for one person, $3,337 for two people. If you meet the guidelines and would like to take part, please call (203) 239-5432 for an appointment.

North Haven Senior Center Holiday Fair Fundraiser: Sat., Nov. 7, 9am-3pm. Our much-anticipated holiday fair is right around the corner! All proceeds support programs, events and services at the North Haven Senior Center. *We will begin accepting donations for Grannie's Attic beginning Sept. 21-Oct. 30.* Donations can be dropped off Mon.-Fri., from 8:30am-3:30pm. Please note we **do not** accept the following: CDs, VHS tapes, DVDs, Books, Puzzles, mismatched glassware, electronic items, or clothing.

North Haven Senior Center Annual Holiday Party: Fri., Dec. 4 at **12pm** at Terrace on the Green in Wallingford. Entertainment provided by The Boogie Boys. The cost for Residents is $25/pp, Non-Resident cost is $35/pp, payable by check to Treasurer, Town of North Haven. Resident and Non-Resident registration now underway, ***Registration ends October 9.*** Transportation will be available to North Haven residents who do not drive. Carpooling is strongly encouraged. Call (203) 239-5432 for more information.

Senior Center Carnival: Mon., Sept. 28 from **12-3pm.** Stop by during this time to play carnival games, win prizes, take photos and enjoy carnival inspired treats. There is no cost to attend! Resident and Non-Resident registration is now underway. ***Registration will end 9/25.*** Register on the program sign-up board or call (203) 239-5432 for more info.

Transportation Options: Tues., Oct. 6 at **10am.** Know How to Go South Central CT is the mobility management program for the 32 towns of the south-central region. Join us to learn more about the services they offer and ask questions. Resident and Non-Resident registration is underway. ***Registration for this program ends 10/2.*** Register on the program board or call (203) 239-5432.

Members Only - Costume Jewelry Pre-Sale: Thurs., Nov. 5 from **1-3pm.** Stop by the Center to get a chance to purchase our popular costume jewelry before the holiday fair begins. This sale is for both Resident and Non-Resident members. Membership verification required. Call (203) 239-5432 for more information.

Health & Fitness:

Qigong: Thursdays, Oct. 8-Dec. 17. (No class 11/26.) Seated class begins at 10am. Standing class begins at 11:15am. Our wonderful instructor, Carol, returns for a 9-week series of Qigong, a gentle rhythmic exercise that can reduce stress, build stamina, increase vitality and enhance the immune system. Cost is $15 for Residents, 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 9/29.*** Call (203) 239-5432 for more information.

Silver Sneakers - Circuit: Thursdays, Oct. 1, 8, 15, 22 & 29 at **11:15am.** Interval-style training, designed to strengthen your upper-body with hand-held weights. Low-impact cardio movements are alternated to maximized fitness benefits. A chair is offered for support. Payable by Cash OR through Silver Sneakers membership. Cost is $2.00 per class for Non-Silver-Sneakers members. Resident & Non-Resident registration is underway. ***Registration ends 9/29.*** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
SEPTEMBER 21-25

Mon., 9/21: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 9/22: 9am: Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 9/23: 9am: Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 9/24: 9am: Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 9/25: 9am: Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *When Harry Met Sally;* **1pm:** Knitters & Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS - SEPTEMBER

Tues., 9/22: 9:30am: Veterans Coffee House.

Thurs., 9/24: 10am: New England Big E; **1:30pm:** Book Club Discussion Group.

Mon., 9/28: 10:30am: Wills, Trusts and Probate.

UPCOMING CLASSES/GROUPS

Mon., 9/28: 8:30am: Golf League; **10am:** Canasta.

Tues., 9/29: 8:30am: Golf League; **10am:** Line and Ballroom Dance Lessons.

Wed., 9/30: 1pm: Crafters Corner, Cribbage, Idea Factory-Abstract Paper Collage/Hanji.

WANTED: Antiques or collectibles, highest prices paid for paintings, furniture, glassware, pottery, documents, photographs, bottles, anything old, one piece or entire estates, cash paid; (203) 915-7662 •

FOR SALE: Wine carboys, mostly 5 gals., total of 10, best offer; (475) 254-3419 •

FOR SALE: Sears hydraulic floor jack, 2-ton $50; (203) 980-4322 •

Newly Formed Chapter of ACAP

Wallingford: ACAP (Adult Children of Aging Parents) South Central Connecticut is a newly created Chapter of ACAP created to help caregivers benefit from the expertise of senior services professionals and to connect with a vibrant community of caregivers.

Our community draws strength and inspiration from shared experiences and strives to help you gain the information and support you need to be a more effective caregiver and advocate. We understand the challenges of caring for aging parents and we are here to offer resources and support as you navigate the caregiver role.

Our chapter offers free monthy educational programs, resources, and connections for caregivers throughout the area. ***Currently we are hosting monthly meetings at Ashlar Village in Wallingford, open to all.***

Topics we cover include access to local resources, Connecticut's caregiving legal issues, financial issues for you and your aging parent, and the caregiver's emotional well-being, among others.

https://acapcommunity.org/find-a-chapter/acap-south-central-connecticut



SENIOR LIVING

ACCEPTING APPLICATIONS FOR

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1 Bedroom Units $850
Includes All Utilities

Exciting Community Activities

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125 Putnam Ave. Hamden
(203) 248-1445

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

Equal Housing Opportunity

Wallingford Garden Club Visits Skyview Rehab Center For August





Pictured Top: WGC members Joellen Nellums, Crissy Besaw, Cheryl Solomon, Betty Wilson. **Right:** Finished light green and light purple fish.

Wallingford: The WGC recently visited the Skyview Rehab Center on Aug 18 as members from Healing Therapy and Senior Gardening Program to begin the craft program of paper plate fishes.

Garden Club members Joellen Nellums, Crissy Besaw, Cheryl Solomon and Betty Wilson assisted the participating residents making the fishes by gluing colored tissue paper and circle to created fish gills/scales. A large button was added as an eye and colored sequins decorated the fish. A notch was cut away to represent the open fish mouth. The craft activity ended with refreshments: juice and cookies.

Photos and text by Betty Wilson.

North Haven Garden Club Visits Hospice



North Haven: For more than 20 years, North Haven Garden Club members have been volunteering once a month at Connecticut Hospice in Branford to share their talent for creating beautiful flower arrangements and bringing the beauty of fresh flowers to patients and their families. Through the generous donation of flowers from Sharon's Flower Boutique on Washington Avenue, the North Haven Garden Club has had a plentiful supply of beautiful fresh flowers to make their creations. Over the summer, Garden Club members Debbie Armitage and Laurie Falco visited and made a dozen arrangements to be placed in patient rooms, in waiting areas and at nurse stations throughout the facility. Recently club members Fran Notaro and Marge Quinn visited and created beautiful fall-colored arrangements.

To find out more about the club and its activities, visit their facebook page.

FOR SALE: Wire, electrical, copper conductor (pet fence), 1000 ft./$20; 10 gauge UL 1015, 145 ft. $25; (203) 606-0932 •

WANTED: Collector buying old photographs from the 1800's on glass, tin or paper, of people, places or things; (203) 915-7662 •

FOR SALE: Brand new bikes: 26 inch Mongoose, black; 24 inch Sun Scout 24, red $400 each; (203) 887-7377 •