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Varsha Salani, D.M.D., LLC

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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.

October 19-23

Mon., 10/19: **9:30am:** Fitness Fun; **10am:** Canasta, Chess; **11am:** *Just Move!;* **1pm:** Bingo.

Tues., 10/20: **9:30am:** *Functional Fitness;* **10am:** Rummikub, Wii Bowling; **12pm:** *Oil Painting, Lunch Bunch at Amici's Tavern;* **1pm:** Bocce, Mah Jongg.

Wed., 10/21: **9:30am:** Fitness Fun; **10am:** Pinochle; **10:15am:** *Medicare Whodunnit?;* **11am:** Diamond Art; **11:30am:** *Pizza Social;* **12:30pm:** Bridge; **1pm:** Bingo. *Grocery Shopping.*

Thurs., 10/22: **9am:** *Holiday Fair Meeting;* **10am:** *Line Dancing, Seated Qigong,* Knitting/Crochet; **11:15am:** *Silver Sneakers Circuit, Standing Qigong;* **1pm:** *Balance Through Strength,* Bocce, Dominoes, Mah Jongg.

Fri., 10/23: **9:30am:** Scrabble; **11:30am:** *Food and Friends: Rodeo;* **12:30pm:** Bridge; **1pm:** Bocce, Setback. *All other programs cancelled.*

Programs/Activities

North Haven Senior Center Holiday Fair Fundraiser: Sat., Nov. 7, 9am-3pm. Our much-anticipated holiday fair is right around the corner! We'll have crafted items, made with love by our members, Grannie's Attic, Costume Jewelry, our famous "Cookie Walk", fabulous raffles, and more! Santa will be visiting from 10am-2pm to hand out candy canes and accepting letters. Bring your camera and your smiles! Bagels in the morning and fried dough in the afternoon will be available for purchase. All proceeds support programs, events and services at the North Haven Senior Center, "Where every day is something new, and the good times never get old!" Thank you to all those who have graciously donated jewelry. Donations are now being accepted for Grannie's Attic through October 30. Donations can be dropped off Monday through Friday, from 8:30am-3:30pm. Please note we do not accept the following: CD's, VHS tapes, DVD's, Books, Puzzles, mismatched glassware, electronic items, linens or clothing.

Vaccine Clinic: Tues., October 27 from **1-3pm.** In partnership with Stop & Shop, we will be hosting a vaccine clinic: Flu/COVID/Shingles/RSV/Pneumonia/Tdap. No appointment necessary. For people 18 and over. Proof of insurance required. Call (203) 239-5432 for more information.

Memory Loss - When to be Concerned: Wed., Nov. 4 at **10:30am.** Angela Christie, Dementia specialist from Hartford Healthcare Center for Healthy Aging, will hold a free presentation on how to learn the difference between mild forgetfulness, serious memory problems, and causes of memory loss. We will share tips on how to have the tough conversations and next steps. Registration is underway for Residents and Non-Residents. Register on the program sign-up board or call (203) 239-5432 for more information.

Health & Fitness

Silver Sneaker Circuit: Thursdays, 11:15am-12pm. Registration for the November session is underway for Residents and Non-Residents. 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 Nov. 5, 12 & 19. Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
OCTOBER 19-23

Mon., 10/19: **9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 10/20: **9am:** Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 10/21: **9am:** Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 10/22: **9am:** Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 10/23: **9am:** Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Witches of Eastwick;* **1pm:** Knitters and Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS - OCTOBER

Wed., 10/21: **11:30am:** Lunch Bunch (Serafino's).

Mon., 10/26: **10:30am:** Wills, Trusts and Probate.

Tues., 10/27: **9:30am:** Veterans Coffee House.

UPCOMING CLASSES/GROUPS

Wed., 10/21: **1pm:** Crafters Corner, Cribbage.

Thurs., 10/22: **9:30am:** Clay-Ceramic Lantern Ghosts; **10am:** Shakespeare For All - Macbeth; **1:30pm:** Book Club Discussion Group.

Fri., 10/23: **9am:** Silver Steppers Tap Class; **2pm:** Senior Jammers.

Mon., 10/26: **10am:** Canasta.

Tues., 10/27: **10am:** Line & Ballroom Dance Lessons.

Wed., 10/28: **1pm:** Crafters Corner, Cribbage, Idea Factory-Witches Hat Decor.

Thurs., 10/29: **10am:** Shakespeare For All - Macbeth.

Fri., 10/30: **9am:** Silver Steppers Tap Class; **2pm:** Senior Jammers.

A Simple Ride Can Make a Significant Difference

For many of us, attending a doctor's appointment is a routine task that we rarely give much thought to. We simply hop into our car and head out.

However, for many older adults living in the Greater New Haven area who have lost their driving ability, attending appointments can become a major challenge.

RIDES+ (a program of Interfaith Volunteer Care Givers of Greater New Haven) plays a crucial role in ensuring the independence of local residents by connecting them with volunteer drivers who provide rides to medical appointments. The need for rides is spiking and that translates to more volunteer opportunities (the critical ingredient).

While a ride may only take an hour or two out of your day, it can be a lifeline for the person receiving it, allowing them to attend important medical appointments while maintaining their sense of independence.

Moreover, volunteering offers a rewarding experience that fosters connections with people you might never encounter otherwise. You'll have the opportunity to hear their stories and engage in meaningful conversations.

Volunteering doesn't require a significant commitment. Even providing occasional rides can make a substantial difference. Whether you choose to volunteer a few hours a day, week, or month, the decision is entirely yours.

If you have some extra time on your hands, consider becoming a volunteer driver with RIDES+.

For more information, please visit: CareNewHaven.org

North Haven Taking Back Unwanted Prescription Drugs Oct. 24th

On Saturday, October 24, from 10am-2pm, the Town of North Haven and the Drug Enforcement Agency (DEA) will be teaming up once again to give the public the opportunity to prevent pill misuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs. This event is open to any residents from any town. Visitors are asked to bring medications for safe disposal to North Haven Fire Headquarters at 11 Broadway. The service is free and anonymous, with no questions asked. This is the 34th National DEA Takeback Day hosted by the Town, with collection events taking place every April and October.

This is a drive-through drop-off event. Visitors simply need to pull down the driveway of Fire Headquarters and drive around to the back of the building, where they will be greeted by staff to accept the medications. Visitors will be asked to remain in their vehicles and to hand the medications through the window to the staff. Visitors are discouraged from exiting their vehicles or walking up to the disposal tables.

Vapes and other e-cigarette devices or cartridges are also now being accepted; please remove the batteries before dropping these items off for safe disposal. Items that will not be accepted include syringes, needles or other sharps, inhalers, such as those for asthma, aerosol cans, mercury thermometers, iodine-containing medications and illegal drugs or substances (including marijuana which is still a schedule 1 drug under federal law).

Please leave all medications in their original containers if possible. Cross out the person's name with a black marker to ensure privacy.

For more information, please contact Carla Picard in Community Services at (203) 239-5321 x8504.

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

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 •

Hamden Woman's Club Conjures Up Fun Fall Activities



Pictured clockwise, from left: Annette LaVelle, Sharon Nolan, Judy Feather, Rosalie Loewenbaum, Marge Giunti, Donna Cifaldi, Barbara Aurora.

Hamden: The HWC Book Club meets every 2nd Tuesday of each month at Hamden Townhouse Diner.

It's a unique group in which the members each select a reading material of their choice. Members discuss the book they've read whether it be a mystery, a true story, a biography , autobiography, or historical fiction over a delicious lunch. It's always a fun afternoon. Visitors are always welcome!

Presently, the Hamden Woman's Club is celebrating 75 years of service in our community and all women of 18 years and older are invited to join us!

Come to a general meeting to learn about the Hamden Woman's Club and our commitment to the community, including events and activities members engage in. As we continue to build friendships, encourage participation, welcome new members and create meaningful opportunities to serve the community together, we want our club to be a place where women can connect, grow, make a difference and blossom together.

This month, the Homelife Committee, chaired by Linda Bishop and Shirley Mero has been busy preparing goody bags with a variety of surprises for our annual Trunk or Treat celebration at The Hamden Children's Center - always great fun! At the same time, they are beginning to collect clothing "gifts of warmth" for those in need. Also, very soon, the International Lunch Bunch will travel to New Britain to celebrate a FUN Oktoberfest !

Our Rada Cutlery Fundraiser is ongoing and will continue all year through May. They are best known for their excellent qualty of their knives but they sell many more kitchen items and gadgets that make great gifts. Browse through the catalog in the link of our new website. Everything is made in the USA with a lifetime warranty since 1948! For more information , visit our website or please contact Sharon Welch, @ srwelch011@hotmail.com

Our next meeting will be on November 4, 2026 at 6:30pm at Hamden Senior Center, which is located at the rear entrance to the Miller Library. Our Guest Speaker will be Mayor of Hamden, Adam Sendroff, who will be happy to answer your questions and concerns.

You don't have to be a resident of Hamden to join!

VISITORS, GUESTS & PROSPECTIVE MEMBERS ARE ALWAYS WELCOME to attend meetings! Please come by and plan to stay for our social hour of "calories and camaraderie" while getting to know us! We hope to see you there! Thank you for your support.

For more information, please visit our website: https//:hamdenwomansclub.org