

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

Local Resident Receives Certificate Of Recognition On Her 100th Birthday



East Haven Mayor Joseph Carfora presented a certificate of recognition to Mary F. Carbone formerly of North Haven and long time resident of East Haven who celebrated her 100th Birthday on October 23, 2024. Married to her late husband Joseph Carbone for 65 years, the two of them operated a butcher shop/grocery store on Main Street for many years. Both were proud members of the American Legion Post #89, enjoyed travel, concerts on the green and participated in the Memorial Day Parade ceremonies. Mary currently resides in Cheshire where she continues to enjoy time spent with local family members and close friends.



SENIOR LIVING
ACCEPTING APPLICATIONS FOR
Studio Units $560
1 Bedroom Units $661
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

Joyce C. Budrow Senior Center

189 Pool Rd., North Haven
Hours: 8:30am-3:30pm
Phone: (203) 239-5432

The following programs are held at the Joyce C. Budrow Senior Center and are available for North Haven Residents only. See our Senior Center Newsletter online at www.town.north-haven.ct.us.

WEEK OF OCT. 28 - NOV. 1

Mon., 10/28: **9:30am:** Fitness Fun; **10am:** Canasta; **12:00 noon:** Pinochle; **1pm:** Bingo.

Tues., 10/29: **9:30am & 10:45am:** Better Balance; **1pm:** Bocce, Mahjong.

Wed., 10/30: **9:30am:** Fitness Fun. *All Afternoon Activities Cancelled. Set Up for Holiday Fair.*

Thurs., 10/31: *Senior Center All Activities Cancelled. Set Up for Holiday Fair.*

Fri., 11/1: **3-7pm:** *North Haven Senior Center Holiday Fair. Senior Center Closed.*

Save the Date

North Haven Holiday Fair: **Fri., Nov. 1,** from 3-7pm and **Sat., Nov. 2,** from 9am-2pm. Handmade crafts, knitted/crocheted items, Grannie's Attic, Jewelry, Handbags, Raffle Prizes, and more! Meatball Subs and Hot Dogs served on Saturday. And of course, our famous Cookie Walk! All proceeds benefit the Joyce C. Budrow North Haven Senior Center. Save the date and we look forward to seeing you there!

Makeup for Mature Women Forum: **Thurs., Nov. 7,** at **1pm.** Joby Rogers returns for this insightful forum as we explore proper makeup application techniques, how to choose the perfect shades for your complexion, must-have tools, and more. Attending makeup free and bringing your personal make up is encouraged but not required. Cost is $10.00 to attend, due at registration. Check only, payable to Treasurer, Town of North Haven. ***Space is limited, registration ends October 28.*** Call (203) 239-5432 for more information.

Honor Veterans Day: **Fri., Nov. 8,** from **12 noon-12:30pm.** Stop by and join Senior Center member Lee Fermo while she plays patriotic music at the Center in honor of Veteran's Day. No registration necessary.

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF OCTOBER

Mon., 10/28: **10-11:30am:** Ask a Realtor; **10:30am:** Wills, Trusts and Probate; **1-3pm:** Hearing Services. *Raffle Tickets on Sale 9am-3pm.*

Tues., 10/29: **10am:** Veteran's Coffee House.

Wed., 10/30: **10am-12:00 noon:** (MOB) Workshop.

Thurs., 10/31: **10am:** A.G.E.; **1pm:** Halloween Party with Ashly

OCTOBER 2024 WEEKLY ACTIVITIES

Monday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Texas Hold'em, Canasta Lessons, Body in Motion; **10am:** Bridge Lessons, Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout with Sue - ZOOM; **11am:** Total Fitness - Singing For Fun; **12:00 noon:** Healthy Moves, Art Appreciation; **12:45pm:** Chair Yoga; **1pm:** Cards/Nickel-Nickel, Chess Club, Harmonica Club.

Tuesday: **8:30am:** Golf, Workout with Sue - ZOOM; **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Total Fitness, Basic Social Dance; **10am:** Bocce, Ballroom Dance Lessons; **11am:** Strength and Balance; **12:00 noon:** Bridge; **12:30pm:** Bingo; **1pm:** Quilting, Parkinson Fitness, Mah Jongg; **2pm:** Silver Sneaker Classic.

Wednesday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9am:** Setback; **9:30am:** Body in Motion; **9:45am:** Guided Meditations; **10:15am:** BOOM Silver Sneakers; **11am:** Pickleball, Shuffleboard; **1pm:** Cribbage, Crafter's Corner; **2:30pm:** Basic Group Drumming.

Thursday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9:30am:** Total Fitness, Basic Social Dance; **10am:** Bible Discussion, Bridge Lessons, Bocce. **11am:** Total Fitness; **12:30pm:** Bingo, Artists' Studio; **1pm:** Parkinson Fitness, Mah Jongg, Scrabble; **2pm:** Silver Sneaker Classic; **3pm:** Gentle Yoga.

Friday: **9am-1pm:** Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9am:** Tap Dance; **9:45am:** Mah Jongg Lessons; **10am:** Tai Chi; **10:30am:** Workout with Sue - ZOOM; **11am:** Strength and Balance, Bridge; **12:30pm:** Pinochle, Movie Matinee; **1pm:** Knit & Crochet, Cornhole; **2pm:** Senior Jammers.

Subject to Change. We will make every effort to reschedule any activity that has been cancelled.

• • • •

Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Indepencence® has an announcement:

Senior Residents living alone are welcome to contact our Volunteer Representative, Janet, if you wish someone to reach out to you to see how you are doing or just to say hello.

Please call Janet at (203) 500-9359.

• • • •

Energy Assistance Scheduling Appointments

The Town of North Haven's Community Services office is now scheduling residents' appointments for the 2024-2025 CT Energy Assistance Program (CEAP).

Energy assistance appointments will be conducted via phone on Tuesdays and Wednesdays from 9am-11:15am. All paperwork for signature and required documents will be requested after the phone appointment.

For more information, to see if you qualify or to schedule your phone appointment, call Community Services at (203) 239-2566 from 9am-4pm, Mon.-Fri.

• • • •

North Haven Resident Celebrates Her Birthday With Many Friends And Guests At The Senior Center



Pictured (L-R): Friends of Marie, standing in back Kathy, Delores, front row Marilyn, Jo Ann, Marie, Yolanda, Marquiete, Helen, Pat, Gail and Hazel whose birthday just passed.

North Haven: On Monday, October 21st, at bingo during intermission time, Marie Limaura celebrated her birthday with friends and guests with a delicious half sheet birthday cake from Big Y. Everyone enjoyed each other's company with laughs, fun, and great conversations. Marie may you have many more special birthdays with many of God's Blessing's.

Story and photo by Jo Ann Buccetti

Hamden Lions Club Conducts Vision Screening



Pictured: Helen Street School Nurse Wei Wang, Lion Alan Sturtz, Helen Street School Principal Karen Franklin, Helene Street School Nurse Staci Walden, and Lion Laurie Dowling.

Hamden: Members of The Hamden Lions Club are conducting vision screenings at Hamden's elementary schools from October through December. The Lions Club International has been committed to improving eyesight through conducting vision screenings and raising awareness of scheduling regular eye exams as well as the importance of wearing prescribed eyeglasses.

FOR SALE: Two walkers, one with basket, brand new $50; second one $30, in good cond., good brakes; (203) 440-4172 •

WANTED: Antique country store items, old tins, bins, signs, boxes or anything related; (203) 915-7662 •

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 •