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Varsha Salani, D.M.D., LLC

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Emphasizing Cosmetics in a Therapeutic Environment

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- 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

WANTED: Digital camera, w/charger, in good cond., reasonable priced; call (475) 307-8057

FOR SALE: 10,000 BTU GE air conditioner, 5 years old, like new \$175; (203) 213-4944

The Greater New Haven Probus Club Donates \$500.00 To The PLACE



Pictured Far left and right: Are Dave Green and Charles Mandlestein, Probus members, along with Debbie Shavoya, Executive Director PLACE, receiving the donation.

New Haven: The Greater New Haven Probus Club donated \$500.00 to the PLACE (Partship in Learning and Creative Exploration to purchase art supplies for their programs.

The Greater New Haven Probus Club was found-

ed in 1921 to help individuals with special needs in our community. We have expanded our efforts to help others by providing assistance for at-risk individuals and families, homeless shelters, veterans and incoming refugee support groups. All donations are tax deductible as Probus Club is a 501c3 organization. We welcome other individuals and couples who want to give back to their community. For more information about us, contact Roy Lukacs at (475) 224-9774.

North Haven Lions Collecting Used Glasses for Charity

The box pictured at right is for used glasses for the underprivileged that cannot afford them.

The North Haven Lions would appreciate help in collecting glasses for these people around the world.

Listed below are the locations where glasses can be dropped off:

Key Bank (Washington Ave., North Haven); North Haven Library (Elm St., North Haven); North Haven Congregational Church (28 Church St., North Haven); Total Vision Eyecare Center (81A Washington Ave., North Haven); Arnold's Jewelers (117 Washington Ave., North Haven); North Haven Senior Center (189 Pool Road.); North Haven Pharmacy (278 Maple Ave. North Haven); North Haven Funeral Home (36 Washington Ave. North Haven); Washington Memorial Funeral Home, (4 Washington Ave. North Haven).

For more information, contact Marie Anne Barnhart, call 203-248-6948.



Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF JULY

Tues., 7/9: 10:30am: Q & A Wallingford Police Dept.; **11am:** Happy Birthday Party.

Thurs., 7/11: 9:30am: A.G.E. Discussion; **10am:** Hospitality Committee Mtg.; **11am:** Cardio Drumming; **5pm:** Lake View Dinner; **6:30pm:** "R" Band Concert.

Fri., 7/12: 12:30pm: Movie: Argo.

Mon., 7/15: 10am: iPad Workshop.

Tues., 7/16: 10am: Shop Rite Dietician.

Wed., 7/17: 10:15am: Trip Departure - The Log Cabin; **1pm:** T.A.B.s.

Thurs., 7/18: 9:15am: Bus Trip Sign Up - Christmas Lights & Song; **9:30am:** A.G.E. Discussion; **5pm:** Lake View Dinner; **6:30pm:** "R" Band Concert.

Fri., 7/19: 9am: WCOA Meeting; **12:30pm:** Movie: Steel Magnolias.

Mon., 7/22: 10am: Ask a Realtor; **1pm:** Hearing Services.

Tues., 7/23: 10am: Veterans Coffee House.

Wed., 7/24: 11am: Professional Photography Presentation; **1pm:** T.A.B.s.

Thurs., 7/25: 11am: Cardio Drumming; **1:30pm:** Book Club Discussion Group; **5pm:** Lake View Dinner; **6:30pm:** "R" Band Concert.

Fri., 7/26: 10am: Parkinson Support Group; **9:30am:** Morning Hike; **12:30pm:** Movie: Twister.

Mon., 7/29: 10:30am: Wills, Trusts and Probate.

JULY 2024 WEEKLY ACTIVITIES

Monday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60

Plus, Billiards; **9:30am:** Texas Hold'em, Body in Motion; **10am:** Bridge Lessons, Canasta; **10:15am:** Beginner Tai Chi; **10:45am:** Workout w/Sue-ZOOM; **11am:** Total Fitness; **12:00 noon:** Healthy Moves, Art Appreciation; **12:45pm:** Chair Yoga; **1pm:** Cards/Nickel-Nickel, Chess Club; **1:30pm:** Harmonica and Kazoo Club; **2pm:** Strength & Balance.

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

Wednesday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9am:** Set-back; **9:30am:** Body in Motion; **9:45am:** Guided Meditations; **11am:** Digital Photography, Pickleball; **12:30pm:** Monitor My Health Fitness; **1pm:** Cribbage, Crafter's Corner; **1:30pm:** Monitor My Health; **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:** Virtual Bowling, Bible Discussion, Bridge Lessons, Bocce; **11am:** Total Fitness; **12 noon:** Advanced Group Drumming; **12:30pm:** Bingo, Artists' Studio; **1pm:** Parkinson Fitness, Mah Jongg, Scrabble; **2pm:** Silver Sneakers Classic; **3pm:** Gentle Yoga, Virtual Bowling.

Friday: 9am-1pm: Lake View Café; **9am-4pm:** Club 60 Plus, Billiards; **9am:** Tap Dance; **10am:** Tai Chi; **10:30am:** Workout with Sue - ZOOM, Mah Jongg Lessons; **11am:** Strength & 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.

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 JULY 18-12

Mon., 7/8: 9:30am: Fitness Fun; **10am:** Open Craft Time, Canasta; **11:30am:** National Ice Cream Sundae Day (\$3); **noon:** Pinochle; **1pm:** Bingo.

Tues., 7/9: 8:30am: Walking Group; **9am:** Teen Tech Begins (ends at 12 noon); **9:30am:** Mini Trip - Universal Drive; **9:30am & 10:45am:** Better Balance Begins; **10:30am:** Finance Meeting; **1pm:** Antioxidants 101 with Marisa from ShopRite, Bocce, Mahjong, Oil Painting Class.

Wed., 7/10: 9:30am: Fitness Fun; **10:15am:** Learn the Signs of a Stroke - Presented by Yale New Haven Healthcare & Hospice; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 7/11: 9:30 & 10:45am: Better Balance; **10am:** Bocce, Knitting/Crochet Class; **10:30am:** Ask the Nurse; **1pm:** Dominos, Mahjong, Moving w/Mary; **2pm:** "No Bake Baking" with Deb from Hamden Rehabilitation & Healthcare.

Fri., 7/12: 9:30am: Fitness Fun, Scrabble; **10am:** Chair Volleyball; **12:30pm:** Bridge; **1pm:** Bingo, Bocce.

SENIOR SPOTLIGHT

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References Available

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

Save the Dates
NEW - Open Craft Time: Whether you have a project to work on or just need a creative outlet, come and join in on the fun! Bring your UFO Crafts (In-Finished Objects) to work on. If you don't have a craft, no problem! We will have things for you to choose from. Open craft time will begin July 8 on the 2nd and 4th Mondays of the month, from 10am-11:30am.

Teen Tech: Tues., July 9 & Tues., July 23 from 9am-12:00 noon. August dates are as follows: Tues., Aug. 6 & Tues., Aug. 20 from 9am-12:00 noon. Our Teen Tech Wizards are back this Summer to help you get the most out of your phone, tablet, or laptop. Teens will help you with general device use and special topics from setting up email accounts, browsing the internet, resetting passwords, and more. Call or stop by the Center to sign up for a 30 minute session by calling (203) 239-5432 and remember to bring your devices!

Fall Prevention Seminar: Wed., July 17 at 10:30am. Topics to include Risk factors of falls, what can happen after a fall, prevention tips and more. Balance assessments will also be performed. Join us for this FREE and informative info-session. Presented by ABC Senior Services. RSVP by calling (203) 239-5432 or stop by the office today.

Tea Towel Craft: Wed., July 24 at 10:15am. Create a beautiful tea towel, using fruit stamping to create a unique design. Cost is \$5 for two tea towels. Keep one for yourself and give one as a gift! Payment due upon registration. **RSVP by July 19.**

NEW - Hot Dog Days: Fri., July 26 at 11:30am. Celebrate the "Dog Days of Summer" at the Senior Center. Cost is \$6 per person (due at registration) for a Hot Dog lunch complete with chips and soda! **RSVP by July 22** by signing up at the office today. (Cash only, exact amount greatly appreciated.)

Paid Classes
All checks made payable to: Treasurer Town of North Haven or unless otherwise noted.
Registration will be taken Monday through Friday from 10am-3pm. A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment, as instructors are based on payment once the class is filled.

FOR SALE: Twin mattress, finished both sides, new in box \$75; (203) 623-1647

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