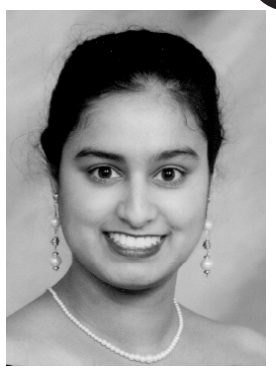
YOUR LINK TO QUALITY HEALTHCARE

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.

WEEK OF JUNE 15-19

Mon., 6/15: **9:30am:** Fitness Fun; **10am:** Canasta; **11am:** Move to Music; **1pm:** *Silver Sneakers Gentle Yoga,* Bingo.

Tues., 6/16: **9:30am:** Functional Fitness; **10am:** *Monitor My Health,* Rummikub, Wii Bowling; **12pm:** *Oil Painting Class;* **1pm:** Bocce, Mah Jongg; **2pm:** *Ice Cream Social. Mini Trip: Universal Drive.*

Wed., 6/17: **9:30am:** Fitness Fun; **10am:** Pinochle; **11am:** Diamond Art; **12:30pm:** Bridge; **1pm:** Bingo. *Grocery Shopping.*

Thurs., 6/18: **10am:** *Bobcat Walking Group, Seated Qigong & Tai Chi, Make & Take: Succulent Planters,* Knitting/Crochet; **11:15am:** *Standing Qigong & Tai Chi, Silver Sneakers Circuit;* **1pm:** *Balance Through Strength,* Bocce, Dominos, Mah Jongg.

Fri., 6/19: ***Senior Center Closed - Juneteenth Holiday.***

Programs/Activities

AARP Smart Drivers Course: Attend the Nation's first refresher course specifically designed for drivers 50 years old and up. In many states, drivers benefit from a discount on their auto insurance premium upon completing the course. Classes are held at the Senior Center every month from 8:15am-12:15pm. ***FEW SPOTS LEFT for Friday, June 26.*** Prior registration is required by call the Center at (203) 239-5432. Cost is $20 for AARP Members, $25 for Non-AARP Members. Check or Money Order only, payable to AARP. Please, no cash, debit or credit. ***Free Classes available July 17, Aug. 21 and Sept. 18!*** Call (203) 239-5432 for more information or to pre-register.

In Case of Emergency Cards: Mon., June 22 from **9-11am.** By Appointment ONLY. It's important to always have your emergency contact information on you. Come create a laminated emergency contact card that will fit in your wallet. Stop by the office to sign up for your 5-minute appointment or call (203) 239-5432.

250th Celebration: Wednesday, July 1 from **11am-12:30pm.** Hot dogs, chips, dessert, giveaways and a patriotic sing-a-long with our very own chorus, The Melody Makers! Stop by the office to register and pay. Cost is $5 for Residents, $10 for Non-Residents. Residents may register at this time, Non-Residents may register beginning 6/15. SPACE IS LIMITED. Please remember, registration for programs begins AFTER 9am.

New Haven Museum & Bear's Smokehouse: Thurs., July 9 at **10am.** We will enjoy a guided tour of the New Haven Museum, 114 Whitney Ave., New Haven, which features the Amistad, the history of New Haven Apizza, Long Wharf exhibits and more! We'll stop at the gift shop before we leave for lunch at Bear's Smokehouse, 470 James Street, New Haven. Admission to the museum is $4. Lunch is pay on your own. Limited transportation will be provided to those who do NOT drive, and is first come, first serve. Stop in the office to register or call (203) 239-5432. Registration for Residents is now underway while Non-Residents may register beginning 6/22. ***Registration ends 6/26.***

Stop in and Visit the Senior Center: Ever wonder what the Senior Center has to offer? Come on in and take a look! Our doors are always open and we welcome you to come and see the variety of activities and programs we have to offer. Whether you are looking for a card game, enjoy crafting and creating, joining an exercise class, or looking to make new friends, we guarantee you will find something here for you at the North Haven Senior Center.

Floral Designs For Wallingford Senior Center Entrance Table



Pictured: Viya Schenk's assorted herbs on chair, and Linda Burr's Memorial Day theme.

Wallingford Garden Club members are providing floral designs, plants or educational exhibits for the Wallingford Senior Center Entrance area. Members have been taking floral design workshops provided by Design Committee Chair. New design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public View.

The May participants were: Viya Schenk w/herbs and Linda Burr w/Memorial Day theme.

Wallingford Garden Club is a member of The Federated Garden Clubs of Connecticut, Inc., New England Garden Clubs and National Garden Clubs, Inc.

Photos by Eleanor Tessmer.

Now Accepting...

We are now collecting any unwanted Jewelry for our Holiday Fair. If you have pieces you no longer wear, or are in the midst of "spring cleaning" 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, Monday-Friday, between 9am-4pm for drop-off. WE ARE NOT ACCEPTING ANY OTHER DONATION ITEMS AT THIS TIME. Be sure to "stay tuned" for more Holiday Fair news.

Health & Fitness

Move and Groove: NEW! Exercises will be done to music and will include dancing. There will be both seated and standing exercises that can be modified for all fitness levels. ***Session begins July 14 - August 4.*** Residents may register at this time. Cost for residents is $10. Non-Residents may register beginning June 22. Cost for Non-Residents is $20. Call (203) 239-5432 for more information.

Silver Sneakers Circuit: On **Thursdays** at **11:15am-12pm.** Registration for the July session is now underway for Residents. Non-Residents may register beginning June 22. 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. 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 July 2, 9, 16, 23 & 30.*** Call (203) 239-5432 for more information.

Upcoming Trip

Culinary Institute of America-Hyde Park, New York: Thurs., September 17. Take part in this wonderful and unique opportunity to go behind the scenes of the world-famous Culinary Institute of America. Tour Roth Hall where culinary magic happens and enjoy a full course luncheon at their Caterina de Medici Restaurant. Cost for the trip is $172/pp for North Haven Residents, $182/pp for Non-Residents. Check ONLY, payable to Friendship Tours. Payment due at time of registration. Cost includes: round-trip coach bus transportation, tour of the Culinary Institute and Pre-set menu, full-course luncheon. ***Last day to register: 7/31.*** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY EVENTS JUNE 15-19

Mon., 6/15: **9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 6/16: **9am:** Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 6/17: **9am:** Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 6/18: **9am:** Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 6/19: ***Closed - All activities cancelled.***

MONTHLY EVENTS & DAY TRIPS FOR JUNE 2026

Mon., 6/15: **1pm:** Karaoke with Barbara & Pat.

Fri., 6/19: CLOSED.

Mon., 6/22: **10am:** Realty Roundtable KW Realtor; **10:30am:** Wills, Trusts and Probate.

Tues., 6/23: **9:30am:** Veterans Coffee House.

Thurs., 6/24: **1:30pm:** Book Club Discussion Group; **7am:** Under the Boardwalk.

UPCOMING CLASSES/GROUPS

Mon., 6/22: **8:30am:** Golf League; **10am:** Canasta.

Tues., 6/23: **8:30am:** Golf League; **10am:** Line and Ballroom Dance Lessons.

Wed., 6/24: **1pm:** Crafters Corner, Cribbage.

Thurs., 6/25: **9:30am:** Clay-Napkin Rings; **10am:** Shakespeare For All.

Fri., 6/26: **9am:** Silver Steppers Tap Class; **10am:** iPhone 101; **2pm:** Senior Jammers.

Mon., 6/29: **8:30am:** Golf League; **10am:** Canasta.

Tues., 6/30: **8:30am:** Golf League; **10am:** Line and Ballroom Dance Lessons.

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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 • FOR SALE: Maple desk chair, upholstered seat and back, carved lion arm ends and feet $50; (203) 865-4790, leave message •

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

Equal Housing Opportunity

Hamden Rotary Presents Check To Hamden CERT



Pictured: With Mr. Freeman is Rotarian Paul Begemann at left.

Hamden: The Hamden Rotary Club recently presented a check to Robert Freeman on behalf of Hamden CERT to buy much needed equipment.

Edward Smith Library
3 Old Post Rd., Northford

UPCOMING JUNE EVENTS

To register for events at the library, visit the Events Calendar at our website: https://northbranford.librarycalendar.com/ or call (203) 315-6020.

TEMPORARY CLOSING: Smith Library in Northford remains closed for a major HVAC system replacement. We anticipate reopening in early August. Patrons can return books to our sister facility, Atwater Library, or any Connecticut library. Atwater will serve as the pickup location for all holds throughout this closure. All library programs will be held at Atwater Library, 1720 Foxon Road, North Branford.

Tots & Tunes: Tues, June 16, 10:30-11am. Young children ages 18 months and up and their siblings can enjoy 30 minutes of songs, stories and movement. Parent or guardian must attend. Registration not required.

Pop-In Storytime with Teachers: Fri., June 19, 10:30-11am. Join us for an all-ages storytime with a surprise guest teacher from Jerome Harrison School or Totoket Valley Elementary School. No registration required.

"American Heroines" with Patty Carver: Sat., June 20, 10am-1pm. This one-woman musical brings to life four important women of American history. Patty Carver, Playwright in Residence for Connecticut Children's Theatre, will perform from on Carver's musical presents the lives of Catherine Coffin; Mother Jones; Molly Pitcher; and Prudence Crandall. Registration required.

Pop-In Storytime with Teachers: Mon., June 22, 4-4:30pm. Join us for an all-ages storytime with a surprise guest teacher from Jerome Harrison School or Totoket Valley Elementary School. No registration required.

Monday Night Mah-Jongg: June 22, 6-8pm. Those interested in playing Mah-Jongg are invited. Participants should bring their Mah-Jongg sets.

Colonial Escape Room: Tues., June 23; five sessions. Session 1: 1:30-2:15pm; Session 2: 2:30-3:15pm; Session 3: 3:30-4:15pm; Session 4: 4:30-5:15pm; and Session 5: 5:30-6:15pm. Oh no! You've accidentally traveled back in time to colonial America. The only way to return to the present is to solve a series of puzzles about the 13 colonies. Each session is limited to five participants. Learn about the economic, political, and religious motivations for settlement as well as the regional differences among the colonies. Recommended for ages 8 and up. Participants need to be able to read and write. Registration required.

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FOR SALE: Lilac shrubs, 3 to 4 ft. tall $10 ea.; (203) 234-1129 •