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**Varsha Salani, D.M.D., LLC**

State of the Art Dentistry  
Emphasizing Cosmetics in a Therapeutic Environment

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Let us show you what our all female state-of-the-art cosmetic dentistry can do for you.

- Whitening - Smile Design
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**Come see us at our new location!**  
185 Maple Ave., North Haven, CT

**Varsha Salani, D.M.D., LLC**  
(203) 234-1901

**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, available for North Haven Residents only. See our Senior Center Newsletter online at [www.town.north-haven.ct.us](http://www.town.north-haven.ct.us)

**WEEK OF OCTOBER 14-18**  
**Mon., 10/14:** Senior Center Closed - Columbus Day.

**Tues., 10/15:** 9:30 & 10:45am: Better Balance; 12:00: Oil Painting Class; 1pm: Bocce, Mahjong.

**Wed., 10/16:** 9:30am: Fitness Fun; 10am: Let's Talk About It; 10:15am: Blind and Low Vision Program presented by UR Community Cares; 12:30pm: Bridge; 1pm: Bingo, Pinochle.

**Thurs., 10/17:** 9:30 & 10:45am: Better Balance; 10am: Bocce, Knitting/Crochet Class; 12:00: Pizza Lunch - hosted by Whitney Rehabilitation; 1pm: Dominos, Mahjong, Move with Mary. Grocery Shopping Today.

**Fri., 10/18:** 9:30am: Fitness Fun, Scrabble; 10am: Chair Volleyball; 10:30am: Health Fair & Flu Clinic (ends at 12:30); 12:30pm: Bridge; 1pm: Bingo, Bocce. (Transportation available for Flu Clinic/Health Fair Only.)

**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: Weatherproof GFI kit, brand new, 15A 125 VAC duplex receptacle with box, cover, hardware \$10; (203) 606-0932**

**FOR SALE: Meyer snow plow blade, 8 ft. long, commercial grade \$500 or best offer; (203) 627-6430, leave message**

**Important Medicare Changes in 2025**

The Town of North Branford Office of Social Services with Leslie Pruitt, Aging Resource Center Coordinator for the Agency on Aging, will present changes to Medicare that will begin in 2025.

The event will take place at the Stanley T Williams Community Center, located at 1332 Middletown Ave., Northford on Tues., October 22 at 11am. This is important information for anyone currently on Medicare or expecting to be in the next year.

Seating is limited. If you wish to attend, please let us know by email at [lbreen@northbranfordct.gov](mailto:lbreen@northbranfordct.gov) or by calling the Office of Social Services at (203) 484-6006. Feel free to bring your questions.

**Illness and Death in 17th Century Wallingford**

Join us at the oldest house in Wallingford to learn about illness and death practices of the town's earliest settlers. Wallingford's Historic Preservation Trust will present *Illness & Death in 17th Century Wallingford: Beliefs and Practices* at the Nehemiah Royce House, 538 North Main Street, on Fri. & Sat., October 25 & 26.

Light refreshments will be served in the home's Keeping Room at the conclusion of the ceremony.

Tickets to the event are \$20 per person and must be made in advance. Call the Trust at (203) 774-5002 or email: [kay@CTliquorlaw.com](mailto:kay@CTliquorlaw.com) for ticket purchase.

Bench seating will be limited to 25 viewers for each of the three presentations. The schedule is as follows: Fri., Oct. 25 from 6-8pm; Sat., Oct. 26 from 1-3pm and again from 5-7pm.

An additional cautionary note: the 350 year-old Royce house has an uneven entryway and some irregular interior surfaces which may present difficulties for individuals with disabilities. Parking is available on neighboring side streets.

**Wallingford Senior Center**  
(203) 265-7753

**CALENDAR EVENTS FOR MONTH OF OCTOBER**

**Mon., 10/14:** Center Closed - Columbus Day.

**Tues., 10/15:** 10:30-12:30pm: Flu Clinic.

**Wed., 10/16:** 10am-12:00 noon: (MOB) Workshop; 1pm: T.A.B.'s

**Thurs., 10/17:** 8:30am: Bus Trip - Clark Museum; 10am: A.G.E.; 5pm: Lake View Café Dinner; 6pm: Comedy Show - Linda Belt.

**Fri., 10/18:** 9am: WCOA Meeting; 12:30pm: Movie: *Nomadland*.

**Mon., 10/21:** 10am: iPad User Group, Wlfd. Fire Dept. Safety Presentation.

**Tues., 10/22:** 10am: Fall Prevention Technology Presentation-Medicare.

**Wed., 10/23:** 10am-12:00 noon: (MOB) Workshop.

**Thurs., 10/24:** 10am: Wlfd. Funeral Home Presentation; 11am: Cardio Drumming; 1:30pm: Book Club Discussion Group; 6-8pm: Cobblestone Road Concert.

**Fri., 10/25:** 10am: Parkinson's Support Group; 12:30pm: Movie: *The Haunted Mansion*.

**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.

**Garden Club Houseplant Auction**

**Cheshire:** The ever-popular Suburban Garden Club Houseplant Auction is back after a break. The public is invited to the auction that will take place on Wed., Oct. 16 at 7pm at the Cheshire Senior Center, located at 240 Maple Street. Refreshments will be served at 6:30pm.

Purchases fund a wide variety of civic activities including giving scholarships to area students pursuing degrees in horticulture or environmental studies, planting and maintaining gardens around town for all to enjoy and offering educational programs focused on increasing knowledge and interest in gardening and relevant environmental issues. We are very grateful to our customers who support our plant sale each year.

For more information see our website [www.cheshiregardeners.org](http://www.cheshiregardeners.org)

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

**FOR SALE: Bike, Oxford, 3-speed, 1960s, 25", looks good \$40; (203) 527-8482, leave message**

**SENIOR SPOTLIGHT**

**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



**Upcoming Concert At North Haven Congregational Church**



**North Haven:** ShoreGrass will be performing a fun-filled concert on Saturday October 26 at 7:00pm, doors open 6:30pm at North Haven Congregational Church 28 Church St. Tickets available at the door: \$15 adults \$10 students under 12 free Reception will follow the concert. Ample free parking, handicap accessible Call the church office for more information 203-239-5691.

ShoreGrass is a five-piece bluegrass band from the Connecticut shoreline led by Frank & Barbara Shaw of Branford. The group has performed locally as well as around the Northeast since 1999. Their music is a lively mix of traditional bluegrass, old-time, early country, gospel and folk songs as well as original pieces reflecting their roots in contemporary music with a local flavor. The group has several singers who alternate leads on 3-part vocal

harmonies, and that unique bluegrass blend of guitar, banjo, mandolin, fiddle, bass and sometimes Dobro. Their musicianship demonstrates the range and uniqueness of each instrument as well as an unusually rich vocal blend, all delivered with the special sense of humor that marks all ShoreGrass performances. Barbara writes original songs for the band and for her own creative joy, several of which have been recorded. ShoreGrass has released several singles and four albums, including "In Connecticut" (2001), "Songs of the Civil War Era" (2005), "Going Home" (2007) and "Hummingbird" (2014). "Sing Out! magazine called ShoreGrass "a refreshing reminder of what bluegrass music is really all about: a talented, family-based band that seem to truly relish playing and singing together."

**History - Carved In Stone**



**North Haven:** The North Haven Historical Society will be collaborating with St. John's Episcopal Church during its upcoming tour of the Old Center Burying Ground. This event will take place on Sunday, October 20 from 1 to 4 PM, and features the Old Center Burying Ground at 19 Church St., opposite Town Hall. During the tour visitors will move about the grounds, where docents from the Historical Society and St. John's will meet them at various burial sites and share stories about the individuals buried there. Visitors may view the sites in any order and visit as many sites as they wish. St. John's will

welcome visitors for light refreshments.

This event is free and open to the public; there is plenty of free parking along the Green. Various publications about North Haven history, including *On The Green*, a book about the Old Center Burying Ground, will be available for purchase that day. The event will take place in light showers or sunshine; it will be canceled if raining heavily. We hope to see you there!

**FOR SALE: Wire, 12 gauge stranded, 600V, Type TW, oil resistant, white, conductor 200 ft. \$6; (203) 265-0881**

**FOR SALE: 5-drawer chest, pine wood, medium brown color, brass handles, 40"Hx 36"Wx16"D, \$50; (203) 627-6430, leave message**