





Varsha Salani D.M.D., LLC

State of the Art Dentistry
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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

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.north-haven.ct.us.

WEEK OF MARCH 16-20

Mon., 3/16: 9:30am: Fitness Fun; **10am:** Canasta, Cornhole; **10:15am:** Chess; **11am:** Move to Music; **1pm:** Bingo.

Tues., 3/17: 9:30am: Functional Fitness; **10am:** Rummikub, Wii Bowling; **10:30am:** Setback; **12pm:** Oil Painting Class; **1pm:** Medicare Savings Program Presentation, Mah Jongg; **2pm:** Pool School.

Wed., 3/18: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art Painting; **12:30pm:** Bridge; **1pm:** Bingo. *Grocery Shopping.*

Thurs., 3/19: 9am: Parade Committee Meeting; **10am:** Knitting/Crochet Class, Line Dancing, Seated Qigong/Tai Chi; **11am:** Line Dancing; **11:15am:** Standing Qigong/Tai Chi; **1pm:** Balance Through Strength, Dominoes, Mah Jongg.

Fri., 3/20: 9:30am: NO Fitness Fun, NO Scrabble; **10am:** NO Canasta; **11:30am:** Senior Center St. Patrick's Day Celebration SOLD OUT; **12:30pm:** NO Bridge; **1pm:** NO Bingo, NO Setback.

Programs/Activities

AARP Smart Drivers Course: Upcoming dates include **Fri., April 17** and **Fri., May 15**. Class begins at 8:15am and ends at 12:15pm. Cost is \$20 for AARP Members, \$25 for Non-Members. Drivers may benefit from a discount on insurance. Course is held one Friday each month. Call (203) 239-5432 for more information.

April Line Dancing: This month we offer not one, not two but THREE line dancing class-



es! This is a great way to get a low-cardio workout and have some fun! Our fantastic instructor, Xan, guides you step by step as you master the Electric Slide, the Cha-Cha Slide, Country line dances and more! **Classes are held on Thurs., April 2, 16, and 30** at just \$5 per class. Sign up for all 3 and you'll be a hit on the dance floor! **Registration for April classes ends March 27.** Space is limited so sign-up today. Call (203) 239-5432 for more information.

Make & Take - Beaded Bracelets: **Wed., April 8 at 10:30am.** Join us for this FREE craft with our Program Coordinator Mary, and senior center member Diane, to create a beautiful, one-of-a-kind beaded bracelet. Register on the program sign-up board or call (203) 239-5432. **Residents may register now. Non-Resident registration begins on March 23. Registration ends April 3.**

Music Bingo: **Thurs., April 9 at 1pm.** Bingo combines elements of traditional Bingo with a musical twist! Join Oak Street Health for this exciting and unique Bingo format. **Resident registration is now in progress. Non-Residents may register beginning March 23. Registration ends on April 3.** Call (203) 239-5432 for more information.

Upcoming Trips

"Under the Boardwalk": **Thurs., June 25 at Grand Oak Villa, Oakville, CT.** Listen to Summer classics from Joey & Doreen Arminio as they bring their Jammin' Island Band to perform the music of Jimmy Buffet, Jersey Shore Classics, Beach Boys hits and more! Cost is \$132 for Residents, \$142 for Non-Residents. Check ONLY, payable to Friendship Tours. Bus departs North Haven Senior Center at 10:15am and estimated to return by 5pm. Cost includes round trip coach bus transportation, cheese and cracker reception, family style menu, dessert, soda, carafes of wine at table, coffee and show. **Registration is open now!** Call (203) 239-5432 for more information.

POSITION WANTED

KIND, CARING RETIRED SPECIAL ED TEACHER interested in being a companion for a senior who needs socialization and help with meals, etc. I've had experience working with seniors with depression, anxiety and cognitive decline issues. References gladly given. Call or text **Ruth** at (203) 687-6509.

The Log Cabin - Holyoke, MA:

Thurs., July 30. Featuring Showtime! with Bobby Darling & Dr. Devine. They are one of the funniest, zaniest shows so come ready to have a good time! Cost is \$155 for Residents, \$165 for Non-Residents. Check ONLY, payable to Friendship Tours. Bus departs North Haven Senior Center at 9:30am with an estimated return of 5pm. Cost includes round trip coach bus transportation, welcome tray with cheese & vegetable platter, choice of entrée: Twin Lobsters or Prime Rib au jus, sides, dessert, coffee and show. **Registration is now underway for North Haven Residents; begins March 17 for Non-Residents. Registration ends May 29.** Call (203) 239-5432 for more information.

Enrichment Classes

Move to Music: Mondays at 11am. Move to Music is a low-impact, fun choreographed fitness class which can be done either seated or standing. The functional movements can help to improve coordination, balance, strength and memory. **Next session is April 20 - July 13.** NO CLASS on May 25. Cost is \$25 for Residents, \$35 for Non-Residents. Payable by Check ONLY to Treasurer, Town of North Haven. **Registration for Residents begins March 16; for Non-Residents, registration begins March 30. Registration ends April 10.**

Qigong and Tai Chi: Thursdays, April 16 - July 2. Seated Qigong & Tai Chi class is from 10am-11am. Standing Qigong & Tai Chi class is from 11:15am-12:15pm. Choose the class that best suits your needs. The gentle rhythmic movements of Qigong & Tai Chi can reduce stress, build stamina, increase vitality and enhance the immune system. Cost is \$25 for Residents, \$35 for Non-Residents. Check ONLY, payable to Treasurer, Town of North Haven. **Residents may register beginning March 19; Non-Residents may register beginning March 30. Registration ends April 10.**

Balance Through Strength: Thursdays at 1pm. Build stability, strength, and confidence in this 12-week class led by Tom, a certified personal trainer and fitness coach with IFA, CPR, and Silver Sneaker credentials. **Next session is April 16 - July 2.** Cost is \$15 for Residents; \$25 for Non-Residents. **Residents may register beginning March 19; Non-Residents may register beginning March 30. Registration ends April 10.**

Functional Fitness: Tuesdays at 9:30am. Functional Fitness is a fall prevention class centered around strength, balance, and fitness. **Next session will run April 21 - July 7.** Cost is \$15 for Residents; \$25 for Non-Residents. Check ONLY, payable to Treasurer, Town of North Haven. **Residents may register beginning March 17; Non-Residents may register beginning March 30. Registration ends April 10.**

**Non-Residents must have a Non-Resident Guest Agreement for all classes, as well as complete a Non-Resident Guest Application. Both need to be on file before registering for a class.*

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS
MARCH 2026

Mon., 3/16: 9am: Billiards, Texas Hold'em; **12:30pm:** Har-

monica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 3/17: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 3/18: 9am: Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 3/19: 9am: Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 3/20: 9am: Billiards; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *The Commitments*; **1pm:** Knitters & Crocheters, Indoor Cornhole.

Mon., 3/23: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 3/24: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 3/25: 9am: Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 3/26: 9am: Billiards; **10am:** Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 3/27: 9am: Billiards; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie-*Babe*; **1pm:** Knitters & Crocheters, Indoor Cornhole.

Mon., 3/30: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 3/31: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.



The Art of Aging

In observance of Older Americans Month, this event acknowledges the significant contributions of older adults within our communities. The Area Office on Aging of South Central Connecticut (AOASCC) is proud to host The Art of Aging, which will showcase the artistic talents of painters and photographers aged 60 and above. For further details, please refer to the contact information provided.

We are currently seeking volunteers to assist in the following areas:

1. **Community Engagement:** Volunteers are needed to generate interest among local organizations that may be willing to sponsor the event through financial donations.

2. **Registration Support:** There will be a drop-off registration period from May 4 through May 7. Volunteers will assist agency staff by helping artists complete the necessary paperwork, marking artwork for storage, and ensuring proper placement of the artwork in designated storage areas. Periodic assistance is requested between the hours of 10:30am-1:30pm. Interested individuals are encouraged to reach out to ensure inclusion in all relevant communications regarding this process.

3. **Opening Reception:** The public viewing hours will take place on Thurs., May 28, from 2-4pm. Volunteers will play a crucial role in distributing program brochures, selling "People's Choice" voting tickets, restocking refreshments, and managing a table that provides information on AOASCC and the Volunteer pro-

SENIOR SPOTLIGHT

SENIOR LIVING

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1 Bedroom Units \$661
Includes All Utilities

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(203) 248-1445

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

Equal Housing Opportunity



So Much To Be Grateful For



Pictured: Linda at Mohegan Sun when they had an event for cancer survivors and Linda now at Hamden Miller Senior Center.

Hamden: Linda Jenkins is so grateful to be alive that she has seen her three children grow up and they all are going to college. Linda is a 22 year cancer survivor, April 6 will be 23 years, and is also a 31/2 year uterus survivor. She is so grateful that her daughter Sammy is doing her master's in nutrition, her daughter Emily who lives in Tampa is in Pediatrics Orthopedic, and her son Nathan is going to England to play soccer and college. Linda you are brave and may you have many more years to see your children get married. God Bless You.

Story and photos by Jo Ann Buccetti and Linda Jenkins.



gram. Your participation would be invaluable to the success of this event, and we look forward to your support.

RSVP Volunteer Program

Need a little help? Feeling a bit isolated? Want to give back in a way that can make an impact? Then the Agency on Aging's RSVP Volunteer Program could be the perfect place to call. We have been offering support and volunteer opportunities for over 30 years.

The only requirements are that you are over 55 years old and willing to complete an application for volunteering or a referral for support.

Just give us a call at (203) 752-3059 and ask for Schari.

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Independence® 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.

Masonicare Hospice Seeking Volunteers

Wallingford: Masonicare Hospice is seeking new volunteers for all areas of CT and the Westerly, RI region.

Hospice volunteers assist in many ways, including companionship (in person or through phone calls), sitting vigil, quiet conversations, family support, expressive arts, spiritual care, and clerical tasks in the office. We are also looking for Veterans who are interested in visiting other Veterans through our "We Honor Veterans" program.

Volunteers set their own time schedules and will receive ongoing support and training. Our volunteers tell us they are amazed at how much they get out of this experience!

Complimentary, virtual or in-person training classes are available. To learn more or sign up, please contact Janan Szollosi, Volunteer Coordinator, at (203) 679-5342.

WANTED: Buying older beer cans, flats, conetops, single cans or entire collections; (203) 915-7662 •