





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

Wallingford Senior Center (203) 265-7753

WEEKLY EVENTS JUNE 8-12

Mon., 6/8: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

Tues., 6/9: 9am: Billiards; **10am:** Bocce, Town of Wallingford Featured History 1937 Film; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.

Wed., 6/10: 9am: Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.

Thurs., 6/11: 9am: Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.

Fri., 6/12: 9am: Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie: *Dirty Dancing*; **1pm:** Knitters & Crocheters, Indoor Cornhole.

MONTHLY EVENTS & DAY TRIPS FOR JUNE 2026

Mon., 6/8: 10am: Curiosity Club - Summer Vacation.

Tues., 6/9: 11am: Happy Birthday Party with Don Pierson.

Wed., 6/10: 10am: Q&A Police Department.

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., 6/15: 8:30am: Golf League; **10am:** Canasta.

Tues., 6/16: 8:30am: Golf League; **10am:** Line and Ballroom Dance Lessons.

Wed., 6/17: 1pm: Crafters Corner, Cribbage.

Thurs., 6/18: 9:30am: Clay Napkin Rings; **10am:** Shake-



speare For All.

Fri., 6/19: Closed. Cancelled: Silver Steppers Tap Class, Senior Jammers.

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.

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 JUNE 8-12

Mon., 6/8: 9:30am: Fitness Fun; **10am:** Canasta; **11am:** Move to Music; **1pm:** *Silver Sneakers Gentle Yoga*, Bingo.

Tues., 6/9: 9:30am: Functional Fitness; **10am:** *Monitor My Health*, Rummikub, Wii Bowling; **10:30am:** *Finance Committee Meeting*; **12pm:** *Oil Painting Class*; **1pm:** Bocce, Mah Jongg; **1:30pm:** *Stretch and Restore*.

Wed., 6/10: 9:30am: Fitness Fun; **11am:** Cardio Drumming, Diamond Art; **12pm:** *Nurse Blood Pressure Clinic (North Haven Residents Only)*; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 6/11: 10am: *Bobcat Walking Group, Line Dancing, Seated Qigong & Tai Chi*, Knitting/Crochet; **11:15am:** *Standing Qigong & Tai Chi, Silver Sneakers Circuit*; **1pm:** *Balance*

Through Strength, Make & Take: Greeting Cards, Bocce, Dominoes, Mah Jongg.

Fri., 6/12: 9:30am: NO Fitness Fun, NO Scrabble; **10am:** NO Canasta; **11am:** NO Melody Makers; **11:30am:** *Food & Friends: Father's Day Luau*; **12:30pm:** NO Bridge; **1pm:** Bocce, NO Setback.

Programs/Activities

Senior Center Closed: Fri., June 19 for the Juneteenth Holiday. We will reopen Monday, June 22.

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. Residents and Non-Residents may register now. **Registration ends 6/18.**

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. **Next session is Friday, June 26.** 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, August 21 and Sept. 18!!** Call (203) 239-5432 for more information or to pre-register.

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 6/15/26. 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.**

Food and Friends BINGO: Fri., July 10 at 11:30am. Our friends at Hartford Healthcare will host a Bingo luncheon, including sandwich and sides, followed by dessert and 6 games of Bingo with prizes! Cost is \$5 for Residents, \$10 for Non-Residents. Residents may register at this time, Non-Residents may register beginning 6/15. Registration ends 7/3/26. SPACE IS LIMITED. **Please remember, registration for programs begins AFTER 9am.**

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.



DID YOU KNOW THAT THE AGENCY ON AGING HAS VOLUNTEER SERVICES?

North Haven: The Agency on Aging provides opportunities for individuals to volunteer their time and experience to help others in the community. Whether it's engaging in conversation with someone at home or assisting a senior with transportation to a medical appointment, our volunteer department strives to support those over the age 21 who wish to make a difference.

We also offer our assistance to individuals in need of support. Sometimes, small acts of kindness, a listening ear, or a friendly phone call can significantly impact someone who feels alone and forgotten.

All volunteers and clients are vetted before service, and applications must be completed.

For more information, please reach out to Cherie Strucaly at (203) 752-2795 or cstrucaly@aoascc.org.

The Agency on Aging of South Central CT is located at 117 Washington Avenue, North Haven. www.aoascc.org.

Volunteers Needed for Nursing Home

Hamden: Whitney Rehabilitation Center at 2798 Whitney Avenue, is seeking volunteers for our recreation department.

Interested individuals can inquire at (203) 287-7718 and ask for our Director of Recreation, Donna Mignosa.

•••••
WANTED: Collector wants to buy early historic New Haven County related items, maps, books, engravings, paintings, paper items or actual products; (203) 915-7662

•
FOR SALE: Pair of red steel car ramps, 35" long, good cond. \$20; (203) 214-5232



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 Reunions

LYMAN HALL HIGH SCHOOL CLASS OF 1966

Wallingford: The Lyman Hall High School Reunion Committee is pleased to announce plans for the 60th Year Reunion to be held on **Sat., Sept. 19** at the **Traditions Golf Club** in Wallingford.

A full luncheon will be held from 12 noon until 3pm in the Banquet Room but classmates may choose to "linger beyond" with friends enjoying the scenic public terrace, bar, and dining room. **Deadline for reservation returns is Sept. 1st.**

An invitation, info, and reservation form was mailed to the currently known classmates' addresses via an internet search nationwide. Those interested classmates who are aware of the event via classmates or postings but **did not** receive their information by **June 20th**, should **email** info requesting a remailing to **Regina:**

To: regae1948@yahoo.com
Subject: LH 66 Remail Request

Quinnipiac University Launches Medical Equipment "Library" In Partnership with Wheel It Forward

North Haven: Quinnipiac University recently marked the launch of a new community resource with the grand opening and ribbon-cutting of a Wheel It Forward durable medical equipment library on its North Haven campus. The site is believed to be the first university-based partnership of its kind with the non-profit.

The program functions as a "library" where individuals can borrow essential recovery equipment — including wheelchairs, walkers and knee scooters — often at no cost. Donated items are sanitized, safety-checked and made available through an online inventory, helping patients safely return home after surgery, injury or illness.

Developed through Quinnipiac's EQUIP Rehabilitation program, the initiative addresses a critical gap for patients who lack access to equipment not covered by insurance while also providing hands-on learning opportunities

WILBUR CROSS H.S. CLASS OF 1976

New Haven: Wilbur Cross High School Class of 1976 will hold their 50th Class Reunion on **Sunday, Oct. 4**, from 5-9pm at The Woodwinds.

For more information, please call Calvin at (203) 503-1253; Deb, (203) 619-1445 or Gloria, (203) 668-5018.

Our Journey of Sight Support Group

"Our Journey of Sight" - a low vision/blind support group meets monthly at the West Haven Public Library, 300 Elm St., West Haven, from 10am-noon on the 3rd Friday of the month.

This is not a regulatory group, but a group that provides monthly speakers, and support to each other during our journey of visual loss.

For more information, please contact Richard Howard at (203) 214-7631. •••••

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

for students.

"Wheel It Forward is a library of durable medical equipment where people can donate what they no longer need and others can borrow it when they do," said Linda Bedard, clinical assistant professor of physical therapy at Quinnipiac. "If someone can't afford equipment or doesn't have insurance, they can still take what they need."

This marks the fourth Wheel It Forward location in Connecticut and a milestone in expanding a university-community partnership model. Organizers say the program will serve families across the greater New Haven area while promoting sustainability by reusing medical equipment that might otherwise go to waste.

The site, located at 370 Bassett Road, is now open to the public on Tuesdays and Thursdays from 3-7pm, with plans to expand hours as volunteer support grows.