



**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**

### 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](http://www.town.north-haven.ct.us).

**JULY 13-17**  
**Mon., 7/13: 9:30am:** Fitness Fun; **10am:** Chess, Canasta; **11am:** Move to Music; **1pm:** Silver Sneakers Gentle Yoga, Bingo.  
**Tues., 7/14: 9:30am:** Move and Groove; **10am:** Rummikub, Wii Bowling; **10:30am:** Finance Committee Meeting; **12pm:** Oil Painting Class; **1pm:** Mah Jongg, Bocce.  
**Wed., 7/15: 9:30am:** Fitness Fun; **10am:** Pinochle; **11am:** Diamond Art; **11:30am:** Pizza Social; **12:30pm:** Bridge; **1pm:** Bingo.  
**Thurs., 7/16: 10am:** Knitting/Crochet, Bobcat Walking Group; **11:15am:** Silver Sneakers Circuit; **1pm:** Dominos, Mah Jongg, Bocce; **2pm:** Make and Take, Cherry Trifle.  
**Fri., 7/17: 8:15am:** AARP Smart Drivers; **9:30am:** Fitness Fun, Scrabble; **10am:** QUILLeisure Assessments, Canasta; **11am:** NO Melody Makers; **11:30am:** Birthday Club; **12:30pm:** Bridge; **1pm:** Bingo, Bocce, Setback.

**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 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.

**Programs/Activities**  
**AARP Smart Drivers Course:** Classes are held monthly at the Senior Center and is specifically designed for drivers 50 years old and up. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. Our July class is FULL; however, we have room for our **Fridays, Aug. 21st and Sept. 18th** class. Thanks to funding from SCROG (South Central Regional Council of Governments) those 2 classes will be FREE!! Classes are held at the North Haven Senior Center from 8:15am-12:15pm. Prior registration is required. Call (203) 239-5432 for more information.  
**Teen Tech: Thurs., July 23** from 10:30am-12:30pm. Whether you have a specific technology question, or would like a quick tutorial, you will have the opportunity to learn something new! Remember to bring your device with you! You may register on the program sign-up board, or drop in!  
**Low Vision Services: Mon., July 20** at 3pm. HHC Rehab showcases Lions offers specialized Occupational Therapy to help people with vision loss stay safe, independent, and confident in daily life. Services include personalized low-vision strategies, free adaptive equipment, and training from OTs to support everyday tasks at home and in the community. Register on the program board or call (203) 239-5432.  
**Community Resources: Mon., Aug. 10** at 11am. Did you know that every year, more than \$8 billion in benefits are unclaimed because people are unaware that they may be eligible? Dr. Beverly Kidder, VP of the Agency on Aging of South Central CT. will review state and federal programs available, so you can determine if you might be missing out on an important benefit. Residents may register beginning 7/11, while Non-Residents may register beginning 7/27. **Registration ends 8/7.** Call (203) 239-5432 for more information.

**Health & Fitness**  
**Silver Sneakers Yoga: Mondays** at 1pm. (NO class on 8/3 or 9/7.) Poses focusing on breathing, stretching, balance and relaxation are done in a chair and standing. There will be options for doing some poses seated on the floor. Bring a yoga mat if you have one! There is NO CHARGE for Silver Sneakers members, however you must provide your Silver Sneakers card and/or membership card. The fee for those not enrolled in Silver Sneakers is \$2 per class. Late sign-ups will be prorated. Gentle Yoga session ends Sept. 21. Call (203) 239-5432 for more information.

**Upcoming Trip**  
**"Studio Two - The Beatles Tribute Band": Thurs., October 15** at the elegant Farmington Polo Club in Farmington, CT. Come enjoy a lively luncheon show with Studio Two, hailed as "New England's Best Beatles Tribute Band." You will be sure to be dancing and singing and reminiscing about the magic of Beatlemania. Cost is \$137/pp for Residents, \$147/pp for Non-Residents. Check ONLY, payable to Friendship Tours. Full payment due at time of registration. Cost includes round-trip coach bus transportation and Family Style dinner. Bus will depart North Haven Senior Center at 10:30am with an estimated return of 4:15pm. Residents may register beginning 7/6, Non-Residents may register beginning 7/20. **Registration ends 9/4.** For more information, call (203) 239-5432.

### Wallingford Senior Center

(203) 265-7753

**JULY ACTIVITIES**  
**Mon., 7/13: 9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.  
**Tues., 7/14: 9am:** Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.  
**Wed., 7/15: 9am:** Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.  
**Thurs., 7/16: 9am:** Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.  
**Fri., 7/17: 9am:** Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Old Dogs*; **1pm:** Knitters & Crocheters, Indoor Cornhole.  
**Mon., 7/20: 9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.  
**Tues., 7/21: 9am:** Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.  
**Wed., 7/22: 9am:** Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.  
**Thurs., 7/23: 9am:** Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.  
**Fri., 7/24: 9am:** Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Pillow Talk*; **1pm:** Knitters & Crocheters, Indoor Cornhole.  
**Mon., 7/27: 9am:** Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.  
**Tues., 7/28: 9am:** Billiards; **10am:** Bocce; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.  
**Wed., 7/29: 9am:** Billiards, SetBack; **11am:** Pickleball, Shuffleboard; **12:30pm:** Dominoes,

Prime Time Players.  
**Thurs., 7/30: 9am:** Billiards; **10am:** Bocce, Bible Discussion; **12:30pm:** Artist Studio, Bingo; **1pm:** Mah Jongg, Scrabble.  
**Fri., 7/31: 9am:** Billiards; **9:30am:** Texas Hold'em; **11am:** Bridge - Great Room; **12pm:** Pinochle, Friday Movie - *Brides Maids*; **1pm:** Knitters & Crocheters, Indoor Cornhole.  
**MONTHLY EVENTS & DAY TRIPS FOR JULY 2026**  
**Wed., 7/15: 10am:** Q&A Police Department; **11am:** Lunch Bunch (Michaels Trattoria).  
**Mon., 7/20: 1pm:** Monday Melodies - Karaoke with Barbara and Pat.  
**Thurs., 7/23: 1:30pm:** Book Club Discussion Group.  
**Mon., 7/27: 10am:** Realty Roundtable KW Realtor; **10:30am:** Wills, Trusts and Probate.  
**Tues., 7/28: 9:30am:** Veterans Coffee House.  
**Wed., 7/29: 9:30am:** Peabody Museum.  
**UPCOMING CLASSES/GROUPS**  
**Mon., 7/20: 8:30am:** Golf League; **10am:** Canasta.  
**Tues., 7/21: 8:30am:** Golf League; **9am:** Clay Class: Beginner Hand Building.  
**Wed., 7/22: 1pm:** Crafters Corner, Cribbage.  
**Thurs., 7/23: 9:30am:** Clay - Egg Tray.  
**Fri., 7/24: 9am:** Silver Steps Tap Class; **2pm:** Senior Jammers.  
**Mon., 7/27: 8:30am:** Golf League; **10am:** Canasta.  
**Tues., 7/28: 8:30am:** Golf League; **9am:** Clay Class: Beginner Hand Building.  
**Wed., 7/29: 1pm:** Crafters Corner, Cribbage.  
**Thurs., 7/30: 9:30am:** Clay - Egg Tray.

## SENIOR SPOTLIGHT

# SENIOR LIVING

### ACCEPTING APPLICATIONS FOR

## Studio Units \$750

## 1 Bedroom Units \$850

### 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

**Al-Anon 12-Step Program**  
 Does someone else's drinking trouble you? Do you feel that there is no one who understands your problems? Attending Al-Anon and Alateen Family Group meetings can help.  
 In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories.  
 To learn more, browse the website [ctalanon.org](http://ctalanon.org). To find a meeting in CT, please use the Meetings tab at the top of the page. Alternately, calls can be made to 1-888-825-2666.

## Sons And Daughters Of Italy Community Outreach Toy Drive



**Pictured (L-R):** Lodge members at the North Haven Town Green in July 2025 collecting toys for last year's Christmas in July toy collection. Denise Krause, Ralph Casciello, Donna Casciello, Diane Barone, Lucille DeGregario, Georgianna Hull.



**Pictured (L-R):** Lodge members delivering toys to the YNH Toy Closet in July of 2025. Lodge members Ralph Casciello and Donna Casciello, YNH coordinator Billy Bradley, Lodge members Denise Krause and Regina Najarian.  
**North Haven:** The Community Outreach Committee of the North Haven Sons and Daughters of Italy, Lodge 2805 will be collecting new, unwrapped toys to help restock the Toy Closet at the Yale New Haven Children's Hospital for the Summer season. They call it their "Christmas in July" toy collection!  
 The goal of the Toy Closet Program is to provide each pediatric patient with an age-appropriate toy or small gift when they are discharged from Yale New Haven Children's Hospital. Toys are given out 365 days a year from every hospital in the Yale New Haven Hospital system.  
 A collection will be held on Saturday, July 18th, from 10:00 am - 1:00 pm on the North Haven Town Green. Please help us by dropping off a new, unwrapped toy (batteries included) during this important drive.  
 Thank you in advance for your support. Feel free to call Donna, 203-887-7308 with any questions. For more information, please visit our website, <https://northhavenlodge2805.club>.