

Varsha Salani, D.M.D., LLC



State of the Art Dentistry

Emphasizing Cosmetics in a Therapeutic Environment

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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 Memorial Library
17 Elm Street, North Haven

YALE-NEW HAVEN HEALTH: MOBILE MAMMOGRAPHY & BREAST IMAGING

Yale-New Haven Hospital is bringing their brand-new Mobile Mammography and Breast Imaging services to North Haven Library on Wed., Oct. 9, from 8:15am-2:15pm at the Library Parking Lot.

Providing you convenient access to the latest equipment and skilled technicians, all in a private and personal setting. Mammograms are an important exam to screen for breast cancer and is recommended each year to examine breast tissue and check for breast abnormalities.

Please call 833-772-0003 to schedule your mammogram on our mobile unit at the North Haven Library. Appointments are limited. Book your appointment today!

Not insured or under-insured? Please call (203) 688-2219 or (203) 867-5436 to enroll in the Connecticut Breast and Cervical Cancer Early Detection Screening Program.

12 TIPS TO MANAGE ANXIETY

When faced with anxiety, what can one do before and during to help reduce and relieve anxiety and regain balance, calm, and clarity? Come learn about anxiety and what you can do to help prevent it and to manage it and to manage it if it occurs.

On Wed., Oct. 9, from 6-7:30pm at the North Haven Library, join Dr. Wendy Hurwitz, a graduate of Yale University School of Medicine, as she presents "12 Tips to Manage Anxiety."

Everyone will come away with information, tools, and techniques to help manage anxiety and help regain and restore balance and calm.

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FOR SALE: Italian comic books, $7 each, have many; (203) 809-9922 •

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 and are available for North Haven Residents only. See our Senior Center Newsletter online at www.town.north-haven.ct.us.

WEEK OF OCTOBER 7-11

Mon., 10/7: 9:30am: Fitness Fun; **10am:** Canasta; **10:30am:** *Finance Meeting (Please note date change);* **1pm:** Bingo.

Tues., 10/8: *Mini Trip: Hobby Lobby, TJ Maxx, Big Lots Plaza in East Haven, followed by lunch at Chilli's.* **9:30 & 10:45am:** Better Balance; **12:00 noon:** Oil Painting Class; **1pm:** Bocce, Mahjong.

Wed., 10/9: 9:30am: Fitness Fun; **12:30pm:** Bridge; **1pm:** Bingo.

Thurs., 10/10: 9:30 & 10:45am: Better Balance; **10am:** Bocce; **10:30am:** Ask the Nurse; **1pm:** *NO Moving with Mary,* Dominos, Mahjong; **1:30pm:** *Grove Street Cemetery Tour in New Haven.*

Fri., 10/11: 9:30am: Fitness Fun, Scrabble; **10am:** Chair Volleyball; **12:30pm:** Bridge; **1pm:** Bingo, Bocce. *Afternoon Shopping: ShopRite (No Medical Transportation).*

Save the Date

Blind / Low Vision Directory Program: Wed., Oct. 16 at **10:15am.** Call (203) 239-5432 or stop by the office to ***RSVP by Fri., Oct. 11.***

Free Pizza Party: Thurs., Oct. 17 at **12 noon.** Call (203) 239-5432 or stop by the office to ***RSVP by Oct. 11.***

Health Fair & Flu Clinic: Fri., Oct. 18 from **10:30am-12:30pm.** Call (203) 239-5432 for more information.

FREE Driver Safety Program: Wed., Oct. 23 at **11am.** Call (203) 239-5432 or stop by the office to ***register before October 16.***

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF OCTOBER

Mon., 10/7: 7:30am: Niagara Fall Trip Departs.

Tues., 10/8: 11am: Happy Birthday Party.

Wed., 10/9: 10am-12:00 noon: (MOB) Workshop; **10:30am:** Q&A Wallingford Police Dept.; **12:30-2:30pm:** Acting Studio.

Thurs., 10/10: Trip Departure-CHER - no bus; **5pm:** Lake View Café Dinner; **6pm:** Music by RSVP.

Fri., 10/11: 9:30am: Morning Hike; **10am:** Round Table Discussion; **12:30pm:** Movie: *The Boys in the Boats.*

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-Masonicare.

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 Cruz.

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.

Come buy and enjoy the many houseplants our club members have donated to the auction. This is the perfect time of year to grace your home with beautiful plants that help clean your winter air.

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

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

Senior Health & Wellness Resource Festival

The **Hamden** Regional Chamber of Commerce Health & Wellness Committee will present its Annual Senior Health & Wellness Resource Festival co-sponsored by Hamden Senior Services, from 11am-2pm on Thurs., October 10 at the Thornton Wilder Hall at Miller Cultural Complex, 2901 Dixwell Avenue. Admission is free and open to the public.

Visit with area healthcare professionals who will be displaying their products and services including seasonal Flu Shots provided by East Shore Health District Department and many screenings.

We welcome all senior citizens, caregivers and residents to join us for this informative event. This is a great opportunity to gather important information on local services and resources in our community.

For more information visit www.hamdenregionalchamber.com. Vendor space is still available, if you are interested in participating, please contact the Hamden Regional Chamber of Commerce at (203) 288-6431 or email us at hcc@hamdenchamber.com.

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SENIOR LIVING

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1 Bedroom Units $661
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125 Putnam Ave. Hamden
(203) 248-1445

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

Equal Housing Opportunity

Gaining 'Ground' In Wallingford



Pictured (L-R) Front row: Wallingford Chief of Police John Ventura, State Rep. Mary Mushinsky, State Sen. and A Kinder Ground Board of Directors member Paul Cicarella, A Kinder Ground, Inc. co-founders Maureen Binder and Teresia O'Hala, and Deb McMahon.

Wallingford: The Grand Opening and Ribbon Cutting of the Soups On Café was held on September 25 at A Kinder Ground Café, 28 North Colony Rd., in Wallingford. The additional café is an expansion of A Kinder Ground Inc.'s flagship café opened in 2021 to provide opportunities for differently-abled young adults to develop their social and educational skills in a supportive job-training environment.

Sen. Cicarella said, "This is a significant milestone for A Kinder Ground, whose staff works tirelessly to create opportunities for young adults who deserve a chance to shine in Wallingford. Thank you to all involved in this project that makes Wallingford the great community that it is today."

Photo credit: Shoreline Pixels

Rotary Visits Master's Manna



Pictured: Wallingford Rotary President Donna Zona, Rotarian and Master's Manna Board Member Ian Brooks, Master's Manna Executive Director Nancy Stockman, Rotarian and Master's Manna Board Member Linda Craig and Master's Manna Board Member Bill Barnes.

Wallingford: The Wallingford Rotary Cub recently visited Master's Manna. Each week, this important food pantry and dining center feeds and benefits hundreds of people in need from Wallingford, Meriden and the surrounding communities. In addition to the food bank, dinner is served in the dining center every Wednesday, with breakfast and lunch on Tuesday and Thursday. Donations and volunteers are always in need. Members of the community are invited to attend Wallingford Rotary Club meetings on Wednesdays at noon at the Wallingford Elks Lodge, 148 South Main Street.