



Dental Exam Cleaning & Polishing **Oral Cancer Screening Cavity Detection X-Rays**

Most Insurance Accepted



A Beautiful Modern Office & Friendly Staff

For those who value exceptional care and refined results, Ideal Smiles of Stamford offers a dental experience that is both elevated and personal. Since opening its doors six years ago, Ideal Smiles of Stamford has become a trusted destination for patients of all ages seeking comprehensive dental care — from routine visits to advanced aesthetic and implant dentistry all delivered with compassion, precision, and integrity.

At the heart of the practice is **Dr. Natalia Silva**, a distinguished implantologist and general dentist known for her meticulous attention to detail and commitment to clinical excellence. She leads a dedicated team that prioritizes patient comfort and long-term oral health, welcoming individuals and families alike into a calm, modern setting where your smile is in expert hands.

 ${\it Ideal Smiles offers a full range of services under one roof-including general and preventative}$ dentistry, cosmetic treatments, dental implants, Invisalign®, Lumineers®, Zoom!® whitening, surgical extractions, endodontics, and oral surgery. With state-of-the-art diagnostic technology and a strong emphasis on early prevention, patients benefit from timely, accurate care without the need for multiple referrals. It's a truly comprehensive, one-stop approach to oral health.

To ensure accessibility for every patient, Ideal Smiles of Stamford accepts most dental insurance plans, offers third-party financing, and provides flexible payment options. Whether you're here for a routine cleaning or a complete smile transformation, you'll receive personalized care tailored to your needs, lifestyle, and goals.

With advanced expertise, cutting-edge technology, and a warm, professional team, Ideal Smiles of Stamford is a practice you can count on — for every stage of life, and every kind of smile.



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email: info@idealsmilesct.com

CONNECTING FAMILY, COMMUNITY, AND COMMERCE Time Well Spent

Time is one of our most valuable resources, and this year's calendar is designed to help you make the most of it - organizing your family's schedule, planning milestones, and enjoying what our community offers. Thoughtful planning reminds us to pause invest our time wisely in the people, places, and experiences that matter most.

This year marks special milestones the 250th anniversary of our nation and our own 40th anniversary in business - milestones that highlight the importance of perspective, connection, and time well spent.

I hrough our community giving program, we support local charities with pro bono advertising and donations from our profits. Please reach out if you'd like to learn more.







1776 - 2026: Honoring Our Past, Inspiring Our Future

Fairfield County's Role in the Revolution

- The Burning of Fairfield (1779): British General William Tryon burned the town to the ground in retaliation for patriot resistance. Many families lost their homes, yet the community rebuilt stronger.
- Danbury Raid (1777): Fairfield County supplied men to defend nearby Danbury when the British attacked and destroyed Continental Army provisions.
- Battle of Ridgefield (1777): General Benedict Arnold fought bravely against the British, earning temporary fame before
- Privateering & Coastal Raids: Norwalk and Stamford became hubs of privateering, with patriots seizing British supply ships in Long Island Sound.
- Patriot Leaders: General Gold Selleck Silliman of Fairfield led militia forces but was captured in a Loyalist raid. His wife, Mary Silliman, carried on his work, managing the farm and supporting the patriot cause during his imprisonment.

Did You Know?

- Fairfield County towns were attacked multiple times, making the region a frontline buffer between British New York and Patriot New England.
 - The county's coastline provided secret crossings for supplies and intelligence between Connecticut patriots and allies on Long Island.
 - After the Burning of Norwalk (1779), only a handful of houses survived - yet the people rebuilt with resilience

Looking Toward 2026

Fairfield County will proudly mark the Semiquincentennial with programs, tours, and community celebrations.

- Honor our Revolutionary heroes Explore Fairfield County's role
- Celebrate 250 years of freedom and democracy

in the birth of America

From the Ashes of 1779 to the Freedom of 2026 - Fairfield County Remembers.

Helen Grace-Germain Publisher/Owner • 203-869-2129 grace@townplanner.com

Wishing you all the best for 2026.

SHOP LOCAL. SPEND LOCAL. ENJOY LOCAL.

Honoring 40 Years of Town Planner Calendars: 1987-2026



This year, we celebrate 40 years of Town Planner calendars — a milestone reflecting decades of connecting families with local businesses, events, and community resources. For four decades, our free calendars have helped people plan their lives while discovering the best our towns have to offer. Now, with townplanner.com, that connection extends online, making it even easier to stay engaged with the community wherever you are.













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2026











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February 2026





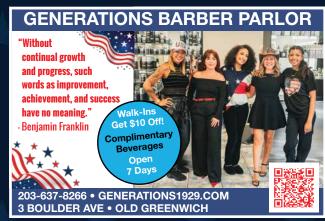


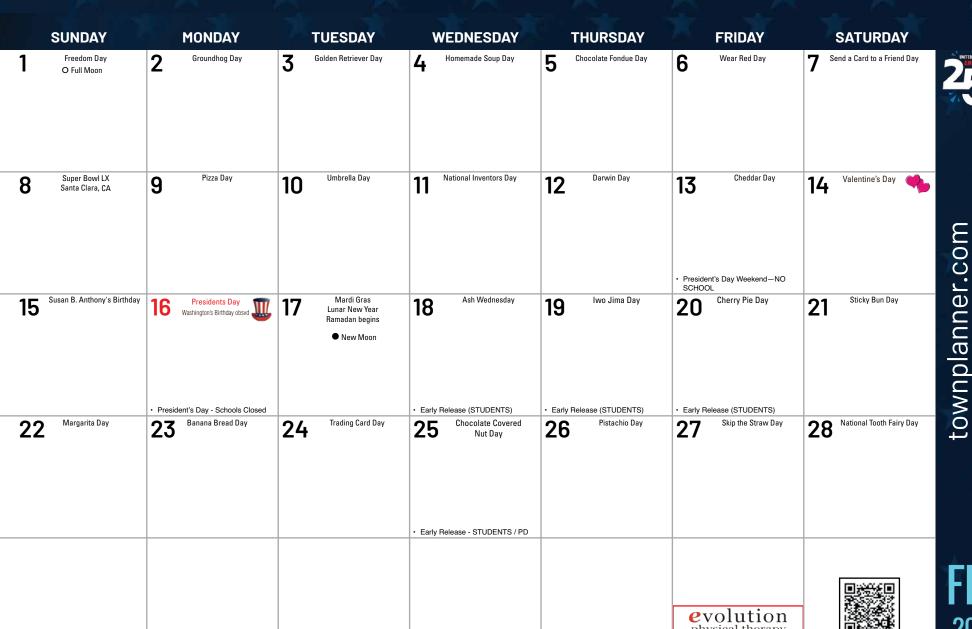
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SCAN FOR EVENTS





GENERATIONS BARBER PARLOR \$10 OFF **20% OFF** (WITH COUPON)





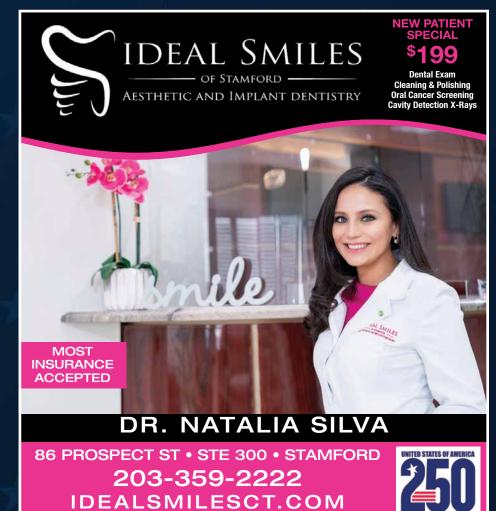
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Photo by Scott Chiappetta



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2026











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Household To-Do List!

Keep your home running smoothly with this checklist, contact a trusted local business from the Town Planner if you need a new provider.

Weekly:

• Cleaning/change linens

Monthly:

- Deep clean fridge, microwave and oven
- Check for expired food/medications

Spring:

- Clean windows
- Run generator
- Service air conditioning
- Change dryer, hood and microwave filters
- Spray for mosquitoes/other
- Book exterior paint touch ups
- Mulch garden beds
- Fertilize lawn

Summer:

- Check roof for maintenance/repairs
- Reseal deck (every two years)
- Seal/Reseal driveway (every 3 years)

Fall:

- Clear gutters
- Check septic tank
- Fall yard cleanup
- Clean carpets (every two years)

Winter:

- Check furnace
- Service heating system
- Change smoke detector batteries
- Flush hot water tank
- Sweep chimney

Follow this calendar online:

Don't miss local business offers in the calendar and online at townplanner.com!







HI, I'M SIMONE ASSBOECK.

Stamford, CT-based Transformational Wedding Dance Coach.

I help recently engaged couples relieve stress, have more fun, and build stronger relationships through customized wedding dance instruction.

IF YOU CAN WALK, YOU CAN LEARN HOW TO DANCE.

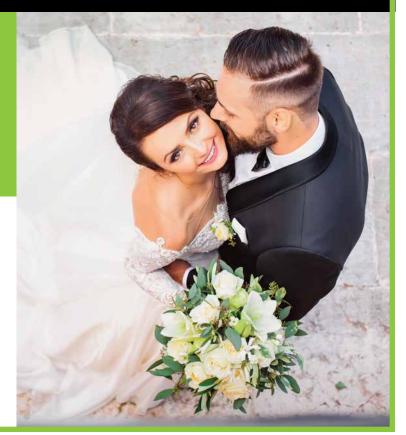
FREE CONSULT

phone, share your song choice, discuss your comfort and confidence, and get a plan for wedding dance lessons designed just for you as a couple.

5 LESSONS \$399

Three Private Latin & Ballroom Dance Lessons (60min each) plus two group classes (60min each/month) for 2 people

































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Photo by Harrison Gordon





















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2026











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September 2026







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November 2026







































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Our Vision

Who We Are

NAMI Southwest Connecticut is the local affiliate of the National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization dedicated to improving the lives of people living with mental health conditions and their families.

Serving lower Fairfield County, we offer free, confidential peer-led support groups each month for families and friends of people living with mental illness, parents of children with mental health struggles, and individuals navigating their own mental health journey. There are in-person and online options. Our facilitators truly understand what you're going through—because they've been there too.

Beyond support groups, we provide an 8-week Family-to-Family educational course to help families better support themselves and their loved ones, host a monthly virtual book club, and bring in speakers for community events-all free and open to everyone.

Visit NAMIsouthwestCT.org/events to find a support group near you and stay connected with upcoming programs.

Get Involved

NAMI Southwest Connecticut has built strong partnerships with local hospitals, social service agencies, treatment centers, schools, faith communities, and the Connecticut Department of Mental Health and Addiction Servicescreating a network of support across our region.

Whether you're seeking support, want to volunteer, or simply want to learn more, there's a place for you here. Become a member today and help us build a community where everyone affected by mental illness can find hope, help, and acceptance.

NAMI Crisis Line: 988 namisouthwestct@gmail.com 203-400-NAMI (6264) - not a crisis line namisouthwestct.org



We Listen & Build

Our Community







Important Dates to mark on your 2027 Calendar!

JANUARY

Sun Mon Tue Wed Thu Fri

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31



























Pick up your **FREE Town** Planner Calendar here while supplies last!

The Ferguson Library

You may ask at the Reception Desk located on 1st Floor

> 96 Broad St **Stamford**

You can also pick up a calendar in the lobby of Stamford Government Center, 888 Washington Blvd, Stamford.

www.townplanner.com/stamford/ct





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experience and stand ready to share

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