

**Naugatuck Senior Center 300 Meadow Street, Naugatuck, Connecticut 06770**

Opened Monday-Friday; 8:30 A.M.– 4 P.M.

**JANUARY, 2017**

Telephone: 203-720-7069 Email: [harvey.naugysenior@sbcglobal.net](mailto:harvey.naugysenior@sbcglobal.net)

The Carriage House Courier

Inaugurated in 2005, the Carriage House Courier is written and edited in its entirety by Harvey Leon Frydman.

**Harvey Leon Frydman, Director/Municipal Agent**

The Naugatuck Senior Center is the recipient of four Connecticut Association of Senior Center Personnel Awards for Outstanding Programming for Older Adults.

**Mr. Frydman is a member of the Connecticut General Assembly's Task Force to study the needs of Connecticut's senior centers.**

Brian Reynolds is starting off the New Year 2017 with a thunderous bolt of energy and vigor! Mr. Reynolds, owner of **Thunder Sports & Fitness**, Naugatuck, Connecticut, states, "Since the first seconds that I visited the Naugatuck Senior Center, I immediately felt welcomed and a part of the Center's family! I came to meet the Senior Center director, Harvey Leon Frydman, and within minutes he introduced me to the Bingo machine, Sissy Green the Bingo caller, and fifty serious Bingo players, all waiting for me to call the Bingo ball numbers. Since that first enjoyable visit, I have participated in the Center's annual Apple Harvest Festival, the annual Holiday Fair, and now look forward to instructing members of the Naugatuck Senior Center in an **8 week exercise, flexibility, strength building and mobility class**. The class is called **MAGNIFICENT MOBILITY**, and will be a series of **comfortable and easy exercise routines** that will help you **improve your independence and mobility**. Staying active and fit is a key to keeping healthy at every age!" Mr. Reynolds continues, "Another segment of keeping your body in good shape includes good nutrition. During my fitness class each week, I will demonstrate easy to fix nutrition drinks, just with the blending of an apple or carrot. With a good dose of exercise, a current supply of wellness information, and a full cup of my blended vegetable and fruit health drinks, I can guarantee that my **Magnificent Mobility** exercise and wellness class will get you motivated and on the right health track for the start of the New Year!"

As Mr. Reynolds prepares the blender for mixing up his Cortland apple, Bartlett pear and strawberry yogurt Smoothy drink, I want you to prepare and participate in the following special **JANUARY** events now scheduled at the always busy Naugatuck Senior Center, including: **Social Services Assistance** with Bonita Spinola, New Opportunities, Inc. representative on Friday, January 6, 10 A.M.-11:30 A.M.; **SNAP** Food Stamps Assistance on Friday, January 6, 9 A.M.-12 Noon; and a **HOT COCOA BINGO** with Brian Reynolds and Thunder Sports & Fitness on Friday, January 27, 2017, 12 Noon.

Happy New Year 2017!

Harvey Leon Frydman  
Director  
Naugatuck Senior Center

**DANCE FOR THE LOVE OF IT...DANCE FOR THE HEALTH OF IT!**

**Thursdays**

**9:30 A.M.-10:15 A.M.**

All traditional forms of dance will be introduced with simple movements from **POLKA, BALLET, MODERN, JAZZ, and MUSICAL THEATRE**. At the same time you will be dancing to the music from the **BIG BAND ERA** and many **JAZZ GREATS** from Frank Sinatra all the way to today's pop culture.

**This is a COMPLIMENTARY DANCE CLASS**, made possible through a generous grant from the **Connecticut Community Foundation**.

This unique grant is shared in partnership with the Watertown Senior Center which will hold similar dance classes. Please register for these **FREE, YEAR LONG DANCE CLASSES** at the office of the Naugatuck Senior Center, or **call 203-720-7069 to register**.

**As with any exercise program, you should check with your physician before you take this class.** This exercise/dance class will take place at the **WATERTOWN SENIOR CENTER** on **MONDAYS, 9:30 A.M.-10:15 A.M.**

You are encouraged to take these "GOOD HEALTH" exercise classes two times per week for the maximum health benefits.

**Instructor: Donna Bonasera**, Founder and Artistic Director of the **CONNECTICUT DANCE THEATRE**, Watertown, Connecticut.



**SNAP (Supplemental Nutrition Assistance Program)**

Do you need a little extra help to buy food every month, and you are not sure if you qualify for the Connecticut SNAP /Food Stamps program? The Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals and families afford the cost of food at grocery stores and farmer's markets. You can find out if you qualify for SNAP by answering questions online at [www.ctfoodstamps.org](http://www.ctfoodstamps.org). This questionnaire is NOT an application. If you qualify for SNAP, you may apply at the Naugatuck Senior Center on the following dates:

**January 6, 2017; 9 A.M.-12 Noon**

**February 3, 2017; 9 A.M.- 12 Noon**

**March 3, 2017; 9 A.M.-12 Noon**

**April 7, 2017; 9 A.M.-12 Noon**

For further information call SNAP at 1-203-756-8021, ext. 3604

## **Wii Computer Games**

Thursdays

1 P.M.

The Wii gaming system is one of the newest, most up-to-date gaming systems in the 21<sup>st</sup> century. Learn to play tennis, bowling, and golf using the Wii technology. Please register your attendance at the Naugatuck Senior Center or call 720-7069 if you would like to learn to play the Wii games. Instructors: Lucille Morrisette, Darlene Striffler, and Mary Rimkus.

## **The Coupon Clipper**

**FRIDAYS, 11 A.M. – 12 Noon**

Lucille Morrisette will offer complimentary, money saving coupons every FRIDAY afternoon at the Naugatuck Senior Center. Lucie finds a variety of valuable coupons, from toothpaste, laundry detergents and paper towels, to canned soups, breads and orange juice. Help stretch your grocery shopping dollars with the help of useful money saving coupons. Stop by and ask Lucie if she has the coupons you need!

## **“Day Old” Bread from Super Stop & Shop**

Lucille Morrisette delivers “Day Old” breads and assorted pastries on MONDAYS, WEDNESDAYS, and FRIDAYS. This is a complimentary service from Super Stop & Shop, Naugatuck, CT Store.

## **2017 Naugatuck Senior Center Membership Dues**

Get your ***NEW 2017 MEMBERSHIP CARD*** at the Senior Center’s office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2017. Only **\$5.00** for a Full Year of Scheduled Activities, Classes, and Special Events. What a Bargain! Don’t Miss Out! The color of the 2017 **Membership Card is SWEET CHERRY PINK !**

**AARP SMART DRIVING COURSE** will take place at the Naugatuck Senior Center on **Monday, March 6, 2017, 8:30 A.M.-12:30 P.M.** Class limited to 25 people. **This AARP Smart Driving Course is \$15.00 for members and \$20.00 for non members. Checks (no cash please) should be made payable to “AARP”. AARP Smart Driving Courses will be held on the following Mondays at the Naugatuck Senior Center:**

**March 6, 2017**

**April 3, 2017**

**May 1, 2017**

**June 5, 2017**

**September 11, 2017**

**October 2, 2017**

Call 203-720-7069 to register for these AARP Safe Driving classes.

## **PINOCHLE**

Mondays

1 P.M.

Join friends for an afternoon of Pinochle. For further information please call Joan Taf at 203-729-8732.

## **CRIBBAGE at 1 P. M.**

THURSDAYS, 1 P.M.-3 P.M.

Learn to play or update your skills while enjoying the group game of CRIBBAGE. Join Velma Sego, master Cribbage player as she instructs and guides you through a fun afternoon of this card game.

## **The Setback Group**

Fridays

1 P.M.

Join Bob Green, Thelma Nelson, and Shirley Cummings for a game of Set Back-Short Deck. Setback is a lot of fun! Come and have a great afternoon with the Setback Group!

## **LUNCH PROGRAM**

The Naugatuck Senior Center and New Opportunities, Inc. offers a nutritious lunch program Monday – Friday. Lunch is served in the Center dining room at 11:30 A.M. Please call the Senior Center at 203-720-7069 by NOON, one or two days in advance to make your luncheon reservations. New Opportunities, Inc. requires that all luncheon participants complete an information survey. Carole Mancini, Food Site Manager for New Opportunities will provide you with the survey, for new Lunch Program members, along with a monthly lunch menu.

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## **Naugatuck Social Services**

### **Helping Naugatuck Residents in Need!**

If you are having difficulty paying rent, oil, gas, or electricity bills, please call Lynn Donovan at 203-729-5285. The OFFICE HOURS for Naugatuck Social Services are: Monday-Friday; 8:30 A.M.-4:00 P.M. The Human Resource Development Agency is located at 575 Rubber Avenue, Naugatuck, CT.

### **Appointment Hours:**

**Monday: 8:30A.M.-4:00 P.M.**

**Tuesday: 9:00 A.M.-12 Noon**

**Wednesday: 9:00 A.M.-12 Noon**

**Thursday: 9:00 A.M.-12 Noon**

**Friday: 9:00 A.M.-12 Noon**

## **MINI BUS TRANSPORTATION SCHEDULE**

9:00 A.M. –10:00 A.M. PICK UP

12 Noon Return trip

10:00-11:00 PICK UP

1:00 Return Trip

Mondays: Naugatuck Senior Center, Mountview Plaza

Wednesdays: Naugatuck Senior Center, Wal-Mart

Thursdays: Naugatuck Senior Center, Big Y Supermarket

Fridays: Naugatuck Senior Center, Mountview Plaza

**Please call HRD the day before 203-723-8037**

**Limit of 5 bags per trip.**

## **DIAL A RIDE**

Free Transportation on TUESDAYS.

The Greater Waterbury Transit District is offering eligible Naugatuck seniors, age 60 and older, and the disabled, a transportation service, available on Tuesdays, 10 A.M.-3 P.M. This is a free transportation service. To participate and register for DIAL A RIDE, call the Naugatuck Senior Center at 203-720-7069.

The North East Transportation also has Paratransit Services to Gaylord Rehabilitation Center, Wallingford, CT. "Reservations Required" on a first come first serve basis. All passengers must be eligible and certified under the ADA guidelines. Please call 203-756-5550 for detailed information and reservations.

**ART CLASS:** Get out your paint brushes and create a work of art, with oil paint, acrylics and watercolor paints. This art class takes place at the senior center on MONDAYS, 1:00 P.M. – 3:00 P.M. Please see instructor for further information about this art class. Class fee: \$5.00 per class.  
Instructor: Judy Jaworski.

Arts & Crafts classes take place every TUESDAY; 10 A.M.-12 Noon

**\*ATTENTION ARTS & CRAFTERS:**

**No arts & crafts supplies are to be purchased without the permission from the Director of the Naugatuck Senior Center. Without permission from the Director, items will be considered a donation to the Naugatuck Senior Center. Thank you for your cooperation.**

**Harvey Leon Frydman**

**Director**

Exercise Class takes place at the Naugatuck Senior Center every TUESDAY, 9:30 A.M. – 10:30 A.M. Please stop by the Senior Center to register for this exercise class. This health and wellness program is sponsored by the Department of Aging. Donation: \$1.50 per class.

Line Dancing class takes place every WEDNESDAY, 1 P.M.0 A.M. -11:30 A.M. Join the group for great fun, friendship and exercise. Class fee: 16 sessions/\$55.00 Instructor: Bernie Licki. For further information call 720-7069.

Knitting & Crocheting class takes place at the Naugatuck Senior Center every FRIDAY, 1:00 P.M. – 3:00 P.M. Learn to knit and share pattern ideas. The Knitting Group is in need of wooden and metal coat hangers to be used for their knitting projects. Also, if you have any unused skeins of yarn, the knitters would appreciate your thoughtful contribution of yarn. It's put to good use. Please call the Naugatuck Senior Center at 720-7069 if you can donate these wooden coat hangers or yarn.

- **The Naugatuck Senior Center is in need of STRAW BASKETS, KNITTING YARN, sewing supplies, fabric, thread, buttons, batting, dishes, tea cups with saucers, flower vases and used greeting cards. If you have any of these needed items and would like to donate them to the senior center, please call Harvey at 203-720-7069. Thank you for your thoughtfulness!**

The Red Hatters will hold their monthly meeting at the Naugatuck Senior Center on Monday, January 9, 2017 and on Monday, February 13, 2017; 10 A.M.

If you are looking for a group that enjoys doing fun things together, like going to a fine restaurant, a day trip to Boston or even riding the bull at Texas Roadhouse Restaurant, then you'll certainly enjoy the Naugatuck Red Hatters! For further information call Joann Valentino at 203-720-0893 or Joan Mulligan at 203-632-5081.



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**BIG BINGO GAME!** BINGO is played every FRIDAY at 12 NOON in the Grand Salon of the Naugatuck Senior Center. BINGO CALLER: Sissy Green. Fee: \$1.00

After BINGO, enjoy a game of SKIPO. If you can count to 12, then you are ready to play SKIPO!

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### **Get Your Medicare Questions Answered!**

The Western Connecticut Area Agency on Aging provides FREE UNBIASED information on Medicare, and the options that supplement Medicare. The WCAAA can answer questions that you may have on Medicare, Medicare the Prescription Drug Benefit, Medicaid, Preventative Benefits, Care giving issues and more. The WCAAA can assist in filling out applications for different programs you may be eligible. For more information please call the Western Connecticut Area Agency on Aging at 1-800-994-9422 or 203-757-5449.

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### **Good Morning Naugatuck!**

The Naugatuck Police Department has a program called **GOOD MORNING NAUGATUCK.** This program is geared for those individuals who do not have anyone close by to check or call on them. If you would like to let the dispatcher at the Naugatuck Police Department know that you are doing fine, then register for this complimentary, reassuring safety service. If the police department does not hear from you by 10 A.M. then you will be called to see if you need any assistance. To register for Good Morning Naugatuck call the Naugatuck Police Department's Dispatch at 729-5221 for an application, or call the Naugatuck Senior Center at 203-720-7069 for a Good Morning Naugatuck application.

**GRIFFIN HOSPITAL** will visit the Naugatuck Senior on **Thursday, January 25, 2017; 10:00 A.M. for a complimentary BLOOD PRESSURE SCREENING.** This is a **FREE Health & Wellness program.** Stop by for a complimentary fresh apple!

**All About You! Home Care Services** will give complimentary **BLOOD PRESSURE SCREENINGS** at the Naugatuck Senior Center, **11 A.M.-12 Noon, on the FIRST & THIRD FRIDAY of the MONTH.**

The Connecticut Statewide Respite Program offers daytime or overnight relief for caregivers of individuals with Alzheimer's or related dementias. The task of caring for a person with dementia is overwhelming. Family caregivers often develop stress related illnesses such as heart disease, hypertension, or ulcers. An occasional break allows an exhausted caregiver to regroup, both physically and emotionally, and to find the strength to carry on.

The Connecticut Statewide Respite Care Program is funded by the State Department of Social Services and is operated in partnership with the Alzheimer's Association Chapters of Connecticut and the Connecticut Area Agencies on Aging. The program offers caregivers the opportunity to receive an assessment of services needed and have a care plan developed and/or purchase services for the individual with dementia. Eligible families may apply for daytime or overnight respite care services including: Adult day care, home health aide, homemaker/companion, skilled nursing care or short term nursing care. To apply for the Connecticut Statewide Respite Care Program and for further information, call the Western Connecticut Area Agency on Aging at 1-203-757-5449 and request an application.

#### **Connecticut Home Care Program for Elders**

The State of Connecticut wants to give you an opportunity to stay home instead of going to a nursing home. That is the purpose of a home care program for persons 65 years of age and older called the Connecticut Home Care Program for Elders. To see if you qualify for any of the services from this program, please visit the Naugatuck Senior Center or call 203-720-7069 for a REQUEST FORM. For further information call 1-800-445-5394.

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#### **Long Term Care Services and Supports**

Check out Connecticut's official LONG TERM CARE WEBSITE for older adults, persons with disabilities and caregivers. Long term care represents the full range of services and supports needed for everyday living whether at home or elsewhere. Visit [www.ct.gov/longtermcare](http://www.ct.gov/longtermcare) and find out about services and supports for you and/or your loved ones. This website is brought to you by the Connecticut Commission on Aging, Office of Policy & Management and Long Term Care Advisory Council per mandate of the Connecticut General Assembly.

### Naugatuck Social Service Network

The Naugatuck Social Service Network is a collaborative coalition of social service and medical providers, clergy, and concerned citizens actively engaged in fostering a coordinated social service system of care to meet the various needs of the residents of Naugatuck.

#### Naugatuck Social Service Network Resource List

INFOLINE: 211

Naugatuck Senior Center: 203-720-7069  
Contact: Harvey Leon Frydman, 300 Meadow Street, Naugatuck, CT

Connecticut Department of Social Services  
Protective Services for the Elderly: 1-888-385-4225

Meals On Wheels: 203-756-5261  
New Opportunities, Inc. 232 North Elm Street, Waterbury, CT 06702

Naugatuck Youth Services: 203-720-5673  
Contact: 13 Scott Street, Naugatuck, CT 06770

American Red Cross:  
Waterbury Area Chapter, 64 Holmes Avenue, Waterbury, CT 06708

CT. Dept. of Social Services: 1-866-454-1108  
Waterbury Region, 249 Thomaston Avenue, Waterbury, CT 06708

Ecumenical Food Bank: 203-723-1922  
Contact: Marty Lee Fenton, 75 Spring Street, Naugatuck, CT

Department of Public Health: 203-881-3255  
Contact: Deborah Horvath, Naugatuck, CT

Safe Haven of Greater Waterbury, Inc.: 203-575-0388  
Contact: Peggy Panagrossi, 29 Central Ave. P.O. Box 1503, Waterbury, CT 06721

Naugatuck Social Services: 203-729-5285  
Contact: Lynn Donovan: 575 Rubber Avenue, Naugatuck, CT 06770

Human Resource Development Agency (HRD): 203-729-5285  
Contact: Leslie Mengacci: 575 Rubber Avenue, Naugatuck, CT 06770

Family Services of Greater Waterbury, Inc.: 203-720-5060  
16 Hillside Avenue, Naugatuck, CT 06770

Central Avenue Preschool  
Naugatuck Head Start School Readiness: 203-720-5224  
28 Central Avenue  
Naugatuck, CT 06770  
Contact: Janice Mons, Director



**CODE OF CONDUCT**

The Naugatuck Senior Center is a facility where people age 50 and older meet for the purpose of participating in social, recreational, educational and support service activities in order to enhance and enrich their lives.

Seniors have the right to expect their peers to act respectfully towards them and they have the responsibility to act respectfully towards their peers.

Seniors must conduct themselves appropriately, treat each other with courtesy and respect, and cooperate at all times in order to create a positive environment and sense of community within the Senior Center facility.

Any senior who chooses not to adhere to this Conduct will be deemed to be in violation of the policy. In any such occurrence, the Director of the Senior Center will make the determination of any action to be taken, to preclude recurrence.

**Naugatuck Senior Center Philosophy**

We believe:

Older adults are individuals of dignity and self-worth with ambitions, capabilities and creative capacities; older adults seek continued growth and development; older adults need both access to sources of information and help for personal and family problems as well as opportunities to learn from individuals coping with similar problems; older adults have the freedom to voice their input regarding the center programming.

We will:

Create an atmosphere that acknowledges and affirms the dignity and self-worth of the older adult, maintaining a climate of respect, confidentiality, trust and support; create opportunities for older adults to apply their wisdom, experience, and insight, and to exercise their skills, assist other agencies and/or groups in serving older adults and provide opportunities for older adults to develop their potential as individuals with the context of the entire community.

We expect:

A welcoming reception for all who visit the Center; honest, courteous, and respect from all who participate in the Center and its activities; as well as adherence to the Code of Conduct and the rules and regulations of the Center.

.....  
The Naugatuck Senior Center is in need of walking canes. Many adults call us asking if we have any walking canes. If you would like to donate any used walking canes, please bring them to the Naugatuck Senior Center. Your thoughtfulness is greatly appreciated.  
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## **TRAVEL WITH THE NAUGATUCK SENIOR CENTER**

Please register for the following scheduled day trips:

### **FOXWOODS CASINO DAY TRIPS**

**Tuesday, February 21, 2017**

**Tuesday, March 21, 2017**

**Tuesday, April 18, 2017**

**Tuesday, May 9, 2017**

**Leave the Naugatuck Senior Center at 7:30 A.M. Receive food voucher and Slot Play.**

**Cost: \$25.00**

### **Upcoming trips scheduled for 2017, including:**

**\*Further information on these trips in January, 2017 edition of Carriage House Courier.**

### **Outer Banks, North Carolina with Norfolk and Williamsburg, VA**

**April 18-25, 2017**

Day One: Travel south to Williamsburg, Virginia! Checking into the Country Inn & Suites and enjoy dinner at The Aberdeen barn

Day Two: Visit COLONIAL WILLIAMSBURG, an historic area that embraces 175 acres, the heart of the old city when Williamsburg was capitol of the Virginia Colony and a gathering place for leaders of the American Revolution. Afternoon departure for VIRGINIA BEACH for the next two evenings. Staying at the lovely COUNTRY INN & SUITES OCEANFRONT. Enjoy dinner at the WATERMAN'S SURFSIDE GRILLE.

Day Three: After breakfast, we travel to NORFOLK with a guided tour of the NAVAL BASE. We will take a cruise on the RUDEE FLIPER for an oceanfront dolphin watch. Dinner included at CAPTAIN GEORGE'S RESTURANT, an all you can eat buffet.

Day Four: This morning we will visit the VIRGINIA AQUARIUM, then off to the beautiful and relaxing OUTER BANKS OF NORTH CAROLINA. We will visit the WRIGHT BROTHERS MEMORIAL at Kitty Hawk. Our next stop for the next three nights is THE HOLIDAY INN EXPRESS OCEANFRONT in Nag's Head. Dinner at MAKO MIKE's Restaurant.

Day Five: After breakfast we will visit FORT RALEIGH NATIONAL HISTORIC SITE on ROANOKE ISLAND and learn about the LOST COLONY. After lunch we will visit the ELIZABETH II STATE HISTORIC SITE a reproduction of a 16<sup>th</sup> Century sailing vessel. Dinner at PAMLICO JACK'S RESTAURANT.

Day Six: Depart for OCRACOKE ISLAND. We will visit CAPE HATTERAS LIGHTHOUSE, the famous black and white, barber pole, striped lighthouse, the tallest structure of its kind in the United States. Dinner tonight at the BASNIGHT'S LONE CEDAR CAFÉ.

Day Seven: Off to BALTIMORE, and enjoy an evening dinner cruise on THE SPIRIT OF BALTIMORE.

Day Eight: Time to sightsee and lunch on your own at the INNER HARBOR before heading home.

**PRICE: \$1524.00 PER PERSON DOUBLE OCCUPANCY**

#### **TRIP INCLUDES:**

Motorcoach Transportation

Hotel Accommodations

15 Meals(7 Breakfasts, 7 Dinners, and 1 Lunch)

Admissions and Sightseeing

Taxes and Baggage Handling  
Gratuities for Tour Director and Driver  
For further information call 203-720-7069

**SPECIAL DAY TRIP**

**A Visit to the NEW ONE WORLD OBSERVATORY**

**THURSDAY, JUNE 29, 2017**

Travel to New York City to visit the ONE WORLD OBSERVATORY-FREEDOM TOWER, which is now the tallest building in the western hemisphere. The panoramic views of the New York skyline are magnificent. A late afternoon lunch will be held at Carmine's Restaurant.

**Cost: \$69.00 per person. Limited to 50 people.**

**Quebec City/The Tall Ships Regatta**

**July 18—21, 2017**

Depart for QUEBEC, CANADA. Stay at the LINDBERGH HOTEL. Dinner at NORMANDIN. Sightseeing Tour of Historic and Modern Quebec. Stops at the ROYAL PALACE. Enjoy the TALL SHIPS FESTIVAL. Attend the PARADE OF THE SAILORS, where there will be 3000 participants in OLD QUEBEC. Visit the MONTMORENCY FALLS and the ALBERT GILLES COPPER MUSEUM. Visit the Saint Anne de Beaupre village and BASILICA.  
PRICE: \$609.00 per person. Double Occupancy.

**Lancaster, Pennsylvania**

**"The Miracle of Christmas"**

**December 6-8, 2017**

**DAY TRIPS:**

**TALL SHIPS IN BOSTON**

**70 minute cruise ride. Learn about the magnificent TALL SHIPS!**

**Lunch included at local restaurant.**

**Monday, June 19, 2017**

**Cost per person: \$79.00.**

**\*Naugatuck Senior Travel REFUND POLICY: No cancellation refunds two weeks before a trip.**

**\* When you attend a day trip with the Naugatuck Senior Center, we request that you leave your car in the Senior Center's new parking lot area. Thank you for your cooperation.**

## **SENIOR HOME WORK PROGRAM**

The Naugatuck Elks Lodge 967 will help Naugatuck senior or disabled home owners with maintenance of their homes. The volunteer work that the Elks will do includes:

Clean Gutters

Yard Clean up

Trim Bushes and hedges-Rake

FIX A FAUCET

Change Storm Windows

For further information all the Elks Lodge at 203-729-7967 or Mr. Jim Desmarais at 203-490-9058

Thank you Naugatuck Elks!

Dear Friends of the Naugatuck Senior Center;

Your contribution of decaffeinated cans of coffee, tea, sugar packets and bag sugar will help allow the Center to continue to provide complimentary cups of coffee and tea to you and our visitors to the Naugatuck Senior Center.

Thank you for your generous help!

Sincerely,  
Harvey Leon Frydman



## **SETBACK GROUP**

Learn a variation on the card game Setback. This is a fast moving version played by four players divided into two teams and using a short deck with the seven as low. Instructor: Bob Greene.

### **BLUE PLATE SPECIAL!**

The hottest place for a satisfying lunch in Naugatuck is right here at your Naugatuck Senior Center! Join Carole Mancini as she serves you a complete, well balanced luncheon, prepared by the nutritionists from New Opportunities, Inc, Waterbury, CT.

Monday through Friday, the luncheon bell rings promptly at 11:30 A.M. to welcome you to the Naugatuck Senior Center's dining room. Sit down at our linen covered dining tables, complete with place matted settings and sterling silver dinnerware. Lovely hostesses will pleasantly pour you a cup of coffee, offer you a bowl of warming vegetable soup or a fresh garden salad. Enjoy a variety of main courses, ranging from sliced roast beef, chicken cordon bleu, or baked salmon. Satisfy your sweet tooth with a slice of strawberry cream cake, vanilla pudding, or a fresh fruit compote.

All meals are served with milk, hot tea or coffee.

For a complete monthly menu of our available daily lunches, call Carole Mancini at 203-720-7069.

**MISSISSIPPI MARBLES-A New Group Game**

Learn to play Mississippi Marbles,  
a dice game that lets you keep on rollin'!

Game materials provided.

Tuesdays, 1 P.M.

Instructors: Mary Doback and Joyce Luzio, Mississippi Marbles game players.



**YARN NEEDED!**

The Society of Senior Crafters at the Naugatuck Senior Center is in need of skeins of yarn. The yarn is used throughout the year for many art and knitting projects. If you have any useable skeins of yarn that you would like to donate to our crafters, please call us at 203-720-7069. Thank you!



**Connecticut Mobile Food Bank**

First Wednesday of the Month

WATERTOWN FIRST CONGREGATION CHURCH

DeForest Street

2 P.M.-3 P.M.

Everyone Welcomed!

No Pre-Qualifications

Please bring your own grocery bags.

Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

Carole Mancini – Food Site Manager/Office Assistant

***Thank you Hibernians!***

I want to thank our Naugatuck Hibernians  
for their care and culinary efforts in  
preparing delicious hot lunches for our Wednesday Lunch group!

Special thanks too:

Louise Sheedy

Jim Goggin

Maryann Sigworth

Kevin Knowles

Richard Smith

Joyce Alegi

*Thank  
You*

Please listen to WATR Radio, TV 3 and TV 30 for WINTER WEATHER CLOSINGS of the  
Naugatuck Senior Center during inclement weather and hazardous driving conditions.

**Social Service Assistance for Adults**

Fridays, first of the Month, throughout 2017, including the following dates:

January 6

February 3

March 3

April 7

May 5

10 A.M.-11:30 A.M.

Referrals, consultation and help with the following:

Filling out Social Security, Medicare, Energy and Fuel Assistance forms

State and Federal benefits application completion

Housing information and assistance

Transportation assistance

Help finding education or training opportunities

Job search and resume writing.

Instructor: Bonita M. Spinola, Family Development Specialist, New Opportunities, Inc.

Thunder Sports & Fitness  
invites you to attend  
**Magnificent Mobility**  
to be held at the Naugatuck Senior Center  
Starting

**Wednesday, January 4-February 22, 2017**  
**10:00 A.M.-10:45 A.M.**

Improve your flexibility, strength and balance! Learn easy exercise routines that will improve your independence and mobility.

Also receive recipes for blended fruit and vegetable drinks.

**Complimentary refreshments available each week!**

*This free 8 part health and wellness series is  
sponsored by*

***THUNDER SPORTS & FITNESS,***  
***628 New Haven Road, Naugatuck, CT.***

Instructor: Brian Reynolds, MS, Exercise Science, Owner of Thunder Sports & Fitness.

Please register your attendance in the office of the Naugatuck Senior Center or call 203-720-7069 for further information.



Happy New Year Bingo 2017  
Friday, January 6, 2017  
12 Noon



Thunder Sports and Fitness host

A Hot Cocoa Bingo Day

Friday, January 27, 2017

12 Noon

Special Guest Bingo Caller: Brian Reynolds, Owner, Thunder Sports and Fitness, 628 New Haven Road, Salem Square Plaza, Naugatuck, CT.



**Glendale Center**

hosts a

**SOUPer Bowl BINGO**

**Friday, February 3, 2017**

**12 Noon**

Learn to stay cold and flu free this winter!

Complimentary face tissues and hand sanitizers.

Enjoy a complimentary bowl of hot Chicken Noodle soup!

**This is a special addition to our regular Friday Bingo games!**

Guest Bingo Callers: Patty Birch, Community Outreach Representative, Glendale Center and Maryellen Royka, Glendale Center Nursing Executive.

**Valentine's Day Craft Class**

**Tuesday, February 14, 2017**

**10 A.M.-11:30 A.M.**

Learn to make a Valentine's Day Sweetheart Surprise!

Complimentary art supplies will be available.

Instructor: Maryellen Royka, Glendale Center Nursing Executive, Glendale Center, Naugatuck, CT