

Naugatuck Senior Center  
300 Meadow Street, Naugatuck, Connecticut 06770  
Opened Monday-Friday; 7:30 A.M.– 4 P.M.   **AUGUST, 2011**  
Telephone: 203-720-7069   **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 two Connecticut Association of Senior Center Personnel  
Awards for Outstanding Programming for Older Adults.

During a sun filled August afternoon, I am watching a yellow goldfinch discover the cooling water in the Naugatuck Senior Center's bird bath. The excited bird's wings make a mini tidal wave in his own ocean. Small droplets of water sparkle like chipped ice on his feathered face. This solitary neighbor of nature, enjoying a private party in the pool, has now attracted a small flock of other goldfinches. They gather about the rim of the birdbath, admire the man made waterhole, and seek their share of this oasis. One by one the goldfinches hop into the water, standing in the water, dipping their beaks into the fresh water, and grabbing a floating bug for a snack. As the sun colored birds continue to splash about in their personal swimming pool, I see that the water level has dropped. Using a metal watering can I refill the cement birdbath with fresh water. Within minutes the patient, well eyed birds see that I have left them with an oversized ocean, and fly back to their popular pond, wetting their wings and soaking their feet. They have found a summer haven and their own playful, cooling station.

As our neighboring goldfinches find a comforting break from the heat in the outdoor birdbath, I want to invite you to come indoors at the Naugatuck Senior Center, which also serves as a cooling station throughout the hot summer months. If your apartment or house does not have air conditioning, remember to visit us at 300 Meadow Street. Our air conditioned senior center is truly a "cool place". If you need a ride to the Senior Center, we have complimentary mini bus transportation within Naugatuck, Connecticut. Just call us a day ahead to make mini bus reservations. When you enter the 135 year old Carriage House building that serves as our senior center, you will feel the immediate rush of chilled comfort brush your face, and quickly discover a wide variety of heat reducing amenities and activities. There is a stack of cups near our water fountain for a thirst quenching drink of pure water and a place is waiting for you to join in on a fun, team spirited Wei game. You may even want to have a Tuesday Salad Bar luncheon or play a game of pool. There is always a good book or magazine available to read or you may find an interesting weather related fact when you start searching the Internet in our computer room. However you may want to spend your summer time, remember that the Naugatuck Senior Center welcomes you for a pleasant, comfortable visit.

As the August temperatures rise and the ice in the lemonade melts, I want to invite you to participate in the following special events, including: Griffin Hospital's Lifeline Program's **AUGUST SALSA AFTERNOON** on FRIDAY, AUGUST 5, 12 Noon. Take a dip into some tangy salsa! This is a complimentary Lifeline special event.

Family Care Visiting Nurse and Home Care Agency will present **A DIABETES SCREENING** on FRIDAY, AUGUST 12, 11 A.M.- 12 NOON. This is a free diabetes and blood pressure screening. Family Care will also host **A SUMMER WATERMELON COOL DOWN** on Friday, August 12, 12 Noon-12:30 P.M. Enjoy a sweet, juicy slice of refreshing watermelon.

On Tuesday, August 12, 12 Noon, Mr. Bill Scanlon, Acting Deputy Fire Marshal, Naugatuck Fire Department will visit the Senior Women's Social Group and present a lecture on **DEALING WITH NATURAL DISASTERS**. Learn what you need to prepare and do when there are warnings of hurricanes and tornadoes affecting Connecticut.

Please take a look at the AUGUST issue of the **Carriage House Courier** and fill your calendar with the wide variety of special events and activities offered at the always busy Naugatuck Senior Center.

Sincerely;

Harvey Leon Frydman  
Director

**The Game of Poker: for Women Only**

Tuesdays; August 2-December 27, 2011

1 P.M.

Learn to play the game of poker. Learn poker games such as Texas Hold’Um.

Instructor: Margo “ Lucky” Scott.

**YOGA & SELF RELAXATION CLASS**

Thursdays, 10 A.M.-11 A.M.

Learn stretching exercises to connect mind and body for stress awareness and management. This is a complimentary health and wellness program. Please register for this class at the office of the Naugatuck Senior Center or call 203-720-7069. Instructor: Brian Vaugh, meditation teacher.

**Blood Pressure Screening with Beacon Brook Health Care**

Tuesday, August 23, 2011

11:30 A.M.

Complimentary blood pressure screening provided by Beacon Brook Health Care, Naugatuck, CT.

**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, Beverley Wilde, Darlene Striffler, and Mary Rimkus.

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**Walking Cane Adjustments**

The Naugatuck VNA’s Physical Therapy Department is available to fit and check for safety, any walking canes or walkers. For further information call the Naugatuck VNA at 203-720-7095 and ask for Barbara Marchand RPT or Sharon Hebb, RPT, Physical Therapy Department. This is a complimentary health and wellness service. If you are donating a cane or walker, it is preferred that they are adjustable aluminum and that the walkers have installed wheels. Thank you.

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**Senior Center’s Lending Library**

Beverly Wilde, librarian for the Naugatuck Senior Center’s Lending Library has a wide variety of books and magazines available for your reading enjoyment. Each month Mrs. Wilde arranges a new display of reading materials in our free lending library. Take a moment to peruse through our shelves of books. Find yourself a good book to read at our Lending Library.

**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!

**2011 Naugatuck Senior Center Membership Dues**

Get your **NEW 2011 MEMBERSHIP CARD** at the Senior Center’s office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2011. 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 2011 **Membership Card is BLUE.**

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**AARP SAFE DRIVING COURSE will take place at the Naugatuck Senior Center on Monday, September 12, 2011, 8:30 A.M.-12:30 P.M. Fee: \$12 00 for the one day course for AARP members and \$14.00 for non-members.** Checks (no cash please) should be made payable to "AARP". Class limited to 25 people. The next Safe Driving classes will be held on **Monday, October 3, November 14, and December 5, 2011.** Call 203-720-7069 to register for these AARP Safe Driving classes. .

**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. For further information or to register your attendance call Velma at 203-632-8669.

**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**

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**Naugatuck Senior Center's MINI BUS SCHEDULE**

- \*Monday- 9:00 A.M. – Brass City Mall – FIRST MONDAY OF THE MONTH  
Return trip about 1 P.M.  
On the remaining Mondays, the following bus schedule destinations:  
Big Y Supermarket, WALMART
- 10:30 A.M. - Mountview Plaza & Senior Center  
Return trip after 1:45.
- Tuesday- 9:00 A.M. - Mountview Plaza, Doctor, Hairdresser,  
Senior Center  
Return trip about 12 Noon.
- 10:30 A.M. - Mountview Plaza, Doctor, Hairdresser,  
Senior Center  
Return trip about 1:15 P.M.
- Wednesday- 9:00 A.M. - Big Y Supermarket; Wal-Mart; Waldbaum's;  
Senior Center; Doctor; Hairdresser; etc.  
Return trip about 12 Noon.
- 10:30 A.M. - Plaza; Doctor; Hairdresser; Senior Center  
Return trip about 1:15 P.M.

Thursday- 9:00 A.M. - Big Y Supermarket; Wal-Mart; Waldbaum's;  
Senior Center; Doctor; Hairdresser; etc.  
Return trip about 12 Noon.  
10:30 A.M. - Mountview Plaza; Doctor; Hairdresser;  
Senior Center  
Return trip about 1:15 P.M.

Friday - 9:00 A.M. - Mountview Plaza; Doctor; Hairdresser;  
Senior Center. Return trip about 12 Noon.  
10:30 A.M. - Return trip about 1:15 P.M.

Please make doctors and hairdresser appointments before **12 NOON**. They must be made to coincide with that particular Mini bus run. Those riding the Mini bus must call 720-7069 the DAY BEFORE they want to ride the Mini bus. Appointments for Monday must be made on Friday. Please call the Naugatuck Senior Center for your Mini bus transportation needs during office hours, 8:30 A.M. – 4 P.M.

The Naugatuck Senior Center's Mini bus is a FREE SERVICE to those Naugatuck residents 50 years of age and older.

- The mini-bus transportation policy of the Naugatuck Senior Center is one travel destination a day per passenger. The policy also does not permit us to take residents to their paid jobs.
- Please call the Senior Center if you need to cancel your day's ride before your designated scheduled pick up.

**The Naugatuck Senior Center has scheduled the following dates for the Brass City Mall:**

**Monday, August 1, 2011**

**Monday, September 12, 2011**

**Monday, October 3, 2011**

**Monday, November 14, 2011**

**Monday, December 5, 2011**

**Please call the Naugatuck Senior Center's office at 203-720-7069 to schedule your transportation.**

**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.

**Blood Pressure Screening with Glendale Health Care**

Glendale Health Care, Naugatuck, CT offers a free Blood Pressure Screening every second TUESDAY of the month. The JULY screening will take place at the Naugatuck Senior Center on Tuesday, August 9, 2011; 10:30 A.M.

The Retired Men's Club takes place at the Naugatuck Senior Center every WEDNESDAY at 1:30 P.M.

**The SENIOR WOMEN'S SOCIAL GROUP** meets on the second and fourth TUESDAY of the month, 12 Noon – 1:30 P.M. Enjoy a friendly afternoon at the Naugatuck Senior Center. Participate in monthly BINGO GAMES, special events and current information on health and wellness.

**Schedule of Activities/Speakers for the Senior Women's Social Group**

Tuesday, August 9: BINGO/Social/Cards

Tuesday, August 23: Dealing with Natural Disasters. Speaker: Bill Scanlon, Acting Deputy Fire Marshal, Naugatuck Fire Department

Tuesday, Sept. 13: BINGO/Social/Cards

Tuesday, September 27: Understanding the Signs of Dementia . Speaker: Maureen Torrance, Community Outreach Representative, The Village at East Farms, Waterbury, CT.

Tuesday, October 11: BINGO/Social/Cards

Tuesday, October 25: Fire Prevention Month. Speaker: Bill Scanlon, Acting Deputy Fire Marshal, Naugatuck Fire Department.

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; 1 P.M. – 3 P.M

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. Instructors: Joan Andrew.

Line Dancing class takes place every WEDNESDAY, 10 A.M. -11:30 A.M. Join the group for great fun, friendship and exercise. Instructor: "Chic" Konavaluk. 17 sessions/\$55.00. For further information call 720-7069. Classes begin Wednesday, June 1 and run through September 21, 2011.

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 KNITTING YARN, sewing supplies, fabric, thread, buttons, batting 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, August1, 2011.

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The Naugatuck Elderly Commission will meet at the Naugatuck Senior Center on Monday, September 26, 2011, 1 P.M.

BIG BINGO GAME! BINGO is played every FRIDAY at 12 NOON. Fee: \$1.00

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

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The one place to go when you need senior information is [www.ctseniorinfo.com](http://www.ctseniorinfo.com). This website has over 200 hyperlinks to Federal & State Agencies; Veterans Programs and Benefits; Charitable Organizations, a Connecticut Index of all Senior Programs and benefits, and general information concerning all elderly issues.

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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 1-203-757-5449.

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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 HOSITAL** will visit the Naugatuck Senior on **WEDNESDAY, AUGUST 24, 2011 at 11:30 A.M-12:30 P.M. for a complimentary BLOOD PRESSURE SCREENING.** This is a **FREE Health & Wellness program.** Stop by for a complimentary fresh apple!

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### **BILLIARD /POOL PLAYING LESSONS FOR WOMEN**

Tuesdays, 1 P.M.-2 P.M.

This is a class to teach women how to play the game of pool. Call the Naugatuck Senior Center at 203-720-7069 to register for this class. Instructor: Claudette Soden, billiards teacher.

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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.

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### 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

Meals On Wheels: 203-756-5261

New Opportunities, Inc, 232 North Elm Street, Waterbury, CT 06702

Naugatuck Visiting Nurses Association: 203-720-7095

Contact: Teresa Stieber, 600 Rubber Avenue, Naugatuck, CT 06770

Naugatuck Youth Services: 203-720-5673

Contact: Jane Lobdell, 13 Scott Street, Naugatuck, CT 06770

American Red Cross:

Waterbury Area Chapter, 64 Holmes Avenue, Waterbury, CT 06708

CT. Dept. of Social Services: 203-597-4000

Waterbury Region, 24 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

Naugatuck Head Start & School Readiness at Prospect School: 203-720-5239

100 Prospect Street

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.

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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 & RESORT DAY TRIP**

**TUESDAY, AUGUST 9, 2011**

**Tuesday, September 6, 2011**

**Tuesday, October 11, 2011**

**Tuesday, November 8, 2011**

Leave the Naugatuck Senior Center at 7:30 A.M.

Price includes luxury bus transportation, luncheon voucher and \$15.00 KENO.

**COST: \$27.00**

### **MOHEGAN SUN CASINO OVERNIGHT**

**Tuesday/Wednesday, September 6/7, 2011**

Leave from the parking lot of the Naugatuck Senior Center. Trip includes: Transportation to and from Mohegan Sun's 34 stories, luxury hotel; 2 buffet coupons, free bet vouchers, taxes and baggage handling.

Cost per person: \$99.00. Please call the Naugatuck Senior Center at 203-720-7069 for reservations.

### **HUDSON RIVER DAY TRIP**

**Wednesday, September 28, 2011**

Enjoy this fall foliage trip which includes a two hour tour aboard the RIVER ROSE PADDLEBOAT.

Luncheon at TORCHES ON THE HUDSON, where you will have a choice of Oregon Crusted Tilapia, Chicken Marsala, or Bistro Steak. Visit Bannerman's Island.

Cost per person: \$98.00

**\*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.**

### **CROCHETTING WITH TINA DeMATOS**

**Mondays**

**10 A.M.-11 A.M.**

Join Tina DeMatos for instruction in the fine art of crocheting. Complimentary crocheting needles and thread will be provided.

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VNA Healthcare has grant money available for MEALS ON WHEELS. This program is for Naugatuck residents in need of a good nutritional meal delivered directly to their home. For further information call 1-800-466-3227.

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### **THE GARDEN GROUP**

**Monday, August 1, 2011**

**10 A.M.**

Your help is needed in planning and planting the Naugatuck Senior Center's 2011 summer vegetable garden. Call 203-720-7069 for further information or to register your attendance. Thank you for sharing your "Green Thumb" skills!

### **HOLIDAY BAZAAR 2011 Planning Committee**

**Monday, August 29, 2011**

**10 A.M.**

This meeting of the Naugatuck Senior Center's HOLIDAY BAZAAR PLANNING COMMITTEE will take place at the Senior Center on MONDAY, August 29, 2011, 10 A.M.

Share your creative skills and interest as we plan for another fun-filled and successful HOLIDAY BAZAAR.

Lemonade Social  
will take place at the  
Naugatuck Senior Center on  
Thursday, August 4, 2011  
1 P.M.



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Griffin Hospital's Lifeline Program  
Presents an  
**AUGUST SALSA AFTERNOON**  
Friday, August 5, 2011  
12 Noon-12:30 P.M.

Enjoy a summer salsa taste! This is a complimentary special event.  
Hosted by Diane Betkoski , MSRD, LNHA, Lifeline Coordinator, Griffin Hospital.



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Family Care Visiting Nurse and Home Care Agency will host  
**A DIABETES SCREENING**  
on  
Friday, August 12, 2011  
11 A.M.-12 Noon

This is a complimentary diabetes and blood pressure screening.

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The Naugatuck Senior Center &  
**FAMILY CARE VISITING NURSE**  
present  
**A SUMMER WATERMELON COOL DOWN**  
On Friday, August 12, 2011  
12 Noon

Mr. Rick Coppola, Community & Clinical Relations Manager, Family Care Visiting Nurse, Stratford, CT will host  
this complimentary summer special event.



The Naugatuck Senior Center &  
Beacon Brook Health Center  
host

**SENIOR DAY 2011**

to be held at

***BEACON BROOK HEALTH CENTER***  
***79 Weid Drive***  
***Naugatuck, CT***

on

**THURSDAY, SEPTEMBER 15, 2011**  
**9 A.M.- 1 P.M.**

Visit 25 health & wellness booths.  
FREE HEALTH SCREENINGS, including

PODIATRY

VISION

FALL BALANCE

BLOOD PRESSURE

DENTAL

Mr. Al Pistarelli, Community Relations Coordinator, Beacon Brook Health Center will prepare a complimentary hotdog cookout luncheon on the patio of Beacon Brook.

**THIS IS A COMPLIMENTARY HEALTH & WELLNESS SPECIAL EVENT.**



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Peanut Butter & Jam Jamboree

Friday, September 16, 2011

12 Noon-12:30 P.M.

Make your own peanut butter & jam sandwich. Hear about the ABC'S of Medicare. Learn about current Aetna Medicare plans and upcoming enrollment changes. Instructor: Elena Scofield, Aetna Medicare.

Candy Corn Carnival

Friday, October 28, 2011

12 Noon-12:30 P.M.

Enjoy a Trick or Treat Surprise BINGO game.

## **QUILTING FOR BEGINNERS**

Every Friday, 10 A.M.-11 A.M.

Starting on FRIDAY, SEPTEMBER 9, 2011

Learn the basics of quilting, including the cutting of material, piecing, and sample blocks. Learn how to design the following quilt patterns, including: Shoe fly design, Square in a Square pattern, Pinwheel, and Flying Geese blocks. Discussion on the history of American quilt designs, the influence of natural dyes and fabrics used in the construction of a quilt. Materials and use of sewing machines available. This is a complimentary arts and crafts class. Please register your attendance for this quilting class at the office of the Naugatuck Senior Center or call 203-720-7069 for further information. Instructor: Marilyn Lopez, quilt designer and American quilt historian.



## **Hearing Screening**

Tuesday, September 13, 2011

8:30 A.M.-10:30 A.M.

Your ears will be checked for earwax. Have your hearing aids cleaned. Receive an explanation of the findings from your hearing screening. This is a complimentary hearing test presented by Hearing Aid Specialty of Connecticut. Please register for your 15 minute screening at the office of the Naugatuck Senior Center.

## **FLU SHOT CLINIC**

**Tuesday, October 4, 2011**

**9 A.M.-11 A.M.**

A Flu Shot Clinic will take place at the Naugatuck Senior Center on Tuesday, October 4, 2011, 9 A.M. – 11A.M. Please bring your MEDICARE CARD and PHOTO ID. No appointment necessary. For further information call the Naugatuck Senior Center at 203-720-7069.

## **Medicare Made Clear**

**Tuesday, October 18, 2011**

**10 A.M.-11 A.M.**

Get answers to all of your Medicare Advantage Plans, Part D coverage, and Medicare Supplemental Plans.

Instructor: Bonnie Maynard, United Healthcare.

## **October “POT LUCK” Party**

**Thursday, October 27, 2011**

**1 P.M.**

The Naugatuck Senior Center will host a POT LUCK dinner party on Thursday, October 27, 2011, 1 P.M.

Enjoy a fun-filled dining experience. Visit the Naugatuck Senior Center office to register for this special October event. Enter the food item that you will bring to the Pot Luck. Categories of needed food items include: Appetizers, Salads, Main Course and Desserts. Limited to 20 people. Tickets: \$2.00.

## **THE POKER PLAYERS at The Naugatuck Senior Center**

Do you like to play poker? Do you want to learn how to play poker! Come join the FULL HOUSE of POKER PLAYERS Monday-Friday, 11:30 A.M at the Naugatuck Senior Center. Learn about the different games of poker. Have a fun time! Good company!

For further information call the Naugatuck Senior Center at 203-720-7069.

**BRIDGE PLAYERS WANTED**

Are you interested in learning how to become a better bridge player? Do you want to learn how to play the game of bridge. Please call 203-720-7069 to help organize a new group of bridge players at the Naugatuck Senior Center

**SENIOR FARMER’S MARKET NUTRITION PROGRAM 2011 VOUCHERS**

The Naugatuck Senior Center will distribute vouchers for the 2011 Senior Farmer’s Market Nutrition Program. Eligibility guidelines for the SFMNP include: Income Levels for 2011. All participants must be 60 years of age or older and have a maximum household income of not more than 185 percent of the annual poverty income guidelines. These seniors should be participating in other programs with similar means testing verifying eligibility. Senior not identified by proper means testing shall not be given Senior FMNP checks. The \$15.00 voucher checks can be used at SFMNP locations throughout Connecticut. They can be used to purchase Connecticut grown fruits, vegetables, fresh cut herbs and honey. For further information call the Naugatuck Senior Center at 203-720-7069.

**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!

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Naugatuck Senior Center Staff  
 Harvey Leon Frydman – Director  
 Carole Mancini – Food Site Manager/Dispatcher  
 Stephen Cutler – Mini Bus Driver  
 Bernie Grant-Office Clerk/Dispatcher

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