

Naugatuck Senior Center
300 Meadow Street, Naugatuck, Connecticut 06770
Opened Monday-Friday; 7:30 A.M.– 4 P.M. **JULY, 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.

Auntie Jeanette Levin likes lemon sliced into her summertime ice tea. Auntie Jeanette shares, “During the summer months I use a lot of lemons. I like lemon juice on my boiled lobster dinners, a wedge of fresh lemon squirted onto a slice of red watermelon, and I love seeing that slice of lemon with the yellow rind smiling through my ice tea glass. With the July sunshine heating up the neighborhood, I do savor a refreshing glass of sweet ice tea. My mother had a recipe for ice tea. It was a day long process, but that was her way of making the family a fresh pitcher of ice tea. Mother would fill a glass pitcher of water and march outside to our backyard picnic table. Five Lipton orange pekoe tea bags were dropped into the pitcher, quickly being saturated into the water, and placed a cotton cloth placed over the top of the pitcher. Mother would let her tea ice “cook” in the sunshine for a few hours, and would retrieve her pitcher of tea when she knew it was the perfect golden tea color. In her pink peony floral apron wrapped around her waist, she would gently pull out the soaked tea bags, and start adding sugar, moon faced sliced lemon, and two trays of ice directly from her 1954 Frigidaire refrigerator. The ice trays where 100% aluminum. I wish that I had those ice trays now. Anyway, after a stir with her aluminum mixing spoon, mixing the ice and watching the lemon slices swirl around like a carousel, the pitcher would slowly grow a frosted glow, a sign that it was ice tea time. In a variety of colorful aluminum drinking glasses, Mother would pour the ice tea. Before we had a chance to taste our tea, she would decorate the edge of the ice tea glass with a sprig of garden grown mint, the green leaf locked onto the rim of the glass by a touch of honey. The first sip of Mother’s famous tea was a true taste of summer. Her sun cooked ice tea was a refreshing summertime memory. I still have my mother’s old, glass ice tea pitcher. I just may make some of that ice tea. Mother would like that I was carrying on her summer tradition.”

As Auntie Jeannette picks fresh sprigs of mint for her ice tea, I want to invite you at participate in the following July special events, including: **THE GLENDALE HEALTH CARE CENTER’ S SUMMER COOKOUT** to be held on the **Grand Patio of the Glendale Center, 4 Hazel Avenue, Naugatuck, CT**, on **THURSDAY, JULY 7, 2011, 12 Noon**. Enjoy some great tasting hamburgers and hotdogs! A cooling **ICE CREAM SOCIAL** hosted by **WELLCARE** will take place at the Naugatuck Senior Center on **FRIDAY, JULY 8, 2011, 12 Noon**.

Stop by on **THURSDAY, JULY 14, 1 P.M.** for the Naugatuck Senior Center’s **HAWAIIAN LUAU DAY**. Learn to hula with June Ottowell. Listen as Bernice Niro share the story of the Hawaiian Volcano God Pele and view her collection of carved Hawaiian art. Taste a piece of pineapple and enjoy some Kona coffee. Please wear your favorite Hawaiian shirt or Mumu dress. This is a complimentary summer activity.

And visit the Naugatuck Senior Center on **Friday, June 15, 12 Noon**, when we get to sample **Auntie Jeannette Levin’s Mother’s ice tea**. Please remember that during our hot summer months of July and August, the Naugatuck Senior Center serves as a cooling station. There is always refreshing, cold water or maybe some lemonade available to help our members stay cool and refresh. Enjoy your summer!

Please take a look at the **JULY** 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

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 Vaughn, meditation teacher.

Blood Pressure Screening with Beacon Brook Health Care

Tuesday, July 26, 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 21st 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, June 13, 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, September 12, October 3, and November 14, 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.

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, July 11, 2011

Monday, August 1, 2011

Monday, September 12, 2011

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

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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. There is also an available Saturday Greater Waterbury Transit District DIAL A RIDE. 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. Also available are SUNDAY TRANSPORTATION SERVICES. 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, July 12, 2011; 10:30 A.M.

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

MEN' S CLUB INFO:

The Friendship Club meets on the second and fourth TUESDAY of the month, 11:30 A.M. – 1 P.M.

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, July 11, 2011.

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. 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.

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.

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, JULY 27, 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

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 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

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, JULY 12, 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.

THE GARDEN GROUP

Monday, July 11, 2011

10 A.M.

You 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, July 25, 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, JULY 25, 2011, 10 A.M.

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



The Naugatuck Senior Center &
THE GLENDALE HEALTH CARE CENTER

Cordially Invite You To Attend

A SUMMER COOKOUT

To be held on the Grand Patio of the
GLENDALE CENTER

4 Hazel Avenue

Naugatuck, CT

THURSDAY, JULY 7, 2011

12-Noon-2 P.M.

Great Food, Fun & Door Prizes!

TICKETS: \$2.00

Please call the Naugatuck Senior Center office at 203-720-7069 if you plan to attend this special, summer event.



Ice Cream Sundae Social

Friday, July 8, 2011

12 Noon

WELLCARE hosts a complimentary Ice Cream Sundae Social for members of the Naugatuck Senior Center.

Hosted by Helen Wong, Community Outreach Representative for WellCare.



Join your friends at the
Naugatuck Senior Center for
AN ICED TEA AFTERNOON
To be held on
FRIDAY, JULY 15, 2011
12 Noon



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



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.



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.

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.



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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.

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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

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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

