

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

Greg Balek is the Community Relations Representative for J&L Medical Services in Waterbury, Connecticut. Greg, along with Rachel Kirchner, organized a health screening for members of the Naugatuck Senior Center in January, 2011. During Greg's recent visit to the Senior Center, I suggested that J&L Medical may want to participate in our annual St. Patrick's Day dinner party, by hosting a dessert table at the March 3rd event. I said to Greg that the program will need a refreshing treat that is reminiscent of an Irish shamrock, as bright as the Emerald Isles, and as tasty as a bit of the blarney! As I prepare a list of dessert suggestions, including lemon and lime Jello served with a Lorna Doone cookie, Honey Dew shish kabobs, and poached pears on a Graham cracker, Mrs. Rose Resnick stops by and immediately recognizes Greg. "Hey, you're the J&L Man! I met you at the health screening. I was the one wearing the big red hat. Remember me? Sure ya' do! Everyone remembers Rose! I wear those J & L foot warmer booties for my sore feet. They do the trick for me, very comfortable! So cutie, whatcha doing here now?" states Rose! Greg remarks, "Hello Rose. It is so nice to see you again. I'm glad you're wearing your J & L foot warmers. Harvey and I are planning a dessert table for the Senior Center's St. Patrick's Day dinner. Have you attended these dinners?" Rose happily exclaims, "I've been to that corned beef and cabbage dinner for the past six years. I know Jim Goggin, Naugatuck's famous corned beef cook. He'll be boiling up 300 lbs of corned beef for that party. Oh yes, I'll definitely be at that dinner, dressed in green from head to toe, and wearing my lucky shamrock earrings. I only wear them in March!" Mr. B. remarks, "Well, I'll look forward to seeing you and all of my Naugatuck friend's at the party. I know that there will be a big turnout. Everyone loves the Naugatuck Senior Center's St. Patrick's Day dinner! Remember to stop by to say hello. We're planning to have some delicious desserts to go with a great dinner!"

As Rose purchases her ticket for the **Naugatuck Senior Center's St. Patrick Day dinner party**, and Greg suggests Mint Chocolate Chip ice cream sundaes or pistachio pudding with whipped cream and a Maraschino cherry to serve at the **St. Patrick's Day dinner**, I want you to mark your calendar with a green highlighter and circle **THURSDAY, MARCH 3, 2011, 3:30 P.M. – 6 P.M.** for our delicious **CORNED BEEF AND CABBAGE DINNER!** Special thanks to Jim Goggin and Carole Mancini for slicing the corned beefs and making the dinner platters look perfect! And don't forget to visit Greg at the J&L Medical Services dessert table!

I also want you to participate in the following **March events** that will certainly spring to your attention, including: **Friday, March 11, 12 Noon**, Patricia Birch, Community Relations Representative for **Glendale Health Care Center**, Naugatuck, CT will host a **Spring Bingo!** Great Bingo prizes! Maureen Torrence, Community Relations Representative for **The Village at East Farms**, Waterbury, CT will be **ladling bowls of corned beef and cabbage soup** on **Wednesday, March 16, 1 P.M.**, and Mr. Al Pistarelli, Community Relations Representative for **Beacon Brook Health Care Center**, Naugatuck, CT will host a lecture on **Preparation for Surgery and Rehabilitation**, on **Thursday, March 31, 1 P.M.**

Please take a look at the **MARCH** 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, March 22, 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, March 14, 2011 8:30 A.M.-12:30 P.M.** Fee: **\$12 00 for the two 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 **April 11, 2011 and Monday, May 9, 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, March 7, 2011**

**Monday, April 4, 2011**

**Monday, May 9, 2011**

**Monday, June 6, 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. 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 MARCH screening will take place at the Naugatuck Senior Center on Tuesday, March 8, 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 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, February 2, 2011 and run through May 25, 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, and batting. If you have any of these needed items and would like to donate them to the senior center, please call Harvey at 720-7069. Thank you for your thoughtfulness!

The Red Hatters will hold their monthly meeting at the Naugatuck Senior Center on Monday, March 7, 2011.

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The Naugatuck Elderly Commission will meet at the Naugatuck Senior Center on Monday, March 28, 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, MARCH 30, 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

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:

### **Christmas Tree Shoppe Day Trip-Orange, CT**

Monday, April 18, 2011

Leave the Naugatuck Senior Center at 10 A.M.

Lunch on own at Driver's choice restaurant.

Cost: \$4.00

### **FOXWOODS CASINO & RESORT DAY TRIP**

TUESDAY, APRIL 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

### **Old Sturbridge Village-"Broadway Delivers-Music Maestro Please"**

Wednesday, April 27, 2011

Visit Sturbridge Village's 300 seat theatre for a delightful musical production. Enjoy a lunch choice or either Old Sturbridge Village Meat Pie or Grilled Salmon.

Leave Naugatuck Senior Center at 9:30 A.M.

Cost: \$74.00 per person

### **Nantucket Daffodil Festival**

April 29-May 1, 2011

This is a three day trip to Cape Cod. Trip includes: Deluxe Motorcoach transportation. Hotel Accommodations. Ferry to Nantucket. 6 Meals [2-Breakfasts, box lunch, Brunch, and 2 dinners] Day One: Visit the Cape Cod Potato Chip Factory. Check into your home for the next two evenings, THE HYANNIS HARBOR HOTEL, located across the street from the docks in Hyannis, and within walking distance of the charming shops. Dinner is at a local fine restaurant. Day Two: Start your day off with a full breakfast before boarding the FERRY to NANTUCKET. The Daffodil Festival is the highlight of this weekend. Also view the colorful ANTIQUE CAR PARADE. The day also includes an ISLAND SIGHTSEEING TOUR and shops on PETTICOAT ROW. Tonight enjoy your choice of a LOBSTER or STEAK DINNER. Day Three: Enjoy breakfast then off to HERITAGE PLANTATION, where you will see a world class antique car collection, Currier & Ives prints, antique toys, a 1912 carousel, and magnificent gardens. Enjoy a SUNDAY BRUNCH at the DANIEL WEBSTER INN.

Cost: \$419.00 per person Double Occupancy

### **LOBSTERFEST AT THE LOG CABIN**

Tuesday, May 17, 2011

Enjoy a visit to the famous LOG CABIN in HOLYOKE, MA. Enjoy a complete LOBSTER DINNER including Clam Chowder, New England Boiled Lobster, Barbeque Ribs & Chicken, along with all of the trimmings.

Entertainment features a BIG BAND orchestra, featuring swing music and sophisticated musical and vocal arrangements.

Cost: \$84.00 per person

### **MOHONK MOUNTAIN HOUSE**

Wednesday, June 8, 2011

Visit the beauty and elegance of the MOHONK MOUNTAIN HOUSE, located in New Platz, New York. This is a 2000 acre resort complete with a Victorian style castle. Today you will visit the MOHONK BARM MUSEUM, filled with an impressive collection of antiques, carriages and sleighs. Lunch is a feast at the fabulous GRAND BUFFET.

Cost: \$95.00 per person.

**\*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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**BETTER BREATHING CLUB**

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

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The Better Breathing Club meets the **THIRD THURSDAY** of every month at the Naugatuck Senior Center. This is a support group for people dealing with lung disease. Complimentary Continental breakfast served. Group instructor: Rachel Kirchner, RCP, J&L Medical Services, Waterbury, CT.

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The Naugatuck Senior Center

Hosts

**The 2011 St. Patrick's Day Dinner Celebration**

to be held at the Naugatuck Senior Center on

**THURSDAY, MARCH 3, 2011**

**3 P.M.-6 P.M.**

Jim Goggin will be cooking his famous boiled **CORNEB BEEF & CABBAGE DINNER** at the Naugatuck Senior Center's annual St. Patrick's Day dinner party.

Desserts courtesy of Beacon Brook Health Care Center, J&L Medical Services, and Glendale Health Care Center.

**Tickets: \$8.00 per person.**

Happy   
St. Patrick's Day

Please bring a non perishable canned good to this event. It will be given to the Naugatuck Food Bank. Thank you.

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The Naugatuck Senior Center &

**THE GLENDALE HEALTH CARE CENTER**

Cordially Invite You To Attend A

**MARCH WIND BINGO**

to be held at the

Naugatuck Senior Center

On

**FRIDAY, MARCH 11, 2011**

**12 NOON**

Enjoy a fun game of BINGO!

Win a March Wind Umbrella!

This program is a part of the Naugatuck Senior Center's regular Friday BINGO game!  
Hosted by Patricia Birch, Admissions Director, Glendale Health Care Center, Naugatuck, CT





The Naugatuck Senior Center &  
**THE VILLAGE AT EAST FARMS**

will host a

**St. Patrick's Day  
Corned Beef & Cabbage Soup Social**

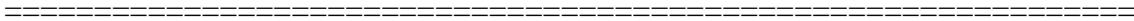
to be held at the

Naugatuck Senior Center on  
WEDNESDAY, MARCH 16, 2011  
1 P.M.

Hosted by Maureen Torrence, Community Relations Representative for The Village at East Farms, Waterbury, CT.

Enjoy a complimentary bowl of hot corned beef & cabbage soup! Delicious!

This is a free special event for members of the Naugatuck Senior Center.



The Naugatuck Senior Center &  
BEACON BROOK HEALTH CENTER  
will present

**AN AFTERNOON LUNCHEON & LECTURE**

to be held at

Beacon Brook Health Center  
89 Weid Drive  
Naugatuck, CT



On

**THURSDAY, MARCH 31, 2011  
1 P.M.**

Enjoy a complimentary luncheon for members of the Naugatuck Senior Center and their guests.

Speaker: Art Ciccarelli, Case Manager and Jeff Sabatini, Rehabilitation Manager, for Beacon Brook Health Center, Naugatuck, CT.

Learn how to prepare for a major surgery, from pre-operative procedures to rehabilitation.

Discussion and explanation on what happens during surgery, types of drugs used, and post operatives.

Please register your attendance for this special health and wellness event at the office of the Naugatuck Senior Center or call 203-720-7069 for further information.



Mr. Rick Coppola &  
Family Care Visiting Nurse and Home Care host

**An April Fool's Day Bingo**

on

**FRIDAY, APRIL 1, 2011**

Enjoy this special BINGO day!

Receive information about Rheumatoid Arthritis from Family Care Visiting Nurse and Home Care.

Hosted by Mr. Rick Coppola, Community & Clinical Relations Manager,  
Family Care Visiting Nurse and Home Care, LLC.

This health and wellness program is an additional part of our regular Friday afternoon Bingo games.

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The Naugatuck TRIAD S.A.L.T. Council  
host a  
NAUGATUCK TRIAD "MEET & GREET"  
to be held at the  
Naugatuck Senior Center  
On  
THURSDAY, APRIL 7, 2011  
1 P.M.

Meet Naugatuck's Chief of Police Christopher Edson;  
Naugatuck Deputy Police Chief Joshua Bernegger;  
Naugatuck Police Lieutenant Robert Harrison;  
Naugatuck's Fire Chief Ken Hanks;  
Naugatuck Deputy Mayor Tamath Rossi;  
And members of the TRIAD S.A.L.T. Council

The Naugatuck TRIAD will host a complimentary PIZZA PARTY during this MEET & GREET event.  
This reception has been made possible by Paesano's Restaurant, Naugatuck, CT.



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The Naugatuck Visiting Nurses Association &  
Griffin Hospital Lifeline present  
**FALL PREVENTION BINGO**  
To be held at the  
Naugatuck Senior Center on  
**FRIDAY, APRIL 8, 2011**  
**12 NOON**

Learn safety measures to prevent falls in your home.  
This Bingo is a part of our regular Friday afternoon BINGO games at the Naugatuck Senior Center.  
Instructors: Theresa Streiber, RN, Director of the Naugatuck VNA, and  
Jeff Gell, Lifeline Program Manager, Griffin Hospital, Derby, CT.

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**NAUGATUCK MAYOR ROBERT MEZZO**

Cordially Invites You To Attend A

**SPRINGTIME BINGO**

To be held at the Naugatuck Senior Center on

**FRIDAY, APRIL 15, 2011**

**12 Noon**

**Mayor Robert Mezzo will call out the first BINGO BALL NUMBER of the  
SPRING BINGO GAME SEASON.**

This special event is a part of the Naugatuck Senior Center's regular Friday afternoon Bingo games.

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The Naugatuck Senior Center &  
**THE GLENDALE HEALTH CARE CENTER**  
INVITE YOU TO ATTEND A  
**GLENDALE BREAKFAST BUFFET**

To be held at the Glendale Center  
4 Hazel Avenue, Naugatuck, CT  
**TUESDAY, APRIL 19, 2011**

**8 A.M. - 9 A.M.**

Taste the special Belgian Waffles topped with fresh spring strawberries!  
Hosted by Patricia Birch, Admissions Director, Glendale Health Care Center, Naugatuck, CT  
Tickets; \$2.00

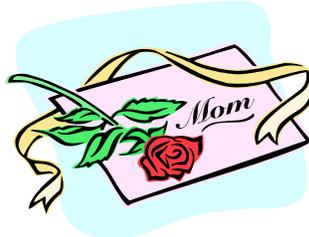
Please call the Naugatuck Senior Center office at 203-720-7069 for further information.



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A MOTHER'S DAY BINGO  
will be hosted by  
The Glendale Health Care Center  
at the  
Naugatuck Senior Center on  
FRIDAY, MAY 6, 2011  
12 Noon

This is a complimentary special event for members of the Naugatuck Senior Center.



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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, March 7, 2011**  
**10 A.M.**

You help is needed in planning and planting the Naugatuck Senior Center's 2011 summer vegetable garden. The first meeting will take place at the Naugatuck Senior Center on Monday, March 7<sup>th</sup>. 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, April 18, 2011**

**10 A.M.**

This first meeting of the Naugatuck Senior Center's HOLIDAY BAZAAR PLANNING COMMITTEE will take place at the Senior Center on MONDAY, APRIL 18, 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 &  
**Mr. Ed Carter, Aide to Naugatuck Mayor Robert Mezzo**  
Invite You To Attend  
The Classic Movie Presentation of  
**MY FAIR LADY**

To be held at the Naugatuck Senior Center on  
**Thursday, April 21, 2011**  
**1 P.M.**



Starring

Rex Harrison and Audrey Hepburn

Complimentary Refreshments will be Served.

This special event is offered free to members of the Naugatuck Senior Center.

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***A ROYAL WEDDING CELEBRATION***

This special event will take place at the  
Naugatuck Senior Center on  
**THURSDAY, APRIL 28, 2011**  
**12 Noon**

Join Mrs. Ruth Kuzmech as she discusses the history of English Royal weddings, including the wedding of Elizabeth II and Prince Philip on November 20, 1947, held in Westminster Abbey. Two Thousand guests attended the wedding.

Also hear about the wedding of Prince Charles and Lady Di, married on July 29, 1981 and viewed by a television audience of over 750 million people and the April 29, 2011 wedding of Prince William and Catherine.

Enjoy a complimentary slice of Royal Icing wedding cake.





The Naugatuck Senior Center &  
The Western Connecticut Area Agency on Aging  
Present

**HEALTH SCREENING 2011**

To be held at the Naugatuck Senior Center on

**WEDNESDAY, MAY 18, 2011**

**9 A.M. – 11:30 A.M.**

Complimentary screenings include:

- DENTAL**
- VISION**
- PODIATRY**
- BLOOD PRESSURE**
- GLUCOSE**
- CHOLESTEROL**
- BREATHING**

Please REGISTER for this FREE HEALTH SCREENING for OLDER ADULTS by calling the Naugatuck Senior Center at 203-720-7069.

Special thanks to Marion Pollack and the Western Connecticut Area Agency on Aging for providing grant funds for this special health and wellness program.

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**Get Free Help With Your Tax Return!**

**VITA (Volunteer Income Tax Assistance)**

VITA is a free program that provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those people 60 years of age and older. VITA is a program of the Internal Revenue Service. The Naugatuck Senior Center has scheduled a VITA Tax Aide income tax preparation service. Call the Naugatuck Senior Center at 203-720-7069 to check on available dates to schedule an appointment for this free tax preparation service.

**TAX PREPARATION INFORMATION:** If married, both husband and wife should be present during an income tax counseling session. Taxpayers must bring all of the documents that have been received that apply to their 2010 income taxes, including:

- Copies of 2009 income tax forms
- Social Security or Individual Taxpayers ID numbers for all household members and personal identification
- A check with a routing number for a direct deposit refund request.
- All 2010 income report forms that have been received:
- \*SSA-1099, Social Security Benefit Statement and RRB-1099-R, US Railroad Retirement Board forms
- All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC)
- W-2, Wage and Tax Statement forms
- W-2G, Certain gambling winnings forms
- Original cost of assets sold in 2010

The following THURSDAY dates and times, 9 A.M.-12 NOON are available for your tax preparation appointment.

- March 3
- March 10
- March 17
- March 24
- April 7

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Energy Assistance Program

Do you need help in paying your home heating bills this winter? To see if you qualify for the New Opportunities Energy Assistance Program or to receive further information call 203-756-8151.

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**\*Winter Storm Closings**

Listen to WATR Radio, WVIT-30, or WFSB-TV 3 for winter storm closing information of the Naugatuck Senior Center.

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**RECIPES NEEDED**

The students at the CENTRAL AVENUE SCHOOL, Naugatuck Connecticut are preparing a **RECIPE BOOK**. They are requesting from members of the Naugatuck Senior Center their favorite cooking recipes. If you have a recipe for a cake, stew, bread, pie, salad or any other culinary specialty, please write on a piece of paper or index card, the recipe's needed ingredients and amounts, and cooking times. Please give the recipe a name, such as "Aunt Marion Raphael's Cherry Cranberry Pie", then submit your recipe to the Naugatuck Senior Center's office. Recipes will be taken throughout the month of February, 2011. Thank you.

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**ATTENTION NAUGATUCK SENIOR CENTER'S VOLUNTEERS!**

If you have volunteered 40 hours of your time and creativity since April, 2010 to help make the Naugatuck Senior Center a better place for all to enjoy, then please leave your name and address at the Senior Center's office.

Thank you!

Harvey Leon Frydman

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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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**IN MEMORIUM**

**DORIS SMOLENSKI**

A good friend to all at her beloved Naugatuck Senior Center!

She will be fondly missed.

**Naugatuck Senior Center Staff**

Harvey Leon Frydman – Director

Carole Mancini – Food Site Manager/Dispatcher

Stephen Cutler – Mini Bus Driver

Bernie Grant-Office Clerk/Dispatcher

