

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

Jim Gagnon brought his tool box to the Naugatuck Senior Center. He is installing two panels of lattice boards in the Grand Salon of the Naugatuck Senior Center. As he places the light weight lattice in its wall location, Jim skillfully says, "This will only take a few minutes. I know that the Center's arts and crafts people want to display their wreaths and wall hangings on the lattice board for the Holiday Bazaar. I want it to look good for them. They do a beautiful job, working so hard all year long for the Center's big fundraising event. Putting up the lattice is just my contribution to the event. I know the bazaar will be a lot of fun and a great success. It is every year." May Tardy and Ruth Kuzmech are the first to see the lattice panels hung at the Senior Center. May and Ruth remark in unison, "Thank you Jim. Looks good!" The two talented crafters immediately start hanging their wreaths and floral arrangements onto the new paneled lattice. June Ottowell comes to inspect the lattice display too. "Very nice. Yes indeed, very nice! A lot of new things happening at this year's bazaar. I'm even wearing a new costume when I make my grand appearance. This year I'm the Christmas Angel! Wait until you see my white, feathered wings, complete with a blonde, curled wig. I look gorgeous! Enchanting if I say so myself! When you visit the bazaar, stop by to say hello to me. I'll give you a sweet, little peppermint candy."

Ellen Manke says, "Wait until you see my lovely Christmas ornaments. They are crochet red rosettes. Absolutely charming. A true piece of handmade art that will definitely add joy to any Christmas tree. I love making these rosettes, and feel honored when someone wants to take them home." Patricia Tampelli shares, "I'll have my all occasion greeting cards on display at the Holiday Bazaar. I do them in watercolor paints and decorative stamps. I detail the cards with ribbons and glitter. They're lovely to add onto that special gift package. Just an added touch of love during this lovely holiday season." Ruth Braziel remarks, "I have been so busy getting ready for this year's bazaar. I've lost count on how many baby bonnets, baby blue bed covers, and baby booties I've knitted. The booties are for infants to warm their sweet, little toes, but I have knitted a bootie sized to fit senior's larger toes too. They're very comfortable."

Verlie Harrison says, "I wait the entire year just for the Naugatuck Senior Center's famous chili. I know Harvey is in the Center's kitchen early in the morning preparing and dicing fresh vegetables and adding his seasoned hamburger and sausages to the chili. He seasons and spices it perfectly! It's so good! And when he sees that we are almost finished with eating the entire bowl of chili, he refreshes the bowl with another ladle of the chili, and remarks, "Eat some more. I know you like it."

Carol Butler states, "I've been preparing the chopped nuts and chocolate for my famous sour cream cakes. Those luscious loaf pan sized cakes seem to be snatched up quickly each year. I'm flattered. Everyone seems to enjoy my homemade cakes. Stop by the baked goods table at the bazaar and take home one of my delicious cakes. Maybe one will be eaten before you even leave the bazaar. I suggest you buy two cakes!"

Ruth Kuzmech has spent the past months preparing for the Naugatuck Senior Center's 2011 Holiday Bazaar. Ruth reveals, "Did you know that the tomatoes I used in this year's crop of salsa, comes directly from the Senior Center's own garden. Even the beets that I pickled were grown in the Center's huge vegetable garden. And wait until you taste the strawberry rhubarb preserves that I made. Best ever if I say so myself. And yes, the rhubarb was grown in the Senior Center's garden too. And the vegetables harvested all taste delicious, adding to the best preserves and relishes I have made in a long time. I can't wait for everyone to taste and take home this year's preserves, relishes and jams. Stop by the bazaar's booth for a sample or two. You'll be asking for more!"

Yes, you'll be asking for more sweet preserves, seconds on our freshly made chili, another cupcake, and taking two more Christmas wreaths home for the Holidays, when you and your friends visit the Naugatuck Senior Center, 300 Meadow Street, Naugatuck, CT, on **FRIDAY, NOVEMBER 4, and SATURDAY, NOVEMBER 5, 2011, 8:30 A.M.- 4 P.M.** for the eighth annual **HOLIDAY BAZAAR**. Visit the Naugatuck Senior Center to find a Bernice Niro hand crochet dressed doll, a Tina DeMatos hand stitched, crochet table cloth, an Antoinette Cronin award winning apple pie, a Maria Pavia designed pancho cape and shawl, a Carol Butler hand stitched patch quilt, a Susan Marrin knitted scarf, a Margo Scott afghan, a Dorothy Gouveia lap robe, discover a pewter candlestick holder or a milk glass candy bowl in our **GrandMa's Attic collection**, or take a chance to win a basket from our **TEA CUP AUCTION**. As always, the **HOLIDAY BAZAAR** is a fun filled event where you can visit with friends, find a special one-of-a-

kind item, and a kind way to support your neighbors participating at the Naugatuck Senior Center. We all hope you will take time on **FRIDAY, NOVEMBER 4 and SATURDAY, NOVEMBER 5, 2011**, to visit the Naugatuck Senior Center's **HOLIDAY BAZAAR**. Your support is appreciated. Thank you everyone!

Please take a look at the **NOVEMBER** 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

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 Vaughn, meditation teacher.

.....

### **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.

.....

### **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.

.....

### **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!

### **"Day Old" Bread from Super Stop & Shop**

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

**2012 Naugatuck Senior Center Membership Dues**

Get your **NEW 2012 MEMBERSHIP CARD** at the Senior Center’s office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2012. 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 2012 **Membership Card is YELLOW.**

.....

**AARP SAFE DRIVING COURSE will take place at the Naugatuck Senior Center on Monday, November 14, 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 class will be held on **Monday, December 5, 2011 and Monday, January 9, 2012.** 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 Segó, 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**

.....

**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, November 7, 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.

The Retired Men's Club takes place at the Naugatuck Senior Center every WEDNESDAY at 1:30 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. 14 sessions/\$55.00. For further information call 720-7069. Classes run through December 28, 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, November 7, 2011.

---

The Naugatuck Elderly Commission will meet at the Naugatuck Senior Center on Monday, December 19, 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!

---

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.

---

### **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, NOVEMBER 23, 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!

.....  
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](http://www.ct.gov/longtermcare) and find out about services and supports for you and/or your loved ones. This website is brought to you by the Connecticut Commission on Aging, Office of Policy & Management and Long Term Care Advisory Council per mandate of the Connecticut General Assembly.

---

### **Naugatuck Social Service Network**

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

#### Naugatuck Social Service Network Resource List

INFOLINE: 211

Naugatuck Senior Center: 203-720-7069

Contact: Harvey Leon Frydman, 300 Meadow Street, Naugatuck, CT

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.

.....  
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.  
.....

## TRAVEL WITH THE NAUGATUCK SENIOR CENTER

Please register for the following scheduled day trips:

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

Monday, November 14, 2011

Leave Naugatuck Senior Center at 10 A.M.

Limited to 12 people on Mini Van.

Register your attendance at Naugatuck Senior Center's office or call 203-720-7069.

Cost: \$4.00

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

**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 TRIP 2012**

**January 26/27, 2012**

**February 23/24, 2012**

**Cost per person and further information to come.**

### **St. Patrick's Day at White's of Westport**

Monday, March 12, 2012

Leave from the Naugatuck Senior Center for a day at White's of Westport, CT, filled with the Luck of the Irish. Upon arrival enjoy a traditional Irish luncheon featuring Corned Beef and Cabbage and all the trimmings. Baked scrod may be substituted at the time of sign up for this day trip. Following lunch, THE MCTOUGAS BROTHERS and the Black Velvet Band have just what it takes for an enjoyable Irish party. You'll hear favorite songs like "McNamara's Band", "When Irish Eyes Are Smiling", "Danny Boy", and many more.

Depart Naugatuck Senior Center at 7:00 A.M.

Cost per person: \$75.00

### **BOSTON HARBOR CRUISE ON THE ODYSSEY**

WEDNESDAY, MAY 16, 2012

Travel with your friends from the Naugatuck Senior Center as we travel to Boston, MA, where the luxury yacht ODYSSEY awaits us. Your two hour Boston Harbor cruise will feature fine cuisine and live entertainment. Once on board the ship, you will order off the menu for a plated sit down luncheon. After the Odyssey docks, we will take the opportunity to browse and shop through Boston's famous Quincy Market.

Depart the Naugatuck Senior Center at A.M.

Cost per person: TBA

### **QUEBEC CITY INTERNATIONAL FESTIVAL OF MILITARY BANDS**

**AUGUST 21-24, 2012**

Day One: Depart from the Naugatuck Senior Center en route to Quebec, Canada. Your hotel for the next three night is the Cotes a Cotes. Dinner is included tonight.

Day Two: Enjoy a city tour of Old Quebec, Battlefield Park, The Fortifications, and many historic sites. This afternoon you will have free time to explore historic Old Quebec. Breakfast and dinner is included.

Day Three: After your breakfast and time in Old Quebec, we will travel to St. Anne De Beaupre and a visit to Montmorency Falls. After tonight's dinner, you will enjoy the QUEBEC CITY MILITARY TATTOO. This extraordinary event features over 800 musicians from over 20 bands. In their best uniforms, the bands will share the spotlight in marching routines, military ability and artistic demonstrations.

Day Four: We start our journey home, retracing our steps and enjoying our fond memories of this French Canadian Getaway Tour.

Cost per person: \$579.00 Per Person double occupancy.

A PASSPORT CARD OR PASSPORT IS REQUIRED FOR THIS CANADIAN TOUR.

### **ADAMS & APPLES IN VERMONT**

Thursday, September 20, 2012

Depart from the Naugatuck Senior Center as we begin our day trip to The Adam's Farm in Southern Vermont. Enjoy a comfortable wagon ride through the 210 acre hillside farm. Visit and pet some of the lambs and rabbits. Enjoy a visit The Farm Store for some Vermont Maple Syrup. After our visit to the Adam's Farm, we will travel to the Old Red Mill, where we will have luncheon. Today you have a choice of Baked Salmon or Chicken Teriyaki.

After lunch we will visit the APPLE BARN, and take a coach ride through a 300 acre apple orchard. On our return to The Apple Barn, you will enjoy a slice of old fashioned apple pie a la mode and a beverage.

Enjoy this autumn, fall foliage trip with your friends from the Naugatuck Senior Center.

Leave the Naugatuck Senior Center at A.M.

Cost per person: TBA

**\*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.

.....  
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 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.

.....  
The Naugatuck Senior Center &  
Mr. Jim Martin, BIG Y Supermarket, General Manager

Cordially Invite you to Attend A  
**BIG Y SUPERMARKET TOUR**

to be held at the

**BIG Y SUPERMARKET**  
**85 BRIDGE STREET**  
**NAUGATUCK, CT**

on

**WEDNESDAY, NOVEMBER 2, 2011**

**1 P.M.**

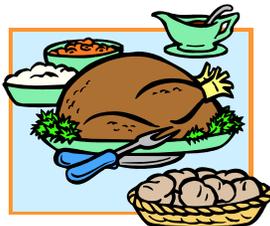
Take a private tour of the BIG Y SUPERMARKET with  
General Manager Jim Martin.

Learn how much this year's Thanksgiving turkeys will cost per pound!

Receive valuable money saving BIG Y coupons.

Complimentary refreshments.

To register for this Thanksgiving special event, please call 203-720-7069,  
or visit the office of the Naugatuck Senior Center.



## **HOLIDAY BAZAAR 2011**

**Friday, November 4 & Saturday, November 5, 2011**

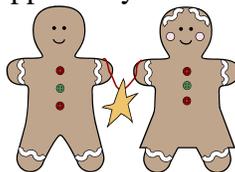
**8:30 A.M. – 4 P.M.**

Join your friends at the Naugatuck Senior Center's famous  
**HOLIDAY BAZAAR**

See a variety of hand crafted quilts, scarves, hats, mittens, crotchet table runners and table clothes,  
Home Made Jams, Relishes & Preserves; TEA CUP AUCTION; BAKE SALE; Grandma's Attic Collection;  
Hot Bowls of Chili;

Steamed Hot Dogs on a Toasted Bun; Hot Baked Potatoes with Sour Cream.

Thank you for your support of your Naugatuck Senior Center!



**ATTENTION!** If you would like to contribute to the Holiday Bazaar by baking cakes, breads, pies or cookies  
that will be sold at the November 4 & 5, 2011 event, please call Grace Nolan at 203-729-6243.

Your baking talents are greatly appreciated.

Thank you.

---

Beacon Brook Health Center

hosts a

**THANKSGIVING BINGO**

**& LUNCHEON**

to be held at

Beacon Brook Health Center

89 Weid Drive

Naugatuck, CT

on

**WEDNESDAY, NOVEMBER 9, 2011**

**11 A.M.**

Mr. Al Pistarelli, Community Relations Representative, Beacon Brook Health Care, will host a fun afternoon of  
BINGO and Luncheon at Beacon Brook. Tickets: \$2.00.

To register for this special event, please visit the office of the Naugatuck Senior Center or call 203-720-7069.



.....

**MEDICARE UPDATE 2012**

**Thursday, November 10, 2011**

**10 A.M.**

Eric H. Freedman, CHOICES Information and Assistance Counselor, Western Connecticut Area Agency on Aging, will present information on current changes in the open enrollment period for Medicare Prescription Drug Plans and Medicare Advantage Plans.

**FOOT CARE SEMINAR**

Wednesday, November 17, 2011

1 P.M.

Dr. Robert Matusz, Podiatrist, Robert Matusz Podiatry, Naugatuck, CT will present a lecture on healthy foot care and the use of good footwear.

.....

The Village at East Farms  
hosts  
**TURKEY SOUP BINGO**  
at the Naugatuck Senior Center  
on **FRIDAY, NOVEMBER 18, 2011**  
12 Noon

Ms. Maureen Torrence, Community Relations Representative, The Village at East Farms, Waterbury, CT invites you to enjoy a complimentary bowl of hot turkey soup as we get ready for the Thanksgiving Holiday. This program is a part of our regular Friday BINGO game.



**Yule Log Centerpiece Workshop**

Thursday, December 1, 2011

10 A.M.

Create a Yule Log centerpiece for your Christmas table. Materials will be provided. Cost: \$2.00.

Please register your attendance to this arts and crafts class at the office of the Naugatuck Senior Center, or call 203-720-7069 for further information.

Instructor: Ruth Kuzmech, floral designer; crafter.



Pizza Party Bingo  
Friday, December 2, 2011  
12 Noon

Join Elena Scofield, Aetna representative, for our regular Friday afternoon Bingo game. Enjoy a complimentary slice of pizza.



The Naugatuck Senior Center  
Cordially Invites You To Attend A  
**Christmas Party Dinner & Social**  
to be held at the  
Naugatuck Senior Center  
on  
**THURSDAY, DECEMBER 8, 2011**  
**1 P.M.**

Enjoy a tasty CHICKEN CORDON BLEU dinner,  
fruit cup appetizer, tossed garden salad with Italian dressing, twice baked potato,  
garden vegetables, rolls & butter, Strawberry whipped cream cake & coffee.

**TICKETS: \$8.00**

Limited to 70 people

Tickets available at the Naugatuck Senior Center office.

For information call 203-720-7069.



Candy Cane Bingo  
Friday, December 9, 2011  
12 Noon

Diane Betkoki, Griffin Hospital Lifeline representative, hosts a Candy Cane Bingo.  
This is a part of our regular Friday Bingo game.



**PORTUGUESE BOLO REI BINGO CELEBRATION**

Friday, December 16, 2011  
12 Noon

Join Eric Heath and Eduardo Miranda, Banker's Life and Casualty representatives for a Portuguese taste of the Christmas Season. Enjoy a slice of Portuguese Bolo Rei Christmas Cake. This is a part of our regular Friday Bingo game. Feliz Natal!



## 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 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!

.....

## **Cancer and Heart Disease Screenings**

Free Mammogram, colonoscopy, and Heart Disease screenings are available to you if you are eligible under the following:

**Breast and Cervical Cancer Screening (BCC) Services if:**

You are age 19-64

or age 35-39 with breast cancer risk factors or

symptoms of breast cancer , and you have limited income, no health insurance

or if your health insurance does not cover these screening services,

have a high insurance deductible or if you have no Medicare B.

**Colorectal Cancer Screening (CCS) Services if:**

You are age 50-64, and are asymptomatic and at average risk for colorectal cancer, have limited income, no health insurance, or your health insurance does not cover these screening services.

**Heart Disease Risk Reduction Screening (HDRS) if:**

You are age 40-64 years of age, and enrolled to receive BCC services, have limited income, no health insurance, or your health insurance does not cover these screening services, or you have a high insurance deductible, or you have no Medicare B.

For further information contact Saint Mary's Hospital Inc.

The Children and Family Health Center

Croft Building, 3<sup>rd</sup> floor Pavilion B

95 Scovill Street

Waterbury, CT 06706

203-709-3800

BCC/CCS

Yale New Haven Hospital

20 York Street, FMB 31

New Haven, CT 06510

203-688-4562

203-688-4563

Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

Carole Mancini – Food Site Manager/Dispatcher

Stephen Cutler – Mini Bus Driver

Bernie Grant-Office Clerk/Dispatcher