

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

It is a cozy, Tetley tea sipping afternoon at the Naugatuck Senior Center. At the large table in our craft room, a group of people are relaxing with their hot tea, nibbling on ginger spiced Windmill cookies, and discussing their favorite food recipes. Lucille Morrisette states, “Well, it’s October, and that’s when I start making my French onion soup. I actually grow my own onions for that soup? Oh yes I do! And it’s an easy soup to make. I slice some yellow onions, caramelize them in a frying pan, place the bronzed onions in a pot of boiling water, add my “Lucie ingredients” and let the soup pot bubble and simmer. When I get ready to serve the soup, I layer a slice of oven toasted French bread on the bottom of the soup bowls, pour in the dark, onion soup, then float on top a thick slice of Mozzarella cheese with a sprinkle of Parmesan cheese. Everyone loves that string pulling, chewy Mozzarella. It adds some fun to the eating. I don’t even have to make a cell phone call to my son Paul, telling him I made my famous soup. He seems to smell that French onion soup’s aroma from miles around and comes running.”

Rose Resnick remarks, “Well girls, let me share this recipe with you. I just made my first Beef Bourgeon. I used to watch The French Chef, Julia Child cook up all those fancy recipes on her show, but I knew my husband and two young sons would never touch anything topped with a sauce unless it was Heinz ketchup. Well, after forty years of cooking to please everyone else’s taste buds I decided to Google the recipe for Beef Bourgeon. I prepared the ingredients, seared the beef cubes that were coated in flour, just as the recipe called for, and after four hours, VOILA!!! I dipped my long mixing ladle into the stainless steel pot, and pulled up a spoonful of the gravy and a chunk of the tender meat. Delicious, if I say so myself. I felt like saying, Thank you Julia Child. I’m finally a French Chef too!”

Lillian Greene confesses, “Thank goodness for my grandmother. She taught me how to cook. My own mother only knew how to make toast, but as a child, I was always left in my grandmother’s kitchen, so I watched her make all of her cooking combinations. I call them combinations as she had to please her husband’s side of the family who were of German heritage and her family’s Sicilian side. So I saw a lot of Bavarian wurst sausages with steamed sauerkraut and big pans of Italian egg plant parmesan. I still think of my grandmother and her busy kitchen when I make meatballs, but now I use fresh oregano and Kellogg’s corn flakes in my meatball mixture instead of Italian seasoned crumbs. It’s my own recipe.”

Tina DeMatos states, “You know what’s good, my Portuguese fish balls. I make the best fish balls. It only takes me a half an hour, from rolling the cooked cod fish in my mashed potato mixture, to serving it. And if you like garlic, you’ll love my Portuguese fish balls. They’re very good. Healthy too! I’ll make you some.”

All of this tasty talk of cooking has whetted the appetites and creativity of the people sitting around the arts and crafts table. “Gee, we should have a pot luck dinner here”, suggests Bernice Niro. “I haven’t been to a good pot luck dinner in a long time.” says Ellen Manke. “Well, let’s talk about this event,” encourages Harvey Leon Frydman. “Sounds good to me!” exclaims Lillian Greene. “I’ll make my pineapple upside down cake.” promises Lillian. “Listen, Lillian if you make that cake I’ll make my American Indian Pequot squash with brown butter sauce! shares Ethel Grant. ” So Ethel, if you make the squash, I’ll make my famous macaroni surprise salad, says her husband Bernie. Bernie continues, “The macaroni surprise is that every time I make that salad it looks, tastes, and smells different. It’s whatever I find in the refrigerator. Well, that’s why it’s called a pot luck I guess. You just never know what’s going to be placed before you on that dining table.” “But you just know it’s all going to taste good.” anticipates Marion Raphael.” “Ok, then it’s settled, a pot luck party for October. I’m marking my calendar now, circling Thursday, October 27, 2011. Reservations will be needed. I know this special event will fill up fast, and all participating will come with their best prepared recipes and hearty appetites.” predicts Harvey.

As our members make reservations for the October pot luck luncheon, I invite you to take a look at other SPECIAL EVENTS that will take place at the Naugatuck Senior Center, including: **FLU CLINIC, Tuesday, October 4, 9 A.M.-11 A.M;** **Medicare Savings Plan Update, Wednesday, October 5, 1 P. M;** **FOXWOODS CASINO DAY TRIP, Tuesday, October 11, 2011, 7:30 A.M;** **APPLE HARVEST FESTIVAL 2011, on THURSDAY, OCTOBER 13, 2011, 1 P.M., TICKET'S: \$8.00;** **Milk Shake Bingo with Beacon Brook Health Center on Friday, October 14, 12 Noon;** **POT LUCK LUNCHEON PARTY** with a nutrition lecture presented by the **Hispanic Health Council of Hartford, CT, on THURSDAY, OCTOBER 27, 2011, 1 P.M.** The Pot Luck dinner is limited to 20 people. **A HALLOWEEN "ENERGY SAVINGS" BINGO/COSTUME PARTY** hosted by Connecticut Light & Power and Connecticut Yankee Gas will be held on **FRIDAY, OCTOBER 28, 2011, 12 Noon.** Prizes will be awarded for the best Halloween costume. Complimentary refreshments will be served.

Please take a look at the **OCTOBER** 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.

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Blood Pressure Screening with Beacon Brook Health Care

Tuesday, October 25, 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!

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.**

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AARP SAFE DRIVING COURSE will take place at the Naugatuck Senior Center on Monday, October 3, 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, November 14, and December 5, 2011.** Call 203-720-7069 to register for these AARP Safe Driving classes. .

CRIBBAGE at 1 P. M.

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

Learn to play or update your skills while enjoying the group game of CRIBBAGE. Join Velma 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

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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, October 3, 2011

Monday, November 7, 2011

Monday, December 5, 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. This is a free transportation service. To participate and register for DIAL A RIDE, call the Naugatuck Senior Center at 203-720-7069.

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

Blood Pressure Screening with Glendale Health Care

Glendale Health Care, Naugatuck, CT offers a free Blood Pressure Screening every second TUESDAY of the month. The October screening will take place at the Naugatuck Senior Center on Tuesday, October 11, 2011; 10:30 A.M.

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

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

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

Tuesday, October 11: BINGO/Social/Cards

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

Tuesday, November 8: BINGO/Social/Cards

Tuesday, November 22: Thanksgiving Special Event

Tuesday, December 8, 2011: BINGO/Social/Cards

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 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. 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, OCTOBER 26, 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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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.

Naugatuck Social Service Network

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

Naugatuck Social Service Network Resource List

INFOLINE: 211

Naugatuck Senior Center: 203-720-7069

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

Meals On Wheels: 203-756-5261

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

Naugatuck Visiting Nurses Association: 203-720-7095

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

Naugatuck Youth Services: 203-720-5673

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

American Red Cross:

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

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

Waterbury Region, 24 Thomaston Avenue, Waterbury, CT 06708

Ecumenical Food Bank: 203-723-1922

Contact: Marty Lee Fenton, 75 Spring Street, Naugatuck, CT

Department of Public Health: 203-881-3255

Contact: Deborah Horvath, Naugatuck, CT

Safe Haven of Greater Waterbury, Inc.: 203-575-0388

Contact: Peggy Panagrossi, 29 Central Ave. P.O. Box 1503, Waterbury, CT 06721

Naugatuck Social Services: 203-729-5285

Contact: Lynn Donovan: 575 Rubber Avenue, Naugatuck, CT 06770

Human Resource Development Agency (HRD): 203-729-5285

Contact: Leslie Mengacci: 575 Rubber Avenue, Naugatuck, CT 06770

Family Services of Greater Waterbury, Inc.: 203-720-5060

16 Hillside Avenue, Naugatuck, CT 06770

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

100 Prospect Street

Naugatuck, CT 06770

Contact: Janice Mons, Director

CODE OF CONDUCT

The Naugatuck Senior Center is a facility where people age 50 and older meet for the purpose of participating in social, recreational, educational and support service activities in order to enhance and enrich their lives. Seniors have the right to expect their peers to act respectfully towards them and they have the responsibility to act respectfully towards their peers.

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

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

Naugatuck Senior Center Philosophy

We believe:

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

We will:

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

We expect:

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

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

Please register for the following scheduled day trips:

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, October 11, 2011

Tuesday, November 8, 2011

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

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

COST: \$27.00

MOHEGAN SUN CASINO OVERNIGHT 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 A.M.

Cost per person: \$

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: \$

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:

***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.

HOLIDAY BAZAAR 2011 Planning Committee

Monday, October 31, 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, October 31, 2011, 10 A.M.

FLU SHOT CLINIC

A Flu Shot Clinic

will take place at

the Naugatuck Senior Center on

Tuesday, October 4, 2011,

9 A.M. – 11A.M.

Please bring your MEDICARE CARD and PHOTO ID.

No appointment necessary.

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

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MEDICARE SAVINGS PROGRAM

Wednesday, October 5, 2011

1 P.M.

Learn about the new State of Connecticut Medicare Savings programs.

Presented by Jon Somero, Medicare Agent.

The Naugatuck Senior Center hosts its Annual
**APPLE HARVEST FESTIVAL &
Apple Pie & Apple Cake Judging Contest**
to take place at the Naugatuck Senior Center on
THURSDAY, OCTOBER 13, 2011
1 P.M.

Enjoy a delicious Boneless Pork Chop dinner with gravy;
sweet green peas; twice baked potato; autumn harvest apple sauce;
garden tossed salad with Italian dressing; stuffed pasta shell appetizer with Marinara sauce; and
Apple Pie A La mode!

Enter your favorite APPLE PIE & APPLE CAKE RECIPE!
Entry forms available at the office of the Naugatuck Senior Center.

Limited to 60 people.

TICKETS: \$8.00



**Beacon Brook Health Care hosts
A Milk Shake Bingo**

Friday, October 14, 2011

12 Noon

Join Al Pistarelli, Community Outreach Representative,
Beacon Brook Health Care, Naugatuck, CT
at our regular Friday afternoon Bingo games,
as he prepares and serves members of the Naugatuck Senior Center
complimentary milk shake drinks.



Medicare Made Clear
Tuesday, October 18, 2011
10 A.M.-11 A.M.

Get answers to all of your Medicare Advantage Plans, Part D coverage, and Medicare Supplemental Plans.
Instructor: Bonnie Maynard, United Healthcare.

Autumn Floral Centerpiece Workshop

Thursday, October 20, 2011
10 A.M.

Create an autumn bud vase centerpiece. Material will be provided. Limited to 10 people. Register your attendance in
the office of the Naugatuck Senior Center or call 203-720-7069. Class fee: \$2.00
Instructor: Ruth Kuzmech, floral designer.

MOVIE FILM CLASSICS

with

Ed Carter

THURSDAY, OCTOBER 20, 2011

12 NOON

to be held in the Grand Theatre of the Naugatuck Senior Center.

Ed Carter brings the Moss Hart-George S. Kaufman 1942 film comedy **GEORGE WASHINGTON SLEPT HERE** to the Naugatuck Senior Center. It stars the talents of Jack Benny and Ann Sheridan. The movie is about a city couple buying and renovating an old, Colonial-era farmhouse in upstate New York. Did George Washington really sleep there? Find out as you watch this delightful comedy. Complimentary refreshments will be served.



October "POT LUCK" Party

Thursday, October 27, 2011

1 P.M.

The Naugatuck Senior Center will host a POT LUCK dinner party.

Enjoy a fun-filled dining experience.

Visit the Naugatuck Senior Center office to register for this special October 27th event.

Enter the food item that you will bring to the Pot Luck.

Categories of needed food items include:

Appetizers, Salads, Main Course and Desserts.

**A HEALTH AND NUTRITION FACT PROGRAM WILL BE PRESENTED BY
THE HISPANIC HEALTH COUNCIL, HARTFORD, CT.**

Limited to 20 people. Tickets: \$2.00



HALLOWEEN "ENERGY SAVING" BINGO/COSTUME PARTY
FRIDAY, OCTOBER 28, 2011
12 Noon-1 P.M.

Play an educational and fun BINGO GAME!
Learn energy tips on ENERGY CONSERVATION and SAFETY AWARENESS.
Learn about the HOME ENERGY SOLUTION PROGRAM.
WIN ENERGY & SAFETY RELATED PRIZES!

Wear your favorite Halloween costume to the event.
Win a Halloween prize for best Halloween costume!

Complimentary refreshments.

The regular Friday afternoon Bingo will follow this special Halloween "Energy Saving" Bingo game.
Presented by Pam Medlock, Public Affairs Specialists, Connecticut Light & Power Company & Yankee Gas.



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.

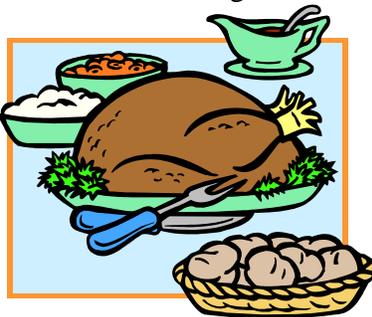
Take a private tour of the BIG Y SUPERMARKET with
General Manager Jim Martin.

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

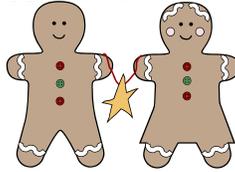
Friday, November 4 & Saturday, November 5, 2011

8:30 A.M. – 3 P.M.

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

See a variety of hand crafted quilts, scarves, hats, mittens, crochet table runners and table clothes, Home Made Jams, Relishes & Preserves; TEA CUP AUCTION; BAKE SALE; 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.



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.



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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.



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!

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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, 3rd 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

BCC/CCS/HDRS

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

