

Naugatuck Senior Center
300 Meadow Street, Naugatuck, Connecticut 06770
Opened Monday-Friday; 7:30 A.M.– 4 P.M. **SEPTEMBER, 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 brisk, sweater wearing September morning. The doors of the Naugatuck Senior Center have been opened since 6:30 A.M. Carol Mancini arrives to the senior center at 7:30 A.M. She goes to the kitchen and fills the 80 cup coffee pot with cold water, then adds her measured Maxwell House decaffeinated coffee. Carol plugs in the large metallic pot, turns on a switch that is fastened onto the side of the coffee pot, and a small red light is immediately illuminated. This bright light notifies our upcoming coffee drinkers that we are brewing hot coffee. Carol then fills a small pewter pitcher with cold milk and examines the glass sugar bowl dispenser to make sure the pouring spout is ready for its sweet seeking coffee drinkers. She places a stack of paper napkins near the coffee cups, then sets aside on the counter a platter of her peanut butter and saltine sandwich crackers. The saltine crackers are a quick cure for those hungry, morning stomach rumblings.

At 8:30 A.M. our first coffee consumer to visit the Naugatuck Senior Center is Mr. Jack. He always has a good morning greeting to share and a smile on his just shaved face. “Mornin’ folks. How’s everybody today?” Mr. Jack inquires. He walks over to the waiting coffee percolator, reaches for a white, styrofoam cup, and lifts a lever to start a filling flow of coffee into the cup. Mr. Jack adds just a drop of milk to his coffee, and mixes in a half teaspoon of sugar. He takes his first sip of the Arabica bean brew and we hear him breathe out “AAAAHHHHH. Good coffee.” After this relaxing sigh Mr. Jack attentively remarks, “Well now, did you see that maple tree out in front of the Senior Center? It’s showing some good sign of autumn color. A lot of yellow and red leaves this year. Looks real pretty to me. We certainly don’t have to travel far to admire our own fall foliage. It’s right here in our own backyard. Yep. It definitely looks like September in Naugatuck, Connecticut.” As Mr. Jack takes another sip of his warm, soothing coffee, he observes what happens to all those colorful leaves upon our magnificent maple tree, just as a gustful autumn breeze rustles and tosses the leaf filled branches. “Did you see that? One wild gust of wind and those leaves fly. Well, that’s just a reminder to start searching in my garage for a rake. I know it’s in there somewhere. Let me call my wife Lillian, she’ll know where that rake is hiding. Lillian loves those leaves and a good afternoon of raking. September is her favorite month. Oh, by the way, Mrs. Mancini, did I tell you that the coffee tastes perfect this morning. I’m ready for another cup. I’ll call Lillian later.”

As Mr. Jack takes another sip of coffee at the Naugatuck Senior Center, I want to invite you to take a moment to look at some of the special events and activities available for you this September, including; A Mohegan Sun Casino & Resort overnight trip, September 6/7; a FOXWOOD DAY TRIP on Tuesday, September 6; A Naugatuck TRIAD S.A.L.T Council-NAUGATUCK FIRE HOUSE TOUR, 41 Maple Street, Naugatuck, CT on Thursday, September 7, 1 P.M.-2 P.M.; Computer classes, September 7-28, 10 A.M.-12 Noon; AARP Safe Driving class, Monday, September 12, 8:30 A.M.-12:30 P.M; Complimentary HEARING SCREENING on Tuesday, September 13, 8:30 A.M.-10 A.M.; BEACON BROOK HEALTH CLINIC, 89 Weid Drive, Naugatuck, CT, Thursday, September 15, 2011, 9 A.M.-1 P.M. ; AETNA hosts a Peanut Butter & Jam Jamboree, Friday, September 16, 2011, 12 Noon. Make your own peanut butter & jam sandwich. The Village at East Farms, Waterbury, CT presents AN APPLE CIDER BINGO on FRIDAY, SEPTEMBER 23, 12 NOON and Understanding the Signs of Dementia on Tuesday, September 27, 2011, 12 Noon. The Naugatuck Senior Center hosts a HUDSON RIVER DAY TRIP on WEDNESDAY, SEPTEMBER 28, 2011. Further details on this trip will be found in the Travel Section of the Carriage House Courier.

Please take a look at the **SEPTEMBER** 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; September 6-December 27, 2011

1 P.M.

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

Instructor: Margo “ Lucky” Scott.

COMPUTER WORKSHOP

Wednesday, September 7-28, 2011

10 A.M.-11 A.M.

11 A.M. – 12 NOON

There will be two separate computer classes taking place in the Naugatuck Senior Center’s computer lab. Learn to use the Internet and the use of email. This is a complimentary computer skills class for members of the Naugatuck Senior Center.. Please register your attendance in the office of the Naugatuck Senior Center or call 203-720-7069. .

Instructor: Bernie Grant, Computer instructor.

YOGA & SELF RELAXATION CLASS

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

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

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The Village at East Farms

hosts

AN APPLE CIDER BINGO

Friday, September 23, 2011

12 Noon

Join Maureen Torrence, Community Outreach Representative, The Village at East Farms, Waterbury, CT for a refreshing cup of apple cider at our regular Friday Bingo games.



Blood Pressure Screening with Beacon Brook Health Care

Tuesday, September 27, 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.

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 2011 **Membership Card is YELLOW.**

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

CRIBBAGE at 1 P. M.

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

Learn to play or update your skills while enjoying the group game of CRIBBAGE. Join Velma Sego, master Cribbage player as she instructs and guides you through a fun afternoon of this card game. For further information or to register your attendance call Velma at 203-632-8669.

LUNCH PROGRAM

The Naugatuck Senior Center and New Opportunities, Inc. offers a nutritious lunch program Monday – Friday. Lunch is served in the Center dining room at 11:30 A.M. Please call the Senior Center at 203-720-7069 by NOON, one or two days in advance to make your luncheon reservations. New Opportunities, Inc. requires that all luncheon participants complete an information survey. Carole Mancini, Food Site Manager for New Opportunities will provide you with the survey, for new Lunch Program members, along with a monthly lunch menu.

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, September 12, 2011

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 September screening will take place at the Naugatuck Senior Center on Tuesday, September 13, 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, Sept. 13: BINGO/Social/Cards

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

Tuesday, October 11: BINGO/Social/Cards

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

Tuesday, November 8: BINGO/Social/Cards

Tuesday, November 22: Thanksgiving Special Event

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 begin Wednesday, September 28, 2011-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, September 12, 2011.

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

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

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

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, SEPTEMBER 28, 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.

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Naugatuck Social Service Network

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

Naugatuck Social Service Network Resource List

INFOLINE: 211

Naugatuck Senior Center: 203-720-7069

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

Meals On Wheels: 203-756-5261

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

Naugatuck Visiting Nurses Association: 203-720-7095

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

Naugatuck Youth Services: 203-720-5673

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

American Red Cross:

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

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

Waterbury Region, 24 Thomaston Avenue, Waterbury, CT 06708

Ecumenical Food Bank: 203-723-1922

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

Department of Public Health: 203-881-3255

Contact: Deborah Horvath, Naugatuck, CT

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

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

Naugatuck Social Services: 203-729-5285

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

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

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

Family Services of Greater Waterbury, Inc.: 203-720-5060
16 Hillside Avenue, Naugatuck, CT 06770

Naugatuck Head Start & School Readiness at Prospect School: 203-720-5239
100 Prospect Street
Naugatuck, CT 06770
Contact: Janice Mons, Director

CODE OF CONDUCT

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

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

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

Naugatuck Senior Center Philosophy

We believe:

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

We will:

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

We expect:

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

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

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TRAVEL WITH THE NAUGATUCK SENIOR CENTER

Please register for the following scheduled day trips:

Christmas Tree Shoppe-Orange, CT

Monday, September 19, 2011

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, September 6, 2011

Tuesday, October 11, 2011

Tuesday, November 8, 2011

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

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

COST: \$27.00

MOHEGAN SUN CASINO OVERNIGHT

Tuesday/Wednesday, September 6/7, 2011

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

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

HUDSON RIVER DAY TRIP

Wednesday, September 28, 2011

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

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

Cost per person: \$98.00

***Naugatuck Senior Travel REFUND POLICY: No cancellation refunds two weeks before a trip.**

*** When you attend a day trip with the Naugatuck Senior Center, we request that you leave your car in the Senior Center's new parking lot area. Thank you for your cooperation.**

CROCHETTING WITH TINA DeMATOS

Mondays

10 A.M.-11 A.M.

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

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

HOLIDAY BAZAAR 2011 Planning Committee

Monday, September 19, 2011

10 A.M.

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

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

**NAUGATUCK TRIAD S.A.L.T. COUNCIL SPECIAL EVENT
at the NAUGATUCK FIRE DEPARTMENT**

41 Maple Street

Naugatuck, CT

SEPTEMBER 7, 2011

1 P.M.-2 P.M.

Naugatuck TRIAD S.A.L.T Council

invites you to attend a tour of the Naugatuck Fire Department,
41 Maple Street, Naugatuck, CT.

Meet with Naugatuck Fire Chief Kenneth Hanks, Deputy Fire Chief Ellen Murray,
and members of the Naugatuck TRIAD Committee.

To attend this TRIAD S.A.L.T. Council safety event please register your attendance
in the office of the Naugatuck Senior Center or call 203-720-7069.

Complimentary refreshments will be served.



The Naugatuck Senior Center &
Beacon Brook Health Center

host

SENIOR DAY 2011

to be held at

BEACON BROOK HEALTH CENTER

79 Weid Drive

Naugatuck, CT

on

THURSDAY, SEPTEMBER 15, 2011

9 A.M.- 1 P.M.

Visit 25 health & wellness booths.

FREE HEALTH SCREENINGS, including

PODIATRY

VISION

FALL BALANCE

BLOOD PRESSURE

DENTAL

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

THIS IS A COMPLIMENTARY HEALTH & WELLNESS SPECIAL EVENT.



Peanut Butter & Jam Jamboree

Friday, September 16, 2011

12 Noon-12:30 P.M.

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

Hearing Screening

Tuesday, September 13, 2011

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

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

FLU SHOT CLINIC

Tuesday, October 4, 2011

9 A.M.-11 A.M.

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

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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.

**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.

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, crotchet 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 Buns; 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.

BRIDGE PLAYERS WANTED

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

SENIOR FARMER’S MARKET NUTRITION PROGRAM 2011 VOUCHERS

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

SENIOR HOME WORK PROGRAM

The Naugatuck Elks Lodge 967 will help Naugatuck senior or disabled home owners with maintenance of their homes. The volunteer work that the Elks will do includes:

- Clean Gutters
- Yard Clean up
- Trim Bushes and hedges-Rake
- FIX A FAUCET
- Change Storm Windows

For further information all the Elks Lodge at 203-729-7967 or Mr. Jim Desmarais at 203-490-9058

Thank you Naugatuck Elks!

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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

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

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