

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

JULY, 2013

Telephone: 203-720-7069 Email: harvey.naugysenior@sbcglobal.net

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 three Connecticut Association of Senior Center Personnel
Awards for Outstanding Programming for Older Adults.

Members of the Naugatuck Senior Center are a treasure chest of creativity and talents. Our members are constantly learning new skills and talents at the Center, taught by those enthusiastic adults willing to share their lifelong interests and hobbies with others. Betty McCabe states, "I was raised in the country, so all of my talents were nurtured about the farm. I was a member of the Future Farmers of America and 4 H, and one year I raised a 600 pound pumpkin. Now, that growing experience took some talent and a lot of watering! My giant pumpkin was on display at the Eastern States Exposition, the Big E, up in West Springfield, Massachusetts. I won a blue ribbon for that pumpkin! But my favorite task on the farm was when I drove the family tractor, a John Deere, painted green with yellow rimmed hubcaps. Gorgeous tractor! I must brag that I was actually a champion tractor driver at age 16. I could plow 20 acres in a half day, plant a field of tomatoes the rest of the day, go home and boil up a galvanized tub of blackberries and fill fifty Mason jars with sweet blackberry jam before I got to bed at 7 P.M. I still love driving my tractor. I'll be glad to teach anyone how to drive a tractor, or make jam!"

Josephine Fazzino boasts of her singing talent, remarking, "I honestly can tell you that I am a great singer. I have the voice of an Italian opera singer. Does the name Maria Callas ring a bell? My voice is Callas and Enrico Caruso combined! Now that's some great talent. I still sing Italian songs in my neighborhood. They call me the Italian nightingale! The voice of a songbird! That'sa me! My favorite song is O Solo Mio! People applaud my singing and throw pennies to me. After about three songs my neighbors start to shout from their front porches, "Brava! Brava!", then beg me to give my voice a long rest!"

Margo Scott exclaims, "My talent is that of a tennis player. When I was a teenager, my family and I lived near a park in Stratford, Connecticut. There was a beautiful tennis court at the park. I would go to the tennis court with my father. He bought me my first tennis racquet. I enjoyed the game of tennis. It provided me with good exercise and friends. The sport of tennis is fun. I was a part of a tennis team and we won a few tennis tournaments. I loved my tennis outfits too! I must confess that I did look great in my very short, white tennis skirt! Truthfully, I still do!"

Carole Mancini reveals, "I was a talented, high school swimmer. I was the Esther Williams of my age. Esther Williams? Oh, she was a famous Hollywood movie star known for her swimming talents. Anyway, I loved being in the swimming pool, and won a lot of high school trophies for my swimming style. I still have my old Naugatuck High School swimsuit, but it somehow shrunk over the years. By the way, did I mention my expertise with a bowling ball. Oh yes, I was a Duck Pin Bowling champion. I was in a Duck Pin league and travelled the State of Connecticut playing in bowling tournaments. I was so good at bowling that I had my own personal bowling ball and shoes. My initials were printed on my multi colored tan and brown bowling ball. I still have my old bowling bag housing that Duck Pin bowling ball. If anyone is interested in learning Duck Pin bowling, let me know!"

As members of the Naugatuck Senior Center reminisce about their farming, singing, tennis, swimming and bowling talents, I want to remind you of a **TALENT SHOW** that will take place at the **Naugatuck Senior Center on Wednesday, July 10, 2013, 10 A.M.** Join area youth participating in the **SPARKS DAY CARE PROGRAM**, Naugatuck, CT and enjoy a fun filled experience of singing, juggling, dance and amusements! Josephine Fazzino joyfully exclaims, "I'm hoping that there will be time for me to sing O Solo Mio at the TALENT SHOW. I've been practicing!" I also want to invite you to an **ICED TEA SOCIAL with WELLCARE on FRIDAY, JULY 19, 12 Noon**, and visit with Anthony Cuifalo, Apria Community Outreach representative, as he slices up some mouthwatering, refreshingly sweet watermelons at our **SUMMERTIME WATERMELON SOCIAL on Friday, July 26, 2013, 12 noon.**

Please take a look at the **JULY** issue of the **Carriage House Courier** and fill your calendar with the

wide variety of special events and activities offered at the always busy Naugatuck Senior Center.

Sincerely;

Harvey Leon Frydman, Director

The Walking Group

Every Wednesday, 1 P.M.

Join Margo Scott and Diana McKenzie for a good health walk. Join the group in the Main Salon of the Naugatuck Senior Center. Enjoy fresh air, a stimulating walk and the company of good friends. Wear your walking shoes!

CHOICES

The Connecticut program for Health insurance assistance, Outreach, Information and Referrals, Counseling and Eligibility Screening.

Tuesdays and Wednesdays at the Naugatuck Senior Center

8 A.M.-4 P.M.

Receive assistance with filling out Social Security and Medicare forms; information on Medicare Prescription Part D program and Food Stamps program; and other social services available to older adults.

Mr. Richard Wood, CHOICES Counselor, The Western Connecticut Area Agency.

This service has been made possible to members of the Naugatuck Senior Center through a grant from the Connecticut Community Foundation.

Benefit Check Up

Make an appointment for a "benefit check up" to see if you are receiving all from your eligible Social Security, Medicare, and 30 other benefit programs. Receive information about the Medicare Savings Program which will give you an additional \$140.00 a month in your Social Security check. Call Richard Wood, CHOICES Counselor, at the Naugatuck Senior Center, Tuesdays & Wednesdays, 1-203-720-7069.

Family Intervention Center Social Service Referral Program

Receive wellness information and helpful, social service referrals.

Thursdays at the Naugatuck Senior Center, **10 A.M.**

Instructor: Bonnie Basile, Prevention Specialist; Family Intervention Center, Waterbury, CT. This program is made possible through a grant from the Connecticut Community Foundation.

NVA Blood Pressure Screenings

11 A.M.-12 Noon

The Naugatuck Visiting Nurses Association will do blood pressure screening at the Naugatuck Senior Center on the following dates:

Friday, July 5, 19, 2013

Friday, August 2, 16, 2013

Friday, September 6, 20, 2013

YOGA & SELF RELAXATION CLASS

Fridays, 9:30 A.M.-10:30 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 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.

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.

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.

2014 Naugatuck Senior Center Membership Dues

Get your *NEW 2014 MEMBERSHIP CARD* at the Senior Center's office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2014. 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 2014 *Membership Card is Cherry Pink!*

AARP SAFE DRIVING COURSE will take place at the Naugatuck Senior Center on **Monday, September 9, 2013, 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, October 7, 2013 and November 4, 2013.**

Call 203-720-7069 to register for these AARP Safe Driving classes.

Women's Poker Club

Tuesdays

1 P.M.

Join Margo Scott and friends for a fun game of poker.

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 203-714-7177.**

The Setback Group

Fridays

1 P.M.

Join Bob Green, Thelma Nelson, Shirley Cummings, Miss Joan, and Miss Mary for a game of Set Back-Short Deck. Setback is a lot of fun! Come and have a great afternoon with the Setback Group!

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, disabled 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.
- Only 5 bags of grocery items per passenger are allowed on the Mini Bus during your day's ride.
- **ATTENTION RIDERS: ALL PASSENGERS ARE REQUIRED TO ORDER THEIR TRANSPORTATION NEEDS ONE DAY IN ADVANCE.**

The Naugatuck Senior Center has scheduled the following dates for the Brass City Mall:

Monday, July 1, 2013

Monday, August 5, 2013

Monday, September 9, 2013

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

***ATTENTION ARTS & CRAFTERS:**

No arts & crafts supplies are to be purchased without the permission from the Director of the Naugatuck Senior Center. Without permission from the Director, items will be considered a donation to the Naugatuck Senior Center. Thank you for your cooperation.

Harvey Leon Frydman

Director

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 from May 15-August 10, 2013.

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 STRAW BASKETS, KNITTING YARN, sewing supplies, fabric, thread, buttons, batting and used GREETING CARDS. . If you have any of these needed items and would like to donate them to the senior center, please call Harvey at 203-720-7069. Thank you for your thoughtfulness!

The Red Hatters will hold their monthly meeting at the Naugatuck Senior Center on Monday, July 1, 2013; 10 A.M.

BIG BINGO GAME! BINGO is played every FRIDAY at 12 NOON in the Grand Salon of the Naugatuck Senior Center. BINGO CALLER is Diana MacKenzie. Fee: \$1.00

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 203-757-5449.

Good Morning Naugatuck!

The Naugatuck Police Department has a program called **GOOD MORNING NAUGATUCK**. This program is geared for those individuals who do not have anyone close by to check or call on them. If you would like to let the dispatcher at the Naugatuck Police Department know that you are doing fine, then register for this complimentary, reassuring safety service. If the police department does not hear from you by 10 A.M. then you will be called to see if you need any assistance. To register for Good Morning Naugatuck call the Naugatuck Police Department's Dispatch at 729-5221 for an application, or call the Naugatuck Senior Center at 203-720-7069 for a Good Morning Naugatuck application.

GRIFFIN HOSITAL will visit the Naugatuck Senior on **Wednesday, July 24, 2013; 10:00 A.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

Connecticut Department of Social Services

Protective Services for the Elderly: 1-888-385-4225

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: 13 Scott Street, Naugatuck, CT 06770

American Red Cross:

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

CT. Dept. of Social Services: 1-866-454-1108

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:

MONTREAL/OTTOWA TRIP

JULY 22-26, 2013

Day 1: Leave the Naugatuck Senior Center en route to Ottawa, Canada. Check into the Lord Elgin Hotel for the next two nights. Dinner is included this evening at Restaurant Canal Ritz with a choice of entrée options including: Grilled Atlantic Salmon, Chicken Brochette, Jambalaya Penne, Shrimp and Sausage or Pasta Primavera.

Day 2. Full American breakfast included. Enjoy a 4 hour Narrated City Tour of Ottawa, including the Look Out at the Museum of Civilization in Hull, the Prime Minister's Residence, Rideau Hall, Rideau Canal, Rockcliffe District, Byward Market, and more. See thoroughbred horses at the Royal Canadian Mounted Police Training Grounds. Lunch is on your own today. Dinner is included at Tucker's Restaurant.

Day 3: A Full American breakfast. Today you will enjoy a narrated sightseeing cruise on the Rideau Canal, seeing the National Arts Centre, the University of Ottawa, Landsdowne Park, Carleton University, the Experimental Farm, Dow's Lake and more. We will then depart for Montreal. Lunch on own. We will check into the Holiday Inn-Midtown Hotel for the next two nights. Dinner included with a choice of Grilled Steak, Grilled Chicken or Filet of Talapia.

Day 4. A full American breakfast will be served. Enjoy a three hour tour of Montreal. Dinner included. Enjoy a Festin du Gouverneur show at the Fourquet Fourchette in Old Montreal. The show highlights professional artists in 17th century style costumes offering a humorous, interactive show, including French Canadian and Irish traditional songs and music. Entrée choices include: Penne Primavera, Chicken, Beef Short Ribs, or fish.

Day 5: A full American breakfast will be served. We start our journey back home with fond memories of Ottawa and Montreal.

Cost: \$843.00 PP Double \$1,193.00 Single \$793.00 PP Triple.

Trip includes: Roundtrip Transportation

Hotel Accommodations

Admissions to all listed attractions

8-Meals (4 Breakfasts, 4 Dinners)

Taxes and Baggage Handling

Getaway Tour's Tour Director

For further information call Harvey at 203-720-7069.

LAKE GEORGE & SARATOGA TRIP

August 21-23, 2-13

Day 1: Leave from the Naugatuck Senior Center en route to the Lake George area of New York. Travel into the Adirondack Mountains to Saratoga Springs, NY, home of Saratoga Racetrack, where you will enjoy the finest horse racing in the world. You will stay for the evening at the Queensbury Hotel in Glens Falls, NY. Dinner is included tonights at the hotel with a choice of Pork Loin, Chicken Marsala or Salmon.

Day 2: After your Breakfast (included) you will explore the beautiful scenery onboard the Saratoga & North Creek Railway with a two hour scenic train ride. Dinner tonight is included at the Georgian Lakeside Resort. Entertainment provide by singer Laura Roth.

Day 3: After breakfast (included) you will travel to Lake George and board the beautiful Lac de Saint Sacrement for a 2 hour cruise that includes a wonderful buffet lunch. after some free time to explore the Lake George village you will depart home at 4 P.M. This is a relaxing summer excursion to Saratoga and Lake George!

Cost: \$469.00 per person double occupancy.

Trip includes: Transportation; Hotel Accommodations; Saratoga Raceway Admission; 5 Meals-2 breakfasts, 1 lunch, 2 dinners; Scenic train ride; Sightseeing cruise; Taxes and Baggage handling; Get Away Tour's Director

For further information call Harvey at 203-720-7069/

U.S. Capitol & Colonial Getaway Washington D.C. & Williamsburg, Virginia

September 16-20, 2013

Day 1: Leave from the Naugatuck Senior Center for Washington, D.C. Dinner is included at Carmine's in Penn Quarter, Washington, DC. We will check into our hotel in Alexandria, Virginia.

Day 2: Breakfast is included this morning. After breakfast, we will board the bus, with a step on guide for a Narrated Tour of Washington, DC. Enjoy stops at the National World War II Memorial, The Vietnam Veterans Memorial, The Lincoln Memorial, and The Korean War Veterans Memorial. Lunch on own at the Capitol Visitor Center on Capitol Hill. This afternoon we will tour The United States Capitol and visit the United States Library of Congress. After visiting Capitol Hill, we will make stops at the Martin Luther King, Jr. National Memorial, the Franklin D. Roosevelt Memorial and the Jefferson Memorial all before enjoying buffet dinner (included) at Phillips Flagship Restaurant, overlooking the waters of the Potomac River.

Day 3: Breakfast is included at the hotel this morning prior to checking out. After breakfast, we will depart for the Arlington National Cemetery Visitor's Center, where our guide will greet us. After the tour, we will drive by the Air Force Memorial on our way to the Pentagon 9/11 Memorial Park, where we will make a brief stop. This afternoon we will visit the National Museum of the Marine Corps at Quantico, before enjoying lunch on own at the Devil Dog Diner. After lunch we will depart for Williamsburg, Virginia. There will be a stop en route at the Williamsburg Pottery, before dinner (included) at Doraldo's Italian Restaurant. Choose between Shrimp Alfredo, Chicken Piccata or Lasagna Alforno. This evening we will check in to our local Williamsburg hotel

Day 4: Enjoy breakfast (included) at the hotel this morning. After breakfast, we will take a guided tour of Jamestown Settlement. We will enjoy lunch, on own at the Jamestown Settlement Food Court before departing for Colonial Williamsburg. Upon arrival we will watch an introduction film, The Story of a Patriot, at the Visitor Center before taking a guided tour of Colonial Williamsburg, which features both the Capitol and the Governor's Palace. After the tour, enjoy free time to explore Colonial Williamsburg on your own, or shop in Merchant's Square. Dinner is included this evening at a Colonial Tavern located in the heart of historic Colonial Williamsburg.

Cost per person Double Occupancy is \$909.00.

Trip Includes:

Roundtrip Transportation

Hotel Accommodations

8 Meals (4 Continental breakfasts & 4 Dinners)

Admission to all sites mentioned above

Taxes and Baggage handling

Getaway Tour's Tour Director

Luncheon Cruise on Odyssey

Tuesday, September 24, 2013

Travel to Boston, Massachusetts and enjoy an **IMAX film** at the **NEW ENGLAND AQUARIUM**, located in a spectacular building on Boston's waterfront. After the film presentation, we will board the **ODYSSEY** cruise ship for a two hour Boston Harbor cruise, featuring fine cuisine and live entertainment. Once on board the ship, you will order off the menu for a plated sit down lunch. After lunch, you can take the opportunity to browse the shops through the famous Quincy Market. A lovely, relaxing day trip.

Cost per person: \$98.00

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

Bennington, Vermont Fall Foliage Trip

Thursday, October 17, 2013

Travel to the **NORMAN ROCKWELL EXHIBITION in Arlington, Vermont**. The exhibit contains hundreds of Rockwell's printed works. Lunch today is included at the Wilburton Inn. There is a choice of hearty beef stew or chicken breast, with all the trimmings. Our next stop is the famous **BENNINGTON MUSEUM**, which features the largest public collection by folk artist **GRANDMA MOSES**. Our last stop is **THE APPLE BARN**, where you may shop for Vermont specialty products, including Vermont cheddar cheese and freshly made apple pies.

Cost per person: \$104.00

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

FOXWOODS CASINO DAY TRIP 2013

Tuesday, July 9, 2013

Tuesday, August 13, 2013

Tuesday, September 10, 2013

Leave the Naugatuck Senior Center at 7:30 A.M. Receive food voucher and Keno cards.

Cost: \$25.00

***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.**

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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.

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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The Naugatuck Senior Center &
SPARKS Day Care Program
 invite you to attend
TALENT SHOWCASE 2013
 to be held at the
 Naugatuck Senior Center
 on
WEDNESDAY, JULY 10, 2013
10:30 A.M.

Enjoy an entertaining morning of summer fun,
 song, dance, juggling and amusement
 at the Naugatuck Senior Center
 with the children participating in the SPARKS Day Care Program. !

Complimentary refreshments will be served!

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



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WELLCARE
welcomes you to an
ICED TEA SOCIAL
to be held at the Naugatuck Senior Center on
FRIDAY, JULY 19, 2013
12 NOON



Mr. Anthony Cuifalo
&
APRIA HEALTH CARE
host a
WATERMELON SOCIAL
to be held at the
Naugatuck Senior Center
on
FRIDAY, July 26, 2013
12 Noon

Enjoy a complimentary, refreshing slice of cooling summer watermelon!
Hosted by Mr. Anthony, Cuifalo, Community Outreach representative, APRIA HEALTH CARE.



WELLCARE
hosts
LEMONADE SOCIAL
to be held at the Naugatuck Senior Center on
FRIDAY, AUGUST 2, 2013
12 NOON



TD BANK
hosts a
SUMMER BLENDED HAWAIIAN FRUIT DRINK SOCIAL
to take place at the
Naugatuck Senior Center
on
Friday, August 9, 2013
12 noon

Hosted by Sherry Manjic, Assistant Manager, TD Bank.



Salt, Sodium and Blood Pressure Management

Friday, August 16, 2013

10 A.M.

Learn about high sodium foods, processed foods, non-sodium foods and the appropriate range for blood pressure. Discussion on the dangers of uncontrolled high blood pressure. A tasting buffet of low salt foods will be available. Instructor: Erica Burdon, nutritionist, New Opportunities, Inc.

The Naugatuck Valley Senior Nutrition & Health Expo 2013

Thursday, September 19, 2013

9 A.M.-1 P.M.

Visit informational booths including: The Naugatuck Senior Center;
The Naugatuck Society of Senior Crafters; Lucille Morrisette-The Coupon Lady;
New Opportunities, Inc.; The Village at East Farms; Apria Health Care,
Glendale Health Care Center; YoFarms Yogurt;
Griffin Hospital; AARP Safe Driving; Connecticut Light & Power Company;
Beacon Brook Health Center; Super Stop & Shop Supermarket;
Dr. Robert Matusz; Foxwoods Resort & Casino; WALMART;
J&L MEDICAL SERVICES;
Naugatuck TRIAD; Naugatuck Fire Department; Naugatuck Registrar of Voters;
Naugatuck Valley Memorial; Naugatuck VNA; The U.S. Army-Waterbury Recruiting Office;
and a lot more!

Register for Door Prizes!



Your Winning Ticket!

Friday, September 27, 2013

10 A.M.

A presentation about warning signs of problem gambling.

Instructor: Jesse Mancinone, BA; Central Naugatuck Valley Regional Action Council, Waterbury, CT.

Financial Well Being

Friday, October 18 & 25, 2013

10 A.M.

This is a financial literacy overview aimed at helping seniors to stay on track with healthy budgeting habits, and to help them identify telephone/email scams and if they are in a potentially risky financial situation. This is a two part presentation to be delivered on October 18 & 25, 2013.

Receive a \$15.00 gift card for attending both sessions.

Instructor: Jesse Mancinone, BA; Central Naugatuck Valley Regional Action Council, Waterbury, CT.

AT&T Connecticut Lifeline

Because phone service is so important in today's world, AT&T Connecticut believes everyone should have access to it. AT&T Connecticut offers a discounted telephone service plan: Regular Lifeline makes basic phone service more affordable to qualified customers. Call 1-800-288-2020 to see if you qualify for the discounted AT&T Lifeline service or for more information.

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Dear Friends of the Naugatuck Senior Center;

Your contribution of decaffeinated cans of coffee, tea, sugar packets and bag sugar will help allow the Center to continue to provide complimentary cups of coffee and tea to you and our visitors to the Naugatuck Senior Center.

Thank you for your generous help!

Sincerely,
Harvey Leon Frydman



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SETBACK GROUP

Learn a variation on the card game Setback. This is a fast moving version played by four players divided into two teams and using a short deck with the seven as low. If interested in joining this Setback group, please call Bob Greene at 203-729-0397.

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

