

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

MARCH, 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.

Anthony Cuifalo is an expert omelet chef. He can take a dozen extra large eggs, crack their shells with a magician's flash, and start whipping up an egg mixture that will become a fluffy, golden omelet. Mr. Cuifalo reveals, "I enjoy making omelets. I feel like a scientist adding different ingredients to my mixing bowl, whipping up an eggy potion, knowing that I am going to please my waiting, hungry omelet enthusiasts. My omelet admirers always tell me to add more onions and peppers to their personal Spanish omelet, or to hold the mushrooms, but don't be stingy with the ham and mozzarella cheese! I often try to get these omelet eaters to pick up an egg and teach them how easy it is to make their own fried egg meal. They compliment me and say that my omelets are better than anything that they could make. Well, I don't know about that, but I will share my secret in making a fluffy omelet. I add water to the egg mixture. Some people think that adding milk to the beaten eggs makes it a healthier omelet, but using cold water creates a lighter, well cooked egg omelet."

Mr. Cuifalo, Community Outreach Representative, Apria Healthcare, continues, "My mother used to make me eggs every morning before I left for elementary school. It's one of my reflective, childhood memories, watching her make my morning breakfast. Mother's menu of egg selections included fried eggs, scrambled eggs, poached eggs, Sunny Side Up eggs, and hard boiled eggs. Yes, she was also an expert in preparing boiled eggs, especially for Easter egg dyeing, but that's another story! I will tell you that my favorite breakfast was my Mom's ham and cheese omelets. She served it with wheat toast perfectly spread with Land O'Lake butter and Smucker's strawberry jam. I loved it for breakfast, and on occasion, for dinner too! My mother taught me all of her culinary skills, and I am proud to share those cooking skills today, as I share my expertise in making a perfect omelet for family and friends. I am looking forward to visiting the **Naugatuck Senior Center on Friday, March 22, 2013, 9 A.M.** where I'll be getting my cast iron skillet heated, the farm fresh organic eggs prepared, and eagerly wait to make members of the Senior Center a tasty morning breakfast. I hope you'll enjoy one of my ham and three cheese egg creations. I just might bring my Mother along to help flip the omelets. Mother still knows best!"

As Mr. Cuifalo starts chopping red and green peppers for his omelets, I want you to start circling your calendar for the following special events occurring during the month of **March** at the Naugatuck Senior Center, including: **Basic Fishing Workshop with Jim Ackerman, Tuesday, March 5, 9 A.M.; ST. PATRICK'S DAY LUNCHEON, prepared by Jim Goggin, with entertainment provided by the Legionaries of Christ College Choir, Cheshire, CT to be held on THURSDAY, MARCH 7, 1 P.M. TICKETS \$8.00,** available at the office of the Naugatuck Senior Center; **Foxwoods Casino day trip, Tuesday, March 12, leave Senior Center parking area at 7:30 A.M., cost: \$21.00; A Corned Beef & Cabbage Soup Day, on Friday, March 15, 2013, 12 Noon,** hosted by Rachel Ciarello, Community Outreach Representative, The Village at East Farms, Waterbury, CT, and a complimentary **GOOD HEALTH OMELET BREAKFAST with Anthony Cuifalo, Apria Health Care representative, Franklin, CT on Friday, March 22, 2013, 9 A.M.**

Please take a look at the **MARCH** issue of the **Carriage House Courier** and fill your calendar with the wide variety of special events and activities offered at the always busy Naugatuck Senior Center.

Sincerely;

Harvey Leon Frydman, Director

Basic Fishing Instruction

Tuesday, March 5, 2013

9 A.M.-11 A.M.

Learn about ecology, water safety and how to catch, clean and cook fish. Free fish cooking recipes. This is a complimentary fishing class. Please register your attendance at the Naugatuck Senior Center's office or call 203-720-7069.

Instructor: Jim Ackerman, CARE, Connecticut Aquatic Resource Education instructor.

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.

Starting on Tuesday, February 5 and Wednesday, February 6, 2013

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 Outreach Counselor, The Western Connecticut Area Agency.

This services 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

A Weekly Series of Wellness Information, discussion and helpful referrals.

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

The following topics will be discussed:

March 7: Family Superstitions

March 14: Understanding Recurring Dreams

March 21: Spring Fever-Cleaning Away the Winter Woes

March 28: Family Traditions; Discussion on carrying on family traditions during holidays.

A Referral Session for those seeking individual guidance will follow these programs.

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

Who Cares for the Caregiver!

Thursday, March 21, 2013

1 P.M.

The Care Giver presentation is designed to be a safe place to share feelings and learn coping strategies. Learn tips on how to take care of yourself while providing the best care for your loved one.

Instructor: Reverend John B. Rowe, M. Div. MSW., VITAS, Middlebury, CT.

Blood Pressure Screenings

1 P.M.-3 P.M.

Mondays; March 4-25, 2013

Presented by Jose Perez, RN, Western Connecticut State University.

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:

March 1, 15, 2013

April

YOGA & SELF RELAXATION CLASS

Fridays, 10 A.M.-11 A.M.

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

Wii Computer Games

Thursdays

1 P.M.

The Wii gaming system is one of the newest, most up-to-date gaming systems in the 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.

2013 Naugatuck Senior Center Membership Dues

Get your *NEW 2013 MEMBERSHIP CARD* at the Senior Center’s office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2013. 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 2013 *Membership Card is PURPLE.*

AARP SAFE DRIVING COURSE will take place at the Naugatuck Senior Center on **Monday, March 4, 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, April 1 and May 6, 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 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.
- **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, March 4, 2013

Monday, April 1, 2013

Monday, May 6, 2013

Monday, June 3, 2013

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.

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

Members gather on weekdays at the Naugatuck Senior Center to play cards, shoot pool or simply enjoy one another's fellowship. The group meets formally each 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 February 6-May 8, 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, March 4, 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, March 27, 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.

TRAVEL WITH THE NAUGATUCK SENIOR CENTER

Please register for the following scheduled day trips:

A DAY IN TUSCANY DAY TRIP

Wednesday, April 17, 2013

Leave the Naugatuck Senior Center at 7:45 A.M. Enjoy a springtime day at Woodlock Pines, located in the green foothills of the Poconos.

A delicious Italian buffet will be served along with a fabulous Italian show. Your day includes wine and cheese tasting, bocce, Jackpot Bingo and complimentary beer and wine.

Trip includes: Transportation, Buffet Luncheon and activities at Woodloch Pines.

Cost per person: \$79.00.

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/

FOXWOODS CASINO DAY TRIP 2013

Tuesday, March 12, 2013

Tuesday, April 9, 2013

Tuesday, May 14, 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
hosts its annual
ST. PATRICK'S DAY LUNCHEON
to be held at the
Naugatuck Senior Center
on

THURSDAY, MARCH 7, 2013
1 P.M.

Enjoy a complete boiled corned beef and cabbage dinner.
Prepared by Mr. Jim Goggin, Mrs. Carole Mancini, and our friends from the
Old Corner Café,
178 North Main Street, Naugatuck, CT.
Entertainment provided by the Legionaries of Christ College Choir, Cheshire, CT.
Tickets: \$8.00



The Village at East Farms
hosts a
Corned Beef & Cabbage Soup Afternoon
to be held at the Naugatuck Senior Center
on
FRIDAY, MARCH 15, 2013
12 Noon

This is a complimentary special event.
Hosted by Rachel Ciarello, Community Outreach Representative,
The Village at East Farms.

APRIA HEALTH CARE
invites you to attend an
OMELET MORNING
to be held at the
Naugatuck Senior Center
on
Friday, March 22, 2013
9 A.M.

Start your day off at the Naugatuck Senior Center
with a complimentary "good health" egg omelet.
Hosted by Mr. Anthony Cuifalo, Community Outreach Representative,
APRIA Health Care.



Apria Health Care
hosts
A SPRINGTIME BINGO
to be held at the
Naugatuck Senior Center
on

Friday, March 22, 2013

12 Noon

This Springtime Bingo Game is a part of our regular Friday BINGO game.
Hosted by Mr. Anthony Cuifalo, Apria Health Care.



The Naugatuck Senior Center
hosts
A KENTUCKY DERBY LUNCHEON
and a
RUN FOR THE ROSES RACE
to be held at the Naugatuck Senior Center
FRIDAY, MAY 3, 2013
11:30 A.M.

*Enjoy a delicious Kentucky baked chicken luncheon and a non-alcoholic
MINT JULIP drink, the traditional drink of the Kentucky Derby.*

View our fancy Kentucky Derby Hat Parade!

Hear Ed Carter, Aide to Mayor Robert Mezzo, call our version for the running of the
139th Kentucky Derby. Watch our own racetrack race and root on your favorite horse!

TICKETS: \$3.00

Limited to 80 people.

Tickets available at the office of the Naugatuck Senior Center.

The Hearth at Southbury
cordially invites you to attend a
HIGH TEA CEREMONY & RECEPTION
to be held at the Naugatuck Senior Center

on
TUESDAY, MAY 7, 2013
1 P.M.

Enjoy a complimentary high tea, with warm scones, finger sandwiches, and a cup of
freshly steeped tea.

A dessert demonstration will be presented by Chef Steve of The Hearth at Southbury
Hosted by Kimberly Vertrees, Community Outreach Representative, The Hearth at Southbury,

RESERVATIONS REQUIRED.

Limited to 40 people.



The Hearth at Southbury
presents
A Strawberry BINGO
to take place at the
Naugatuck Senior Center
on
FRIDAY, JUNE 7, 2013
12 NOON

Hosted by Kimberely Vertrees, Community Outreach Representative,
The Hearth at Southbury.

This is a part of the Naugatuck Senior Center regular Friday afternoon BINGO game.



WELLCARE

hosts

A FIRST DAY OF SUMMER CELEBRATION

to be held at the
Naugatuck Senior Center

on

FRIDAY, JUNE 21, 2013

12 NOON

Enjoy a complimentary ice cream sundae!

Hosted by Helen Wong, Community Outreach Representative, WELLCARE.



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The Hearth at Southbury

invites you to enjoy an

ICE CREAM SOCIAL

to be held at the
Naugatuck Senior Center

on

Friday, July 12, 2013

12 NOON

Enjoy a cooling, complimentary ice cream treat!

Hosted by Kimberly Vertress, Community Outreach Representative,

The Hearth at Southbury



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



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



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



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