

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

OCTOBER, 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 four Connecticut Association of Senior Center Personnel Awards for Outstanding Programming for Older Adults.

Susan Marrin walked into the Naugatuck Senior Center with a bouquet of autumn chrysanthemums. Susan says, "I love autumn. It's a time of sweaters, sweet apple cider, and spicy scented chrysanthemums. The rust orange hues, golden yellows and dark purple pedals of large, cushion shaped chrysanthemums add a burst of color during the weeks of fading October. This year I'm helping to decorate the Naugatuck Senior Center with autumn leaves, dried seed pods and a variety of potted chrysanthemums. Oh yes, I will definitely add a well rounded, perfectly shaped, orange pumpkin to the tables at the Center. Remember, it is the season to think of Jack-O-Lanterns and Trick or Treating! The Center always looks welcoming throughout the year, but come October, with the coffee percolating in the Center's kitchen, and the scent of cinnamon donuts nearby, I feel that the warmth and beauty of the classic old building at 300 Meadow Street takes on the comforting feel of well worn bedroom slippers. A perfect fit made just for me and members of the Naugatuck Senior Center."

Ms. Marrin continues, "I found an apple pie baking recipe in a cookbook among the shelves of the Center's library. There is an Apple Harvest Festival at the Senior Center on October 10th. It's a big, fun event, with a lot of apple cakes and pies being judged for award winning blue ribbons. I just might get my rolling pin out and enter that contest. I've never actually baked a pie from scratch, but if I follow the recipe's instructions, well, who knows, I might surprise myself and the expert judges. I'd like to tell people that I'm a blue ribbon winning baker of apple pies. I'm certainly a winning pie eater! And there will be plenty of sample slices of pie and cakes to taste at the Center's famous Apple Harvest Festival. I'll be there and I hope to see you there too! Hopefully I'll be the one holding a blue ribbon!"

As Susan looks through her cook book, I want you to take a good look at the special events occurring at the Center this October, including: **FLU CLINIC 2013**, to be held at the Naugatuck Senior Center on **TUESDAY, OCTOBER 1, 2013, 9 A.M.- 11 A.M.** presented by the Naugatuck Valley Health District. **The FONES SCHOOL OF DENTAL HYGIENE** will present a **complimentary DENTAL SCREENING** and free oral hygiene supplies at the Center also on **Tuesday, October 1, 9 A.M. - 11 A.M.** Attend the **Introduction to Zumba** exercise class held on **Thursday, October 3, 11 A.M.** This wellness class is instructed by Tammy Marques, owner of Studio Z62, Naugatuck, CT. Mr. Joseph Corona, owner of Prospect Memorial hosts an **Autumn Apple Pie Bingo on Friday, October 4, 12 Noon.** Stop by to say hello to Joe and enjoy a complimentary slice of apple pie! The Naugatuck Senior Center has scheduled its monthly trip to **FOXWOODS CASINO** for **TUESDAY, OCTOBER 8. TICKETS are \$27.00 per person.**

The Naugatuck Senior Center's famous **APPLE HARVEST FESTIVAL** will take place on **WEDNESDAY, OCTOBER 10, 2013, 11:30 A.M.** Enjoy a delicious chicken cordon bleu luncheon. Enter your **HOMEMADE APPLE PIES AND APPLE CAKES** in our judged baking event. **TICKETS are \$3.00** per person. **Limited to 80 people.** Naugatuck's Deputy Fire Chief Ellen Murray will host a **FIRE PREVENTION MONTH BINGO** at the Naugatuck Senior Center on **FRIDAY, OCTOBER 11, 2013, 12 NOON.** Win fire safety prizes! The Naugatuck Senior Center has scheduled a **BENNINGTON, VERMONT TRIP** for **THURSDAY, OCTOBER 17, 2013,** Enjoy an autumn day visiting the **NORMAN ROCKWELL MUSEUM, THE BENNINGTON MUSEUM** with its display of art by Grandma Moses, and the famous **APPLE BARN. Cost: \$94.00 per person.** A Financial Well Being program will be presented by the Central Naugatuck Valley Regional Action Council on Friday, October 18, 10 A.M. **A UCONN PRIMARY CARE SCREENING** will take place at the Senior Center on **WEDNESDAY, OCTOBER 16, 2013, 12 NOON. THIS IS A FREE HEALTH & WELLNESS SCREENING!**

Bring your favorite dish, salad, or dessert to the Naugatuck Senior Center's annual **POT LUCK**

LUNCHEON on THURSDAY, OCTOBER 24, 2010 12:30 P.M. TICKETS: \$3.00. And get ready for the **HOLIDAY BAZAAR 2013** scheduled for **FRIDAY, NOVEMBER 1 and SATURDAY, NOVEMBER 2, 2013.** See you soon at the Center!

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

Sincerely;

Harvey Leon Frydman, Director

Introduction to ZUMBA Exercise

Thursday, October 3, 2013

11 A.M.-11:30 A.M.

Learn cardio fitness exercise using the Zumba exercise routine to Latin music.

Wear loose fitting clothes. Exercises can be done seated on a chair. This is a complimentary health and wellness class.

Instructor: Tammy Marques, Fitness teacher and owner of Studio Z 62, Naugatuck, CT.

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 at the Naugatuck Senior Center

9 A.M.-12 Noon

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.

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

Family Intervention Center Social Service Referral Program

Receive wellness information and helpful, social service referrals.

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

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, October 4, 18, 2013

Friday, November 1, 2013

Friday, December 6, 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, October 7, 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, November 4, 2013. Starting in 2014 the AARP Safe Driving Course will be \$15.00 for members and \$20.00 for non members.**

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, October 7, 2013

Monday, November 4, 2013

Monday, December 2, 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 August 21-November 20, 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, dishes, tea cups with saucers, flower vases 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, October 7, 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 HOSPITAL will visit the Naugatuck Senior on **Wednesday, October 23, 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:

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: \$94.00

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

FOXWOODS CASINO DAY TRIP 2013

Tuesday, October 8, 2013

Tuesday, November 12, 2013

Tuesday, December 10, 2013

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

Cost: \$27.00

***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
invites you to attend
AN APPLE HARVEST FESTIVAL

with

An Apple Pie & Apple Cake Judging Contest 2013

to be held at the

Naugatuck Senior Center

300 Meadow Street

Naugatuck, CT

on

THURSDAY, OCTOBER 10, 2013

11:30 A.M.

Enjoy a delicious Roast Beef Dinner complete with all the side dishes.

Save room for the apple pie!

Tickets: \$3.00

ENTER YOUR FAVORITE APPLE PIE OR APPLE CAKE RECIPE!

WIN A BLUE RIBBON!

Entry forms available at the office of the Naugatuck Senior Center.



The University of Connecticut's Urban Service Track
in observance of

NATIONAL PRIMARY CARE WEEK

presents

HEALTH FAIR 2013

to be held at the Naugatuck Senior Center on
WEDNESDAY, OCTOBER 23, 2013
12:30 P.M.

Visit the following health screenings & booths, including:

FREE BLOOD PRESSURE SCREENING
FREE ORAL HEALTH SCREENING
PHARMACY & NUTRITION COUNSELING
FREE HEALTH EDUCATIONAL MATERIALS
FREE "GOOD HEALTH" GIVE AWAYS
FREE ORAL HEALTH GIFTBAGGIES
FREE REFRESHMENTS



.....
The Naugatuck Senior Center,
Beacon Brook Health Center,
& Griffin Hospital

host

An October "POT LUCK" Party

to be held at the Naugatuck Senior Center on
THURSDAY, OCTOBER 24, 2013
1 P.M.

Enjoy a fun-filled "POT LUICK" dinner party.

Guest speakers include:

Kevin Kuzman, Director of Physical Therapy, Beacon Brook Health Center & William Neil Pearson, M.D., will speak on the topic "GET HEART SMART". This better understanding of heart disease and ways to help your heart is presented by the Cardiology Department from Griffin Hospital.

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

Enter your needed food item on our "POT LUCK" list.

Categories of needed food items include:

Appetizers
Salads
Main Course
Desserts

Limited to 40 people.

TICKETS: \$3:00



FLU CLINIC 2013

TUESDAY, OCTOBER 1, 2013

9 A.M.-1 P.M.

A Flu Clinic will take place at the Naugatuck Senior Center on **TUESDAY, OCTOBER 1, 2013,**

9 A.M.-11 A.M.

Insurance accepted are: **MEDICARE PART B, ANTHEM Blue Cross/Blue Shield, AETNA, & ConnectiCare.** People attending the Flu Clinic are asked to wear loose fitting clothes with short sleeves. This clinic is provided by the Naugatuck Valley Health District.

DENTAL SCREENING CLINIC 2013

TUESDAY, OCTOBER 1, 2013

9 A.M.-1 P.M.

The **FONES SCHOOL OF DENTAL HYGIENE, University of Bridgeport** will give **FREE DENTAL SCREENINGS** at the Naugatuck Senior Center on **TUESDAY, OCTOBER 1, 2013, 9 A.M.-1 P.M.** Receive complimentary dental health supplies.

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.

Apple Pie BINGO

Friday, October 4, 2013

12 Noon

Join us for our regular Friday Bingo games. You just might win an apple pie!

Guest Host: Mr. Joe Corona, Prospect Memorial, Prospect, CT

Fire Prevention BINGO

Friday, October 11, 2013

12 Noon

Deputy Fire Chief Ellen Murray hosts this special edition of our regular Friday afternoon Bingo game.

Holiday Bazaar 2013

Friday, November 1 and Saturday, November 2, 2013

8:30 A.M. - 4 P.M.

Mark your calendars for the Naugatuck Senior Center's annual Holiday Bazaar. Join the fun and purchase a treasured new handmade item or a homemade cake! Our crafters have been busy knitting beautiful items throughout the year and they are ready to showcase all of their creative work.

Be dazzled and amazed by the variety of arts and craft items, homemade jams and jellies, pies, pickled beets and just popped popcorn. Visit Grandma's Attic for a variety of items, and participate in our Tea Cup Auction!

All of the members of the Naugatuck Senior Center thank you for your support!

Dear Friends, The Holiday Bazaar 2013 Committee needs glass dishes, flower vases, tea cups and saucers, tea pots and tea spoons to its Grandma's Attic and Tea Cup Auction baskets. Call the Naugatuck Senior Center at 203-720-7069 for further information on how you can help at this year's bazaar! Thank you for your help.

Arthritis Update

Thursday, November 14, 2013

10 A.M.

A discussion on dealing with arthritis pain and use of physical therapy and exercise. Presented by Physical Therapy and Sports Medicine, Naugatuck, CT.

Thanksgiving BINGO 2013

Friday, November 15, 2013

12 Noon

Kelley Santopietro, Community Outreach Representative for VNA HEALTHCARE will host this special Thanksgiving Edition of our regular Bingo game.

TURKEY BINGO 2013

Friday, November 22, 2013

12 Noon

Anthony Cuifalo, Community Outreach Representative, CHARM MEDICAL, hosts this special Thanksgiving Edition of our regular Friday Bingo game.

Christmas Social & Luncheon 2013

Thursday, December 5, 2013

11:30 A.M.

Enjoy a delicious Christmas luncheon with your friends at the Naugatuck Senior Center. Entertainment provided by the international choir from the Legionaries of Christ, Cheshire, CT. Tickets: \$3.00. Tickets are available at the office of the Naugatuck Senior Center. Limited to 80 people.

Christmas Safety Bingo

Friday, December 6, 2013

12 Noon

Learn about chemical exposures and consumers products. Win safety prizes Presented by The Coalition for a Safe and Healthy Connecticut.

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.

Operation Christmas Child 2013

From November 1-15, 2013, the Naugatuck Senior Center will participate in OPERATION CHRISTMAS CHILD. This is a worldwide campaign to bring children in third world countries and depressed areas in the United States a little Christmas joy. Last year over 8 million children received the gift of Christmas in a shoebox. That's right, A SHOEBOX!

All that you have to do is place items into a shoebox that you supply and bring it to the Naugatuck Senior Center. If you do not have a shoebox, just bring the items to the Senior Center, and we will find a shoebox to place the items. You will want to find items for boys and girls from 3 months to 16 years of age. Suggested items: School items such as PENCILS, PENS, or WRITING PADS, CLOTHING, WRAPPED HARD CANDIES and SMALL TOYS.

Thank you for your thoughtfulness.

The Naugatuck Senior Center
is the proud recipient of the
2013
Connecticut Association for Senior Center Personnel Award
for
OUTSTANDING PROGRAMMING
Recognized for a Health & Wellness Program
instructed by the
U.S. Army Recruiting Office
Waterbury, CT.



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

