

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

## JANUARY, 2012

Telephone: 203-720-7069 **The Carriage House Courier**

Inaugurated in 2005, the Carriage House Courier is written and edited in its entirety by  
Harvey Leon Frydman.

Harvey Leon Frydman, Director/Municipal Agent

The Naugatuck Senior Center is the recipient of two Connecticut Association of Senior Center Personnel  
Awards for Outstanding Programming for Older Adults.

It is a brisk, red cheek making, windy January morning. The thermometer reads 15 degrees Fahrenheit, and a row of thin icicles are hanging from the railing at the front entrance to the Naugatuck Senior Center. Charlie Cantilena is an early bird visitor to the Senior Center on this icy, cold, clouded day. “It’s what I call thermal wear weather. And thank goodness for my good ol’ wool hat with the ears flaps. My hat comes in handy this time of year. Yes, it definitely feels like winter here in Connecticut,” says a shivering Charlie, glad to step into a warm place. As he is about to unsnap his red plaid hat, Charlie hears a flock of Canada geese gliding above the roof top of the Naugatuck Senior Center. Their morning honking and trumpet squawking sounds seem to announce and welcome the New Year. Charlie steps outside to see the geese. “I wonder where they’re headed off too so early in the morning? Probably to some nearby pond or lake. They are a lovely sight to see, flying in their recognizable v-shape, all going in the same direction. But if those geese are off to Florida, they’re late.” remarks Mr. C.

“Good morning Charlie!” says Lucie Morissette. “Are you looking at those geese flying above? Yes? Me too! What a beautiful sight of nature. I saw the first flock of geese fly by just ten minutes ago. They were a noisy bunch of birds! But Charlie, take a look. There’s a red cardinal at the Senior Center’s bird feeder. That bright red plumage is quite a splash of color on a grey January day. I have a birdfeeder at my home too. There are a lot of sparrows visiting my yard and I have a big squirrel loving the sunflower seeds that I am providing. My son Paul just tied a piece of suet to a tree branch in my backyard and now I watch a variety of blue jays picking at the fatty ball. I enjoy feeding the wild birds throughout the winter months. I have a book that tells me what type of seeds will attract different birds to a birdfeeder. I once had four wild turkeys in my backyard. What seeds they were interested in is beyond me? But they were magnificent birds, strutting tall, showing honey brown feathers and an interest at picking at my lawn.” shares Lucie. “Oh my, do you hear that,” remarks Charlie. Looking skyward, Charlie sees another flock of geese. “Now that’s a picture. Tell me Lucie, how many do you count in that v? questions Mr. Cantilena. Lucy looks up, adjusts her eyeglasses, points her finger in the direction of the flock of geese, quickly counts, and says, “I count thirty geese. Wow, they are fast flyers. Maybe they’re trying to catch up with the group that flew by earlier? Let’s watch them a little longer.”

As Charlie and Lucie gaze upward to watch the geese fly by, please take a look at some of the special events headed your way at the Naugatuck Senior Center this January, 2012. Starting off the New Year on **Tuesday, January 3, will be a Hand Massage & Manicures with Roberta Winters**. This is a complimentary hand massage or manicure provided by **TLC Homecare**, Naugatuck, CT. Join **Brian Vaughn** for a **MEDITATION CLASS** starting on **Thursday, January 5, 9 A.M.-10 A.M.** After the Meditation class, Brian will continue at **10 A.M.** with his **YOGA class**. Visit with **Diane Betkoski, Griffin Hospital’s LIFELINE representative**, on **Thursday, January 5, 1 P.M. for a FALL PREVENTION** discussion. The Naugatuck Visiting Nurses Association will present monthly **VNA BLOOD PRESSURE SCREENINGS** at the Naugatuck Senior Center, starting on **FRIDAY, JANUARY 6, 11 A.M.** Join your friends at the Naugatuck Senior Center on **Thursday, January 12, 1 P.M. for a HOT COCOA AFTERNOON**. **Lisa Searles, VITAS representative**, will visit the Naugatuck Senior Center on **Tuesday, January 31, 2012, 1 P.M.** for the **ALL AMERICAN COLD CURE**. Receive information about how you may prevent catching a winter cold or the flu. Complimentary hot soup will be served.

Please take a look at the **January** 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

## **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 at:

Friday, January 6, 2012

Friday, January 20, 2012

Friday, February 3, 2012

Friday, February 17, 2012

Friday, March 2, 2012

Friday, March 16, 2012

Friday, April 13, 2012

Friday, April 27, 2012

## **YOGA & SELF RELAXATION CLASS**

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

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

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## **Wii Computer Games**

Thursdays

1 P.M.

The Wii gaming system is one of the newest, most up-to-date gaming systems in the 21<sup>st</sup> century. Learn to play tennis, bowling, and golf using the Wii technology. Please register your attendance at the Naugatuck Senior Center or call 720-7069 if you would like to learn to play the Wii games. Instructors: Lucille Morrisette, Beverley Wilde, Darlene Striffler, and Mary Rimkus.

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## **Walking Cane Adjustments**

The Naugatuck VNA's Physical Therapy Department is available to fit and check for safety, any walking canes or walkers. For further information call the Naugatuck VNA at 203-720-7095 and ask for Barbara Marchand RPT or Sharon Hebb, RPT, Physical Therapy Department. This is a complimentary health and wellness service. If you are donating a cane or walker, it is preferred that they are adjustable aluminum and that the walkers have installed wheels. Thank you.

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## **Senior Center's Lending Library**

Beverly Wilde, librarian for the Naugatuck Senior Center's Lending Library has a wide variety of books and magazines available for your reading enjoyment. Each month Mrs. Wilde arranges a new display of reading materials in our free lending library. Take a moment to peruse through our shelves of books. Find yourself a good book to read at our Lending Library.

## **The Coupon Clipper**

### **FRIDAYS, 11 A.M. – 12 Noon**

Lucille Morrisette will offer complimentary, money saving coupons every FRIDAY afternoon at the Naugatuck Senior Center. Lucie finds a variety of valuable coupons, from toothpaste, laundry detergents and paper towels, to canned soups, breads and orange juice. Help stretch your grocery shopping dollars with the help of useful money saving coupons. Stop by and ask Lucie if she has the coupons you need!

“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.

### **2012 Naugatuck Senior Center Membership Dues**

Get your **NEW 2012 MEMBERSHIP CARD** at the Senior Center’s office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2012. Only **\$5.00** for a Full Year of Scheduled Activities, Classes, and Special Events. What a Bargain! Don’t Miss Out! The color of the 2012 **Membership Card is YELLOW.**

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**AARP SAFE DRIVING COURSE** will take place at the Naugatuck Senior Center on **Monday, January 9, 2012, 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, February 6, 2012, and Monday, March 5, 2012.** Call 203-720-7069 to register for these AARP Safe Driving classes. .

### **CRIBBAGE at 1 P. M.**

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

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

### **LUNCH PROGRAM**

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

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### **Naugatuck Social Services**

#### **Helping Naugatuck Residents in Need!**

If you are having difficulty paying rent, oil, gas, or electricity bills, please call Lynn Donovan at 203-729-5285. The OFFICE HOURS for Naugatuck Social Services are: Monday-Friday; 8:30 A.M.-4:00 P.M. The Human Resource Development Agency is located at 575 Rubber Avenue, Naugatuck, CT.

#### **Appointment Hours:**

**Monday: 8:30A.M.-4:00 P.M.**

**Tuesday: 9:00 A.M.-12 Noon**

**Wednesday: 9:00 A.M.-12 Noon**

**Thursday: 9:00 A.M.-12 Noon**

**Friday: 9:00 A.M.-12 Noon**

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### **Naugatuck Senior Center’s MINI BUS SCHEDULE**

\*Monday- 9:00 A.M. – Brass City Mall – **FIRST MONDAY OF THE MONTH**  
Return trip about 1 P.M.

On the remaining Mondays, the following bus schedule destinations:  
Big Y Supermarket, WALMART

10:30 A.M. - Mountview Plaza & Senior Center  
Return trip after 1:45.

Tuesday- 9:00 A.M. - Mountview Plaza, Doctor, Hairdresser, Senior Center  
Return trip about 12 Noon.  
10:30 A.M. - Mountview Plaza, Doctor, Hairdresser, Senior Center  
Return trip about 1:15 P.M.

Wednesday- 9:00 A.M. - Big Y Supermarket; Wal-Mart; Waldbaum's; Senior Center; Doctor; Hairdresser; etc.  
Return trip about 12 Noon.  
10:30 A.M. - Plaza; Doctor; Hairdresser; Senior Center  
Return trip about 1:15 P.M.

Thursday- 9:00 A.M. - Big Y Supermarket; Wal-Mart; Waldbaum's; Senior Center; Doctor; Hairdresser; etc.  
Return trip about 12 Noon.  
10:30 A.M. - Mountview Plaza; Doctor; Hairdresser; Senior Center  
Return trip about 1:15 P.M.

Friday - 9:00 A.M. - Mountview Plaza; Doctor; Hairdresser; Senior Center. Return trip about 12 Noon.  
10:30 A.M. - Return trip about 1:15 P.M.

Please make doctors and hairdresser appointments before **12 NOON**. They must be made to coincide with that particular Mini bus run. Those riding the Mini bus must call 720-7069 the DAY BEFORE they want to ride the Mini bus. Appointments for Monday must be made on Friday. Please call the Naugatuck Senior Center for your Mini bus transportation needs during office hours, 8:30 A.M. – 4 P.M.

The Naugatuck Senior Center's Mini bus is a FREE SERVICE to those Naugatuck residents 50 years of age and older.

- The mini-bus transportation policy of the Naugatuck Senior Center is one travel destination a day per passenger. The policy also does not permit us to take residents to their paid jobs.
- Please call the Senior Center if you need to cancel your day's ride before your designated scheduled pick up.

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

**Monday, January 9, 2012**

**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

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 January 4, 2012 to March 7, 2012.

Knitting & Crocheting class takes place at the Naugatuck Senior Center every FRIDAY, 1:00 P.M. – 3:00 P.M. Learn to knit and share pattern ideas. The Knitting Group is in need of wooden and metal coat hangers to be used for their knitting projects. Also, if you have any unused skeins of yarn, the knitters would appreciate your thoughtful contribution of yarn. It’s put to good use. Please call the Naugatuck Senior Center at 720-7069 if you can donate these wooden coat hangers or yarn.

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

The Red Hatters will hold their monthly meeting at the Naugatuck Senior Center on Monday, January 9, 2012.

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The Naugatuck Elderly Commission will meet at the Naugatuck Senior Center on Monday, March 26, 2012, 1 P.M.

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

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

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The one place to go when you need senior information is [www.ctseniorinfo.com](http://www.ctseniorinfo.com). This website has over 200 hyperlinks to Federal & State Agencies; Veterans Programs and Benefits; Charitable Organizations, a Connecticut Index of all Senior Programs and benefits, and general information concerning all elderly issues.

### **Get Your Medicare Questions Answered!**

The Western Connecticut Area Agency on Aging provides FREE UNBIASED information on Medicare, and the options that supplement Medicare. The WCAAA can answer questions that you may have on Medicare, Medicare the Prescription Drug Benefit, Medicaid, Preventative Benefits, Care giving issues and more. The WCAAA can assist in filling out applications for different programs you may be eligible. For more information please call the Western Connecticut Area agency on Aging at 1-800-994-9422 or 1-203-757-5449.

### **Good Morning Naugatuck!**

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

**GRIFFIN HOSITAL** will visit the Naugatuck Senior on **Wednesday, January 25, 2012 at 11:30 A.M-12:30 P.M. for a complimentary BLOOD PRESSURE SCREENING**. This is a **FREE Health & Wellness program**. Stop by for a complimentary fresh apple!

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The Connecticut Statewide Respite Program offers daytime or overnight relief for caregivers of individuals with Alzheimer's or related dementias. The task of caring for a person with dementia is overwhelming. Family caregivers often develop stress related illnesses such as heart disease, hypertension, or ulcers. An occasional break allows an exhausted caregiver to regroup, both physically and emotionally, and to find the strength to carry on.

The Connecticut Statewide Respite Care Program is funded by the State Department of Social Services and is operated in partnership with the Alzheimer's Association Chapters of Connecticut and the Connecticut Area Agencies on Aging. The program offers caregivers the opportunity to receive an assessment of services needed and have a care plan developed and/or purchase services for the individual with dementia. Eligible families may apply for daytime or overnight respite care services including: Adult day care, home health aide, homemaker/companion, skilled nursing care or short term nursing care. To apply for the Connecticut Statewide Respite Care Program and for further information, call the Western Connecticut Area Agency on Aging at 1-203-757-5449 and request an application.

### **Connecticut Home Care Program for Elders**

The State of Connecticut wants to give you an opportunity to stay home instead of going to a nursing home. That is the purpose of a home care program for persons 65 years of age and older called the Connecticut Home Care Program for Elders. To see if you qualify for any of the services from this program, please visit the Naugatuck Senior Center or call 203-720-7069 for a REQUEST FORM. For further information call 1-800-445-5394

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#### 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](http://www.ct.gov/longtermcare) and find out about services and supports for you and/or your loved ones. This website is brought to you by the Connecticut Commission on Aging, Office of Policy & Management and Long Term Care Advisory Council per mandate of the Connecticut General Assembly.

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### **Naugatuck Social Service Network**

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

#### Naugatuck Social Service Network Resource List

INFOLINE: 211

Naugatuck Senior Center: 203-720-7069

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

Meals On Wheels: 203-756-5261

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

Naugatuck Visiting Nurses Association: 203-720-7095

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

Naugatuck Youth Services: 203-720-5673

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

American Red Cross:

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

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

Waterbury Region, 24 Thomaston Avenue, Waterbury, CT 06708

Ecumenical Food Bank: 203-723-1922

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

Department of Public Health: 203-881-3255  
Contact: Deborah Horvath, Naugatuck, CT

Safe Haven of Greater Waterbury, Inc.: 203-575-0388  
Contact: Peggy Panagrossi, 29 Central Ave. P.O. Box 1503, Waterbury, CT 06721

Naugatuck Social Services: 203-729-5285  
Contact: Lynn Donovan: 575 Rubber Avenue, Naugatuck, CT 06770

Human Resource Development Agency (HRD): 203-729-5285  
Contact: Leslie Mengacci: 575 Rubber Avenue, Naugatuck, CT 06770

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

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

### **CODE OF CONDUCT**

The Naugatuck Senior Center is a facility where people age 50 and older meet for the purpose of participating in social, recreational, educational and support service activities in order to enhance and enrich their lives.

Seniors have the right to expect their peers to act respectfully towards them and they have the responsibility to act respectfully towards their peers.

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

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

### **Naugatuck Senior Center Philosophy**

We believe:

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

We will:

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

We expect:

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

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

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## TRAVEL WITH THE NAUGATUCK SENIOR CENTER

Please register for the following scheduled day trips:

### **MOHEGAN SUN CASINO OVERNIGHT TRIP 2012**

**January 26/27, 2012**

**February 23/24, 2012**

Cost per person: \$109.00 PP Double; \$169.00 Single

Trip includes transportation to and from hotel, hotel accommodations, food coupon or 2 buffets, FREE BET, taxes and baggage handling.

### **Foxwoods Casino & Resort Day Trips**

Tuesdays

March 13, 2012

April 10, 2012

May 8, 2012

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

Price includes luxury bus transportation, luncheon voucher and \$15.00 Keno cards. Cost per person: \$28.00

### **St. Patrick's Day at White's of Westport**

Monday, March 12, 2012

Leave from the Naugatuck Senior Center for a day at White's of Westport, MA, filled with the Luck of the Irish. Upon arrival enjoy a traditional Irish luncheon featuring Corned Beef and Cabbage and all the trimmings. Baked scrod may be substituted at the time of sign up for this day trip. Following lunch, THE MCTOUGAS BROTHERS and the Black Velvet Band have just what it takes for an enjoyable Irish party. You'll hear favorite songs like "McNamara's Band", "When Irish Eyes Are Smiling", "Danny Boy", and many more.

Depart Naugatuck Senior Center at 7:00 A.M.

Cost per person: \$75.00

### **BOSTON HARBOR CRUISE ON THE ODYSSEY**

WEDNESDAY, MAY 16, 2012

Travel with your friends from the Naugatuck Senior Center as we travel to Boston, MA, where the luxury yacht ODYSSEY awaits us. Your two hour Boston Harbor cruise will feature fine cuisine and live entertainment. Once on board the ship, you will order off the menu for a plated sit down luncheon. After the Odyssey docks, we will take the opportunity to browse and shop through Boston's famous Quincy Market.

Depart the Naugatuck Senior Center at 8:00 A.M.

Cost per person: \$85.00

### **QUEBEC CITY INTERNATIONAL FESTIVAL OF MILITARY BANDS**

**AUGUST 21-24, 2012**

Day One: Depart from the Naugatuck Senior Center en route to Quebec, Canada. Your hotel for the next three night is the Cotes a Cotes. Dinner is included tonight.

Day Two: Enjoy a city tour of Old Quebec, Battlefield Park, The Fortifications, and many historic sites. This afternoon you will have free time to explore historic Old Quebec. Breakfast and dinner is included.

Day Three: After your breakfast and time in Old Quebec, we will travel to St. Anne De Beaupre and a visit to Montmorency Falls. After tonight's dinner, you will enjoy the QUEBEC CITY MILITARY TATTOO. This extraordinary event features over 800 musicians from over 20 bands. In their best uniforms, the bands will share the spotlight in marching routines, military ability and artistic demonstrations.

Day Four: We start our journey home, retracing our steps and enjoying our fond memories of this French Canadian Getaway Tour.

Cost per person: \$579.00 Per Person double occupancy.

A PASSPORT CARD OR PASSPORT IS REQUIRED FOR THIS CANADIAN TOUR.

## **ADAMS & APPLES IN VERMONT**

Thursday, September 20, 2012

Depart from the Naugatuck Senior Center as we begin our day trip to The Adam's Farm in Southern Vermont. Enjoy a comfortable wagon ride through the 210 acre hillside farm. Visit and pet some of the lambs and rabbits. Enjoy a visit The Farm Store for some Vermont Maple Syrup. After our visit to the Adam's Farm, we will travel to the Old Red Mill, where we will have luncheon. Today you have a choice of Baked Salmon or Chicken Teriyaki.

After lunch we will visit the APPLE BARN, and take a coach ride through a 300 acre apple orchard. On our return to The Apple Barn, you will enjoy a slice of old fashioned apple pie a la mode and a beverage.

Enjoy this autumn, fall foliage trip with your friends from the Naugatuck Senior Center.

Leave the Naugatuck Senior Center at A.M.

Cost per person: TBA

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

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

## **CROCHETTING WITH TINA DeMATOS**

Mondays

10 A.M.-11 A.M.

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

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

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## **THE POKER PLAYERS at The Naugatuck Senior Center**

Do you like to play poker? Do you want to learn how to play poker! Come join the FULL HOUSE of POKER PLAYERS Monday-Friday, 11:30 A.M at the Naugatuck Senior Center. Learn about the different games of poker. Have a fun time! Good company!

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

## **BRIDGE PLAYERS WANTED**

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

## **VITA TAX PREPARATION**

**VITA** is a free program that provides income tax preparation assistance for low and middle income taxpayers of all ages, with special attention to those people 60 years of age and older. **VITA** is a program of the Internal Revenue Service. The Naugatuck Senior Center has scheduled a **VITA Tax Aide income tax service**. Call the Naugatuck Senior Center at **203-720-7069** to check on available dates to schedule an appointment for this free tax preparation service.

**TAX PREPARATION INFORMATION:** If married, both husband and wife should be present during an income tax counseling session. Taxpayers must bring all of the documents that have been received that apply to their 2011 income taxes, including:

Copies of 2010 income tax forms

Social Security of Individual Taxpayers ID numbers for all household members and personal identification

A check with a routing number for a direct deposit refund request.

All 2011 income report forms that have been received:

SSA-1099, Social Security, Benefit Statements and RRB-1099-R, US Railroad Retirement Board forms

All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC)

W-2 G, Certain gambling winning forms.

Original cost of assets sold in 2011.

The following THURSDAY dates and times, 9 A.M.-12 NOON, are available for your tax preparation appointment.

Thursday, January 26

Thursday, February 2

Thursday, February 9

Thursday, February 16

Thursday, February 23

Thursday, March 1

Thursday, March 8

Thursday, March 15

Thursday, March 22

Thursday, March 29

Thursday, April 5

Thursday, April 12

### **Hand Massage & Manicures with Roberta Winters**

**Tuesday, January 3, 2012**

**Tuesday, February 7, 2012**

**Tuesday, March 6, 2012**

**Tuesday, April 3, 2012**

**10 A.M.-11 A.M.**

**Receive a complimentary hand massage or manicure provided by TLC Homecare, Naugatuck, CT. Please register for an appointment at the Senior Center's office or call 203-720-7069. Roberta Winters is Vice President/ Care Coordinator of TLC Homecare LLC.**

### **An Introduction to Meditation**

Thursdays, January 5, 12, 19, 2012

9 A.M.-10 A.M.

Meditation is an ancient spiritual practice that teaches us to enjoy the present moment. It is a part of all religions and cultures. Today, science has proved that mediation may improve one's quality of life. Instructor: Brian Vaugh. Mr. Vaugh has taught mediation for twenty years. There is a complimentary class for members of the Naugatuck Senior Center.

### **Fall Prevention**

Thursday, January 5, 2012

1 P.M.

Discussion and information on how to keep your balance, useful bending and walking techniques, and safety precautions to avoid falling.

Instructor: Diane Betkoski, RN, Griffin Hospital, LifeLine.

### **New Year Bingo Celebration 2012**

Friday, January 6, 2012

12 Noon

Join your friends for a fun afternoon of Bingo at the Naugatuck Senior Center. This is a part of of our regular Friday Bingo games. Hosted by Doris Lacourse.

### **Hot Cocoa Afternoon at the Naugatuck Senior Center**

Thursday, January 12, 2012

1 P.M.

Enjoy a warming afternoon at the Naugatuck Senior Center. Complimentary cups of cocoa will be served.

### **Valentine's Day Cookie Design Workshop**

**Tuesday, February 14, 2012**

**1 P.M.**

Join Roberta Winters for a fun Valentine's Day cookie decoration class. Complimentary cookies and decorative materials will be provided. Instructor: Roberta Winters, Vice President/Care Coordinator, TLC Homecare, LLC, Naugatuck, CT.

### **Cherry Pie BINGO with The Village at East Farms**

**Friday, February 24, 2012**

**12 Noon**

Enjoy a slice of cherry pie at our regular Friday afternoon Bingo game. Hosted by Sheila Jaworowski, Community Outreach Representative, The Village at East Farms, Waterbury, CT.

### **SENIOR TALK with DONALD MARIANO**

**Tuesdays, March 6-April 10, 2012**

**1 P.M.-2 P.M.**

Are you interested in talking about your concerns and issues with aging in a safe and supportive environment? Join the SENIOR TALK discussion group and share your thoughts about aging. Learn about available community services that assist older adults. For further information and to register your attendance for SENIOR TALK, please call Donald Mariano at 203-558-6374. This is a complimentary program for members of the Naugatuck Senior Center. Refreshments will be served. Instructor: Donald Mariano, Licensed Clinical Social Worker.

### **St. Patrick's Day Luncheon at the Naugatuck Senior Center**

**Thursday, March 8, 2012**

**1:30 P.M.**

**Menu includes: Steaming sliced Corned Beef, hot buttered white potatoes, boiled carrots, buttered cabbage, rye bread, hot coffee and cookies.**

**Tickets: \$8.00**

### **Spring "Good Health" Salad Seminar**

**Tuesday, March 20, 2012**

**1 P.M.**

**Learn to make a healthy salad using fresh spring greens and fruits. Complimentary samples will be provided. Sign up for door prize.**

**Instructor: Roberta Winters, Vice President/Care Coordinator, TLC Homecare, LLC, Naugatuck, CT.**

### **Arts & Crafts Alert!**

Do you have any gift boxes? The Arts & Crafters at the Naugatuck Senior Center are seeking clean "GIFT BOXES" that will be used in our 2012 Holiday Bazaar. Please bring your gift boxes to the office of the Naugatuck Senior Center. Thank you for your help!

### **APRIL SHOWER SAFETY EVENT**

**Tuesday, April 10, 2012**

**1 P.M.**

**A discussion on tips to stay safe in your home. Register to win an April Shower umbrella and bathroom bathmats. Complimentary refreshments will be served. Instructor: Roberta Winters, Vice President/ Care Coordinator, LLC, Naugatuck, CT**

**SENIOR DAY 2012 & SENIOR DAY BINGO**

You are cordially invited to attend **SENIOR DAY 2012**, to be held at the Naugatuck Senior Center, on **Thursday, April 19, 2012, 9 A.M.-1 P.M.** Visit over 40 health and wellness, senior support services, and other informational booths. Receive current information on finance, senior housing, Medicare and Social Security issues, transportation, nutrition, and social services. Complimentary refreshments and give away door prizes! So mark your 2012 calendars for **SENIOR DAY 2012, THURSDAY, APRIL 19, 2012** at the Naugatuck Senior Center, Naugatuck, Connecticut! A SENIOR DAY BINGO will take place at the Senior Center on FRIDAY, APRIL 20, 2012. These two special events have been made possible through a grant from the Connecticut Community Foundation. THANK YOU CCF!

**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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**Energy Assistance Program**

Do you need help in paying your home heating bills this winter? To see if you qualify for the New Opportunities Energy Assistance Program or to receive further information call 203-756-8151.

**WINTER STORM CLOSINGS**

Listen to WATR Radio, WVIT-30 or WFSB-TV3 for winter storm closing information affecting the Naugatuck Senior Center.  
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- 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

