

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

NOVEMBER, 2012

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.

Maria Tadich has brought plates of Butter Ball cookies and baklava squares to the Naugatuck Senior Center. Maria explains, “These are **Greek cookies**. They are from my grandmother’s cookie recipes. As a child I would stand by my grandmother’s side, in her big kitchen, watching her make cookies. She made all kinds of cookies for different holidays and family gatherings. There were wedding cookies, birthday cookies, beautifully decorated Christmas cookies and the cookies that I had a hand in making. Over the years I’ve continued using my grandmother’s cookie recipes, adding some of my own ingredients and designs, and taking the recipes into the 21st century. I’ve become a good cookie baker, and at this year’s Holiday Bazaar at the Naugatuck Senior Center, you’ll get to taste and purchase some of my delicious Greek cookies.”

May Tardy is also busy at the Senior Center, preparing for the fundraising bazaar. May is magically maneuvering strands of red ribbons into magnificent, festive bows. “My bows add so much to the wreaths and baskets that I patiently and lovingly create. I’ve made over one hundred satin and velvet bows for our November event. My fingers may be a bit tired but the look on people’s faces when they see my dazzling bow decorations uplift and invigorate me! All of my autumn and Christmas themed wreaths will be on display. So stop by the bazaar and take home one of the **holiday wreaths** that I have designed. They’re the ones with the perfect bows!”

Ruth Kuzmeck is arranging her jars of jams that will be sold at the bazaar. Her **jams and relishes** are always sought after by our visitors to the bazaar. Ruth started preparing her famous tomato relishes and pickled beets weeks ago, in preparation for this year’s event. Mrs. K. states, “I’ve put up a great tasting batch of beets and relishes this year. I’m also looking forward to everyone tasting my strawberry rhubarb preserves. Stop by the Kitchen Area at the Holiday Bazaar, and I’ll let you sample my relishes and jams. They’re all delicious, if I say so myself!”

James Beebe has been busy baking his Biscuit Beauties for this year’s bazaar. Jim shares his recipe, “Everyone thinks my fancy biscuits are a gourmet delicacy, but they’re really easy to make. I’ll be preparing dozens of my chocolate dipped biscuits to sell at the Naugatuck Senior Center’s big event, and when you buy a bag of the sweet, flaky treats, I’ll share with you my secret biscuit recipe.” Mr. Beebe’s biscuits will be sharing the baked goods table at the bazaar with **Grace Nolan** and her talented bakers. Grace remarks, “You’ll see a large variety of freshly made baked cakes, pies and cookies at the bazaar. From zucchini and banana breads, chocolate chip cookies and brownies to traditional apple pies, there will be something on the table to tempt many people’s eyes and stomachs. The bakers involved with this year’s Holiday Bazaar all sit at the baked goods table and enjoy meeting those who attend the two day program, but truthfully, we actually beam with pride when we see that one of our specialty cakes are being wrapped and taken home. Stop by for a taste of my apple crumb cake. You’ll love it!”

Carol Butler is displaying her handmade quilts at the bazaar. She spends an entire year taking pieces of material, from silk scarves to torn off pockets of old denim jeans, and artistically arranges and stitches her squares of cloth into fanciful patch quilts. Carol shares, “I’m happy to contribute my colorful quilts to the Naugatuck Senior Center in support of their annual fundraising effort. I hope many people attend and take home one of my quilts. They look good on a bed, on a cozy couch to snuggle in, or even as a wall hanging in a family room.”

Bernice Niro is also busy at the Naugatuck Senior Center. Bernice spends her time crocheting and designing outfits for toy dolls. She is known as **The Doll Lady**, and will gladly design an outfit for the doll of your choice. Bernice’s doll collection will be on display, with her dolls for sale at the bazaar. Mrs. Niro will also be showcasing her jewelry collection at this year’s Holiday Bazaar. Bernice proudly boasts, “This is a new talent that has exploded at the Naugatuck Senior Center. I started to do beading and everyone took notice. I’ve even taught necklace and bracelet beading classes at the Senior Center. A large display of my Bernice Niro designed **earrings, bead and stone bracelets and necklaces** will be available for sale at the bazaar.”

Visit with **Darlene Striffler, Susan Marrin, Beverly Wilde** and **Daisy Ostrander** in the **Antiques and Collectibles Room** and find a treasure worthy of the Antiques Road Show. Meet **June Ottowell**, serving as **Lady Holiday Bazaar 2012** and receive a complimentary Christmas sweet!

Also enjoy a big bowl of hot chili to be served on **Saturday, November 3. U.S. Army Sergeant Curtiss H. Leilich, Army Recruiting Station, Waterbury, CT**, will be cooking up this year's chili for the Holiday Bazaar. "I'm an expert chili cook! I'll be adding a lot of ground beef and beans to the chili. It's a perfect November meal, hot and satisfying. It's a pleasure to be a part of the Naugatuck Senior Center's big fundraiser. I'm glad to lend a hand." At this year's bazaar, please take a moment to sit in the Naugatuck Senior Center's bistro for luncheon and purchase your chili with corn chips, a steaming all beef hotdog with warm sauerkraut, or a baked potato topped with sour cream. Sergeant Leilich will make sure to give you seconds on the chili!

So mark your calendars for **FRIDAY, NOVEMBER 2 and SATURDAY, NOVEMBER 3, 2012, 8 A.M.- 4 P.M.** and join your friends at the annual Naugatuck Senior Center's **HOLIDAY BAZAAR 2012**. Thank you for your support of the Naugatuck Senior Center!

Please take a look at the **NOVEMBER** 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

Griffin Hospital Health & Wellness Series

The following Griffin Hospital health & wellness lectures will take place at the Naugatuck Senior Center, Thursdays, 1 P.M.

Dealing with the Holiday Blues: Thursday, November 15

Sleep Wellness: Thursday, December 13

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, November 2, 16, 2012

Friday, December 7, 21, 2012

Medicare Update

Thursdays

November 8 & 29, 2012

Current information on Medicare and Supplemental Medicare insurances.

Instructor: Jon Somero, Aetna Representative

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, November 5, 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, December 3, 2012.**

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 203-632-8669.

LUNCH PROGRAM

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

Naugatuck Social Services

Helping Naugatuck Residents in Need!

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

Appointment Hours:

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

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

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

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

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

Naugatuck Senior Center's MINI BUS SCHEDULE

*Monday- 9:00 A.M. – Brass City Mall – FIRST MONDAY OF THE MONTH
Return trip about 1 P.M.
On the remaining Mondays, the following bus schedule destinations:
Big Y Supermarket, WALMART

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

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

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

10:30 A.M. - Plaza; Doctor; Hairdresser; Senior Center
Return trip about 1:15 P.M.

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

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

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

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

- The mini-bus transportation policy of the Naugatuck Senior Center is one travel destination a day per passenger.
- The policy also does not permit us to take residents to their paid jobs.
- Please call the Senior Center if you need to cancel your day's ride before your designated scheduled pick up.
- **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, November 5, 2012

Monday, December 3, 2012

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.**

The Naugatuck Senior Men's Club is looking for new members and fresh ideas. 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. to enjoy refreshments, share information and plan activities. The Men's Club is opened to all suggestions. For further information call Bob Evon, President of the Men's Club, at 203-720-7069.

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 October 24, 2012-January 30, 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, November 5, 2012, 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, November 14, 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

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.

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: 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:

FOXWOOD'S RESORT & CASINO DAY TRIPS

Tuesdays

November 13, 2012

December 11, 2012

Leave the Naugatuck Senior Center at 7:30 A.M. Price includes luxury bus transportation, luncheon voucher and \$15.00 Keno card. Cost per person: \$28.00

Christmas Tree Shoppe

Monday, December 10, 2012

Leave the Naugatuck Senior Center at 9:30 A.M.

Lunch on own.

This day excursion is contingent on a minimum of 10 passengers in attendance.

Cost: \$5.00

***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!

HOLIDAY BAZAAR 2012

to be held at the
Naugatuck Senior Center

on

Friday, November 2 & Saturday, November 3, 2012

8:30 A.M.- 3 P.M.

Discover hand crafted Quilts, Scarves, hats & Mittens;

Purchase hand beaded Jewelry; Christmas ornaments;

HOME MADE JAM & BAKE SALE;

Vintage Costume Jewelry; Collectible Items and **GRANDMA'S ATTIC;**

THE FAMOUS TEA CUP ACTION;

Chocolate Lollipops;

Enjoy **OVER STUFFED BAKED POTATOES;**

BOWLS OF CHILI;

Steamed Hotdogs on a toasted bun;

FREE POPCORN

FREE PARKING

AND MUCH MORE!



Holiday Bazaar Wish List

Please think of contributing the following items to the Holiday Bazaar: straw baskets; glass tea cups and saucers; tea kettles; cans of decaffeinated coffee; boxes of tea bags; Styrofoam drinking cups-6 ounce; bottles of gift wine; stuffed toy dolls and animals.

BIG Y SUPERMARKET TOUR

Thursday, November 8, 2012

1 P.M.

Mr. Jim Martins, General Manager of Big Y Supermarket,

Naugatuck Big Y Store & Staff,

cordially invite you to attend

this good nutrition and educational special event.

Visit with Big Y staff from Produce, Dairy, Bakery

Deli, Seafood, Pharmacy, & Pizzeria.

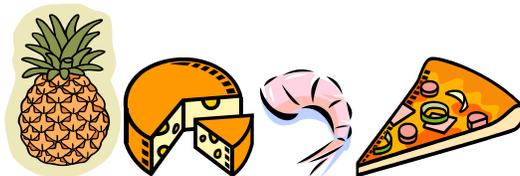
Complimentary Big Y coupons.

Free tasting samples.

Limited to 50 People.

Please register at office of the Naugatuck Senior Center

if you plan to attend this Big Y Supermarket tour.



Super Stop & Shop Supermarket

hosts a

Super Stop & Shop Supermarket

hosts a

TURKEY BINGO

on Friday, November 9, 2012

12 Noon

This is a part of the Naugatuck Senior Center's regular Friday bingo game.

Guest Bingo caller

Mr. Rick Trotta, Customer Relations Representative,
Super Stop & Shop Supermarkets



Sharing Your Christmas Spirit

Wednesday, November 14, 2012

1 P.M.

A discussion on the upcoming holiday season, coping with family loss, lack of family involvement, loneliness, and available volunteer activities.

Instructor: Bonnie Basile, Prevention Specialist, Family Intervention, Inc., Waterbury, CT.

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The Naugatuck Senior Center &
APRIA HEALTHCARE
cordially invite you to attend a
HEALTH & WELLNESS BREAKFAST
to be held at the Naugatuck Senior Center on
FRIDAY, NOVEMBER 16, 2012
9 A.M.-11 A.M.

Enjoy a healthy morning breakfast.

Visit Health & Wellness Information Booths

Register for Door Prizes!

Hosted by Tina Bisson, Community Outreach Representative

APRIA HEALTHCARE

This is a complimentary health and wellness event
for members of the Naugatuck Senior Center.



SENIOR HELPERS
host a
HOLIDAY WRAP BINGO

on
Friday, November 30, 2012
12 Noon

Enjoy a tasty wrap sandwich courtesy of Senior Helpers.
Hosted by Marie Studevart, Community Relations Coordinator,
Senior Helpers, Sandy Hook, CT



Christmas Cookie Decorating Workshop- 2012

Wednesday, December 5, 2012
10 A.M.

Learn to design colorful patterns and designs on sugar cookies. Materials will be provided. This is a free arts & crafts class. Instructor: Alexandra Lucas, Director of Marketing & Admissions, Paradigm of Prospect.

Christmas Luncheon & Party

Thursday, December 6, 2012
1 P.M.

Tickets: \$8.00

Luncheon served in the Grand Salon of the Naugatuck Senior Center.

Luncheon menu includes: Chicken Cordon Bleu with gravy; Stuffed pasta shells with tomato sauce; fresh fruit cup; steamed mixed garden vegetables; twice baked potato; Rolls & Sweet Butter; Strawberry whipped cream cake; coffee.

Register for door prizes.

TICKETS: \$8.00

Tickets are available at the office of the Naugatuck Senior Center.

Limited to 70 people.



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December Movie

to be shown in the Grand Salon
of the Naugatuck Senior Center on
Wednesday, December 12, 2012
1 P.M.

Ed Carter, Aide to Mayor Robert Mezzo
hosts the motion picture

ELF

with the actors Will Farrell, James Caan and Bob Newhart
Complimentary Popcorn will be served.



The U.S. Army Recruiting Office
Waterbury, CT
hosts an

U.S. Army Salute BINGO

to be held at the
Naugatuck Senior Center
on

FRIDAY, DECEMBER 14, 2012

12 noon

Presented by Sergeant First Class Gabriel Santiago,
Sergeant Curtiss H. Leilich, and Sergeant Nathan DeBaca



The Students from St. Francis/St.Hedwig School
present
A Christmas Songbook of Seasonal Joy

to take place at the Naugatuck Senior Center on
Wednesday, December 19, 2012
12 Noon

Hear the familiar and beloved songs of the Christmas Season
sung by the youthful voices from the renowned choir
of St. Francis/St. Hedwig School, Naugatuck, CT

Complimentary Christmas cookies, desserts and refreshments will be served.



Operation Christmas Child 2012

From November 1-9, 2012, 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; hygiene items; wrapped hard candies and small toys. Thank you for your thoughtfulness.

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, and 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



HAPPY THANKSGIVING DAY!
Wishing you a bountiful and pleasant Thanksgiving.
From Harvey, Carole, Stephen and Bernie



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

