

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

**OCTOBER, 2012**

Telephone: 203-720-7069 Email: [harvey.naugysenior@sbcglobal.net](mailto: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.

Emily Mrazik has a backyard apple orchard. Emily planted six Cortland apple saplings in her Naugatuck, Connecticut backyard sixty two years ago. “My husband Jack and I had just bought our house on Scott Street. The first year we were there I put in a small vegetable garden. A local rabbit enjoyed the garden more than Jack and I ever did. But one day Jack carried home in an old potato chip canister of Charles Chips these skinny twigs. “What jah got? More work for me?” I questioned. Jack said, “I have a present for you. Your own personal apple orchard. How many husbands give their wife their own apple trees? Go get a shovel!” “ I knew it. More work for me.” I said. “But with Jack’s help, well, more like supervision, I dug the holes in our backyard for the six twigs. And truthfully, I’m glad I did, as Jack was a city boy, and really didn’t know the difference between a sprig of grass and an ear of corn. Three years passed, before I saw the first apple blossoms appear in early April. It was another three years before I actually bit into one of the apples. But with pruning, fertilizers, and shooing away blue jays, Jack and I watched our orchard grow.” fondly recalls Emily.

Mrs. Mrazik continues, “One early October day Jack walked into our kitchen carrying a wooden, bushel basket containing twelve of our apples. They looked like real apples. “Are those from our trees?” I questioned. “They certainly are. How’sa ‘bout makin’ a pie? said Jack. “You want me to make an apple pie? Go ask your mother.” I quickly suggested. Emily remembers, “An hour later Jack’s mother was in my kitchen washing and paring my apples.” “Watch me. It’s easy.” said Mother Mrazik. Thinking back on that kitchen experience Emily smilingly says, “So I watched my mother-in-law. Everything was from scratch. The flour and measured butter for the pie crust. The mixing bowls. The sharp knives. The allspice and nutmeg. And the apples, freshly picked from my apple trees. Then there was the pie dough being flattened and stretched by a wooden rolling pin. The preheating of my old Hotpoint oven. And the aroma of the first apple pie in my kitchen. We actually ate that entire pie the same day it was baked. Delicious. Now, over the past fifty years, hundreds of apples have been harvested and dozens of pies have been baked. I can still hear my mother in law say “very good job” as she tasted my pies, and Jack would say, “thank you” I married the best apple pie baker in the world!” Hopefully the judges at this year’s Apple Harvest Festival will think highly of my apple pies too. I’ll be submitting an entry. Wish me luck!”

Antoinette “Toni” Cronin will also be submitting her pies at the 2012 Apple Harvest Festival. “It’s become an annual tradition these past eight years at the Naugatuck Senior Center.” states Toni. “I use Granny Smiths, McCouns and Cortlands. I pick up some really good looking Cortlands by that Naugatuck house on Scott Street. But you didn’t hear that from me! My pie crust will have added cream cheese and butter in it as that makes the dough easier to handle and leaves the baked crust light and flaky. I use brown sugar and avoid granular sugar in my recipes. I also use a variety of spices, not just the regular apple pie spice. My secret ingredients are amaretto almond flavoring and a splash of Frangella, which is a hickory nut flavoring. Truthfully, it all depends on the mood that I’m in when I’m adding the spices and flavorings to my pies. I’ll be preparing a huge pie for this year’s Apple Harvest Festival’s apple pie judging contest on Thursday, October 18<sup>th</sup> at the Naugatuck Senior Center. Stop by, and I’ll serve you a slice. You just might be tasting a blue ribbon winning apple pie!”

As Emily and Toni prepare their apple pies I want you to also prepare for the **2012 APPLE HARVEST FESTIVAL** taking place at the Naugatuck Senior Center on **THURSDAY, OCTOBER 18, 2012, 1 P.M.** Official entry forms for the submission of your apple pies and apple cakes to this year’s annual baking contest are available at the office of the Senior Center. Prizes will be awarded along with blue ribbons for the winning entries. A pork chop and apple sauce dinner will be served at the Apple Harvest Festival. Tickets are \$8.00

and may be purchased in advance at the Center. Naugatuck Mayor Robert Mezzo will serve as Apple Pie and Apple Cake judge.

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

### **Griffin Hospital Health & Wellness Series**

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

Breast Health: Thursday, October 25

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, October 5, 19, 2012

Friday, November 2, 16, 2012

Friday, December 7, 21, 2012

### **YOGA & SELF RELAXATION CLASS**

Tuesdays, 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 Vaugh, 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 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.

### **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.

### **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, October 1, 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, November 5, 2012 and 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 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**

### **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, October 1, 2012**

**Monday, November 5, 2012**

**Monday, December 3, 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.**

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 open 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. No class on Wednesday, October 31, 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 **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, October 1, 2012.

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**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!

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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.

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### **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.

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### **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, October24, 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.

#### **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: 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:

#### FOXWOOD'S RESORT & CASINO DAY TRIPS

##### **Tuesdays**

**October 9, 2012**

**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.

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#### **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!

#### **DASH DIET COOKING SEMINAR**

Mondays, October 15, 22, 29, 2012

1 P.M.

Learn about the Dash Diet, a dietary approach to stop hypertension. Do you have high blood pressure? This seminar will discuss hypertension, its methods of treatment and understanding your medications and diet. This health and wellness seminar is a three part series, including: Week 1 with a Cardiac Nurse from Danbury Hospital, and the following two classes with the New Opportunities Nutritionist that includes low sodium cooking demonstrations and tasting samples. Attend all three classes and be automatically entered into our drawing for a George Forman Grill. Please register your attendance for The Dash Diet seminar at the office of the Naugatuck Senior Center or call 203-720-7069 for further information. This health and wellness program is made possible through a grant from the Connecticut Community Foundation.

Instructor: Erica Burdon, Senior Nutrition Services, New Opportunities, Inc.

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**PUMPKIN COOKING RECIPES**

Tuesday, October 16, 2012

1 P.M.

A cooking demonstration using sweet pumpkins. Samples of pumpkin soup and pumpkin breads.

Instructor: Randi Bellemare, Community Outreach Representative, The Village at East Farms, Waterbury, CT

**MEDICARE ADVANTAGE SEMINAR**

Tuesday, October 16, 2012

10 A.M.

Learn how the Medicare Advantage Program's annual enrollment changes can save you money on prescriptions and health services. Instructor: John Somero; Aetna representatives.

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The Connecticut Chinese Culture Association  
presents  
*REVIVING 5000 YEARS OF CIVILIZATION*  
**A TASTE OF CHINESE TRADITIONAL CULTURE**

will visit the  
Naugatuck Senior Center

on

**Thursday, October 11, 2012**

**1 P.M.**

See a video presentation on traditional Chinese culture. Participate in a Chinese dance workshop that includes a hands-on experience with classical Chinese dance props such as colorful, long ribbons, waist drums and fans. Hear about the New York based Shen Yun Performing Arts which will perform at the Palace Theater, Waterbury, CT on February 13-14, 2013. Instructor: June Ye; Connecticut Culture Association; Editor of Epoch Times.

Complimentary refreshments will be served.



The Naugatuck Senior Center  
invites you to attend  
**AN APPLE HARVEST FESTIVAL**  
with  
*An Apple Pie & Apple Cake Judging Contest 2012*  
to be held at the  
Naugatuck Senior Center  
300 Meadow Street  
Naugatuck, CT  
on  
**THURSDAY, OCTOBER 18, 2012**  
**1 P.M.**

Enjoy a delicious Boneless Pork Chop dinner with gravy; sweet peas; twice baked potato; autumn harvest apple sauce; garden tossed salad with Italian dressing; rolls and butter; apple pie and coffee.

**RESERVATIONS REQUIRED**

**TICKETS: \$8.00**

***ENTER YOUR FAVORITE APPLE PIE OR APPLE CAKE RECIPE! WIN A BLUE RIBBON!***  
*Entry forms available at the office of the Naugatuck Senior Center.*



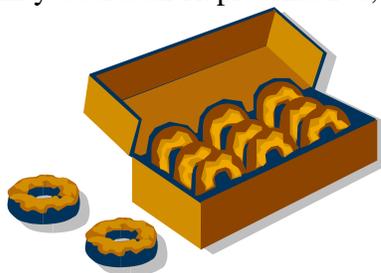
***Aurora Senior Living of Bucks Hill hosts***

Apple Cider and Donuts BINGO

Friday, October 19, 2012

12 Noon

Hosted by Diana DiCocco, Community Outreach Representative, Aurora Senior Living of Bucks Hill.



**Bankers Life hosts**

***An October Jack O'Lantern BINGO***

**Friday, October 26, 2012**

**12 Noon**

Hosted by Angelo Giordano, Bankers Life representative.

The Naugatuck Senior Center  
hosts  
**An October "POT LUCK" Party**  
to be held at the Naugatuck Senior Center on  
**THURSDAY, OCTOBER 25, 2012**  
**1 P.M.**

Enjoy a fun-filled "pot-luck" dinner party.  
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**

Receive information on health and wellness issues presented by Griffin Hospital.

**Limited to 40 people.**

**TICKETS: \$2.00**



## **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!**



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.

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## **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.

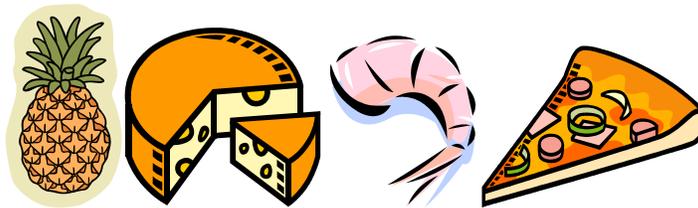
**Visit with Big Y staff from Produce, Dairy, Bakery  
Deli, Seafood, Pharmacy, & Pizzeria.**

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.



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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.



## 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.



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## Christmas Luncheon & Party

Thursday, December 6, 2012

1 P.M.

Tickets: \$8.00

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



## *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.



## *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.

### 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

