

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

September, 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.

The Naugatuck Senior Center and the Connecticut Community Foundation, Inc, invite you to attend **OPEN HOUSE 2012**, to be held in the Grand Salon of the Naugatuck Senior Center, 300 Meadow Street, Naugatuck, CT on **Tuesday, September 18, 2012, 9 A.M.- 1 P.M.** This special event showcases the activities, creative arts groups, special events and services available to older adults. The following informational booths will be attending **OPEN HOUSE 2012**, including: The Naugatuck Senior Center's Arts & Crafts Group; The Yoga Group; The Oil Painting Class; The Cribbage Class; The Line Dancing Class; **Lucille Morrisette-The Coupon Lady**; The U.S. Army Recruiting Station-Waterbury, CT; **Foxwoods Resort & Casino**; New Opportunities, Inc; Beacon Brook Health Care; The Village at East Farms; Glendale Health Care Center; J&L Medical Services; **Connecticut Department of Social Services, Department on Aging**; Griffin Hospital; Lifeline; AARP Safe Driving; VITA Volunteer Income Tax Assistance program; Connecticut Light & Power Company; Naugatuck Valley Memorial; Naugatuck VNA; **Yo Farms Yogurt**; **Dr. Robert Matusz, DPM-Podiatry**; Super Stop & Shop Supermarket; Health Complex; Home Instead Senior Care; Dickey's Barbeque Pit; Connecticut Council on Problem Gambling; Naugatuck Housing Authority; WellCare; **G.S. Regan Associates**; Naugatuck Recycling; and **The Naugatuck Fire Department**.

OPEN HOUSE 2012 will highlight the Naugatuck Senior Center's fine pastry bakers and chocolate candy makers who will have a wide display of delicious baked items for sale. Crafters will display and sell their beaded jewelry, necklaces, bracelets, ear rings, floral arrangements, winter scarves and mitten sets. See a display of beautiful paintings done in the Naugatuck Senior Center's oil painting class. A registration table will be available for those interested in becoming a member of the Naugatuck Senior Center. **OPEN HOUSE 2012** will offer a **complimentary BOX LUNCH** for the **first 125 people attending** this special September event. Register and receive your SENIOR IDENTIFICATION CARD from Griffin Hospital. And don't forget to register for all of the great door prizes that will be available at **OPEN HOUSE 2012!** So mark your calendar for **TUESDAY, SEPTEMBER 18, 2012, 9 A.M.- 1 P.M.** for the Naugatuck Senior Center's famous **OPEN HOUSE 2012!** See you there!

The Naugatuck Senior Center and The Naugatuck Valley Health District reminds you that a **FLU CLINIC** will take place at the Naugatuck Senior Center on **TUESDAY, SEPTEMBER 25, 2012, 9 A.M. – 11 A.M.** Please bring your Medicare Card and Photo ID. No appointment is necessary. A light Continental breakfast will be served during **FLU CLINIC DAY** at the Naugatuck Senior Center, hosted by Banker's Life, Glendale Health Care, Beacon Brook Health Care, Sheraton Health Care, The Village at East Farms, Health Complex and J&L Medical.

September is NATIONAL SENIOR CENTER MONTH. Please take a look at the **SEPTEMBER** 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

ATTENTION!

SENIOR FARMER'S MARKET NUTRITION PROGRAM 2012

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

Eligibility Guidelines for the Senior Farmer's Market Nutrition Program

Income levels for 2012: All participants must be 60 years of age or older, or under 60 and permanently disabled living in subsidized senior housing; and have a maximum household income of not more than 185 percent of the annual poverty income guidelines. These seniors should be participating in other programs with similar means testing verifying eligibility. Seniors not identified by proper means testing shall not be given Senior FMNP checks.

SINGLE PERSON= \$20,665.00 COUPLE=\$27,991.00

The Farmer's Market is located on the Naugatuck Town Green.

YOGA & STRETCHING EXERCISES

Monday-Friday

9 A.M.-10:30 A.M.

Concludes on Friday, August 31, 2012

Learn low impact physical exercises for a healthier body, breathing exercises for internal system wellness, and stretching exercises to keep your muscles flexible. Learn techniques for meditation and self relaxation. Please wear loose fitting clothing to this health and wellness exercise class. Bring your own exercise floor mat. This class will meet in the Main Room of the Naugatuck Senior Center. This is a complimentary health and well program.

Please call 203-720-7069 to register your attendance.

Instructor: Dr. Om Dhankhar, New Dehli, India; Trained yoga instructor.

COMPUTER CLASSES

Thursday, September 13-27, 2012

10 A.M.- 11 A.M.: Class size limited to 4 people

11 A.M.- 12 Noon: Class size limited to 4 people

Learn basic computer skills, understand how to use the Internet and to use email.

If you have your own lap top computer you may register for any of the two offered classes.

This is a free class for members of the Naugatuck Senior Center. There is a \$10.00 fee for non members.

Instructor: Bernie Grant, computer teacher.

Holiday Bazaar Planning Committee

Monday, September 24, 2012

10 A.M.

The Naugatuck Senior Center's Holiday Bazaar Planning Committee is now organizing for its annual November fundraising event. Join the fun and creativity as we plan for Holiday Bazaar 2012.

Griffin Hospital Health & Wellness Series

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

Complimentary Medicines: Thursday, September 27

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, September 7, 21, 2012

Friday, October 5, 19, 2012

Friday, November 2, 16, 2012

Friday, December 7, 21, 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

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.

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, September 10, 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, October 1, 2012 and Monday, November 5, 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.

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, September 10, 2012

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.

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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 June 20-October 17, 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, September 10, 2012.

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, September 26, 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.

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:

- FOXWOOD'S RESORT & CASINO DAY TRIPS**
Tuesdays
September 11, 2012
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

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 in the Barn Theatre. 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. Lunch will be at the OLD RED MILL in southern Vermont. Your luncheon choices include: Baked Salmon, Chicken Piccata or Yankee Pot Roast, all served with the trimmings. After lunch we will visit the APPLE BARN, and take a comfortable wagon ride through a 210 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.

Cost per person: \$98.00

***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.

Stress Management Series

Tuesdays, September 4, 11, & 18, 2012

1 P.M.

This is a three part health and wellness series presenting current information on stress management. The series includes:

1. Stress Management: Causes and Effects-September 4
2. Changing Thinking to Manage Stress-September 11
3. Mind and Body Stress Relievers-September 18

Instructor: Jennifer DeWitt; Executive Director, Central Naugatuck Valley Regional Action Council, Waterbury, CT.

This health and wellness series has been made possible through a grant from the Eat Hill Woods Fund of the Connecticut Community Foundation and CNVRAC.

Pizza Bingo

Friday, September 7, 2012

12 Noon

Hosted by Aetna representative Elena Scofield.

EAT WELL

Wednesday, September 12, 2012

10 A.M.

Learn why it is important to eat more fruits and vegetables. Learn what to do when you are on a budget and how many fruit and vegetables you need to eat each day. This health and wellness program is made possible through a grant from the Connecticut Community Foundation, Inc.

Instructor: Erica Burdon: Nutritionist, New Opportunities, Inc.

FLU SHOT CLINIC

To be held at the Naugatuck Senior Center on

TUESDAY, SEPTEMBER 25, 2012

9 A.M.-11 A.M.

Please bring your MEDICARE CARD and Photo ID.

No Appointment Necessary.

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

Sponsored by the Naugatuck Valley Health District.

**Glendale Health Care Center hosts
A HEALTH & WELLNESS BREAKFAST on
FRIDAY, SEPTEMBER 14, 2012
9 A.M.- 11 A.M.**

Enjoy a complimentary Continental Breakfast will be served courtesy of Glendale Health Care Center, Naugatuck, CT. Also visit health care booths including RISK PREVENTION, DIETARY INFORMATION, FREE BLOOD PRESSURE SCREENING, PHARMACY INFO & YOUR PRESCRIPTION DRUGS-Bring in your prescriptions too better understand the medications you take! Door prizes. Hosted by Patricia Birch, Community Outreach Representative, Glendale Health Care Center, Naugatuck, CT.

Apple Crisp Autumn BINGO

Friday, September 21, 2012

12 Noon

Maureen Torrance, WILLCARE Representative, will host this special BINGO.

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 Elk!

The Naugatuck Senior Center &
CONNECTICUT COMMUNITY FOUNDATION
Cordially Invite You To Attend
OPEN HOUSE 2012



to be held at the
NAUGATUCK SENIOR CENTER
300 Meadow Street
Naugatuck, CT
on

**TUESDAY, SEPTEMBER 18, 2012
9 A.M.-1 P.M.**

Visit with 35 Informational booths including: The Naugatuck Senior Center's Art's & Crafts Group; Connecticut Community Foundation; Brian Vaughn and The YOGA & MEDITATION CLASS; Judy Jawarski and The Oil Painting Class; Chic Konavaluk and The LINE DANCING CLASS; Velma Segó and The Cribbage Team; Lucille Morrisette-THE COUPON LADY; The Village at East Farms; BEACON BROOK HEALTH CARE; GLENDALE HEALTH CARE; J&L MEDICAL SERVICES; Connecticut Department of Social Services-Aging Department; Griffin Hospital HEALTH VAN; LIFELINE; AARP Safe Driving; VITA Income Tax Program; Connecticut Light & Power Company; Naugatuck Valley Memorial; Naugatuck VNA; YoFarms Yogurt; Naugatuck VNA; Health Complex; Naugatuck Recycling; Home Instead Senior Care; Connecticut Council on Problem Gambling; DICKEY'S BARBEQUE PIT-Naugatuck, CT; Dr. Robert Matusz, DPM-Podiatrist; SUPER STOP & SHOP SUPERMARKET;

New Opportunities, Inc.; BANKER'S LIFE AND CASUALTY COMPANY; Foxwood's Resort & Casino; WELLCARE; G.S. Regan Associates; SHERATON HOME CARE; Naugatuck Fire Department; Naugatuck Housing Authority; & MORE!

BAKE SALE
CRAFT SALE
ART SHOWCASE
MEMBERSHIP REGISTRATION TABLE 2013
Griffin Hospital Senior Identification Cards
FREE POPCORN
FREE BOX LUNCH FOR FIRST 125 Visitors!
Register for Door Prizes!



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.

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.



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



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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.

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.

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.

IN MEMORIUM

Jane Lobdell

Naugatuck Youth Services Director

A dear friend to all at the Naugatuck Senior Center.

Dickey's Barbecue Pit Fundraiser for the Naugatuck Senior Center

Visit Dickey's Barbecue Pit
160 Rubber Avenue
Naugatuck, CT

on

MONDAY, SEPTEMBER 24, 2012

11 A.M.- 9 P.M.

Bring everyone you know to Dickey's Barbecue Pit on September 24th, between 11 A.M.-
9 P.M. Ten percent of that day's sale will be donated to the Naugatuck Senior Center.

Special thanks to Donna Ferrari, Owner of Dickey's Barbecue Pit, Naugatuck, CT

Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

Carole Mancini – Food Site Manager/Dispatcher

Stephen Cutler – Mini Bus Driver

Bernie Grant-Office Clerk/Dispatcher

