

Naugatuck Senior Center

300 Meadow Street, Naugatuck, Connecticut 06770

Opened Monday-Friday; 8:30 A.M.– 4 P.M.

AUGUST, 2014

Telephone: 203-720-7069 Email: harvey.naugysenior@sbcglobal.net

The Carriage House Courier

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

Harvey Leon Frydman, Director/Municipal Agent

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

Bill Pagliaro, Darlene Striffler and Sharon Helmes are surrounded by a table filled with travel size tubes of toothpaste. Margo Scott, Albert Kovacs, and Lynn Anderson are arranging containers of dental floss and toothbrushes. Bernice Niro and June Ottowell are counting the bags needed before they start work on their dental care project. These busy Naugatuck Senior Center volunteers are lending a hand to help prepare oral care sample packets for the Connecticut Dental Health Partnership. The oral health packs are distributed throughout the State of Connecticut, to elementary schools, nutrition sites, health fairs and senior citizen centers. The Connecticut Dental Health Partnership (The Dental Plan for Husky Health) is provided by the State of Connecticut's Department of Social Services, with a focus on improving access to care and building a better oral health system. Nettie Sarro, Dental Health Care Specialist for The Connecticut Dental Health Partnership, located in Farmington, CT, representing the North West region of the State, spreading the word on oral health states, "When Mr. Frydman, a member of the Leadership Team for the Coalition of Oral Health was asked if members of the Naugatuck Senior Center would be interested in preparing oral health kits, he gave us a positive response and we set up monthly visits to the Center to have volunteers coordinate the packs. The kits include a soft bristle toothbrush, toothpaste, dental floss, and a how too brochure on brushing and flossing. At our last visit to the Naugatuck Senior Center, I was amazed at how well coordinated and enthusiastic the volunteers were about this project. Within three hours, over 1500 oral health kits were completed. In appreciation for all of this energetic and appreciated voluntary effort, I like to thank the volunteers with a pizza luncheon. Christine Boisvert, Care Coordination and Outreach Management Assistant for The Connecticut Dental Partnership and I now look forward to our monthly visits to the Naugatuck Senior Center."

Ms. Boisvert shares, "I recently attended the Naugatuck Senior Center's wellness clinic where the oral health packs were being distributed. I presented over 150 packs to those visiting the clinic. Many of the volunteers who visited our booth area enthusiastically pointed to the packs and remarked, "I helped make that pack!"

Bill Pagliaro says, "I usually come down to the Center for the Friday Bingo games, but when I heard Harvey announce that volunteers were needed for this project, I thought it would be a worthwhile. I like the volunteers I'm working with on this activity and the staff from The Connecticut Dental Health Partnership make the time that I'm there fun! I'm also learning how to take better care of the teeth I still have in my mouth! It's good to stay healthy, and even better when you learn something new every day. I just learned about the benefits from using a soft bristled toothbrush. Nettie gave me a new soft bristled toothbrush with a blue colored handle. The blue matches my eyes!"

As Mr. Pagliano admires his new toothbrush, I want you to take a look at some of the following August events planned at the Naugatuck Senior Center, including: A Summer Dip BINGO, Friday, August 1, 2014, 12 noon; **A HOME ENERGY SOLUTIONS** and BINGO GAME with Lorenzo Wyatt and Emma Alamo, Friday August 8, 2014, 12 Noon; and A Lemonade Afternoon, Friday, August 15, 2014, 12 Noon.

I also invite you to take a look at the **August** issue of the **Carriage House Courier** and fill your calendar with the wide variety of special events and activities offered at the always active Naugatuck Senior Center.

Sincerely;

Harvey Leon Frydman

Director

The Naugatuck Senior Center &
The Connecticut Dental Health Partnership

HUSKY HEALTH

seeks

VOLUNTEERS

to help coordinate and prepare

DENTAL KITS

that will be distributed throughout the State of Connecticut.

This volunteer activity will take place at the Naugatuck Senior Center on the following **WEDNESDAYS,**
10 A.M.-1 P.M. dates:

August 13, 2014

September 10, 2014

October 15, 2014

November 12, 2014

December 10, 2014

Please register your name at the office of the Naugatuck Senior Center if you plan on volunteering for this activity.

A complimentary pizza luncheon will be offered to those volunteering for this program.

Holiday Bazaar Planning Committee Meeting

Tuesday, August 26, 2014

10 A.M.

Add your creativity and support as we organize the 2014 Holiday Bazaar for the Naugatuck Senior Center.

This meeting will be held at the Naugatuck Senior Center.

Family Intervention Center Social Service Referral Program

Receive wellness information and helpful, social service referrals.

WEDNESDAYS at the Naugatuck Senior Center, 10 A.M.

This program is made possible through a grant from the Connecticut Community Foundation.

YOGA & SELF RELAXATION CLASS

Starting on Friday, September 5, 2014

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

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

Wii Computer Games

Thursdays

1 P.M.

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

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.

2015 Naugatuck Senior Center Membership Dues

Get your **NEW 2015 MEMBERSHIP CARD** at the Senior Center’s office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2015. 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 2015 **Membership Card is LIME GREEN!**

AARP SAFE DRIVING COURSE will take place at the Naugatuck Senior Center on **Monday, September 8, 2014, 8:30 A.M.-12:30 P.M.** Class limited to 25 people. The next Safe Driving class will be held on **Monday, October 6, 2014. This AARP Safe Driving Course is \$15.00 for members and \$20.00 for non members. Checks (no cash please) should be made payable to “AARP”.**

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.

The Setback Group

Fridays

1 P.M.

Join Bob Green, Thelma Nelson, Shirley Cummings, Miss Joan, and Miss Mary for a game of Set Back-Short Deck. Setback is a lot of fun! Come and have a great afternoon with the Setback Group!

LUNCH PROGRAM

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

Naugatuck Social Services

Helping Naugatuck Residents in Need!

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

Appointment Hours:

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

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

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

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

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

MINI BUS TRANSPORTATION SCHEDULE

9:00 A.M. –10:00 A.M. PICK UP
12 Noon Return trip

10:00-11:00 PICK UP
1:00 Return Trip

Mondays: Naugatuck Senior Center, Mountview Plaza
Wednesdays: Naugatuck Senior Center, WalMart
Thursdays: Naugatuck Senior Center, Big Y Supermarket
Fridays: Naugatuck Senior Center, Mountview Plaza

Please call HRD the day before 203-723-8037
Limit of 5 bags per trip.

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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.

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.
New class starts on Monday, September 22, 2014

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. 17 sessions/\$65.00. For further information call 720-7069. Classes run from May 1-August 27, 2014.

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

- **The Naugatuck Senior Center is in need of STRAW BASKETS, KNITTING YARN, sewing supplies, fabric, thread, buttons, batting, dishes, tea cups with saucers, flower vases and used greeting cards. If you have any of these needed items and would like to donate them to the senior center, please call Harvey at 203-720-7069. Thank you for your thoughtfulness!**

The Red Hatters will hold their monthly meeting at the Naugatuck Senior Center on Monday, August 11, 2014; 10 A.M.

BIG BINGO GAME! BINGO is played every FRIDAY at 12 NOON in the Grand Salon of the Naugatuck Senior Center. BINGO CALLER is Diana MacKenzie. Fee: \$1.00

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

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

Get Your Medicare Questions Answered!

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

Good Morning Naugatuck!

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

GRIFFIN HOSPITAL will visit the Naugatuck Senior on **Wednesday, August 27, 2014; 10:00 A.M. for a complimentary BLOOD PRESSURE SCREENING**. This is a **FREE Health & Wellness program**. Stop by for a complimentary fresh apple!

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

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

Connecticut Home Care Program for Elders

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

Long Term Care Services and Supports

Check out Connecticut's official LONG TERM CARE WEBSITE for older adults, persons with disabilities and caregivers. Long term care represents the full range of services and supports needed for everyday living whether at home or elsewhere. Visit www.ct.gov/longtermcare and find out about services and supports for you and/or your loved ones. This website is brought to you by the Connecticut Commission on Aging, Office of Policy & Management and Long Term Care Advisory Council per mandate of the Connecticut General Assembly.

Naugatuck Social Service Network

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

Naugatuck Social Service Network Resource List

INFOLINE: 211

Naugatuck Senior Center: 203-720-7069

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

Connecticut Department of Social Services

Protective Services for the Elderly: 1-888-385-4225

Meals On Wheels: 203-756-5261

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

Naugatuck Visiting Nurses Association: 203-720-7095

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

Naugatuck Youth Services: 203-720-5673

Contact: 13 Scott Street, Naugatuck, CT 06770

American Red Cross:

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

CT. Dept. of Social Services: 1-866-454-1108

Waterbury Region, 24 Thomaston Avenue, Waterbury, CT 06708

Ecumenical Food Bank: 203-723-1922

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

Department of Public Health: 203-881-3255

Contact: Deborah Horvath, Naugatuck, CT

Safe Haven of Greater Waterbury, Inc.: 203-575-0388

Contact: Peggy Panagrossi, 29 Central Ave. P.O. Box 1503, Waterbury, CT 06721

Naugatuck Social Services: 203-729-5285

Contact: Lynn Donovan: 575 Rubber Avenue, Naugatuck, CT 06770

Human Resource Development Agency (HRD): 203-729-5285

Contact: Leslie Mengacci: 575 Rubber Avenue, Naugatuck, CT 06770

Family Services of Greater Waterbury, Inc.: 203-720-5060

16 Hillside Avenue, Naugatuck, CT 06770

Central Avenue Preschool

Naugatuck Head Start School Readiness: 203-720-5224

28 Central Avenue

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:

FOXWOODS CASINO DAY TRIP 2014

Tuesday, August 12, 2014

Tuesday, September 9, 2014

Tuesday, October 7, 2014

Tuesday, November 18, 2014

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

Cost: \$28.00

West Point and Fall Foliage Trip

Thursday, October 2, 2014

Leave the Naugatuck Senior Center at 7 A.M.

A visit and salute to **WEST POINT, New York!** Enjoy a 90 minute tour of the West Point Military campus, with our step on tour guide, plus added information from U. S. Army Staff Sergeant Curtiss H. Leilich and Sergeant Korean Treadwell. Enjoy an included luncheon at **TORCHES ON THE HUDSON restaurant**, with a fine dining view of the Hudson River. See Torches' salt water aquarium. After lunch we will visit the **BROTHERHOOD WINERY** for a fascinating and educational tour.

Cost per person: \$92.00

***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.**

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!

Dear Friends of the Naugatuck Senior Center;

Your contribution of decaffeinated cans of coffee, tea, sugar packets and bag sugar will help allow the Center to continue to provide complimentary cups of coffee and tea to you and our visitors to the Naugatuck Senior Center.

Thank you for your generous help!

Sincerely,
Harvey Leon Frydman



SETBACK GROUP

Learn a variation on the card game Setback. This is a fast moving version played by four players divided into two teams and using a short deck with the seven as low. If interested in joining this Setback group, please call Bob Greene at 203-729-0397.

Take A Summer Dip BINGO

Friday, August 1, 2014

12 Noon

Take a cooling dip into the Naugatuck Senior Center this hot August and enjoy a refreshing summer snack! Savor a complimentary assortment of chips and dip! This is a part of our regular Friday afternoon Bingo game!

HOME ENERGY SOLUTIONS BINGO

Friday, August 8, 2014

12 Noon

Receive free of charge weatherization and energy efficiency services information.

Win energy saving prizes. This special event is a part of our regular Friday afternoon Bingo game.

Instructors: Lorenzo Wyatt, Vice President and Owner, Mr. Handyman, and Emma Alamo, Community Outreach Representative, Mr. Handyman Home Energy Solutions.

Lemonade Afternoon at the Naugatuck Senior Center

Friday, August 15, 2014

12 Noon

Enjoy a cooling afternoon at the Naugatuck Senior Center. Complimentary lemonade will be served.



VITAS Life Planning Seminar

Thursday, September 4, 2014

10 A.M.-11:14 A.M.

Learn about the “5 wishes” for life planning.

Complimentary refreshments will be served.

Instructor: Joyce Buselli, VITAS Representative

U.S. Army Exercise Class

Mondays, September 15-29, 2014

10 A.M.-10:45 A.M.

This is a low impact, muscle strengthening exercise class.

Instructors: Staff Sergeant Curtiss H. Leilich and Sergeant Korean Treadwell.

Healthy Cooking for Seniors Tuesdays, September 2-30, 2014 10 A.M.-11:30 A.M.

Learn about healthy cooking, meal planning and nutrition for special medical topics, including high cholesterol, diabetes, and high blood pressure.

An interactive cooking program will be a part of this 5 week nutrition course.

Receive recipes and nutrition information pamphlets.

This is a complimentary health and wellness program provided by BRASS CITY HARVEST.

This program has been made possible through a grant
from Connecticut Community Foundation, a Pathways Grant.

Instructor: Nichole Theriault, MS, Clinical Nutritionist, BRASS CITY HARVEST

Please register your attendance for this cooking class at the Naugatuck Senior Center's office.

Class limited to 20 people.

American Red Cross

hosts

An Emergency Preparedness BINGO

to be held at the

Naugatuck Senior Center on

FRIDAY, SEPTEMBER 5, 2014

12 Noon

Receive helpful emergency preparedness information.

Free Emergency Preparedness Kits will be Available to first 45 BINGO players.

The kits include: Light Stick, Poncho, Whistle, Blanket, Dust Mask, and a Water Bottle.

Win special Emergency Preparedness BINGO prizes!

Instructor: Barbara Ripps, American Red Cross, Community Outreach Representative.

This special American Red Cross bingo event has been made possible through a grant from the Connecticut Community Foundation.



Beacon Brook Autumn Harvest BINGO

Friday, September 26, 2013

12 Noon

Guest Bingo Caller: Al Pistarelli, Community Outreach Representative, Beacon Brook Health Care, Naugatuck, CT

The Naugatuck Senior Center
and
ION BANK
host
NAUGATUCK VALLEY SENIOR DAY 2014
to be held at the Naugatuck Senior Center
on
THURSDAY, SEPTEMBER 18, 2014
9 A.M.-2 P.M.

Visit over 40 informational booths; including

The Naugatuck Senior Center
Naugatuck Registrar of Voters
Naugatuck Recycling Center
Naugatuck Board of Education
Naugatuck TRIAD

Naugatuck Fire and Police Department
Super Stop and Shop Supermarket
Griffin Hospital

The Western Connecticut Area Agency on Aging

Mr. Handyman

End Hunger Connecticut

All About You Home Care Services

The Village at East Farms

WELLCARE

Glendale Center

The Central Naugatuck Valley Regional Action Council

Beacon Brook Health Center

The Connecticut Coalition for Oral Health

Connecticut Light & Power Company

Prospect Memorial with Joseph Corona

Yo Farms Yogurt

The Heart Center of Greater Waterbury

ION BANK

Texas Roadhouse Restaurant

Naugatuck Valley Memorial

Dr. Robert Matusz-Family Podiatry

Naugatuck Family Chiropractic

The Club

The Naugatuck YMCA

Naugatuck Housing Authority

HRD

OptiCare

THE CORNER TAVERN

Citizen's News

Foxwoods Resort & Casino

The United States Army-Waterbury Recruiting Office

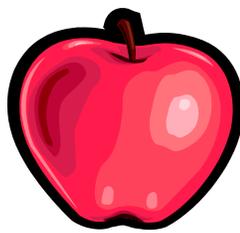
State Senator Joan Hartley

State Representative Rosa Rebimbas

Naugatuck Mayor Robert Mezzo

DOOR PRIZES

Complimentary Refreshments



Naugatuck Valley Senior Day 2014 is made possible through a generous grant from ION BANK.

The Corner Tavern
hosts
A September Bingo
on
Friday, September 19, 2014
12 Noon
Ryan Whipple and Tara Mirto
co-owners of
The Corner Tavern
178 North Main Street
Naugatuck, CT
will be our guest Bingo Callers!



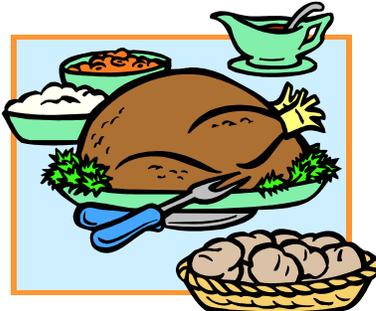
BLUE PLATE SPECIAL!

The hottest place for a satisfying lunch in Naugatuck is right here at your Naugatuck Senior Center!
Join Carole Mancini as she serves you a complete, well balanced luncheon, prepared by the nutritionists from
New Opportunities, Inc, Waterbury, CT.

Monday through Friday, the luncheon bell rings promptly at 11:30 A.M. to welcome you to the Naugatuck Senior Center's dining room. Sit down at our linen covered dining tables, complete with place matted settings and sterling silver dinnerware. Lovely hostesses will pleasantly pour you a cup of coffee, offer you a bowl of warming vegetable soup or a fresh garden salad. Enjoy a variety of main courses, ranging from sliced roast beef, chicken cordon bleu, or baked salmon. Satisfy your sweet tooth with a slice of strawberry cream cake, vanilla pudding, or a fresh fruit compote.

All meals are served with milk, hot tea or coffee.

For a complete monthly menu of our available daily lunches, call Carole Mancini at 203-720-7069.



MISSISSIPPI MARBLES-A New Group Game

A new dice game is being formed at the Naugatuck Senior Center.

Learn to play Mississippi Marbles,
a dice game that lets you keep on rollin'!

Game materials provided.

Tuesdays, 1 P.M.

Instructors: Mary Doback and Joyce Luzio, Mississippi Marbles game players.



The Naugatuck Senior Center welcomes Breana Williams as our
New Opportunities, Inc,
Summer Youth Work participant!



Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

Carole Mancini – Food Site Manager/Office Assistant

