

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

MARCH, 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.

A lavender colored crocus is the first sight on spring at the Naugatuck Senior Center. The small, delicate flower has bravely burst through the last layers of winter ice and warms itself with March sunshine. As melting snow reveals other bits of green sprouting from the garden grounds surrounding the Senior Center, an early Robin Red Breast is bobbing about the garden, looking for a meaty meal and a bit of nesting straw. Four small, pale tan and silver grey feathered chickadees gather about the seed feeding station at the entrance to the Senior Center. The excited birds are flapping their razor thin wings, picking at their breakfast. An early honey bee is visiting our Butterfly bush. The humming little bee is too early this year and will have a long wait before the bush's purple blossoms burst with nectar filled flowers. All of this busy springtime energy brightens the day, and as the March winds blow away the last remnants of the passing winter, we welcome the pastel colors and sounds of spring.

The kitchen at the Naugatuck Senior Center is also in preparation of an annual springtime occurrence. The planning of the Center's famous **St. Patrick's Day luncheon** is an anticipated tradition. The steamed corned beef will be thinly sliced to perfection, and the cabbage and carrots will be simmering on the stove top. The aroma of this traditional Irish dinner fills the entire Senior Center for weeks! Carole Mancini, Food Site Manager, dons her lucky shamrock decorated apron, and will prepare the sliced Irish soda bread. **Patty Birch, Community Outreach Representative for Glendale Health Care** and **Veronica Rinaldi, Community Outreach Representative for All About You Home Care Services**, will arrange bouquets of green carnations, as May Tardy designs her charming "Wearing of the Green" boutonnieres, and the **Brothers of the Novitiate Choir** from the **Legion of Christ College**, Cheshire Connecticut practice their version of the song **O Danny Boy**. **U.S. Army Sergeant Curtiss H. Leilich**, and members of the **U.S. Army Waterbury branch office** are ready to be our gallant waiters for the day, and make sure everyone is served with a salute and a smile. **Army Sergeant Nathan C Debaca** will serve as our coffee barrista, adding whipped cream topping to the Center's richly flavored, imitation Irish coffee, and make room for some pistachio flavored pudding topped with a Lorna done cookie.

The annual **St. Patrick's Day luncheon, sponsored and hosted by Glendale Health Care and All About You Home Care Services**, will take place at the **Naugatuck Senior Center on Thursday, March 6, 2014, 1 P.M.** **Tickets are \$8.00** per person and are available at the Center's office. **Space is limited to 100 people.** A fun filled day is guaranteed! Happy St. Patrick's Day!

During the month of March, please attend all of the following special events, including: A **Veteran's Coffee Hour** with **Joyce Buselli, VITAS Home Care**, on **Wednesday, March 5, 10 A.M.**; **Foxwoods Casino day trip** on **TUESDAY, MARCH 11, 2014, 7:30 A.M.**, cost, \$25.00 per person; A **St. Patrick's Day Lucky Charm necklace design workshop** with **Bernice Niro** on **Friday, March 14, 2014, 10 A.M.**; and a **BEACON BROOK HEALTH CARE BREAKFAST** with **Al Pistarelli**, on **THURSDAY, MARCH 20, 2014, 9 A.M.**

I also invite you to take a look at the **MARCH** 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

Holiday Bazaar Planning Committee Meeting

Tuesday, March 18, 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.

Blood Pressure Screening/Medicine Check with HOP BROOK PHARMACY-Middlebury, CT

Complimentary blood pressure screening. Bring in all of your prescription and non prescription, “over the counter” bottles in a brown bag for the Hop Brook pharmacist to evaluate.

Sirisha Mallidi, Pharmacist

Matt Carrano, Pharmacist

Fridays: 11 A.M.-12 Noon

April 25, 2014

May 23, 2014

June 27, 2014

CHOICES

The Connecticut program for Health insurance assistance, Outreach, Information and Referrals, Counseling and Eligibility Screening.

Thursdays at the Naugatuck Senior Center

9 A.M.-12 Noon

Receive assistance with filling out Social Security and Medicare forms; information on Medicare Prescription Part D program and Food Stamps program; and other social services available to older adults.

This service has been made possible to members of the Naugatuck Senior Center through a grant from the Connecticut Community Foundation.

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.

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, March 7 & 21, 2014

Friday, April 4 & 18, 2014

Friday, May 2 & 16, 2014

YOGA & SELF RELAXATION CLASS

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.

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, Physical Therapy Department. This is a complimentary health and wellness service. If you are donating a cane or walker, it is preferred that they are adjustable aluminum and that the walkers have installed wheels. Thank you.

The Coupon Clipper

FRIDAYS, 11 A.M. – 12 Noon

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

“Day Old” Bread from Super Stop & Shop

Lucille Morrisette delivers “Day Old” breads and assorted pastries on MONDAYS, WEDNESDAYS, & FRIDAYS. This is a complimentary service from Super Stop & Shop, Naugatuck, CT Store.

2014 Naugatuck Senior Center Membership Dues

Get your *NEW 2014 MEMBERSHIP CARD* at the Senior Center's office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2014. 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 2014 *Membership Card is Cherry Pink!*

AARP SAFE DRIVING COURSE will take place at the Naugatuck Senior Center on **Monday, March 3, 2014, 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, April 7 and May 5, 2014. The AARP Safe Driving Course is \$15.00 for members and \$20.00 for non members.**

Call 203-720-7069 to register for these AARP Safe Driving classes.

Women's Poker Club

Tuesdays

1 P.M.

Join Margo Scott and friends for a fun game of poker.

CRIBBAGE at 1 P. M.

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

Learn to play or update your skills while enjoying the group game of CRIBBAGE. Join Velma Segó, master Cribbage player as she instructs and guides you through a fun afternoon of this card game. For further information or to register your attendance call **Velma at 203-714-7177.**

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

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; 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;
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 203-729-5285 the DAY BEFORE they want to ride the Mini bus. Appointments for Monday must be made on Friday. Please call HRD 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, disabled 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.
- Only 5 bags of grocery items per passenger are allowed on the Mini Bus during your day's ride.
- **ATTENTION RIDERS: ALL PASSENGERS ARE REQUIRED TO ORDER THEIR TRANSPORTATION NEEDS ONE DAY IN ADVANCE.**

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

Monday, March 3, 2014

Monday, April 7, 2014

Monday, May 5, 2014

Monday, June 2, 2014

Please call the 203-729-5285 to schedule your transportation.

DIAL A RIDE

Free Transportation on TUESDAYS.

The Greater Waterbury Transit District is offering eligible Naugatuck seniors, age 60 and older, and the disabled, a transportation service, available on Tuesdays, 10 A.M.-3 P.M. This is a free transportation service. To participate and register for DIAL A RIDE, call the Naugatuck Senior Center at 203-720-7069.

The North East Transportation also has Paratransit Services to Gaylord Rehabilitation Center, Wallingford, CT. "Reservations Required" on a first come first serve basis. All passengers must be eligible and certified under the ADA guidelines. Please call 203-756-5550 for detailed information and reservations.

The Retired Men's Club takes place at the Naugatuck Senior Center every WEDNESDAY at 1:30 P.M.

ART CLASS: Get out your paint brushes and create a work of art, with oil paint, acrylics and watercolor paints. This art class takes place at the senior center on MONDAYS, 1:00 P.M. – 3:00 P.M. Please see instructor for further information about this art class. Class fee: \$5.00 per class. Instructor: Judy Jaworski.

Arts & Crafts classes take place every TUESDAY; 1 P.M. – 3 P.M

***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 January 8-April 30, 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, March 10, 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

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, March 26, 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, March 11, 2014

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

Cost: \$25.00

September 11th Memorial and Museum

Wednesday, June 25, 2014

Leave the Naugatuck Senior Center at: TBA

The Memorial is a national tribute of remembrance and honor to the nearly 3000 people killed in the terror attacks of September 11, 2001 at the world Trade Center, the Pentagon, and United Flight 93 that crashed near Shanksville, PA.

Trip includes: Transportation; Luncheon at Carmine's; and admission to the 9/11 Memorial and Museum.

Cost per person: To be Announced.

***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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SENIOR HOME WORK PROGRAM

The Naugatuck Elks Lodge 967 will help Naugatuck senior or disabled home owners with maintenance of their homes. The volunteer work that the Elks will do includes:

- Clean Gutters
- Yard Clean up
- Trim Bushes and hedges-Rake
- FIX A FAUCET
- Change Storm Windows

For further information all the Elks Lodge at 203-729-7967 or Mr. Jim Desmarais at 203-490-9058

Thank you Naugatuck Elks!

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AT&T Connecticut Lifeline

Because phone service is so important in today's world, AT&T Connecticut believes everyone should have access to it. AT&T Connecticut offers a discounted telephone service plan: Regular Lifeline makes basic phone service more affordable to qualified customers. Call 1-800-288-2020 to see if you qualify for the discounted AT&T Lifeline service or for more information.

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Dear Friends of the Naugatuck Senior Center;

Your contribution of decaffeinated cans of coffee, tea, 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.

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Veteran's Coffee Hour

Wednesday, March 5, 2014
10 A.M.-11 A.M.

A discussion of our Veteran's military service and available, current benefits for veterans. Complimentary coffee and refreshments will be served. Hosted by VITAS Home Care, Joyce Buselli, Outreach Representative.

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**GLENDALE HEALTH CARE CENTER
&
ALL ABOUT YOU HOME CARE SERVICES**

Invite You To Attend
The Naugatuck Senior Center's
St. Patrick's Day Luncheon & Social

to be held at the
Naugatuck Senior Center
300 Meadow Street
Naugatuck, CT

on

Thursday, March 6, 2014

1 P.M.

**Entertainment provided by the Novitiate Choir
from the Legion of Christ College, Cheshire, Connecticut**

Luncheon menu includes: Steaming, sliced Corned Beef, hot buttered white potatoes,
hot buttered cabbage, sweet boiled carrots, rye bread, hot coffee and dessert.

Tickets: \$8.00 per person.



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St. Patrick's Day Lucky Charm Necklace Creative Workshop

Friday, March 14, 2014

10 A.M.

Make a necklace to help celebrate St. Patrick's Day! Think GREEN!

Complimentary materials will be provided. Limited to 10 people.

Please register your attendance for this class at the office of the Naugatuck Senior Center.

Instructor: Bernice Niro, Jewelry designer.
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Beacon Brook Health Care
cordially invites you to attend
A First Day of Spring
BREAKFAST
to be held at the
Naugatuck Senior Center on
THURSDAY, MARCH 20, 2014
9 A.M.-10 A.M.

Enjoy a complimentary waffle and fresh fruit breakfast!
Hosted by Al Pistarelli, Community Outreach Representative, Beacon Brook Health Center,
Naugatuck, CT.



Eye Care Health

Friday, April 4, 2014
10 A.M.

A discussion on cataracts and vision care.
Instructor: Dr. Datka

The U.S. States Army hosts A Star Spangled BINGO

Friday, April 11, 2014
12 Noon

Join Sergeants Curtiss H. Leilich, Nathan C Debaca, and Carlito Corpuz, for our Friday afternoon BINGO program.

**Mother's Day Bingo with State Representative Rosa Rebimbas
and All About You Home Care Services**

Friday, May 9, 2014
12 Noon.

This BINGO is a part of the Naugatuck Senior Center's regular Friday afternoon BINGO program. It will be hosted and called by State Representative Rosa Rebimbas and Veronica Rinaldi, Community Outreach representative for All About You Home Care Services, Naugatuck, CT.

A Health & Wellness BINGO with Hop Brook Pharmacy

Friday, May 16, 2014
12 Noon

This BINGO is a part of the Naugatuck Senior Center's regular Friday afternoon BINGO Program. This special BINGO will be hosted by Matt Carrano, pharmacist, Hop Brook Pharmacy, Middlebury, CT.

The Naugatuck Senior Center
cordially invites you to attend
OPEN HOUSE 2014

to be held at

The Naugatuck Senior Center
FIDAY, APRIL 4, 2014
11:30 A.M.-2 P.M.

Enjoy a welcoming day at the Naugatuck Senior Center.

Join your friends for Bingo!

Visit with the following:

The Naugatuck Senior Center
Beacon Brook Health Care
Glendale Health Care
Naugatuck VNA

The U.S Army-Waterbury Recruiting Station
Naugatuck Housing Authority
Naugatuck Registrar of Voters
Hop Brook Pharmacy
Citizens News

*Complimentary **BOXED LUNCH** for first 80 Visitors!*

Door Prizes! Free Popcorn!



The Naugatuck Senior Center
Invites you to Attend
**The 2014 Naugatuck Senior
Health & Wellness Screening**
to be held at the
Naugatuck Senior Center
on
THURSDAY, JUNE 12, 2014
9 A.M.-1 P.M.

The following free health screenings will be provided:

Cholesterol

Vision

Blood Pressure

Blood Sugar

A complimentary boxed lunch will be served to the first 150 participants.



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

