

## Naugatuck Senior Center

300 Meadow Street, Naugatuck, Connecticut 06770

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

**SEPTEMBER, 2014**

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

The Carriage House Courier

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

**Harvey Leon Frydman, Director/Municipal Agent**

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

The Naugatuck Senior Center and **ION Bank** invite you to attend **NAUGATUCK SENIOR DAY 2014**, to be held in the **GRAND SALON** of the **Naugatuck Senior Center, 300 Meadow Street, Naugatuck, CT, on THURSDAY, SEPTEMBER 18, 2014, 9 A.M.-1 P.M.**

This special event showcases the programs and services available to older adults residing throughout the Naugatuck Valley area. The following informational booths attending

**NAUGATUCK SENIOR DAY 2014** include: The Naugatuck Senior Center; **ION BANK**; *The Connecticut Department of Consumer Protection*; Hearing Aids by Zounds;

The Taft School-Theatre Department; Naugatuck Registrar of Voters; **The Corner Tavern**;

**Mr. Handyman**; New Opportunities, Inc.; *Prospect Memorial with Joe Corona*;

**Beacon Brook Health Care Center**; The Village at East Farms; **Glendale Health Center**;

Family Care **Visiting Nurses**; **The U.S. Army Recruiting Station-Waterbury, CT**;

**VITAS**; **Connecticut Dental Health Partnership**; The Watermark at East Hills;

**All About You! Home Care Services**; Griffin Hospital; Lifeline; AARP Safe Driving;

Naugatuck Registrar of Voters; **WELLCARE**; The Heart Center of Greater Waterbury;

Help Unlimited, Inc.; **TRIAD-Naugatuck**; *Naugatuck Valley Memorial*; Citizen's News;

The Western Connecticut Area Agency on Aging; **YO FARMS YOGURT**; YMCA;

**Dr. Robert Matusz-Podiatrist**; Naugatuck Housing Authority; OptiCare; Acuity House Call;

HRD; **Super Stop & Shop Supermarket**; Foxwoods Resort & Casino;

Naugatuck Fire Department; **Aurora Senior Living at Bucks Hill**;

*Texas Roadhouse Restaurant*; Naugatuck Mayor Robert Mezzo, State Representative Rosa Rebimbas, State Senator Joan Hartley, and MORE!

**Naugatuck Senior Day 2014** will highlight the Naugatuck Senior Center's upcoming activities and special events, including a **FLU CLINIC on SEPTEMBER 25, 9 A.M.-11 A.M.**; an annual **APPLE HARVEST FESTIVAL on Thursday, October 9, 2014**, and the famous **HOLIDAY BAZAAR** to be held at the Naugatuck Senior Center on **Friday, October 31 and Saturday, November 1, 2014, 8:30 A.M.-4 P.M.** **SENIOR DAY 2014** will offer a complimentary **BOX LUNCH** for the first 125 people attending this September event. Register for **GREAT DOOR PRIZES** that will be available at **NAUGATUCK SENIOR DAY 2014**! So mark your calendar for **THURSDAY, SEPTEMBER 18, 2014, 9 A.M.-1 P.M. for the Naugatuck Senior Center's SENIOR DAY 2014! See you there!**

I also invite you to 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 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:**

**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, September 23, 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.

*The Zemruski Family Polka Hour*  
*and*

*Naugatuck Valley Memorial*

Cordially invite you to attend a  
**September Social & Dinner Party**  
to be held at the  
Naugatuck Senior Center

On

**FRIDAY, SEPTEMBER 5, 2014**  
**2 P.M.- 4 P.M.**

Enjoy a *POLKA CONCERT* courtesy of  
The Zemruski Family Polka Hour

**And a complimentary PASTA DINNER**

hosted by Joseph Zemruski, Steven P. Zemruski, Nathaniel and Grace Zemruski,  
Naugatuck Valley Memorial and Fitzgerald/Zemruski Funeral Home.

**LIMITED TO 60 GUESTS**

Please register at the office of the Naugatuck Senior Center  
and receive your free invitation to this special September event.



**Athena Health Care/Shady Knoll Health Center** hosts a  
**September Apple Cider Bingo**  
**Friday, September 12, 2014**  
**12 Noon**

Enjoy our regular Friday afternoon Bingo with Athena Health Care/ Shady Knoll Health Care.  
Complimentary apple cider and donuts.

Hosted by Anastasia Timpko, Community Outreach Representative, Athena Health Care/Shady Knoll Health Center.

**Wii Computer Games**

Thursdays

1 P.M.

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

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### **Naugatuck Social Services**

#### **Helping Naugatuck Residents in Need!**

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

#### **Appointment Hours:**

**Monday: 8:30 A.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. 15 sessions/\$55.00. **No class on October 29, 2014.** For further information call 720-7069. Classes run from September 3-December 17, 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, September 15, 2014; 10 A.M.

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

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

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

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**Get Your Medicare Questions Answered!**

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

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**Good Morning Naugatuck!**

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

**GRIFFIN HOSPITAL** will visit the Naugatuck Senior on **Wednesday, September 24, 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!

**All About You! Home Care Services** will give complimentary **BLOOD PRESSURE SCREENINGS** at the Naugatuck Senior Center, **11 A.M.-12 Noon, on the FIRST & THIRD FRIDAY of the MONTH.**  
**Next screening dates: Friday, September 5 & 19, 2014**

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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.

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

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### Long Term Care Services and Supports

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

### Naugatuck Social Service Network

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

### Naugatuck Social Service Network Resource List

INFOLINE: 211

Naugatuck Senior Center: 203-720-7069

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

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 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, September 9, 2014**

**Tuesday, October 7, 2014**

**Tuesday, November 18, 2014**

**Tuesday, December 16, 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. Instructor: Bob Greene.

### **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.

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**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.



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**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.**



**FLU CLINIC 2014**

**Thursday, September 25, 2014**

**9 A.M.-11A.M.**

Insurance accepted: MEDICARE PART B; ANTHEM Blue Cross/Blue Shield; AETNA; and ConnectiCare. People attending the Flu Clinic are asked to wear loose fitting clothes with short sleeves. This clinic is provided by the Naugatuck Valley Health District.

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 TRIAD

Naugatuck Fire and Police Department

**Super Stop and Shop Supermarket**

Griffin Hospital

The Western Connecticut Area Agency on Aging

**Mr. Handyman**

All About You! Home Care Services

The Village at East Farms

**WELLCARE**

Glendale Center

**Beacon Brook Health Center**

The Connecticut Coalition for Oral Health

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-Podiatrist

The Naugatuck YMCA

Naugatuck Housing Authority

HRD

OptiCare

**THE CORNER TAVERN**

Citizen's News

**Foxwoods Resort & Casino**

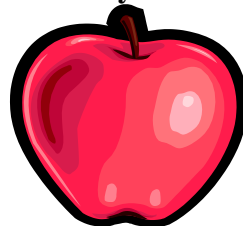
**The United States Army-Waterbury Recruiting Office**

Naugatuck Mayor Robert Mezzo

State Senator Joan Hartley State Representative Rosa Rebimbas

**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!



**Beacon Brook Bingo**  
**Friday, September 26, 2014**  
**12 Noon**

Al Pistarelli, Community Outreach Representative, Beacon Brook Health Care, Naugatuck, CT hosts this special Beacon Brook Bingo. This Bingo is a part of the Naugatuck Senior Center's regular Friday Bingo.

**Medicare Round Table Discussion Group**  
**Wednesday, October 1, 2014**  
**1 P.M.**

Do you have questions about Medicare? Attend this discussion group to learn about Medicare, Medicare Supplements, Medicare Advantage plans, prescription plans, and the Medicare Savings Program. The Naugatuck Senior Center will provide additional information about these programs in anticipation of Medicare Open Enrollment which runs October 15<sup>th</sup>-December 7<sup>th</sup>.

Instructors: Diane Millas, Western Connecticut Area Agency on Aging CHOICES outreach representative and Rosemary Jones, Senior Medicare Patrol/Coordinator/CHOICES Outreach, Western Connecticut Area Agency on Aging.

**FOXWOODS BINGO at the Naugatuck Senior Center**

Friday, October 3, 2014

12 Noon

This regular Friday afternoon Bingo game at the Naugatuck Senior Center is hosted by Carmelisse Farrell, Foxwoods Casino.

The Naugatuck Senior Center  
invites you to attend  
***AN APPLE HARVEST FESTIVAL***  
with  
**AN APPLE PIE & APPLE CAKE JUDGING CONTEST 2014**  
to be held at the  
Naugatuck Senior Center  
300 Meadow Street  
Naugatuck, CT  
on

***THURSDAY, OCTOBER 9, 2014***

***11:30 A.M.***

**Enjoy a delicious ROAST BEEF DINER!**

***SAVE ROOM FOR THE APPLE PIE!***

**Tickets: \$3.00**

***Enter your favorite Apple Pie or Apple Cake Recipe!***  
**WIN A BLUE RIBBON AND AWARD BASKET!**

Entry Forms Available at the Office of the Naugatuck Senior Center.



**APPLE PIE BINGO with WELLCARE**

Friday, October 10, 2014

12 Noon

This Bingo game is hosted by Helen Wong, WELLCARE Community Outreach Representative.

**An October Bingo with Family Care Visiting Nurse**

Friday, October 17, 2014

12 Noon

Mr. Jim Barakas, Family Care Visiting Nurse, Community Outreach Representative will host this afternoon Bingo game.

**ASK THE PHYSICAL THERAPIST**

Thursday, October 23, 2014

10 A.M.

A round table discussion about physical therapy and how to find relief through physical therapy.

A complimentary brunch will be served courtesy of Glendale Center.

Instructor: Tracey Samela, Occupational Therapist, Glendale Center, Naugatuck, CT

**Remember! It's BINGO DAY!**

Friday, October 24, 2014

12 noon

A mindful remembrance that this special BINGO is presented by the Alzheimer's Association.

Hosted by Maria Tomasetti, Community Outreach Representative, Alzheimer's Association.

**HOLIDAY BAZAAR 2014**  
**Friday, October 31, 2014 and Saturday, November 1, 2014**  
**8:30 A.M.- 4 P.M.**

Mark your calendars for the Naugatuck Senior Center's annual HOLIDAY BAZAAR! Join the fun, creativity and camaraderie! Purchase a handmade knitted, winter hat and matching scarf, or enjoy a slice of freshly baked lemon cake. Our crafters have been busy knitting and crocheting all year long and they are now ready to showcase their creative work. Stroll throughout the Naugatuck Senior Center's GRAND SALON and view hundred of arts and craft items, homemade jellies, jams, preserves, pickled beets and relishes. Visit Grandma Attic and discover a well kept treasure. Participate in our TEA CUP AUCTION! Enjoy a bowl; of just made today chili and a baked potato topped with sour cream and chives!

All of the members of the Naugatuck Senior Center thank you for your support!



**DEAR FRIENDS,**

***The HOLIDAY BAZAAR 2014 Planning Committee needs the following: DISHES, FLOWER VASES, TEA CUPS & SAUCERS; TEA POTS & TEA SPOONS for its GRANDMA'S ATTIC & TEA CUP AUCTION BASKETS.***

***Call the Naugatuck Senior Center at 203-720-7069 for further information on how you can help at this year's bazaar. Thank you!***

**GROCERY STORE BINGO with GLENDALE CENTER**

**FRIDAY, NOVEMBER 14, 2014**

**12 Noon**

Win valuable Thanksgiving prizes. Complimentary refreshments.

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

Hosted by Patty Birch, Community Outreach Representative, Glendale Center, Naugatuck, CT

**ALL ABOUT YOU! TURKEY BINGO**

**FRIDAY, NOVEMBER 21, 2014**

**12 Noon**

All About You! Home Care Services hosts this Thanksgiving Bingo.

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

Hosted by Veronica Rinaldi, Community Outreach Representative, All About You! Home Care Services.

**BLUE PLATE SPECIAL!**

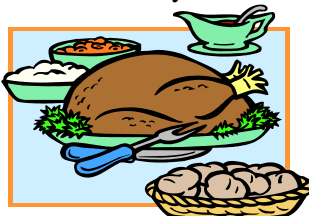
The hottest place for a satisfying lunch in Naugatuck is right here at your Naugatuck Senior Center!

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.



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The Naugatuck Senior Center  
Cordially Invites you to Attend A  
**CHRISTMAS PARTY DINNER & SOCIAL**

to be held in the  
GRAND SALON  
of the Naugatuck Senior Center

on

**THURSDAY, DECEMBER 4, 2014**

**11:30 A.M.**

Enjoy a tasty, hot CHICKEN CORDON BLEU dinner.

Christmas music & Entertainment!

***TICKETS: \$5.00 per person***

Limited to 80 people

Tickets available at the office of the Naugatuck Senior Center.



### Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

Carole Mancini – Food Site Manager/Office Assistant

