Naugatuck Senior Center

300 Meadow Street, Naugatuck, Connecticut 06770
Opened Monday-Friday; 8:30 A.M.– 4 P.M.

AUGUST, 2015

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.

Mrs. Sandra Clark walked into the Naugatuck Senior Center on a blustery, rainy morning. Mrs. Clark, the Naugatuck Town Historian remarks, "Well there goes my permanent wave. I'm soaked. Can you believe this August weather? Rain, rain and more rain!" She places her large blue, nylon umbrella in a safe corner to dry. Marion Raphael observes, "Now that's a good lookin' umbrella. They don't make 'em like that anymore. I had an umbrella like that years ago." "Well, actually this was my mother Lillian's umbrella. It has to be over sixty years old now. That's right, at least sixty years, because my mother had it at the time of the big flood, the flood of '55. Yep, August of 1955. Where have sixty years gone? It seems as it was just a moment ago when I heard my mother tell me that she was glad she purchased a new umbrella at Freedman's Department Store on Church Street, in Downtown Naugatuck. She said, "A lot of rain this week. This umbrella is getting a good workout!" Little did she know that with this old umbrella, my dear mother and I would go through a historical weather catastrophe!"

Zelda Rozetski remembers, "I well recall and clearly conjure up the sights I witnessed during the Flood of '55. I was an 18 year old teenager. My mother Freda and I went down to see the flooding waters by South Main Street in Naugatuck. Huge tree limbs, houses, cars and a variety of items rushed down the frantic Naugatuck River and over the Maple Street Bridge. It was exciting and dramatic. My mother thought she saw someone on the same side of the bank where we were securely standing. She was correct! It was a young guy. He was drenched and covered in mud. My mother and I picked up a nearby tree branch and slid it down the muddy embankment. We were able to pull him up to a safer area. He weakly whispered that he was from Waterbury and had gone to observe the flood, slipped on the mud and instantly found himself being swept down the river. Mother and I looked at him and thought he was a goner. We drove him to our home, dried him off, cleaned him up, fed him and tried to reach his family in Waterbury. No phone service for days. So he stayed at my mother's house for seven days. We were married just three months later."

The **Naugatuck Historical Society** wants to keep a record of those people who experienced the **Flood of 1955.** Do you have a story that you want to share about the flood? The Historical Society will be holding **interviews with those individuals who want to share their memories of that historic Connecticut weather tragedy**. Mrs. Clark and other members of the Naugatuck Historical Society will visit the Naugatuck Senior Center on the following days to personally record your **Flood of '55 story: Tuesday, August 11, Wednesday, August 12, and Thursday, August 13, 2015, 12 Noon-2 P.M.** There will be displays of photographs taken at that time showing the damage caused by Hurricanes Diane and Carol. Register to win a Naugatuck Historical Society door prize. **Complimentary Hurricane '55 refreshments will be served**.

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, including

Harvey Leon Frydman
Director
Naugatuck Senior Center

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 5, 2015
September 2, 2015

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.

The Naugatuck Historical Society
will hold
INTERVIEWS
with those individuals who experienced
THE FLOOD OF 1955
to be held at the Naugatuck Senior Center
on the following three days:
Tuesday, August 11, 2015
Wednesday, August 12, 2015
Thursday, August 13, 2015
12 NOON-2 P.M.
Share your memories of the historical Connecticut weather occasion
with Naugatuck historians who wish to record your personal stories
Refreshments will be served.
Register for Naugatuck Historical Society door prizes.
Presented by the Naugatuck Historical Society.

SNAP (Supplemental Nutrition Assistance Program)

Do you need a little extra help to buy food every month, and you are not sure if you qualify for the Connecticut SNAP /Food Stamps program? The Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals and families afford the cost of food at grocery stores and farmer's markets. You can find out if you qualify for SNAP by answering questions online at www.ctfoodstamps.org. This questionnaire is NOT an application. If you qualify for SNAP, you may apply at the Naugatuck Senior Center on the following dates:

Friday, August 7, 2015; 9 A.M.-12 Noon
Friday, September 11, 2015; 9 A.M.-12 Noon
Friday, October 2, 2015; 9 A.M.-12 Noon

Your SNAP Outreach Worker is Ms. Samantha Layher.
For further information call SNAP at 1-203-756-8021, ext. 3604

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.
Instructor: Gail Seymour, Western Connecticut Area Agency on Aging, CHOICES Outreach Worker.

PINOCHLE
WEDNESDAYS
1 P.M.

A card game for four players and played with a 48 card deck.
Join Joan Wagner, Thelma Nelson, Jimmy Mengacci, and Joan Taft for a game of pinochle.

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.

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.

2016 Naugatuck Senior Center Membership Dues
Get your ***NEW 2016 MEMBERSHIP CARD*** at the Senior Center's office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2016. 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 2016 ***Membership Card is CANTALOPE MELON ORANGE!***

AARP SMART DRIVING COURSE will take place at the Naugatuck Senior Center on **Monday, September 14, 2015, 8:30 A.M.-12:30 P.M.** Class limited to 25 people. **This AARP Smart Driving Course is $15.00 for members and $20.00 for non members. Checks (no cash please) should be made payable to "AARP". The next Smart Driving Course will be held on Monday, October 5 and Monday, November 16, 2015.**
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, Wal-Mart
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.

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 Men's Club takes place at the Naugatuck Senior Center every WEDNESDAY at 1:30 P.M. Play games of poker and pool.

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; 10 A.M.-12 Noon
***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. 16 sessions/$55.00. For further information call 720-7069. Classes run from September 2- December 30, 2015. No class on November 4 & 11, 2015.

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 10, 2015; 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: Sissy Green. 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 26, 2015; 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, August 7 & 21, 2015

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 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, 249 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 respectively 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 TRIPS

Tuesday, August 11, 2015
Tuesday, September 8, 2015
Tuesday, October 13, 2015
Leave the Naugatuck Senior Center at 7:30 A.M. Receive food voucher and Keno cards.
Cost: $28.00

An Amish Christmas Getaway
December 2-4, 2015
Day One: Depart for the **Country Inn of Lancaster**. This evening we will enjoy dinner and the show **"A CHRISTMAS STORY" at the DUTCH APPLE DINNER THEATER**.
Day Two: Enjoy a hot buffet breakfast at the hotel. A step on guide will meet us at the hotel and show us local sights. Our first stop is the **National Christmas Center**, with its 15 galleries and exhibits. We will then visit Elva's Barnyard Studio, where we will have a **CHALK TALK** presentation with Elva Hurst, who will explain the **Amish culture.** After, we will stop at **BRICKVILLE SHOPS** for lunch on your own. **Dinner tonight is at a real Amish home.** Following dinner we will depart for the **SIGHT & SOUND THEATRE** to see a musical presentation called THE MIRACLE OF CHRISTMAS.
Day Three: A hot breakfast will be served at the hotel. We will then board the bus for a trip to BIRD-IN-THE – HAND FARMER'S MARKET, then off to LONGWOOD GARDENS to see a glass conservatory filled with decorated Christmas Trees and displays of poinsettias, orchid wreathes and succulents. Lunch on your own.
COST: $487.00 per person. DOUBLE OCCUPANCY.
TRIP INCLUDES:
Transportation
Hotel Accommodations
4 Meals (2 Continental Breakfasts & 2 Dinners)
2 Christmas Shows
Admissions wherever applicable
Taxes and baggage handling
Gratuities for Driver & Tour Director
Cancellation Insurance is Available & Recommended for this Tour.

***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.**

<u>SENIOR HOME WORK PROGRAM</u>
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!

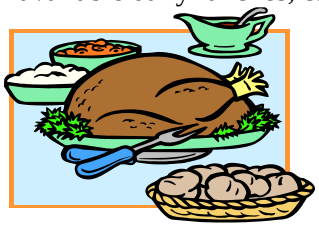
Sincerely,
Harvey Leon Frydman

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.

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.

Hearing Screening
Monday, August 3, 2015
Monday, September 28, 2015
10 A.M.-12 Noon
This complimentary hearing screening is provided by Acuity Hearing Solutions, LLC.
Presented by Willa C. Horowitz, Au.D, Acuity Hearing Solutions, LLC

U.S. Army BINGO
Friday, August 7, 2015
12 Noon
U.S. Army Sergeants Korean Treadwell, Carlito Corpus, and Brandon Howland host this special Bingo.

HOLIDAY BAZAAR PLANNING COMMITTEE 2015
Tuesday, August 18, 2015
10 A.M.
Join in helping plan the Naugatuck Senior Center's annual Holiday Bazaar.

WALGREENS WATERMELON BINGO
Friday, August 14, 2015
12 noon
Ms. Kong Saengaly, Store Manager, WALGREENS, Waterbury, CT hosts a Walgreens Watermelon Bingo.

Visiting Angels Bingo
Friday, September 11, 2015
12 Noon
Tracy Brady Community Relations Director, Visiting Angels Living Assistance Services, Brookfield, CT will host this Friday Bingo.

Aromatherapy Craft Class
Tuesday, September 15, 2015
10 A.M.
Make a therapeutic neck warmer. Materials needed: A long sock.
This is a complimentary arts & crafts class presented by Visiting Angels.
Instructor: Tracy Brady; Community Relations Director, Visiting Angels, Brookfield, CT

ION BANK
proudly sponsors
The Naugatuck Senior Center's
annual
NAUGATUCK VALLEY SENIOR DAY 2015
on
THURSDAY, SEPTEMBER 17, 2015
9 A.M.- 1 P.M.
Visit informational booths including:

The Naugatuck Senior Center***; ION Bank***; WALMART;
WALGREENS; Heart to Heart Home Care with Rob Persechino;
Beacon Brook Health Care with Al Pistarelli; ABBOTT TERRACE, Waterbury, CT;
Connecticut Department of Consumer Protection; Naugatuck Registrar of Voters; Mr. Handyman;
New Opportunities, Inc; The Village At East Farms; GLENDALE HEATH CENTER with Patricia Birch;
Family Care Visiting Nurses; The U.S. Army Recruiting Station-Waterbury, CT;
Connecticut Dental Health Partnership; GRAND CARE COMPANIONS; GRIFFIN HOSPITAL;
The Heart Center of Greater Waterbury;
CITIZEN'S NEWS; Griswold Home Care with Lorelei Elia;
Chase Vein Center; Personal Pampering Salon; **Naugatuck Valley Memorial**; VITAS; OptiCare;
Autumn Lake Healthcare at Bucks Hill; The Watermark at East Hills;
THE WESTERN CONNECTICUT AREA AGENCY ON AGING;
Buckmiller/Thurston/Mengacci Funeral Home; All About You! Home Care Services with Veronica Rinaldi;
YO FARMS YOGURT; Visiting Angels with Tracy Brady; FOXWOODS RESORT & CASINO;
Athena Home Health Care; Dr. Robert Matusz, Podiatrist; **SUPER STOP & SHOP SUPERMARKET**;
TRIAD-Naugatuck; Naugatuck Police & Fire Department; ATHENA HOME CARE;
HRD; VISITING ANGELS; WELLCARE; Buckmiller/Thurston/Mengacci; Primary Home Care Services;
DaSilva's Auto; **TEXAS ROADHOUSE RESTAURANT**; PROSPECT MEMORIAL; Wellness Home Care;
Interventional Spine & Sports Medicine; and MORE!

Complimentary Box Lunch!

Luncheon made possible from our friends at ION BANK.

Door Prize Give Aways!

WALMART-Naugatuck Store

cordially invites you to attend a

WALMART TOUR

on

Tuesday, September 22, 2015

11 A.M.

Enjoy an exciting day at WALMART-Naugatuck Store,
located at 1100 New Haven Road, Naugatuck, CT

Participate in a special store tour.

Complimentary refreshments will be served.

Hosted by Laura Huttinger, WALMART-Naugatuck Store Manager
and Alexander Olbrys, WALMART Customer Relations.

Please register your attendance for this WALMART TOUR
at the office of the Naugatuck Senior Center.
Limited to 50 people.

Walmart
Save money. Live better.

FLU CLINIC 2015
Thursday, October 1, 2015
9 A.M.-11 A.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.

Abbott Terrace
hosts an
October Brunch
to be held at the Naugatuck on
FRIDAY, OCTOBER 9, 2015
10 A.M.-11 A.M.

Ms. Brenda Lopes, Community Outreach Representative, Abbott Terrace, Waterbury, CT will host this complimentary brunch. Hear information about keeping your mind and body active. Learn about dealing with dementia and how to keep your brain young and alert.

Abbott Terrace Apple Cider & Doughnuts BINGO
Friday, October 9, 2015
12 Noon
Ms. Brenda Lopes, Community Outreach Representative, Abbott Terrace, Waterbury, CT will host this special BINGO.

YARN NEEDED!

The Society of Senior Crafters at the Naugatuck Senior Center is in need of skeins of yarn. The yarn is used throughout the year for many art and knitting projects. If you have any useable skeins of yarn that you would like to donate to our crafters, please call us at 203-720-7069. Thank you!

<u>THE BUSY HANDS QUILTERS</u>

Mondays
1 P.M.
Starting on Monday, September 14, 2015
Learn basic quilting stitches and patterns. Materials will be provided.
Instructors: Cindy Legg, Liz Lubin, Bernice Niro and Susan Marrin.

THE BRIDGE PLAYERS
Starting in September, 2015
Mrs. Lee Schneider, Bridge enthusiast and instructor, will lead this weekly game. Join this start up group and receive instruction on how to play the game of Bridge. Mrs. Schneider has been a Bridge game player and instructor for forty years.
Please contact the Center's office or find updated info on the Bridge class in upcoming Carriage House Couriers.

<u>Connecticut Mobile Food Bank</u>
First Wednesday of the Month
WATERTOWN FIRST CONGREGATION CHURCH
DeForest Street
2 P.M.-3 P.M.
Everyone Welcomed!
No Pre-Qualifications
Please bring your own grocery bags.

<u>Naugatuck Senior Center Staff</u>
Harvey Leon Frydman – Director/Municipal Agent
Carole Mancini – Food Site Manager/Office Assistant