

Naugatuck Senior Center

300 Meadow Street, Naugatuck, Connecticut 06770

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

JUNE, 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.

Lucille Morissette arranges her money saving coupons at a table in the Grand Salon of the Naugatuck Senior Center. For the past eight years Lucille has snipped, cut and given away hundreds of useful coupons that help our seniors save a few dollars on their grocery bills. Lucille reveals, “Here’s a good coupon. A \$2.00 dollar savings on Ivory Soap. Oh, and here’s one for Cheerios cereal. A dollar off a box of Cheerios, any size box. Anyone eat Cheerios?” Fritzie Pomerantz asks Miss Lucy, “I could use some chicken or meat coupons. Any money saving off coupons for hamburger at Super Stop & Shop or Big Y? I just bought a hibachi grill and I want to have a cookout. How about hotdogs? Anything for Armour hotdogs or Deutchmacher franks? I could use a mustard coupon too!” “Wait Fritzie, I’ll take a look through my file of new coupons. They’re all good for the rest of the year. Oh look, I knew I had it. I know my coupon inventory like I know my original hair color. Hurray, I found you a Nathan’s all beef frank coupon. Save \$3.00 on a pack of eight franks! Now that’s a good coupon!” says Lucille. Mrs. Pomerantz praises, “Thanks Lucy. You helped me save a few bucks today. I’m going to use my backyard hibachi this afternoon. And I must brag that I’m getting good at grilling. This morning I made breakfast pancakes on the hibachi. The first few were a bit on the crispy side, but my neighboring squirrel seemed to enjoy them. I just place a sheet of aluminum foil over the grill, get the coals hot, and pour my pancake batter in silver dollar size shapes, over the foil. Good looking pancakes, hibachi style. Tomorrow I’m grilling breakfast sausages. Lucy, come on over at 9 o’clock tomorrow morning. I’ll make you breakfast.” Lucille says, “Thanks, that’s a date Fritzie. I’ll bring the Dunkin’ Donuts coffee. And luckily I have a coupon for that coffee too!”

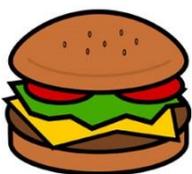
While Fritzie gets ready for her morning hibachi grill cooking, I want to invite you to attend **two summer cooking classes** that will take place this **June** at the **Naugatuck Senior Center**. **Starting on June 10**, Nicole Theriault, nutritionist from **Brass City Harvest**, Waterbury, Connecticut will visit the Center and instruct a 6 week, hands on **COOKING FOR SENIORS** class. Nicole has taught previous nutrition classes at the Naugatuck Senior Center. It is certain that all attending her class will learn new, healthy recipes and get to enjoy and sample a tasty salad or summer vegetable specialty. Nicole’s classes will be held on **Wednesdays, June 10-July 25, at 10 A.M.**

Also cooking up some summertime recipes is Kevin Kuzma, Home Health Liaison from **Athena Home Health Care**. Kevin will instruct a four week **SUMMER GRILLING** class, starting on **Tuesday, June 16-July 7, 12 Noon**. He will be teaching healthy techniques in grilling steaks, chicken, pork chops and hamburgers. Complimentary recipes and prepared food samples will be available. **This class is limited to 20 people**. Please register your attendance in the office of the Naugatuck Senior Center if you wish to attend these two health and wellness, summer cooking classes.

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

Sincerely yours;

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:

June 3, 2015

July 1, 2015

August 5, 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.



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, June 5, 2015; 9 A.M.-12 Noon

Friday, July 10, 2015; 9 a.M.-12 Noon

Friday, August 7, 2015; 9 A.M.-12 Noon

Friday, September 11, 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: Diane Millas, Western Connecticut Area Agency on Aging, CHOICES representative.

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.

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 SMART DRIVING COURSE will take place at the Naugatuck Senior Center on **Monday, June 1, 2015, 8:30 A.M.-12:30 P.M.** Class limited to 25 people. **This AARP Safe Driving Course is \$15.00 for members and \$20.00 for non members. Checks (no cash please) should be made payable to "AARP".** Call 203-720-7069 to register for these AARP Safe Driving classes.

Women's Poker Club

Tuesdays

1 P.M.

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

CRIBBAGE at 1 P. M.

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

Learn to play or update your skills while enjoying the group game of CRIBBAGE. Join Velma Sego, master Cribbage player as she instructs and guides you through a fun afternoon of this card game.

The Setback Group

Fridays

1 P.M.

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

LUNCH PROGRAM

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

Naugatuck Social Services

Helping Naugatuck Residents in Need!

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

Appointment Hours:

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

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

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

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

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

MINI BUS TRANSPORTATION SCHEDULE

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

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

Mondays: Naugatuck Senior Center, Mountview Plaza
Wednesdays: Naugatuck Senior Center, 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. 17 sessions/\$55.00. For further information call 720-7069. Classes run from May 6-August 26, 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, June 8, 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!
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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, June 24, 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, June 5 & 19, 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 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 TRIPS

TUESDAY, JUNE 9, 2015

Tuesday, July 14, 2015

Tuesday, August 11, 2015

Tuesday, September 8, 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.**

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.

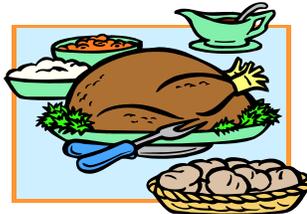
BLUE PLATE SPECIAL!

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.



Lower Back Pain Revealed

Wednesday, June 3, 2015

10 A.M.

Kathy Andreas, RPT, Beacon Brook Health Care, will present a lecture on lower back pain.

Brass City Harvest

teaches

Cooking for Seniors

Wednesdays, June 10-July 24, 2015

10 A.M.

Ms. Nichole Theriault, MS, Brass City Harvest nutritionist, will teach a 6 week interactive course on healthy cooking, meal planning and nutrition for special medical topics, including high blood pressure, cholesterol, and diabetes. Receive recipes and nutritional information pamphlets. This is a complimentary health and wellness program provided by Brass City Harvest. This course has been made possible through a generous grant from the Connecticut Community Foundation, a Pathways Grant.

Class size limited to 20 people.

Register for this class at the office of the Naugatuck Senior Center.

Instructor: Nichole Theriault, MS, Clinical Nutritionist, Brass City Harvest.



Athena Home Health Care presents

Healthy Summer Grilling & Recipes

Tuesdays, June 16-July 7, 2015

12 noon

Mr. Kevin Kuzma, RPT, Home Health Liaison, Athena Home Health Care will instruct a four week cooking workshop. This is a complimentary health and wellness nutrition class. The following topics will be presented:

Tuesday, June 16: Grilling Steak Teriyaki with grilled sweet potatoes and tomato mozzarella salad.

Tuesday, June 23: Grilled Chicken Spinach Salad with vinaigrette dressing

Tuesday, June 30: Marinated grilled pork chops with grilled vegetable medley

Tuesday, July 7: Barbeque Cheddar Ooze Burgers

Limited to 20 people.



CHOICES/MEDICARE WORKSHOP

Thursday, June 18, 2015

9 A.M.

Are you new to Medicare? Your Medicare questions will be answered at this important program.
Instructor: Diane Millas, CHOICES representative, Western Connecticut Area Agency on Aging.

MR. HANDYMAN BINGO with LORENZO WYATT

Friday, June 19, 2015

12 NOON

Lorenzo Wyatt, Vice President, Mr. Handyman, weatherization practice service, hosts this special Bingo.

BILLIARDS TOURNAMENT with THE U.S. ARMY

Wednesday, July 8, 2015

1:45 P.M.

U.S. Army Sergeants Korean Treadwell, Carlito Corpus, and Brandon Howland invite you to participate in a BILLIARDS TOURNAMENT. Trophy awarded to tournament winner. Limited to 10 billiard players.

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.

Ice Cream BINGO with Senior Care

Friday, July 10, 2015

12 Noon

Jean Kannan, Community Outreach Representative, SENIOR CARE, hosts this Friday Bingo.

Athena BINGO

Friday, July 17, 2015

12 Noon

Kevin Kuzma, Home Health Liaison, Athena, hosts the Friday Bingo.

HOLIDAY BAZAAR PLANNING COMMITTEE 2015

Tuesday, June 30, 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.



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!



Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

Carole Mancini – Food Site Manager/Office Assistant

