

## **Naugatuck Senior Center**

300 Meadow Street, Naugatuck, Connecticut 06770

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

**AUGUST, 2016**

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.

In a warm, sun drenched area of the Naugatuck Senior Center's vegetable garden resides a well aged and bountiful rhubarb plant. It is pampered, admired and enjoys a healthy boost of Miracle Grow plant food throughout the summer months. Dorothy Gouveia brought the rooted plant to the Center's garden over ten years ago. Dorothy states, "I've been growing rhubarb for over sixty five years. You don't want to bother with its magnificent leaves, they're not edible! But those ruby red rhubarb stalks, plucked directly from the plant, make a tasty sauce that is a fine, summer treat. Oh yes, I have turned many rhubarb stalks into sought after side dishes served with a fine roasted pork rib dinner. And of course the traditional strawberry rhubarb pie is always a favorite."

In the Senior Center's kitchen, Harvey Leon Frydman, Director of the Naugatuck Senior Center is experimenting with Mrs. Gouveia's recipe. He has washed and sliced six stalks of the rhubarb. Harvey shares, "I am following Dorothy Gouveia's recipe. She told me to add a small amount of water to the pot, as the rhubarb makes plenty of its own liquid as it boils down. I've washed a few ripened strawberries, plucking off the leafy green tops before they go into the pot. As discussed with Dorothy, I will be teaming up some additional summer fruit to the compote concoction. I am adding Bing cherries to the sauce. The sweet cherries will balance the tartness of the rhubarb, plus enhancing the color with its rich redness." Harvey has Dorothy taste the boiled down fruit sauce. Dorothy thinks, "Still a bit tarty for my taste. Let's add a spoonful of clover honey." Harvey adds two spoonfuls. The fruit mixture goes into the refrigerator to cool.

The following day Dorothy once again visits the Senior Center. Harvey is slicing a Sara Lee pound cake. On top of the plated plain cake he adds a spoonful of the rhubarb sauce. Harvey reveals, "Well Dorothy, are you ready to sample this strawberry, rhubarb and cherry sauce?" Dorothy tastes the recipe. She compliments, "I think you might have cooked up a new recipe for rhubarb! It looks red and delicious, just enough sweetness, fibers of the rhubarb and strawberries look good, and who can say no to anything with a Sara Lee cake? Pour it on Mr. Harvey, and let's see some of those big Bing cherries!"

As Mrs. Gouveia looks for the Bing cherries in the strawberry rhubarb sauce, I want you to take a look at the **AUGUST** issue of the Carriage House Courier and fill your calendar in with the wide variety of special events and activities offered at the always active Naugatuck Senior Center.

Harvey Leon Frydman  
Director  
Naugatuck Senior Center

## **DANCE FOR THE LOVE OF IT...DANCE FOR THE HEALTH OF IT!**

**Thursdays**

**9:30 A.M.-10:15 A.M.**

All traditional forms of dance will be introduced with simple movements from **POLKA, BALLET, MODERN, JAZZ, and MUSICAL THEATRE**. At the same time you will be dancing to the music from the **BIG BAND ERA** and many **JAZZ GREATS** from Frank Sinatra all the way to today's pop culture.

**This is a COMPLIMENTARY DANCE CLASS**, made possible through a generous grant from the **Connecticut Community Foundation**.

This unique grant is shared in partnership with the Watertown Senior Center which will hold similar dance classes. Please register for these **FREE, YEAR LONG DANCE CLASSES** at the office of the Naugatuck Senior Center, or **call 203-720-7069 to register**.

**As with any exercise program, you should check with your physician before you take this class.** This exercise/dance class will take place at the **WATERTOWN SENIOR CENTER** on **MONDAYS, 9:30 A.M.-10:15 A.M.**

You are encouraged to take these "GOOD HEALTH" exercise classes two times per week for the maximum health benefits.

**Instructor: Donna Bonasera**, Founder and Artistic Director of the **CONNECTICUT DANCE THEATRE**, Watertown, Connecticut. Ms. Bonasera is the former Associate Director of Nutmeg Ballet. She is a guest artist at many schools around the United States and prepares students for national and international ballet competitions.



### **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](http://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:

**August 5, 2016; 9 A.M.-12 noon**

**September 2, 2016; 9 a.m.-12 noon**

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.

Second FRIDAY OF THE MONTH at the Naugatuck Senior Center.  
10-11 A.M. and EARLIER BY APPOINTMENT.

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.

### **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, and FRIDAYS. This is a complimentary service from Super Stop & Shop, Naugatuck, CT Store.

### **2017 Naugatuck Senior Center Membership Dues**

Get your ***NEW 2017 MEMBERSHIP CARD*** at the Senior Center’s office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2017. 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 2017 **Membership Card is SWEET CHERRY PINK !**

**AARP SMART DRIVING COURSE** will take place at the Naugatuck Senior Center on **Monday, September 12, 2016, 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 Courses will be held on Monday, October 3, 2016 and Monday, November 7, 2016.**

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

### **PINOCHLE**

Mondays

1 P.M.

Join friends for an afternoon of Pinochle. For further information please call Joan Taf at 203-729-8732.

### **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, and Shirley Cummings 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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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.

**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.

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.

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 8, 2016 and Monday, September 12, 2016; 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: 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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### **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 **Thursday, August 24, 2016 and Thursday, September 28, 2016; 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.**

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.

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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, 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.

.....  
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 16, 2016**

**Tuesday, September 20, 2016**

**Tuesday, October 18, 2016**

**Tuesday, November 15, 2016**

**Tuesday, December 20, 2016**

**Leave the Naugatuck Senior Center at 7:30 A.M. Receive food voucher and Slot Play.**

**Cost: \$25.00**

**\*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.**

**LAKE GEORGE & SARATOGA**

August 10-12, 2016

Enjoy a summer trip to the Lake George area of New York, traveling into the Adirondack Mountains to SARATOGA SPRINGS, NEW YORK. One your first day of this trip there will be reserved seats waiting for you at the Saratoga Raceway where you will enjoy the finest horse racing in the world! You will be staying at THE GEORGIAN LAKESIDE RESORT, located on Lake George. The resort has a private beach. Dinner is included at GIOVANNA’S on the Lake Restaurant.

On day two of the Lake George trip, you will enjoy an included breakfast, then board the beautiful, LAC DE SAINT SACREMENT for a two hour cruise that includes a wonderful buffet lunch. This evening see a show at the Resort Lake Dinner Theatre.

One Day three enjoy an included breakfast, then board our tour bus and head for Albany, where we will take a sightseeing cruise on the Hudson River. After the cruise, enjoy lunch at the famous Italian restaurant BUCA DI BEPPO. After lunch, we will proceed to the New York State Museum, viewing artifacts that showcase New York State's resources and treasure.

**TRIP INCLUDES:**

Transportation  
Hotel Accommodations  
Saratoga Raceway Admission-Reserved Seating  
6 Meals-2 Breakfasts, 2 Lunches & 2 Dinners  
1 Dinner Theatre Show  
2 Sightseeing Cruises  
Taxes and Baggage Handling

**COST PER PERSON:**

\$527.00 – Double  
\$695.00 – Single

**DAY TRIP TO BOSTON**

**Lunch Cruise on the Luxurious ODYSSEY & Wine Tasting at THE BOSTON WINERY**  
**THURSDAY, SEPTEMBER 8, 2016**

Enjoy first class service and dining experience onboard the majestic **ODYSSEY!** Your 2 hour **BOSTON HARBOR CRUISE** will feature only the finest cuisine and live entertainment. On board the ship you will order off the menu for a plated sit down lunch. After lunch, we will drive over to **the BOSTON WINERY**. We will take part in a wine tasting and learn about the wine making process.

**COST PER PERSON: \$89.00.**

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

**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**

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.



## **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!



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**Connecticut Mobile Food Bank**

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.

**Hidden Acres BINGO**

Friday, August 12, 2016  
12 Noon  
Learn about Hidden Acres Therapeutic Riding Center, Naugatuck, CT.  
Guest Bingo Caller: Jeanna Pellino, Program Director.

**Elder Law Info Bingo with Attorney Russell S. Stutsky, Counselor at Law**

Friday, September 9, 2016  
12 Noon  
Special Bingo with information on wills and any legal problems facing older adults.  
Guest Bingo Caller: Attorney Russell S. Stutsky, Naugatuck, Connecticut

**Field Trip to Hidden Acres Therapeutic Riding Center**

**Tuesday, September 13, 2016**

**1-2 P.M.**

You are cordially invited to visit Hidden Acres Therapeutic Riding Center, 45 Gabriel Drive, Naugatuck, CT. Learn about therapy horses and their care. Watch a horse grooming demonstration. Wear comfortable clothes and shoes. No sandals.

Register your attendance in the office of the Naugatuck Senior Center.

Tour Guide: Jeanna Pellino, Program Director, Hidden Acres Therapeutic Riding Center, Naugatuck, CT.  
You must provide your own transportation to Hidden Acres.

**TLC Homecare BINGO**

Friday, September 16, 2016

12 Noon

Guest Bingo Caller: Roberta Winters, owner, TLC Homecare.

**EMEREST BINGO**

**Friday, September 23, 2016**

**12 Noon**

Receive health and wellness info and EMEREST HEALTH & WELLNESS TOTE BAGS; Special EMEREST HEALTH OF CONNECTICUT WELLNESS SAFETY BINGO PRIZES & FIRST AID KITS.

Guest Bingo Caller: Kayla Simon, Community Outreach Representative, Emerest Health of Connecticut, Waterbury, CT.

September Bingo with Center for Vein Restoration

Friday, September 30, 2016

12 Noon

Guest Bingo Caller: Corie Scharpf; Community Outreach Representative; Center for Vein Restoration, Waterbury, CT.

**FLU CLINIC 2016**

**Thursday, September 29, 2016**

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

Insurance Accepted: Medicare Part B; Anthem Blue Cross/Blue Shield; Aetna; and ConnectiCare.

Please wear loose fitting clothes with short sleeves.

This clinic is presented by The Naugatuck Valley Health District.

**A MATTER OF BALANCE**

Tuesdays, September 27-October 25, 2016

10 A.M.

This series of health and wellness classes are designed to reduce the fear of falling and increase exercise levels of older adults. Learn easy chair exercises, group discussion on safety in the home and safety skill building.

Complimentary snacks will be available. Register for gift cards after completion of the series of classes.

Instructors: Carissa Caseta and Alicia Hanke, The Naugatuck Valley Health District.

**SENIOR BRIDGE BINGO**

Friday, October 7, 2016

12 noon

Guest Bingo Caller: Lilian Ciesco, Senior Bridge Community Outreach Representative.

Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

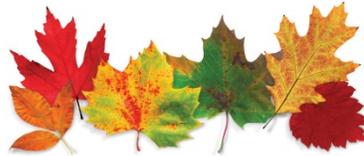
Carole Mancini – Food Site Manager/Office Assistant

**The Naugatuck Senior Center and  
CONNECTICARE**

cordially invite you to attend

**THE 2016 OLYMPIC GAMES**  
**for**  
**MISSISSIPPI MARBLES**  
to be held at the Naugatuck Senior Center on  
**TUESDAY, AUGUST 2, 106**  
**1 P.M.**

Watch rounds of professional Mississippi Marble Players compete for the Gold Medal!  
Award presentations will be held after the conclusion of the Mississippi Marbles finals.  
**Hosted by Connecticare and Mr. Bill Garry, Manager, Field Sales, Community Outreach  
Representative, ConnectiCare, Inc. & Affiliates.**



**ION BANK FOUNDATION**  
Proudly sponsors and hosts  
The Naugatuck Senior Center's  
**NAUGATUCK SENIOR DAY 2016**  
to be held at  
The Naugatuck Senior Center  
300 Meadow Street  
Naugatuck, CT  
On  
**THURSDAY, SEPTEMBER 15, 2016**  
**9 A.M.-1 P.M.**

Visit informational booths, including:  
The Naugatuck Senior Center, **ION BANK**; **CONNECTICARE**;  
EMEREST HEALTH OF CONNECTICUT; Hidden Acres Therapeutic Riding Center;  
Lutheran Home of Southbury; SENIOR BRIDGE; Center for Vein Restoration;

TLC HOME CARE; Carlo's Bakery of Mohegan Sun; Naugatuck Pharmacy & Medical Supplies;  
Terri's Flower's Elemis Spa; **Acuity Hearing with Dr. Willa C. Horowitz**;  
The Corner Tavern with Ryan Whipple; The WalMart Vision Center;  
**The Law Offices of N. Warren Hess**; **The Connecticut Department of Consumer Protection**;  
DaSilva's Auto; Naugatuck Registrar of Voters; Home Comfort Practice with Lorenzo Wyatt;  
**Buckmiller Thurston Mengacci**; New Opportunities, Inc.; The Village at East Farms;  
Glendale Health Care Center; **The U.S. Army- Recruiting Office- Waterbury, CT**;  
Connecticut Dental Health partnership; **All About You! Home Care Services**; Griffin Hospital;  
The Heart Center of Greater Waterbury; Alderson-Ford Funeral Homes, Inc;  
**Naugatuck Valley Memorial with Steven Zembruski**; CITIZEN'S NEWS; YMCA-Naugatuck;  
The Western Connecticut Area Agency on Aging'; YO FARMS YOGURT;  
Dr. Robert Matusz, Podiatrist; Super Stop & Shop Supermarket-Naugatuck Store;  
FOXWOODS RESORT & CASINO; Naugatuck Fire Department; Texas Roadhouse Restaurant;  
**PROSPECT MEMORIAL with JOSEPH CORONA**; and MORE!  
FREE BOXED LUNCH Courtesy of ION BANK FOUNDATION.

