

Naugatuck Senior Center

300 Meadow Street, Naugatuck, Connecticut 06770

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

March, 2016

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.

Brother Curtis Hettrick, nLC is learning to sing an Irish folksong. Brother Curtis shares, “I have been going through **old Gaelic songbooks** and looking for historic and interesting **folkloric story songs**. I know that everyone is familiar with the lovely song “O’ Danny Boy”, and I can guarantee you that song will be heard at the Naugatuck Senior Center’s annual **St. Patrick’s Day event**, but I hope to find some other folkloric tunes that are equally touching and conjure up visions of the green hills of Ireland. I can definitely tell you that the **Novitiate Choir from Legion College** is excited to once again join our friends from the Naugatuck Senior Center on this special, springtime occasion. The Brothers have been gathering a variety of sheet music and arranging an exciting program of songs and stories that we know everyone will enjoy. **Our guitarist, Brother Eleazar Palma, nLC** will be at the party ready to serve as official troubadour and regale the St. Patrick’s Day revelers with charming Irish melodies.” Brother Eleazar remarks, “I confess that a smile comes to my face when the Naugatuck seniors start singing along with our choir. It’s a happy, fun-filled and rewarding experience for all!”

Kelly O’Callaghan, Director of Health and Wellness for All About You! Home Care Services, Naugatuck, Connecticut, will join the Legion College Brothers during the St. Patrick’s Day celebration. She will be adorned in a traditional high stepping Irish kilt and jacket, and perform an energetic Irish jig. ”I’m looking forward to joining the fun at the Senior Center on **Thursday, March 17, 2016**, and sharing the music and dance of Ireland. I also hope that you will enjoy the delicious desserts that All About You! Home Care Services will be catering. It will be an delightful day of good food, good music and a lot of ‘Wearin’ of the Green!’”

As Brother Eleazar, nLC tunes up his guitar and Kelly O’Callaghan polishes her high steppin’ soft shoes, I want you to also get ready for some high steppin’ good times at the Naugatuck Senior Center, as we prepare for our annual St. Patrick’s Day Social and Dinner Party. This year’s event will take place on **THURSDAY, MARCH 17, 2016, 11:30 A.M.** in the grand Salon of the Center. **A traditional IRISH FEAST** will be served, including **STEAMING, SLICED CORNED BEEF**, Red Bliss Potatoes, Boiled Sweet Spring Carrots, Savory Steamed Cabbage, Warm Rye bread and butter and dessert! The Naugatuck Senior Center’s famous **Dublin Double Mocha Coffee**, topped with real whipped cream, along with a sprinkle of sparkling Irish Green Sugar, will be served. **TICKETS are \$8.00 per person** for members of the Naugatuck Senior Center. **Reservations are needed as only 100 St. Patrick’s Day Social and Dinner Party tickets will be sold.** Purchase your tickets at the Center’s office.

Please take a look at the **March** issue of the Carriage House Courier and fill your calendar with the wide variety of special events and activities offered at the always active Naugatuck Senior Center.

Harvey Leon Frydman
Director
Naugatuck Senior Center



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

Thursdays, starting on Thursday, March 3, 2016

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, starting on February 29, 2016, 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. This questionnaire is NOT an application. If you qualify for SNAP, you may apply at the Naugatuck Senior Center on the following dates:

Friday, February 5, 2016; 9 A.M.-12 noon

March 4, 2016; 9 A.M.-12 noon

For further information call SNAP at 1-203-756-8021, ext. 3604

Family Intervention Center Social Service Referral Program

Receive wellness information and helpful, social service referrals.

WEDNESDAYS, 10 A.M. at the Naugatuck Senior Center. Bonnie Basil, Social Worker.

This program is made possible through a grant from the Connecticut Community Foundation

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 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, and 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, February 1, 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, March 7, April 4, and June 6, 2016.** Call 203-720-7069 to register for these AARP Safe Driving classes.

PINOCHLE

Mondays

1 P.M.

Join Thelma Nelson, Joan Taf, Joseph Zembruski and friends for an afternoon of Pinochle.

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.

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.

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, March 14, 2016 and on April 11, 2016; 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 **Thursday, March 23 and on April 27, 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.**

Next screening dates: Friday, March 4 & 18, and April 1 and 15, 2016.

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.

.....
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.
.....

TRAVEL WITH THE NAUGATUCK SENIOR CENTER

Please register for the following scheduled day trips:

FOXWOODS CASINO DAY TRIPS

Tuesday, March 15, 2016

Tuesday, April 19, 2016

Tuesday, May 17, 2016

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

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.**

Best of Bar Harbor, Maine!

May 31-June 3, 2016

Enjoy the seacoast of charming Bar Harbor, Maine. Visit the Lighthouse Museum in Rockland, Maine. Take a sightseeing cruise on Fisherman's Bay. Entertainment at The Great Maine Lumberjack Show. Take a one hour horse-drawn carriage ride of Bar Harbor and Acadia National Park. Savor a Traditional Maine Lobsterbake dinner.

Trip Includes:

Roundtrip Transportation

Hotel Accommodations

Admissions wherever applicable

6 Meals: 3 Continental breakfasts & 3 Dinners

Acadia National Park Carriage Ride

Frenchmen's Bay Boat Cruise

Lumberjack Show

Maine Lobster Souvenir Hat

Taxes and Baggage handling

Cost per person: \$715.00 Double Occupancy

\$933.00 Single

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. On 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.

On 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

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!

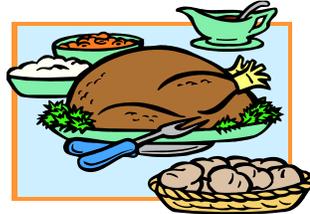
Join Carole Mancini as she serves you a complete, well balanced luncheon, prepared by the nutritionists from

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.



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!



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.

Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

Carole Mancini – Food Site Manager/Office Assistant

The Naugatuck Senior Center
&
BUCKMILLER/THURSTON/MENGACCI

invite you to attend

**The 2016
Naugatuck Senior
Health & Wellness Screening**

to be held at the
Naugatuck Senior Center

on

Thursday, April 21, 2016

9 A.M.-1 P.M.



The following free Health Screenings will be provided:

Hearing Screening, including AUDIOMETRIC SCREENING
with **ACUITY HEARING SOLUTIONS LLC** and **Dr. Willa C. Horowitz, Au.D**

Hearing Surveys

Fall Risk Surveys

The Vision Center inside WalMart

VISION SCREENING

Eyeglass Repair & Cleaning

Osteoporosis Screening

Pulse/Oximetry Screening

Stroke Risk Assessment

Blood Pressure

Dental Screening

Foot Care with Dr. Robert Matusz

*Complimentary HAND MASSAGE with Veronica Rinaldi, Community Outreach
Representative, The Village at East Farms, Waterbury, CT*

VISIT THE GRIFFIN HOSPITAL HEALTH VAN

Enjoy a complimentary DELICIOUS "Good Health" APPLE

And much more...

A complimentary CONTINENTAL BREAKFAST and BOXED LUNCH

will be served to the first 150 participants compliments of

Buckmiller/Thurston/Mengacci, Naugatuck, CT

Complimentary Door Prizes!



The Naugatuck Senior Center
hosts its annual

St. Patrick's Day Dinner Party

on

THURSDAY, MARCH 17, 2016

11:30 A.M.

Enjoy a complete traditional Irish dinner of Steamed Sliced Corned Beef,
steamed cabbage, boiled potatoes and carrots, dessert & coffee.

Hear the famous Novitiate Choir from Legion College, Cheshire, Connecticut.

Listen to the Guitarist Troupador, Brother Eleazar Palma, nLC.

*Enjoy an Irish Jig performance by Kelly O'Callaghan,
Community Outreach Representative, All About You! Home Care Services.*

Door Prizes!

Prizes for best St. Patrick's Day Wearin' of the Green!

TICKETS: \$8.00 per person

Limited to 80 people.



MASONICARE
hosts a
St. Patrick's Day
Corned Beef Sandwich Bingo
Friday, March 18, 2016
12 Noon

Guest Bingo Caller: Crystal Curr-Staurovsky, Masonicare Community Outreach Representative.



Prospect Memorial hosts an
APRIL 1ST BINGO

Friday, April 1, 2016

12 Noon

Join Joseph Corona and Prospect Memorial as they host this Friday Bingo!

Naugatuck Senior Center's
Fundraising Planning Committee Meeting
Special Event Idea Exchange
Thursday, April 28, 2016
1 P.M.

This meeting is to brainstorm and discuss a fundraising event for the Naugatuck Senior Center. Be creative! Join the team as we plan for another successful fundraising program!



The Naugatuck Senior Center
hosts
A KENTUCKY DERBY SALUTE
and a
RUN FOR THE ROSES



to be held at the
Naugatuck Senior Center
on
FRIDAY, MAY 6, 2016
11:30 A.M.

Hear about the two year old thoroughbreds running in the 142nd Kentucky Derby.

View our FANCY KENTUCKY DERBY HAT PARADE!

Enjoy a tasty, hot chicken dinner with all the fixin's.

Watch our own racetrack race and root on your favorite horse!

See you at the races, and wear your best Kentucky Derby Hat!



**Prizes for BEST HAT DESIGN, MOST CREATIVE &
MOST KENTUCKY DERBY!**

Tickets may be purchased at the office of the Naugatuck Senior Center.

TICKETS: \$8.00

Limited to 80 People.



Ms. Marsheila Spuriell
**General Manager of Super Stop & Shop Supermarket-Naugatuck Store
& Super Stop & Shop Supermarket**

cordially invite you to attend a

**Super Stop & Shop Supermarket
STORE TOUR**

to be held at the

**Super Stop & Shop Supermarket
727 Rubber Avenue
Naugatuck, CT**

on

TUESDAY, MAY 12, 2016

11 A.M.

Enjoy a visit to your neighborhood Super Stop & Shop Supermarket!

Visit the Bakery Department

Visit the Fresh Fish and Meat Department

See the FRESH DAIRY DEPARTMENT

Visit the Fresh Fruit and Vegetable Department

Complimentary Samples

**Register your attendance to participate in the Super Stop & Shop
Supermarket Tour at the office of the Naugatuck Senior Center.**



