

Naugatuck Senior Center 300 Meadow Street, Naugatuck, Connecticut 06770

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

OCTOBER, 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.

Mr. Frydman is a member of the Connecticut General Assembly's Task Force to study the needs of Connecticut's senior centers.

Aunty Jeannette Levin is admiring the purple cushion mums at the entrance of the Naugatuck Senior Center. Aunty Jeanette remarks, "It's a sign of the autumn season, with colorful mums, decorated pumpkins and interestingly shaped gourds arranged on doorsteps, and that hint of hickory smoke in the neighborhood air, that keeps someone's fireplace busy and a cozy home warm. Well, it's October, that time to get out one of my hand knitted sweaters, time to change my fire alarm's battery, and find my apple pie recipes. I have dozens of apple pie and apple cake recipes, and at this time of year, I go to the utensil drawer in my kitchen and search for my trusted apple peeler. That amazing little utensil that I purchased over 65 years ago in a Five and Ten Cents Store has never let me down. It's a workhorse, still as sharp as the first time I used that yellow handled kitchen tool. I'll tell ya', that kitchen helper has scraped the fruit and vegetables skins off of thousands of apples, carrots, cucumbers and eggplants. And now it's once again time to shine up the blade of that ancient peeler as I get ready to peel apples. Yep, it's definitely apple peeling time, and I think of the month of October as "Baking Season Time" because that's when I can look at my old baking recipes, make my shopping list of baking ingredients, you know, the cinnamon, nutmeg, the vanilla and rum extracts and start sifting my Gold Medal Flour. It's my creative baking time, especially now as I get ready for the **Naugatuck Senior Center's annual Apple Harvest Festival**. The Apple Harvest Festival is a great day of **delicious food, an exciting apple and cake baking contest, and a tasting of all the award winning apple pie and cake entries**. It's an amazing day of socializing and sampling! And all I need to get started is that little ol' peeler. Oh peeler, come to Aunty Jeanette. Time to bake some pie!"

Aunty Jeanette continues, "So, what should I make as an apple pie entry? There's my apple and Snicker's candy bar pie, my always welcomed apple and baked Bartlett pear pie, my apple and sweet potato pie topped with toasted pecans, that's a yummy treat, and my original apple and rum raisin pie. Sometimes I leave the raisins out of that apple pie favorite, as some people tell me they get an allergic reaction from consuming too many rum soaked raisins. Well maybe I'll be creative and try a good ol' fashioned Cortland and Granny Smith apple and Cheddar cheese pie. That combination could be a blue ribbon winner! Sounds good to me, and hopefully too the apple pie judges!"

As Aunty Jeanette prepares her favorite apple pie recipe for this year's **Apple Harvest Festival**, I want you to also prepare for the **2016 APPLE HARVEST FESTIVAL**, taking place in the **GRAND SALON** of the Naugatuck Senior Center on **WEDNESDAY, OCTOBER 5, 2016, 11:30 A.M.** Official entry forms for submission of your apple pie and apple cakes to this year's baking contest are available at the office of the Naugatuck Senior Center. Prizes will be awarded along with blue ribbons for the winning entries. A roast beef dinner, including an apple cobbler dessert will be served at the event. **TICKETS are \$8.00 per person. Limited to 100 people.**

I also invite you to take a look at the **OCTOBER** issue of the Carriage House Courier and fill in 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

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 if 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.



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:

October 7, 2016; 9 a.m.-12 Noon

November 4, 2016; 9 a.m.-12 Noon

December 2, 2016; 9 a.m.-12 Noon

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

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.

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, October 3, 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, November 7, 2016 and on Monday, December 5, 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.

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.

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, October 17, 2016 and Monday, November 14, 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!

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, October 26, 2016 and on Thursday, November 23, 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.

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, 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.**

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.



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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.

A MATTER OF BALANCE

Tuesdays, October 4-November 22, 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.

United States Army SALUTE TO SENIORS BINGO

Friday, October 14, 2016

12 Noon

U.S. Army Sergeant Brandon Howland hosts this special Bingo.

Farmer's Market Nutrition Program

The Naugatuck Senior Center distributes the Farmer's Market vouchers, Monday-Friday, 1 P.M.-3 P.M.

Eligibility Guidelines:

All participants must be 60 years of age and older.

Annual income for a household of one person, \$21, 775.00

Annual income for a household of two people: \$29,471.00

Farmer's Market vouchers are redeemable throughout authorized Connecticut's Farmer Markets, and are good for the purchase of Connecticut grown fresh fruits, vegetables and honey only at certified Farmer's Markets. The Farmer's Market in Naugatuck is opened on Wednesdays and Sundays, 10 A.M.-1 P.M.

For further information call the Naugatuck Senior Center at 203-720-7069

Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

Carole Mancini – Food Site Manager/Office Assistant

The Naugatuck Senior Center
invites you to
An Apple Harvest Festival
with
An Apple Pie & Cake Judging Contest
to be held at the
Naugatuck senior Center
on
THURSDAY, OCTOBER 5, 2016
11:30 A.M.

Enjoy a delicious roast beef dinner with apple cobbler dessert!



Enter your favorite APPLE PIE or APPLE CAKE RECIPE!
WIN A BLUE RIBBON!



Entry forms available at the office of the Naugatuck Senior Center.
*United States Army Sergeant Brandon Howland will officiate the judging
of this year's submitted pies and cakes.*

TICKETS: \$8.00 per person



EVERSOURCE LIGHTBULB SWAP DAY

To be held at the Naugatuck Senior Center on

SATURDAY, OCTOBER 15, 2016

10 A.M.-3 P.M.

Exchange up to 5 incandescent lightbulbs, in any working order for an equal number of long lasting energy saving LED lightbulbs at no cost. **You must bring your lightbulbs and proof of Naugatuck residence to the Lightbulb Swap in order to receive your 5 LED bulbs.**

Lightbulbs available while supply lasts.



Autumn Days Bingo with Advantage CHOICE Plus

Friday, October 21, 2016

12 Noon

Join your friends for this special BINGO

with Andrew F. Morgan,

owner of Advantage CHOICE Plus, Medicare and Life Insurance Plan Options.



**MEDICARE & PRESCRIPTION DRUG PLAN
OPEN ENROLLMENT**

with

GAIL SEYMOUR

Western Connecticut Area Agency on Aging
CHOICES COUNSELOR

to be held at the

Naugatuck Senior Center

on

WEDNESDAY, OCTOBER 26, 2016

9 A.M.-3 P.M.

Please call the Naugatuck Senior Center at 203-720-7069 to register for your personal appointment with a
CHOICES Counselor.

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The Naugatuck Police Department

hosts a

Safety BINGO

On

FRIDAY, OCTOBER 28, 2016

12 Noon

Enjoy a friendly game of Bingo and hear about SAFETY ISSUES that may be beneficial to you.
Hosted by Naugatuck Police Officers Michael Favale and Jay Pugliese, and Kathryn Green, Chairperson
of the Naugatuck Commission on the Elderly.



The Naugatuck Senior Center's
Annual
HOLIDAY FAIR 2016



to be held at

The Naugatuck Senior Center
on

Thursday, November 3, 2016

Friday, November 4, 2016 &

Saturday, November 5, 2016

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

Discover & purchase:

Hand Designed & Crafted Quilts

Scarves, Hats & Mittens

Hand painted Christmas Ornaments

Vintage Costume Jewelry

The Kitchen Cabinet

Collectible Items found in GRANDMA'S ATTIC

BALLOON POP GRAB BAG

GIFT CARD & A TEA CUP AUCTION

Enjoy the Naugatuck Senior Center's famous hot chili!

Have a steaming hot stuffed baked potato with three cheese topping!

Portuguese Linguica Sandwiches with roasted peppers & onions! DELICIOUS!!

Thank you for your support of the Naugatuck Senior Center!



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Tunxis Community College's School of Dental Hygiene

will provide a

FREE DENTAL SCREENING

on

FRIDAY, NOVEMBER 18, 2016

10 A.M.- 12 Noon

Instructor: Patricia Johnson, Program Coordinator, Tunxis Community College,
School of Dental Hygiene

Free Oral Health Gift Packs will be Available.

Limited to 25 people

Please register your attendance in the office of the Naugatuck Senior Center or call
203-720-7069.



CONNECTICARE BINGO

Friday, November 18, 2016

12 Noon

Hosted by Bill Garry, ConnectiCare Community Outreach Representative.





The Naugatuck Senior Center
Cordially Invites You to Attend A
CHRISTMAS PARTY & SOCIAL EVENT
to be held in the
GRAND SALON
of the
Naugatuck Senior Center
on
THURSDAY DECEMBER 8, 2016
11:30 A.M.

Enjoy a tasty, CHICKEN CORDON BLEU dinner.

**Hear the famous Novitiate Choir from Legion College, Cheshire, CT with
Brother Curtis Hettrick, LCn, Liaison to the Naugatuck Senior Center.
Christmas Door Prize Giveaways!**



TICKETS: \$8.00
Limited to 100 people.

Tickets are available at the Naugatuck Senior Center's office.

