

Naugatuck Senior Center
300 Meadow Street, Naugatuck, Connecticut 06770
Opened Monday-Friday; 7:30 A.M.– 4 P.M.

APRIL, 2012

Telephone: 203-720-7069 **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 two Connecticut Association of Senior Center Personnel Awards for Outstanding Programming for Older Adults.

The Naugatuck Senior Center and the Connecticut Community Foundation cordially invite you to attend **SENIOR DAY 2012**. This special event will take place at the Naugatuck Senior Center, 300 Meadow Street, Naugatuck, CT on **Thursday, April 19, 2012, 9 A.M.- 1 P.M. SENIOR DAY 2012** offers the community an opportunity to receive information about available senior services, health and nutrition programs, and to personally meet with senior service providers. The following booths will be attending the event, including: The Naugatuck Senior Center; The Connecticut Community Foundation; The Naugatuck Registrar of Voters; Family Intervention Center, Inc.; New Opportunities, Inc.; Beacon Brook Health Center; Friendly's Restaurants; The Village at East Farms; Glendale Health Center; Hispanic Health Council; TLC Homecare; J&L Medical Services; Connecticut Community Care, Inc.; Naugatuck Commission for the Handicapped; Griffin Hospital; LIFELINE; AARP Safe Driving; VITAS; All About You Home Care; The Heart Center of Greater Waterbury; Naugatuck YMCA; The U.S. Post Office-Naugatuck Branch; CAHS; Connecticut Light & Power Company; Paradigm Health Care Center of Prospect; TRIAD-Naugatuck S.A.L.T. Council; BIG Y Supermarket; Naugatuck Valley Memorial; The Watermark at East Hill; Nelson's Pharmacy; The Western Connecticut Area Agency on Aging; HRD-Human Resource Development Agency; The Hearth at Southbury; Naugatuck VNA; YO FARMS YOGURT; Dr. Robert Matusz, DPM-Podiatry; Super Stop & Shop Supermarket; Foxwood's Resort & Casino; Naugatuck Fire & Police Department; PATCH.COM WEBSITE NEWS. Visit the New Opportunities, Inc., booth on Senior Day to receive your **complimentary bag luncheon. SENIOR DAY 2012 and Senior Day BINGO, to be held on Friday, April 20, 12 Noon, are made possible through a generous grant from the Connecticut Community Foundation.**

Please mark in your calendars **Thursday, April 19, 2012, 9 A.M.-1 P.M. for SENIOR DAY 2012**, and attend the following special events planned at the Naugatuck Senior Center, including: **Introduction to Ukulele with Brian Vaughn on Thursday, April 5, 2012, 11 A.M.**; Griffin Hospital's lecture on **SLEEP DISORDERS on Thursday, April 5, 1 P.M.**; an **APRIL SHOWER SAFETY EVENT with TLC Homecare, LLC on Tuesday, April 10, 1 P.M.**, and a **HEALTH & WELLNESS SCREENING on Monday, April 16, 9:30 A.M.- 11:30 A.M.** Dental, vision, blood pressure, diabetic and glucose screenings will be available. This is a complimentary health and wellness program presented by The Fones School of Dental Hygiene, Bridgeport, Connecticut. Please register your attendance to this screening by calling the Naugatuck Senior Center at 203-720-7069. On Friday, April 20, 2012, 12 Noon, a Senior Day Bingo will take place at the Senior Center. This event is hosted by the Connecticut Community Foundation. **Learn to Fish with James Ackerman and James Beebe, on Thursday, April 26, 2012, 1 P.M.** It's always a good day to go fishin'!

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

Sincerely;

Harvey Leon Frydman, Director

Introduction to Ukulele

Thursday, April 5, 2012

11 A.M.

Learn to play the ukulele. It is a simple instrument that you will easily master.

Ukulele instruments will be provided. This is a complimentary class.

To register for this class call 203-558-3641 or 203-720-7069.

Instructor: Brian Vaughn, Ukulele musician

Learn to Fish

Thursday, April 26, 2012

1 P.M.

Learn about the sport of fresh water fishing. Discussion about fishing safety, fishing poles, casting, baits, fly fishing, spin casts, and how to clean and cook your catch!

Instructors: James Ackerman and James Beebe, sports fisherman.

Griffin Hospital Health & Wellness Series

The following Griffin Hospital health & wellness lectures will take place at the Naugatuck Senior Center, Thursdays, 1 P.M.

Keeping Your Grandchildren Safe: Thursday, May 24

Walking for Good Health & Proper Foot Care: Thursday, June 7

Complimentary Medicines: Thursday, September 27

Breast Health: Thursday, October 25

Dealing with the Holiday Blues: Thursday, November 15

Sleep Wellness: Thursday, December 13

NVA Blood Pressure Screenings

11 A.M.-12 Noon

The Naugatuck Visiting Nurses Association will do blood pressure screening at the Naugatuck Senior Center on the following dates:

Friday, April 13, 2012

Friday, April 27, 2012

Friday, May 4, 2012

Friday, May 18, 2012

Friday, June 1, 2012

Friday, June 15, 2012

The Gatekeeper Program

Thursday, April 12, 2012

1 P.M.

Learn about the behavioral health needs of older adults. Discover how you may become a Gatekeeper in your community, aware of the changing needs and behaviors of older adults. The Gatekeeper program is a Connecticut statewide program to help people stay safely in their homes as they age. A video presentation will be shown. Receive your own Gatekeeper information magnet. Complimentary refreshments will be served. Instructor: Dwight Norwood, M.S.W., Director of the Gatekeeper Program, St. Luke’s Eldercare Services, Middletown, CT.

YOGA & SELF RELAXATION CLASS

Thursdays, 10 A.M.-11 A.M.

Learn stretching exercises to connect mind and body for stress awareness and management. This is a complimentary health and wellness program. Please register for this class at the office of the Naugatuck Senior Center or call 203-720-7069. Instructor: Brian Vaughn, meditation teacher.

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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, Beverley Wilde, Darlene Striffler, and Mary Rimkus.

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Walking Cane Adjustments

The Naugatuck VNA's Physical Therapy Department is available to fit and check for safety, any walking canes or walkers. For further information call the Naugatuck VNA at 203-720-7095 and ask for Barbara Marchand RPT or Sharon Hebb, RPT, Physical Therapy Department. This is a complimentary health and wellness service. If you are donating a cane or walker, it is preferred that they are adjustable aluminum and that the walkers have installed wheels. Thank you.

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Senior Center's Lending Library

Beverly Wilde, librarian for the Naugatuck Senior Center's Lending Library has a wide variety of books and magazines available for your reading enjoyment. Each month Mrs. Wilde arranges a new display of reading materials in our free lending library. Take a moment to peruse through our shelves of books. Find yourself a good book to read at our Lending Library.

The Coupon Clipper

FRIDAYS, 11 A.M. – 12 Noon

Lucille Morrisette will offer complimentary, money saving coupons every FRIDAY afternoon at the Naugatuck Senior Center. Lucie finds a variety of valuable coupons, from toothpaste, laundry detergents and paper towels, to canned soups, breads and orange juice. Help stretch your grocery shopping dollars with the help of useful money saving coupons. Stop by and ask Lucie if she has the coupons you need!

“Day Old” Bread from Super Stop & Shop

Lucille Morrisette delivers “Day Old” breads and assorted pastries on MONDAYS, WEDNESDAYS, & FRIDAYS. This is a complimentary service from Super Stop & Shop, Naugatuck, CT Store.

2012 Naugatuck Senior Center Membership Dues

Get your **NEW 2012 MEMBERSHIP CARD** at the Senior Center's office. All participants in the Naugatuck Senior Center must purchase a new membership card for 2012. 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 2012 **Membership Card is YELLOW.**

AARP SAFE DRIVING COURSE will take place at the Naugatuck Senior Center on **Monday, April 2, 2012, 8:30 A.M.-12:30 P.M.** Fee: \$12 00 for the one day course for AARP members and \$14.00 for **non-**members. Checks (no cash please) should be made payable to “AARP”. Class limited to 25 people. The next Safe Driving class will be held on **Monday, May 7 and June 4, 2012.**

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

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. For further information or to register your attendance call Velma at 203-632-8669.

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

Naugatuck Senior Center's MINI BUS SCHEDULE

- *Monday- 9:00 A.M. – Brass City Mall – FIRST MONDAY OF THE MONTH
Return trip about 1 P.M.
On the remaining Mondays, the following bus schedule destinations:
Big Y Supermarket, WALMART
- 10:30 A.M. - Mountview Plaza & Senior Center
Return trip after 1:45.
- Tuesday- 9:00 A.M. - Mountview Plaza, Doctor, Hairdresser,
Senior Center
Return trip about 12 Noon.
- 10:30 A.M. - Mountview Plaza, Doctor, Hairdresser,
Senior Center
Return trip about 1:15 P.M.
- Wednesday- 9:00 A.M. - Big Y Supermarket; Wal-Mart; Waldbaum's;
Senior Center; Doctor; Hairdresser; etc.
Return trip about 12 Noon.
- 10:30 A.M. - Plaza; Doctor; Hairdresser; Senior Center
Return trip about 1:15 P.M.
- Thursday- 9:00 A.M. - Big Y Supermarket; Wal-Mart; Waldbaum's;
Senior Center; Doctor; Hairdresser; etc.
Return trip about 12 Noon.
- 10:30 A.M. - Mountview Plaza; Doctor; Hairdresser;
Senior Center
Return trip about 1:15 P.M.
- Friday - 9:00 A.M. - Mountview Plaza; Doctor; Hairdresser;
Senior Center. Return trip about 12 Noon.
- 10:30 A.M. - Return trip about 1:15 P.M.

Please make doctors and hairdresser appointments before **12 NOON**. They must be made to coincide with that particular Mini bus run. Those riding the Mini bus must call 720-7069 the DAY BEFORE they want to ride the Mini bus. Appointments for Monday must be made on Friday. Please call the Naugatuck Senior Center for your Mini bus transportation needs during office hours, 8:30 A.M. – 4 P.M.

The Naugatuck Senior Center's Mini bus is a FREE SERVICE to those Naugatuck residents 50 years of age and older.

- The mini-bus transportation policy of the Naugatuck Senior Center is one travel destination a day per passenger. The policy also does not permit us to take residents to their paid jobs.
- Please call the Senior Center if you need to cancel your day's ride before your designated scheduled pick up.

The Naugatuck Senior Center has scheduled the following dates for the Brass City Mall:

Monday, April 2, 2012

Monday, May 7, 2012

Monday, June 4, 2012

Please call the Naugatuck Senior Center's office at 203-720-7069 to schedule your transportation.

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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 Retired Men's Club takes place at the Naugatuck Senior Center every WEDNESDAY at 1:30 P.M. Men's Club 2012 dues are currently being accepted.

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; 1 P.M. – 3 P.M

***ATTENTION ARTS & CRAFTERS:**

No arts & crafts supplies are to be purchased without the permission from the Director of the Naugatuck Senior Center. Without permission from the Director, items will be considered a donation to the Naugatuck Senior Center. Thank you for your cooperation.

Harvey Leon Frydman

Director

Exercise Class takes place at the Naugatuck Senior Center every TUESDAY, 9:30 A.M. – 10:30 A.M. Please stop by the Senior Center to register for this exercise class. This health and wellness program is sponsored by the Department of Aging. Donation: \$1.50 per class. Instructors: Joan Andrew.

Line Dancing class takes place every WEDNESDAY, 10 A.M. -11:30 A.M. Join the group for great fun, friendship and exercise. Instructor: "Chic" Konavaluk. 14 sessions/\$55.00. For further information call 720-7069. Classes run from March 14-June 13, 2012.

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 KNITTING YARN, sewing supplies, fabric, thread, buttons, batting 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, April 2, 2012.

The Naugatuck Elderly Commission will meet at the Naugatuck Senior Center on Monday, June 25, 2012, 1 P.M.

BIG BINGO GAME! BINGO is played every FRIDAY at 12 NOON. Fee: \$1.00

Doris Lacourse is the BINGO Caller. 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 HOSITAL will visit the Naugatuck Senior on **Wednesday, May 23, 2012 at 11:30 A.M-12:30 P.M. for a complimentary STROKE ASSESSMENT and BLOOD PRESSURE SCREENING**. This is a **FREE Health & Wellness program**. Stop by for a complimentary fresh apple!

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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

Meals On Wheels: 203-756-5261

New Opportunities, Inc, 232 North Elm Street, Waterbury, CT 06702

Naugatuck Visiting Nurses Association: 203-720-7095

Contact: Teresa Stieber, 600 Rubber Avenue, Naugatuck, CT 06770

Naugatuck Youth Services: 203-720-5673

Contact: Jane Lobdell, 13 Scott Street, Naugatuck, CT 06770

American Red Cross:

Waterbury Area Chapter, 64 Holmes Avenue, Waterbury, CT 06708

CT. Dept. of Social Services: 203-597-4000

Waterbury Region, 24 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

Naugatuck Head Start & School Readiness at Prospect School: 203-720-5239
100 Prospect Street
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:

FOXWOOD'S RESORT & CASINO DAY TRIPS

- Tuesdays**
- April 10, 2012**
- May 8, 2012**
- June 12, 2012**
- July 10, 2012**
- August 14, 2012**

Leave the Naugatuck Senior Center at 7:70 A.M. Price includes luxury bus transportation, luncheon voucher and \$15.00 Keno card. Cost per person: \$28.00

BOSTON HARBOR CRUISE ON THE ODYSSEY

WEDNESDAY, MAY 16, 2012

Travel with your friends from the Naugatuck Senior Center as we travel to Boston, MA, where the luxury yacht ODYSSEY awaits us. Your two hour Boston Harbor cruise will feature fine cuisine and live entertainment. Once on board the ship, you will order off the menu for a plated sit down luncheon. After the Odyssey docks, we will take the opportunity to browse and shop through Boston’s famous Quincy Market.

Depart the Naugatuck Senior Center at 8:00 A.M.

Cost per person: \$85.00

QUEBEC CITY INTERNATIONAL FESTIVAL OF MILITARY BANDS

AUGUST 21-24, 2012

Day One: Depart from the Naugatuck Senior Center en route to Quebec, Canada. Your hotel for the next three night is the Hotel Ambassadeur. Dinner is included tonight at the Cotes a Cotes Restaurant.

Day Two: Enjoy a city tour of Old Quebec, Battlefield Park, The Fortifications, and many historic sites. This afternoon you will have free time to explore historic Old Quebec. Breakfast and dinner is included.

Day Three: After your breakfast and time in Old Quebec, we will travel to St. Anne De Beaupre and a visit to Montmorency Falls. After tonight’s dinner, you will enjoy the QUEBEC CITY MILITARY TATTOO. This extraordinary event features over 800 musicians from over 20 bands. In their best uniforms, the bands will share the spotlight in marching routines, military ability and artistic demonstrations.

Day Four: We start our journey home, retracing our steps and enjoying our fond memories of this French Canadian Getaway Tour.

Cost per person: \$579.00 Per Person double occupancy.

A PASSPORT CARD OR PASSPORT IS REQUIRED FOR THIS CANADIAN TOUR

ADAMS & APPLES IN VERMONT

Thursday, September 20, 2012

Depart from the Naugatuck Senior Center as we begin our day trip to The Adam’s Farm in Southern Vermont. Enjoy a comfortable wagon ride through the 210 acre hillside farm. Visit and pet some of the lambs and rabbits. Enjoy a visit The Farm Store for some Vermont Maple Syrup. After our visit to the Adam’s Farm, we will travel to the Old Red Mill, where we will have luncheon. Today you have a choice of Baked Salmon or Chicken Teriyaki.

After lunch we will visit the APPLE BARN, and take a coach ride through a 300 acre apple orchard. On our return to The Apple Barn, you will enjoy a slice of old fashioned apple pie a la mode and a beverage.

Enjoy this autumn, fall foliage trip with your friends from the Naugatuck Senior Center.

Cost per person: TBA

***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.**

CROCHETTING WITH TINA DeMATOS

Mondays

10 A.M.-11 A.M.

Join Tina DeMatos for instruction in the fine art of crocheting. Complimentary crocheting needles and thread will be provided.

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VNA Healthcare has grant money available for MEALS ON WHEELS. This program is for Naugatuck residents in need of a good nutritional meal delivered directly to their home. For further information call 1-800-466-3227.

THE POKER PLAYERS at The Naugatuck Senior Center

Do you like to play poker? Do you want to learn how to play poker! Come join the FULL HOUSE of POKER PLAYERS Monday-Friday, 11:30 A.M at the Naugatuck Senior Center. Learn about the different games of poker. Have a fun time! Good company!

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

BRIDGE PLAYERS WANTED

Are you interested in learning how to become a better bridge player? Do you want to learn how to play the game of bridge. Please call 203-720-7069 to help organize a new group of bridge players at the Naugatuck Senior Center

VITA TAX PREPARATION

VITA is a free program that provides income tax preparation assistance for low and middle income taxpayers of all ages, with special attention to those people 60 years of age and older. **VITA** is a program of the Internal Revenue Service. The Naugatuck Senior Center has scheduled a **VITA Tax Aide income tax service**. Call the Naugatuck Senior Center at **203-720-7069** to check on available dates to schedule an appointment for this free tax preparation service.

TAX PREPARATION INFORMATION: If married, both husband and wife should be present during an income tax counseling session. Taxpayers must bring all of the documents that have been received that apply to their 2011 income taxes, including:

Copies of 2010 income tax forms

Social Security of Individual Taxpayers ID numbers for all household members and personal identification

A check with a routing number for a direct deposit refund request.

All 2011 income report forms that have been received:

SSA-1099, Social Security, Benefit Statements and RRB-1099-R, US Railroad Retirement Board forms

All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC)

W-2 G, Certain gambling winning forms.

Original cost of assets sold in 2011.

The following THURSDAY dates and times, 9 A.M.-12 NOON, are available for your tax preparation appointment.

Thursday, April 5

Thursday, April 12

Hand Massage & Manicures with Roberta Winters

Tuesday, April 3, 2012

10 A.M.-11 A.M.

Receive a complimentary hand massage or manicure provided by TLC Homecare, Naugatuck, CT. Please register for an appointment at the Senior Center's office or call 203-720-7069. Roberta Winters is Vice President/ Care Coordinator of TLC Homecare LLC.

SENIOR TALK with DONALD MARIANO

Tuesdays, April 3 & 10, 2012

1 P.M.-2 P.M.

Are you interested in talking about your concerns and issues with aging in a safe and supportive environment? Join the SENIOR TALK discussion group and share your thoughts about aging. Learn about available community services that assist older adults. For further information and to register your attendance for SENIOR TALK, please call Donald Mariano at 203-558-6374. This is a complimentary program for members of the Naugatuck Senior Center. Refreshments will be served. Instructor: Donald Mariano, Licensed Clinical Social Worker.

Paradigm Lunch & Learn Pasta Dinner

Thursday, May 17, 2012

1 P.M.

Tickets: \$2.00

Limited to 50 people

Arts & Crafts Alert!

Do you have any gift boxes? The Arts & Crafters at the Naugatuck Senior Center are seeking clean "GIFT BOXES" that will be used in our 2012 Holiday Bazaar. Please bring your gift boxes to the office of the Naugatuck Senior Center. Thank you for your help!

APRIL SHOWER SAFETY EVENT

Tuesday, April 10, 2012

1 P.M.

A discussion on tips to stay safe in your home. Register to win an April Shower umbrella and bathroom bathmats. Complimentary refreshments will be served. Instructor: Roberta Winters, Vice President/ Care Coordinator, LLC, Naugatuck, CT

**The Naugatuck Senior Center &
THE FONES SCHOOL OF DENTAL HYGIENE, BRIDGEPORT, CT**

Invite You to Attend A

HEALTH & WELLNESS SCREENING CLINIC

to be held at the

Naugatuck Senior Center on

MONDAY, APRIL 16, 2012

9:30 A.M.-11:30 A.M.

This is a complimentary health & wellness clinic.
Have your teeth or dentures examined and cleaned.

*Free Oral Health Check Up

*Free Blood Pressure Screening

*Free Home Care Dental Supplies

Please register for your complimentary health and wellness screening appointment by calling the Naugatuck Senior Center at 203-720-7069 or visit the Senior Center's office for further information.

The Naugatuck Senior Center &
Connecticut Community Foundation
Cordially Invite You To Attend

SENIOR DAY 2012

to be held at the

Naugatuck Senior Center

300 Meadow Street

Naugatuck, CT

on

THURSDAY, APRIL 19, 2012

9 A.M.- 1 P.M.

Visit the following information booths, including:

The Naugatuck Senior Center; Connecticut Community Foundation; New Opportunities, Inc.; Family Intervention Center, Inc.; Beacon Brook Health Center; The Village at East Farms; Glendale Health Center; Hispanic Health Council; TLC Homecare; J&L Medical Services; Connecticut Community Care, Inc; Naugatuck Commission for the Handicapped; Griffin Hospital; Lifeline; AARP Safe Driving; VITAS; All About You Home Care; The Heart Center of Greater Waterbury; Naugatuck YMCA; Naugatuck Registrar of Voters; The U.S. Post Office-Naugatuck Branch; CAHS; Connecticut Light & Power Company; Paradigm Healthcare Center of Prospect; Naugatuck TRIAD, S.A.L.T. Council; BIG Y Supermarket; Naugatuck Valley Memorial; The Watermark at East Hill; HRD; Nelson's Pharmacy; The Western Connecticut Area Agency on Aging; The Hearth at Southbury; Naugatuck VNA; Yo Farms Yogurt; Dr. Robert Matusz, DPM-Podiatry; Super Stop & Shop Supermarket; Foxwoods Resort & Casino; Naugatuck Registrar of Voters; Naugatuck Fire & Police Department; & PATCH Website News.

Free Box Lunch!

Free Door Prizes!

Register your attendance for this special event so that we may order enough lunches. Thank you. See you on April 19, 2012!

Also a SENIOR DAY BINGO will take place at the Senior Center on FRIDAY, APRIL 20, 2012, 12 Noon.

These two special events have been made possible through a grant from the Connecticut Community Foundation. THANK YOU CCF!



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**The Hearth at Southbury presents
A Summer Grilled Vegetable Demonstration & Lecture**

Tuesday, May 1, 2012

1 P.M.

Head Chef Hector Velez, from The Hearth at Southbury will give a “health and wellness” cooking demonstration on grilling summer vegetables. Complimentary samples of a grilled vegetable sandwich and sauté vegetables. Also enjoy a summer berry salad cooking demonstration. Hosted by Kimberly Vertress, Community Outreach Representative, The Hearth at Southbury.



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Kentucky Derby Ladies Hat Design Workshop

Thursday, May 3, 2012

10 A.M.

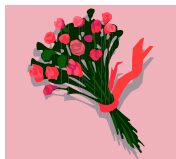
Bring in a hat and remodel it as a fancy, Kentucky Derby style showpiece. Complimentary art materials will be provided. Hats will be modeled the following day, FRIDAY, MAY 4, 2012, 12 Noon at our regular afternoon Bingo game.

Remembering Mother!

Thursday, May 3, 2012

1 P.M.

A discussion on what you learned from your Mother and other family members throughout your lifetime. Bring a photograph of your Mother to this program. Instructor: Bonnie Basile, Family Intervention Center, Inc., Waterbury, CT.



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KENTUCKY DERBY FANCY HAT FASHION SHOW

Friday, May 4, 2012

12 Noon

Wear your favorite, fancy Kentucky Derby style hat to this fun special event. Prize for best hat!

This springtime event is hosted by Melody Floyd, Director of Community Relations, The Village at East Farms, Waterbury, CT.



The Naugatuck Senior Center &
Beacon Brook Health Center

Invite You to Attend A

HOT DOG BARBEQUE

to be held at the

Naugatuck Senior Center on

TUESDAY, JUNE 5, 2012

1 P.M.

Enjoy a delicious hotdog barbeque with the summertime trimmings.

Hosted by Al Pistarelli, Community Relations Representative, Beacon Brook Health Center, Naugatuck, CT.

Limited to 40 people.

Tickets available at the office of the Naugatuck Senior Center.

TICKETS: \$2.00



The Naugatuck Senior Center &
THE GLENDALE HEALTH CARE CENTER

Cordially Invite You To Attend A

HEALTH & WELLNESS BREAKFAST

to be held at the Naugatuck Senior Center on

FRIDAY, JUNE 8, 2012

9 A.M.- 11 A.M.

Enjoy a healthy morning breakfast.

Receive summer good health and sun screen protection information.

Register for Door Prizes!

Hosted by Patricia Birch, Community Outreach Representative, Glendale Health Care Center, Naugatuck, CT.

This is a complimentary health & wellness event for members of the Naugatuck Senior Center.

Please call the Naugatuck Senior Center at 203-720-7069 to register your attendance for this program.



The Naugatuck Senior Center &
THE GLENDALE HEALTH CARE CENTER

host

A SUMMER ICE CREAM SOCIAL

to be held at the Naugatuck Senior Center on

FRIDAY, JULY 20, 2012

12 NOON

Enjoy a complimentary ice cream sundae!

Hosted by Patricia Birch, Community Outreach Representative, Glendale Health Care Center, Naugatuck, CT



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 Elk!

The Naugatuck Senior Center wants to thank the American Legion Post 17 for presenting the Senior Center with a new U.S. flag. The flag is already proudly flying on our flagpole in front of the Naugatuck Senior Center. Special thanks to Mr. Joe Lavallo and Mr. Jim Gagnon for their thoughtful help in getting the flag.

Naugatuck Senior Center Staff

Harvey Leon Frydman – Director/Municipal Agent

Carole Mancini – Food Site Manager/Dispatcher

Stephen Cutler – Mini Bus Driver

Bernie Grant-Office Clerk/Dispatcher

