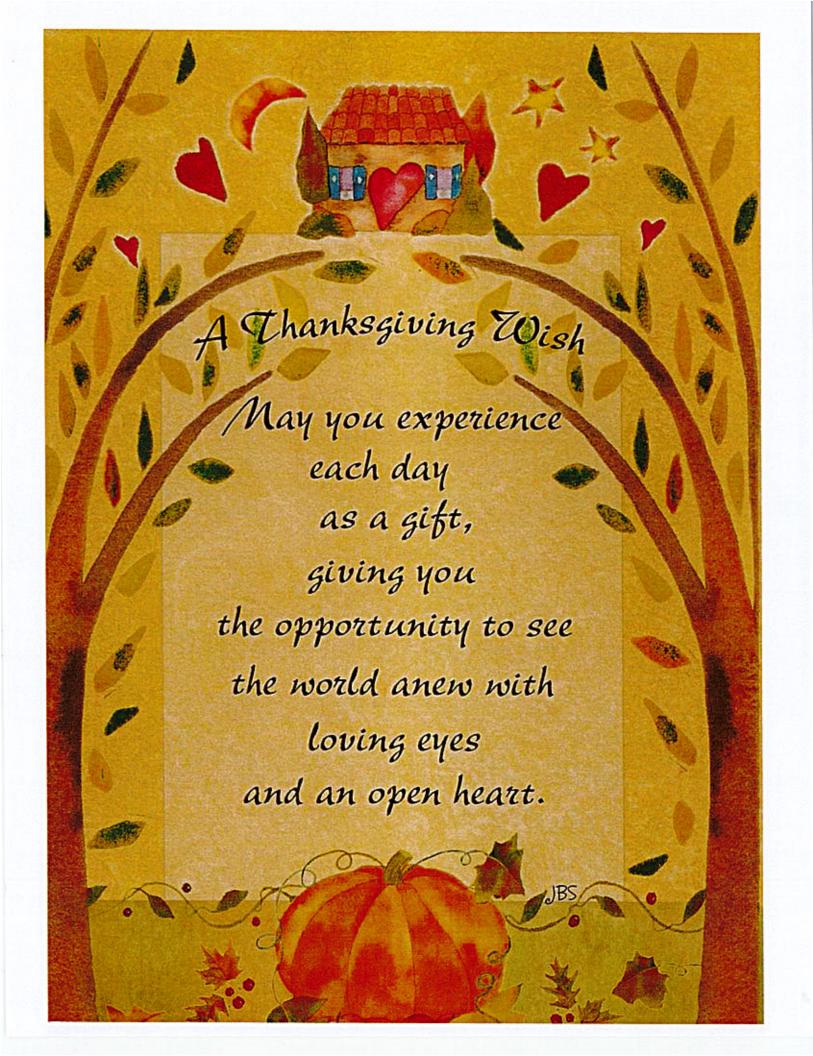
Falls Ave Senior Center 311 Falls Ave Oakville, CT 06779 (860)945-5250







TOWN OF WATERTOWN CONNECTICUT HUMAN, SOCIAL & LEISURE SERVICES

Recreation • Crestbrook Park GC • Parks • Foodbank • Social & Senior Services
61 Echo Lake Road, Watertown, Connecticut 06795-2629
Main Office (860) 945-5246 FAX (860) 945-4734



Hello Falls Ave Seniors,

Welcome to November! November is a special month because we celebrate our American holiday called Thanksgiving. We gather with family and friends and are grateful for their company, great food, maybe a bit of football, and the Macy's Day parade. This is also the kick off of our holiday season that takes us to the end of the year.

Let's prepare ourselves to be grateful this Thanksgiving for all that we have in our lives and continue this spirit not just to the end of the year, but rather, throughout the year. Let's challenge ourselves to be more patient, more giving, kinder, and happier despite our daily challenges. And allow others to help us when we need it.

So my friends, Happy Thanksgiving and remember the reason for the season!

Best,

Laura

Honoring all who have served and who are serving

Thank you to all Veterans

All gave some, Some gave all

November 2023 Activity Schedule

*New Activity or Event

Falls Ave Senior Center
311 Falls Avenue, Oakville, CT 06779 860-945-5250 (Monday through Friday: 8:30am – 4:30pm)

Monday	Tuesday	Wednesday	Thursday	Friday
		9:00 Senior Exercise 10:00 Scrabble 10:00 Wii Bowling 10:30 *WPD Senior Talk 12:00 Setback	10:30 Chair Aerobics 11:30 Brown Bag Lunch 12:00 Poker 1:00 Bingo	9:00 Senior Exercise 10:00 Bible Study
9:00 Senior Exercise 10:30 Chair Aerobics 10:30 *Kaynor Lunch 11:00 *Mah Jongg 12:00 Pinochle 1:00 Pokeno	10:00 *Corn Hole 10:00 *Shopping 10:30 Chair Aerobics 12:00 Poker 1:00 Wii Bowling 1:00 Knit/Crochet	9:00 Senior Exercise 10:00 Scrabble 10:00 Wii Bowling 12:00 Setback	9 9:00 * Veterans at Judson School 10:30 Chair Aerobics 11:30 Brown Bag Lunch 12:00 Poker 1:00 Bingo	Center Closed! Veterans Day Celebration!
9:00 Senior Exercise 10:30 Chair Aerobics 10:30 *Kaynor Lunch 11:00 *Mah Jongg 12:00 Pinochle 1:00 Pokeno	9:00 * Shingles #2 10:00 * Corn Hole 10:30 Chair Aerobics 10:30 * Bella Vista 11:40 * Reflexology 12:00 Poker 1:00 Wii Bowling 1:00 Knit/Crochet	9:00 Senior Exercise 10:00 Scrabble 10:00 Wii Bowling 12:00 Setback	8:30 *Wii League & Glastonbury 10:30 Chair Aerobics 11:30 Brown Bag Lunch 12:00 Poker 1:00 Bingo	9:00 Senior Exercise 10:00 Bible Study 12:00 *Thanksgiving Feud
9:00 Senior Exercise 9:30 *Shop/Lunch 10:30 Chair Aerobics 11:00 *Mah Jongg 12:00 Pinochle 1:00 Pokeno	10:00 * Corn Hole 10:30 Chair Aerobics 11:30 *Community Cafe 12:00 Poker 1:00 Wii Bowling 1:00 Knit/Crochet	9:00 Senior Exercise 10:00 Scrabble 10:00 Wii Bowling 12:00 Setback	Center Closed! Happy Thanksgiving!	Center Closed!
9:00 Senior Exercise 10:30 Chair Aerobics 11:00 *Mah Jongg 12:00 Pinochle 1:00 Pokeno	10:00 *Corn Hole 10:30 Chair Aerobics 10:30 *Crafty	9:00 Senior Exercise 10:00 Scrabble 10:00 Wii Bowling 12:00 Setback 12:00 *Sears Roebuck Christmas Catalog	30 10:30 Chair Aerobics 11:30 Brown Bag Lunch 12:00 Poker 1:00 Bingo	



TOWN OF WATERTOWN CONNECTICUT

OFFICE OF THE TOWN MANAGER

Watertown Town Hall • 61 Echo Lake Road • Watertown, CT 06795 Tel: 860.945.5255 • Fax: 860.945.4974 • www.watertownet.org

MEMORANDUM

TO:

All Town Employees

DATE:

October 13, 2022

FROM:

Mark A. Raimo, Town Manage

RE:

2023 Holidays

The following days have been designated as town holidays:

HOLIDAY	OBSERVED ON
New Year's Day	Monday, January 2, 2023
Martin Luther King's Day	Monday, January 16, 2023
President's Day	Monday, February 20, 2023
Good Friday	Friday, April 07, 2023
Memorial Day	Monday, May 29, 2023
Independence Day	Tuesday, July 4, 2023
Labor Day	Monday, September 4, 2023
Coiumbus Day	Monday, October 09, 2023
Veterans' Day	Friday, November 10, 2023
Thanksgiving Day	Thursday, November 23, 2023
Day after Thanksgiving*	Friday, November 24 2023*
Christmas Day and One	Monday, December 25, 2023
Other Day Designated **	Tuesday, December 26, 2023

^{*}For employees who are entitled to an additional day off for Thanksgiving

individual collective bargaining agreements are to be consulted to determine provisions concerning holiday compensation and work performed on a holiday.

For those eligible, there is a floating holiday.

For the 2024 New Year's Holiday, Monday, January I, 2024 has been designated as the Town holiday.

^{**}Other day designated by the Town Manager - Please consult your bargaining unit agreement.

What's New at the FASC?

The Falls Ave Senior Center is a Social Center. Please be kind and conduct yourself in the appropriate, respectful manner. Treat everyone how you want to be treated.

NEW!... It is that time of year again. Energy Assistance Applications will be processed here at the FASC. Please contact Laura to schedule your appointment beginning October 1.

Thank you for your patience and cooperation in registering and assisting in implementing My Senior Center. This process of registering all of our members is ongoing.

You will be asked to register in this new system, verify your personal information, take a photo, and register for all future activities. Please see Cheryl Overton between 8:30 and 11:30 <u>daily</u> to register.

Things you can do to prepare for the registration process:

- *Provide your contact phone number, home and/or cell.
- *Provide a working email address if you have one.
- *Provide the name of your "Emergency Contact".
- *Provide the phone number of your "Emergency Contact".

Your contact information is Very Important! You will be contacted using the phone number you provided upon registration. This is the ONLY number that will be used to notify you of ANY CHANGE happening at the FASC.

<u>Please note that ANY CALLS regarding CHANGES at the FASC will come from the number below.</u>

1-617-855-0125

Please pick up phone calls from this number! Thank you.

NEW!.. the State of Connecticut has launched a NEW Online Health Portal to help you find benefits and services you may qualify for. Please see the flyer in this Newsletter for more details.

NEW!...Important Updates at the FASC:

We are implementing some changes at the Center in how we manage reservations and payment of activities. It has become increasingly more difficult for my staff and I to follow up with seniors to pay for activities. So moving forward, I am asking seniors to pay when you put your name on the Sign Up Sheet. I ask for your cooperation during this transition. Thank you.

Also, if you have paid for a food activity and you cancel on the day of the event, your money will not be refunded. We purchase food based on the number of names listed on the Sign Up Sheet. When someone cancels on the day of the event, we spend more money on food than necessary. As you know, food costs have significantly increased and we do not want to purchase more than we need for an event. Please understand this policy change is so we can continue to provide food related events for you. Thank you for your anticipated cooperation.

Lastly, please <u>do not place or leave anything on the pool table covers</u> in the Billiards Room. The covers are showing signs of wear and tear and we want to keep the Center in great shape. Thank you.

NEW!... Book Reading Contest at the FASC! Come join in the fun by voting for your favorite children's book. A retired library director, Samuel Brown, has invited us to participate in his children's book contest. All we have to do is vote for our favorite title. Simply enter your book's choice into the ballot box located in the lower level room by December 31, 2023. Then we will tally up your votes to determine the winning title and email it to Mr. Brown. He will purchase that book, insert a bookplate in honor of the FASC and donate it to Read to Grow!!! We have loaned these books from the Watertown Library in the event you'd like to reread them or perhaps enjoy them for the first time. Please remember they are on loan and need to be returned to our library in a few weeks. Happy Reading!!

NEW!...The Bristol Adult Resource Center (BARC), located at 621 Jerome Avenue, Bristol, is a non-profit organization serving individuals with disabilities and utilizing their talents in interesting ways. BARC operates the, "Hidden Café" which is open Monday – Friday, 11:30 – 2:00 daily. You may also order take-out by calling 860-584-0043. Please see this flyer at the Center.

NEW!...The Village of East Farms at 180 Scott Road in Waterbury is offering a Caregiver Support Group the first Wednesday of each month @ 11:00. Please see the flyer in this Newsletter for more details.

NEW!... The Live Well Program sponsored by the Western Connecticut Area Agency on Aging (WCAAA) is offering a FREE Diabetes Telephone Workshop Wednesdays from 10:00-11:00 from November 1 – December 6. Please see the flyer in this Newsletter for more details.

NEW!... The Live Well Program sponsored by the Western Connecticut Area Agency on Aging (WCAAA) is offering a FREE Live Well with Chronic Conditions Workshop on Thursdays from 9:00 – 11:00 from November 2 – December 14 at the Bethlehem Memorial Hall, Please see the flyer in this Newsletter for more details.

NEW!... The Oakville VFW Auxiliary from Post 7330 is sponsoring a Meatball Grinder fundraiser on Friday November 3 from 11:00 – 6:00 for a \$7.00 donation. This fundraiser will benefit Veteran and Community Projects. Please see the flyer in this Newsletter for more details.

NEW!... The Watertown Parks and Recreation Department and the Water-Oak Women's Club are offering a Health and Safety Fair on Saturday November 4 from 10:00 - 2:00 at John Trumbull Primary School. Admission is FREE. ALL screenings are FREE. Raffles are FREE! Please see the flyer in this Newsletter for more details.

NEW!... The Village at East Farms at 180 Scott Road in Waterbury is offering a, "Parkinson's Support Group" on the first Saturday of each month @ 10:00. Please see the flyer in this Newsletter for more details.

NEW!...the Watertown History Museum is offering three events during the month of November including Ghost Hunting at the Schoolhouse on November 5, a Holiday Wreath Festival on November 11, and a Holiday Wreath Making Class on November 18. Please see the flyer in this Newsletter for more details.

NEW!... Join us on Monday November 6 for a Thanksgiving Luncheon at Kaynor Tech. This sit down lunch will include Butternut Squash and Pear Soup, Roasted Turkey with pan gravy over stuffing with mashed potatoes, green beans, and corn finished with cranberry sauce and pumpkin pie with whipped cream for dessert. Bread, coffee and ice water also included. Please see the November Activity Schedule and look for the Kaynor Tech Sign Up Sheet.

NEW!... Monthly Grocery Shopping Trip to Shop-Rite in Southbury will be offered on Tuesday November 7 from 10:00-12:00, Tuesday is Senior Discount Day. Be sure to call our Dispatcher, Cheryl Overton to schedule your pick up. Please see the flyer in this Newsletter.

NEW!.. Judson Elementary School is offering a Veterans Day Celebration on Thursday November 9 at 9:00 for a light breakfast followed by an assembly at 9:30. This gathering is for anyone who is serving or has served in the military for this country. Please review the November Activity Schedule and look for the Veterans Day Sign Up Sheet. Please see the flyer in this NEWSletter for more details.

Reminder...The Falls Ave Senior Center will be closed on Friday November 10 in observance of Veterans Day. Have a wonderful and safe holiday!

NEW!... On Saturday November 11 at 11:00, the Watertown-Oakville Veterans Council will remember those who have served our wonderful country. Two services will be offered at Veterans Memorial Park and the Oakville Green. Luncheons will be served at all Posts. Please see the flyer in this Newsletter for more details.

NEW!... Our Watertown Oakville Scouts will be holding their annual Scouting for Food Drive on Saturday November 11. Please leave your food donations at your door or mailbox for pick up by 9:00 on this date. Please see the fiver in this Newsletter for more details.

NEW!... Join us on Monday November 13 for a Thanksgiving Luncheon at Kaynor Tech. This sit down lunch will include Butternut Squash and Pear Soup, Roasted Turkey with pan gravy over stuffing with mashed potatocs, green beans, and corn finished with cranberry sauce and pumpkin pie with whipped cream for dessert. Bread, coffee and ice water also included. Please see the November Activity Schedule and look for the Kaynor Tech Sign Up Sheet.

NEW!.. The FASC will be going on a Bus Trip to The Bella Vista in Waterbury for the All American Variety Show featuring Joey Armenio and the family for a Salute to our Veterans on Tuesday November 14. Tickets are \$89.00 and include Appetizers of Cheeses, Grilled Marinated Vegetables, Italian Meats, Antipasto, Bruschetta Crostini, Crudites and Fruit. There will be carafes of red and white wine on the tables. Enjoy a family style meal of Italian Salad, Penne ala Vodka, Chicken Fresca with Tomatoes and Capers in a Lemon Wine Sauce, Stuffed Filet of Sole, Potato, Vegetable, Deluxe Pastries, Soda and Coffee. Please see the flyer in this Newsletter for more details. CLOSED

Reflexology with Kim Stewart every second Tuesday of the month! Next date:

November 14. Book any of the 5 reflexology appointments, each (20) minute sessions: (1) 11:40-12:00, (2) 12:10-12:30, (3) 12:40-1:00, (4) 1:10-1:30, and (5) 1:40-2:00. Please note that the cost of each session has increased by \$5.00. Reflexology focuses on reflex areas of feet/hands that correspond to parts of the body, can result in stress reduction that causes a physiological change in the body. Please review the November Activity Schedule and look for the Reflexology Sign Up Sheet.

NEW!.. The Village at East Farms at 180 Scott Road in Waterbury is offering a Bereavement Group that meets on Thursday, 4:00-5:30. Please look for the flyer in this Newsletter for the scheduled dates and more details.

NEW!... the State Nutrition Program or the Senior Community Café will be back on Tuesdays from 11:30-12:30 beginning Tuesday November 21. We need a minimum of 15 people each week to open and maintain this meal program. Suggested donation is \$4.00. Please review the flyer in this Newsletter. Please look for the Nutrition Program Sign Up Sheet.

NEW!... Jason A. Coppola of the Connecticut Department of Veterans Affairs will be at the Watertown Town Hall at 61 Echo Lake Road on the last Monday of each month from 9:00 – 2:00 outside the Social Service Office. Next visit is scheduled for Monday November 27. If you need to speak to/meet with him about any matter, please call him at 203-805-6340 or email @ Jason.Coppola@ct.gov to a make an appointment for when he is here in Town.

NEW!... Crafty Tuesday and Secret Santa are pairing up for the holiday! Please see Carol Stopper to let her know you would like to participate in the Secret Santa and select a name on either Thursday November 16 or Tuesday November 21. You must be here to select your name. You will create a stocking for the name you selected on Tuesday November 28 at 10:30. Please review the November Activity Schedule and look for the Crafty Tuesday Sign Up Sheet.

NEW! The Falls Ave Senior Center Book Club is a bit creative this month. The Book Club members will each be reading a book of their choice and will review their book with the group. The Book Club group will meet again on November 28 @ 11:00. Please see Laura if you would like to join this club. Please see the flyer located in this Newsletter for more details.

NEW!...Art Gottlieb will be here on Wednesday November 29 at 12:00 to give his presentation on the Sears, Roebuck & Co. Christmas Catalog, Come and share your very own experiences and reminisce about those memories. Please review the November Activity Schedule and look for the Sears Roebuck Sign Up Sheet.

NEW!... the Christmas Lights and Song Bus Trip on Sunday December 3, hosted by Friendship Tours, will depart from Waterbury at 10:00 from the Chase Parkway Park and Ride and return around 7:30. You will enjoy a delicious lunch at a charming German-style restaurant in downtown Springfield. Your meal will include a Salad, choice of Roast Pork with Apple Glaze OR Baked Scrod with Crumb Topping, OR Chicken Schnitzel with Gravy, vegetable, potato, and Apple Strudel a la mode for Dessert. You will spend some time at the MGM Springfield Casino, and then off to Bright Nights at Forest Park that offers 2 ½ miles of lighting displays and 250,000 lights while listening to Christmas Carols. One seat is available for this trip. Please see the flyer in this Newsletter for more details. CLOSED

Save the Date for a Bus Trip to see "A Carpenter's Christmas" at the Aqua Turf in Southington on Wednesday December 13. Please see the flyer in this Newsletter for more details. SOLD OUT!

NEW!...the Trumbull-Porter Chapter of the Daughters of the revolution, the Watertown-Oakville Veterans Council and the Waterbury Veterans Council presents "Wreaths Across America" on Saturday December 16 at 12:00 at the Old Cemetery, Depot, Main and French St. Please see the flyer in this Newsletter for more information.

Save the Date!... Join us for "Who Loves You" featuring the Broadway cast of the Jersey Boys and music of Franki Valli & the Four Seasons and beyond on March 1, 2024 at 2:00pm at Nelson Hall in Cheshire. Cost is \$35.00! Get your tickets before they sell out. Only 20 seats available. Please see the Who Loves You Sign Up Sheet.

NEW!... Join us at the Aqua Turf in Southington for dinner and a performance of the Celtic Angels on Monday March 11, 2024. Bus departs at 9:45 and returns about 4:00. This is a Family Style Luncheon including a tossed salad, penne pasta, corned beef, cabbage, baked scrod, rolls, butter, vegetable, potato, dessert and coffee or tea. Cost is \$88.00

Save the Date!... Join us on a Bus Trip for a Taste of New York on Saturday March 23, 2024. We will visit ZABAR's on the Upper East Side for the Gourmet Market, head to Carmine's and enjoy a family style lunch and stop at Arthur Avenue in the Bronx for more Ialian food specialtics. Bus will depart at 8:15 from Chase Parkway and return around 7:30. Please see the flyer in this Newsletter for more details. Tickets are \$147.00. Please see the Taste of Italian Sign Up Sheet. Only four seats available.

FYI!... St. Michael's Parish located at 62 St. Michael Drive in Waterbury is offering BINGO on Saturday at 6:30. Doors open at 4:30. Please see the flyer in this Newsletter for more details.

NEW!... You may have noticed some changes in the Green Room on the lower level. A special collection of keepsakes of the Wizard of Oz has been hung for your viewing pleasure and enjoyment. This collection was amassed by my Aunt Marie and Uncle Fred Rodney who have passed. It is on loan to the FASC while I am here. Please take some time to visit our new "Oz" room on the lower level.

NEW!... a special request...when you arrive for your activity and are in need of water, please kindly stop at the Kitchen window to pick one up. Much appreciated. Thank you!

NEW!... a friendly reminder to recycle your water bottles when they are empty. There is a receptacle near the trashcan in the Main Room for this purpose. Please protect our environment by recycling. Thank you.

<u>Donations to the Falls Avenue Senior Center (FASC)</u> I am currently accepting donations at the FASC for <u>WATER</u>, <u>Napkins</u>, <u>DECAFFEINATED COFFEE</u>, <u>Clorox/Lysol Sanitizing Wipes</u>, and cans of <u>non-scented Lysol Spray</u>. Thank you to members who continue to donate to keep our Center fully stocked and clean!

Bocce has been suspended until warmer weather. See you in the Spring!

Walking Club has been suspended until warmer weather. See you in the Spring!

The Side Porch is CLOSED for the season. See you in the Spring!

NEW! Pool on Tuesdays from 9:00-12:00 will be suspended until November! Please feel free to use the pool tables when the room is not in use for other activities.

If you would like to learn to knit and/or crochet, please join our experienced group of knitters and crocheters every Tuesday from 1:00-3:00. This group makes beautiful hats, scarves, and gloves for needy children, infants, veterans, and shawls for patients of the Harold Leever Regional Cancer Center. Come and observe the amazing talent among this group! Review your November Activity Schedule and see the Knitting & Crocheting Flyer in this Newsletter.

Wii Bowling is every Tuesday @ 1:00 and Wednesday @ 10:00. Come join the fun everyone is talking about! Review your November Activity Schedule and look for the Wii Bowling Flyer in this Newsletter.

Scrabble is every Wednesday from 10:00 to 1:00! Challenge your mind and learn new words you never knew existed! Join our great group of scrabble players. Review the November Activity Schedule and look for the Scrabble Flyer in this Newsletter.

NEW! Brown Bag Lunch is happening every Thursday from 11:30-12:30. Bring your own lunch and the Center will provide the coffee and/or water bottle. Enjoy time eating and socializing with your friends. Spending time with others is good for the soul! Review your November Activity Schedule and look for the Brown Bag Flyer in this Newsletter.

New Time! Beginner Pool... Join in the fun the First Friday of every month @ 10:00. This is open to both women and men who would like to learn to play pool at their own pace. Let's learn together! Review the November Activity Schedule and look for the Beginner Billiards Sign Up Sheet.

<u>NEW Time! Mah Jongg is back on Mondays @ 11:00.</u> The Webster Dictionary says that Mah Jongg is a Chinese game usually played by four persons with 144 tiles that are drawn and discarded until one player secures a winning hand. <u>Review the November Activity</u> Schedule and look for the Mah Jongg Sign Up Sheet.

FYL...all photos taken at the FASC are posted on Facebook (FB). If you are on FB, please go to our NEW Facebook page, "Watertown Oakville CT FASC" to view the photos.

If you are in need of the WiFi Password at the FASC, please use Senior60tXz. Thank you.

FYI...The Town of Watertown Commission on Aging meets on the third Thursday of each month at 6:30pm at the Town Hall. These meetings are open to the public. You may attend in person or virtually. Please contact the Town Hall or Laura with any questions. Thank you!

NEW!...COVID-19 Related information....You may request another round of FREE COVID-19 Rapid Home Test Kits to be mailed to your home via the Federal Government. You may request FOUR FREE test kits per address by registering online at special.usps.com or covidtests.gov. If you do not have access to the Internet, you may call this Hotline at 1-800-232-023 3 to request your tests.

FYI...I want to thank everyone for using sanitizing wipes, Lysol Spray, and sanitizing pumps while at the Center. Please continue to sanitize the tables, chairs and the sanitizing pump in the center of the tables. Let's work together to keep our Center clean and virus free.

Thank you to the many seniors who donate, contribute, and assist everyday to help make the FASC the best place to be!

If you have interest in beginning Bridge, Cribbage, Rummy 500, and/or other card games, please see your Senior Center Coordinator. Thank you.

<u>Watertown-Oakville residents may apply for The William J. Munson Fund for medical, dental, and/or hearing expenses.</u> Please call/contact the Senior Center Coordinator with requests/questions at 860-945-5250. Please see the application located in this Newsletter.

FASC Staff

<u>Chervl Overton</u> is our Dispatcher here at the FASC. Please welcome Cheryl to our team.

Frank Santopietro is a Bus Driver here at the FASC, Please welcome Frank to our team.

<u>Cindy Ruffini</u> is a Bus Driver here at the FASC. Please welcome her to our team.

<u>Carolyn Stopper</u> has been with the FASC since August 2021. She has been very busy assisting me in working with all of you. If I am unavailable, please see Carol for assistance.

FASC Volunteers

<u>Marilyn Porzio</u> has been a volunteer at the Center since July of 2021. She has worked well with you to offer new and creative activities to keep your experience as enjoyable as possible while at the Center.

<u>Cathy Woodruff</u> has also been volunteering at the Center. Please introduce yourself to her.

We are building a <u>FASC Team</u> to provide an ever-improving senior services program. Feel free to help us by providing feedback and assistance along the way. Thank you!

It's Puzzle Time... two puzzle boards are located on the lower level of the Center. Please come in and spend some time building the frame, separating the different shapes and colors of the pieces and completing the puzzle. Building puzzles can be a very relaxing activity. So give it a try...you might just experience the benefit!

NEW! Coming Soon...Variety Show! Stay tuned for more details!

FYI...If you need to discard any unfinished beverage, please empty out the liquid in the restroom or kitchen hand wash sink before placing it in the trash. Please do not pour liquid in the water bubbler. Let's work together to keep our Center clean. Thank you.

For Your Reading Pleasure....

Welcome to our <u>NEW</u> Reading Nook and "our improved" FASC Library! Located on the lower level of the Center, you will find books in great condition! Look further and read the novels of limitless stories that include westerns, romance, mystery/suspense, history, and paranormal encounters. We offer an array of best selling authors in many hardcover books. Reading can provide a sense of peace and relaxation. So browse for a book, take a seat in the beautiful Hitchcock Rocker and transport yourself into another dimension. Let your adventure begin...Happy Reading!

Reminder: Our Book Exchange is underway. Feel free to take a book and/or leave a book.

<u>Labonne's Market receipts</u> are once again being collected at the Center. If you have shopped there, please drop your receipt in the box just outside my office. Labonne's Market will donate a percentage of your total receipt to Polk School! Every bit helps! Thank you for all of your receipt deposits!

The FASC is currently accepting religious items such as prayer books, medals, rosary beads, etc. for our soldiers and veterans. Brenda DiFederico has graciously agreed to pick up the items and deliver to the respective recipients. Thank you Brenda!

<u>Volunteers</u>

Get involved! I am looking for volunteers for many functions at the Center. It takes a team to make this Center successful and I need "YOU" on the team! Let's work together to make this the BEST Senior Center possible. Woohoo! Thank you to the many seniors who have assisted me since our Re-Opening! Your time and help is much appreciated.

What's Happening in your Community?

Food Bank

If you are in need of food or would like to make a monetary and/or food donation, please visit the Town of Watertown Town Hall, Social Services, 61 Echo Lake Road, Watertown. Please call 860-945-5252 for more information. Thank you

For Your Information...

The Elder Justice Hotline, 1-860-808-5555 went live in July 2021. This is a State of Connecticut call line for issues/problems of age-based discrimination in the workplace, scams and frauds, and elder abuse, neglect, and exploitation. The Consumer Assistance Office of the Office of the Attorney General will staff the hotline Monday through Friday from 8:00am - 5:00pm. Hotline staff will routinely check phone messages after hours and on weekends. Please see the flyer posted at the Center. Thank you.

Happy Birthday!

November 2023

	11/01	Jason Byron
	11/03	Tammy Cutler
	11/03	Joy MacDonald
	11/04	Sophie Besse
	11/04	Patricia Bouffard
	11/04	Anita Frenis
	11/05	Gina Gordon
	11/05	Kathleen Grisgraber
	11/05	Lynda Mellette
	11/06	James Famiglietti
	11/06	Arthur Russo
	11/07	Gary Foran
	11/08	Cecile Davino
	11/08	Elizabeth Hayes
	11/08	Irene Viltrakis
	11/09	Margaret Ackley
	11/09	Judy Jalbert
	11/09	Karin Sergi
	11/09	Frances Skerstonas
	11/09	Karen Whitten
	11/10	Joan McBride
	11/10	Jane McCarthy
	11/10	Bernice Smart
	11/10	Pauline Troisi
	11/11	Cindy Nawiokas
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OV (ember 2
11/11	Elaine Curtis
11/12	Denise Bluick
11/12	Carolyn Durante
11/13	Mary Ann Chiarell
11/13	Mary Flammia
11/14	Patrick Deschaine
11/14	Mary Frigiani
11/16	Sandra Kennedy
11/16	Patricia Siemenski
11/17	Helen Palomba
11/17	Nancy Stankiewicz
11/17	Elaine Ubaldi
11/18	Sandy Berkeley
11/19	Richard Carpino
11/19	Giles Charland
11/19	Ken Collier
11/19	Barbara DelPriore
11/19	Steven Hart
11/19	Ray SanAngelo
11/19	Ann Wozniak
11/20	Douglas Codianni
11/20	Judith Petrucci
11/20	Denis Lemieux
11/21	Joan Robinson
11/21	Evelyn Fontan

11/22	Cynthia D'Angelo
11/23	Patricia Culver
11/23	Janice Frenger
11/23	Yvonne Walters
11/24	Stephen Gakidis
11/24	Judy Knapp
11/24	Odette Sirois
11/25	Beth Cook
11/25	Donna Opalak
11/25	Claire Roberts
11/25	Laurie Sharp
11/26	Philomena Nardi
11/26	Stewart Smith
11/27	Margaret DeLuca
11/27	Eileen Grant
11/27	Carol Minicucci
11/27	Dottie Weingold
11/28	Darlene Drummer
11/28	Carl Miscavage
11/28	Pat Lafferty
11/28	Nancy Rainchuso
11/29	Katherine Bushey
11/30	Judith Pavan

PLEASE JOIN US ON

WEDNESDAY, NOVEMBER 1

FOR A COMMUNITY TALK WITH YOUR WATERTOWN POLICE DEPARTMENT



10:30AM - 11:30AM

WATERTOWN POLICE DEPARTMENT PRESENTATION ON PROGRAMS FOR SENIORS

Falls Ave Center - 311 Falls Ave - Oakville, CT 06779 (860)945-5250

State of Connecticut Launches New

Online Health Portal

Helpful links for health services and other resources - October 2023



The state has launched an online healthcare portal that can be use find and take part in many services including:

- Health benefits eligibility screening
- Healthy living tools
- Emergency health services information
- Insurance and financial resources

There are also helpful links to:

- Resources for seniors, Veterans, and children, among others
- Severe weather alerts
- Heating and utilities assistance

This website may be a helpful tool to find benefits and services that you may qualify for.

HEALTH.CT.GOV

Book Reading CONTEST



Seniors,

Come join in the fun by voting for your favorite children's book.

A retired library director, Samuel Brown, has invited us to participate in his children's book contest. All we have to do is vote for our favorite title. Simply enter your book's choice into the ballot box by Dec. 31st. Then we will tally up your votes to determine the winning title and email it to Mr. Brown. He will purchase that book, insert a bookplate in honor of FASC and donate it to Read to Grow!

We have loaned these books from our local library in the event you'd like to reread them or perhaps enjoy them for the first time. Please remember they are on loan and need to be returned to our library in a few weeks. Then we'll borrow a few other titles.

Happy Reading!



November 2023



WEEKLY SPECIALS

Sandwich w/a Dish of Lobstercrab Salad Fresh Fruit \$8.25

Cheese Burger Platter, Ham Steak, Scalloped Potatoes & Vegetable

French Fries & Coleslaw Chicken Pot Pie w/a Garden Salad \$8.25

Closed | 24

20

Soup: Creamy Carrot Salad: Gourmet Egg

> olestaw & French Fries Tuna Melt Platter,

Soup: Lobster Corn

Salad: Taco Chowder

to not apply to Weekly Special Reminders: Chamber & Senior

The Hidden Café

621 Jerome Avenue, Bristol,

Time to order	holiday pies!!
CT	4-0043

11:30 am to 2 pm²

Open Monday - Friday, 🥇

Take out available, Call 860-584-0043 SOUP & SALAD Soup: Pumpkin Salad: Cashew Pear Soup: Hearty Italian Salad: Tortellini Antipasta Soup: Pasta Fagioli	860-584-0043 TUES WED day pies! 7 8 7 14 114 115	2 THU	hotiday pies!! 3 70 77
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Senior Discounts on Mondays ONLY!

Menu is subject to change, Cash and major credit cards accepted? (\$10 minimum for cc)





First Wednesday of Each Month

The complexity of Alzheimer's disease and related dementias severely impacts the family and professional caregiver. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope.

Join us for educational discussions and have the opportunity to learn and share with others who understand.

Complimentary care and programs are provided for your loved one during every session.

1st Wednesday of each month at 11:00 AM

RSVP to Randi Bellemare by emailing rbellemare@benchmarkquality.com or call 203.841.8607.



180 Scott Road Waterbury, CT 203.757.7660 VillageAtEastFarms.com





FREE! Diabetes Telephone Workshop

Take Control

Feel Better

Energize

Live

Enjoy

FREE Diabetes Self-Management Telephone Workshop from Home!

Learn about diabetes & pre-diabetes including:

- What to eat
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals

These are just some of the topics covered in a free weekly one-hour group telephone call for 6 weeks with a trained Live Well Leader!

Class size is limited, so register early!



Free books for all & a \$25 gift card for workshop completers!

Wednesdays from 10—11 am November 1– December 6, 2023

To register, call 203-757-5449 x 125 or email Debby at dhorowitz@wcaaa.org







Take Control

Feel

Better

Energize



FREE Live Well with Chronic Conditions Workshop!

"It's Your Life...Live it Well"

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? Or do you care for someone who does? This workshop can help you be in control



and feel better! You will learn:

- · Practical ways to deal with pain and fatigue
- Better nutrition and exercise choices
- Better ways to talk to your doctor about your health
- · Communication techniques to make your needs known
- · How to make a step-by-step plan to improve your life!

Live

Enjoy

Bethlehem Memorial Hall

10 The Green, Bethlehem

Thursdays, Nov. 2-Dec. 14 from 9—11am

To register, call Marilia Jose at 203-266-7510 x 226

or email mjose@bethlehemct.org

Free books for participants!

Space is limited, so sign up today!







Meatball Grinders

with or without Cheese



Friday

November 3rd

11 a.m. to 6 p.m.

\$7.00 Donation

In Town Delivery Available for Group Orders

Sponsored by The VFW Auxiliary to fund their many Veteran and Community Projects

Oakville VFW Post 7330

85 Davis St

860-274-5225

WATERTOWN PARKS & RECREATION

AND THE

WATER – OAK WOMEN'S CLUB



For the Whole Family

SATURDAY, NOVEMBER 4, 2023 10am to 2pm John Trumbull Primary School

Admission is FREE
All Screenings are FREE
FREE Raffles!

Blood drive, screenings for vision & hearing for all ages.

A Sampling of Participating Vendors Include:

YMCA, Fire Prevention Smoke House, Watertown Fire Truck, Dental/Dentist, Family Intervention Services, American Red Cross, The American Diabetes Association, Stone Chiropractic, Alliance of Therapy Dogs, Trinity Health at Home, Greenwood Counseling and much, much more!! Over 20 vendors.



First Saturday of Every Month 10 a.m.

Support group for those living with Parkinson's Disease and their loved ones

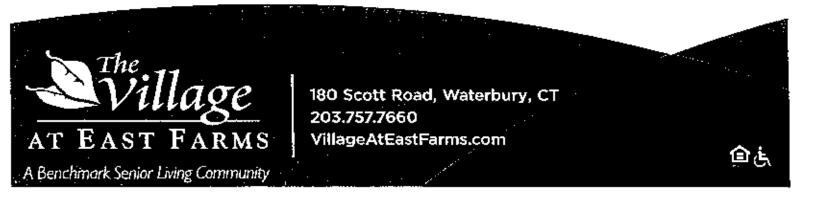
The complexity of Parkinson's disease and Parkinsonism can severely impact families and caregivers. This support group provides an opportunity to find and engage support throughout the Parkinson's journey.

SUG MERICAN PARKINSON DISEASE ASSOCIATION

This open forum group will share ideas, experiences and emotions, while offering support through the Parkinson's journey. Our goal is to help improve one's quality of life through social support, information sharing and education.



RSVP to Randi Bellemare at rbellemare@benchmarkquality.com or call 203.841.8607.





Falls Avenue Senior Center 311 Falls Ave Oakville CT 06779 (860) 945-5250



Watertown Senior Lunch November 6th, 2023

Starter Butternut Squash & Pear Soup

Roasted turkey with pan gravy over stuffing with masked potatoes, green beans, and corn finished with cranberry sauce.

Bessert Pumpkin pie topped with whipped cream

\$10.00ea

Coffee and Ice water included

Monday, November 6th Leaving 10:30am Returning 12:30pm

IF YOU ARE REGISTERED FOR THIS ACTIVITY AND ARE UNABLE TO ATTEND, PLEASE CALL THE FASC AT (860) 945-5250 AT LEAST 24 HRS PRIOR TO THE ACTIVITY TO CANCEL.



FALLS AVENUE SENIOR CENTER 311 FALLS AVENUE, OAKVILLE, CT 06779 860.945.5250

NEW GROCERY SHOPPING RIE



Join us on our monthly shopping trip to Southbury Shop Rite 10:00-12:00

NOWEMBER

CALL CHERYL OUR DISPATCHER AT (860)945-5250 TO BOOK YOUR BUS RIDE.



Judson Elementary School

Veterans Day Celebration!

On Thursday, November 9, 2023, Judson Elementary School will celebrate and honor our veterans for their service to the United States of America. We are inviting Judson family members who serve or have served in the military to join us. We would like to extend the invitation to the Watertown community as well.

If you are a town of Watertown employee, Board of Education member, police officer, or fire fighter and also a veteran you are invited to attend our special Veterans Day assembly on November 9, 2023. Kindly let Judson School Principal, Kristin Raymond, know by Friday, November 3rd if you will be able to join us. We will be hosting a light breakfast at 9:00am for the veterans and the assembly will take place at 9:30am with the whole school.

If you have any questions, please reach out via email at <u>raymondkr@watertownps.org</u>. We thank you for your service and look forward to celebrating with you!

Respectfully, Kristin Raymond Judson School Principal



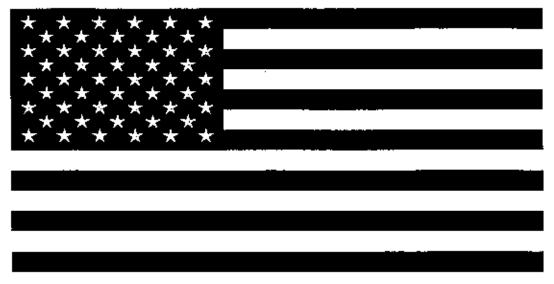
FASC is CLOSED Veterans Day



Friday November 10

SCOUTING FOR FOOD

Our Watertown-Oakville Scouts will be holding their annual SCOUTING FOR FOOD Drive.



Hundreds of Scouts will be out collecting food the Watertown Food Bank. Scouts will be out on Saturday, November 4th dropping off a grocery bag with instructions on your door step. If you are able, please leave your donation out at your front door or at your mailbox on Veterans' Day - Saturday, November 11th

Food Drive Pick-Up is on Veterans' Day

Thank You to those who have served and those currently serving our wonderful Country!

Saturday, November 11, 2023

Please leave food out by 9:00 AM

items currently needed;

- Canned meats, including chicken, stews, hash, tuna fish, soups & Spaghettio's
- Hot & cold cereals, complete pancake mix & syrup.
- Paper products including toilet tissue, paper towels and napkins
- Feminine & personal hygiene- including soap, shampoo, deodorant, toothpaste
- Dish & Laundry Detergents, Household cleaners
- Baby supplies including diapers, wipes & formula
- Pasta & pasta sauce
- Beverages including bottled water, juice, tea, hot chocolate & coffee

- Canned pork & beans, baked beans, vegetables & fruits
- Condiments including mayo, mustard, relish & ketchup
- Baking supplies- sugar, "complete" bread & cake mixes, frosting
- Boxed dinners including helpers, Mac & cheese
- Instant rice & potatoes
- Snacks including cookies, crackers & lunch box type items
- Peanut Butter & Jelly

PLEASE DOUBLE WRAP ANY ITEM SUBJECT TO BREAKING OR LEAKING

Gift Cards & Check Donations: Your financial support is always appreciated!

The Watertown Social Services Department purchases food, offers citizens holiday assistance and our "Safety Net" program- a once-a-year aid to clients with shutoff notices, emergency fuel needs and other urgent requirements. We always need your support and thank you for helping those in need⊕

Also, Gift Cards (to local grocery stores) in any amount are always appreciated.

Please make out your check to "Watertown Food Bank" and MAIL to:

Watertown Social Services - Food Bank, 61 Echo Lake Road, WTN, CT 06795

Thank you! All items will be brought to the Watertown Food Bank

For more information, please contact Kevin Parkhurst @ 860-274-9778

The Watertown-Oakville Veterans' Council

American Legion Post 195, 62 Bunker Hill Road, Watertown VFW Post 5157, 866 Thomaston Road, Watertown VFW Post 7330, 85 Davis Street, Oakville

Proudly Presents:



Saturday, November 11, 2023 11:00 A.M

Remembering Those Who Have Served Our Wonderful Country

Two Services Offered November 11 at 11:00 AM

Veterans' Memorial Park

570 Nova Scotia Hill Rd, Watertown, CT - Main Flagpole

Oakville Green

Route 73, Oakville, CT

Luncheons will be served at ALL Posts following their ceremony - The Public is Invited

The Public is Encouraged & Welcome to Attend.

PLEASE NOTIFY THE MASTER OF CEREMONIES IF YOU ARE PRESENTING A WREATH.

Revised 09-29-2023

Falls Avenue Senior Center 311 Falls Ave Oakville CT 06779 (860) 945-5250



Watertown Senior Lunch November 13th, 2023

Starter Butternut Squash & Pear Soup

Roasted turkey with pan gravy over stuffing with masked potatoes, green beans, and corn finished with cranberry sauce.

Dessert Pumpkin pie topped with whipped cream

\$10.00ea

Coffee and Ice water included

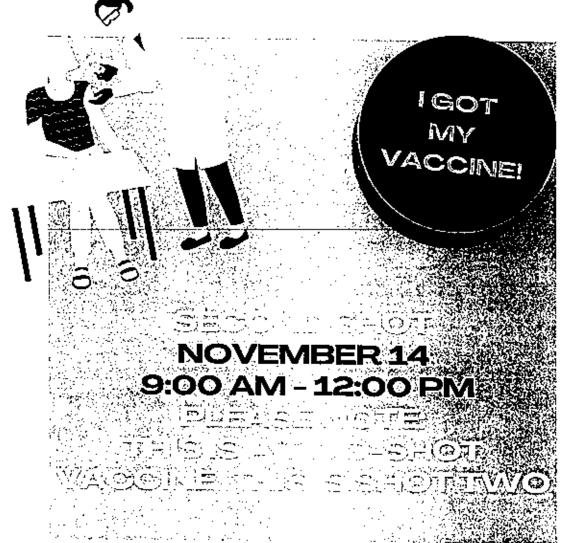
Monday, November 13th Leaving 10:30am Returning 12:30pm

IF YOU ARE REGISTERED FOR THIS ACTIVITY AND ARE UNABLE TO ATTEND, PLEASE CALL THE FASC AT (860) 945-5250 AT LEAST 24 HRS PRIOR TO THE ACTIVITY TO CANCEL.



FALLS AVE SENIOR CENTER 311 FALLS AVE, OAKVILLE, CT (860)945-5250

GET YOUR SHINGLES VACCINE!



SHOT WILL BE GIVEN AT HEALTH COMPLEX 55 DEFOREST STREET

REGISTER WITH LAURA

Watertown Human, Social & Leisure Services - Senior Services Division

Your Quality of Life Department

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250



Reflexology with Kim Stewart!

DATE & TIMES:

On the second Tuesday of each month; Next Date November 14, 2023

APPOINTMENTS: Kim will provide five reflexology appointments each month in (20) minute sessions:

11:40-12:00

12:10-12:30

12:40-1:00

1:10-1:30

1:40-2:00

FEE: *** Change*** The cost for each (20) minute session is \$25.00.

INFORMATION: Reflexology is a scientific art based on the principle that there are reflex areas in the feet and hands that correspond to all parts of the body, including organs and glands. The physical act of applying pressure to these areas can result in stress reduction that causes a physiological change in the body. Let's welcome Kim back and book her schedule!

SIGN-UP: Look for the Reflexology Sign Up Sheet at the Center.





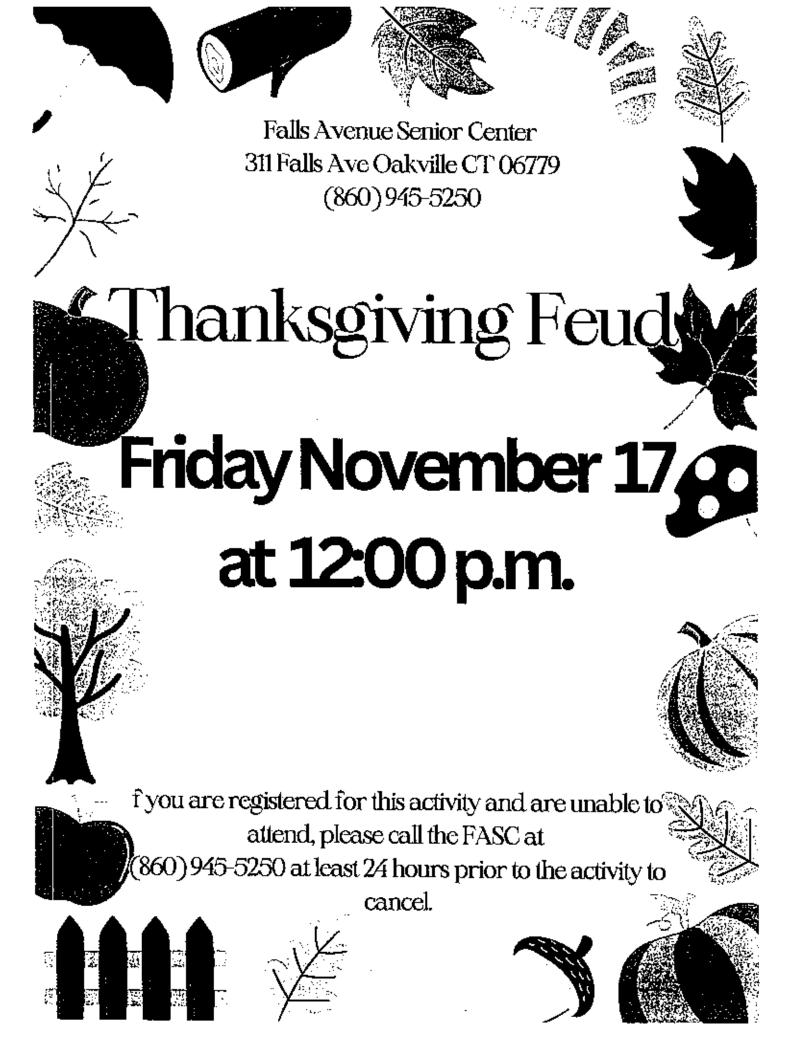
Bereavement Support Group

Please join us as we continue the conversation about grief through our Bereavement Support Group.

**If you have experienced the death of a loved one recently, we invite you to attend our Bereavement Support Group. We will meet monthly to discuss relevant topics, with time for networking and sharing. Please call to register, Chaplain Jeh Choon You, Bereavement Coordinator, at 860-763-7600. Sign-ups are requested.

Place: Village at East Farms 180 Scott Road, Waterbury, CT 06705

- July 6, 2023, 4:00-5:30 pm
- August 3, 2023, 4:00-5:30 pm
- August 31, 2023, 4:00-5:30 pm
- September 21, 2023, 4:00-5:30 pm
- October 19, 2023, 4:00-5:30 pm
- November 16, 2023, 4:00-5:30 pm
- December 14, 2023, 4:00-5:30 pm

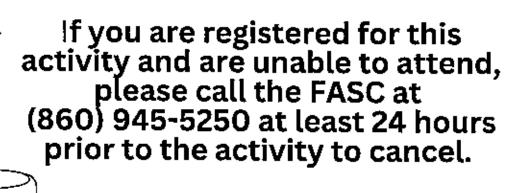


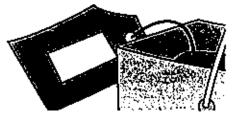
Falls Avenue Senior Center 311 Falls Ave Oakville CT 06779 (860) 945-5250

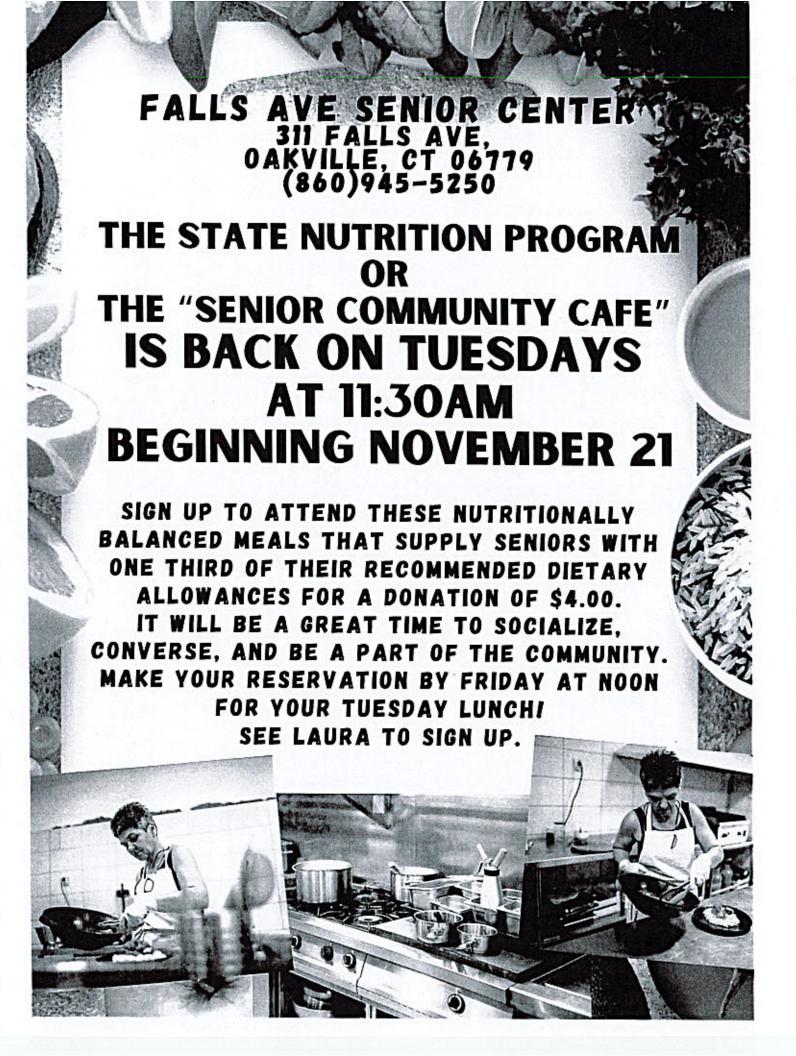
SHOPPING AT WALMART IN NAUGATUCK

LUNCH TO FOLLOW AT THE STATION IN NAUGATUCK

MONDAY NOVEMBER 20 LEAVING FASC - 9:30AM RETURNING APPROX - 3:30PM









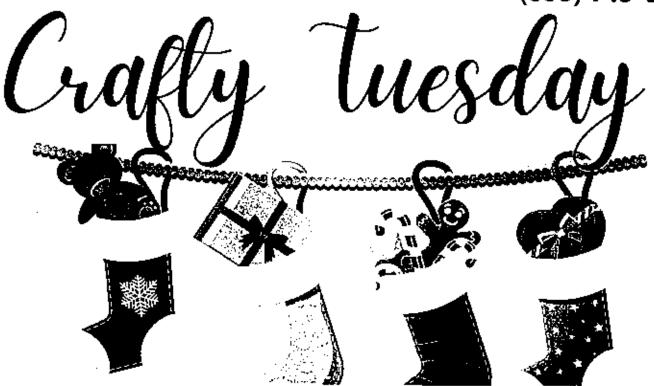
FASC IS CLOSED NOVEMBER 23 & 24



SEE YOU ON MONDAY!



FALLS AVE SENIOR CENTER 311 FALLS AVE, OAKVILLE CT (860) 945-5250



Come in and join the fun and make your Secret Santa Stocking

TUESDAY
NOVEMBER 28
10:30AM

Contact: Laura

Meets: Last Tuesday of Every Month

Time: 11am-12pm

MONTHLY BOOK CLUB



Make New Friends
Be Exposed to New Ideas
Have a Forum to Discuss your Favorite Authors and Books
Gain New Perspectives
Become a Better Conversationalist

Meeting Date: Tuesday November 28

Please choose a book of your interest and review the book with the group! Sounds like a great gathering!

*Special for this Month!

Falls Avenue Senior Center
311 Falls Ave, Oakville, CT 06779
____ (860) 945-5250

Falls Avenue Senior Center

Announces a Presentation by:

Arthur N. Gottlieb, LCSW, CSA

SEARS, ROEBUCK & CO.

WE SELL EVERYTHING BY MAIL ORDER ONLY. YOUR MONEY WILL BE PROMPTLY RETURNED FOR ANY GOODS NOT PERFECTLY SATISFACTORY AND WE WILL PAY FREIGHT OR EXPRESS CHARGES BOTH WAYS



BOUNDARIES: KEDZIE AVE. HARVARD ST. CENTRAL PARK AVE. AND CHICAGO TERMINAL TRANSFER R.R.

CABLE ADDRESS. SUPPLY CHICAGO DIRECT WIRE WITH WESTERN UNION AND POSTAL TELEGRAPH COS. LONG DISTANCE PHONE KEDZIE 2500 WITH PRIVATE EXCHANGE TO ALL DEPARTMENTS.

OUR MAMMOTH CATALOGUE CONTAINS OVER 100,000 ILLUSTRATIONS AND QUOTATIONS MALED TO ANY ADDRESS REE ON APPLICATION, THIS BIG BOOK NAMES THE LOWEST PRICES ON EVERYTHING WRITE FOR IT TODAY. WE CAN SAVE YOU MOMEY ON ANYTHING YOU WANT TO BUY.

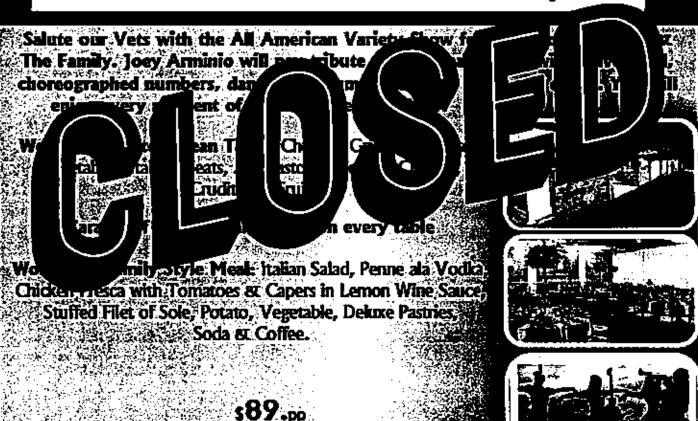
REFERENCE BY SPECIAL PERMISSION. FIRST NATIONAL BANK CHICAGO. CORN EXCHANGE NATI BANK CHICAGO. NATIONAL CITY BANK. NEW YORK. NATIONAL SHÆWMUT BANK BOSTON.

This venerable chain of department stores founded by Richard Warren Sears and Alvah Curtis Roebuck in 1892 began as a mail ordering catalog company, expanding its operations to include retail locations in 1925. As late as 1989, Sears still held the distinction as being the largest retailer in the United States. Despite diversifying into other markets, after 2010 the company was no longer profitable. Sadly, but not unexpectedly, Sears filed for Chapter 11 bankruptcy protection on October 15, 2018. This program will include a slide presentation of the history of Sears, sure to inspire conversation and remembrances.

Wednesday November 29, 2023 12:00 pm to 1:00 pm Falls Avenue Senior Center presents:



Featuring Joey Arminio & the Family Tuesday, November 14, 2023 New Venue! La Bella Vista - Waterbury



11:15am Arrival

Reservations: Falls Averue Senior Center

860-945-5251





FRIENDSHIP TOURS Гѝе Ѕиір Ѕиор

441-144 = WH-241-1436

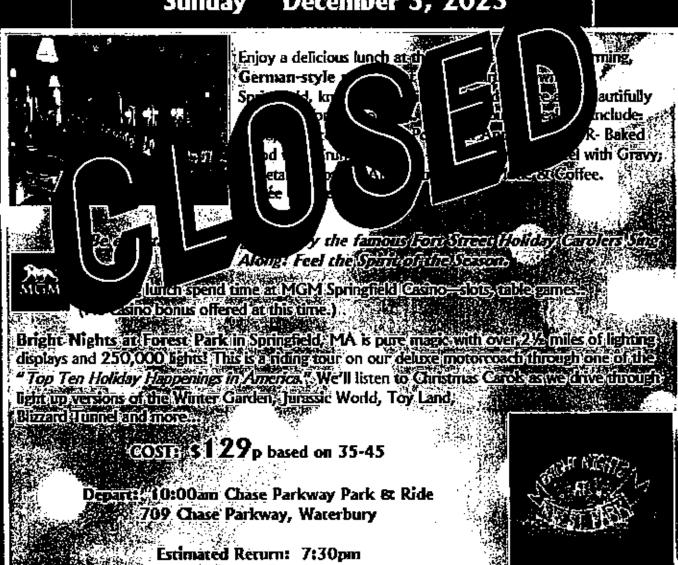
Falls Avenue Senior Center presents:

Christmas Lights & Song



Student Prince German Restaurant with Holiday Carolers MGM Casino Bright Nights at Forest Park Springfield, MA

Sunday December 3, 2023



860-945-5250

This package is subject to our full Terms & Conditions including our Tour Pulsate in Prince and Condition which can be found on our website at https://www.friendshipsonra.net/sour-pullate. Prince topics are available upon request. It is your responsibility to read these Terms & Condition. By signing up and making payment on a laser, you agree to be bound to these Terms & Condition.

servations: Laura Garay



FRIENDSHIP TOURS
THE SHIP SHOP
OF EXAMPLE AND RESERVED AN



Watertown Senior Center Presents...

"A Carpenters' Christmas"

at the lovely Aqua Turf Club in Southington, CT
- Wednesday, December 13, 2023

While The Carpenters are known for over a dozen chart topping hits, they also won over the cith their Christmas celebrations. Singer and playwright Lisa Rock and her 6-piece backing one are keen. The Carpenters' holiday traditions alive and bringing their unforgettable Christmas, the content in stage. By you the music of The Carpenters' two holiday albums and Christmas variety should be concert that spreads joy and chart to Town, "it's a holiday concert that spreads joy and chart."

Package Includes:

- Elegant Family Style Luncheon at the Aqua Turf Clob
- The Carpenters Christmas
- Meal Taxes and Cratuitie

Family Style I recon

Homer p

Chicken or entine

Baked Scr Rolls & But Veget Pro Dessey Gr D

Doora Can at 11:30 am

Don't you this antas now!



Departs at 9:45am Watertown Senior Center Return Approx. 5:00 pm For Reservations Call
Laura
860-945-5250
garay@watertownct.org



rumbull-Porter Chapter of the Daughters of the American Revolution, Watertown-Oakville Veterans' Council and the Waterbury Veterans' Council

Proudly Presents



Saturday, December 16, 2023 DATE:

TIME: Ceremony begins at 12:00 Noon

LOCATION: Old Cemetery, Depot, Main & French St.

Please use the Depot Street entrance

WREATH SPONSORSHIP: For more information on

sponsoring a wreath please contact Freda Engle

Carrerio from the Trumbull-Porter Chapter NSDAR

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Freda.tpdar@gmail.com Or 203-518-3173

Who Loves You

featuring the Broadway cast of Jersey Boys

Franki Valli & the Four Seasons and beyond







The Watertown Senior Center present....

Celtic Angels



at the famous Aqua Turf Club Monday, March 11, 2024

A joyous celebration of everything Irish will touch American soil this spring when the energetic, exciting stars of the Celtic Angels tour the US. Through their shared zeal and passion for Ireland's musical traditions, this troupe enables their audiences to experience the Real Ireland.

Package Includes:

- Elegant Luncheon @ Aqua Turf Club
- Celtic Angels Ireland Show
- Celtic Knight Dancers including TWO former lead dancers of Riverdance
- The Trinity Band Ensemble of Dublin
- Meal Taxes and Gratuities



The Celtic Angels of IRELAND

For Reservations Call Laura (860) 945-5250

garay@watertownct.org



\$88

Per Person

SIGN UP ASAP!

SHOWS SELL OUT



Corned Beef & Cabbage

ά

Baked Scrod

Rolls & Butter Vegetable & Potato
Dessert - Coffee & Tea





<u>Departs at 9:45am</u> Watertown Senior Center

Return Approx. 4:30 pm







Falls Avenue Senior Center presents:

A Taste of Italian New York!

Saturday, March 23, 2024



Here's a chance to visit 3 New York Food 'Hot Spots'...
all in one fun day!
Stop at 3 locations to eat, shop & bring home your
Italian food favorites!

ZABAR'S UPPER WEST SIDE: Gournet Market with cheeses, breads, meats, smoked fish, cooking gadgets, coffees, teas, and New York bagels plus lots of international foods.

CARMINES

CARMINE'S UPPER WEST SIDE: Sit and indulge in an Italian lunch served family-style at this famous restaurant - be amazed by the enormous portions! Menu:

Bread Basket, Mixed Green Salad, Zucchini Frites, Rigatoni, Brocolli & Sausage in Marinara, Ravioli Marinara, Chicken Marsala, Tiramisu for Dessert.

ARTHUR AVENUE in the BRONX: Some consider this the real Little Italy of New York for bread, pasta, sausage, and pastries. Arthur Avenue Retail Market is a covered Italian market bringing together under one roof all the Italian food specialties you could want.

This trip will require a moderate level of walking.

COST: \$147.pp based on 35-50

Depart: 8:15am Chase Parkway Park & Ride 709 Chase Parkway, Waterbury

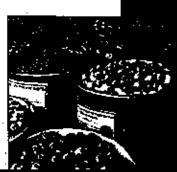
Estimated Return: 7:30pm Reservations: Laura Garay 860-945-5250



Bring a cooler!



This package is subject to all come be found to ear website by a request. It is your responsibility to tour, you agree to be broand to this



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FALLS AVENUE SENIOR CENTER 31 FALLS AVENUE, OAKVILLE, CT 06779 860.945.5250

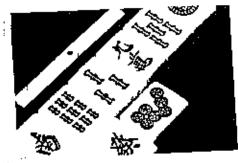


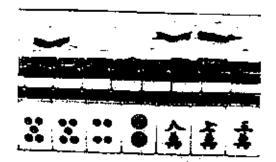
WHEN:
MONDAYS AT 11:00 PM, LOWER LEVEL
INFO? INTERESTED?
LOOK FOR THE MAH JONGG SIGN-UP SHEET.

ABOUT THE GAME:

THE WEBSTER DICTIONARY SAYS THAT MAH JONGG IS A CHINESE GAME USUALLY PLAYED BY FOUR PERSONS WITH 144 TILES THAT ARE DRAWN AND DISCARDED UNTIL ONE PLAYER SECURES A WINNING HAND.

COME & TRY IT. THIS GAME IS ALL THE CRAZE!!





LOOKING FOR DINOCHLE PLAYERS

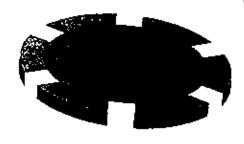


/1:00 PM TO 3:00 PM
IN THE
BILLIARD ROOM



NEW MEMBERS ALWAYS WELCOME!





Join us Mondays from 1pm-3pm

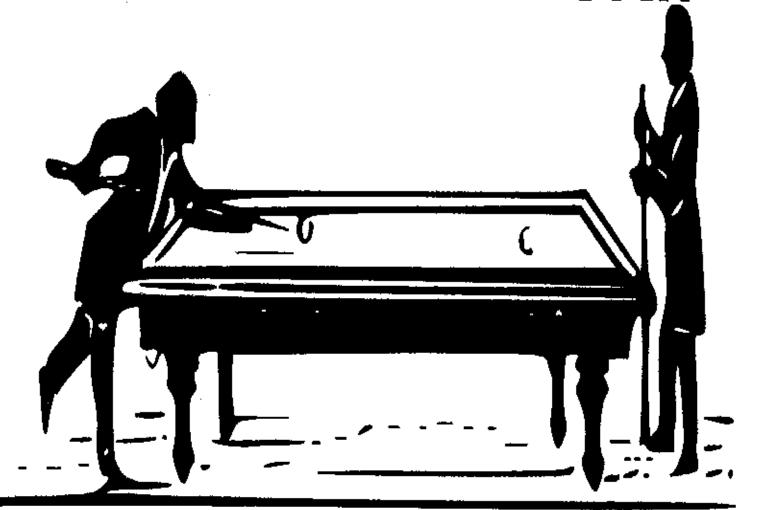
WE PLAY FOR PENNIES & HAVE A LOT OF FUN!!!

NEW MEMBERS ALWAYS WELCOME!!!

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860-945-5250

BILLIARDS IS BACK!!



Join Us!

Every Tuesday at 9 AM

Please See Laura If Interested



Falls Avenue Senior Center 311 Falls Ave Oakville, CT 06779 860-945-5250



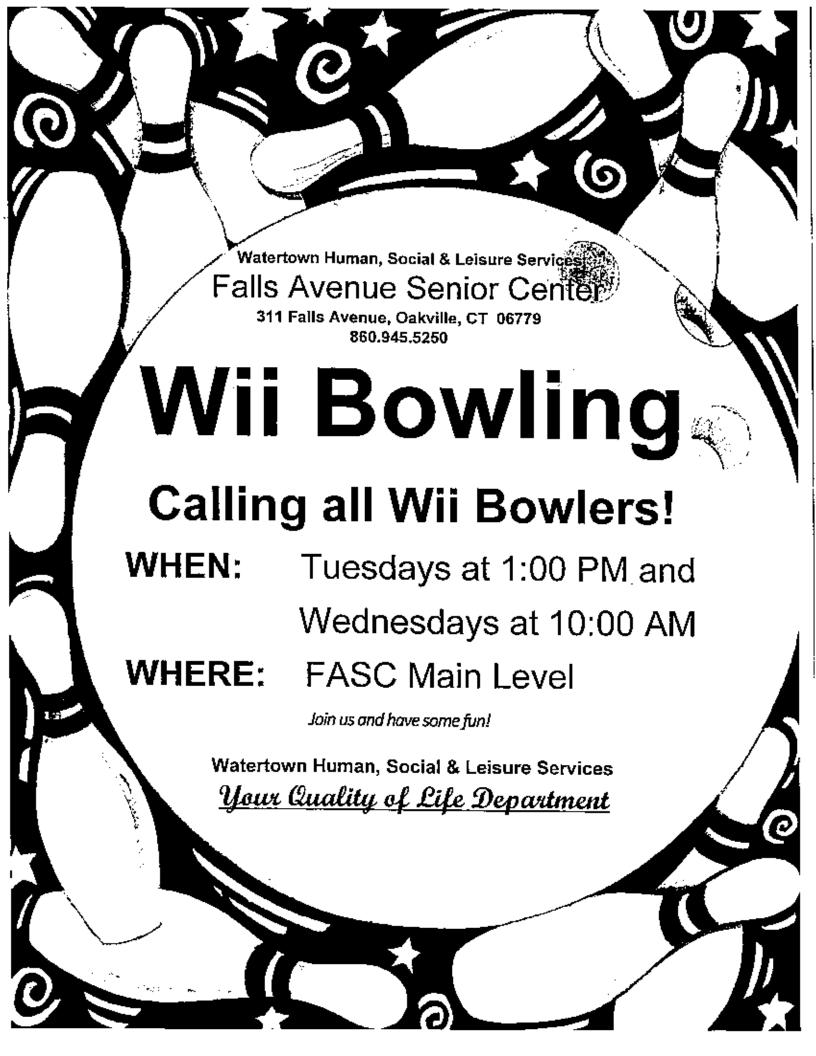
Looking for POKER Players



Join us on Tuesdays 12:00-4:00 Billiards Room



Come and Have some Fun!
New members always welcome!



Watertown Human, Social & Leisure Services SENIOR SERVICES DIVISION

Falls Avenue Senior Center, 311 Falls Avenue, Oakville, CT 06779 860-945-5250

Knitting & Crocheting



JOIN US!! If you would like to learn to knit and/or crochet, please join our experienced group of knitters and crocheters every Tuesday from 1:00-3:00.

This group makes beautiful hats, scarves, and gloves for needy children, veterans, and shawls for patients of the Harold Leever Regional Cancer Center.

DAY: Tuesdays

TIME: 1:00 to 3:00 PM

SCRABBLE IS ON WEDNESDAYS 10AM-1PM



CHALLENGE YOUR MIND AND LEARN NEW WORDS YOU NEVER KNEW EXISTED!

JOIN OUR GREAT GROUP OF SCRABBLE PLAYERS!

Watertown Human, Social & Leisure Services - Senior Services Division

Your Quality of Life Department

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945,5250



WHEN: Every Thursday from 11:30 to 12:30

BYOL: Bring Your Own Lunch and the Center will provide the coffee and/or water bottle.

WHY: Enjoy time eating and socializing with your friends. Spending time with others is good for the soul @

FALLS AVENUE SENIOR CENTER 311 FALLS , OAKVILLE, CT 06779 (860)945-5250

BEGINNERS

WHEN: FIRST FRIDAY EVERY MONTH

<u>TIME:</u> 10:00 AM

WHO: ANYONE INTERESTED IN LEARNING BEGINNER'S

BILLARDS

REGISTRATION: SIGN-UP ON THE BEGINNERS BILLIARDS

SIGN UP SHEET

<u>QUESTIONS:</u> FOR MORE INFORMATION ON THIS NEW AND EXCITING PROGRAM, PLEASE CHECK WITH A STAFF MEMBER AT THE FASC.

UNWAVERING SUPPOR



VETERANS OF FOREIGN WARS POST 7330 AUXILIARY 85 Davis Street Oakville CT 06779 August 28, 2023

Dear Knitting and Crocheting Ladies,

Thank you so much for inviting me to your meeting.

This beautiful handmade red, white, and blue pillow and many beautiful blankets will bring comfort to our veterans in wheelchairs. I am so lucky that I get the pleasure of seeing the happy looks on their faces when I place your items around them. Thank you for giving this privilege to me. I enjoy it so much. I tell the veterans that you ladies made these items with love especially for them. The veterans touch their hearts and say thank you.

Sincerely,

Phyllis Schaar

Treasurer/Secretary

Phyllis Schauer

Kaynor Luncheon October 2, 2023





MAKE UP ARTISTRY BY JOBY ROGERS





Shop Rite Trip



LEO'S BINGO



Art Gottlieb New York World's Fair



Companion Care



Kaynor Luncheon October 20, 2023



Avon Wii Bowling Tournament





Pumpkin Town







S) him berrest











St Michael Parish Waterbury

Saturdays

at 6:30pm

Doors Open 4:30pm

62 St Michael Dr Waterbury 06704 For info call 203-565-8760



UTILITY MORATORIUM HAS BEEN EXTENDED TO OCTOBER 31, 2023

How long will the moratorium last?

The moratorium from shut off has been extended to **October 31, 2023**. The next winter moratorium begins on **November 1, 2023 and goes** through May 1, 2024.

Who is eligible for protection?

Any utility customer with an income under 60% of state the median income.

Clients can call any time to get the protection.

How does your client get protection?

If a client isn't currently coded for Hardship, they can contact their utility company and get "financially verified". The utility company is required to provide 60 days of temporary protection for submission of financial verification.

What can you do to help?

Submission of financial documentation can be confusing. Clients may need help uploading or faxing proof of income.

Are there other programs for Hardship clients? YES!

CEAP (CT Energy Assistance Program): Through May 31, 2023. Funds for back heat bill. Starts again on November 1.

Eversource-New Start: Customer pays average monthly bill; total back bill is "forgiven" if customer makes all payments over 12 months. If a customer fails out of the program, they can re-enroll any time.

UI- Balance Forgiveness Program: Customer pays average monthly bill and the back bill is forgiven after consistent payments.

Heat- Gas & Electric- Eversource, Yankee Gas, CNG, SCG- Matching Payment
Program/Below Budget Program: Enrollment is from

November 1st- May 1st and customer pays average monthly bill.

Matching Payment Program for Public Benefits Recipient: Heat bill is \$50 per month.



Questions?

Contact Attorney Bonnie Roswig at Broswigecca ct.org

Information current as of May, 2023

Dial-A-Ride

FREE Transportation for Seniors (60 years of Age and Older) And Persons with Disabilities

On Tuesdays

Going from Oakville/Watertown to:

Cheshire

Middlebury

Naugatuck

Prospect

Thomaston

Waterbury

Watertown

Wolcott

- Riders need to fill out an application, which is available from the senior center, and return it to the senior center at 311 Falls Avenue, Oakville, CT 06779.
- Riders are issued an identification number.
- Dial-a-Ride reservations may be made up to two weeks in advance of the Tuesday on which you are requesting transportation.
- To make a Dial-a-Ride reservation, call the senior center at (860) 945-5250 Monday through Thursday from 8:30 a.m. to 4:30 p.m. and on Fridays from 8:30 a.m. to 9:30 a.m.
- You will be asked for your Dial-a-Ride Identification Number, your name, address, phone number and the address and phone number of the location to which you are being driven.
- If you want to make a reservation or cancel a reservation after 10 a.m.
 Friday for the following Tuesday, you must call the transit district directly at (203)756-5550.

Greater Waterbury Transit serves 9 municipalities and offers Non-ADA and Dial-A-Ride to clients in the region.

Eligibili

- A person with a disability AND
- A resident of Cheshire, Middlebury, Naugatuck, Prospect, Southbury, Thomaston, Waterbury, Watertown, and Wolcott

- 60 years and older OR
- A person with a disability AND
- A resident of Cheshire, Middlebury, Naugatuck, Prospect, Southbury, Thomaston, Waterbury, Watertown, and Wolcott

s of service

Monday-Saturday 5:30AM-12:15AM

Sunday

9:00AM-5:15PM

Southbury

9:00AM-4:30PM

(Monday-Friday)

Gaylord

Call (203) 756-5550

for the ride service

schedule

Monday. Waterbury

Tuesday

Naugatuck, Watertown

Wednesday Waterbury

Thursday

Middlebury, Prospect

Friday

Cheshire, Wolcott

\$3.50 per one way trip. Reservations can be made from the previous day and up to two weeks.

None, Reservations must be taken at least 2 days before a trip, and are open up to 14 days before each trip.

For more information, please call North East Transportation at (203) 756-5550 or visit gwtd.org



GWTD Paratransit & Dial-a-Ride Service

The Greater Waterbury Transit District (GWTD) offers ADA and Non-ADA Paratransit and Diala-Ride services for eligible riders who are certified through the CT Department of Transportation to use these services. North East Transportation provides these services which are available seven days a week. ADA and Non-ADA Paratransit costs \$3.50 per rider one way, while there is no fare for Dial-A-Ride. They are a convenient way for riders to attend medical appointment, run errands, go to the library, the senior center, or visit family and friends. However, reservations must be made a day, or up to two weeks, in advance.

To use either of these services, you must be certified though the Connecticut Department of Transportation. Applications can be found at https://www.ctada.com/ with both online and printable forms available. You can also contact North East Transportation directly to complete an application at 203-756-5550 or email ADA-Appnetco@northeastbus.com.

ADA and Non-ADA Paratransit Service

If you are a person with a disability, you are eligible for ADA and non-ADA Paratransit services. ADA and non-ADA Paratransit services are available in the towns of Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Waterbury, Watertown, and Wolcott. If you are a rider outside of these lowns, you may be picked up at any location within ¼ mile of a North East Transportation fixed bus route. Service is also available on a limited basis to the town of Southbury as well as Gaylord Hospital in Wallingford. The following map shows the ADA and non-ADA Paratransit service area in orange. You can also contact North East Transportation at (203) 756-5550 for information, questions to find out if your location is eligible for paratransit service.



Dial-a-Ride Service

If you are 60 years and older or are a person with a disability, you are eligible for Dial-a-Ride service. Dial-a-Ride services are available to residents of Cheshire, Middlebury, Naugatuck, Prospect, Waterbury, Watertown, and Wolcott. The following map shows the Dial-a-Ride service area in green.

GREATER WATERBURY DIAL-A-RIDE





Before you can use this service, an application must be filled out and mailed. If you live in the municipalities of Cheshire, Middlebury, Prospect, Watertown, or Wolcott, the application can be mailed to your respective Senior Center in your municipality. If you live in Waterbury, applications can be mailed directly to North East Transportation. If you live in Naugaluck, applications can be mailed to April Chaplin at 39 Salem Boulevard, Naugatuck, CT 06770. Applications can be obtained by calling the following phone number for your town, shown on the next page:



Active Senior Volunteers Wanted

Join us in making a difference by extending a helping hand.

Are you 55 or older living on a fixed income and would like to share your time with others?

Are you compassionate, cheerful, friendly, and looking to engage with the senior community?

Did you know?

You can receive a tax free hourly stipend when you become a Senior Companion Volunteer! Senior Demonstration Program

Benefits of Volunteering



Senior Companion Program
New Opportunities INC.
62 commercial Blvd. Torrington, CT 06790
"Building Relationships to End Poverty."



More Information:

SDP Coordinator: Anamin Reveron Phone: (203) 575-4219 Fax: (203) 575-4318 areveron@NewOppInc.org

Program Funded by AmeriCorps

Senior Demonstration Program Volunteer Contact Information

Name:	DOB: Date:
Gender: Male or Female (Circle One)	
Address:	
Phone:	Best time to call am or pm
Who referred you to the Senior Companion Pr	ogram?
Please Mark all areas of Interest: Volunteer my time as a Senior Com Chronic Disabilities including hearin Developmental Disability Dementia Care / Daily Reminders Post- Surgery or Homebound Respite for Caregiver Hospice Care Transportations or outing Other: Other:	transportation or mileage by car • Pre-service and ongoing training • Annual Physical Exam • Supplemental Insurance • ID Badge

Mail To: Senior Demonstration Program New Opportunities INC.

AmeriCorps Seniors

62 Commercial Blvd. Torrington, CT 06790 "Building Relationships to End Poverty,"

SDP Coordinator: Anamin Reveron Phone: (203) 575-4219 Fax: (203) 575-4318 areveron@NewOppInc.org

Caring for someone over the age of 65?

You are eligible if:

You are living in the same home.

If the person you care for is eligible for CT Medicaid.

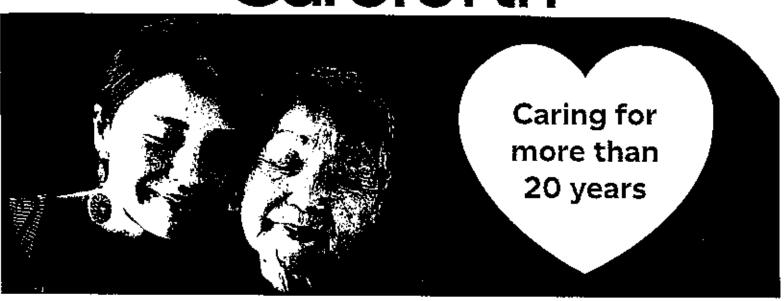
The person you care for requires help with some of the following on a daily basis:

Call 860-930-5556 now to learn more!

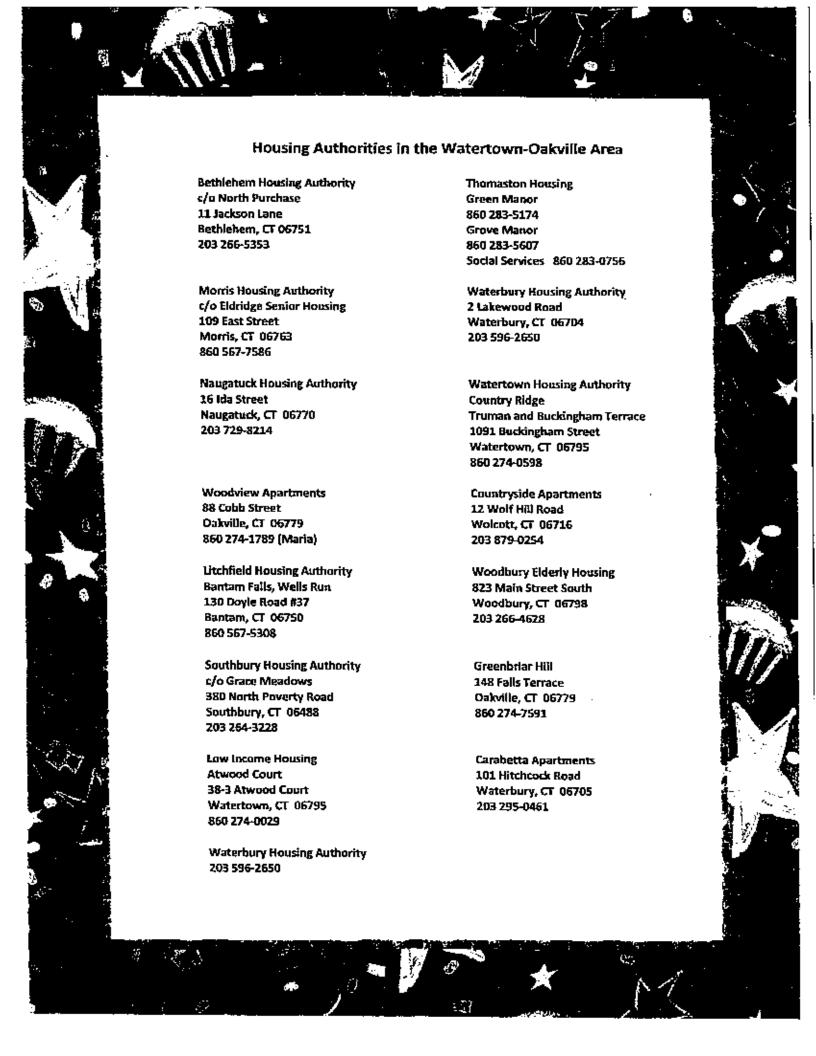
- ✓ Dressing
- √ Bathing
- √ Transfering
 - √ Feeding
 - √ Toileting
 - √ Walking

Receive a tax-free payment twice a month!

Careforth



Contact - Jessica Ludorf / 860-930-5556 jludorf@careforth.com / www.careforth.com



CONFIDENTIAL

THE WILLIAM J. MUNSON FUND

WATERTOWN, CONNECTICUT 06795

APPLICATION FOR MEDICAL / DENTAL ASSISTANCE

(MUST BE FILLED-IN COMPLETELY - PLEASE PRINT)

DATE;					
PATIENT NAME:		AGE:			
ADDRESS:	TOWN:				
PHONE #:	RESIDENCY: Years in Watertown:				
TOTAL FAMILY INCOME (Include Social Sec	urity, Pensions, etc.)				
\$	week / month / year	(PLEASE CIRCLE ONE)			
TOTAL FAMILY OBLIGATIONS (Rent, food,	clothes, heat, car, etc.)				
\$	week / month / year	(PLEASE CIRCLE ONE)			
Dollars available for this expense item from- TOTAL FAMILY SUPPORT SYSTEM: NAME	AMOUNT AVAILA	BLE (PLEASE CIRCLE ONE)			
Self:	\$	week / month / year			
Spouse:	\$	week / month / year			
Children:	\$	week / month / year			
Children:	<u> </u>	week / month / year			
Other:	\$\$	week / month / year			
List Source					
LIST AND ATTACH BILLS BY CARE-GIVER. BILLS A DUE AFTER INSURANCE PAYMENTS, ETC.	MUST SHOW PROCEDURE, DATE	OF SERVICE, AND AMOUNT STILL			
<u>CARE-GIVER</u>		S			
		\$			
		\$			
NET AMOU	INT OF ATTACHED BILLS:	\$			
NOTE: IF MORE SPACE IS NEEDED, CHEC	K HERE AND LIST ON BACK	OF PAGE:			
Other pertinent information that would assist the Trust the Care-Giver and the	ees in considering this request show Applicant, who can substantiate the				
Recommended by:		Title:			
Date: Co	ontact Number:				

Watertown Human Social & Leisure Services - Senior Services Division

Falls Avenue Senior Center 311 Falls Avenue, Oakville, CT 06779 860.945.5250

State of Connecticut



Elder Justice Hotline **1-860-808-555**

SAVE THIS NUMBER!

The Connecticut Attorney General's Office, in cooperation with the Coalition for Elder Justice in Connecticut (CEJC), has launched the Elder Justice Hotline 1-860-808-5555, a new resource to help older adults in Connecticut seek information, assistance, and justice. https://portal.ct.gov/ag/elderhotline

Watertown Human, Social & Leisure Services - Your quality of life department!

November Word Search **Puzzle**

Χ	L	0	E	L	E	С	T	ı	0	N	W
K	S	Р	1	L	G	R	1	М	S	U	l
Н	0	L	1	D	Α	Y	D	Χ		T	Ν
Υ	Α	М	S	Q	U	Α	S	Н	Α	S	D
Μ	Α	i	Z	E	F	Ε	Α	S	T	L	Y
С	Е	L	E	В	R	Α	T	l	0	Ν	S
Z	D		N	N	E	R	М	Е	Α	L	K
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Н	0	L	I	D	Α	Υ	D	Х	1	T	N
Υ	Α	М	S	Q	U	Α	S	Н	Α	S	D

Celebrations Yam

Dinner Feast

November Holiday Maize



Squash Pilgrims

Meal

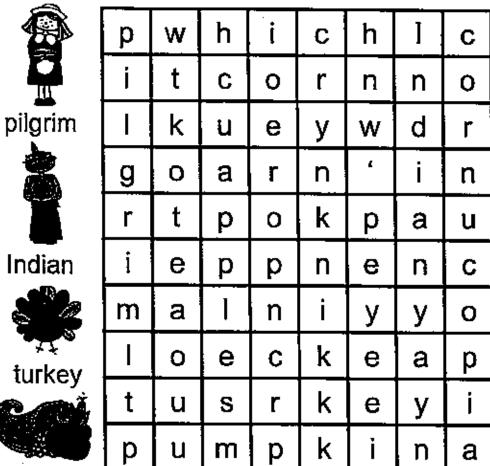
Election

Meal



Thanksgiving word search with Riddle

Find the words in the Word Search. Color each word a different color. When you have found them all, go across the rows, and write the letters that are left on the lines below. This will give you a riddle and the answer to the riddle.





pie

cornucopia

<u>naamaamaanaamaamaamaamaamaamaamaa</u>

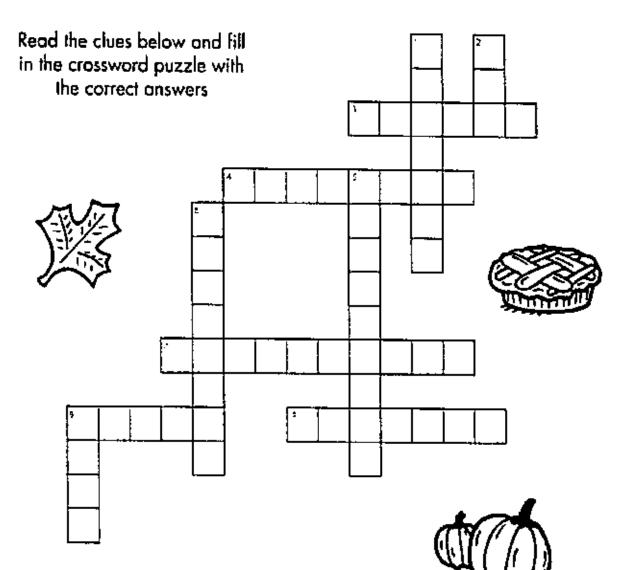
Answer



THANKSGIVING



CROSSWORD PUZZLE



Across

- 3. Bord easen in Threeksprong dinner
- 4. Thombsgiving is calebrated in the month of ______
- 7. A hum that is overflowing with food and flowers.
- 8 A big med is called a ______

Down

- Converted of crops
- This design is yourgify filled with pumplish or opples
- S. This name of the Prignins' boot
- n. The first Thanksgroung was held in ______ Massachusen.
- 6. The season Thanksgiving is always in .______



VETERANS DAY

On the 11th hour of the 11th day of the 11th month Comes down to just two simple words to say THANK YOU

Stop and think about this day Veterans Day

Celebrating the service of all U.S. Military Veterans
Notice the correct spelling holds no apostrophe
It is not needed

This day is for all who have served Look around you and see

That gentleman over there with a hat that says USMC
The woman with a T-shirt that says Navy
Your co-worker whose son was in the Army

The pilot who just flew you in, his ring says Air Force
The car in the parking lot that says Coast Guard
Stop, ask and THANK them for their service

Not just today But everyday

To the Veterans of the past, THANK YOU To the Veterans of the present, THANK YOU

Because of you We will remember to say

THANK YOU

To the Veterans of the future





~ November is the month to remindus to be thankful for the many positive things happening in our life. ~

