



hello May

This month we celebrate you!



Happy Older Americans Month



The 2024 theme for Older Americans Month is “Powered by Connection”, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.


Here at FASC we are excited to offer a full schedule of fun and surprises throughout the month of May!



All of us here at FASC are honored to continue to connect and grow with you throughout this month of celebration!

MAY 2024 Activity Schedule

All **NEW** Events & Activities are in **BOLD**

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Looking for something NEW to try?</p> <p>Pinochle, Pokeno, Poker, Scrabble, Mah Jongg & Bingo</p> <p>are ALL looking for NEW members!</p> <p>Check them out this month!</p> </div>				
		1	2	3
		9:00 Senior Exercise 10:00 Scrabble 10:00 Wii Bowling 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 11:30 Cinco De Mayo Party 12:00 Mah Jongg
6	7	8	9	10
9:00 Senior Exercise 9:30 Bocce 10:30 Chair Aerobic 12:00 Pinochle 1:00 Pokeno	8:30 Walking Club 9:00 Shopping - Shop Rite 10:00 Cornhole 10:30 Chair Aerobics 11:30 Community Café 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	10:30 Kaynor Tech Lunch 10:30 Chair Aerobics 11:30 Brown Bag Lunch 12:00 Poker 1:00 Bingo	9:00 Senior Exercise 10:00 Bible Study 11:30 Mother's Day Luncheon 12:00 Mah Jongg
13	14	15	16	17
9:00 Senior Exercise 9:30 Bocce 10:30 Chair Aerobics 12:00 Pinochle 1:00 Pokeno	8:30 Walking Club 9:45 Neil Diamond 10:00 Cornhole 10:30 Chair Aerobics 11:30 Community Café 11:40 Reflexology 12:00 Poker 1:00 Wii Bowling 1:00 Knit/Crochet	8:45 Wii Bowling State Tournament 9:00 Senior Exercise 10:00 Scrabble 12:00 Setback 12:00 Arlington National Cemetary	10:30 Chair Aerobics 11:30 Brown Bag Lunch 12:00 Poker 1:00 Bingo	9:00 Senior Exercise 10:00 Bible Study 10:00 Wii Bowling w/WHS 12:00 Kay Sage Mattauck Museum 12:00 Mah Jongg
20	21	22	23	24
8:00 Gratitude Breakfast @ JTPS 9:00 Senior Exercise 9:30 Bocce 10:30 Chair Aerobics 12:00 Pinochle 1:00 Pokeno 2:15 WSO @ Lutheran Home	8:30 Walking Club 9:30 Crafty Tuesday 10:00 Cornhole 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	10:30 Chair Aerobics 11:30 Brown Bag Lunch 12:00 Poker 1:00 Bingo	9:00 Senior Exercise 10:00 Bible Study 11:00 Memorial Day Picnic 12:00 Mah Jongg
27	28	29	30	31
 Memorial Day Parade 9:00	8:30 Walking Club 10:00 Cornhole 10:30 Chair Aerobics 11:00 Book Club 12:00 Poker 1:00 Wii Bowling 1:00 Knit/Crochet	9:00 Senior Exercise 10:00 Scrabble 10:00 Wii Bowling 10:30 Kaynor Tech Lunch 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 10:00 Cooking with Matt 12:00 Mah Jongg

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



The Falls Avenue 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.

WELCOME TO FASC!

The Falls Ave Senior Center is a Social Center. We strive to foster a place of community, FUN and involvement! Please be kind and conduct yourself in an appropriate and respectful manner treating everyone how you would like to be treated. If any conflicts arise know that the FASC Staff is always here to help! Thank you!

Important Updates at FASC

As you know we **accept** any **pre-packaged donations of snacks** at the FASC. If you wish to bring in any **homemade** food, please coordinate with the **Senior Center Coordinator** at least **48 hours in advance**, so we may **plan** for the event.

Please **do not** leave any items on the counter in the **Green Room** unless you have spoken to staff for approval to leave them. Please no clothing items.

Please **do not** place or leave anything on the pool table covers in the **Billiards Room**. The covers are showing signs of wear and tear and we want to keep the Center in great shape.

We implemented some changes at the Center in how we manage reservations and payment of activities. Please pay when you put your name on the Sign Up Sheet.

If you have paid for a food activity and you cancel on the day of the event, your money will not be refunded.



We have **updated** our **Flyers** section of the Newsletter. If you would like **full size flyers**, they are **available** at **FASC!**



The **Watertown Housing Authority** is in need of **POKENO CARDS!** If you have any you are willing to donate to them, please see Laura or Diana.



Please **WELCOME** the following **NEW MEMBERS** to FASC!!
Erin Figueiredo, Wayne Cox, Nancy Eyman, Louise Jamele, Christina Montambault and Arlene Stack! We are **SO HAPPY** you have joined the FASC Family!



MY SENIOR CENTER

Thank you for your patience and cooperation with the ongoing process of registering **ALL MEMBERS!**

If you **have not** registered yet, you will be asked to register in this new system. That is done by verifying your personal information, taking a photo, and registering for all future activities. Please see **Cheryl Overton** between **8:30-11:30** daily to register.

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.

Please note that **ANY CALLS** regarding **CHANGES** at the FASC will come from the number below.

1-617-855-0125

PLEASE PICK UP CALLS FROM THIS PHONE NUMBER

Renter's Rebate - Apply April 1st through October 1st

If you or your spouse are at least 65 years of age, OR fully disabled through Social Security and your income is not above the limits listed below, you will qualify for a monetary credit.

Single Person: \$43,800.00 Income Limit
Married Couple: \$53,400.00 Income Limit

Please contact **Jeanne Vichioli** at **860-945-5252** in Watertown's Social Services Office to complete your application.

You will need to bring proof of

- *Income
- *Rent Receipts
- *Utility Receipts

For the entire, prior year

Income includes

- *Social Security
- *Pensions
- *Wages
- *Bank Interest
- *Dividends
- *Unemployment Compensation
- *Net Rental Income
- *Lottery Winnings

It is tax season again! Please find the trifold of the "Town of Watertown Tax Credit Programs & Benefits" brochure for the Elderly & Totally Disabled Homeowners, Veterans, Totally Disabled Persons, and Blind Persons at FASC. This brochure also includes the information for the Rental Rebate Program.

LOOK WHAT'S NEW AT FASC

Come and join us on **Friday May 3rd** at FASC for our **Cinco de Mayo Celebration at 11:30.**

Come and help us celebrate this Mexican Holiday. Pre-registration is required. **\$5.00 Suggested Donation.**



Monthly Grocery **Shopping Trip to Shop Rite in Southbury** will be offered on **Tuesday May 7th from 9:00 – 11:00.** Be sure to call our Dispatcher, Cheryl Overton to schedule your pick up.



The State Nutrition Program (**Senior Community Café**) is offered on **Tuesdays from 11:30-12:30.** This month's dates are **Tuesday May 7, 14, 21.** We need a minimum of 15 people each week to maintain this meal program. Please make your reservation by noon on the Friday before the Tuesday lunch. **\$4.00 Suggested Donation.** The May Menu is located in the newsletter.

Join us on **Thursday May 9, 2024** for a Luncheon at **Kaynor Tech.** This sit-down lunch will include Sliced Melon with Prosciutto, with your choice of Pork Pinwheel, Roasted Potatoes and Asparagus or Vegetable Pie with layered vegetables with ricotta and mozzarella with a tomato and cucumber salad and a Strawberry Shortcake for dessert **Cost is \$10.00. Bus departs at 10:30 and returns around 12:30.** Pre-Registration is required.



Join us for our annual **Mother's Day Luncheon** on **Friday May 10th at FASC at 11:30am.** Pre-Registration is required.



On **Tuesday May 14** we will be heading to **The Aqua Turf Club** for an afternoon of **Neil Diamond** music. Coffee & Donuts on Arrival, Family Style Menu: Garden Salad, Pasta, Chicken ala Kathryn & Broiled Scrod with Crumb Topping, Vegetable, Potato, Rolls, Dessert & Coffee. **Cost is \$94.00 per person.** **Departure from FASC at 9:45am and will return to FASC around 4:00pm.** Pre-Registration is required. **Registration is CLOSED.**



Reflexology with Kim Stewart every **second Tuesday** of the month! **Next date: May 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 to \$25.00.** 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. Pre-Registration is required.

Our friend **Art Gottlieb** will be coming to FASC on **Tuesday May 15th at 12:00pm** to teach us about **Arlington National Cemetery.** Come and learn something new about a fascinating place! Pre-Registration is required. **\$2.00 Suggested Donation**



On **Wednesday May 15,** our Wii bowling team will be competing at the **State Championship in Bristol!** Please show your support of our FASC Wii Bowling Team!



LOOK WHAT'S NEW AT FASC

The Mattatuck Museum or better known as "Matt on the GO" will be coming to the FASC on **Friday May 17 at 12:00 for an Art Lecture on Kay Sage**. Pre-Registration is required. **\$2.00 Suggested Donation**



We have been invited to a Volunteer Breakfast on **Monday May 20th at John Trumbull Primary School**. Bus will leave FASC around **7:45am** and will return around **9:15am**. Pre-Registration is required.

Bus Trip - The Lutheran Home of Southbury presents their, "2024 Lecture and Concert Series" with the Waterbury Symphony this spring! The series will include two more dates: **May 20 at 3:00; An Afternoon with Johannes Brahms**, and June 5 at 3:00, Concert in the Courtyard, a Harp/Flute Duo. **Bus will depart at 2:15 and return around 4:30**. Please see the flyer in this newsletter. Pre-Registration is required.

Come to FASC on **Tuesday May 21st from 9:30-11:30** for **Crafty Tuesday with our Blanche Ranaudo!** Blanche will be leading us in a Needlepoint project of making coasters from our work. Pre-registration is required. **\$2.00 Suggested Donation**

Come to FASC on **Friday May 24th at 11:00** for our annual **Memorial Day Picnic!** Come and enjoy friends, laughter and food! **\$10.00 Suggested Donation**. Pre-Registration is required.



On **Monday May 27th** FASC will be participating in the **Watertown-Oakville Memorial Day Parade**. We will be leaving FASC at 9:00 to get ready for the parade and will return to FASC after the Ceremony. Pre-Registration is required.



Jason A. Coppola of the CT Department of Veterans Affairs will be at the Watertown Town Hall at 61 Echo Lake Road on **Tuesday May 28th, 2024 from 9:00 - 2:00 outside the Social Service Office**. If you need to speak to/meet with Jason about any matter, please call him at 203-805-6340 or email @ Jason.Coppola@ct.gov to make an appointment.

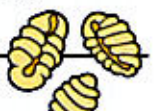


Book Club will meet on **Tuesday May 28th at 11:00**. This month's book is, **The Annotated Wizzard of OZ by L. Frank Baum**. Please see Laura if you are interested in joining this club. Book Club members may pick up their copy of the book at the Watertown Library.

Join us on **Wednesday May 29th** for a Luncheon at **Kaynor Tech**. This sit-down lunch will include a Garden salad with Orange Segments, Feta and a Lemon Vinaigrette, choice of Balsamic Marinated Chicken over a Mediterranean Orzo Salad and Eggplant Fries, or Marinated Flank Steak with Mashed Roasted Garlic Potatoes and Lemon Broccoli, with Zeppole topped with Cherries, Bread, Butter, Coffee and Ice Water. **Cost is \$10.00 for the Chicken and \$12.00 for the Steak**. **Bus departs at 10:30 and returns around 12:30**. Pre-Registration is required.



Let's make homemade **Gnocchi** and enjoy an amazing homemade **gelato bar** on **Friday May 31 from 10:00-12:00!** You loved him during the Ravioli Making Workshop and ate his scrumptious brownies! **Matt Yanarella** is coming back to make gnocchi with you! **\$5.00 Suggested Donation**. Pre-Registration is required.



SAVE THE DATE

On **Friday June 14th** we will be having our annual **Father's Day Celebration**. Keep your eyes open for the flyer at FASC with all the information!

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

The **QUEEN** has been rescheduled for **SEPTEMBER!**
Stay tuned for more details!

Keep your eyes open for information on our upcoming trip on the **Naugatuck Railroad!** Trip will include a train ride, Lunch and some fun at Fascia's Chokolade shop!

2024 Senior Outing! Holiday Hill in Prospect will be hosting the 2024 Senior Outing on **Monday August 19th from 9-4**. The day includes food, Raffles, Dancing, Games and FUN! The cost is **\$45.00** per guest. Please see the attached flyer for more information.

COMMUNITY HAPPENS

Please support the Town of Watertown's Comfort Dog, Lola, who is featured in her first book. "Everybody Loves Lola" was written by our Animal Control Officer, Judy Umstead. The book is now available on Amazon. Read about the naughty puppy that becomes the great dog she is today! Please see the flyer in this Newsletter.



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.

The Western CT Area Agency on Aging, the CT Department of Aging and Disability Services and the Connecticut Community Foundation are sponsoring two different FREE telephone workshops. On Tuesday May 7th from 10-11am OR 6-7pm there is a workshop on Chronic Pain. On Wednesday May 8th from 10-11am OR Thursday May 2nd from 6-7pm there is a workshop on Diabetes. To register for the workshops, call 203-757-5449 x 125 or email Debby at dhorowitz@wcaa.org.

The Village at East Farms at 180 Scott Road in Waterbury Offers a variety of series and support groups.

Caregiver Support Group on the First Wednesday of each month @ 11:00.

Parkinson's Support Group on the first Saturday of each month @ 10:00.

Alzheimer's & Dementia Care Series on Fridays @ 10:30. Please see the flyers in this Newsletter.

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 the flyer in this Newsletter.

Labonne's Market receipts are once again being collected at FASC.

Please drop your receipt in the box just outside Laura's office.

Labonne's Market will donate a percentage of your total receipt to Polk School! Every bit helps!

FASC NEWS & REMINDERS!

ATTENTION KNITTERS & CROCHETERS!

If you knit/crochet any scarf, hat & glove sets, infant go home outfits, prayer shawls, or lap blankets for Veterans, you may pick up yarn for these donated projects on Tuesdays from 1-3 OR see one of our staff members on other days.



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. We can't wait to see what you create!

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 and a sweet treat each week! Enjoy time eating and socializing with your friends. Spending time with others is good for the soul!



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

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

Walking Club is every **Tuesday at 8:30** at **Veterans Park**. Come meet us for some exercise and conversation!



Bocce Season will start **Monday May 6th!** Come and join us outside at **FASC at 9:30**.

Cornhole Season will start **Tuesday May 7th from 10:00-11:30** at **FASC!** Come and join us....everyone is welcome!



For Your Reading Pleasure....

Welcome to our NEW Reading Nook and 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. Come 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.



FASC NEWS & REMINDERS!

Review your May Activity Calendar to see our current and NEW activities for this month!

Please **RECYCLE** your water bottles when they are empty. There is a receptacle near the trash can in the Main Room for this purpose. Please protect our environment by recycling.



Water is available at the Kitchen Window! Please stop by to pick one up when you arrive for your activity.

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.

Watertown-Oakville residents may apply for The William J. Munson Fund for medical, dental, and/or hearing expenses. Please call/contact **Laura Garay**, Senior Center Coordinator, with requests/questions at **860-945-5250**. Please note that the Munson Fund does not reimburse for a bill that has been paid or accept an estimate of services. Services must be completed, and final invoice submitted with the application. Please see the application located in this Newsletter.

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

WiFi Password at the FASC

User: SeniorCtr-Guest



Password: Senior60tXz

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.

The Elder Justice Hotline, 1-860-808-5555 is a State of CT call line for issues/problems of age-based discrimination in the workplace, scams/fraud, 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.

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 1-800-232-0233 to request your tests.

FASC VOLUNTEER & DONATIONS

The Falls Avenue Senior Center (FASC) is currently accepting **donations of water, napkins, Decaffeinated Coffee, Clorox/Lysol Sanitizing Wipes, and cans of non-scented Lysol Spray**. Thank you to members who continue to donate to keep our Center fully stocked and clean!

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!

Get involved! We are looking for volunteers for many functions at the Center. It takes a team to make this Center successful and we 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 since our Re-Opening! Your time and help is very much appreciated.



We 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!

FASC TEAM

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

FASC Staff

Laura Garay is our Senior Center Coordinator.
Diana Brandt is our Assistant Senior Center Coordinator.
Cheryl Overton is our Dispatcher.
Carolyn Stopper is our Secretary.
Cindy Ruffini and **Frank Santopietro** are our Bus Drivers.

FASC Volunteers

Marilyn Porzio 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.

Cathy Woodruff has also been a regular volunteer at FASC. Please thank her when you see her.



Happy Birthday



- | | | |
|--------------------------|---------------------------|----------------------------|
| 05/01 Edna Underwood | 05/12 Stephen Bobko | 05/24 Carol Pratt |
| 05/01 Nancy Drumm | 05/12 Ann Marie Alberding | 05/25 Nancy Daddona |
| 05/02 Sybil Goodkin | 05/12 Nadine DeLong | 05/25 Pam Fitzgerald |
| 05/02 Eleanor Guerrera | 05/14 Barbara Lengyel | 05/25 Debbie Guglielmetty |
| 05/02 Dorothea Palladino | 05/14 Melissa Rodriguez | 05/25 Cassandra Riley |
| 05/02 Mary Wren | 05/15 Lynn Carey | 05/25 Salvatre Rinaldi |
| 05/03 Cynthia Edmond | 05/15 Katherine Razza | 05/26 Lynn Marti |
| 05/03 Lorraine Veronneau | 05/16 Marie Berardi | 05/26 Lynn McHale |
| 05/04 Linda Boran | 05/16 Anthony Rotella | 05/26 Gregory Ranaudo |
| 05/04 Donna Gagnon | 05/16 Sue Marchese | 05/27 Joanne Boucher |
| 05/04 Carol Keane | 05/17 Nancy McCleary | 05/27 Linda Eberle |
| 05/05 David Sorman | 05/17 Jeanine Souilliard | 05/28 Ethel LeRoy |
| 05/06 Charles Cantilena | 05/18 Edith Richardson | 05/28 Virginia Wawrzyniak |
| 05/06 Kathleen Hill | 05/19 Julie Paulsen | 05/28 Kathleen Meccariello |
| 05/07 Louise Jamele | 05/19 Barbara Simard | 05/29 Donna Bisailon |
| 05/08 Rose Daddona | 05/20 Richard Staaf | 05/29 Rosanne Cardinal |
| 05/09 Rose Mary Wiener | 05/22 John Reynolds | 05/29 Richard Darin |
| 05/09 Robert Deary | 05/22 Gloria Couture | 05/29 Thomas Wills |
| 05/10 Robert Halgreen | 05/23 Mary Jackman | 05/30 Debra Chouinard |
| 05/11 Trudy Druan | 05/24 Renee Laux | 05/30 Patricia Spino |
| 05/11 Joseph Berthel | 05/24 Margaret Mazeika | 05/31 Denise Gignac |



Cinco de Mayo

COME JOIN US TO CELEBRATE THIS MEXICAN HOLIDAY

**MAY 3, 2024
11:30 AM**

MINIMUM SUGGESTED DONATION \$5.00

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



311 FALLS AVENUE, OAKVILLE, CT 0677
860.945.525

GROCERY SHOPPING

SHOP-RITE



Join us on our monthly shopping trip to the Southbury Shop-Rite
9:00 a.m.-11:00a.m.

MAY 7

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

Falls Avenue Senior Cc
311 Falls Ave Oakville CT 06
(860) 945-1

STATE NUTRITION PROGRAM FASC COMMUNITY CAFE

TUESDAY MAY 7TH, 2024

MAPLE MUSTARD PORK LOIN, RICE PILAF, BROCCOLI,
DINNER ROLL, FRESH FRUIT, MILK & MARGARINE

TUESDAY MAY 14TH, 2024

CHICKEN PARMESEAN, PENNE PASTA, TOSSED SALAD,
GARLIC BREADSTICK, FRESH FRUIT, MILK, MARGARINE,
RANCH DRESSING

TUESDAY MAY 21TH, 2024

TURKEY BREAST W/GRAVY, LIMA BEANS, CARROTS, WHITE
BREAD, BROWNIE, ASSORTED FRUIT JUICE, MILK MARGARINE

\$4.00 SUGGESTED DONATION

JOIN US AT W. F. KAYNOR TECHNICAL HIGH SCHOOL FOR A SIT-DOWN LUNCHEON PREPARED BY THE SCHOOL'S CULINARY ARTS STUDENTS

Watertown Senior Lunch
May 9th, 2024

Starter

Melon slices wrapped with Prosciutto

Choice of.

Pork Pinwheel stuffed with Spinach and spices, Roasted
fingerling Potatoes and Asparagus

or

Vegetable Pie Layered vegetables and cheese baked in a pie
shell served with a Cucumber and Tomato Salad

Dessert

Strawberry Shortcake

\$10.00ea

**THURSDAY, MAY 9, 2024
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

Mother's Day Luncheon

Join us for a special
Mother's Day Luncheon on
FRIDAY, MAY 10
at 11:30am

Let's start off your
Mother's Day Weekend
with your friends from the FASC!!

If you are registered for this activity and are unable to attend, please call the FASC at (860) 945-5250 at least 24 hours prior to the activity to cancel.



Aqua Turf Club - Plantsville CT
Tuesday, May 14th 2024

Located in the Las Vegas entertainment & legends world, Rob Garrett is a second time Neil Diamond tribute artist with his unparalleled portrayal of this legendary performer. Rob has become known as the "King of Diamonds," capturing the presence, passion and energy of Neil Diamond himself. The show features all of your favorite hits: Cherry, Cheatin', I'm a Believer, Gonna Be a Woman Soon, Coming to America and of course the iconic SWEET CAROLINE.

COFFEE & DONUTS ON ARRIVAL
FAMILY STYLE MENU: Garden Salad, Pasta, Chicken ala Kathryn & Broiled Scrod with Crumb Topping, Vegetable, Potato, Rolls, Dessert & Coffee

COST: \$94pp—VAN TRANSPORTATION
For Reservations: Falls Avenue Senior Center 860-945-5251

Departure from FASC approx. 9:45am
Return to FASC approx. 4:00pm



FRIENDSHIP TOURS
THE SHIP SHOP

761 Broadfield Ave, Broadfield, CT 06030
860-243-5278 • 860-243-5639
www.friendshiptraveltours.com

This package is subject to our full Terms & Conditions including our Fair Policies and Responsibilities which can be found on our website at <https://www.friendshiptraveltours.net/terms-conditions>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound by these Terms & Conditions.

Watertown Human, Social & Leisure Services Senior Services Division

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 **May 14, 2024**
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

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

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

FORMATION: Reflexology is a scientific art based on the principle that there are reflex points 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!

Falls Avenue Senior Center

Announces a Presentation by:
Arthur N. Gottlieb, LCSW, CSA



Arlington National Cemetery

Home of "Tomb of the Unknowns" and other prominent memorials, Arlington National Cemetery occupies 624 acres in Arlington County Virginia. First established during the Civil War, the cemetery is located on the former estate of Confederate general Robert E. Lee's wife, Mary Anna (Curtis) Lee.

Wednesday May 15, 2024
11:00 am to 12:00 pm

\$2.00 Suggested Donation

If you are registered for this activity and are unable to attend, please call



MATT
ON THE GO!



ART LECTURE

The Artistic Life of Kay Sage

Presented by the Mattatuck Museum

\$2 Suggested Donation



FRIDAY, MAY 17 @ 12:00 PM
Falls Avenue Senior Center

Kay Sage (1898-1963), a contemporary artist based in Woodbury, Connecticut, led a life intertwined with other prominent artists. Explore her early years, relationships, poetry, and artwork showcased in prestigious museums like the Mattatuck Museum, which holds the largest collection of her work.

MATTATUCK MUSEUM - 144 WEST MAIN ST - WATERBURY, CT - (203) 753-0381 - MATTMUSEUM.ORG



Monday May 20, 2024 3:00pm at the Lutheran Home of Southbury

An Afternoon with Johannes Brahms
Johannes Brahms was a fascinating and complex musical genius. His compositions represent the peak of romanticism, and yet were inspired by the classical works of Beethoven, Mozart and Haydn. Brahms was intensely private and reserved, expressing his emotions in music. His Songs (Lieder) and chamber music are wondrous excursions into his feelings for the women he loved and the friends he admired. In this talk, Dr. de Luise will provide an overview of Brahms' life, and with the esteemed pianist Joe Jacovino will perform several of his Lieder, and one of Brahms' chamber music masterpieces for clarinet and piano.

Pre-registration is required.
Bus will leave FASC around 2:15 and will return around 4:30

If you are registered for this activity and are unable to attend, please call the FASC at (860) 945-5250 at least 24 hours prior to the activity to cancel.



You're Invited

The Faculty and Staff of

JOHN TRUMBULL PRIMARY SCHOOL
will show our appreciation for our dedicated community and school volunteers with a **GRATITUDE BREAKFAST!**

MONDAY, MAY 20, 2024
8:00AM-9:30AM @ JTPS

There will also be a short performance by ALL grade levels at 9:05!

Thank you for all that you do!

Crafty Tuesday!

LEARN NEEDLEPOINT ON CANVAS WITH BLANCHE RANAUDO



USING A PLASTIC CANVAS SQUARE
EASILY THREAD A LARGE NEEDLE WITH YARN
CREATE ONE COASTER OR A NOTE HOLDER.

INSTRUCTIONS WILL BE AVAILABLE TO YOU.
THE COLORED STITCHES ARE ALREADY COUNTED OUT
YOU JUST DO THE SEWING!
VIOLA!



thank you
BLANCHE FOR SHARING YOUR TALENTS WITH US!

TUESDAY MAY 21ST
9:30-11:30
IN THE GREEN ROOM
SUGGESTED DONATION \$2.00

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

LIVE MUSIC

An Old Fashion MEMORIAL DAY Picnic

May 24, 2024

POPCORN

LEMONADE

**Starts at 11:30am
Suggested donation \$10**



ASSORTED
SALADS
&
DESSERTS

HOTDOGS
&
BURGERS



If you are registered for this activity and are unable to attend, please call the FASC at (860) 945-5250 at least 24 hours prior to the activity to cancel.



The Watertown-Oakville Veterans' Council



MEMORIAL DAY PARADE

2024 REGISTRATION APPLICATION

DATE: MEMORIAL DAY, MONDAY, MAY 27, 2024
 TIME: 10:00 AM
 PARADE ROUTE: Parade will begin at the Watertown Plaza, 1167 Main Street, Watertown, CT parking lot and proceed on Rt. 63 NORTH to the Watertown Green.
 CEREMONY: Ceremony to Follow
 INVITATION: **ALL Veterans' and currently serving Military Personnel are invited and encouraged to march or ride in our parade. THANK YOU FOR YOUR SERVICE!**

Organization: _____
 Contact Person: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email Address: _____
 Contact Numbers: () _____ () _____ () _____
 Number of Marchers: _____ Floats: _____ Vehicles: _____ Other: _____
 Are you planning on handing out any item(s)? Describe: _____
 Are you presenting a wreath? YES _____ NO _____ If yes, please have it on a "Stake" for better display.
 Name(s) of Wreath Presenter: _____
 Do you Need Us To Contact You? YES _____ NO _____ Concerning: _____

Memorial Day parade will be held rain or shine. In the event of extreme weather, a determination will be made AFTER 7:00 AM the Day of the Parade. Please call the Town of Watertown Info-Line for updates 860-945-6272

Reminder: All groups should have patriotic music and an identifying banner or sign.



THE FALLS AVENUE SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 27, 2024 IN OBSERVANCE OF MEMORIAL DAY



Please see Laura if you are interested in riding the van during the Watertown/Oakville Parade



Date: Tuesday May 28th @ 11:00
Book: The Annotated Wizard of OZ
Author: L. Frank Baum
Book pickup: Watertown Library



CONTACT: Laura
MEETS: Last Tuesday of Every Month
TIME: 11am-12pm

FALLS AVENUE SENIOR CTR
331 FALLS AVE. OAKVILLE, CT 06
(860) 945-5

JOIN US AT
W. F. KAYNOR TECHNICAL HIGH SCHOOL
FOR A SIT-DOWN LUNCHEON PREPARED
BY THE SCHOOL'S CULINARY ARTS STUDENTS

Watertown Senior Lunch
May 29th, 2024

Starter

Garden salad with orange segments and Feta cheese with a
lemon Vinaigrette.

Choice of.

Grilled Balsamic Marinated Chicken Breast over a
Mediterranean Orzo Salad and Eggplant Fries

Or

Marinated Flank Steak with Mashed Roasted Garlic
Potatoes and Roasted Lemon Broccoli

Dessert

Zeppole topped with Cherries

Chicken \$10.00ea

Steak \$12.00ea



Friday May 31st 2024

Falls Aveune Senior Center

10am to 12pm



Crash Course Cooking: Gnocchi (and Gelato)

Learn how to make this Italian
Favorite from dough to plate
in this fun two hour program!

Suggested Donation \$5



If you are registered for this activity and are unable to attend, please call the FASC at (860) 945-5250 at least 24 hours prior to the activity to cancel.

Come Join these Spring Activities at FASC!

BOCCE AT FASC



**COME AND JOIN US AT FASC FOR
BOCCE MONDAYS! EVERY MONDAY
FROM 9:30-10:30!**

Start your week of right with fun, friends,
laughter and fitness!



**Come and join us at
Veteran's Park for
WALKING CLUB**



All abilities
welcome!!



Walk at
your own
pace!

**Every Tuesday ANYTIME
between 8:30-10:00am.**

Come and play Cornhole



Play for fun OR join the FASC TEAM!

**Every Tuesday 10-11:30 at FASC
From May through September!**

WATERTOWN HISTORY MUSEUM

Save the Date

- Ghost Hunting at the Museum 10/13
- Ghost Hunting at the Schoolhouse 11/5
- Holiday Wreath Festival 11/11
- Holiday Wreath Making Class 11/18
- Kandi Carle: A Victorian Woman 2/17/24
- Sheila Lafferty: Genealogy 101 March 2024
- Psychic Patti Sinclair April 2024
- Cheryl Faye: A Woman in History 5/4/24
- Spring Fling May 2024
- CT Open House Day June 2024
- Saturdays at the Schoolhouse June 2024

Watertown High School Project Graduation

Presents

SPRING FESTIVAL

NOON-5:00

SUNDAY, MAY 5, 2024

SUNSET GRILLE

834 NORTHFIELD RD WTN

BARBEQUE | 26+ CRAFTERS & VENDORS
MUSIC | DANCING | MAGICIAN |
RAFFLE | CORN HOLE | FACE PAINTING
KIDS GAMES | & MORE

Admission

Please bring 1 non-perishable food item
per person to benefit the
Watertown Food & Fuel Bank

Free Parking

Please bring lawn chairs and pop-up tents if desired

RAIN OR SHINE

NO OUTSIDE FOOD OR BEVERAGES



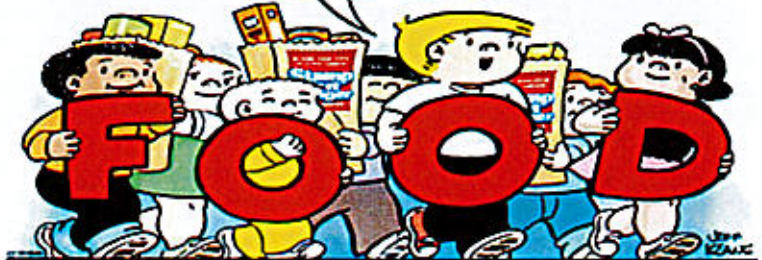
Union Congregational Church
Paint Night
May 10, 2024
6:30 - 9:00 PM

167 Buckingham St. Oakville, CT
Paint this beautiful 11 X 14 painting
Tickets \$35.00

Bring your own beverage and snacks. Some light snacks
will be available. Bring mom and friends for a fun night
of painting and laughter! Call [860-274-4045](tel:860-274-4045)

32nd Annual National Association of Letter Carriers 2024 STAMP OUT HUNGER FOOD DRIVE

THIS SPELLS
HELP FOR LOTS OF
FAMILIES THIS
YEAR!



LETTER CARRIERS' FOOD DRIVE

SATURDAY, MAY 11, 2024

Please leave your non-perishable donations at your
mailbox *early* on 05-11-24 for pick-up.

Food collected in Watertown-Oakville will benefit
the Watertown Food Bank.

Thank you for thinking of those in our wonderful community!

WATERTOWN GARDEN CLUB PLANT SALE

SATURDAY
May 25, 2024 9 a.m. - 3 p.m.
Adam's Market Parking Lot
1167 Main Street

- Hanging Baskets of Geraniums
- Variety of Herbs, Vegetables & Annuals
- Member and Nursery-Grown Perennials and Shrubs
- Experienced Gardener Advice

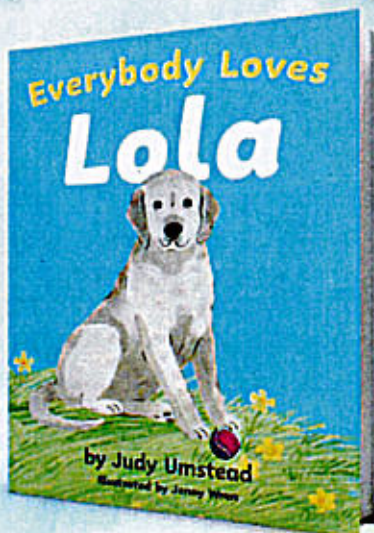
For additional information call or text Leslie
(603) 732-2950
www.watertowngardenclub.org



Pictures found at FASC! If they are yours, please contact us at (860) 945-5250.

PLEASE SUPPORT OUR OWN COMFORT DOG LOLA IN HER FIRST BOOK AVAILABLE ON AMAZON ON DECEMBER 14! THE STORY FOLLOWS THE NAUGHTY PUPPY WHO BECOMES THE GREAT DOG SHE IS TODAY!!

COMING SOON!



THE HIDDEN CAFE

621 JEROME AVENUE, BRISTOL CT

TAKE OUT AVAILABLE. CALL 860-584-0043

MAY 2024

	Weekly Specials	Soup & Salad
5/1-5/3	Lobstercrab salad Sandwich W/a Dish of Fresh Fruit \$8.25	Soup: Vermont Cheddar Bisque Salad: NY Apple & Tuna
5/6-5/10	Hot Lobster Roll Platter, French Fries & Coleslaw \$17.95	Soup: NE Clam Chowder Salad: Turkey Swiss
5/13-5/17	Meatloaf w/Mashed Potatoes & Vegetables \$8.25	Soup: Sausage Florentine Salad: Mandarin Almond
5/20-5/24	Tomato Basil Quiche w/a Garden Salad \$8.25	Soup: Loaded Baked Potato Salad: Berry Tossed
5/27-5/31	Sloppy Joe on a Hard Roll w/Steak Fries \$8.25	Soup: Creamy Tomato Salad: Deli

Senior Discounts on Mondays ONLY!

Gentle Reminders: Chamber & Senior
Discounts do not apply to Weekly Specials

Open Monday-Friday 11:30-2:00
Menu is subject to change

love & knishes
luncheons



SoulMama LIVE!

Alka Carolyn Schwartz Black

Carolynn Schwartz Black is a local singer/songwriter whose main goal is to bring joy through music. With over 30 years of performing under her belt, Carolynn is well versed in a variety of musical styles, including blues, jazz, folk, classic rock, funk, r&b and soul. She was given the nickname "SoulMama" by James Brown's "Original Funky Drummer" ClydeStubblefield whom she worked with for 10 years before his death in 2017. She counts Etta James, Carole King, and Bonnie Raitt as her main influences, and is currently working on an album of original children's music. She will be performing solo with her acoustic guitar, singing standards from the Great American Songbook and folk favorites.

Thursday, May 23, 2024
RSVP by 5/20/2024

12PM Lunch
1PM Performance
Cover: \$10

For more information please email cconti@jfed.net or call 203-405-7009
This event is held at the Jewish Federation of Western CT Walzer Family Jewish Community Campus at 444 Main St N, Southbury, CT 06488

2024 Senior Outing



43 Cobden Rd, Prospect, CT 06712
Monday, August 19, 2024
9 am - 4 pm
Rain or Shine

Food & Fun



9:00 - 12:00 (Upon Arrival)
Assorted Donuts, Fresh Fruit, Bagels, Muffins & Danish

12:00 - 2:00 (UNLIMITED)
New England Clam Chowder and Oyster Crackers
Assorted Fresh Cheeses and Snack Crackers
Fresh Vegetable Crostini with Dip

12:00 - 3:00
CherryStone Clams on the Half Shell
11:30 - 3:30 (UNLIMITED)
Chilled Relish Tray
Freshly Baked Breads & Rolls
Grilled Hamlet Hot Dogs & Sauerkraut
Grilled 1/2 lb. Hamburgers, Cheeseburgers
Grilled Veggie Burgers
Tomatoes & Onions
Pickles, Relishes, Mustard and Ketchup
Baked Chicken
Italian Sausage with Onions & Peppers
Red Bliss Potatoes
New England Baked Beans & Cole Slaw
Pasta Salad
Summer Squash
Green Garden Salad
Three Cheese Baked Penne
Corn on the Cob with Butter
Chilled Watermelon Wedges
Decorated Sheetcake
Apple Pie, Blueberry Pie



AVAILABLE ALL DAY
Pepsi, Orange, Starry, Diet Pepsi, Root Beer, Gatorade, Lemonade, Iced Tea, Fruit Punch, Coffee, Tea, Milk, Ice Water,
Pretzels, Chips, Goldfish Crackers and Pretzel

Budweiser Beer & Wine, Seltzers

Senior Citizens Only

No food is to be taken off premises.

All Inclusive Price
\$45.00 per Guest

To purchase tickets:
Make check payable to Holiday Hill
Mail to our main office:
Holiday Hill, P. O. Box 238, Shelton, CT 06410
Or purchase with Visa, MasterCard, Discover or Amex
Tickets will be mailed upon receipt of payment
Tickets are non-refundable
No admittance to Holiday Hill before 8:00 a.m.
Free Parking and On-site Shuttle Service
For more information call 203-272-6188



is BACK!

at St. Michael's Parish

Fridays at 6:30pm
Doors open at 4:30pm

Entrance Ticket \$4

4 Pack: \$20 (includes 4 of the following: WTA #1, WTA #2, grey progressive)
2 Pack: \$10 (includes 2 of the following: WTA #1, WTA #2, grey progressive)
1 Pack: \$5 (includes 1 of the following: WTA #1, WTA #2, grey progressive)
Quickie (2 squares): \$2 (Extras \$1 per square)
Bonanza: \$1 per square
Early Bird: \$1 persheet



St. Michael's Parish
62 St. Michael Drive

For Info Call

Housing Authorities in the Watertown-Oakville Area

- Litchfield Housing Authority
Bantam Falls, Wells Run
130 Doyle Road #37
Bantam, CT 06750
(860) 567-5308
- Bethlehem Housing Authority
c/o North Purchase
11 Jackson Lane
Bethlehem, CT 06751
(203) 266-5353
- Morris Housing Authority
c/o Eldridge Senior Housing
109 East Street
Morris, CT 06763
(860) 567-7586
- Naugatuck Housing Authority
16 Ida Street
Naugatuck, CT 06770
(203) 729-6214
- Woodview Apartments
88 Cobb Street
Oakville, CT 06779
(860) 274-1789 (Mania)
- Greenbriar Hill
148 Falls Terrace
Oakville, CT 06778
(860) 274-7591
- Bantam Housing Authority
c/o Wells Run
55 Whiting Street
Box 805
Plainville, CT 06062
(860) 567-5308
- Southbury Housing Authority
c/o Grace Meadows
380 North Poverty Road
Southbury, CT 06488
(203) 264-3228
- Thomaston Housing
Green Manor
(860) 283-5174
Grove Manor
(860) 283-5607
Social Services (860) 283-0756
- Atwood Court
28 Olympia Lane
Waterbury, CT 06704
(475) 414-7057
- Carabetta Apartments
101 Hitchcock Road
Waterbury, CT 06705
(203) 295-0461
- Nottingham Terrace
581 Chase Avenue
Waterbury, CT 06704
(203) 756-7356
- Waterbury Housing Authority
2 Lakewood Road
Waterbury, CT 06704
(203) 596-2650
- Low Income Housing
Atwood Court
38-3 Atwood Court
Watertown, CT 06795
(860) 274-0029
- Watertown Housing Authority
Country Ridge
Truman & Buckingham Terrace
1091 Buckingham Street
Watertown, CT 06795
(860) 274-0598
- Countryside Apartments
12 Wolf Hill Road
Wolcott, CT 06716
(203) 879-0254
- Woodbury Elderly Housing
823 Main Street South
Woodbury, CT 06798
(203) 266-4628



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 Security, 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 AVAILABLE	(PLEASE CIRCLE ONE)
Self:	_____	\$ _____	week / month / year
Spouse:	_____	\$ _____	week / month / year
Children:	_____	\$ _____	week / month / year
Children:	_____	\$ _____	week / month / year
Other:	_____	\$ _____	week / month / year

List Source _____

LIST AND ATTACH BILLS BY CARE-GIVER. BILLS MUST SHOW PROCEDURE, DATE OF SERVICE, AND AMOUNT STILL DUE AFTER INSURANCE PAYMENTS, ETC.

CARE-GIVER	AMOUNT DUE
_____	\$ _____
_____	\$ _____
_____	\$ _____

NET AMOUNT OF ATTACHED BILLS: \$ _____

NOTE: IF MORE SPACE IS NEEDED, CHECK HERE AND LIST ON BACK OF PAGE: _____

Other pertinent information that would assist the Trustees in considering this request should be submitted by a third party, other than the Care-Giver and the Applicant, who can substantiate the hardship.

Recommended by: _____ Title: _____

Date: _____ Contact 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 1-860-808-5555

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!




Join a Clinical Trial With Us



Volunteers Needed

We are seeking volunteers to participate in various clinical research trials, such as diabetes, weight loss, heart disease, and more!

Compensation for your time and travel may be provided.

Contact Us: www.chasemr.com
 Located at your Chase Parkway in Watertown, CT

About Us

Chase Medical Research is passionate about the advancement of medical science and delivering the highest quality care to our patients.

Some of Our Therapeutic Areas of Excellence

- Diabetes
- Cardiovascular Disease
- Weight Loss
- Vaccines

www.chasemr.com

(203) 419-4404

research@chasemr.com



LEARN MORE



CHASE MEDICAL RESEARCH

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 used to 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](https://health.ct.gov)

KAYNOR TECH LUNCHEON

APRIL 3, 2024



STAYING ACTIVE WITH CHAIR AEROBICS



🍏 LYMAN ORCHARDS 🍏



APRIL 5, 2024



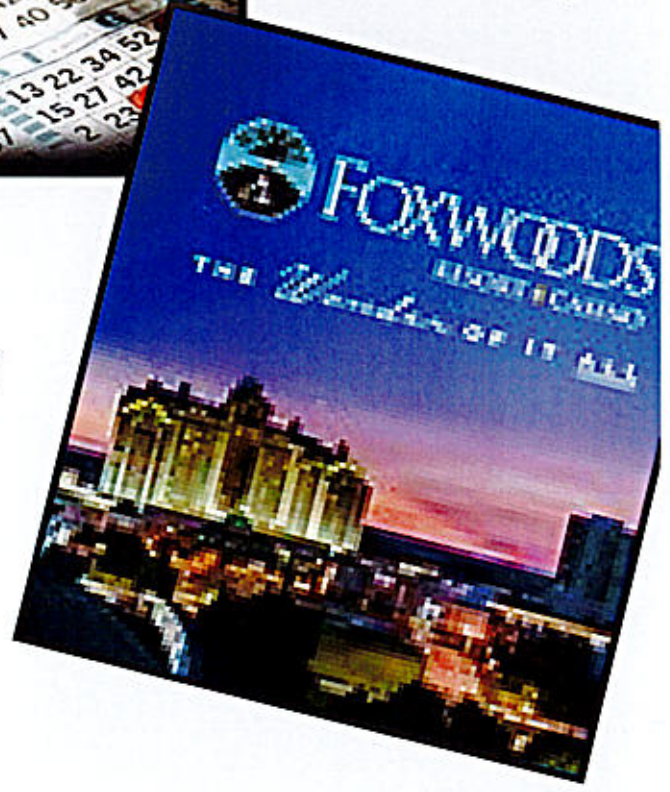
WII BOWLING VS. TORRINGTON

APRIL 10, 2024



Foxwoods

April 11, 2024



FOODIE FRIDAY

APRIL 19, 2024





Happy Birthday!

Cindy & Carol



Ravioli Making with Matt



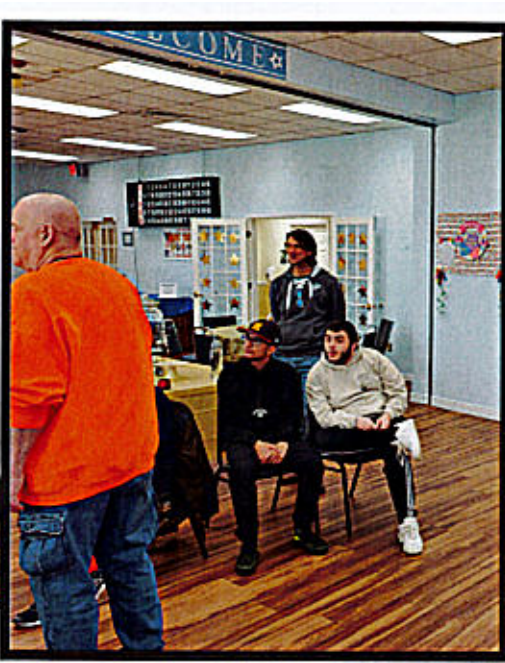
April 24, 2024



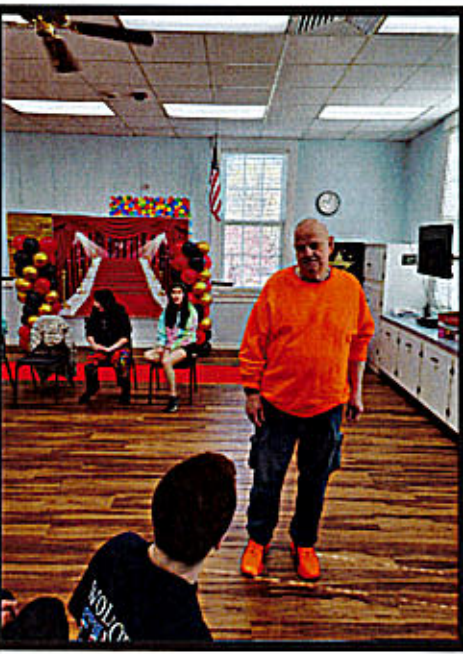
Setback with TAFT

April 24, 2024





WHS
Will Bowling



Senior Prom

April 26, 2024



Prom King & Queen!



Dancing the night away!



KAYNOR TECH LUNCH

APRIL 29, 2024



MERRY MONTH OF MAY

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BASEBALL

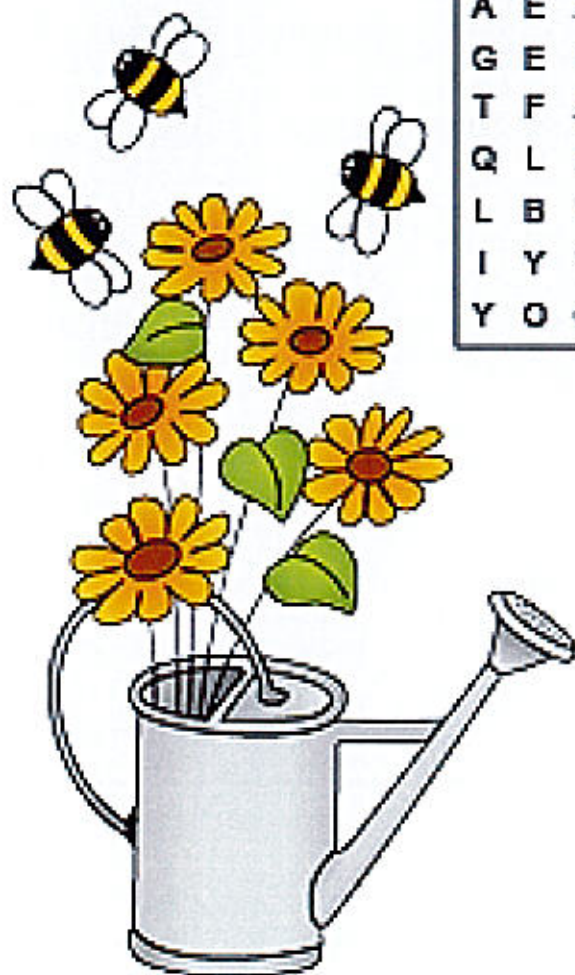
BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



GARDEN

GEMINI

GREEN

LADYBUG

LAWN MOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER



CINCO DE MAYO



WORD SCRAMBLE

Happy Cinco de Mayo! Have fun with this word scramble as you learn more about this holiday. If you need a little extra help, a list of possible words is below.

1. TBLEAT

2. QOCUNTES

3. APREDA

4. NOBEARELITC

5. UPBELA

6. YRIVCTO

7. FREODEM

8. YHDALIO

9. LBTIEYR

10. CEMOXI

CELEBRATION

CONQUEST

BATTLE

FREEDOM

HOLIDAY

LIBERTY

MEXICO

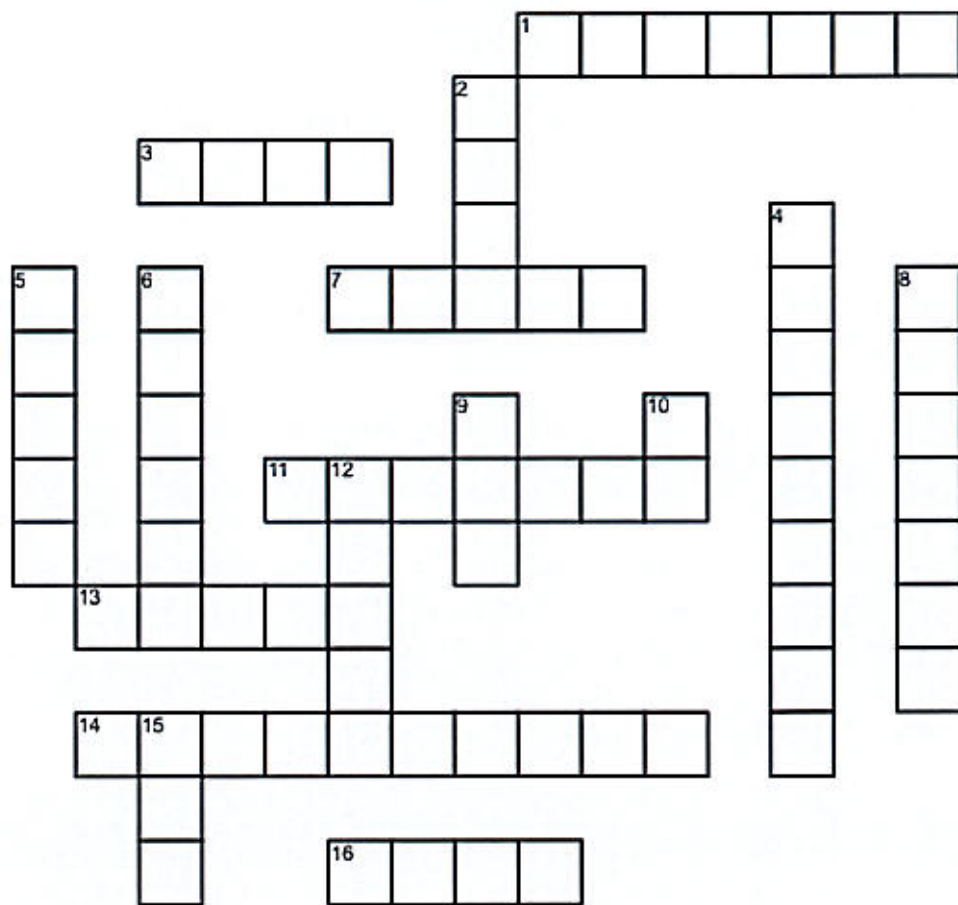
PARADE

PUEBLA

VICTORY

Cinco De Mayo commemorates the Mexican Army's successful defense of the city of Puebla against invading French forces in 1862.

Cinco de Mayo



Across

1. What foods had the most influence on Mexican cuisine?
3. What year did Mexico win their Independence?
7. How many colors are on the Mexican flag?
11. What was the first name of the General who led the Battle of Puebla?
13. What is the middle color on the Mexican flag?
14. What is rarely eaten in Mexico?

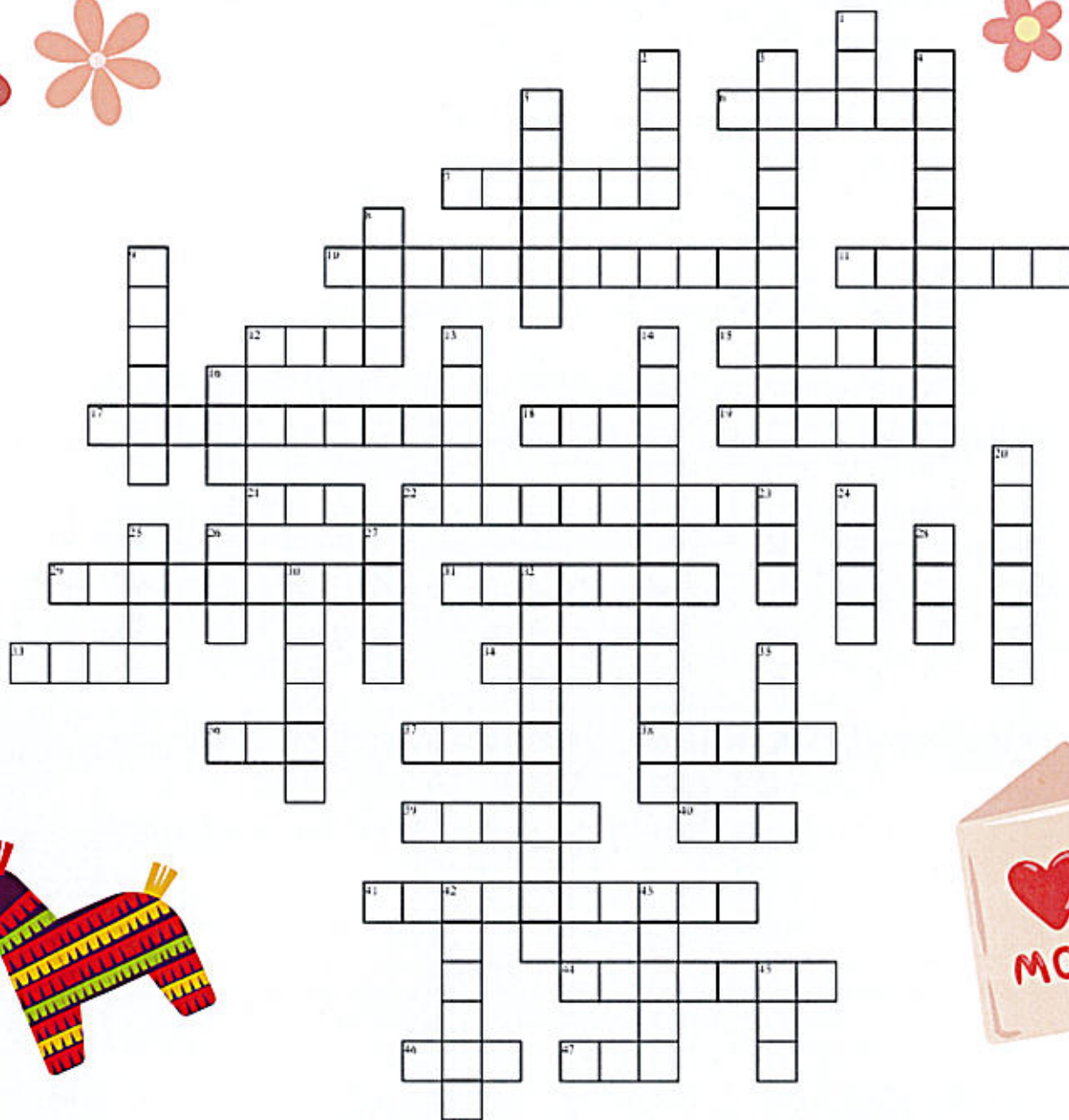
16. In what year did the Mexican army defeat the France army?

Down

2. How many main foods are there that made it into Mayan cooking?
4. What month is Mexico's Independence?
5. Salsa is the Spanish word for _____?
6. What army was considered the greatest military force on the globe?

8. Who founded chocolate?
9. What month does Mexico celebrate Cinco de Mayo?
10. Is Cinco de Mayo Mexico's Independence Day?
12. What is the first color on the Mexican flag?
15. What is the last color on the Mexican flag?

May Crossword Puzzle



Across

- 6. Crispy Triangle
- 7. Dogs follow them
- 10. Bolo ties or bell bottoms
- 11. Raccoon kin
- 12. Arcing recess
- 15. Duplicates
- 17. They're hidden annually
- 18. Laker great, familiarly
- 19. Kind of a baseball league for pre-Little Leaguers
- 21. One of two possible Passover mos
- 22. They take forever
- 29. what you might get on a day off
- 31. Franklin spelled it out
- 33. Building blocks for tots
- 34. Former Fox News anchor Van Susteren

- 36. "It's Raining ___" The Weather Girls hit
- 37. Zero-star fare
- 38. Indignant reply
- 39. Begin to fast
- 40. Glutton
- 41. Target
- 44. Read carefully
- 46. Charge
- 47. Got into a pickle

Down

- 1. Media co. based in D.C. and Fla.
- 2. They may be blonde or red
- 3. Not go off script
- 4. "Quit it with the attitude"
- 5. Carbohic Acid
- 8. Best Actress between Jennifer and Julianne
- 9. "Camptown Races" refrain syllables

- 13. Start over
- 14. Ruled by thieves
- 16. Grisham hero, often: Abbr
- 20. Brick partner
- 23. ___punk: No Doubt genre
- 24. Like some restaurant boxes
- 25. Hold up
- 26. Kinda equivalent
- 27. Throw below deck, say
- 28. One using bugs
- 30. Graduates
- 32. Where thoughts can be organized
- 35. Xi preceders
- 42. Lost control in a big way
- 43. Sip
- 45. University Dept.

Mother's Day Word Search



O H L V E Y J L D I D L K A V B J G
 E U K V J I Z Y H V L B C M D J L T
 I W T J J B U B E S P E C I A L S X
 A G Q D Y N H O D M Q A C U D I P G
 Q C O O K I N G W O P U Q S S F F R
 R L O V E E L A J W J T F O E W G A
 B L U A F E S C D S G I O J S I D N
 J Y D I M W Z E C E Q F W W S S F D
 Y F M D T I F H O C S U F S I D P M
 L E V O U R V I M F Z L G G K O M A
 I K F T D E R M U B Y I M O M M Y E
 M M F I W H C T N K A E U Q S K O T
 A S T A E T C C L S V T V J R H U C
 F G H O U O U E S I L H T A I B G F
 K U F R C M V P A H X D Q U O A T H
 C H M H H R Z S R V V B L N J Z M I
 N C X N P A R E N T N E P T X C H A
 F S N U R T U R E K R C H N G U S Q



MOTHER
 AUNT
 FAMILY
 RESPECT
 COOKING



MOMMY
 LOVE
 PARENT
 WISDOM
 NURTURE



GRANDMA
 SPECIAL
 HUGS
 KISSES
 BEAUTIFUL



MEMORIAL DAY

MAY 27th



Word Search

S	K	F	R	E	E	D	O	M	I	G	H	W	N	P
N	M	A	Y	A	I	G	I	E	C	I	V	R	E	S
A	J	Y	M	S	K	A	K	S	M	U	N	E	L	O
C	F	A	H	E	R	O	E	S	E	J	Q	M	I	N
I	L	D	F	E	J	W	J	E	M	E	A	E	K	O
R	O	I	S	G	A	L	F	I	O	C	S	M	E	I
E	W	L	G	U	R	I	R	U	R	I	D	B	R	T
M	E	O	W	J	G	U	G	J	I	F	F	E	U	A
A	R	H	Q	H	W	J	W	H	A	I	J	R	D	R
V	S	K	A	K	O	H	Q	K	L	R	K	S	J	O
M	W	V	S	V	A	N	A	V	S	C	L	A	K	C
P	X	M	W	M	S	V	O	M	W	A	V	Z	C	E
L	C	P	X	P	W	M	W	R	X	S	O	Y	A	D
O	V	E	T	E	R	A	N	S	C	M	E	V	C	F
I	G	O	V	Y	N	O	M	E	R	E	C	B	A	O

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

- | | | | |
|---------------|-------------|---------------|---------------|
| 1. Veterans | 5. Flowers | 9. Remember | 13. Ceremony |
| 2. Decoration | 6. Memorial | 10. May | 14. Sacrifice |
| 3. Day | 7. Service | 11. Americans | 15. Heroes |
| 4. Flags | 8. Honor | 12. Holiday | 16. Freedom |

Dandelion Balloons

by Lenore Hetrick

If you were a plucky little elf
Who lived down by the garden wall,
And for a glimpse of unknown lands
One morning you should feel the call –
Do you know the way for you to travel?
Why, a dandelion balloon you need!
Perched right on top of this downy cushion
You will travel with the greatest speed.

You have seen the dandelion balloons!
After the yellow flower is gone
Then out pops the white and fluffy balloon.
You find it there some early dawn.
And if you were a spunky little elf,
What better way could you find to go?
If you know and elf, why don't you tell him?
I'm sure he would be glad to know.



May



May is the month
Of sunshine and flowers
Birds in their nests,
And one or two showers.



Games to play and kites to fly
Or just looking at the sky.

We could spend a year this way
If the year were made of May.



MAY

SUNSHINE AND BLUE SKIES

AND
SPRINGTIME BOUQUETS,

LIGHT HEARTS

AND LAUGHTER AND

BRIGHT, HAPPY DAYS...

DOGWOODS ARE BLOOMING

YOUNG HATCHLINGS APPEAR

MAY IS SUCH A LOVELY

TIME OF THE YEAR.

It's your time to

Bloom

