

Golden Notes

NEW BRITAIN SENIOR CENTER

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<http://www.newbritainct.gov/goldennotes>

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APRIL 2013

SENIOR HEALTH FAIR
Thursday, April 25, 2013
9:30 to 12 Noon

The New Britain Health Department and the Senior Center will be conducting a Senior Health Fair on the date and time listed above. Join us for free health screenings from health care providers in our area. We will be offering free blood pressure, bone density, glucose testing, cholesterol screening, balance and gait screenings along with other health assessment tools. Lunch will be provided by the Atria senior living organization. Mark your calendar, the date is APRIL 25th from 9:30 to 12 noon.

Golden Notes Newsletter

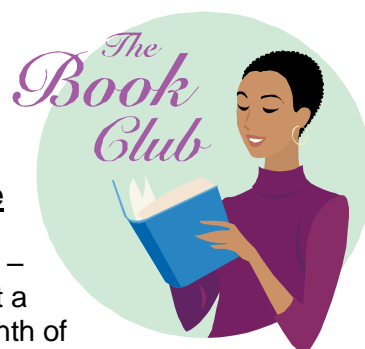
The monthly Golden Notes Newsletter is now available on line for those persons who are computer proficient. The web address to download the newsletter is as follows:

<http://www.newbritainct.gov/goldennotes>

Please note that we will no longer be sending out the monthly newsletter via email so, if you wish to view the newsletter, you must visit this web site or you can access the newsletter at the City of New Britain's web site by clicking on documents and scrolling to Senior Center. Click on the issue you wish to view.

Book Group

The Senior Center/Public Library Book Group will be meeting on Tuesday, April 16, at 1:00 pm here at the Senior Center. The book for April is **Imperfect: an Improbable Life** Written by Tim Brown, Jim Abbott. Former Major League pitcher Jim Abbott recounts the ups and downs of his career – and how he managed to succeed despite being born without a right hand. Hope you will joins us. The book read for the month of May will be **Christine Falls** by Benjamin Black (fiction mystery).



TRIAD SENIOR PROM

The New Britain TRIAD will be conducting the Annual Senior Prom on Thursday, April 11th from 5 to 8:30 pm at the New Britain High School. Join us fro an evening of great food, dancing and friendship. Tickets are available at the Senior Center at a cost of \$5.00 per person.

RSVP BARBEQUE DINNER
AT THE NEW BRITAIN SENIOR CENTER
DATE: 4/16/2013
TIME: 4:00 PM TO 7:00 PM

Menu:
Pulled Pork
Baked Beans
Coleslaw
Corn
Corn Bread Dessert

Cost: \$10.00

For tickets call (860) 224-7117, Tickets will be available at the door.



HELP SUPPORT SENIOR PROGARMS IN YOUR COMMUNITY

PROPERTY TAX RELIEF



The Senior Center is taking applications for the HOMEOWNERS, Additional Veterans and FREEZE Property Tax Relief Programs. Persons 65 and older in year 2012 or who receive Social Security Disability Benefits are eligible for a discount on their property taxes. Individuals earning less than \$33,500 and married couples earning less than \$40,900 during 2012 may be eligible for the discount. Homeowner income levels include 2012 social security benefits. Those persons who have received benefits under the old FREEZE program are eligible to maintain their property tax relief if their income, excluding social security, was less than \$6,000. Those persons who have been enrolled in either program during the past years will receive a letter from the City Tax Assessor. If they must reapply during 2013. If a married couple wishes to apply for the benefit, it is only necessary for one of the spouses to have been over 65 years of age to be eligible for the program.

Call the Senior Center if you wish to make an appointment or if you have any questions.

Casino Bus Trips

The Stanley Seniors are conducting the following trips to the Mohegan Sun Casino.



April 9, 2013

May 14, 2013

For more information call Richard Maccheitto at (860) 223-9144

LEARN TO AVOID SCAMS

On April 8th the Senior Center will be presenting a program on avoiding scams. These days we often hear of senior citizens being scammed by telemarketing, computer hacking and identity theft. This program will discuss key points as to what to look out for and the various steps that seniors can take to protect themselves from these kinds of scams. Again, the program will be held on Monday, April 8th starting at 10:00 AM so plan on joining us to learn how to protect yourself from scams.

FORMER SQUARE/ROUND DANCERS



We are looking for people who love to square/round dance to join us at the New Britain Senior Center on Friday at 1:30 PM for an afternoon of fun, exercise and socialization. Caller Ed Rutty and his wife Joy will provide the recorded music and live calling. This is your invitation to come-on-down and dance with us! Hope to see you on Friday afternoon.

SERVICES BY APPOINTMENT

DIAL-A-RIDE

At least a 2-day notice is required for rides to the Senior Center, medical appointments, shopping and other destinations at any time within the month. Call 826-3555 for an appointment. **There is a suggested donation of \$1.50 each way.**

MEDICARE/MEDICAL INSURANCE INFORMATION

Person seeking help in filing Medicare claims or appeals, interpreting medical bills and assistance in making decisions concerning Medicare supplemental insurance can make an appointment with Senior Center Staff by calling the Center at 860 826-3553. Advice on Living Wills and how to deal with advance medical directives is also available.

FROM THE NURSING DESK

The New Britain Health Department is sponsoring a Senior Health Fair on Thursday, April 25th starting at 9:30 am. More information can be found in this month's newsletter.

Stay safe. With early spring weather upon us, be very careful when walking about, bundle up and watch your step.

The Nurse from the New Britain Health Department is available on MOST days to meet with members and evaluate/discuss health related issues. Blood pressures and some other screening are available so keep this great resource in mind and stop by and talk to our nurses.

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GOLDEN NOTES SUBSCRIPTIONS

NAME _____ DATE _____
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PHONE # _____

Make checks payable to: **NEW BRITAIN SENIOR CENTER**

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New Britain Senior Center
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New Britain, CT 06051

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