

Golden Notes

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January 2014



AARP Safe Driver Course
Thursday, January 23, 2014
8:45 to 12:15 pm

The Senior Center will be offering a new and revised AARP Safe Driver Course on Thursday, January 23 starting at 8:15 am. Due to the higher cost and quality of the new Smart Driver Course materials, there will be a moderate course fee increase for participants taking the classroom course. For AARP members, the new course fee is \$15. For non-members, it is \$20. Please make checks payable to AARP. Space is limited so sign up starting on January 6th.



Book Group Meeting

The Public Library and Senior Center Book Group will be meeting on Tuesday, January 21st at 1:00 PM. The book read for this month is The Great Gatsby by F. Scott Fitzgerald

February 18, 2014 – Jefferson by Jon Meacham
March 18, 2014 - Dogs of Babel by Carolyn Parkhurst
All are welcome so we hope you will join us on the third Tuesday of each month

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 Nursing Department along with the Dental Health Department at Tunxis Community College will be presenting a special dental health talk on Wednesday, January 29th starting at 10:00 AM. Hope you will stop by and learn from this very important topic.

On most occasions, the Public Health Department is able to schedule a nurse during the morning hours each day here at the senior center. The nurse is available to provide basic services ant to answer any questions seniors may have. . Persons wishing to see the nurse for any reason should call the Senior Center during the morning hours to see if a Health Department nurse is available on the day you wish to come.

GOLDEN NOTES SUBSCRIPTIONS

NAME _____ DATE _____

STREET _____

ADDRESS _____

CITY _____ STATE, ZIP CODE _____

PHONE # _____

Make checks payable to: NEW BRITAIN SENIOR CENTER

Return to: GOLDEN NOTES

**New Britain Senior Center
55 Pearl Street
New Britain, CT 06051**

Annual Fee: \$6.00 non refundable

Cash _____ Check _____

New Subscription _____

Renewal _____

Suggestion Box

We are always looking for ways to improve the services here at the senior center. Have a new idea? Something on your mind? Please drop off your suggestions in the suggestion box located at the snack bar. If you need an answer to a question, please leave a name and number. Suggestions will be reviewed every Friday.

Recipe for Raspberry Oatmeal Cookie Bars

INGREDIENTS:

½ cup packed light brown sugar
1 cup all purpose flour
¼ teaspoon baking soda
1/8 teaspoon salt
1 cup rolled oats
½ cup butter softened
¾ cup seedless raspberry jam

Directions:

1. Preheat oven to 350 degrees F. Grease one 8 inch square pan, and line with greased foil.
2. Combine brown sugar, flour, baking soda, salt, and rolled oats. Rub in the butter using your hands or a pastry blender to form a crumbly mixture. Press 2 cups of the mixture into the bottom of the prepared pan. Spread jam to within ¼ inch of the edge. Sprinkle the remaining crumb mixture over the top, and lightly press it into the jam
3. Bake for 35-40 minutes in oven, or until lightly browned. Allow to cool before cutting into bars.

Dream Class Meeting

The monthly meeting of the dream discussion group will be held on Wednesday, January 15th at 10:00 am.



FRIDAY at the MOVIES
MOONSTRUCK
January 17, 2014
12:45 PM

Loretta Castorini, a book keeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she agreed to marry (the best friend of her late husband who died seven years previously), starring Cher, Nicolas Cage and Olympia Dukakis. Join us for this delightful and entertaining film!

Special Computer Class Offered

Thursday January 23, 2014
9:00 to 11:00 AM



The Senior Center will be offering a new computer class for those persons who want to learn how to use the internet to make personalized travel and entertainment plans. The class will cover a number of topics such as making travel plans, utilizing transportation resources, reserving hotels and vacation packages as well as exploring various travel options. Come see how easy and convenient travel plans can be made utilizing the internet. Classes will meet for a 4 week period and space is limited. Sign up at the front desk starting on January 6th.

Dental Health Program

On Wednesday, January 29th students from Tunxis Community College will be at the Senior Center to present a program on Dental Health. Dental hygiene is very important to good overall health status. Students will be available to talk about a variety of topics and practices. The program will start at 10:00 am so mark your calendars and stop by the Center for this informative program.

Special New Years Bingo

On Thursday, January 9th, Monsignor Bojnowski Manor and Advanced Health Care will be sponsoring a special bingo starting at 1:00 PM. Start the new year off right and stop by and join in!

Social Work Intern

Christine is a Social Work Graduate student from the University of Connecticut School Of Social Work and she will be here at the senior center until April of 2014. Christine will be here on Mondays, Tuesdays and Thursdays from 9:00 am to 1:00 pm and on Fridays from 9:00 am to 11:45 am. Christine is available to meet with seniors and help us with any issues or problems that may be troublesome. During her placement here at the senior center, Christine will be conducting several groups that will focus on issues facing seniors.

GROUP TOUR

JANUARY 3, 2014

FLORENCE GRISWOLD MUSEUM

Group will depart New Britain at 8:45 AM arrive at the Florence Griswold Museum at 10:00 AM for a docent-guided tour of the Harry Holtzman and American Abstraction exhibit as well as the Magic of Christmas on view in the Griswold Boardinghouse for artists. AFTER the tour, there is an optional painting lesson with Julie. Shortly after the painting lesson, we will have lunch and depart for New Britain. COST: \$10 for Admission and Travel Expenses. Additional \$5 for Paint lesson. Please pack your own lunch. For more information contact Christine.

SIGN UP AT THE FRONT DESK OR CALL THE CENTER AT 860-826-3553 ONLY 10 SPOTS LEFT!



Join us on:

Friday January 24th at 10:00 AM

Looking for volunteers to help prep, bake, and wrap goods for donation.

All food will be donated.

Signup sheet will be posted in the café near the suggestion box.

Suggestion Box

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