

# Golden Notes



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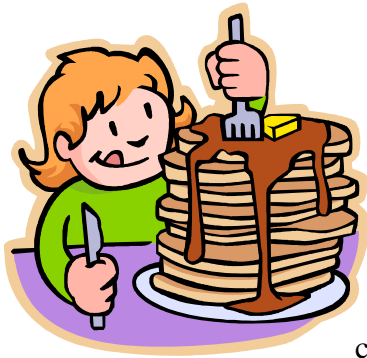
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WEB ACCESS: <http://www.newbritainct.gov> Go to Documents and click on Senior Center to find the current issue of the monthly newsletter

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## TRIAD PANCAKE BREAKFAST

The New Britain TRIAD will be hosting a pancake breakfast fund raiser on Sunday, March 23, 2014 from 8:00am to 11:00am here at the senior center. The breakfast includes; pancakes, eggs hash browns, coffee, etc.. In addition, there will be a bake sale, tea cup drawing, music and activities for kids, so mark your calendars and plan on joining us on March 23<sup>rd</sup>. Ticket price is \$5.00 advanced purchase and \$6.00 at the door. Children under 3 are free.



## Book Group Meeting

The Public Library and Senior Center Book Group will be meeting on Tuesday, March 18<sup>th</sup> at 1:00 PM. The book read for this month is:

Dogs of Babel by Carolyn Parkhurst

The book read for April 15<sup>th</sup> will be Cleopatra: a Life by Stacy Schiff.

All are welcome so we hope you will join us on the third Tuesday of each month

## **.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 2013 or who receive Social Security Disability Benefits are eligible for a discount on their property taxes. Individuals earning less than \$34,100 and married couples earning less than \$41,600 during 2013 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 2014. 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 in 2013 to be eligible for the program. Call the Senior Center (860) 826-3553) if you wish to make an appointment or if you have any questions.

### **AARP Income Tax Assistance**

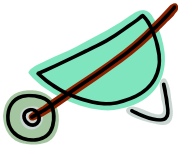
AARP Tax Assistance, a free program, provides income tax preparation assistance for low and middle income taxpayers of all ages, with special attention to those 60 and older. Appointments will be scheduled on Tuesdays and Fridays starting on February 4, 2014. Here's what you need to do:

- If married, both spouses should be present during the income tax session. Both signatures are required.
- Taxes are completed in one session, so you must bring with you all documents necessary to complete your returns.
- Complete copy of last years 2012 tax return.
- Social Security or individual Taxpayer ID number for household members and personal identification.
- A personal check showing bank account and routing numbers if direct/withdrawal is requested.
- All documents that relate to deductible expenses.
- All 2013 income tax forms that you have received including:
  - SSA 1099, Social Security Benefit Statement
  - 1099 forms ( 1099-int, 1099 DIV, 1099-R, 1099-B, 1099 MISC).
  - W-2 Wage and Tax Statement forms.
  - W-2 Certain Gambling Winner Forms.
- Documents showing original cost and assets sold during 2013.

Persons who do not itemize may want to bring their Property Tax Bill for credit on CT income tax. If you have a mortgage you may receive a form 1098 Mortgage and Interest Statement which reports property taxes.

To schedule an appoitmnet call the New Britain Senior Center at (860) 826-3553.

## Attention Home Owners: Need a Helping Hand?



Do you have home repairs, maintenance or yard work that needs to get done, but just can't find a way? **Rebuilding Together New Britain** can help. Rebuilding Together is the nation's largest volunteer based provider of home repair services. Our goal is to assist low-income homeowners with repairs and improvements that they cannot manage on their own because of physical and/or financial limitations. Repairs are completed by community volunteers at no cost to selected homeowners. Typical services range from yard work and general cleaning to light carpentry, electrical and plumbing repairs, as well as installing grab bars and other simple modifications. We are neighbors helping neighbors, one house at a time.

**Rebuilding Together New Britain** currently has room for a few more projects for the next scheduled Rebuilding Day Event, to be held during April, 2014. Applications are available at the Senior Center or by calling the Rebuilding Together office at (860) 832-4389. If you have any questions about the program call Kathi Brummett at the Rebuilding Together number listed above.

AARP Safe Drivers Course  
Thursday, March 20, 2014  
8:45 to 12:15 pm



The Senior Center and AARP will be offering a new and revised AARP Safe Drivers Course on March 20<sup>th</sup> starting at 8:45 am. Due to the higher cost and quality of the new Smart Driver Course materials, there will be a moderate course fee increase for those persons taking the course. For AARP members, the new fee is \$15.00 and for non members the fee is \$20.00. Sign up starts on March 3<sup>rd</sup> and please make checks payable to AARP.

## Cholesterol Screening

The nursing office will have cholesterol screening on March 26, 2014 in the nursing office by appointment only. Please call Elaine at 860-826-3462 to make your appointment.

Our Senior Health fair has been scheduled for April 23, 2014 more information will be in next month's golden notes

**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 office will have cholesterol screening on March 26,2014 in the nursing office by appointment only. Please call Elaine at 860-826-3462 to make your appointment.

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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.

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**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 \_\_\_\_\_

## WII BOWLING SIGN UP

The Tuesday afternoon Wii bowling group will resume bowling during the month of March. Sign up will be on Tuesday, March 3<sup>rd</sup> at 12:30 pm with a snow date of March 10<sup>th</sup>. Hope you will stop by and check out this fun activity.



## FRIDAY at the MOVIES

### Forest Gump

March 21, 2014

12:45 pm

Starring Tom Hanks, this delightful story follows Forest Gump as he frequently appears in historical events under awkward circumstances as he pursues his childhood sweetheart. Winner of 6 Academy Awards, Forest Gump will surely be entertaining. .



Stanley Seniors Travel  
Pinegrove Resort  
Kerhonkson, New York

Stanley Seniors Tours is planning a 5 day trip to Pinegrove Resort located in upstate New York. The dates for the trip are Monday, May 19<sup>th</sup> to Friday, May 23, 2014. The price of the trip is \$449 per person, dbl occ and \$549 for single occ. The price includes transportation, 3 delicious meals daily planned activities and lots of exciting highlights. Interested persons can call Richard Macchietto at (860) 223-9144 for more information.

CW Resources Senior Community Café

LS: Low Salt



# March Menu 2014

1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Grilled Chicken Breast with Honey Mustard Sauce Baked Potato Capri Blend Vegetables  Rye Bread  Pears	4 Pineapple Juice Low Salt Sliced Ham with Maple Glaze Rice Pilaf Spinach  HAPPY BIRTHDAY Corn Muffin  Birthday Cake	5 Ash Wednesday Egg Bake with Broccoli Tater Tots Stewed Tomatoes  Pumpernickel Bread  Banana	6 Orange Juice Cubed Beef Stroganoff over Egg Noodles Scandinavian Veggies  Whole Wheat  Pecan Spinwheel	7 Lentil Soup Unsalted Crackers Seafood Salad Lettuce and Tomato Pasta Primavera with Italian Dressing  Hot Dog Roll  Apricots
10 Salisbury Steak Onion Gravy Mashed Potatoes Spinach  Multigrain Bread  Banana	11 Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Brown Rice Steamed Broccoli Cuts  12 Grain Bread  Ice Cream Cup	12 Eye of the Round LS Beef Gravy Oven Roasted Potatoes Green Beans  W.W. Dinner Roll  Fresh Pear	13 Grape Juice Hot, Open Turkey Sandwich with LS Gravy Herbed Stuffing Romaine Salad with Thousand Island Potato Bread Peanut Butter Bar (Little Debbie)	14 LS Yankee Bean Soup Unsalted Crackers Eggplant Rollatini Baked Ziti with Sauce Italian Blend Veggies  Italian Bread  Tropical Fruit Cup
17 <b>Special Lunch</b> Cranberry Juice Corned Beef Au Jus Cabbage Boiled Potatoes Carrots Mustard  Irish Soda Bread  Shamrock Cookie	18 Grape Juice Hamburger Lettuce and Tomato Macaroni Salad Pickled Beets  Hamburger Bun  Banana	19 Low Salt Ham Steak with Pineapple Glaze Harvest Rice California Veggies  Rye Bread  Fresh Orange	20 Cranberry Juice Garlic Baked Chicken Scalloped Potatoes Geneva Blend Veggies  100% Wheat Bread  Butterscotch Pudding	21 LS Vegetable Orzo Soup Unsalted Crackers Baked Fish with Lemon Dill Sauce Couscous Hot Buttered Beets  Multigrain Bread  Pineapple Chunks
24 Orange Juice Block & Barrel Hot Dog Steak Fries Carrots  Hot Dog Bun  Ginger Cookies	25 LS Cream of Broccoli Unsalted Crackers Balsamic Roasted Chicken Couscous Zucchini 12 Grain Bread  Cinnamon Applesauce	26 Lasagna Rollete Meat Sauce Broccoli  Dinner Roll  Mixed Fruit Cup	27 Grape Juice Meatloaf Mushroom Gravy Baked Sweet Potato Green and Gold Beans  100% Whole Wheat  Brownie	28 Crab Cakes with White Sauce Buttered Noodles Spinach  Rye Bread  Citrus Selections
31 Turkey Pot Pie with Diced Potato, Carrots, Celery and Peas Cauliflower  Biscuit  Pineapple Chunks				