

Golden Notes



NEW BRITAIN SENIOR CENTER
55 PEARL STREET NEW BRITAIN, CT 06051

MICHAEL KARWAN, DIRECTOR

PHONE: 860-826-3553

FAX: 860-826-3557

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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New Britain TRIAD **KNOW OUR RIGHTS**

New Britain TRIAD program will be sponsoring a monthly informational series here at the senior center. TRIAD will offer a variety of topics that are important to seniors residing in the community. The first presentation will take place on Tuesday, May 13th starting at 8:30 am and running until approximately 9:30 am. This talk is sponsored by Daniel O. Tully, Esq. and Andrew House Healthcare. The topic for this program is Know Your Rights which deals with issues facing seniors as we progress in years. There will be an opportunity to talk with Attorney Tully about specific problems you may be having or that you have questions about. Learn firsthand how to protect yourself as you age.

RSVP is mandatory. Seating is limited. Call or contact Wendy Mutter 860 225-8608 or email: Andrewhouse_ admissions@regencyhc.com

A complimentary continental breakfast will be served.

Book Group Meeting

The senior center/public library book group will be meeting at 1:00 pm on Tuesday, May 20th here at the senior center. The book read for May is Art Forger by Barbara A. Shapiro.

The June read is Grand Central: how a train station transformed America written by Sam Roberts.

So get reading and join us on the third Tuesday on each month (except during July and August).

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

Persons 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

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 and 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

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55 Pearl Street
New Britain, CT 06051

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FRIDAY at the MOVIES

Something's Gotta Give

Friday, May 16th at 12:45 pm



A swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age

Stars Jack Nicholson, Diane Keaton,

PROPERTY TAX RELIEF

Thursday, May 15th is the filing deadline for taking applications for the HOMEOWNERS< Additional Veterans and FREEZE Property Tax Relief Programs. Person 65 and older in the 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. Call the Senior Center (860) 826-3553 if you wish to make an appointment or if you have any questions. **REMEMBER May 15th is the filing deadline.**

AARP DRIVERS COURSE



AARP will be conducting a Safe Drivers Course on Thursday, May 22nd starting at 8:45 am and ending at approximately 12:15 pm. Interested persons can sign up for the program starting on May 5th and the cost for the course is \$15.00 for AARP members and \$20.00 for non members. Please make check payable to AARP.



PREVENTING FINANCIAL ABUSE

Webster Bank will be presenting a free seminar on HOW TO PREVENT FINANCIAL ABUSE on Wednesday, May 28th here at the senior center. The program will start at 10:00 am and topics will include:

What is “financial abuse” and learn how seniors are exploited
Learn the warning signs of abuse
Scams to watch out for
Important do’s and don’ts

Don’t let yourself, or someone you care for, fall victim to financial abuse Plan now to attend this important seminar. Attendance is free and registration is not required.

URBAN OAKS IS COMING!

Urban Oakes Organic Farm will be coming to the senior center weekly starting on Wednesday, June 4th. The Mobil Market will be here every Wednesday from 12:30 to 2:30 pm and will be located in the parking lot of the senior center. Fresh, local and organic fruits and vegetables, all CT grown will be for sale. This is a very convenient way for folks to purchase high quality organic grown produce so watch for more information in the June Golden Notes newsletter.



Cooking with Chris

Cooking with Chris will be back during the month of May. Watch for date and time posting at the Senior Center and join Chris for her last cooking adventure!