

# Golden Notes



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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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**VOL XLIII NO.VV**

**August 2014**

## **CCSU Research Project**

**Students from Central Connecticut State University will be at the senior center during the month of September to conduct a research project. The students will be asking seniors to complete a short satisfaction survey that will help the senior center plan for the future and will help us serve you better. This project is very important to the senior center so, we are asking for your assistance and cooperation in working with the students. More information about this project will be available in the September newsletter.**

## **New Britain TRIAD Connecticut Long Term Ombudsman Program**



**On Tuesday, August 12<sup>th</sup> the New Britain TRIAD organization will be presenting the monthly seminar here at the Senior Center. Ms Nancy Schaffer from the State Office will talk about the Connecticut Ombudsman program and will discuss how the program works to improve the quality of life and quality of care for those seniors who require a certain level of care. The program starts at 8:30 am with a complimentary continental breakfast followed by the discussion.**







**This program is co sponsored by the Office of State Senator Gerratana.**



# CW Resources Senior Community Café

## August Menu

1% or Skim milk provided  
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef Stroganoff Egg Noodles Garden Salad Italian Dressing  Multigrain Bread  Peaches
4 Hamburger German Potato Salad California Blend Veggies Mustard  Hamburger Roll  Sliced Melon	5 Grape Juice Chicken Cacciatore Long Grain Rice Capri Blend Vegetables <b>Happy Birthday</b> 100% Whole Wheat  Birthday Cake	6 Apple Juice Chunky Turkey Salad with Cranberries Pasta Primavera with Vegetables  Multi Grain Bread  Ice Cream Social*	7 Minestrone Soup Unsalted Crackers Broccoli Bake Peas & Carrots  Pumpnickel Bread  Fruited Yogurt	8 Orange Juice Baked Filet of Sole with Lemon Sauce Rice Pilaf Yellow & Green Squash  Oat Bread  Banana
11 Orange Juice Boneless Pork Chop Onion Gravy Red Beans & Rice Green Beans  Corn Bread  Sherbet	12 Philly Cheesesteak with Cheese, Onions & Peppers Mashed Potatoes Peas  Grinder Roll  Tropical Fruit Cup	13 Cream of Broccoli Soup Unsalted Crackers Grilled Chicken over Caesar Salad with Olives, Cucumbers and Croutons Caesar Dressing 100% Whole Wheat  Chunky Applesauce	14 Eggplant Parmesan Roll-Up Ziti with Meat Sauce Italian Blend Veggies  Italian Bread  Pineapple Chunks	15 Grape Juice Pier 17 Fish Baked Yam Versailles Veggies  Rye Bread Little Debbie Raisin Cream Pie
18 Cheeseburger Lettuce & Tomato Tater Tots Broccoli Florets  Hamburger Bun  Fruit Cup	19 Hearty Vegetable Soup Unsalted Crackers Turkey, Ham & Swiss Hero Sandwich Lettuce Bed Coleslaw  Sub Roll  Pears	20 Cranberry Juice Roast Beef Beef Au Jus Au Gratin Potato Pickled Beet Salad  Pumpnickel Bread  Italian Ice	21 Baked Fish Tartar Sauce Baked Sweet Potato 3 Bean Salad with Chick Peas  Rye Bread  Banana	22 Apple Juice Hawaiian Chicken Quarter with Pineapple Sauce Rice Pilaf Oriental Blend Veggies  Oatmeal Bread  Pecan Spinwheel
25 Orange Juice Spaghetti with Sauce Meatballs Parmesan Cheese Italian Blend Vegetables  Italian Bread  Apricots	26 Un-breaded Veal Cutlet with Sautéed Peppers and Onions Roasted Potato Wedges Scandinavian Veggies  Rye Bread  Watermelon Slice	<b>Labor Day Special</b> 27 Pineapple Juice Pulled Pork BBQ Sauce Macaroni Salad Cucumber Salad  Sub Roll Apple Pie with Whipped Topping	28 Roast Turkey Turkey Gravy Herbed Stuffing Carrot Coins Cranberry Sauce  Dinner Roll  Fresh Pear	29 Beef Barley Soup Unsalted Crackers Chunky Seafood Salad Lettuce Bed/Tomato Sl. Spinach Pasta Salad  Wheat Bread  Fresh Peach

## Book Group Update

The Senior Center/NB Public Library Book Group will not be meeting during the months of July and August. Meetings will restart on the third Tuesday of each month starting on September 16<sup>th</sup>. The book read list is as follows:

September 16 <sup>th</sup>	The Monuments Men	by Robert Edsel
October 21 <sup>st</sup>	What's Eating Gilbert Grape	by Peter Hedges
November 18 <sup>th</sup>	Travels With Charlie	by John Steinbeck
December 16 <sup>th</sup>	Still Life	by Louise Penny.

Hope you enjoy the summer, stay safe and get reading. See you in September!

### “Keeping It Cool”

Ms Mary Hof, a graduate student from the University of St Joseph, and assigned to Catholic Charities, will be conducting a workshop entitled “Keeping It Cool” on Monday, August 4<sup>th</sup> starting at 10:00 am. Learn how to understand anger and how anger can affect your body and finding healthy ways to cope through relaxation and visualizations.



### Special Bingos

Monsignor Bojnowski Manor will be sponsoring a special bingo activity on Thursday, August 7<sup>th</sup> starting at 1:00 pm.

Wellcare Medical will be conducting a bingo on Monday, August 18<sup>th</sup> starting at 1:00 PM.

Hope you will stop by and join in.

## 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

The Nursing Department has several exciting programs lined up for the fall so enjoy the rest of the summer. Make sure you drink lots of water and stay cool during these times of excessive heat and humidity. . 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.

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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 \_\_\_\_\_

**FRIDAY at the MOVIES**

**CALANDAR GIRLS**  
**Friday, August 15<sup>th</sup> at 12:45 PM**



When twelve ordinary members of the Woman's Institute, a prim and proper local ladies club, decide they need to find a more compelling way to raise money for a new charity, they turn to their traditional annual calendar and give it a very untraditional twist.

**Starring Helen Mirren and Julie Walters.**

**Stop by the senior center and stay cool while watching the movie of the month. Hope you will join us for this entertaining film.**



**A Day at Mohegan Sun Casino**

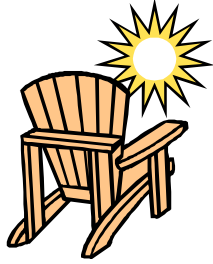
**Tuesday, August 12, 2014**

**Cost: \$19.00**

**Call 860 229-2502 for more information.**

**Urban Oakes Farm**

**The Urban Oakes Mobil Market will continue to be at the senior center on Wednesdays, from approximately 12 noon to 2:30 pm. This is a great opportunity to stop by and purchase fresh and healthy produce. Remember, Urban Oakes accepts WIC and SNAP coupons so stop by and take advantage of this convenient way to shop.**



## **Daily Calendar of Activities August 2014**

### **Mondays**

**8:15 am to 11:00 am – Snack bar open**

**8:45 am to 9:15 am – Line Dancing Instruction for persons wishing to learn line dancing**

**9:15 am to 10:00 am – Exercise Class Senior appropriate exercise class with Chris**

**9:15 am to 11:30 am – Art class open**

**10:15 am to 11:00 am - Line dancing class**

**12:45 pm to 3:00 pm - Bingo**

### **Tuesdays**

**8:15 am to 11:00 am – Snack bar open**

**8:30 am to 9:00 am – Line Dancing Instruction for persons wishing to learn line dancing**

**9:10 am to 10:15 am – Exercise Class Senior appropriate exercise class with Chris**

**9; 15 am to 1: 30 am - Craft group meets**

**10; 30 am to 11:15 am – Line dancing class with Chris**

**1:00 pm to 3:30 pm – Craft group meets**

### **Wednesdays**

**8:15 am to 11:00 am – Snack bar open**

**9:00 am to 11:30 am - Card group**

**9:15 am to 11:30 am – Art class open**

**9:15 am to 11:30 am - Ceramics class open**

**12:45 pm to 3:00 pm - Bingo**

**1:00 pm to 3:00 pm - Ballroom dancing**

### **Thursdays**

**8:15 am to 11:00 am – Snack bar open**

**9; 15 am to 11; 30 am – Craft group meets**

**1;00 pm to 3:30 pm – Pinochle club**

**1:00 pm to 3:30 pm - Craft group meets**

### **Fridays**

**8:15 am to 11:00 am – Snack bar open**

**9:15 am to 11:30 am – Art class open**

**9:15 am to 11:30 am - Ceramics class open**

**12:45 pm to 3:00 pm - Bingo**

## August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Urban Oakes 12 to 2:30 pm	7 Special Bingo 1 PM	8	9
10	11	12 TRIAD Program 8:30 AM Primary Election	13 Urban Oakes 12 to 2:30 pm	14	15 Movie 12:45 PM Calendar Girls	16
17	18 Wellcare Bingo 1:00 PM	19	20 Urban Oakes 12 to 2:30 pm	21	22	23
24	25	26	27 Urban Oakes 12 to 2:30 pm	28	29	30
31	Exercise/Dance Art Bingo	Exercise/Dance Crafts	Ceramics Cards Dancing Bingo	Crafts Pinochle	Art Ceramics Bingo	