

# 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, click on Golden Notes tab to find the current issue of the monthly newsletter

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October 2014

## Senior Expo "14"

The New Britain TRIAD group will be holding a special Senior Expo on Thursday, October 9, 2014 from 10:00 AM to 1:00 PM at the Hospital for Special Care located at 370 Osgood Avenue here in New Britain. The Expo will feature a variety of programs and services that will be represented by numerous vendors. The EXPO will also provide other services like document shredding, flu shots, give away prizes and a great pasta lunch. There is no charge for the Expo, so plan on stopping by and take advantage of this great opportunity to learn about community resources.



## AARP TAX-AID VOLUNTEERS NEEDED



Are you good with numbers and enjoy helping others? If so, we have an opportunity for you.

AARP is looking for volunteers to join the AARP Foundation Tax-Aid Program which provides free tax return preparation services for low to moderate income taxpayers. Prior tax preparation experience is helpful but not required. Dedicated volunteers are available to train and assist using professional tax preparation software. This is a great way to spend 1-2 days a week during the dreary winter months helping others.

Interested persons can find more information at [WWW.aarp.org/tavolunteer](http://WWW.aarp.org/tavolunteer), click on the gold "become a volunteer box, or call Wendy Kingsbury (860) 828-3656. We need new volunteers in order to continue to serve our community so please step up.



## **Zumba Gold is Coming!**

The Health Departments Nursing Division is happy to announce that they will be bringing ZUMBA GOLD to the Senior Center in October. The class will be held Thursdays at 9am, and the instructor will be Amy Grey.

Amy has many years of experience teaching ZUMBA GOLD to the senior population. You will find her classes in many of the area Senior Centers including Plainville and Farmington.

Zumba Gold is a workout that is specifically designed for seniors, beginners, and any others needing modifications in their exercise routine. Zumba combines a dance workout with a party-like atmosphere. Zumba Gold can help seniors build cardiovascular health by getting the heart rate up. It also works the muscles of the hips, legs, and arms through the dance moves.

The 30 to 45 minute classes have been adapted to fit the exercise needs of senior citizens. Experience with dance is not required as moves are broken down in a slow and manageable manner.

Zumba combines different dance styles including meringue, cha-cha, cambia, belly dance, rumba, tango, and salsa. The Zumba Gold classes break these dances down to better fit the exercise needs of active older adults. There are many chair based options that are available to participants in Zumba Gold.

If you decide to take a Zumba Gold class make sure you wear comfortable exercise clothing, supportive athletic shoes, and your "ready to party" mood.

**WE ARE HOPING TO START THE CLASS IN MID OCTOBER WE WILL PUT UP FLYERS WITH THE DATE OF THE 1<sup>ST</sup> CLASS. You will be asked to fill out a brief form before you begin your 1<sup>st</sup> class and sign in each week the nurse will be available to help you with these forms.**

**LET'S GET READY TO PARTY !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

### **RSVP Fund Raiser**

RSVP of Central CT Ins invites you to attend a Meatloaf Dinner fund raiser on Wednesday, October 29<sup>th</sup> from 4:00 PM to 8:00 PM here at the senior Center. The menu will include meatloaf, mashed potato, bake mac & cheese, green beans, dessert, coffee tea and juice. The cost for the dinner is \$10.00 per adult and \$5.00 for children under 10 years of age. Hope you will stop by for a delicious comfort meal and support RSVP.

## **October is Fire Prevention Month**

**The biggest disaster threat to American families isn't floods, hurricanes or tornadoes; it's fire. The American Red Cross responds to a disaster every eight minutes and nearly all of these are home fires.**

To help reduce the risk and impact of residential fires, the Red Cross is partnering locally with the City of New Britain Fire Department to canvass neighborhoods on Tuesday, October 7, and share fire prevention and safety tips, as well as to install smoke alarms in homes where none are present.

**"Home fires are a common and deadly threat because they happen so quickly," said American Red Cross Connecticut Chapter Senior Director of Emergency Services Rebecca Johnson. "We urge everyone to become aware of what they should do to prevent a fire in their home."**

Adults over the age of 65 are more than twice as likely to die in home fires when compared to the average American. **"Having a smoke alarm, having a plan and being ready for emergencies can help increase your chances of safely escaping a fire,"** Johnson said.

Johnson said that smoke alarms are one of the most important factors in preventing deaths due to fire. **"Nearly two-thirds of all fire-related deaths occur in homes without functioning smoke alarms. Simply put, smoke alarms save lives."**

Johnson said Red Cross volunteers and New Britain firefighters will fan out across the city on Tuesday, October 7, to install smoke alarms and talk with residents about other steps they can take to prevent or safely escape a residential fire.

**"While the October 7 neighborhood canvass is a special event, this is not the limit of our work,"** said New Britain Fire Chief Thomas Ronalter. **"We have had a program in place for several years to help residents install smoke alarms at no cost. We hope the October 7 event will raise awareness and inspire more New Britain residents to install smoke alarms or reach out to us for help."**

Ronalter urged residents wishing to have a smoke alarm installed in their home free of charge by the Fire Department to contact New Britain Fire Marshal Donald King at (860) 826-4311 to schedule an appointment.

**Most home fires can be prevented. Homeowners should check for items that can be hazardous such as candles and space heaters – common items that can turn dangerous very quickly.**

To help avoid a fire in the home, there are steps someone can take now:

- **Keep items that can catch on fire at least three feet away from anything that gets hot, such as sources of heat or stoves.**
- **Never smoke in bed.**
- **Turn portable heaters off when leaving the room or going to sleep.**
- **Install smoke alarms on every level of the house and inside bedrooms.**
- **Replace batteries in smoke alarms at least once a year. Test each alarm monthly by pushing the test button.**

**Have an escape plan. The Red Cross recommends that households develop a fire escape plan and practice it at least twice a year with everyone who lives in the home. People should know two ways to escape from every room and designate a safe place to meet outside the home in case of a fire. If a fire happens, follow the escape plan. Get out, stay out and call 911 from a safe location.**

**CCSU and SENIOR CENTER  
Research Project**

Students from Central Connecticut State University will be at the senior center during the month of October 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. We will also be mailing surveys to those members who participate in our programs. This project is very important to the Senior Center so we are asking for your assistance and cooperation in working with the students. If you are asked to complete a survey form, please take the time to do so and return the completed form to the senior center. The survey forms will not ask for any personal information so you do not have to identify yourself.

Thanks for taking the time to help us with this project

**Book Group Update**

The Senior Center/NB Public Library Book Group will meet on Tuesday, October 21<sup>st</sup> at 1:00 PM. The October read is. What's Eating Gilbert Grape by Peter Hedges

A special force of American and British museum directors, curators, art historians, and others, called the Monuments Men, risked their lives scouring Europe to prevent the destruction of thousands of years of art and culture.

November 18<sup>th</sup>                      Travels With Charlie by John Steinbeck  
December 16<sup>th</sup>                     Still Life by Louise Penny.

Remember to join us on the 3<sup>rd</sup> Tuesday of each month.

**Legal Program**

The Elder Law Office of Attorney Stephen O. Allaire will be at the senior center on Tuesday, October 7<sup>th</sup> at 10:00 am and will be talking on;

**Plan Today for Tomorrow, Prior Planning Can Make All the Difference**

Attorney Allaire will be available to provide timely information as well as to answer questions

**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**

From The Nursing Desk: We are happy to announce that we will be bringing ZUMBA GOLD to the Senior Center in October. The class will be held Thursdays at 9am, and the instructor will be Amy Grey.

Amy has many years of experience teaching ZUMBA GOLD to the senior population. You will find her classes in many of the area Senior Centers including Plainville and Farmington.

. 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**

**Baby Boom**

**Friday, October 17<sup>th</sup> at 12:45 PM**

**Academy Award winner Diane Keaton is smashing as a high-powered career woman who inherits a baby – and discovers a side of herself she never knew she had...a maternal one.**



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

**Friday Afternoon Square Dancing**

**The Friday Afternoon Square Dancing group will resume meeting and dancing starting on Friday, September 5<sup>th</sup> at 1:00 pm. The group is always looking for new dancers and all are welcome to come by and learn about the program, Lots of great dancing and fun on Friday afternoons.**



**A Day at Mohegan Sun Casino**

**Tuesday, October 14, 2014**

**Cost: \$19.00**

**Call Elda Spaczynski at 860 229-2502 for more information.**

**COMPUTER CLASS OFFERED**

**The Senior Center will be offering a computer learning class starting on Tuesday, September 23<sup>rd</sup> from 9:00 to 11:00 am. The class will focus on the interests and skills of the participants. A variety of topics including basic computer skills, some word processing and accessing and using the internet will be covered. Sign up for this class will start on September 3<sup>rd</sup>.**

## Daily Calendar of Activities

October 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

9:00 am to 11:00 am – Computer class Starts on September 23<sup>rd</sup>.

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

12:30 pm to 3:00 pm Wii Bowling

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

1:15 pm to 3:30 pm Square Dancing



CW Resources Senior Community Café

# October Menu

1% or Skim milk provided  
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>HAPPY HALLOWEEN</b></p>		<p>1</p> Creamy Pea Soup Unsalted Crackers Grilled Chicken Breast Sweet Potatoes Broccoli  Dinner Roll  Cinnamon Applesauce	<p>2</p> Grape Juice Pot Roast w/Gravy Baked Potato Carrot Coins Sour Cream  Pumpkin Bread  Birthday Cake	<p>3</p> Potato Crunch Fish Lemon Butter Sauce Buttered Orzo Spinach  Potato Bread  Fresh Apple
<p>6</p> Roast Pork with Apple Glaze Sesame Noodles Country Blend Veggies  100% Whole Wheat  Mandarin Oranges	<p>7</p> Orange Juice Grilled Chicken with Honey Mustard Sauce Mashed Potatoes Summer Blend Veggies  12 Grain Bread  Mixed Fruit Cup	<p>8</p> Spaghetti Marinara Sauce Turkey Meatballs Romaine Salad Ranch Dressing Parmesan Cheese  Italian Bread  Banana	<p>9</p> Cream of Broccoli Soup Unsalted Crackers Chicken Salad Lettuce Bed Macaroni Salad Pickled Beets  Multigrain Bread  Pears	<p>10</p> Pineapple Juice Homemade Meatloaf Onion Gravy Sweet Potato Peas  Potato Bread  Rice Pudding
<p>13</p> <p><b>COLUMBUS DAY HOLIDAY</b></p>	<p>14</p> Cranberry Juice Lasagna Rolette Meat Sauce Peas & Carrots Parmesan Cheese  Italian Bread  Tangerine	<p>15</p> Grilled Chicken Breas: Broccoli Cheese Sauce Rice Pilaf Stewed Tomatoes  Oatmeal Bread  Peaches	<p>16</p> Pineapple Juice Beef Stew w/Carrots, Diced Potatoes & Peas Garden Salad French Dressing  W.W. Dinner Roll  Oatmeal Cream Pie	<p>17</p> Roast Turkey Turkey Gravy Stuffing Geneva Blend Veggies Cranberry Sauce  Rye Bread  Tropical Fruit Cup
<p>20</p> Grape Juice Veal Scallopini over Parslied Buttered Noodles Oriental Blend Veggies  100% Whole Wheat  Oatmeal Raisin Cookies	<p>21</p> Knockwurst Lazy Pierogies Cabbage  Hot Dog Roll  Pineapple Chunks	<p>22</p> Cranberry Juice Chicken Tetrazzini with Sauce Brown Rice California Blend Veggies  Pumpkin Bread  Ice Cream Cup	<p>23</p> Escarole Bean Soup Unsalted Crackers Broccoli Bake Chuck Wagon Veggies  100% Whole Wheat  Fruit Cocktail	<p>24</p> Orange Juice Rigatoni with Meatballs Marinara Sauce Spinach  Multigrain Bread  Cinnamon Applesauce
<p>27</p> Apple Juice Unbreaded Fish Filet Steak Fries Carrot Coins Tartar Sauce  Oatmeal Bread  Tropic Fruit Cup	<p>28</p> Cranberry Juice Unbreaded Veal Patty Onion Gravy Rice Au Gratin Summer Blend Veggies  Pumpkin Bread  Banana	<p>29</p> Butternut Squash Soup Unsalted Crackers Grilled Chicken Breast Lettuce & Tomato Marinated Cucumbers  W.W. Hamburger Bun  Fresh Pear	<p>30</p> Orange Juice Lazy Man's Stuffed Pepper Whipped Potatoes Buttered Beets  Italian Bread  Fresh Orange	<p>31</p> Ghoulish Grape Juice Prickly Peppersteak with Peppers and Ugly Onions Batty Buttered Noodles Creepy Capri Blend Voodoo Veggies Bewitched Bread Pumpkin Treat



# October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	6 Commission on Aging	7 Legal Program 10:00 AM	8	9 TRIAD EXPO 10:00 AM to 1:00 PM	10	11
	13 Columbus Day Center Closed	14	15	16	17 Movie 123:45 PM Baby Boom	18
	20	21 Book Group 1:00 PM	22	23	24	25
	27	28	29	30	31	
	Exercise/Dance Art Bingo	Exercise/Dance Crafts Computer Class Wii Bowling	Ceramics Art Dancing Bingo Cards	Crafts Pinochle	Ceramics Art Sq. Dancing Bingo	