

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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November 2014



SENIOR CENTER'S ANNUAL HOLIDAY BAZAAR

On Friday, December 5th the Senior Center will be holding our Holiday Bazaar. The Bazaar will start at 9 am and continue until 2 pm. This year's event will include lots of handmade crafts along with baked goods, raffle items and delicious homemade apple pies. The lunch will be available for purchase and the menu will include cabbage soup, hot dogs, meatball grinders and apple pie.

We are asking our senior center members to support our Bazaar by donating a new item for our Raffle Table and to please donate a baked good for the bake sale. Raffle items can be dropped off anytime and baked goods can be delivered on morning of the Bazaar.

Hope you will stop by and support our annual Holiday Bazaar.

CCSU and SENIOR CENTER Research Project

The deadline for completing the CCSU/Senior Center satisfaction survey is coming up and we are asking those of you who have not completed a survey to please do so. Surveys are due by November 6th and we want to thank all of you who have completed the survey. Your contribution will be very helpful to us as we move forward.



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, 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
With Amy Gray**



**Join the party
Try a Zumba Gold Class**
Zumba Gold is an innovative, fun and exciting program. The program was designed for active older adults, the true beginner and/or people who are not used to exercising, or persons who may be limited physically.

**WHEN: Thursdays
WHERE: New Britain Senior Center
LET'S GET READY TO PARTY !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

Book Group Update

The Senior Center/NB Public Library Book Group will meet on Tuesday November 18th at 1:00 PM. The November book is. Travels With Charlie by John Steinbeck

The December 16th read will be: Still Life by Louise Penny.

Hope you will join us on the 3rd 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

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 During November. 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.

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

Crossing Delancey

Friday, November 21st at 12:45 PM

Staring Amy Irving as Isabelle (Izzy) Grossman and Reizl Bozyk as Bubbie.



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



A Day at Mohegan Sun Casino

Tuesday, November 11, 2014

Cost: \$19.00

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

Safe Drivers Course

AARP and the senior center will be conducting a safe driver's course on Thursday November 20th from 8:30 am to 12:20 pm. This is a one day course and the cost is \$15.00 for AARP members and \$20.00 for non members. Sign up will start on Monday, November 3rd.

ENERGY ASSISTANCE

The Senior Center in cooperation with the New Britain Human Resource Agency is taking appointments for the States Energy Assistance Program. Proof of all income from the month prior to applying must be available. This includes all pages of the latest bank statement on a checking or savings account. Copies of oil, gas or electric bills, a rent receipt or a property tax bill are also required. You may have up to \$10,000 in assets as a home owner and \$7,000 as a renter to qualify. If you were ineligible in past years, this may be the time to reapply. Call the Senior Center for an appointment or contact HRA at 860 223-2288 for more information.

Daily Calendar of Activities

November 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 23rd.

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

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

9:00 am to 10:00 am - ZUMBA

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

Managing Our Minds

The Alzheimer's Resource Center will be partnered with the Senior Center to conduct a variety of programs designed to maximize senior's cognitive health and abilities for safe community living and to support informal caregivers who provide care for persons with dementia. The objective of the Managing Our Minds program is to:

Promote overall cognitive health

Enhance public awareness through education on health cognitive aging, dementia, and access to resources

Maximize safety and supports for those living with dementia at home.

Support families and caregivers of people with dementia.

During the month of November, the Alzheimer's Resource Center will be conducting the following programs:

**Thursday, November 13th and 20th
Memory Screening 9:00 am to 2:00 pm**

The screening can provide key information for community members on the state of their own cognitive health

**Monday, November 17th and 19th
Get Smart Intro to Brain Fitness 10:00 am**

Resource Center staff will provide a social and stimulating opportunity to get people engaged in activities that both challenge and strengthen memory and cognitive skills.

This is a great opportunity for seniors to learn about the issues pertaining to Managing our Minds so adjust your calendars and take advantage of this program.

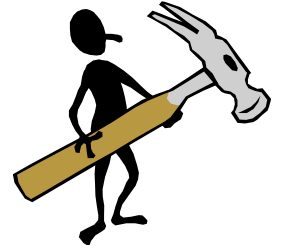
**Healthy Minds:
Brain Fitness Class**

6 week class beginning January 2015. For more information call: 860 628-3020

Rebuilding Together

A Helping Hand Offered to Homeowners in Need

Rebuilding Together New Britain is now accepting applications from low-income New Britain homeowners in need of assistance with home repairs. To be considered for our annual Rebuilding Day in April, applications must be received by November 30, 2014.



To qualify, low-income homeowners must own and live in their New Britain home, meet financial and other requirements, and be elderly, disabled or raising children. Services are performed by volunteer groups from throughout the region, and often include painting, yard work, cleaning, and basic plumbing, electrical, and carpentry repairs, as well as installation of grab bars and other simple modifications designed to allow seniors to age safely in place.

For an application, more information and to find out if you qualify, call Rebuilding Together at (860)-832-4389 or visit us at rebuildingtogetherNB.org



UCONN Pharmacy Students

Pharmacy students from the University of Connecticut will be at the Senior Center during the morning hours on Thursday, November 6th. The students will be available to answer questions and to present information about prescription drugs and other topics. Plan on stopping by and meeting with the students.

November 2014

						1
2	3	4 Election Day VOTE	5	6	7	8
9	10	11 Veterans Day Center Closed	12	13	14	15
16	17	18 Book Group 1:00 pm	19	20 AARP Safe Drivers 8:45 am to 12:15 pm	21	22
23	24	25	26	27 Thanksgiving Center Closed	28 Center Closed	29
30	Exercise Line Dance Art Class Bingo	Exercise Line Dance Computers Crafts Wii Bowling	Cards Art Class Bingo Ballroom Dancing	Crafts Pinochle	Art Class Ceramics Bingo Sq Dancing	