

GOLDEN NOTES

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

VOL XLII NO. VVIV

December 2014



SENIOR CENTER'S ANNUAL HOLIDAY BAZAAR

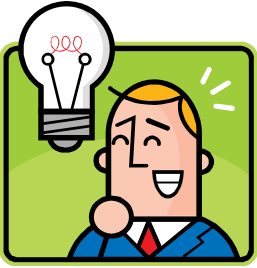
On Friday, December 5th the Senior Center will be holding our Holiday Bazaar. The Bazaar will start at 9:00 am and continue until 2:00 pm. This year's event will include lots of handmade crafts along with baked goods, raffle items and delicious homemade apple pies. Lunch will be available for purchase and the menu will include cabbage soup, hot dogs, meatball grinders and apple pie.

The senior center is still asking members to support our Bazaar by donating a new item for our raffle table and/or to bake a special treat for the baked goods table.

Hope you will stop by and support our Bazaar.

AARP TAX-AID VOLUNTEERS NEEDED

AARP is looking for volunteers to join the AARP Foundation Tax-Aid Program which provided free tax return preparation services for low to moderate income taxpayers. Dedicated volunteers will be available to train and assist you utilizing professional tax preparation software. This is a great way to spend 1 to 2 day per week during the dreary winter months. Interested persons can call Wendy at 860 828-3656 for more information or you can find additional information at WWW.aarp.org/tavolunteer .



Managing Our Minds SAVE THE DATE

The Alzheimer's Resource Center will be starting a special Brain Fitness Program during the month of January, 2015. The fitness class will be held on Tuesdays starting on January 6th at 10:15 am and will run for 6 weeks. The Brain Fitness program is a great opportunity for us to learn various techniques that can help us maintain certain cognitive skills as we age. Also, memory screening sessions will be available after the class ends for those persons who may want a screening. Sign up for the program will take place during the beginning of January and more information can be obtained by calling 860 628-3020.

Book Group

The New Britain Public Library and the Senior Center's monthly book group will be meeting on Tuesday, December 16, 2014 here at the Senior Center.

The book read for December is Still Life written by Louise Penny.

Future book titles will be:

January 20th – Reason I Jump by Naoki Higashida

February 17 – Straight Man by Richard Russo

Hope you will join us on the third Tuesday of each month at 1:00 PM.



FRIDAY AT THE MOVIES

The movie for December has been cancelled and movies will resume on the 3rd Friday of each month restarting on January 16th. See you in January.



Holiday Pancake Breakfast

Join us for a special holiday pancake breakfast on Friday December 12th from 8:15 am to 10:00 am. Stop by for Sean's delicious world famous Pancakes.

Emergency Preparedness

The Health Department Nursing section will be conducting a talk on Emergency Preparedness on Tuesday, December 9th starting at 10:00 am. Stop by and learn how to keep yourself safe and healthy during emergency events.

Daily Calendar of Activities:

December 2014

Monday

- 8:15 am to 11:10 am– Snack bar open
- 8:45 am to 9:15am. – Line Dancing Instruction for persons wishing to learn line dancing
- 9:15 am to 10:00 am – Art class open
- 9:15 am to 10:00 am – Exercise Class Senior appropriate class with Chris
- 10:15 am to 11:00 am – Line dancing class
- 12:45am to 3:00 pm - Bingo

Tuesday

- 8:15 am to 11:00 am. – Snack Bar open
- 8:30 am to 9 am - Line Dancing Instruction for person wishing to learn line dancing
- 9:00 am to 11:00 am – Computer Class Starts on September 23rd
- 9:15 am to 10:15 am – Exercise Class Senior appropriate exercise class with Chris
- 9:15am to 11:15 am - Ceramics Class
- 9:15 am to 1:30 pm – Craft group meets
- 10:30 am to 11:15 am – Line dancing with Chris
- 12:30 pm to 3:00 pm – Wii Bowling
- 1:00 pm to 3:30 pm – Craft group meets

Wednesday

- 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
- 9:15am to 11:15 am - Ceramics Class
- 12:45 pm to 3:00 pm – Bingo
- 1:00 pm to 3:00 pm – Ballroom Dancing

Thursday

- 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

Friday

- 8:15 am to 11:00 am – Snack bar open
- 9:15 am to 11:30 am – Art class open
- 12:45 to 3:00 pm – Bingo
- 1:15 pm to 3:30 pm – Square Dancing

**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 Health Department Nursing section will be conducting a talk on EMERGENCY PREPARADNESS on Tuesday, December 9th starting at 10:00 am. Stop by and learn how to keep yourself safe and healthy during emergency events.

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 St
New Britain CT 06051

Annual Fee: \$6.00 non refundable

Cash _____ Check _____

New Subscription _____ Renewal _____