

GOLDEN NOTES



NEW BRITAIN SENIOR CENTER
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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. XVI

March 2015

TRIAD Pancake Breakfast

Sunday March 22, 2015

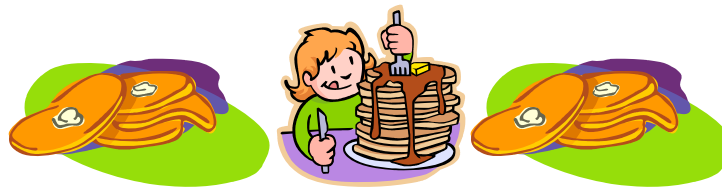
New Britain Senior Center

55 Pearl Street

New Britain, CT

8:00a.m. – 11:00 a.m.

Menu



Bacon- eggs- sausage, hash browns, pancakes, OJ, Coffee

A Raffle & Bake Sale will be held at the Breakfast

Tickets purchased in advance \$5.00

Tickets sold at the door –Adults \$6.00 Children under 3 Free

Tickets are available at the Senior Center



PROPERTY TAX RELIEF

The Senior Center is taking applications for the Homeowners, Additional Veterans and Freeze Property Tax Relief Program. Persons 65 and older in the year 2014 or those persons receiving Social Security Disability Benefits may be eligible for a discount on their property tax bills. Individuals earning less than \$34,600 and married couples earning less than \$42,200 during 2014 should consider applying for this benefit. Also, those persons receiving benefits under the old FREEZE program are eligible to maintain their property tax relief if their income, excluding Social Security, was less than \$6,000. Those persons who were enrolled in either program in past years will receive a letter from the City Tax Assessor if they must reapply during 2015. If a married couple wishes to apply for the benefit, it is only necessary for one of the spouses to have been over 65 years of age in 2014 to be eligible for the program.

Call the Senior Center (860) 826-3553 if you wish to make an appointment or if you have any questions.

FRIDAY AT THE MOVIES

The movie for March 20th will be The Blind Side starring Sandra Bullock Tim McGraw and Quinton Aaron

The movie is based on the extraordinary true story of Michael Oher's journey to becoming an All-American football player. Hope you will join us for this heartwarming and emotional story.



DANCE – DANCE – DANCE



Seniors; come and join us at the senior center and DANCE, DANCE, DANCE. It's too much fun and a great way to stay healthy and most of all, stay young! The senior band is so energetic in providing us with a variety of music from fox trots to tangos. The band members include Don Cagenello, Joe Donato, Sam Kimball, John Lobre, Frank Housell and John Masternak, all accomplished musicians who provide us with the best music in town.

We would love you to join us on Wednesday afternoons from 1:00 to 3:00 pm for a fun filled time.

March, 2015

Daily Calendar of Activities:

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 3:00 pm Income tax – Call for an appointment
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
9:00 am to 3:00 pm Income Tax – Call for an appointment
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 NURSEING DESK

The New Britain Health Department will be conducting the Annual Health and Wellness Expo on Wednesday, April 29th during the morning hours. Remember to save the date!

Don't forget to check out our new ZUMBA GOLD class on Thursday mornings starting at 9:00 am. Stop by and join the Zumba party with Amy on Thursdays.

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 Annual Fee: \$6.00 non refundable

New Britain Senior Center

55 Pearl St

Cash _____ Check _____

New Britain CT 06051

New Subscription _____ Renewal _____

Book Group

The New Britain Public Library and the Senior Center's monthly book group will be meeting on Tuesday, February 17, 2015 here at the Senior Center. The book read for March 17th is Griftopia, Bubble Machines, Vampire Squid and the Long Con that is Breaking America written by Matt Taibbi



Future book reads will be :

April 21, 2015 David Copperfield written by Charles Dickens

May 19th Behind the Beautiful Forevers by Katherin Boo

June 16th Ngiao Marsh – Your Title Choice

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

Bingo Committee Meeting

There will be a special Bingo Committee Meeting held on Monday, March 9th starting at 12:45. The purpose of this meeting is to discuss several issues that have come up recently and to establish policies that are favorable to everyone. All persons interested in attending are welcome.

WII BOWLING

Wii bowling has resumed on each Tuesday at 12:30 pm and we invite all those who would like to join us to come forward for an afternoon of fun and friendly competition. It's fun and great easy exercise. All present members will be more than welcome to come and practice. See you on Tuesdays!



VOLUNTEERS NEEDED TO FIGHT SCAMMERS!

Over 68 billion tax dollars are lost annually due to Medicare fraud, waste and abuse. The Senior Medicare Patrol (SMP) program is looking for volunteers to be trained to educate seniors how to PROTECT their personal identity, DETECT potential errors, fraud, and abuse and how to REPORT it!

The next SMP Foundation Training will be held on Thursday April 16th from 10 a.m. to 3:00 p.m. at North Central Area Agency on Aging (NCAAA), 151 New Park Ave., Hartford (near the West Hartford line). Participants for this training must complete a personal interview by 4/8 in order to attend this training. Contact Carol Walsh, Senior Medicare Patrol Volunteer Coordinator, carol.walsh@ncaaact.org, or phone (860)724-6443 ext. 271. To learn more please visit www.smpresource.org and www.ncaaact.org

March Calendar

~ March 2015 ~						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Commission on Aging 1:00 pm	3	4	5	6	7
8	9 Bingo Committee Meeting 12:45 PM	10	11	12	13	14
15	16	17 Book Group 1:00 PM	18	19	20 Spring Begins!	21
22 TRIAD Pancake Breakfast 8:00 - 11:00 AM	23 Wellcare Bingo 1:00 PM	24	25	26	27	28
29	30	31	Notes:			

More Calendar: [Mar](#), [Apr](#), [PDF Calendar](#)