

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. VVV

January 2015



Healthy Minds Brain Fitness Class

The Alzheimer's Resource Center along with the Senior Center will be conducting a **Healthy Minds: Brain Fitness** program here at the senior center starting on Tuesday, January 6th at 10:15 am and continuing until 11:15 am. The session will run on Tuesdays for 6 weeks during the same time period. Classes will include fun activities that help us work on different thinking skills. The **Healthy Minds: Brain Fitness Class** is designed to exercise your brain, challenge and promote healthy minds and sharpen memory. These activities are very important all of us for the maintenance good cognitive skills as we get older. Persons interested in joining the Brain Fitness class can sign up at the front desk and more information can be obtained by calling 860 628-3020.

Memory Screening

The Alzheimer's Resource Center will be conducting a memory screening session on Tuesday, January 5, 2015 here at the senior center. Screening appointments are available starting at 11:30 and interested persons can sign up at the front desk at the senior center.

Solar Energy Program

Do you want to lower your electric bill? Solar panels are now available for homeowners at no cost. Learn more about qualifying for this great offer. There will be a short presentation and questions will be answered by a Solar City representative on Tuesday, January 13th at 10:00 am. See how much you are really paying by bring in your utility bill and see how much you can save.



The presentation is open to all.



AARP Safe Drivers Course

AARP will be conducting a Safe Drivers program on Thursday January 22, 2015 starting at 8:30 am and continuing until 12:15 pm. This is a one day class and the cost for the program is \$15.00 AARP members and \$20.00 for non members. Please make checks payable to AARP. Sign up starts on January 5th.

Book Group

The New Britain Public Library and the Senior Center's monthly book group will be meeting on Tuesday, January 20, 2015 here at the Senior Center. The book read for January is Reason I Jump written by Naoki Higashida.

Future book titles will be:

February 17th – Straight Man by Richard Russo

March 17th Griftopia, Bubble Machines, Vampire Squid and the Long Con that is Breaking America written by Matt Taibbi

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

FRIDAY AT THE MOVIES

The movie for January 16th will be Julie and Julia starring Meryl Streep and Amy Adams. "A culinary legend provides a frustrated office worker with a new recipe for life".

Hope you will join us for this very entertaining film.

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
9:15 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

6.

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

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 _____

WAY TO GO CT



The Way To Go CT Mobility Management Program is sponsored by Federal New Freedom (MAP-21) funds and is fully endorsed by the Connecticut Department of Transportation. Our goals are to help senior citizens, veterans and people with disabilities navigate transportation options by creating a point of access for all services available in the north central region of Connecticut. Our program exclusively focuses on towns in this region including New Britain.

Ms Danielle Herbert from the Way To Go Program will be at the senior center on Wednesday, January 14th at 10:00 am to talk about the various transportation options that are available to seniors, veterans and disabled persons residing in the New Britain area. Stop by and learn about transportation services.

Financial Literacy for Seniors

Rev. Fr. Kapriel Mouradjian Prevention Coordinator from the Substance Abuse Action Council of Central Connecticut will be at the Senior Center on Monday, January 12th at 10:00 AM to talk about Financial Literacy for seniors. Retirement and fixed income doesn't mean you can have the things you want. Spend a few moments to refresh the importance of budgeting and staying away from financial pitfalls. There's no "Sure thing" with money without planning. This is a great opportunity to learn about various financial options that can keep us safe and secure. Plan on stopping by and learning how to stay financially safe.

CALL FOR VOLUNTEERS

The Judicial Branch's Court Support Services Division Adult Probation Department has a backlog of approximately 7,500 probation files that need to be sorted and scanned into a computer database. The files are closed probation files that contain case file documentation. The files need to be sorted into 4 sections, 3 of which will be scanned. Training will be provided on both the SORT and SCAN process. The work to clear this backlog is expected to begin in January 2015 and to take between four to six months. We are in need of volunteers that have experience working with office administration and will be comfortable working with office equipment. The scan process includes using a desktop computer and a scanner. No specific experience is required, training and support will be available. Volunteers are asked to make a minimum commitment of 4 hours a week, in 2-hour time slots. There will be an application form to be completed, an onsite interview and a confidentiality agreement to sign. Application forms are available at the front desk of the senior center. You can speak with Chris Nicholaou (Craft Group on Tuesday/Thursdays) or email Keith Furniss, Chief Probation Officer at Keith.Furniss@jud.ct.gov for more information.

January 2015

~ January 2015 ~						
◀ December						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
4	5 Commission on Aging 1:00 PM	6 Brain Fitness 10:15 AM Memory Screening	7	8	9	10
11	12 Financial Program 10:00 AM	13 Solar Energy Program 10:00 AM	14	15	16 Movie Julie & Julia 12:45 PM	17
18	19 MLK Day Center Closed	20 Book Group 1:00 PM	21	22 AARP Drivers Course 8:45 AM	23	24
25	26	27	28	29	30	31