

GOLDEN NOTES

NEW BRITAIN SENIOR CENTER
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EB ACCESS: <http://www.newbritainct.gov> Go to Documents and click on Senior Center, click on Golden Notes tab to find current issue of the monthly newsletter

VOL XLIV NO. XXV

July 2015



NEW BRITAIN TRIAD
Senior Monthly Education Series
Tuesday, July 14 2015
9:00 to 10:00 AM

MANAGING YOUR MEDICATIONS

Having trouble keeping up with all your medications? This series discusses senior medication challenges and offers tips on how to organize your medications. It is important to manage your medications wisely so that you can stay healthy and safe. UCONN School of Pharmacy students will work individually with you to help you get organized and keep you organized. **BRING YOUR MEDICATIONS.** Also, a representative from Rite Aid Pharmacy will be available to answer questions.

The program is free and a continental breakfast will be served
Sponsored by Monsignor Bojnowski Manor

Memory Screening

Free and confidential memory screens will be offered to New Britain residents through the generous Title III funds from North Central Area Agency on Aging. It is an opportunity to learn about and maximize your own cognitive health.

Schedule an appointment with Linda Denton, Community Services Specialist, Alzheimer's Resource Center by calling: T: 860-628-3062

FRIDAY AT THE MOVIES



The movie for July 17th will be Tootsie starring Dustin Hoffman, Jessica Lange and Terri Garr, Dabney Coleman, Charles Durning, Bill Murray and Geena Davis.

Michael Dorsey is a talented actor, but his demanding nature and stubborn temperament have antagonized ever producer in New York. Now his agent insists no one will hire him. But Michael needs money – eight thousand dollars to be exact – and to earn it, he’s willing to play the role of a lifetime.

SNAP

Representatives from the Supplemental Nutritional Assistance Program will be at the Senior Center on Tuesday, July 14th at 10:00 am to talk about the SNAP program and to help interested persons complete applications. Stop by and learn about this support program.



AARP Drivers Course

Thursday, July 23rd 2015
8:45 AM to 12:15 PM

Cost: \$15.00 AARP Members
\$20.00 Non Members

Sign up starting on July 6, 2015

**DAILY CALENDAR OF ACTIVITIES
JULY 2015**

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

9:15 am to 1:30 pm – Craft group meets

10:30 am to 11:15 am – Line dancing with Chris

1:00 pm to 3:30 pm – Craft group meets

Wednesday

8:15 am to 11:00 am – Snack bar open

9:30 am to 11:30 am – Pinochle Club

9:15 am to 11:30 am – Art Class open

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

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

Stop by the Nursing Office for a blood pressure check or for any questions/concerns you may have.

GOLDEN NOTES SUBSCRIPTIONS

NAME _____ DATE _____

STREET _____
ADDRESS _____

CITY _____ STATE _____ ZIP
CODE _____

HOME PHONE # _____ CELL 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 _____



Summer Music Festival

The New Britain Parks, Recreation & Community Services Department will be sponsoring free transportation and a light complimentary picnic dinner for seniors to attend the Summer Music Festival series held at the Darius Miller Memorial Band Shell in Walnut Hill Park. Transportation will be available from the senior center on Wednesdays during July and will start at 6:00 pm with the concerts running from 7:00 to 9:00 pm. Participants will be treated to a hot dog, chips, drink, or similar, and will be returned to the senior center after the concert. The concert dates are:

Wednesday, July 8, 2015 The Soul Sensations (Dance music, R&B)
Wednesday July 15, 2015 Tirebiter (Classic Rock)
Wednesday, July 22, 2015 Soul Sound Revue (Motown & Dance)
Wednesday, July 29, 2015 Eddie Forman Orchestra (Polka Band)

Space is limited and interested seniors can sign up at the senior center. Hope you will take advantage of this great opportunity to enjoy the outdoor summer concerts!

The New Britain Parks, Recreation & Community Services Department Bus Trips

Plymouth Whale Watch SHARED TRIP

Saturday, August 8, 2015

Imagine being within feet of some of the most graceful and rare mammals in the world! Learn about whales like Finback, the Humpback, the Minke and more. Observe these amazing creatures feeding and playing. Don't forget your camera! Includes: RT motor coach transportation, Whale Watch on board Captain John Boats departing from Town Wharf, Plymouth MA, a visit to Plymouth Rock, Tour Director.

Registration deadline 07/10/2015

Fee: \$99.00 per person Activity #: 2610-1

Saratoga Race Course SHARED TRIP

Sunday, August 16, 2015

See the graceful power of thoroughbreds running at the Saratoga Race Course—the oldest track with the richest tradition in the country. Trip Includes: round trip motor coach transportation, Admission & Reserved Seating at the Races, program, and voucher for a hot dog and soda.

Registration deadline 07/16/2015

Fee: \$89.00 per person Activity #: 2620-1

Register online at nbparksnrec.org or call 860 826-3360

SENIOR CENTER HAPPENINGS



Silver Sneakers Fitness

Silver Sneakers Fitness classes are designed exclusive for older adults who want to improve their strength, flexibility and endurance. Health plans around the country offer this award winning program to people who are eligible for Medicare or to group retirees. The New Britain – Berlin YMCA is now offering the Silver Sneakers program to eligible persons for no cost. Interested persons can contact the YMCA at (860) 229-3787 for more information or to sign up.

Rainy Morning

A Poem

By

Mary Lou Cunningham

*Rainy morning...dark with clouds, has left branches bending low.
Droplets clinging to every leaf...then again begin their natural flow.
A spider spins a glistening web with artistic care and pride.
While birds nesting cozy and warm...await eager to fly.
Flowers lift their heads to nourish every fragile petal,
By the house, rain seeps down the spout into a rusty kettle
Rainy morning, you have awakened the earth and all living things.
Renewing...life and growth..is what your gentle rain brings.*

Art Display

Donald D. Cmuchowski, a New Britain resident, senior center member and self taught artist is currently displaying some of his art work here at the senior center. Donald's style focuses on color and design and is really different and unique. His work has been shown in both group and individual shows and is reflective of his every day experiences. Donald's work will be on display through out the month of July, so stop by and enjoy.

July Calendar

~ July 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Holiday Center Closed	4
5	6	7	8	9	10	11
12	13	14 SNAP Program 10:00 AM	15	16	17 Movie 12:45 PM	18
19	20	21	22	23 AARP Drivers Class 8:45 AM	24	25
26	27	28	29	30	31	Notes: