

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 current issue of the monthly newsletter

VOL XLIV NO. XXVI

August 2015



NEW BRITAIN TRIAD
Senior Monthly Education Series
Tuesday, August 18, 2015
9:00 to 10:00 AM

Medicare Know Your Rights

The Center for Medicare Advocacy, Inc., established in 1986, is nonprofit law organization that provides education, advocacy and legal assistance to help older people and persons with disabilities obtain fair access to Medicare and necessary health care. Representatives from the Center for Medicare Advocacy will be present to provide information and to answer questions. The Center for Medicare Advocacy will help you protect yourself and your loved ones. The program is free and a continental breakfast will be served

Sponsored by Duksa Family Funeral Home at Burritt Hill



CATCHing Healthy Habits

CATCHing Healthy Habits for adults 50+ is a fun way to get fit and enjoy healthy food. Ms Deloris Wisdom from the Community Renewal Team will be at the senior center on Wednesday, August 19th at 10:00 am to discuss the CATCHing Healthy Habits program. Join us for this fun interactive class and learn easy, creative way to eat healthy and get moving at your own pace. Practical tips on healthy eating and physical activity will be presented and participants will enjoy delicious nutritious snacks that you can make at home, and learn how to play fun games that get everyone moving at their own pace.

Join the fun of CATCHing healthy habits!

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 August 21st will be *The Devil Wears Prada* starring Meryl Streep and Anne Hathaway.

As assistant to impossibly demanding New York fashion magazine editor Miranda Priestly (Streep), young Andy Sachs (Hathaway) has landed a job that “a million girls would die for”. Unfortunately, her heaven-sent appointment as Miranda’s personal whipping girl just might be the death of her. Movie starts at 12:45 pm and we hope to see you there.

October Kitchen Program

The October Kitchen is a home delivery organization that provides nutritionally balanced meals to persons who may not be able to provide for themselves. Paul Finney, the owner and chef of October Kitchen, will be at the senior center on Tuesday, August 11th at 10:00 am to talk about the program and to discuss healthy lifestyle practices. Paul authored the book “5 Steps of Living Healthy for the Older American” and he will discuss best practices for good health. October Kitchen will also provide samples of their offerings so stop by and check things out.

DAILY CALENDAR OF ACTIVITIES
August 2015

Monday

8:15 am to 11:10 am – Snack bar open

8:45 am to 9:15am. – Beginners 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

10:00 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

8:45 am to 9:15 am - - Beginners 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

10:00 am to 11:00 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 _____

**The New Britain Parks, Recreation & Community Services Department
Bus trips**

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

Hampton Beach Seafood Festival SHARED TRIP

Saturday, September 12, 2015

The perfect way to extend the summer season! Trip includes RT motor coach transportation and admission to the Festival featuring over 50 restaurants, 80 Arts and Crafts vendors and hundreds of Ocean Boulevard merchants offering end of the year shopping bargains.

Registration deadline 08/07/2015

Fee: \$ 89.00 per person

Statue of Liberty, Ellis Island & 9/11 Memorial SHARED TRIP

Sunday, October 25, 2015

Visit Lady Liberty, Ellis Island and the 9/11 memorial. Tour includes RT motor coach transportation, RT cruise to islands and leisure time in NYC

Registration deadline: 9/25/2015

Fee: \$89.00 per person

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

VOLUNTEER WITH FOODSHARE!

Despite distributing enough food for 12 million meals last year, Foodshare is only meeting one-third of the need in our area. That means an awful lot of people are not getting the food they need—including children, seniors, and hard-working families. We are looking for dedicated and fun-loving people who can volunteer once, twice or three times a week at our Bloomfield or Hartford locations. Volunteers should be able to work a three hour shift on their feet and, in some cases, lift boxes up to 35 lbs.

For more information or to get started volunteering, please contact:

Edna Bailey (ebailey@foodshare.org / 860-286-9999 x133), or

Terri Loso (tloso@foodshare.org / 860-286-9999 x148)

~ August 2015 ~						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 October Kitchen 10:00 AM	12	13	14	15
16	17	18 TRIAD Program 9:00 AM	19 CATCH Program 10:00 AM	20	21 Movie 12:45 pm	22
23	24	25	26	27	28	29
30	31	Notes:				