

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 current issue of the monthly newsletter

VOL XLIV NO. XXVIII

October 2015



NEW BRITAIN TRIAD
Senior Monthly Education Series
Tuesday, October 13, 2015
9:00 to 10:00 AM

Health Care Advocacy

If you need healthcare or healthcare coverage or have problems with your coverage and don't know where to turn, the Office of Health Care Advocacy can help. The OHA can help you healthcare coverage including coverage for mental health and substance treatment. Plan on stopping by and learning more about the Office of Health Care Advocacy.

This is the last of the TRIAD Senior Monthly Educational Series that have been presented since May. This final program is being sponsored by: Senator Terry Gerratana.

Senior Center Picnic
Friday, October 9, 2015
9:30 AM to 2:00 PM



MENU
Coffee and pastries,
Hot dogs/Burgers
Baked Beans, Sauerkraut, Chips
Desert
And Entertainment
\$5.00 Members - \$10:00 Non members

FRIDAY AT THE MOVIES



The movie for October 16th will be *Grumpier Old Men* starring Walter Matthau, Jack Lemmon, Sophia Loren, Ann Margret and others. .

Things don't seem to change much in Wabasha County: Max and John are still fighting after 35 years; Grandpa still drinks, smokes, and chases women. , and nobody's been able to catch the fabled "Catfish Hunter". Six months ago John married the new girl in town (Ariel), and people begin to suspect that Max might be missing something similar in his life. The only joy Max claims is left in his life is fishing, but that might change with the new owner of the bait shop.

Movie starts at 12:45 pm and we hope to see you there.

Book Group Meeting

The Public Library – Senior Center Book Group will be meeting at 1:00 PM on Tuesday, October 20, 2015 here at the Center. The book read for October is *Alice's Adventures in Wonderland* written by Lewis Carol. The story tells of a girl named Alice falling through a rabbit hole into a fantasy world populated by peculiar, anthropomorphic creatures. Join us for a discussion of this classic.

November 17th *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed
December 15th *Animal Farm*, by George Orwell and *Stubby War Dog* by Ann Bausum

Music Program

On Friday, October 16th at 11:00 am, two senior center members will be conducting a short music program for all to enjoy. Ed and Christine will be providing a variety of folk and contemporary songs for all to enjoy before lunch

Stanley Seniors
Mohegan Sun Casino Trip
Tuesday, October 13, 2015
Cost: \$19.00

Call Elda Spaczynski for information and to make a reservation.

DAILY CALENDAR OF ACTIVITIES
October 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 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 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
1:00 pm to 3:00 pm Wii Bowling

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
9:30 am to 10:30 am –ZUMBA with Amy
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
1:30 pm to 3:30 pm Square Dancing starts on September 4th

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

Please welcome the UCONN Pharmacy students to the senior Center on October 29th at 10am for a program on How to stay active, and Questions to ask your Doctor. Learn about how to live a healthy lifestyle from a group of UConn Pharmacy Students! Staying healthy only becomes more important as you get older. You have no reason to put off exercising with so many fun ways to stay active! There will be a few activities that you can choose to participate in; and it will be a great opportunity to be reminded of important questions to ask your doctor or pharmacist! Remember: The more you do and know, the greater the health benefit. Do not miss out! The Uconn students are looking forward to meeting you all.”

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**

Macy's Thanksgiving Day Parade SHARED TRIP

November 26, 2015

Usher in the Holiday Season at one of the most beloved holiday events ever! See the famous balloons, floats, marching bands and of course, Santa. Trip includes: RT motorcoach transportation and Tour Director. Registration deadline 10/23/2015

Fee: \$89.00 per person Activity #: 3114-1

THE REGISTRATION DEADLINE FOR SHARED TRIPS IS ONE MONTH PRIOR: Shared Bus Trips are offered to several communities, exact departure times are dependent upon towns attending. Departure times for most shared bus trips are between 7:00am and 9:00am; Most trips depart from the Commuter Parking lot across from the New Britain Target Store located at 475 Hartford Road, New Britain. Participants are notified via letter of exact departure times/location at least two weeks prior to trip. Participants must be over the age of 18 or accompanied by an adult.

NYC Botanical Gardens

Holiday Train Show SHARED TRIP

Saturday, December 12, 2015

Trip Content:

Garden-gauge trains zip along a quarter-mile of track past 140 beloved New York landmarks, made primarily from plant materials—all within the warmth of the country's largest Victorian-style glasshouse. Trip includes: RT motor coach transportation, admission to the Botanical Gardens Train Show, Lunch Buffet, Behind the Scenes Tour, and Leisure time on Arthur Avenue. Registration deadline 11/13/2015

Fee: \$129.00 per person Activity #: 3112-1

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

UConn Pharmacy Program

Please welcome the UCONN Pharmacy students to the senior Center on October 29th at 10am for a program on How to stay active, and Questions to ask your Doctor. Come and learn about how to live a healthy lifestyle from a group of Uconn Pharmacy Students! Staying healthy only becomes more important as you get older. You have no reason to put off exercising with so many fun ways to stay active! There will be a few activities that you can choose to participate in; and it will be a great opportunity to be reminded of important questions to ask your doctor or pharmacist! Remember: The more you do and know, the greater the health benefit. Do not miss out! The Uconn students are looking forward to meeting you all."

October Calendar

~ October 2015 ~						
◀ September						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Commission On Aging 1:00 pm	6	7 Flu Clinic 9 am to 2 pm	8	9 Senior Center Picnic 9:30 am to 2:00 pm	10
11	12 Holiday Center Closed	13	14	15 TRIAD SENIOR EXPO 10 am - 1 pm	16 Music Program 11:00 am Movie 12:45 pm	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

More Calendar: [Nov.](#), [Dec.](#), [PDF Calendar](#)