



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. XXVIV

November 2015



SAVE THE DATE

The Senior Center's Annual Holiday Bazaar will be held on Friday, December 4, 2015 between the hours of 9:00 am and 1:30 pm. Once again, the Bazaar will feature a great selection handmade crafts along with baked goods and a variety of raffle prizes. Lunch will be available for purchase. The center is asking members to donate a gift basket or suitable newly purchase item for our raffle table and to donate baked goods for our baked goods sale.

Donated gift baskets can be dropped off any time and baked goods can be brought to the center on Bazaar day. Your donations in the past have made our Bazaar very successful and we hope you will be able to support us again this year. **THANK YOU**

Smith School Visit

On Tuesday, November 24th children from Smith School's 4th grade class will be visiting the Senior Center. The children will be arriving at approximately 9:30 am and will be staying for about an hour and a half. The children would like to learn about the senior center and have the opportunity to meet our members. We are expecting about 40 children and the senior center needs your help to meet and greet the children. We have several activities planned and need seniors to help out with this program. Call the senior center if you have any questions or would like to help out.

THANKS!



FRIDAY AT THE MOVIES



The movie for October 16th will be *Caddyshack* starring Chevy Chase, Rodney Dangerfield, Bill Murray and Ted Knight. Watch these stars tee off for a side-splitting round of fairway foolishness. The virtuoso comic skills of all four blend into a riotous hole-in-one for comedy fans.

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, November 17, 2015 here at the Center. The book read for November is *Wild: From Lost to Found on the Pacific Crest Train* written by Cheryl Strayed. This is a true story about Cheryl's impulsive decision to hike the Pacific Crest Trail from the Mojave Desert to Washington State – alone.

Join us for a discussion of this classic.

December 15th *Animal Farm*, by George Orwell and *Stubby War Dog* by Ann Bausum



AARP Safe Drivers Course
Thursday, November 19, 2015
8:45 am to 12:15 pm
Cost: \$15.000 AARP Members
\$20.00 Non Members

Sign up starting on November 2, 2015

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

Vision Dynamics Program

Vision Dynamics is a resource for persons with low vision or for persons who would like to learn about help and support for low vision status. Vision Dynamics will be at the senior center on Tuesday, November 17th at 10:00 am and their staff will demonstrate strategies and products to assist with tasks such as reading prescription bottles, cross word puzzles, playing cards, writing checks, seeing price tags and reading menus. We will discuss the benefit of proper lighting and the importance of protecting your eyes through all seasons and what color lenses should be worn based on your eye condition.

Vision Dynamics, provides an interactive presentation to empower and inspire you to lead a more independent life.

Plan on stopping by and learning how to improve your vision.



HOMEFRONT PROGRAM

HomeFront is a community based home repair program that helps homeowners and community centers who are financially unable to maintain their homes/facilities. Repairs are made by sponsoring teams of volunteers at no cost to the recipients.

Home repairs include carpentry, plumbing, electrical work, drywall, weatherproofing, roof repairs, window replacement, painting, yard work and other services.

The next HomeFront Day is Saturday, May 7, 2016.

HomeFront selects homeowners on the basis of individual needs, number of teams, and the availability of funds to support each project. Homes must be owner occupied and candidates may apply at any time during the year.

The application deadline for the 2016 program is

November 13, 2015

A limited number of Applications are available at the senior center and more information can be obtained by calling 1-800-887-4673.

Exercise/Game Room

The senior center is in the process of developing an exercise/game room in the previous ceramics room area. Currently, we have a recumbent exercise bike and treadmill available along with some appropriate exercise equipment. We have also set up our ping pong table and are hopeful to continue adding to the area. Ping pong (table tennis) is great fun and good exercise. Hope you will stop by and enjoy the area.



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

Check out the special Vision Dynamics Program scheduled for Tuesday, November 17th starting at 10:00 am. This is a great opportunity to learn about vision aids that can help you maintain a good quality of life.

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 _____

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 _____

November Calendar 2015

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◀ October						December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Commission On Aging 1:00 PM	3 Election Day VOTE!!!	4	5	6	7
8	9	10	11 Veterans Day Center Closed	12	13	14
15	16	17 Vision Program 10 am Book Group 1:00 pm	18	19 AARP Drivers Course 8:45 am	20	21
22	23	24	25	26 Thanksgiving Center Closed	27 Center Closed	28
29	30	Notes:				