



GOLDEN NOTES



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051

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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

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April 2016



Wheel of Fortune

The New Britain Public Health's Nursing Division will be sponsoring an oral health information program that will provide valuable information on good practices for oral wellness.

The Students from the University of Connecticut will be presenting "Smiling Seniors "Wheel of Fortune" Program here at the senior center. Would you like to learn more about oral health? Join an interdisciplinary team of health professions students enrolled in UConn's Urban Service Track on April 7 at 1PM to discuss the roles of nutrition, medication, and proper oral hygiene in oral health and wellness. Take a chance and spin the Smiling Seniors "Wheel of Fortune" to show off how much you've learned! Topics addressed will include: tooth decay and gum disease, denture care, diabetes and oral health, oral hygiene tools and arthritis, dry mouth, nutrition, and exercise. All seniors will leave with an oral hygiene goodie.

Dental Clinic Reminder

Don't forget your Dental Cleaning appointment. Dental Cleanings provided by Community Health Center by appointment only starting during the week of April 11, 2016.

Senior Health Fair

COME ONE COME ALL SENIOR HEALTH FAIR APRIL 20 9:30AM- 12NOON-

Our area health providers will be attending the health fair to offer FREE of charge many needed screenings such as, blood pressure, cholesterol and glucose screenings, balance screenings, memory screenings, medication education, nutritional information. Everyone should have a FILE of LIFE so stop by and learn more about it from New Britain EMS.

PROPERTY TAX RELIEF The Senior Center is taking applications for the Homeowners, Additional Veterans and Freeze Property Tax Relief Program. Persons 65 and older in the year 2015 or those persons receiving Social Security Disability Benefits may be eligible for a discount on their property tax bills. Individuals earning less than \$35,200 and married couples earning less than \$42,900 during 2015 should consider applying for this benefit. These totals include Social Security benefits for last year. All income documents must be presented with each application. Those persons who were enrolled in past years will receive a letter from the City Tax Assessor if they must reapply during 2016. If a married couple wishes to apply for the benefit, it is only necessary for one of the spouses to have been over 65 years of age in 2014 to be eligible for the program. Call the Senior Center (860) 826-3553 if you wish to make an appointment or if you have any questions

Book Group Meeting

The Public Library – Senior Center Book Group will be meeting at 1:00 PM on Tuesday, April 19, 2016 here at the Center. The book read for this month is *Our Man in Havana: an Entertainment* written by Graham Green. Conceived as one of Graham Greene's 'entertainments,' it tells of MI6's man in Havana, Wormold, a former vacuum-cleaner salesman turned reluctant secret agent out of economic necessity.. Join us for a discussion of this wonderfully written book.

Also, the book read for May will be *Yes Chef* by Marcus Samuelsson.

Friday at the Movies

High Society

Friday, April 22 at 12:45 PM

Staring Bing Crosby, Grace Kelly and Frank Sinatra

This film is about a successful popular jazz musician who tries to win back the affections of his ex-wife, who is preparing to marry another man. Music and lyrics by Cole Porter. Stop by and enjoy this great film.

TRIAD PANCAKE BREAKFAST

Sunday, April 3rd 8:00 to 11:00 am

Delicious breakfast and great bake sale/raffle

Tickets \$5.00

Children under 3 Free



Music Program

Monday, April 11, 2016

Plan on coming to lunch a little early on April 11th because Ed will be performing a music program starting at 11:15 am. Enjoy some entertainment and fun music before lunch.

**New Britain TRIAD
Senior Prom Luau**



**Thursday, April 21, 2016
5:00 PM to 9:00 PM
New Britain High School
110 Mill Street
New Britain, CT**

**Join us for a night of dinner and dancing – Live music by Steppin' out
Gift prizes & prize for best costume!**

\$ 5.00 Tickets purchased at the Senior Center

NO TICKETS PURCHASED AT THE DOOR



American Red Cross Home Fire Preparedness Campaign



At no cost to you, we would like to share some simple steps you can take at home that will help you protect your family against fire. In addition, the Red Cross will install FREE smoke alarms within your home. Visits generally last 20 minutes and can be scheduled at your convenience.

During your home visit, you will receive:

- Installed smoke alarms if needed**
- Guidance in the development of a Family Disaster Plan**
- Valuable emergency preparedness tips and information**

All demonstration and installation services will be performed by Red Cross trained volunteers and/or licensed/insured professionals.

To schedule your visit, register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 and choose option 1.

DAILY CALENDAR OF ACTIVITIES
April 2016

Monday

8:15 am to 11:10 am– Snack bar open
8:45 am to 9:15am. – Beginners Line Dancing
9:00 am to 11:30 am Exercise/Table tennis open
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
9:00 am to 11:30 am Exercise/Table tennis open
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
Wii Bowling will resume during the Spring

Wednesday

8:15 am to 11:00 am – Snack bar open
9:00 am to 11:30 am Exercise/Table tennis 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 11:30 am Exercise/Table tennis 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
9:00 am to 11:30 am Exercise/Table tennis open
9:15 am to 11:30 am – Art class open
1:30 pm to 3:30 pm Square Dancing
12:45 pm Monthly movie (Usually the 3rd Friday of each month)

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

From the Nursing Desk: SENIOR HEALTH FAIR APRIL 20TH 9:30 TO 12 NOON

Our area health providers will be attending the health fair to offer FREE of charge many needed screenings such as, blood pressure, cholesterol and glucose screenings, balance screenings, memory screenings, medication education, nutritional information. Everyone should have a FILE of LIFE so stop by and learn more about it from New Britain EMS.

See you at the Fair!

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 _____

6.

New Britain Parks, Recreation & Community Services Department

Bus Trips

**1153 - NYC Food Tour May 14, 2016 7:00 AM to 7:00 PM
\$79.00 pp**

Trip Content:

What better way to experience NYC than by walking its streets and “noshing” your way through the affordable culinary treats that are available. Weave your way through a combination of Asian, Italian, Jewish, Middle Eastern, Eastern European and American bakeries, delicatessens, pizzerias, bagel, bialy and knish shops, gourmet donut shops, vintage candy shops, pasta makers, meat markets, street vendors and much more! This trip features round trip motor coach transportation.

Registration deadline 04/12/2016

**2610 - Lobster Bake Trip June 11, 2016 8:00 AM to 8:00 PM
\$129.00 pp**

The famous Gloucester House, in Gloucester MA, is world renowned for its lobster dishes and fresh seafood, which is locally caught in the North Atlantic and prepared to perfection. This season you’re invited join in a delightful dining experience on historic Seven Seas Wharf. This trip includes RT motor coach transportation and a traditional Lobster Back consisting of 1 lobster & ½ chicken or steak, Chowder, corn, potato, and lemonade. Participants will also enjoy leisure time at Bearskin Neck, a small neck of land that just out of the town center into Rockport Harbor. Here you will find quaint little studios, shops and restaurants.

Registration deadline 05/06/2016

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 6:00am 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.

Call The Benefits Are Endless....Info Line at

(860) 826-3360

7.

April Calendar

| April 2016 | | | | | | |
|--|---|-------------------------------------|-----|---|--|-----------------------|
| ◀ March | | | | | | May ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 | 2 |
| 3 TRIAD Pancake Breakfast 8:00AM | 4 Commission On Aging 1:00 PM | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 Music Program 11:15 AM | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 Book Group 1:00 PM | 20 | 21 TRIAD Senior Prom 5:00PM | 22 Movie High Society 12:45 PM | 23 |
| 24 Sons of Italy Pancake Breakfast 8:00 AM | 25 | 26 | 27 | 28 | 29 | 30 |