



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

VOL XLIV NO. XXIII

May 2016

Older Americans Month



May is National Older Americans Month and in honor of the occasion, the Senior Center would like to invite all members to a pancake breakfast on Friday, May 13th from 8:15 to 10:00 am. Stop by and enjoy some delicious pancakes and celebrate this special occasion.

TRIAD Senior Monthly Education Series

Living Longer, Living Stronger

Tuesday, May 17, 2016

9:00 to 10:00 AM

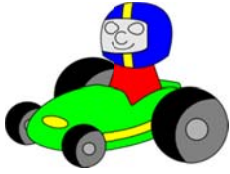
Living a good life...Find out how to care for yourself. Learn how to keep fit and prevent falls in your home. If a hospitalization is in your future, learn what questions to ask when transitioning to a skilled nursing facility or to home.

Program is presented by: AARP and Hartford Healthcare at Home.

A Complimentary Continental Breakfast will be served.

Please call or contact Roseanna D'Anna 860 225-8608 or email: rdanna@cassenacare.com

Hope you will join us for this great program.



AARP SAFE DRIVERS

A one day AARP Safe Drivers Course will be offered at the senior center on Thursday, May 26th starting at 8:45 and ending at approximately 12:15 pm. Interested persons can sign up for the program starting on May 3rd. The fee for the course is \$15.00 AARP members and \$20.00 for non members. Please make checks payable to AARP.

CW Resources Senior Community Café
Special Roast Beef Carving Station
Thursday, May 26th
Call Marie for a reservation



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. Remember, the deadline for applying is Friday, May 13th.

Book Group Meeting

The Public Library – Senior Center Book Group will be meeting at 1:00 PM on Tuesday, May 17, 2016 here at the Center. The book read for this month is *Yes Chef* written by Marcus Samuelsson. The story chronicles Samuelsson's journey, from his grandmother's kitchen to his arrival in New York City, where his outsized talent and ambition finally come together at Aquavit, earning him a *New York Times* three-star rating at the age of twenty-four.

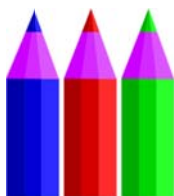
The book read for the month of June will be *All the Light We Cannot See* written by Anthony Doerr. Get reading and join us on the third Tuesday of each month.

Friday at the Movies

TO BE ANNOUNCED
Friday, May 20th at 12:45 PM
Stop by and enjoy the afternoon with friends



We would like to bring you a new presentation that we can all relate to. It could be for ourselves or our loved ones, it is a subject that is not very easy to talk about or do something about. The Nursing Office has asked Jerome Home and Arbor Rose to help us out with a program geared towards healthy weight loss for seniors. Robert Schmelzer, an exercise physiologist from Jerome Home and Arbor Rose will be joining you to discuss healthy eating habits, exercise and lifestyle changes. Join him on May 24, 2016 at 11am in the Vermont Room for some useful tips.



Adult Coloring

Using adult coloring books is not art therapy, but can help you relax, reduce stress and boost mental clarity. Coloring books are no longer just for the kids. In fact, adult coloring books are all the rage right now. Researchers and art therapists alike have touted the calming benefits for over a decade and the activity has become very popular. Join us here at the senior center on Wednesday, May 18th at 9:30 am to learn more about adult coloring and have the opportunity to try your creative talents with your fellow adults.

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 1:00 pm to 3:00 pm

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: We would like to bring you a new presentation that we can all relate to. It could be for ourselves or our loved ones, it is a subject that is not very easy to talk about or do something about. The Nursing Office has asked Jerome Home and Arbor Rose to help us out with a program geared towards healthy weight loss for seniors. Robert Schmelzer, an exercise physiologist from Jerome Home and Arbor Rose will be joining you to discuss healthy eating habits, exercise and lifestyle changes. Join him on May 24, 2016 at 11am in the Vermont Room for some useful tips.

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 _____

New Britain Parks, Recreation & Community Services Department

Bus Trips

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 to 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

Brooklyn Food Tour SHARED TRIP

Saturday, June 18, 2016

Program Content:

Take a bite of New York City's hippest borough, from traditional ethnic eateries to culinary hotspots that spark nation dining trends! Learn about the history and evolution of culinary culture in Brooklyn. This trip includes RT motor coach transportation, Brooklyn food tour with a local guide including samples of: Brooklyn pizza at Ignazio's Pizza, chocolate truffles at Jaquest Torres' Chocolate Factory, middle eastern pastry in Carroll Gardens, tacos at Habana Outpost in Forest Green, and a visit to Sahadis, a middle eastern culinary center.

Registration deadline 05/13/2016 Fee: \$149.00 per person Activity #: 2611-

Newport "On Your Own" SHARED TRIP

Sunday, June 26, 2016

Program Content:

Home to spectacular coastal scenery, awe-inspiring architecture, and welcoming hospitality, Newport is considered to be a shining gem in the coastal crown of New England. Trip includes: RT motor coach transportation, leisure time for shopping, lunch or sightseeing.

Registration deadline 05/20/2016

Fee: \$69.00 per person Activity #: 2612-

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

May Calendar

May 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Commission on Aging	3	4	5	6	7
8	9	10	11	12	13 Pancakes 8:15 to 10:00 am	14
15	16	17 TRIAD Program 9:00 AM Book Group 1:00 PM	18	19	20 Movie 12:45 PM	21
22	23	24	25	26 AARP Drivers Course	27	28
29	30	31	Notes:			