



# GOLDEN NOTES



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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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## TRIAD Senior Monthly Education Series

Fraud Awareness/Senior Medicare **Patrol**  
Tuesday, June 14, 2016  
9:00 to 10:00 AM



Learn the con artists' latest's tricks and how to keep you and your family safe from scams. Find out how to protect yourself from being scammed and how to recognize various scams that are out there. Senior Medicare Patrol Director, Carol Walsh, will help you learn how to protect you from being the target of Medicare scams.

This presentation is sponsored by: The Landings of Farmington.

Hope you will join us for this great program and enjoy a free continental breakfast.



## Unwanted Prescription Drugs

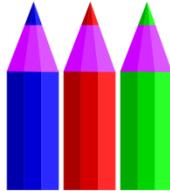
Mayor Stewart and the New Britain Police Department, along with other organizations, has announced that residents can safely dispose of unwanted drugs, including prescription medications, over the counter medicines, vitamins and supplements, and pet medicines at a newly installed medication drop-off box located in the main lobby of the Police Department. The police station is easily accessible and the lobby is always open. Proper disposal of unwanted drugs helps to keep them out of the hands of youth and out of our waterways. Items not accepted include needles or other sharp objects, hazardous waste, thermometers, and personal care products. This is a great opportunity to safely depose of your unwanted medications and drugs.

### Book Group Meeting

The Public Library – Senior Center Book Group will be meeting at 1:00 PM on Tuesday, June 21, 2016 here at the Center. The book read for this month is *All the Light We Cannot See* written by Anthony Doerr. From the highly acclaimed, multiple award-winning Anthony Doerr, the beautiful, stunningly ambitious instant New York Times bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II. Get reading and join us for a discussion about this read. Also, the book read list starting in September will be discussed and finalized and your suggestions are welcome.

### Friday at the Movies

**TO BE ANNOUNCED**  
Friday, June 17<sup>th</sup> at 12:45 PM  
Stop by and enjoy the afternoon with friends



### **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 Wednesdays at 9:30 am to learn more about adult coloring and have the opportunity to try your creative talents with your fellow adults.

### **2016 Summer Music Festival**

The 2016 Summer Music Festival held at Walnut Hill Park's Darius Miller Memorial Band Shell will be starting up during July with some great music entertainment being performed.

Concerts will be held on Mondays and Wednesdays from 7:00 to 9:00 pm. Watch for the posted schedule in the July newsletter and save the date for music, refreshments & summer fun at the park

## DAILY CALENDAR OF ACTIVITIES

June 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 11:30 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 –Group ends in June

### 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  
9:30 am to 11:00 am - Adult Coloring  
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  
12:30 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 3<sup>rd</sup> 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**

Summer is upon us and we would like to remind you to use sun screen every time you leave the house. Remember

Use the ABCDE method to remember what to check for:

- “A” stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?
  - “B” stands for border. Is the border irregular or jagged?
  - “C” is for color. Is the color uneven?
  - “D” is for diameter. Is the mole or spot larger than the size of a pea?
  - “E” is for evolving. Has the mole or spot changed during the past few weeks or months
- As always if you have any concerns please see your doctor as soon as possible.

**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**

## June Calendar

June 2016						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 <b>Commission on Aging</b>	7	8	9	10	11
12	13	14 <b>TRIAD Program 9:00 AM</b>	15	16	17 <b>Movie 12:45 PM</b>	18
19	20 <b>Summer Begins</b>	21 <b>Book Group 1:00 PM</b>	22	23	24	25
26	27	28	29	30	<b>Notes:</b>	