



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> Scroll down to the bottom of the page and click on Senior Center Newsletter

VOL XLIV NO. XXIV

Septembr 2016



TRIAD Senior Monthly Education Series

Your Life Your Legacy - Plan To Make It Right
Tuesday, September 13, 2016
9:00 to 10:00 AM

This interactive seminar address the advantages of pre arranging a funeral, including the benefits of planning and steps involved in the planning process. Attorney Paul Czpiga will share real life stories showing the dangers of estate planning mistakes and will point out common blunders to avoid when drafting an estate plan.

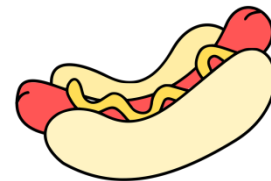
Sponsored by: NB Memorial Donald D. Sagarino Funeral Home

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

Senior Center Picnic
Friday September 16, 2016
9:30 am to 1:30 pm



Menu
Hot Dog and Burger
Sauerkraut
Baked Beans
Potato Chips
Coffee, ice tea and desert



Tickets: \$5.00 Members - \$10.00 Non Members

Parks/ Recreation/ Community Service Bus Trips

3111 - VT Fall Foliage

Vermont Fall Foliage

Saturday, October 8, 2016

Cost: \$149.00

Program Content:

Experience Vermont during the most spectacular season of the year! See the gently rolling countryside, awash with colors. This trip includes: tour director and round-trip motor coach transportation. Passage aboard the historic and scenic Green Mountain Railroad (Chester, Ludlow, Chester). A visit to the Vermont Country Store, and a Dinner at the New England House, where the atmosphere in the fall is warm and Cozy, A perfect spot to relax after a full day of sightseeing and "leaf-peeping". Meal choices include: Pot Roast, Roast Turkey and Herb Cruised Whitefish. Registration deadline 09/08/2016

3112 - SOL & Ellis Island

Statue of Liberty, Ellis Island & Times Square

Sunday, October 13, 2016

Cost: \$99.00

Program Content:

Visit Lady Liberty, Ellis Island, and Times Square! Tour includes: round-trip motor coach transportation, round-trip motor coach transportation, and cruise to and from islands and leisure time in Times Square. Registration deadline 09/23/2016

3113 - Macy's Parade

Macy's Thanksgiving Day Parade

Thursday, November 24, 2016

Cost: \$79.00

Program Content:

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. The buss will drop off at the Plaza Hotel (5th Ave. & Central Park) Trip includes: round-trip motor coach transportation and Tour Director. Registration deadline 10/24/2015

3115 - NYC Botanical Gardens

New York Botanical Gardens Holiday Train Show

Saturday, December 10, 2016

Cost: 129.00

Program Content:

Garden-gauge trains zip along a quarter-mile of track past beloved New York landmarks, made from plant materials—all within the warmth of the country's largest Victorian-style glasshouse. Trip includes: round-trip motor coach transportation, admission to the Botanical Gardens Train Show, Lunch Buffet, Behind the Scenes Tour, and Leisure ton Arthur Ave. Registration deadline 11/10/2016

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 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.

Call 860 826-3360 for more information

Book Group Meeting

The Public Library – Senior Center Book Group will meet on Tuesday, September 20th at 1:00 pm here at the senior center. The book read for the next meeting is *Germinal* written by Emile Zola. The thirteenth novel in Émile Zola's great Rougon-Macquart sequence, *Germinal* expresses outrage at the exploitation of the many by the few, but also shows humanity's capacity for compassion and hope.

Friday at the Movies

Night at the Museum

Friday, September 23 at 12:45 PM

Ben Stiller leads an all-star cast, including Robin Williams, in this hilarious blockbuster hit. When Larry Daily (Stiller) is hired as a museum's night watchman, he soon discovers that all the exhibits come to life after the sun sets.

Stop by and enjoy the afternoon with friends and check out the movie on our new large screen TV.

EASTERN STATES BIG E Special Bus Trip



Wednesday, September 21, 2016



A special bus trip to the Eastern States Big E is being planned and senior center members are welcome to sign up. A chartered bus will be leaving the New Britain Senior Center at approximately 9:00 am and will be leaving the Big E at approximately 4:00 pm for the return trip. The cost for trip is \$35.00 per person and includes round trip transportation and admission to the park. Interested persons should call Joe at 860 518-1224 to sign up or for additional information.



Attention New Britain Homeowners: Need a Helping Hand?

Do you have yard work that desperately needs to be done, but you just can't find a way? Perhaps Rebuilding Together New Britain can help. We are now accepting applications for some fall clean-up projects!

Rebuilding Together New Britain assists low-income New Britain homeowners with necessary home repairs that they are unable to take care of on their own, due to physical and /or financial limitations. These repairs are done by community volunteers, free of charge to selected homeowners.

If you are interesting in applying please contact the Rebuilding Together New Britain office at (860) 832-4389.

**DAILY CALENDAR OF ACTIVITIES
September 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 11:30 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
12:30 to 2:30 pm – Wii Bowling Starts Sept. 20th
1:00 pm to 3:30 pm – Craft group meets
Wii Bowling 1:00 pm to 3:00 pm –Group will start in September**

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 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:

Diabetes Education
Do you have diabetes or take care of someone who has diabetes? Well guess what, the New Britain Health Department is hosting a 6 week seminar on diabetes education. The seminar will be held once a week for 2 hours at the New Britain Senior Center this fall. We are looking for you to come and learn how to better manage your diabetes or enhance the care you provide to someone else. Please complete a sheet and leave it in the envelope hanging on the nurse's office door or call the New Britain Health Department at 860-826-3464. Thank you for your interests and look forward to your participation.

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

5.

September 2016

September 2016						
◀ August 2016						October 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Labor Day Center Closed	6	7	8	9	10
11	12 Commission On Aging 1:00 pm	13 TRIAD Program 9:00 am	14	15	16 Senior Center Picnic	17
18	19	20 Wii Bowling starts	21	22	23 Movie 12:45	24
25	26	27	28	29	30	Notes: