



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. XXIVII

October 2016



TRIAD Senior Monthly Education Series

**Heart Attack – Brain Attack Call 911
Presented by New Britain EMS and Officer Art Powers
Tuesday, Tuesday, October 11, 2016
9:00 to 10:00 AM**

Many of us think we know the signs of a heart attack but do you know the signs of a stroke? Join NB EMS Paramedics as they discuss the warning signs of a stroke and heart attacks and what to do to help prevent these events. This interactive session will take questions and explain just how the EMS service works. All attendees will receive a free File of Life handout.

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

This program is sponsored by: Monsignor Bojnowski Manor

Influenza Vaccine Clinic

The Health Department will be at the Senior Center on Wednesday October 12th from 9:00am until 1:00 pm to administer flu vaccines. The clinic is open to persons 3 years of age or older. There is no charge for individuals who have the following insurances: Medicare Part B, Anthem Blue Cross/Blue Shield, Connecticare, Aetna and Cigna. Please bring your Medicare and Insurance cards. You can pick up your registration forms at the front desk or you can register on the day of the clinic. If you have any questions, you can call Health Department nurses at 860-826-3464.

Parks/ Recreation/ Community Service Bus Trips

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 10/24/2016

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, October 18th at 1:00 pm here at the senior center. The book read for the next meeting is *The Moher Tongue* written by Bill Bryson. With dazzling wit and astonishing insight, bestselling author Bill Bryson explores the remarkable history, eccentricities, resilience and sheer fun of the English language.

Friday at the Movies

**October 21, 2016 at 12:45PM
Sister Act – 2**

Everybody's favorite nun is back in the habit as Academy Award winner Whoopi Goldberg stirs up more laughs than ever before!



AARP Safe Drivers Course

The AARP Safe Drivers Course will be offered on Thursday, October 20, 2016 starting at 8:45 am and ending at 12:15 pm. Persons interested in taking the course can sign up starting on October 5th at the front desk. The cost for the program is \$15.00 for AARP members and \$20.00 for nonmembers.

**Seniors in Action New Britain Meeting
Vermont Room**

Thursday, October 6th 11:00 am

**Come and join the group for some valuable information and socialization.
Refreshments will be served**



Live Well: Diabetes Self- Management Classes

Do you have diabetes or take care of someone who has diabetes? The New Britain Health Department is offering a Live Well: Diabetes Self-Management Program Wednesdays, November 2 to December 14, 2016, from 1 to 3:30 pm, at the New Britain Senior Center, 55 Pearl St., New Britain. There are six sessions although we will not have class on November 23, 2016. In order to fully benefit from the program it is recommended that you attend all of the session dates. The sessions will help you learn how to manage blood sugar, eat healthy, build your confidence, and much more. Class size is limited and registration is required. Please call the Health Department for registration at 860-826-3464.

**DAILY CALENDAR OF ACTIVITIES
October 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
1:00 pm to 3:30 pm – Craft group meets**

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 3:00 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: Flu Shots will be available on Wednesday, October 12th from 9am to 1:00 pm Bring your insurance cards.

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 TRIAD
SENIOR EXPO**
Thursday, October 13, 2016
10:00 AM to 1:00 PM
Hospital for Special Care Research Center
370 Osgood Avenue, New Britain



**Free Admission
Service Provider Vendors
Flu Shots (With Insurance Cards)
Confidential Document Shredding
Raffle Prizes
Guest Speakers
Hair/Nails by Goodwin Tech Students
Free pasta Lunch**



READs Tutor Program

The Community Renewal Team's Retired Senior Volunteer Program is now seeking volunteers to serve in our signature READs Tutor Program for the current school year. READs is school-based and volunteers are partnered with students at local elementary schools, providing reading guidance for one hour per week during October to May school year. The READs Program is expecting to be operating in up to 10 schools in the New Britain Consolidated School District this year and the program is in need of volunteers who love to share their joy in reading and to provide a positive role model to students. Interested persons can contact Delores Wisdom, RSVP Coordinator at wisdom@crtct.org or by calling 860 760-3077 or 860 539-6233

**Wii Bowling
Tuesdays at 1:00 PM**

Join us for some fun and excitement spending time with friends during an afternoon of friendly competition. Wii Bowling is an activity that everyone can do so stop by and check it out!

October Calendar

October 2016						
◀ September						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Commission on Aging 1:00 PM	4	5	6 Seniors in Action 11:00 AM	7	8
9	10	11 TRIAD Program 9:00 AM	12 Flu Shots 9:00AM to 1:00 PM	13	14	15
16	17	18	19	20 AARP Drivers Course 8:45 AM	21 Movie 12:45 PM	22
23	24	25	26	27	28	29
30	31 HALLOWEEN	Notes:				

