

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. XXIVIII

November2016



Help for Home Owners

Rebuilding Together New Britain is accepting applications for our annual Rebuilding Day event in April 2017. Rebuilding Together is a non-profit organization that assists low-income New Britain homeowners, specifically the elderly, disabled, veterans, and families with children, with maintenance and home repairs that they are unable to complete on their own. The work is completed at no cost to the homeowner primarily through volunteer labor. Safety improvements are prioritized. Rebuilding Day is our trademark event and matches volunteer teams with homeowners throughout New Britain to provide helping hands for a large-scale workday in April. Call our office at (860) 832-4389 to fill out an application today!

**Contact: Rebuilding Together New Britain
info@rtnewbritain.org
(860) 832-4389
200 Myrtle St.
New Britain, CT 06053**

ZUMBA GOLD

The New Britain Health Department has received funding for another year for our Thursday ZUMBA dance/exercise class. ZUMBA is great fun and exercise so we hope you will stop buy on Thursdays at 9:30 am and check out the fun!

Parks/ Recreation/ Community Service Bus Trips

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 time on 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, November 15th at 1:00 pm here at the senior center. The book read for the next meeting is Scoop written by Evelyn Waugh. One of Waugh's most exuberant comedies, "Scoop" is a brilliantly irreverent satire of "Fleet Street" and its hectic pursuit of hot news. The Book Group is open to all, so we hope you will join us.

The book read for December will be Thomas Jefferson and the Tripoli Pirates: The Forgotten War that changed American History by Brien Kilmeade and Don Yaeger.

Seniors in Action New Britain Meeting

Vermont Room

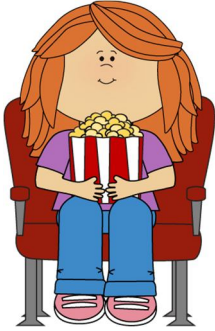
Thursday, November 3rd at 9:30 am (NOTE TIME CHANGE)

Come and join the group for some valuable information and socialization.

A movie will be shown and refreshments will be served

Friday at the Movies

**November 18, 2016 at 12:45PM
Title to be announced**



**Tuesday Morning Movie
November 2, 2016 at 9:30 AM**

**McLintock
Starring John Wayne and Maureen O'Hara.**



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.



Dial-A-Ride Bus Driver

Alex Molina has recently joined our Dial-A-Ride staff as a full time driver. Alex comes to us with years of experience providing transportation to various groups of people. We are excited about having Alex with us and I hope you all will join us in welcoming him to our program.

**DAILY CALENDAR OF ACTIVITIES
November 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

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 _____

November Calendar

November 2016						
◀ October						December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Movie 9:30 am	3 Seniors in Action 9:30 am	4	5
6	7	8 Election Day VOTE	9	10	11 Veterans Day Remembrance	12
13	14	15	16	17	18 Movie 12:45 pm	19
20	21	22	23	24 Thanksgiving Day	25 Senior Center Closed	26
27	28	29	30	Notes:		