



Golden Notes

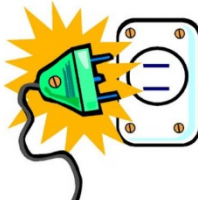
**NEW BRITAIN SENIOR CENTER
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WEB ACCESS: <http://www.newbritainct.gov> Scroll down to the bottom of the page and click on Senior Center Newsletter

VOL XLIV NO. XXIVIX

January 2017

ELECTRICITY



Do you want to explore how to save money on your monthly electric bills and learn what options are available to consumers? Staff from the State Department of Public Utilities Regulation Authority (PURA) will be at the Senior Center on Tuesday, January 10, 2017 at 10:00 am to explain the process and provide information about licensed electric suppliers, and how you may reduce your monthly electric bills by switching suppliers and whether choosing a supplier is right for you. PURA's presentation will cover:

**Where to find information about choosing electric suppliers;
New Information found on your electric bill;
How to compare generation rate;
The opportunity to lower your electric bill;
How to enroll with a licensed supplier;
Being cautious in this market, and more.**

Please bring a recent copy of your electric bill and speak with the PURA representative.

Plan on attending and learning about electricity purchasing options.

What to Expect at a Rehab Center/Nursing Home

Ms Annmarie Allen from Ellis Manor Rehab/Nursing facility will be talking about what to expect when you require a certain level of care. The talk will be on Monday, January 9th at 10:00am. Ms. Allen has numerous years working in rehab facilities and will talk about various topics as well as answer questions. Stop by and learn about this important topic.

Seniors in Action New Britain Meeting

Thursday, January 2, at 9:30 am

Penny Bingo

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

Refreshments will be served



Book Group Meeting

The Public Library – Senior Center Book Group will meet on Tuesday, January 17th at 1:00 pm here at the senior center. The book read for the January is *Uncle Tom's Cabin* written by Harriet Beecher Stowe.

The book read for February will be *Bill O'Reilly's Legends and Lies: the Real West* written by David Fisher.

Friday at the Movies



Gentlemen Prefer Blonds

January 20, 2017 at 12:45PM

Staring Jane Russell, Marilyn Monroe and Charles Colburn

A blond showgirl is unknowingly tracked by an investigator hired by her fiancé's father.

But the detective only has eyes for her brunette girlfriend.

DAILY CALENDAR OF ACTIVITIES

January 2017

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 - restart in March
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

Generally, the Public Health Nursing Office is staffed on a daily basis from 8:30 am to noon. However there may be times when staffing schedules cannot be met so we ask people to call ahead to ensure nursing staff are available. Services offered include; blood pressure monitoring, blood glucose check, basic physical assessment, weight checks, nutritional counseling and medication instructing and management. The Nursing Office also conducts seasonal clinics as well as various educational presentations through the year so, keep checking for upcoming events.

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 _____

January Calendar

January 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 New Years Center Closed	3	4	5 Seniors in Action 9:30 am	6	7
8	9 Commission on Aging 1:00 pm	10 PURA Talk 10:00 AM	11	12	13	14
15	16 Martin Luther King Center Closed	17	18	19	20 Movie 12:45 PM	21
22	23	24	25	26	27	28
29	30	31	Notes:			