

## 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> Click on City Services and Senior Center.  
Look for and click on Golden Notes Newsletter

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April 2017



This spring it is time to take charge of your health. Regular health screenings can help find problems before they start. With the help of area health professionals The New Britain Health Department is pleased to announce the return of the Senior Health Fair to The Senior Center 55 Pearl St New Britain, CT on Wednesday April 12, 2017 From 8:30 am – 12 noon.

Our goal is to bring health screenings and health education opportunities to our seniors in a convenient location. All services and education will be supplied FREE of charge by local providers. It's time to take charge of your health! Area health providers will be attending the health fair to offer blood pressure, cholesterol and glucose testing, balance assessments, early detection information, medication education and nutritional information. Everyone should have a FILE of LIFE so stop by and learn more about it from New Britain EMS. Enjoy a demonstration of our newest exercise offering for seniors: chair yoga. Should you need more information please contact Anndria Black RN at the New Britain Health Department 860-826-3462.



Senior Law Program  
Advanced Directives  
Thursday, April 6<sup>th</sup> 2017  
10:00 AM

Learn about advanced directives such as powers of attorney and health care directives (living wills) for seniors. An Attorney from the Greater Hartford Legal Aid Program will be at the senior center to talk about these important topics and to answer questions you may have. Plan on attending this very informative program and learn about your options.

### Property Tax Relief



The Senior Center is taking applications for the Homeowners, Additional Veterans and Freeze Tax Relief Program. Persons 65 and older in the year 2016 or those persons receiving Social Security Disability Benefits may be eligible for a discount on their property tax bills. Individuals earning less than \$35,200 and married couples earning less than \$42,900 during 2016 should consider applying for this benefit. These totals include Social Security benefits for last year. All income documents must be presented with each application.

Those persons who were enrolled in past years will receive a letter from the City Tax Assessor if they must reapply during 2017. If a married couple wished to apply for the benefit, it is only necessary for one of the spouses to have been over the age of 65 years in the year 2016 to be eligible for the program.

Call the Senior Center 860 -826-3553 to make an appointment or if you have any questions.

### **Seniors in Action New Britain Meeting**

**Thursday, April 6<sup>th</sup>, at 9:30 am**

**Business Meeting followed by bingo**

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

**Refreshments will be served**

**Note, this meeting will be held in the Massachusetts Room**



### Book Group Meeting

The Public Library – Senior Center Book Group will meet on Tuesday, April 18<sup>th</sup> at 1:00 pm here at the senior center. The book read for April will be *Do No Harm: Stories of Life, Death, and Brain Surgery* written by Henry Marsh.

Hope you will join us.

### March Movie

**Odd Couple II**

**Friday, April 21<sup>st</sup> at 12:45pm**

**Starring Jack Lemmon and Walter Matthau**

**After 17 years apart, you'd think their reunion would be smooth sailing. Not so fast—lots of hallarious bumps ahead.**

**TRIAD  
19<sup>TH</sup> ANNUAL SENIOR PROM  
CASINO STYLE**



**Thursday, April 20, 2017  
New Britain High School  
5:00 PM to 9:00 PM**

**Dinner will be served  
Live music performed by the Sharades  
\$5.00 per person  
Tickets are available at the New Britain Senior Center**

**Chair Yoga  
Wednesdays 9:30 to 10:30 AM**



**Accommodates all Levels and Disabilities  
Sponsored by the New Britain Health Department of Nursing**

**Emotional Wellbeing Program**

**Our two University intern students, Josie and Nicolette, will be presenting a special Emotional Wellbeing Program on Monday, April 24, 2017 from 10:00 to 11:00am. The students will be talking about a number of different topics, each designed to keep us emotionally healthy and fit. Learn how to recognize different factors that can influence us in different ways and how to cope with emotions and stress that we all deal with in our everyday lives.**

**Hope you will stop by and join us for this learning opportunity.**

**RSVP Volunteers Needed**

**CRT's RSVP program is seeking volunteers age 55+ for just one hour per week to serve in their signature program, READS, for the remainder of the school year. The READS Program is operated as a school-based program where volunteers are partnered with students in a local elementary school, providing reading guidance for one hour per week. As a READS Tutor, we can promise you that you will truly make a difference in the lives of the children you serve. Please contact Delores Wisdom at (860) 760-3077 or (860) 539-6233 for more information**

## DAILY CALENDAR OF ACTIVITIES

February 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  
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 10:30 am Chair Yoga  
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 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.

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From the Nursing Desk Please join us starting March 1<sup>st</sup>, 2017! The Nursing Department is sponsoring a Chair Yoga class for seniors on Wednesdays from 9:30-10:30am at the Senior Center. Kelly Murphy will be teaching the class, she is a certified Yoga instructor. This class will be a gentle practice Yoga, using a chair to come in and out of poses. Each participant will have their own chair to support them in sitting or standing. This class is recommended for all levels and can accommodate all disabilities. Here are just six of the many benefits of yoga for seniors.

1. Yoga improves Balance and Stability.
2. Yoga improves Flexibility and Joint Health.
3. Yoga improves Respiration.
4. Yoga reduces High Blood Pressure.
5. Yoga reduces Anxiety.
6. Yoga encourages Mindfulness

This class will run for 8 weeks to start. If there is sufficient interest we will continue the class. So please come out and meet Kelly and give Chair Yoga a try!

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**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

## April Calendar

◀ <u>March</u>		April 2017					<u>May</u> ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3 Commission on Aging 1:00pm	4	5	6 Legal Program 10:00 AM	7	8	
9	10 Passover begins	11	12 Health Fair 9:00 am to Noon	13	14 Good Friday center closed	15	
16 Easter	17	18	19	20 TRIAD Senior Prom	21 Movie 12:45 PM	22	
23	24 Wellness Program 10:00 am	25	26	27	28	29	
30	Notes:						