



Golden Notes



NEW BRITAIN SENIOR CENTER
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WEB ACCESS: <http://www.newbritainct.gov> Click on City Services and Senior Center.
Look for and click on Golden Notes Newsletter

VOL XLIV NO. XXIV

July 2017

TRIAD MONTHLY EDUCATIONAL SERIES
At the New Britain Senior Center



show you how.

Senior Self Defense

Tuesday, July 18th at 9:00 AM

Think you can't defend yourself? We know you can. Learn some basic techniques that can get you out of a jam. Sgt. Art Powers from the New Britain Police and members of the Kokondo Martial Arts Association will

Continental Breakfast will be served
Program sponsored by Grandview and Catholic Charites

Listed below are the dates and topics for the remaining TRIAD Series

August 15th – What does the New Britain Dept. of Public Health Do for You?

September 19th – Vaccine 101

October 19th – Fire Safety: Do you have a fire strategy?

Save the dates for these very informative talks.

PINOCHLE PLAYERS WANTED
For September Tournament
Wednesdays 9:30 A.M.



Come join us for free play during July and August on all Wednesdays, Thursdays or Fridays. Come to observe or join in on the play.
Check it out, you might like it.

Meet and Greet

State Representative Bill Petit will be at the Senior Center on Tuesday, July 18th between the hours of 10:30 am and noon. Representative Petit will be available to meet with people and to discuss the recently concluded legislative session and to answer any questions about state government. Stop by and meet Representative Petit and get caught up on what's going on in Hartford.

Seniors in Action New Britain Meeting

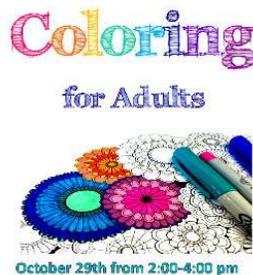
Thursday, July 6th at 9:30 am

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 Vermont Room



The adult coloring class has expanded the meeting hours and now will be meeting on Wednesdays and Fridays at 9:30 am. Join us for this very relaxing and creative class and enjoy socializing with others. Anne and Nancy will be available to help you get started so come on down for a morning of fun!



Chair Yoga

Wednesdays 9:30 to 10:30 AM

Accommodates all Levels and Disabilities

Sponsored by the New Britain Health Department of Nursing

AARP SAFE DRIVERS

Thursday, July 27th

8:45 am to 12:15 pm

\$15.00 AARP Members, \$20.00 Non Members

Sign up at the front desk starting on July 5th

3.





TRIAD ICE CREAM SOCIAL

The New Britain TRIAD group will be sponsoring a summer ice cream social during the Wednesday ballroom dancing program. The social will take place on July 12th and all are welcome. Stop by for some great music and enjoy a summer treat!

Stanley Seniors
Mohegan Sun Bus Trips
July 11th
August 8th
September 12th
October 10th
November 14th



Price \$23.00, includes \$15.00 for food, \$15.00 for wheel
Bus leaves Stanley Tools parking lot at 8:00 am returns at 4:30 pm.
Call Elda Spaczynski at 860 229-2502 for reservations

Movie for July 21, 2017

Wild Oates

When insurance accidently pays her millions, retired teacher Eva and her pal Maddie head for the Canary Islands for the adventure of their lives.

Starring Shirley MacLaine, Jessica Lange and Demi Moore

NOTE: This movie will start at 12:30 pm because of the lengthy running time.

Bus Trips

2619 - Nantucket Trip Saturday August 12, 2017

Nantucket is one of the most unique, historic and visually stunning places in the world.

Walk the wide sandy beaches, take in the boutique shops and explore the art galleries and museums, there is something for everyone.

This trip Includes: Round trip motor coach transportation, round trip High Speed Ferry on board the Steamship Authority from Hyannis to Nantucket, Island Tour with a local guide, Leisure time for lunch and shopping.

Registration deadline 07/14/2017 Fee: \$189.00 per person Activity #2619-1

2617 - Saratoga Trip Sunday, August 6, 2017

See the graceful power of thoroughbreds running at the Saratoga Race Course, the oldest track with the richest tradition in the country.

Includes: round trip motor coach transportation, Admission & Reserved Seating at the Races, program, and voucher for a hot dog and soda

Registration deadline 07/07/2017 Fee: \$99.00 per person Activity 2617-1

DAILY CALENDAR OF ACTIVITIES

July 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 – Resumes in September
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
9:30 am to 11:00 am – Adult Coloring
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 Please join us for chair yoga. 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!

GOLDEN NOTES SUBSCRIPTIONS

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

Make checks payable to: New Britain Senior Center

Return to: Golden Notes

New Britain Senior Center

55 Pearl Street

New Britain, CT 06051

Annual Mailing Fee: \$6.00

July Calendar

July 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Independence Day Center Closed	5	6	7	8
9	10	11	12 Ice Cream Social 2 PM	13	14	15
16	17	18 TRIAD Program 9:00 am Rep. Petit 10:30 am	19	20	21 Movie 12:30 PM	22
23	24	25	26	27 AARP Drivers 8:45 AM	28	29
30	31	Notes:				

CW Resources Senior Community Café

MENU ITEMS
SUBJECT TO CHANGE

1% or Skim milk provided
Margarine available

July Menu 2017

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Apple Juice Cheeseburger Lettuce and Tomato LS Baked Beans Corn on the Cob Hamburger Roll Italian Ice	4 <i>Happy Fourth of July!</i> 	5 Chicken Scampi Linguini Broccoli with Red Pepper 12 Grain Bread Citrus Selections	6 Grape Juice Sloppy Joe Mashed Potatoes Green Beans <i>Happy Birthday</i> Hamburger Roll Birthday Cake	7 Minestrone Soup Unsalted Crackers Chef Salad with LS Ham, LS Turkey, Cheese, Egg, Tomato, Cucumbers and Olives Ranch Dressing Pumpnickel Bread Fresh Orange
10 Veal Picatta Mashed Potatoes Spinach Rye Bread Melon	11 Eggplant Rolatini Meat Sauce Ziti Broccoli 12 Grain Bread Fresh Peach	12 N.E. Clam Chowder Unsalted Crackers Asian Chicken Salad with Chicken Strips, Mandarin Oranges, Sesame Seeds and Cucumbers Breadstick Grapes	13 Salisbury Steak LS Gravy Egg Noodles Carrots Oat Bread Fruit Cocktail	14 Cranberry Juice Lemon Pepper Fish Rice Pilaf Chuck Wagon Veggies Multigrain Bread Rice Pudding
17 Grape Juice Grilled Orange Chicken Orange Sauce Sesame Noodles Winter Blend Veggies Whole Wheat Bread Tropical Fruit Cup	18 Cranberry Juice Turkey Pot Pie Diced Potatoes Tuscany Blend Veggies Biscuit Oatmeal Cream Pie	19 Asian Beef Strips with Ginger Sauce Brown Rice Oriental Blend Veggies Garden Salad Italian Dressing Pumpnickel Bread Pineapple Chunks	20 Chicken Vegetable Soup Unsalted Crackers American Goulash Scandinavian Veggies 12 Grain Bread Fruited Yogurt	21 Apple Juice Beef Riblet BBQ Sauce Sweet Potato Tots Corn with Black Beans Hamburger Bun Watermelon
24 Eye of the Round Mushroom Gravy Whole Potatoes Carrots 12 Grain Bread Pineapple Chunks	25 Grape Juice BBQ Pork Loin BBQ Sauce Red Beans and Rice Spinach Corn Muffin Vanilla Chocolate Ice Cream Cup	26 Cranberry Juice Philly Cheese Steak Onions and Peppers Tri-Color Pasta Salad Broccoli Slaw Sub Roll Peaches	27 Baked Fish Tartar Sauce Sweet Potato 3 Bean Salad Rye Bread Banana	28 Turkey Stew Egg Noodles Green Beans Multigrain Bread Fruit Cup
31 Beef Barley Soup Unsalted Crackers BBQ Chicken Sandwich Pasta Spinach Salad Mexi-Corn Hamburger Bun Fruit Cocktail	   			