



Golden Notes

NEW BRITAIN SENIOR CENTER
55 PEARL STREET
NEW BRITAIN, CT 06051
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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. XXX

August, 2017



Farewell Message

As most of you know by now, I will be leaving my position here at the senior center at the end of August. For the past 24 years I have had the privilege of working here and getting to know so many remarkable seniors who have left me with wonderful memories and warm thoughts. Now it's time for me to move on and I look forward to enjoy spending time with my family and with my leisure time hobbies.

The Senior Center will always have a special place with me. I feel so fortunate to have known so many seniors who have shared their life experiences with me over this course of time. Although my decision to retire was very difficult for me, I am sure that the senior center will continue to serve the many seniors residing in this community and I am sure you all have lots to look forward to with upcoming changes here at the center. I wish all of you my best wishes for good health, happiness and wellbeing as time passes on.

Farewell Picnic

The senior center will be holding an open house picnic on Thursday, August 31st from 10:00 am to 1:00 pm. All are welcome to stop by and express your well wishes to Mike and enjoy some delicious picnic treats.



MENU

Hot Dogs and Burgers, Beans, Chips, Kraut, Dessert



TRIAD MONTHLY EDUCATIONAL SERIES
**What Does the New Britain Department of Public
Health Do for you?**

**At the New Britain Senior Center
Tuesday, August 15th
9:00 to 10:00 A.M.**

**Learn all of the great work our health department does for us. Are you safe in your home?
Learn about the hazards in your home: lead paint, radon and others and what you can do
about it.**

**Continental Breakfast will be served.
Presented by Caleb Cowles and sponsored by Monsignor Bojnowski.**

**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.**

**Seniors in Action New Britain Meeting
Thursday, August 3rd at 9:30 am
Special Speaker – Mary Ann “Soldiers, Sailors and Marine Fund”
Learn What Benefits May Be Available to You
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**

Coloring for Adults



October 29th from 2:00-4:00 pm

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. Ann 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

Stanley Seniors

Mohegan Sun Bus Trips

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 August 25th

Joyful Noise

12:30 PM

Starring Queen Latifah, Dolly Parton and Keke Palmer

Their town may be broke but a gospel choir has big dreams and a big problem with squabbling directors.

DAILY CALENDAR OF ACTIVITIES

August 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)

5.

**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**

6.

August 2017						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Seniors in Action 9:30 AM	4	5
6	7	8	9	10	11	12
13	14	15 TRIAD MEETING 9:00 AM	16	17	18	19
20	21	22	23	24	25 Movie 12:30 PM	26
27	28	29	30	31 Picnic 10:00 am to 1:00 pm		