



# 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> Go to Documents and click on Senior Center, click on Golden Notes tab to find current issue of the monthly newsletter

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**VOL XLIV NO. XXIV**

**August 2016**



## TRIAD Senior Monthly Education Series

Senior Planning, Title 19 vs Community Medicaid  
Tuesday, August 16, 2016  
9:00 to 10:00 AM

Senior Care Services is an organization that offers peace of mind and support with the Medicaid process. Learn helpful information on independent, assisted living and nursing facility based Medicaid. The benefits of having Medicaid in the community, and eligibility requirements will be discussed.

Hope you will join us for this great program and enjoy a free continental breakfast.  
This program is being sponsored by Cassena Care of New Britain.

### HELP WANTED

Smith Elementary School is looking for some caring adults to welcome students back to school on Monday, August 29<sup>th</sup> from approximately 8:15 until 9:00 am. Interested persons can contact Mike at the senior center during early August. Hope you can help out.

### Book Group Meeting

The Public Library – Senior Center Book Group will not be meeting during the month of August. The group will meet on Tuesday, September 20<sup>th</sup> at 1:00 pm here at the senior center. The book read for the next meeting is *Germinal* written by Emile Zola.

The thirteenth novel in Émile Zola's great Rougon-Macquart sequence, *Germinal* expresses outrage at the exploitation of the many by the few, but also shows humanity's capacity for compassion and hope.

### Friday at the Movies

## Only You

Friday, August 19<sup>th</sup> at 12:45 PM

An irresistibly romantic comedy from the director of *Moonstruck*. *Only You* stars Marisa Tomei and Robert Downey, Jr as lovers destined to meet and fall in love.

Stop by and enjoy the afternoon with friends

### 2016 Summer Music Festival

The 2016 Summer Music Festival held at Walnut Hill Park's Darius Miller Memorial Band Shell will be continuing during August with some great music entertainment being performed. Concerts will be held on Mondays and Wednesdays

August 1st	102 Army Band
August 3 <sup>rd</sup>	Dick Santi Orchestra
August 8 <sup>th</sup>	The Soul Sensations
August 10 <sup>th</sup>	Avenue Groove
August 15 <sup>th</sup>	Governor's Foot Guard
August 17 <sup>th</sup>	New England's Head Over Heels
August 22 <sup>nd</sup>	Coyote River Band
August 24 <sup>th</sup>	Navy Band Northeast
August 29 <sup>th</sup>	MassConnfusion
August 31 <sup>st</sup>	FountainHead





# Diabetes Education

**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.**

## HELP WANTED

**The Community Renewal Team's Retired Senior Volunteer Program is now seeking volunteers to serve in the signature READs Tutor program for the 2016-17 school year. The READs program is school based and volunteers are partnered with students at local elementary schools, providing reading guidance for 1 hour per week from October to May of the school year.**

**This coming school year, the RSVP READs Program is expected to be operating in up to 10 schools throughout New Britain and the need for volunteers is great. As a RSVP READs Tutor, we can promise you that you will truly make a difference in the lives of the students you touch, so why not volunteer.**

**Please contact Deloris Wisdom, RSVP Coordinator for more information or to sign up.**



**Email: [wisdom@crtct.org](mailto:wisdom@crtct.org)**

**Phone**

**Office (860) 760-3077 Cell (860) 539-6233**

## **DAILY CALENDAR OF ACTIVITIES**

**June 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 10:00 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**  
**1:00 pm to 3:30 pm – Craft group meets**  
**Wii Bowling 1:00 pm to 3:00 pm –Group will start in September**

### **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 3:30 pm Square Dancing**  
**12:45 pm Monthly movie (Usually the 3<sup>rd</sup> Friday of each month)**

4.

**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:

**Diabetes Education**

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 \_\_\_\_\_**

**New Britain Parks, Recreation & Community Services Department**

# August Calendar

August 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 Democratic Primary VOTE	10	11	12	13
14	15	16	17	18	19 Movie 12:45 pm	20
21	22	23	24	25	26	27
28	29	30	31 August Carving Station Call Maria to sign up	Notes:		