

GOLDEN NOTES

MAY IS OLDER AMERICANS MONTH



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 the current issue of the monthly newsletter

VOL XLIII NO. XVIII

May 2015

New Britain TRIAD
Senior Monthly Education Series



Hopeful Lives: For Care Partners and People Living with
Dementia



Tuesday, May 12, 2015
9:00 to 10: AM

Do you love someone with dementia? Are you a caregiver or do you know someone with dementia? Come learn how to better understand the struggles and hopes for dementia caregiving and ways to promote well-being for all.

This program will be conducted by Ms Stephani Shivers from the Alzheimer's Resource Center and is sponsored by the Arbor Rose community.

The program is free and a continental breakfast will be served.



Pancake Breakfast

May is National Older Americans Month and the Senior Center will be providing a Pancake Breakfast on Wednesday, May 13th from 8:15 to 10:00 am in recognition of older American's. Hope you will stop by for a stack of delicious pancakes and good company.

FREE DENTAL CLEANINGS



For New Britain Seniors

The City of New Britain's Health Department and the Community Health Center will be conducting free dental cleanings here at the senior center.

You must be a City of New Britain resident and you can call 860 826-3464 to schedule an appointment.

FRIDAY AT THE MOVIES

The movie for May 15h will be Roman Holiday starring Gregory Peck and Audrey Hepburn along with Eddie Albert. Roman Holiday was nominated for ten Academy Awards and Audrey Hepburn captured the Oscar for her portrayal of a modern-day princess rebelling against her royal obligations. Join us at 12:45 pm on May 15th for this all time great classic film.



AAPR SAFE DRIVERS COURSE

AARP will be conducting a Safe Drivers Course on Thursday, May 28th starting at 8:45 am and continuing until 12:15 pm. Interested persons can sign up starting on May 1, and the cost for the course is \$15.00 for AARP members and \$20.00 for non members. Please make check payable to AARP.

PROPERTY TAX RELIEF

Friday, May 15th is the filing deadline for taking applications for the HOMEOWNERS and the Additional Veterans Property Tax Relief Programs. Persons 65 and older in the year 2014 or those persons receiving Social Security Disability Benefits are eligible for a discount on their property taxes. Individuals earning less than \$34,600 and married couples earning less than \$42,200 during 2014 may be eligible for the discount. Call the senior center (860) 826-3553 to make an appointment or if you have any questions. **REMEMBER** May 15th is the filing deadline.

Book Group

The New Britain Public Library and the Senior Center's monthly book group will be meeting on Tuesday, May 19, 2015 here at the Senior Center at 1:00 pm. The book read for May will be :

Behind the Beautiful Forever's by Katherine Boo

May, 2015

Daily Calendar of Activities:

Monday

8:15 am to 11:10 am – Snack bar open
8:45 am to 9:15am. – Line Dancing Instruction for persons wishing to learn line dancing
9:15 am to 10:00 am – Art class open
9:15 am to 10:00 am – Exercise Class Senior appropriate class with Chris
10:15 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
8:30 am to 9 am - Line Dancing Instruction for person wishing to learn line dancing
9:00 am to 3:00 pm Income tax (till the 15th) call for an appointment
9:15 am to 10:15 am – Exercise Class Senior appropriate exercise class with Chris
9:15 am to 1:30 pm – Craft group meets
10:30 am to 11:15 am – Line dancing with Chris
12:30 pm to 3:00 pm – Wii Bowling
1:00 pm to 3:30 pm – Craft group meets

Wednesday

8:15 am to 11:00 am – Snack bar open
9:30 am to 11:30 am – Pinochle Club
9:15 am to 11:30 am – Art Class open
12:45 pm to 3:00 pm – Bingo
1:00 pm to 3:00 pm – Ballroom Dancing

Thursday

8:15 am to 11:00 am – Snack bar open
9:00 am to 10:00 am – ZUMBA
9:15 am to 11:30 am – Craft Group meets
1:00 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 3:00 pm Income Tax – Call for an appointment
9:15 am to 11:30 am – Art class open
12:45 to 3:00 pm - Bingo
1:15 pm to 3:30 pm – Square Dancing

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 NURSEING DESK
THANK YOU!**

The Nursing staff would like to thank all the seniors who completed the dental survey. Your responses were very helpful in our planning the upcoming dental cleaning clinics.

POLISH FOLK MUSIC

On Tuesday, May 12th at 11:00 am, Ed Suchecki and Sam Kimble will be playing folk music for all to enjoy. Stop by and enjoy the traditional music and remember to sign up for lunch.

GOLDEN NOTES SUBSCRIPTIONS

NAME _____ DATE _____

STREET ADDRESS _____

CITY _____ STATE & ZIP CODE _____

PHONE # _____

Make checks payable to: **NEW BRITAIN SENIOR CENTER**

Return to: **GOLDEN NOTES** Annual Fee: **\$6.00 non refundable**
New Britain Senior Center
55 Pearl St Cash _____ Check _____
New Britain CT 06051

New Subscription _____ Renewal _____

May Calendar

~ May 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat