

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**

VOL XLIV NO. XXVII

September 2015



**NEW BRITAIN TRIAD
Senior Monthly Education Series
Tuesday, September 8, 2015
9:00 to 10:00 AM**

Heart Healthy/Healthy Eating

**Presented by the Hospital of Central Connecticut, WomanHeart Program and Joe Wynn,
Dietitian from Andrew House**

The National Coalition for Women with Heart Disease is the Nations only patient-centered organization serving the 42 million women American women living with or at risk for heart disease and is dedicated to women's heart health through patient support, education and advocacy. The Hospital of Central Connecticut is the first hospital in New England to be a founding member of the WomanHeart National Hospital Alliance. Joe Wynn; a registered dietitian, will discuss the benefits of developing and maintaining healthy eating habits. Join us for this very important and informative program.

Sponsored by Andrew House Healthcare

**Get Smart!
An Introduction to Brain Fitness**

**This class is open to anyone who is interested in challenging their minds, sharpening their memory and maintaining their mental edge. Try an introductory class on either September 15th from 10:00 to 11:00 am or on September 16th from 1:00 to 2:00 pm
Schedule an appointment with Linda Denton, Community Services Specialist, from the Alzheimer's Resource Center by calling: T: 860-628-3062**

FRIDAY AT THE MOVIES



The movie for September 18th will be Citizen Kane starring Orson Wells. In 1941, 24 year old Orson Wells – armed with the most lucrative motion picture ever-directed, co-wrote and starred in Citizen Kane, a masterpiece many regarded as the best film ever made.

Movie starts at 12:45 pm and we hope to see you there.

Learning Italian



Interested in learning Italian and vacationing in Tuscany?

Monica Georgeo, 15 years Yale University Italian Language Instructor, will get you ready for your new adventure. The program will focus on learning basic Italian language skills including speaking Italian in the present and past tense and using a variety of vocabulary words acquired for different situations and tasks. After the course you will have the opportunity to participate in a trip to the Tuscany region of Italy. Monica will be at the senior center on Tuesday, September 29th at 1:00 pm to talk about this exciting program. Stop by and learn more about this exciting opportunity.

Ice Cream Bingo

Monsignor Bojnowski Manor and Advanced Health Care will be sponsoring a Ice Cream Bingo starting at 1:00 PM on Thursday, September 10th . Stop by and enjoy a special treat and visiting with friends.

Senior Center Picnic Friday, October 9th - 9:30 to 2:00 pm

Coffee, donuts hot dogs, burgers, chips, beans, desert, etc

Tickets are: \$5.00 senior center members

\$10.00 non members



Tickets will go on sale September 15th

DAILY CALENDAR OF ACTIVITIES
September 2015

Monday

8:15 am to 11:10 am– Snack bar open
8:45 am to 9:15am. – Beginners Line Dancing
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
9:15 am to 10:15 am – 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
1:00 pm to 3:30 pm – Craft group meets
1:00 pm to 3:00 pm Wii Bowling starts on September 15th

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
1:00 pm to 3:00 pm – Ballroom Dancing

Thursday

8:15 am to 11:00 am – Snack bar open
9:30 am to 10:30 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
9:15 am to 11:30 am – Art class open
1:30 pm to 3:30 pm Square Dancing starts on September 4th

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

Stop by the Nursing Office for a blood pressure check or for any questions/concerns you may have. Just a reminder, ZUMBA classes will be starting at 9:30 in September.

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 _____

**The New Britain Parks, Recreation & Community Services Department
Bus trips**

Statue of Liberty, Ellis Island & 9/11 Memorial SHARED TRIP

Sunday, October 25, 2015

Visit Lady Liberty, Ellis Island and the 9/11 memorial. Tour includes RT motor coach transportation, RT cruise to islands and leisure time in NYC

Registration deadline: 9/25/2015

Fee: \$89.00 per person

Statue of Liberty, Ellis Island

& 9/11 Memorial SHARED TRIP

Sunday, October 25, 2015

Visit Lady Liberty, Ellis Island, and the 9/11 Memorial! Tour includes: RT motor coach transportation, RT cruise to islands and leisure time in NYC.

Registration deadline 09/25/2015

Macy's Thanksgiving Day Parade SHARED TRIP

November 26, 2015

Usher in the Holiday Season at one of the most beloved holiday events ever! See the famous balloons, floats, marching bands and of course, Santa. Trip includes: RT motorcoach transportation and Tour Director.

Registration deadline 10/23/2015

Fee: \$89.00 per person Activity #: 3114-1

THE REGISTRATION DEADLINE FOR SHARED TRIPS IS ONE MONTH PRIOR:

Shared Bus Trips are offered to several communities, exact departure times are dependent upon towns attending. Departure times for most shared bus trips are between 7:00am and 9:00am; Most trips depart from the Commuter Parking lot across from the New Britain Target Store located at 475 Hartford Road, New Britain. Participants are notified via letter of exact departure times/location at least two weeks prior to trip. Participants must be over the age of 18 or accompanied by an adult.

Register online at nbparksnrec.org or call 860 826-3360

**Stanley Seniors
Mohegan Sun Casino Trip
Tuesday, September 8th
Cost: \$19.00**

Call Elda Spaczynski for information and to make a reservation.



AARP Safe Drivers Course

AARP will be conducting a Safe Drivers Course on Thursday, September 24th from 8:45 am to 12:15 pm. The cost for the program is \$15.00 for AARP members and \$20.00 for non members. Sign up starting on September 2, 2015

Book Group Meeting The New Britain Public Library and the Senior Center's Book Group will be meeting on Tuesday, September 15th at 1:0 pm. The book discussion will be The Path Between the Seas by David McCullough. Hope you will join us on the third Tuesday of each month.

Wii Bowling is Back

The New Britain Senior Center is happy to welcome all Wii bowlers back to another fun season. Bowlers will be meeting in the Massachusetts Room at 11:30 on Tuesday, September 15th. This is a fun way to spend an afternoon as well as get some exercise. No previous experience is required and all are welcome. See you then.

ZUMBA with Amy

Starting in September, the Thursday Zumba classes will start at 9:30 am and continue for one hour. Hope you will stop by and join in some great exercise, dance and fun!

Square Dancing

The weekly square dancing club will resume meeting on Friday September 4th at 1:30 pm. All are welcome and we hope you will join us for an afternoon of good exercise and fun.

September Calendar

| ~ September 2015 ~ | | | | | | |
|--------------------|---|--|--|---|--------------------------------|-----------|
| ◀ August | | | | | | October ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 Labor Day Center Closed | 8 TRIAD 9:am COA Meeting 1:00 pm | 9 | 10 Ice Cream Bingo 1:00PM | 11 | 12 |
| 13 | 14 | 15 Book Group 1:00 PM | 16 Democratic Primary Election VOTE | 17 | 18 Movie 1:00 PM | 19 |
| 20 | 21 | 22 | 23 | 24 AARP Drivers Course | 25 | 26 |
| 27 | 28 | 29 Italian Program 1:00 PM | 30 | Notes: | | |