

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> Scroll down to the bottom of the page and click on Senior Center Newsletter

VOL XLIV NO. XXIVIV

March 2017

Property Tax Relief



The Senior Center is taking applications for the Homeowners, Additional Veterans and Freeze Tax Relief Program. Persons 65 and older in the year 2016 or those persons receiving Social Security Disability Benefits may be eligible for a discount on their property tax bills. Individuals earning less than \$35,200 and married couples earning less than \$42,900 during 2016 should consider applying for this benefit. These totals include Social Security benefits for last year. All income documents must be presented with each application.

Those persons who were enrolled in past years will receive a letter from the City Tax Assessor if they must reapply during 2017. If a married couple wished to apply for the benefit, it is only necessary for one of the spouses to have been over the age of 65 years in the year 2016 to be eligible for the program.

Call the Senior Center 860 -826-3553 to make an appointment or if you have any questions.

VOLUNTEERS NEEDED



On Monday March 13th and again on March 20th first grade students from the Diloreto School will be visiting the senior center to learn about the center and about the New Britain community. The children will be at the senior center from 9:15 to 11:15 am and we would like to plan a number of activities for us to do with the children. We need volunteers assist in basic craft activities and help with some simple games.

Please call Mike Karwan at the senior center (860) 826-3553 if you are able to help us out.

Seniors in Action New Britain Meeting

Thursday, March 2, at 9:30 am

Business Meeting followed by bingo

Come and join the group for some valuable information and socialization.

Refreshments will be served

Next meeting will be on April 6th, 2017 at 9:30 am, Movie at 10:00 am.



Book Group Meeting

The Public Library – Senior Center Book Group will meet on Tuesday, March 21st at 1:00 pm here at the senior center. The book read for the March is *White Noise* by Don DeLillo. The book read for April will be *Do No Harm: Stories of Life, Death, and Brain Surgery* written by Henry Marsh.

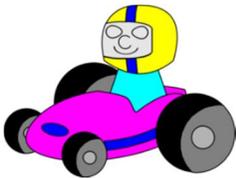
Hope you will join us.

March Movie

Grease

Friday, March 24th at 12:45pm

Staring John Travolta. Olivia Newton-John and others



**AARP SAFE DRIVERS
THURSDAY, MARCH 23, 2017
8:45 AM TO 12:15 PM**

**COST: \$15.00 AARP MEMBERS
\$20.00 NON MEMBERS**

Sign up at the front desk starting on March 6th.

**Chair Yoga
Beginning on Wednesday, March 1st
9:30 to 10:30 AM**



Accommodates all Levels and Disabilities

Sponsored by the New Britain Health Department of Nursing

DAILY CALENDAR OF ACTIVITIES

February 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 – starting on March 21st
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
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 starting March 1st, 2017! 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 _____
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 Trips

Cherry Blossom Festival

in Washington D.C. SHARED TRIP

March 31, 2017 – April 2, 2017

Trip Content:

Visit Washington DC at cherry blossom time.

Trip includes: Tour director, round trip coach transportation, two nights' accommodations at the Marriott Falls Church, Two full American breakfasts and one dinner. This trip will visit several DC area landmarks including, WWII Memorial, FDR Memorial, Iwo Jima Memorial, Lincoln Memorial, Vietnam Memorial, Korean War Memorial, Jefferson Memorial, Washington Monument, Arlington National Cemetery, Smithsonian Buildings and the US Capitol & White House Shops.

Registration deadline 03/03/2017

Fee: \$549.00 per person (single occupancy) **Act. #: 1104-(1)**

Fee: \$499.00 per person (double occupancy) **Act. #: 1104-(2)**

1105 - Statue of Liberty / Ellis Is Trip Content: 04/08/2017

See Lady Liberty in New York Harbor and pay a visit to the Ellis Island Museum. Trip includes tour director, RT transportation, round trip ferry to and from Liberty and Ellis Islands, and leisure time in Times Square. (This trip does not include access to the Statue of Liberty crown)

Registration deadline 03/10/2017

Trip Content:

See Lady Liberty in New York Harbor and pay a visit to the Ellis Island Museum. Trip includes tour director, RT transportation, round trip ferry to and from Liberty and Ellis Islands.(This trip does not include access to the Statue of Liberty crown)

Fee: \$99.00

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 6:00am 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.



TRIAD
PANCAKE BREAKFAST
(Benefiting the Senior Prom)

Sunday, March 19, 2017
New Britain Senior Center

Menu: Pancakes, eggs, bacon, sausage, hash browns, OJ & coffee
Tickets: \$5.00 in advance or \$6.00 at the door. Children under 3 are free

Keep Pancake Breakfast ticket stub and receive a \$1.00 discount on Senior Prom ticket.

UCONN Spring Forward: Don't Fall Back Program
Wednesday, March 15th at 10:00 AM



Spring Forward: Don't Fall Back is a 1-hour fall prevention presentation. The goal of the presentation is to provide helpful tips about how to prevent falls while also reducing the fear associated with falls. In addition to bringing the bingo-style presentation and expertise of many health professional students, we will also be accompanied by a pharmacist to answer any questions after the presentation. This presentation is fun, interactive, and will engage the audience with many opportunities for participation!

Spring Forward: Don't Fall Back is part of a larger program at UConn called the Urban Service Track, which gives health professional students a way to work together while providing health care and information to the communities around us that need it most. It's great for the community (and us!) because we're able to combing the talents of medical, dental, pharmacy, nursing, social work and physician's assistant students for programs such as this one.

Hope you will join us for this great presentation and learn important tips on how to stay safe

RSVP Volunteers Needed

CRT's RSVP program is seeking volunteers age 55+ for just one hour per week to serve in their signature program, READS, for the remainder of the school year. The READS Program is operated as a school-based program where volunteers are partnered with students in a local elementary school, providing reading guidance for one hour per week. As a READS Tutor, we can promise you that you will truly make a difference in the lives of the children you serve. Please contact Delores Wisdom at (860) 760-3077 or (860) 539-6233 for more information.

March Calendar

◀ February		March 2017					April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6 Commission on Aging 1:00 PM	7	8	9	10	11	
12	13	14	15 Spring Forward Program 10:00 am	16	17 St. Patrick's Day	18	
19 TRIAD Pancake Breakfast 8 am	20 Spring begins	21	22	23 AARP Safe Drivers 8:45 am	24 Movie 12:45 pm	25	
26	27	28	29	30	31	Notes:	