



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. XXIIIV

May 2017



Older Americans Month May 2017

May is National Older Americans Month and so the Senior Center will be hosting a special Pancake Breakfast from 8:00 to 10:00 AM on Thursday, May 18th. The breakfast is open to all center members so, we hope you will stop by and enjoy some delicious pancakes.

Property Tax Relief DEADLINE FOR APPLYING IS MAY 15th



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.

Seniors in Action New Britain Meeting
Thursday, May 4, at 9:30 am
Business Meeting followed by a movie.
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



Book Group Meeting

The Public Library – Senior Center Book Group will meet on Tuesday, May 16th at 1:00 pm here at the senior center. The book read for May will be *Acqua Alta* written by Donna Leon. The book selection for June 20th will be *The Short and Tragic Life of Robert Peace* written by Jeff Hobbs. Hope you will join us.

May Movie
To Catch a Thief

Friday, May 19th at 12:45pm
Starring Cary Grant and Grace Kelly
Suspected is a new series of heists in the hotels of the French Riviera, a reformed jewel thief sets out to clear himself – and catch the real thief.
3.



Chair Yoga
Wednesdays 9:30 to 10:30 AM
Accommodates all Levels and Disabilities
Sponsored by the New Britain Health Department of Nursing

AARP Safe Drivers Course
Thursday, May 25th
8:45am to 12:15pm
Cost: \$15.00 AARP member, \$20.00 non-members
Sign up at the front desk



DAILY CALENDAR OF ACTIVITIES

May 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
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

May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Commission on Aging 1:00PM	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Pancakes 8:15 to 10:00AM	19 Movie 12:45 PM	20
21	22	23	24	25	26	27
28	29 Memorial Day Center Closed	30	31	Notes:		