

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> Click on City Services and Senior Center. Look for and click on Golden Notes Newsletter



VOL XLIV NO. XXX

September, 2017

TRIAD MONTHLY EDUCATIONAL SERIES VACCINE 101

At the New Britain Senior Center
Tuesday, September 19th
9:00 to 10:00 A.M.



Learn why you should get vaccinated and for what. Can you get reimbursed? Learn the facts. Presented by Sharon J. Dunning, MPH, Epidemiologists with the Department of Public Health

A Continental Breakfast will be served.
Sponsored by Hartford Health Care



TRIAD'S Senior Walk & Barbeque Event

Wednesday, September 13th 2017
11:00 AM to 1:00 PM
Walnut Hill Park at the Rose Garden

Walk at the rose garden begins at 11:00 followed by food and games.
Call or email Art P at 860 205-2671 Arthur.powers@newbritainct.gov to sign up

COME JOIN THE FUN!!

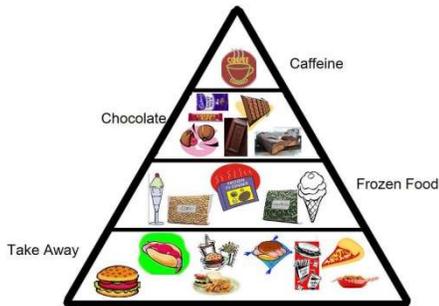
VOLUNTEERS WANTED

Holmes Elementary School located at 2150 Stanley Street is has a need of volunteers to work in the front office during the morning hours from 8:45 to 9:45 AM. Volunteers will be responsible for asking parents to sign their children in and out of school and to pass out visitor badges. This is a great opportunity for seniors to provide a worthwhile community service to Holmes Elementary. Interested persons can call Principal Mitch Page at 860 223-8294.



FOODSHARE

NEW BRITAIN HUNGER ACTION TEAM WILL HOST:
A Senior Hunger – Listening Session
MONDAY, SEPTEMBER 18, 2017
At 9:30 am



What are your concerns about Hunger?
How does hunger affect you, your family, and your neighbors?

Please tell us your suggestions, ideas & concerns.
All seniors are welcome!

NEW BRITAIN SENIOR CENTER, 55 Pearl Street
Coffee & Fruit Snacks will be offered

ii Bowling

Tuesdays from 12:30 to 2:30 starting on September 12th
Hope you will stop be and join us for an afternoon of fun and enjoyment.

Book Group

Tuesday, September 19th 1:00 PM
The Bookseller of Kabul
Written by Asne Seierstand



AARP SAFE DRIVERS

Thursday, September 28th 8:45 am to 12:15 pm
Fee: \$15.00 AARP members \$20.00 non-members

Trivial Pursuit

Join us for an afternoon of fun and trivia. Cassena Care New Britain will be sponsoring an afternoon of Trivial Pursuit on Thursday, September 21st starting at 1:00 PM. Stop by and test your trivia knowledge, all are welcome.

Stanley Seniors

Mohegan Sun Bus Trips

September 12th

October 10th

November 14th

**Price \$23.00, includes \$15.00 for food, \$15.00 for wheel
Bus leaves Stanley Tools parking lot at 8:00 am returns at 4:30 pm.
Call Elda Spaczynski at 860 229-2502 for reservations**



Movie for September 22nd

On Golden Pond

Starring Kathrine Hepburn, Henry and Jane Fonda

It takes someone else's son to teach him how to be a loving father... and to embrace growing old.

Join us for this 10 Oscar nominated film.

Square Dancing Group

Resumes on Friday, September 8th at 1:30 to 3:00 PM

All are welcome

Join us for some great exercise and fun.



Seniors in Action Meetings

Thursday, September 7th at 9:30 AM

Applications for Solders, Sailor, Marine Fund

Thursday, September 14th at 9:30

Regular Meeting

Bingo

DAILY CALENDAR OF ACTIVITIES

September 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 – Resumes on September `12th
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 Restarts September 6th
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
9:30 am to 11:00 am – Adult Coloring
1:30 pm to 3:00 pm Square Dancing
12:30 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: Save the Date – Flu Shots Tentatively scheduled for October 5th. Please join us for chair yoga. 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: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

Make checks payable to: New Britain Senior Center

Return to: Golden Notes

New Britain Senior Center

55 Pearl Street

New Britain, CT 06051

Annual Mailing Fee: \$6.00

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Labor Day Center Closed	5	6	7 Seniors in Action special meeting 9:30 AM	8	9
10	11	12	13	14 Seniors in Action Regular meeting 9:30 AM	15	16
17	18 Foodshare Program 9:30 AM	19 Book Group 1:00 PM	20	21 Trivia Pursuit 1:00 PM	22 Movie 12:30 PM	23
24	25	26	27	28 AARP Drivers 8:45 am to 12:15 pm	29	30