

Golden Notes

NEW BRITAIN SENIOR CENTER

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NEW WEB ACCESS <http://www.newbritainct.gov> - Go to Documents and click on Senior Center.

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SEPTEMBER 2013



SENIOR CENTER PICNIC

Friday, September 20, 2013

9:30 am to 1:00 pm

Our annual fall picnic will be held on Friday, September 20th from 9:30 am to 1:00 pm here at the Senior Center. The menu will be hot dogs and burgers along with usual picnic sides and dessert. The ticket price for members is \$5.00 and \$10.00 for non members. Tickets can be purchased at the front desk starting on September 4th. Hope to see you on September 20th.



AARP SAFE DRIVERS COURSE

The AARP Safe Drivers Course will be offered on Thursday, September 26, 2013 here at the Senior Center. The class hours will be from 8:45 am to 12:15 pm and interested persons can sign up starting on September 3, 2013. The cost for the course is \$12.00 for AARP members and \$14.00 for non members. Please make checks payable to AARP.

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

Person 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

The New Britain Health Department will be conducting a free skin cancer screening on Friday, September 20, 2013. This screening is available to those persons who HAVE NOT seen a dermatologist in a year. Call for an appointment (860) 826-3553

Currently, we are setting up informational health topic programs for the fall/winter period. If there are any specific topics you are interested in, please let us know and we will see what can be done.

The Nurse from the New Britain Health Department is available on MOST days to meet with members and evaluate/discuss health related issues. Blood pressures and some other screening are available so keep this great resource in mind and stop by and talk to our nurses.

GOLDEN NOTES SUBSCRIPTIONS

NAME _____ DATE _____

STREET _____

ADDRESS _____

CITY _____ STATE, ZIP CODE _____

PHONE # _____

Make checks payable to: NEW BRITAIN SENIOR CENTER

Return to: GOLDEN NOTES

New Britain Senior Center

55 Pearl Street

New Britain, CT 06051

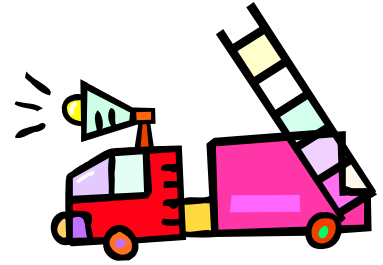
Annual Fee: \$6.00 non refundable

Cash _____ Check _____

New Subscription _____

Renewal _____

EMERGENCY PREPAREDNESS TRAINING



A special training program for persons with functional and access needs will be conducted on September 24, 2013 from 11:00A.M. to 12:30P.M. here at the Senior Center. The purpose of this program is to identify and assist persons with special needs who may need assistance during an emergency such as a hurricane, winter storm or a period of time with extended power loss.

BE AWARE... **Learn about emergencies you should prepare for**

PLAN.. **Make a plan with your family and emergency responders**

PREPARE... **Build a kit for emergencies**

CONNECT WITH COMMUNITY... **Discover resources in your community**

Be sure to invite and bring a family member or caregiver to this very important training. Call the Senior Center (860) 826-3553 to register.

Book Group Meeting

The Senior Center/Public Library Book Group will be meeting on Tuesday, September 17th at 1:00 pm. The Books for this meeting are:

1984 by George Orwell

and

Brave New World by Aldous Huxley

Computer Classes Offered



Fundamentals of Computers

This course is intended for those persons who have little or no computer experience. The class will cover basic computer skills that are necessary in order to advance in skill proficiency. Class meets on Mondays, starting on September 16th at 9:00 am. The class will meet for 4 or 5 weeks and sign up starts on September 3, 2013.

Introduction to Computers

The Introduction to Computers class will cover a variety of useful computer applications including: word processing, simple data base operations and organizing computer files. This class is intended for those persons who have basic computer skills and wish to learn the next level of computer skills. The class will meet on Tuesdays starting on September 17th from 9 to 11:00 am. Sign up starts on September 3, 2013.

Introduction to the Internet

The Introduction to the Internet course will be offered during the month of October. Watch the October Golden Notes Newsletter for sign up information.



Flu Shots

SAVE THE DATE

The New Britain Health Department and the Senior Center will be conducting a flu shot clinic here at the Senior Center on Wednesday, October 2nd between the hours of 9:00 am and 2:00 pm. There is no charge for those persons on Medicare and most insurances cover the cost of the shot so be sure to bring along your Insurance Card. Pre registration forms will be available at the Senior Center after September 15th.

Skin Cancer Screening

The New Britain Health Department will be conducting a free skin cancer screening on Friday, September 20, 2013. This screening is available to those persons who HAVE NOT seen a dermatologist in a year. Call for an appointment (860) 826-3553



Supplemental Nutrition Assistance Program SNAP

Ms Chassidy Gonzales a SNAP Outreach Specialist will be at the Senior Center on Wednesday, September 18th to talk about the Supplemental Nutrition Assistance Program (SNAP). SNAP might be remembered as the old Food Stamp Program which has been renamed. The program will start at 10:00 am and the presentation will cover topics such as; food stamp eligibility, benefits pre-screening and answers to your questions related to SNAP. This is a great opportunity to help persons who may need a little help to buy food each month so plan on attending this informative presentation.

LINE DANCERS WANTED

Love to dance and want to have fun? Then join us on Mondays and Tuesdays starting at 8:45 am and going to 9:15 am for a Beginners Line Dancing program. The Senior Center will be starting up a special beginners line dancing program that will focus on learning basic line dances and starting the day with great activity. The program will start on Monday, September 9th so we hope you will stop by and join in!



MAYORS ICE CREAM SOCIAL

Mayor Timothy O'Brien will be sponsoring an ice cream social on Wednesday September 4th starting at 12:30 pm., right after the noon meal. The Mayor will be at the Senior Center to talk about what's going on throughout the City and to talk to members. Hope you will stop by and enjoy some delicious ice cream.



WELLCARE BINGO

Wellcare Health Plans will be sponsoring a special bingo here at the Senior Center on Tuesday, September 10th starting at 1:00 pm. Stop by and join your friends for an afternoon of fun and games.

Wii Bowling

The Tuesday afternoon Wii bowling group will meet on Tuesday, September 17th at 1:00 pm to start organizing this year's schedule. The group is in need of bowlers so come on down and get involved in a fun activity.

Square Dancing

The New Britain Square Dancing Group will resume meeting starting on Friday, September 6th at 1:30 pm. The group is always looking for new dancers so come on down for some great fun and exercise.



Dream Class Meeting

The monthly meeting of the Dream Class will be on Wednesday, September 18th at 10:00 am.




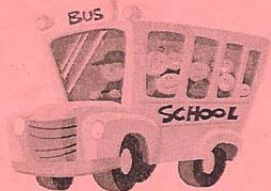
CW Resources Senior Community Café

September, 2013

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day Closed 	3 Veal Stew with Peppers and Onions Buttered Noodles Garden Salad Italian Dressing Pumpernickel Bread Apricots	4 Chicken Patty with Chicken Gravy Herbed Couscous Chuck Wagon Veggies Wheat Bun Fresh Apple	5 Grape Juice Tuna Salad with Celery Potato Salad Spinach Salad 12 Grain Bread Birthday Cake	6 Orange Juice Spaghetti with Meat Sauce Tossed Salad Ranch Dressing Parmesan Cheese Italian Bread Ice Cream Cup
9 Beef Stroganoff Egg Noodles Carrots Rye Bread Fruit Cocktail	10 Cranberry Juice Southern Herb Chicken Quarter Au Jus Mashed Potatoes Spinach Corn Muffin Fresh Apple	11 Chicken Noodle Soup Unsalted Crackers Cheese Lasagna Marinara Sauce Cauliflower Italian Bread Orange	12 Roast Turkey Turkey Gravy Cornbread Stuffing Chuck Wagon Veggies Cranberry Sauce Dinner Roll Sliced Melon	13 Parmesan Crusted Pollack Baked Potato Scandinavian Veggies Sour Cream Tartar Sauce Multi Grain Bread Apricots
16 Apricot Ginger Grilled Chicken Breast Rice Pilaf Peas and Carrots Pumpernickel Bread Peaches	17 Shepard's Pie with Ground Beef, Mashed Potatoes and Corn Green Beans Biscuit Mixed Fruit Cup	18 Sliced Pork Au Jus Sesame Noodles Steamed Broccoli Rye Bread Pineapple Chunks	19 Orange Juice Mild Turkey Chili White Rice Capri Blend Veggies Corn Muffin Oatmeal Cream Pie	20 Senior Center Picnic
23 Pineapple Juice Eye of the Round Beef Gravy Au Gratin Potatoes Buttered Beets White Bread Rice Pudding	24 Lemon Pepper Fish Buttered Noodles Spinach Pumpernickel Bread Fruit Cup	25 Cranberry Juice Broccoli Quiche Stewed Tomatoes Romaine Salad French Dressing Rye Bread Oatmeal Raisin Cookies	26 Apple Juice Pulled Pork Au Jus Boiled Potatoes Braised Cabbage Hamburger Roll Banana	27 Beef Barley Soup Unsalted Crackers Chicken Salad w/ Celery 4 Bean Salad Coleslaw Hot Dog Roll Sherbet
30 Apple Juice Orange Grilled Chicken Breast Au Jus Lemon Parslied Rice Oriental Blend Veggies 100% Whole Wheat Strawberry Roll Up	  			

September 2013

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day Center Closed	3	4 Ice Cream Social 12:30	5	6 Sq. Dancing 1:30 pm	
8	9 Comm. On Aging 1:00 pm	10 Wellcare Bingo 1:00 pm	11 Dream Class 10:00 am	12	13	14
15	16	17 Book Group 1:00 pm	18 SNAP 10:00 am	19	20 Center Picnic	21
22	23	24 Special Needs Training	25	26 AARP Drivers Course	27	28
29	30 Exercise/Dance Computer Class Bingo	Exercise/Dance Computer Class Ceramics Crafts/Wii Bowling	Cards Ceramics Ballroom Dancing Bingo	Crafts Pinocle	Sq Dancing Bingo	