



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

MARCH 2018

HARDWARE CITY TRAVELERS PROGRAM—TRIPS NOW OFFERED!

**The Hardware City Travelers
Program is open to
Senior Center Members.**

**Members may also register
friends and family for the trips!**

The Newport Playhouse

Thursday, April 5, 2018

"Exit Laughing"

Paul Elliott's comedy "Exit Laughing" features three lifelong, bridge-playing friends in the South dealing with a crisis that turns humorously uplifting. They know how to push each others buttons but clearly are the happiest when they are with each other...

Cost: \$92 per person

Depart Time: 8:00am **Return Time:** 7:00pm

Deadline to Register: Monday, March 5, 2018

The Edwards Twins

Monday, May 21, 2018

At The Aqua Turf, Plantsville, CT

The number one impersonation act in the world. Their vocals and looks will amaze you. You will think you are seeing and hearing the real super stars right before your very eyes. **Family Style Menu & Dinner**

Cost: \$78 per person

Drive on your own—Arrive by 11:30am

556 Mulberry St, Plantsville, CT 06479

Deadline to Register: Friday, April 20, 2018

Luncheon Buffet Cruise

Sunday, June 10, 2018

Beauport Princess Cruiselines

Dine & Cruise aboard the Beauport Princess

Sights include: Ten Pound Island Lighthouse, Fisher-man's Statue, Hammond Castle, and more.

Cost: \$97 per person

Depart Time: 7:30am **Return Time:** 8:30pm

Deadline to Register: Thursday, May 10, 2018

For more information on the trips, please call the Senior Center at 860.826.3553

You can register for any trip during our working ours of 8:15a-4:00p, M-F

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Senior Center Information

| | |
|-----------------------------|---|
| Location: | 55 Pearl Street, New Britain, CT 06051 |
| Contact Information: | Phone: 860.826.3553 Fax: 860.826.3557 Website: newbritainct.gov |
| Hours of Operation: | Monday—Friday 8:15am to 4:00pm |
| Membership Info: | Join Mon-Wed-Fri 1:00pm to 3:00pm |
| Membership Cost: | Residents: \$3.00 for lifetime membership! Non-Residents: \$10.00 per year |

PROPERTY TAX RELIEF PROGRAM

The Senior Center is taking applications for the Homeowners and Additional Veterans Property Tax Relief Program. Persons 65 and older in the year discount on their property tax bills. Individuals earning less than \$35,300 and married couples earning less than \$43,000 during 2017 should consider applying for this benefit. These totals include Social Security benefits for last year. All income documents must be presented with each application, including the 2017, SSA1099 from Social Security. Those persons who were enrolled in past years will receive a letter from the City Tax Assessor if they must reapply during 2018. If a married couple wishes to apply for the benefit, it is only necessary for one of the spouses to have been over the age of 65 last year to be eligible for the program.

Call the Senior Center 860.826.3553 to make an appointment or if you have any questions!



Google “New Britain Senior Center” to access our website!



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SENIOR CENTER BREAKFAST BAR

Early riser? Swing by the breakfast bar!
Stop in anytime after 8:15am for a bite.
Read the paper, do a crossword, or just shoot
the breeze.

Come down for the best prices in town!



BREAKFAST BAR INCLUDES:

| | | | |
|---------------|--------|----------------|--------|
| Coffee | \$0.50 | Juice | \$0.50 |
| Tea | \$0.50 | English Muffin | \$0.50 |
| Hot Chocolate | \$0.50 | Bagel | \$0.50 |
| Toast | \$0.50 | | |

LUNCH PROGRAM BY CW RESOURCES

Join us for Lunch! Meals are served from 12:00 to 1:00pm each weekday. Per CW Resources, there is a suggested donation of \$2.50. To reserve a meal, you must register at least one day in advance. The daily lunch menu is located on page 3 of the newsletter.

For New Participants—Call one day in advance to sign up. When you come for lunch, see MARIA in the cafeteria to fill out a registration form. Bon appetit!



**To reserve a lunch please call:
860.826.3553 Mon-Fri between 10 & 12pm**

CW Resources Senior Community Café

2400 North Café 203-332-0104



March Menu 2018

1% or Skim milk provided
Margarine available

| * High Sugar Content | | | | |
|------------------------------|------------------------|------------------------|----------------------|-----------------------|
| **High in Sodium Content | | | | |
| +Higher Fat Content | | | | |
| LS-Low Sodium | | | | |
| MENU ITEMS SUBJECT TO CHANGE | | | SUGGESTED DONATION | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | | 1 | 2 |
| | | | Grape Juice | Com Chowder |
| | | | Roast Turkey | Unsalted Crackers |
| | | | LS Turkey Gravy | Seafood Salad** |
| | | | Mashed Potato | Lettuce and Tomato |
| | | | Green and Gold Beans | Pasta Primavera |
| | | | | |
| | | | 100% W. Wheat Bread | Hot Dog Roll |
| | | | Banana | Apricots |
| 5 | 6 | 7 | 8 | 9 |
| Orange Juice | Pineapple Juice | Ravioli with | Grape Juice | LS Escarole Bean Soup |
| Pulled Pork | Sweet and Sour Grilled | Meat Sauce | Beef Stew | Unsalted Crackers |
| Baked Beans | Chicken Breast Au Jus | Broccoli | Brown Rice | Eggplant Rolatini |
| Coleslaw | Mashed Potato | Garden Salad | Green Beans | Baked Ziti with Sauce |
| | Ginger Baby Carrots | Thousand Island+ | | Italian Blend Veggies |
| | HAPPY BIRTHDAY | | | |
| W.W. Hamburger Roll | 12 Grain Bread | Italian Bread | W.W. Dinner Roll | Garlic Bread |
| | | | | |
| Applesauce | Birthday Cake* | Fresh Pear | Brownie* | Tropical Fruit Cup |
| 12 | St. Patrick's Day 13 | 14 | 15 | 16 |
| Sloppy Joe | Cranberry Juice | Grape Juice | Apple Juice | Baked Fish |
| Sweet Potato Tots | Comed Beef Au Jus** | Turkey Noodle | Garlic Baked Chicken | with Lemon Dill Sauce |
| Spinach | Cabbage | Casserole | with Spinach and | Harvest Orzo |
| | Boiled Potatoes | Peas and Red Pepper | Parmesan Cheese** | Hot Buttered Beets |
| | Carrots | | Cheesy Mushroom Rice | |
| | Mustard | | Geneva Blend Veggies | |
| Hamburger Bun | Rye Bread | Com Muffin | 100% W.W. Bread | MultiGrain Bread |
| Pineapple Chunks | St Pat's Dessert | Apricots | Pudding Cup | Fresh Orange |
| 19 | 20 | 21 | 22 | 23 |
| Balsamic Roasted | Orange Juice | Apple Juice | LS Chicken Vegetable | Crab Cakes with |
| Pork Loin | Cheeseburger | Bruschetta Chicken | Unsalted Crackers | White Sauce |
| Egg Noodles | Steak Fries | Mashed Potatoes | Lasagna Rolette | Rice Pilaf |
| Zucchini | Com with Peppers | Spinach | Meat Sauce | Broccoli |
| | Lettuce | | Garden Salad | |
| | Tomato Slices | | Italian Dressing | |
| 12 Grain Bread | Hamburger Bun | Pumpnickel Bread | Garlic Bread | Rye Bread |
| | | | | |
| Cinnamon Applesauce | Oatmeal Cookies* | Pears | Fresh Apple | Citrus Sections |
| 26 | Easter Special 27 | 28 | 29 | 30 |
| Chicken Pot Pie with | Apple Juice | Cranberry Juice | Roast Beef | Good Friday |
| Carrots, Celery | LS Sliced Ham with | Turkey Loaf | LS Beef Gravy | Closed |
| Diced Potatoes | Orange Cranberry Sauce | LS Turkey Gravy | Baked Potato | |
| Chopped Spinach | Loaded Potatoes | Rice | Broccoli and Carrots | |
| | Peas and Pearl Onions | Green Beans | | |
| | | | | |
| Biscuit | Rudi Roll | Dinner Roll | Oatmeal Bread | |
| | Easter Poke Cake with | | | |
| Tropical Fruit Cup | Whipped Topping | Chocolate Chip Cookies | Banana | |

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LUNCH CARVING STATION

Compliments of CW Resources.

Carving station and menu includes:

Eye of the Round Beef, Gravy, Scallop Potatoes, Mix Vegetables, Dinner Roll & Pound Cake w/ Strawberries and Whipped Topping—

Wednesday, March 7 @ 12:00pm call 826-3553

***Must call ahead one day to reserve your meal!**



SENIOR CENTER GREEN HOUSE

The glass is in, and construction is almost completed!

Looking for Volunteers

If you have a green thumb and would like to be involved in future planning please call the Senior Center and ask for Rex!



SENIOR TRIAD PANCAKE BREAKFAST

Please join us for our Triad Pancake Breakfast fundraiser! All proceeds go towards the Senior Prom in April! Tickets can be purchased at front desk.

Sunday, March 18, 2018

8:00am to 11:00am

Tickets \$6 in advance, \$7 at door

Menu: pancakes, eggs, bacon, sausage hash browns, orange juice & coffee

****SAVE THE DATE****

SENIOR PROM—THURSDAY, APRIL 19th

Pancake
Breakfast



FAMILY FEUD presented by Autumn Lake

Autumn Lake Family Feud! Join us for some Family Feud after lunch on Tuesday, March 20th. Autumn Lake will be sponsoring the activity.

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FITNESS & DANCE PROGRAMS



Line Dancing for Beginners—Massachusetts Room

Mondays and Tuesdays, 8:45-9:15am

Advanced Line Dancing—Massachusetts Room

Mondays, 10:00-11:00am & Tuesdays 10:30-11:15am

Square Dancing—Massachusetts Room

Fridays, 1:30-3:00pm

Ballroom Dancing with Live Music—Cafeteria

Wednesdays, 1:00-3:00pm



Chair Yoga—Massachusetts Room

Wednesdays, 9:30-10:30am

Sponsored by
Health Department

Zumba Gold—Massachusetts Room

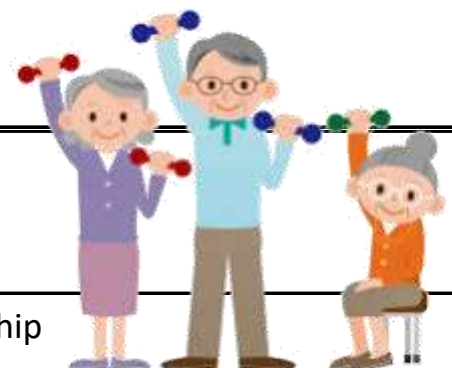
Thursdays, 9:30-10:30am

Sponsored by
Health Department



Fitness with Chris—Massachusetts Room

Mondays and Tuesdays, 9:15-10:00am



****NEW** Hot Steppers Walking Group**

Thursdays, 9:00-9:30am

All Programs are free with membership
For more info call 860.826.3553

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SOCIAL PROGRAMS

Seniors in Action Meeting—Vermont Room

Thursday, March 1 @ 9:30am

TV Show, Grace & Frankie to follow



Bingo—Cafeteria

Mondays, 12:45—3:00pm

Open Exercise Room—Elliptical & Treadmill Machines

Monday—Friday, 8:15—4:00pm

Adult Coloring—Art Room

Wednesdays & Fridays, 9:30—11:00am

Craft Group—Craft Room

Tuesdays and Thursdays, 9:15—11:30am & 1:00—3:30pm

Pinochle Group

Wednesdays, 9:30—11:30am & Thursdays, 12:30—3:30pm

Puzzles and More Puzzles—Library

Any time Monday– Friday, 8:15—4:00pm

WILD TURKEY WII BOWLING IS BACK! - Every Tuesday

Tuesdays, Beginning March 20th at 12:30

ALL ARE WELCOME, NO EXPERIENCE REQUIRED!



All Programs are free with membership
For more info call 860.826.3553



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BOOK & MOVIE CLUB



**Monthly Discussion Group
w/ NBPL Director, Pat Rutkowski
1:00pm—Senior Center Library**

Tuesday, March 20

Hidden Figures:

The American Dream and the Untold
Story of the Black Women Mathemati-
cians who Helped Win the Space Race
by Margot Lee Shetterly

Tuesday, April 17

The Likeness

By Tana French

**Monthly Movie—Our Souls at Night
w/ Popcorn Refreshments
12:30pm—Vermont Room**

Addie Moore and Louis Waters, a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom.



NEW—EXOTIC FRUIT DEMO AND TASTING—FREE PROGRAM

Tuesday, March 27—12:30pm

Maybe you've heard of turmeric and all of its amazing health benefits, but have you ever tried it? What about cactus pear or passion fruit? Come join Marisa the dietitian from the Shop Rites of Southington and Wallingford as she presents an exotic fruit demo with fun facts and tastings included. Come try something you haven't tried before!



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DIAL-A-RIDE SERVICE

Need a ride? We'll pick you up! At least a two day notice is required for rides to the Senior Center, medical appointments, shopping and other destinations at any time within the month. Call 860.826.3555 for an appointment. There is a suggested donation of \$1.50 each way.



AARP SAFE DRIVERS TRAINING

Thursday, March 22—8:45am to 12:15pm

Cost: \$15.00 (AARP Members) | \$20.00 Non-Members

To register, bring a check to the Senior Center made out to AARP and submit to the front desk. Pre-Registration is required to attend.

If you complete the class you may be eligible to save 5% on your auto insurance policy!



Driver Safety

NEWS FROM THE NURSES OFFICE



Hi everyone! My name is Heidi Smith and I am the new nurse at the New Britain Health Department! I graduated last year from nursing school in New Jersey. I was born and raised in Manchester, CT. In my spare time, I enjoy playing sports, reading, and spending time with family and friends.

We will now be holding regular office hours at the Senior Center from 8:15am-12pm. We can answer any questions you may have, perform routine blood pressure and glucose monitoring, among other services. Please stop in for a visit or just to say hi! I look forward to meeting everyone!

*****SAVE THE DATE, WEDNESDAY, APRIL 11, 9am-12pm—HEALTH FAIR*****

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Free Tax Assistance thru AARP Tax Aide

Every Tuesday and Friday, February 2 through April 17

AARP Tax-Aide, a free program, provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 50 and older. It's free, it's easy. Here's all you need to do:

If married, both taxpayer and spouse must be present. Both signatures are required as well as photo identification.

Taxes are completed in one session, so taxpayers must bring with them all documentation necessary to complete their return:

Complete copy of last year's 2017 tax return.

Regardless of where it was prepared.

Social Security or Individual Taxpayer ID numbers for all household members

A personal check showing bank account and routing numbers (if direct deposit/withdrawal is requested).

All documents that relate to deductible expenses.

All 2017 income tax forms that have been received. This includes but may not be limited to:

- * SSA-1099, Social Security Benefit Statement
 - * 1099-R forms for pension, IRA and annuity
 - * 1099 forms, (1099-INT, 1099-DIV, 1099-B, 1099-MISC)
 - * W-2, Wage and Tax Statement forms
- * W-2G, Certain Gambling Winner forms

Documentation showing original cost of assets sold during 2017

Health Insurance: Individuals should bring in health insurance coverage information for themselves and dependents. Also, anyone who purchased Health Insurance through the Health Exchange must bring in form 1095-A and income information for dependents with a filing requirement. Anyone receiving form 1095-B or 1095-C should bring that in as well.

To schedule an appointment with a certified Tax-Aide counselor or to obtain information,

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| | Time | | | Activity |
|------------------|----------|----|----------|-------------------------------|
| MONDAY | 8:15 AM | to | 11:10 AM | Snack Bar Open |
| | 8:45 AM | to | 9:15 AM | Line Dancing for Beginners |
| | 9:00 AM | to | 11:30 AM | Exercise and Ping Pong |
| | 9:15 AM | to | 11:30 AM | Art Class Open |
| | 9:15 AM | to | 10:00 AM | Fitness w/ Chris |
| | 10:00 AM | to | 11:00 AM | Advanced Line Dancing |
| | 12:45 AM | to | 3:00 PM | Bingo |
| TUESDAY | 8:15 AM | to | 11:10 AM | Snack Bar Open |
| | 8:45 AM | to | 9:15 AM | Line Dancing for Beginners |
| | 9:00 AM | to | 11:30 AM | Exercise and Ping Pong |
| | 9:15 AM | to | 10:00 AM | Fitness w/ Chris |
| | 9:15 AM | to | 11:30 AM | Craft Group Meets |
| | 10:30 AM | to | 11:15 AM | Advanced Line Dancing |
| | 12:30 PM | to | 2:30 PM | Wii Bowling |
| | 1:00 PM | | 3:30 PM | Craft Group Meets |
| WEDNESDAY | 8:15 AM | to | 11:10 AM | Snack Bar Open |
| | 9:00 AM | to | 11:30 AM | Exercise and Ping Pong |
| | 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 Class |
| | 9:30 AM | to | 11:00 AM | Adult Coloring |
| | 1:00 PM | to | 3:00 PM | Ballroom Dancing |
| THURSDAY | 8:15 AM | to | 11:10 AM | Snack Bar Open |
| | 9:00 AM | to | 11:30 AM | Exercise and Ping Pong |
| | 9:30 AM | to | 10:30 AM | Zumba |
| | 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 | 11:10 AM | Snack Bar Open |
| | 9:00 AM | to | 11:30 AM | Exercise and Ping Pong |
| | 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 | to | 3:00 PM | Monthly Movie (Fourth Friday) |

NEW BRITAIN
SENIOR CENTER
55 PEARL STREET
NEW BRITAIN, CT 06051

GOLD NOTES SUBSCRIPTIONS

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Make checks payable to the New Britain Senior Center

Return to:

**Golden Notes
New Britain Senior Center
55 Pearl Street
New Britain, CT 06051**

Annual Mailing Fee: \$6.00

