



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## *Golden Notes Newsletter*

### ***JANUARY 2019—HAPPY NEW YEAR!***

#### **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!**

**Trip to Brand New MGM Springfield Casino  
Saturday, February 23, 2019**

Spend the morning at the brand new MGM Springfield Casino. Experience the new casino—Everyone receives a complimentary \$10 bet.

Also enjoy a 1:30pm comedy play called “Boeing, Boeing” at the Majestic Theater.

**Deadline to Register:** Friday, January 25, 2019  
**Cost:** \$49—Depart 7:45am—Return 5:30pm

**Westchester Broadway Theater—Newsies  
Friday, March 29, 2019**

Westchester Dinner Theatre located in Elmsford, NY is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, you'll select from an excellent menu and enjoy a pre-show lunch.

**Deadline to Register:** Friday, February 22, 2019  
**Cost:** \$105

**Newport Playhouse & Cabaret Restaurant  
Clothes Encounters**

**Monday, April 8, 2019**

Enjoy a great buffet with a wide variety of entrees, salads, veggies, desserts, fruits and veggies. After dining, take your reserved seats in the theater.

**Deadline to Register:** Friday, March 8, 2019  
**Cost:** \$98—Depart 8:00am—Return 6:30pm

For more information on the trips, please call the Senior Center at 860.826.5291  
You can register for any trip during our working hours of 8:15a-4:00p, M-F

# Golden Notes Newsletter

## Senior Center Information

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

## SPECIAL EVENT—MAGIC SHOW with Mr. Magic!

Friday, January 18th from 12:00pm to 3:00pm

Join us for a pizza lunch and magic show by Mr. Magic.

Another great event sponsored by Autumn Lake. Join us!

Free for Members | \$5.00 for Non-Members

Please register at the Senior Center Front Desk



# Golden Notes Newsletter

## 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	Water	\$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**



# JANUARY, 2019

1% or Skim milk provided  
Margarine available  
\*High Salt  
+High Sugar  
++High Fat

## MENU ITEMS SUBJECT TO CHANGE

## SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>CLOSED</b> 1	2	3	4
		Chicken Bruschetta Brown Rice Geneva Blend Veggies	Pineapple Juice Eggplant Rolatini Ziti with Sauce Garden Salad Italian Dressing*	Vegetable Soup Unsalted Crackers White Fish Stew Harvest Rice Chuck Wagon Veggies
		100% W.W. Bread	Garlic Bread* <b>Happy Birthday</b>	Pumpemickel Bread
		Peaches	Pudding	Birthday Cake
7	8	9	10	11
Shepherds Pie with Ground Beef, Mashed Potatoes, and Com	Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Com	Cream of Broccoli Soup Unsalted Crackers Pier 17 Fish with Dill Sauce	Grape Juice Roast Beef Beef Gravy Oven Roasted Potatoes	Apple Juice BBQ Pork Chop Stuffing Carrots
Mixed Vegetable	<b>Fajita Day</b>	Buttered, Parslied Noodle: Broccoli	Spinach	
Dinner Roll	Tortilla	Rye Bread	12 Grain Bread	Oatmeal Bread
Peach Cup	Apple	Banana	Lemon Pudding	Ice Cream Cup
14	15	16	17	18
Sweet and Sour Meatballs Sesame Noodles Oriental Blend Vegetables	Pineapple Juice Roast Pork with Apples and Sauerkraut Harvest Rice Beets	Orange Juice Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing	Pea Soup Unsalted Crackers Crabcake Steak Fries Cole Slaw Tartar Sauce	Cranberry Juice Chicken Cacciatore Brown Rice Italian Blend Vegetables
100% Whole Wheat	Rye Bread	Garlic Bread	Hamburger Bun	Italian Bread
Peaches	Peanut Butter Cookies	Pears	Fresh Orange	Pudding
21	<b>MLK Special Lunch</b> 22	23	24	25
	Cranberry Juice Chicken Jambalaya Wild Rice Spinach with Sauteed Onions	Italian Wedding Soup Unsalted Crackers Lazy Man's Stuffed Peppers W/Brown Rice Broccoli	Meatloaf Onion Gravy Buttered Noodles Peas & Carrots	Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing
	Com Muffing	Wheat Bread	Rye Bread	Biscuit
	Banana Parfait	Peaches	Pineapple Chunks	Oatmeal Raisin Cookies
28	29	30	31	
Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli	Buttemut Squash Soup Unsalted Crackers Philly Cheesesteak Onions and Peppers Tater Tots	Apple Juice LS Roast Pork Sweet Potatoes Creamy Spinach	Cranberry Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread	
Oatmeal Bread	Sub Roll	100% Whole Wheat Oatmeal Raisin Crème Pie	Fruit Cup	
Tapioca Pudding	Fresh Orange			



# Golden Notes Newsletter

## LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)

Tuesday, January 15, 2019

Roast Pork, Scalloped Potatoes, Spinach, Dinner Roll, Layer Cake and Apple Juice

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

**Call 860.826.3553 to reserve!**



## LUNCH AND LIVE MUSIC

LIVE MUSIC AND LUNCH

w/ Jason La Pierre, CCSU Jazz Musician!

Tuesday, January 8, 2019

Lunch for the day is, Chicken Fajita w/ Peppers and Onions, Rice w/ Black Beans

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

**Call 860.826.3553 to reserve!**



music live  
@lunch

## SENIOR CENTER GREEN HOUSE

The Greenhouse needs you! The Senior Center needs participants for the Garden Club at its state-of-the-art greenhouse. Beginning in February, the greenhouse will prepare and plant in preparation for a Flower Sale right before Mother's Day. We need interested people to help put it all together. No experience required! Master Gardner, Joey Listro will lead the charge!

Call Rex at 860.826.5291 if you are interested!



# Golden Notes Newsletter

## 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

### Tai Chi—Cafeteria

Tuesdays, 1:30-2:30pm

### 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

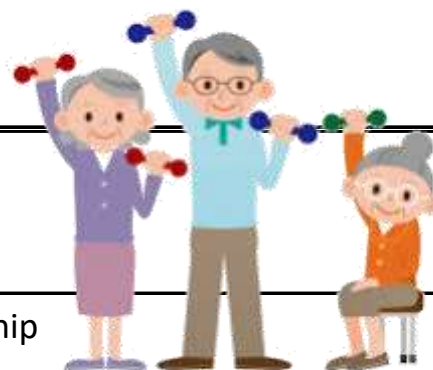


### Fitness with Chris—Massachusetts Room

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

### Hot Steppers Walking Group

Thursdays, 9:00-9:30am



All Programs are free with membership  
For more info call 860.826.3553

# Golden Notes Newsletter

## SOCIAL PROGRAMS

### Seniors in Action Meeting—Vermont Room

Thursday, January 10, 2019—9:30am

Movie after



### 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, 12:30pm in the Vermont Room



All Programs are free with membership  
For more info call 860.826.3553



# Golden Notes Newsletter

## STANLEY BLACK & DECKER SENIOR TRAVEL

Persons retiring or retired from Stanley, including members of their families, are eligible to join the Stanley Seniors Organization. Meet weekly on Wednesday's at 400 Myrtle St., New Britain, CT. Yearly dues are very reasonable. Mohegan Sun casino trips every month. Contact Pres. Elda Spaczynski at 860.229.2502 for more details.

## AARP SAFE DRIVERS TRAINING

Thursday, January 24—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.



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## Driver Safety



# Golden Notes Newsletter

## BOOK & MOVIE CLUB

### MONTHLY MOVIE

Larry Crowne (2011) - Friday, January 25, 2019

w/ Popcorn Refreshments—12:30pm—Vermont Room

After losing his job, a middle-aged man reinvents himself by going back to college. With Tom Hanks and Julia Roberts.

### MONTHLY BOOK CLUB

The Tipping Point: How Little Things Can Make a Big Difference by Malcom Gladwell

Tuesday, January 15th—1:00pm—Library

February's Book—The Gilded Years: A Novel by Karin Tanabe

## REBUILDING TOGETHER NEW BRITAIN

### Attention New Britain Homeowners: Need a Helping Hand?

Do you have home repairs, maintenance, or yard work that you could use help with?

Rebuilding Together New Britain is accepting applications through March

for our next event!

Contact Rebuilding Together New Britain at 860.832.4389

and see if you qualify for no cost home repairs!



## VOLUNTEER OPPORTUNITY

### Greeter for AARP Tax Aide Program

Responsibilities include making sure people have appointments and necessary paperwork. No tax training or experience needed.

Hours are part-time Tuesday mornings and Fridays 9 to 4.

February thru April 15,

If you're interested contact:

Rex Cone, Sr. Center Director, 860-826-3553 or

Wendy Kingsbury, Tax-Aide, 860-828-3656

# Golden Notes Newsletter

## 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.



## NEWS FROM THE NURSES OFFICE—FLU CLINIC

### HEALTH SERVICES OFFERED, FREE FOR MEMBERS!

Nurses from the New Britain Health Department

SENIOR CENTER HOURS: Monday - Thursday from 9:00am to 12:00pm

Residents can come for the following:

- Height & Weight
- Community Referrals
- Flu Vaccines (By Appointment Only)
- Review Medications
- Nutritional Counseling
- Blood Sugar

Appointments can be made by calling the Senior Center at (860) 826-3553 and ask to speak with one of the nurses. If you have any questions or concerns, please call Heidi at the Health Department at (860) 826-3462.

## MONTHLY MANICURES

Schedule your appointment for a **FREE** manicure on  
Wednesday, January 23rd—call front desk  
Call for an appointment at 860.826.3553—Manicures will  
be given between 10am and noon!



# Golden Notes Newsletter

	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 Equipment Available to Use
	9:15 AM	to	11:30 AM	Open Art Room (On your Own)
	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 Equipment Available to Use
	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 Equipment Available to Use
	9:30 AM	to	11:30 AM	Pinochle Club
	9:15 AM	to	11:30 AM	
	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 Equipment Available to Use
	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 Equipment Available to Use
	9:15 AM	to	11:30 AM	
	9:30 AM	to	11:00 AM	Adult Coloring
	12:30 PM	to	3:00 PM	Monthly Movie (Third Friday)

## JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		SENIOR CENTER CLOSED HAPPY NEW YEAR	Chair Yoga - 9:30am Ballroom Dance - 1:30pm	Walking Group - 9:00am Zumba - 9:30am		
6	7	8	9	10	11	12
	Fit w/ Chris - 9:15am Line Dance - 10:00am Commission on Aging - 1pm Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Lunch with Live Music! Wii Bowling - 12:30pm Tai Chi - 1:30pm	Chair Yoga - 9:30am Ballroom Dance - 1:30pm	Walking Group - 9:00am Zumba - 9:30am		
13	14	15	16	17	18	19
	Fit w/ Chris - 9:15am Line Dance - 10:00am Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Book Club - 1:00pm Wii Bowling - 12:30pm Tai Chi - 1:30pm	Chair Yoga - 9:30am Ballroom Dance - 1:30pm	Walking Group - 9:00am Zumba - 9:30am	LUNCH & MAGIC SHOW 12:00pm to 3:00pm sponsored by Autumn Lake Free for members \$5.00 for non-members	
20	21	22	23	24	25	26
	SENIOR CENTER CLOSED Martin Luther King Day	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Tai Chi - 1:30pm	Chair Yoga - 9:30am Ballroom Dance - 1:30pm	AARP Drivers Class - 8:45a Walking Group - 9:00am Zumba - 9:30am Manicures - 10:00am Rapid Recovery - 10am	Friday Free Movie Larry Crowne 12:30pm	
27	28	29	30	31		
	Fit w/ Chris - 9:15am Line Dance - 10:00am Bingo - 12:45pm		Chair Yoga - 9:30am Ballroom Dance - 1:30pm	Walking Group - 9:00am Zumba - 9:30am		

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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!**

## 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