



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## Golden Notes Newsletter

### FEBRUARY 2019

**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 ours 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: <a href="http://newbritainct.gov">newbritainct.gov</a>
<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—Valentine's Day Dance

Wednesday, February 13th from 12:00pm to 3:00pm

Lunch from 12:00 to 12:30—Live Music and Raffle to Follow

Another great event sponsored by Autumn Lake. Join us!

Free for Members | \$5.00 for Non-Members

Tickets and Registration available at Front Desk. Limit 110 people!



# 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.



**Meet  
for  
Breakfast**

**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**



# CW Resources Senior Community Café



1% or Skim milk provided  
Margarine available

## February, 2019

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Shepherds Pie Mixed Vegetables	Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn <b>Fajita Day</b>	Cream of Broccoli Soup Unsalted Crackers Salmon Boat with Dill Sauce Buttered, Parslied Noodle Broccoli	Grape Juice Roast Beef Beef Gravy Oven Roasted Potatoes Spinach	Vegetable Soup Unsalted Crackers White Fish Stew Harvest Rice Chuck Wagon Veggies Pumpemickel Bread Birthday Cake
Dinner Roll	Tortilla	Rye Bread	12 Grain Bread	Oatmeal Bread
Peaches	Apple	Banana	Lemon Pudding	Ice Cream Cup
11	12	13	14	15
Sweet & Sour Meatballs Sesame Noodles Oriental Blend Veggies	<b>Senior Center Closed</b>	Orange Juice Spaghetti with Meat Sauce Parnesan Cheese Romaine Salad Ranch Dressing	<b>Valentine's Special</b> Chicken Cordon Bleu Sweet Potatoes Buttered Peas 	<b>Special Dessert</b> Cranberry Juice Chicken Cacciatore Brown Rice Italian Blend Vegetables
100% Whole Wheat		Garlic Bread	Dinner Roll	 Italian Bread
Peaches		Pears	Valentine Treat	Apple Pie
18	19	20	21	22
	<b>Carving Station</b> Grape Juice Roast Turkey Breast Turkey Gravy Mashed Potatoes Stuffing Peas & Carrots Cranberry Sauce Apple Pie	Italian Wedding Soup Unsalted Crackers Chicken Bruschetta Brown Rice Geneva Blend Veggies  100% W.W. Bread  Peaches	Meatloaf Onion Gravy Buttered Noodles Broccoli  Rye Bread  Pineapple Chunks	Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing*  Biscuit  Oatmeal Raisin Cookies
25	26	27	28	
Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli  Oatmeal Bread  Tapioca Pudding	Buttemut Squash Soup Unsalted Crackers Philly Cheesesteak Onions and Peppers Tater Tots  Sub Roll  Fresh Orange	Apple Juice Roast Pork LS Pork Gravy Sweet Potatoes Creamy Spinach  100% Whole Wheat Oatmeal Raisin Crème Pie	Grape Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread  Fruit Cup	

# Golden Notes Newsletter

## LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)

Tuesday, February 19, 2019

Roast Turkey Breast, Turkey Gravy, Stuffing  
Mashed Potatoes, Peas & Carrots and Apple Pie!

**\*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!

EVERY TUESDAY! Just Delightful!

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

**Call 860.826.3553 to reserve!**



music live  
@lunch

## SENIOR CENTER GREEN HOUSE

Greenhouse Club Meeting and Orientation

**Friday, February 15th at 11:00am in Vermont Room**

**Coffee Provided. Info on the growing season and  
class times. Tentative begin date February 25th.**

**Call 860.826.5291 for more information!**



# 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

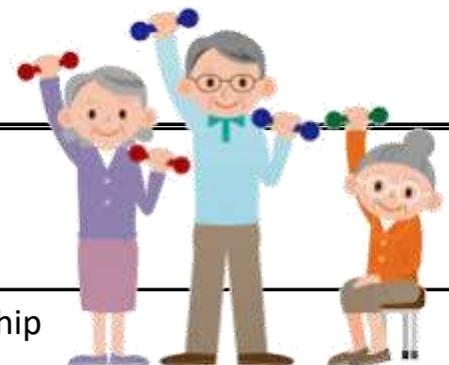


### Fitness with Chris—Massachusetts Room

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, February 7, 2019—9:30am

Bingo and Refreshments



**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—OFF UNTIL MARCH**

Every Tuesday, 12:30pm in the Vermont Room



All Programs are free with membership  
For more info call 860.826.3553

# Golden Notes Newsletter

## BOOK & MOVIE CLUB

### MONTHLY MOVIE

42 (2013) - Friday, February 22, 2019

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

In 1946, Branch Rickey (Harrison Ford), legendary manager of the Brooklyn Dodgers, defies major league baseball's notorious color barrier by signing Jackie Robinson (Chadwick Boseman) to the team. The heroic act puts both Rickey and Robinson in the firing line of the public, the press and other players. Facing open racism from all sides, Robinson demonstrates true courage and admirable restraint by not reacting in kind and lets his undeniable talent silence the critics for him.

### MONTHLY BOOK CLUB

The Gilded Years: A Novel by Karin Tanabe

Tuesday, February 19th—1:00pm—Library

March's Book—Invisible Man by Ralph Ellison

## 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!



## BIRTHDAY CELEBRATION DAY! Sponsored by Anthem

Sign up for lunch and celebrate a month's worth of Birthdays!

A new monthly celebration will take place after lunch once a month.

**Join us for lunch and cake Thursday, February 21st to Celebrate!**

**Sponsored by Anthem... Cake and Song for all who were born in the**

**Month of February!**

# 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

**\*\*The Health Dept. is in the process of hiring a new nurse. Until that time there will be limited hours at the senior center.\*\***

### HEALTH SERVICES OFFERED, FREE FOR MEMBERS!

Nurses from the New Britain Health Department

SENIOR CENTER DATES:

**Wednesday, Feb. 6 & Tuesday, Feb. 19 | Nurse available from 8:30 to 12:00pm**

Residents can come for the following:

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

## MONTHLY MANICURES

**Schedule your appointment for a FREE manicure on Monday, February 11—call front desk  
Call for an appointment at 860.826.3553—Manicures will be given between 10am and noon!**



# **Free Tax Assistance thru AARP Tax Aide**

**Every Tuesday and Friday, February 2 through April 16**

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 2018 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 2018

**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, call the New Britain Senior Center at (860)826-3553.**

# Golden Notes Newsletter

	Time			Activity
<b>MONDAY</b>	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
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	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
<b>FRIDAY</b>	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)

# February 2019 - New Britain Senior Center Calendar - Come on Down!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Coloring Group - 9:30am	2 Groundhog Day We want an early spring!
3	4 Fit w/ Chris - 9:15am Line Dance - 10:00am <b>Commission Mtg - 1:00pm</b> Bingo - 12:45pm	5 Fit w/ Chris - 9:15am Line Dance - 10:00am Taxes (by appointment) Tai Chi - 1:30pm	6 Chair Yoga - 9:30am Ballroom Dance - 1:30pm Coloring Group - 9:30am <b>NURSE AVAILABLE 8:30am to 12:00pm</b>	7 Walking Group - 9:00am Zumba - 9:30am <b>Seniors In Action Meeting 9:30am</b>	8 Taxes (by appointment) Coloring Group - 9:30am	9
10	11 Fit w/ Chris - 9:15am Line Dance - 10:00am <b>Manicures - 9:30am</b> Bingo - 12:45pm	12 <i>Lincoln's Birthday</i> <i>Closed</i>	13 Chair Yoga - 9:30am Ballroom Dance - 1:30pm Coloring Group - 9:30am <b>Valentine's Day Dance 12:00-3:00pm</b>	14 <b>VALENTINE'S DAY</b> Walking Group - 9:00am Zumba - 9:30am	15 <b>Greenhouse Club Meeting/ Orientation 11:00am</b> Taxes (by appointment) Coloring Group - 9:30am	16
17	18 <i>Washington's Birthday</i> <i>Closed</i>	19 <b>Lunch Carving Station</b> Fit w/ Chris - 9:15am Line Dance - 10:00am Book Club - 1:00pm Tai Chi - 1:30pm Taxes (by appointment)	20 Chair Yoga - 9:30am Coloring Group - 9:30am	21 Walking Group - 9:00am Zumba - 9:30am <b>BIRTHDAY PARTY AFTER LUNCH!</b>	22 Taxes (by appointment) Coloring Group - 9:30am Monthly Movie (42) 12:30pm	23 MGM TRIP DEPART AT 8:30am
24	25 Fit w/ Chris - 9:15am Line Dance - 10:00am Bingo - 12:45pm	26 <b>Heart Healthy Lecture 9:30</b> Fit w/ Chris - 9:15am Line Dance - 10:00am Tai Chi - 1:30pm Taxes (by appointment)	27 Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:30pm	28 Walking Group - 9:00am Zumba - 9:30am		

# 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.

## PROPERTY TAX RELIEF

The Senior Center is taking applications for the Homeowners and Additional Veterans Property Tax Relief Programs. Persons 65 and older in 2018, or those persons receiving Social Security Disability Benefits, may be eligible for a discount on their property tax bills. Individuals earning less than \$36,000 and married couples earning less than \$43,900 during 2018 should consider applying for this benefit. These totals include Social Security benefits for last year. All income documents must be presented at the time of application, such as a 2018 Income Tax Return. Those persons, who were enrolled in past years will receive a letter from the City Tax Assessor if they must reapply during 2019. 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 to be eligible for the program.

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

## 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