



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

MARCH 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!**

**Rhode Island Chicken Dinner and Casino Trip
Wright's Farm—Blackstone Valley, RI
Friday, May 17, 2019**

The Ocean State is known for seafood, but also happens to be chicken-dinner country. One of the biggest restaurants on earth, Wright's Farm serves this chicken dinner, all-you-can-eat.

Afterwards, a trip to Twin River Casino that has over 4,000 slot machines and live table games!

Deadline to Register: Wednesday, April 17, 2019

Cost: \$65—Depart 9:00am—Return 7:30pm

**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

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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

NEW CLASSES! ART CLASS, FITNESS CLASS, WATER CLASSES

START YOUR SPRING OFF RIGHT WITH SOME NEW OFFERINGS!!!

ART CLASS WITH DAWN LOMBARDI—MONDAYS at 10:00am

BEGINS ON MONDAY, MARCH 24th!!!

This general art class is for any level. The instructor will teach the basics of painting and drawing. Free for all members.

STRETCH AND FLEX CLASS WITH BOB SMILNAK—THURSDAYS at 1:00pm

BEGINS ON THURSDAY MARCH 21st!!!

Senior Stretch and Flex is a group exercise class designed to help with flexibility, balance, and muscular endurance.

A new partnership with the YMCA now allows all senior center members the ability to partake in **Water Aerobics at the YMCA**—Classes are Monday—Friday from 8am to 9am

Senior Center Members can also participate in Aqua Zumba from 9:00-9:45am on Thursdays

THESE CLASSES ARE FREE WITH SENIOR CENTER MEMBERSHIP AND TAKE PLACE AT YMCA

For more info call 860.826.5291

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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.



**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**

**High in Sodium Content
+Higher Fat Content
LS-Low Sodium



March Menu 2019

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Corn Chowder Unsalted Crackers Seafood Salad** Lettuce and Tomato Pasta Primavera
				Hot Dog Roll
				Banana
4	5	6	7	8
Orange Juice Pulled Pork Baked Beans Coleslaw	Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Mashed Potato Ginger Baby Carrots	Stuffed Shells Alfredo Broccoli Garden Salad Thousand Island+	Grape Juice Beef Stew Brown Rice Green Beans	LS Escarole Bean Soup Unsalted Crackers Eggplant Rolatini Baked Ziti with Sauce Italian Blend Veggies
W.W. Hamburger Roll	HAPPY BIRTHDAY 12 Grain Bread	Italian Bread	W.W. Dinner Roll	Garlic Bread
Applesauce	Birthday Cake*	Pears	Tropical Fruit Cup	Brownie
11	12	13	14	15
Sloppy Joe Mashed Potato Beets	Grape Juice Stuffed Shells Meat Sauce Romaine Salad Ranch Dressing	Hearty Vegetable Soup Unsalted Crackers Cracked Pepper Turkey Swiss Cheese Macaroni Salad	Cranberry Juice Comed Beef Cabbage Boiled Potatoes Carrots Mustard	Baked Fish with Potato Hash Hot Buttered Peas
Hamburger Bun	Garlic Bread	Hard Roll Peach Cobbler with Topping	 Rye Bread	Multigrain Bread
Pineapple Chunks	Fresh Apple		St. Patty's Day Treat	Fresh Orange
18	19	20	21	22
Hot Dog with Sauerkraut Baked Beans Broccoli	Apple Juice Bruschetta Chicken Mashed Potatoes Spinach	Orange Juice Cheeseburger Lettuce and Tomato Steak Fries Com with Peppers	LS Chicken Vegetable Unsalted Crackers Lasagna Rolette Meat Sauce Garden Salad Italian Dressing Garlic Bread	Crab Cakes with White Sauce Rice Pilaf Broccoli
Hot Dog Roll	Pumpemickel Bread	Hamburger Bun		Rye Bread
Cinnamon Applesauce	Pears	Oatmeal Cookies	Fresh Apple	Citrus Sections
25	26	27	28	29
Chicken Pot Pie with Carrots, Celery Diced Potatoes Chopped Spinach	Knockwurst Apples and Sauerkraut Pierogies Broccoli	Cranberry Juice Turkey Tetrazinni Brown Rice Green Beans	Meatloaf LS Beef Gray Baked Potato Broccoli and Carrots	Butter Crunch Fish Fried Rice Stir Fry Vegetables
Biscuit	Hot Dog Bun	Dinner Roll	Oatmeal Bread	Multigrain Bread
Tropical Fruit Cup	Pears	Chocolate Chip Cookies	Banana	Pineapple Chunks

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LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)

Wednesday, March 27, 2019

Eye of the Round Beef, Gravy, Scallop Potatoes,
Mixed Veggies, Dinner Roll,

Pound Cake w/ Whip Topping & Strawberries

***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—Enjoy the music!

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

Call 860.826.3553 to reserve!



music live
@lunch

SENIOR CENTER GREEN HOUSE

The Greenhouse Club is underway! Seniors broke soil and have planted a variety of flowers, herbs and vegetables. They meet Mondays at 1:00pm, Wednesdays at 9:00am and Fridays at 1:00pm. If you are interested in volunteering, show up at the greenhouse on those days, we would be happy to have you! No experience required.



Save the date for the first annual Mother's Day Flower Sale

Saturday, May 11th—More Details to Come!

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UPCOMING PROGRAMS AND EVENTS—EXCITING TIMES :)

Computer Assistance—Mondays and Tuesdays from 1:00—2:30pm

Have questions about your computer, phone or tablet? CCSU Intern Jess Tessman is here to help. Drop in the Computer Lab during these hours for assistance!
(NO CLASS MARCH 11th or 12th)

New Card Making Class—In Craft Room—Thursday, March 14th at 10:00am

Need a card for a special someone, birthday, holiday or just because?
Join us in the craft room for a card making workshop!

Belgium Waffle Making Workshop—Cafe—Tuesday, March 19th at 9:30am

A follow up on the popular Heart Healthy Seminar, Newington Rapid Recovery Rehab Center will teach seniors how to make delicious Belgium Waffles!

March into Motion Workshop—Thursday, March 21st at 10:00am

Presented by Grandview Rehab—Join us for a free workshop!
The workshop will talk about simple, healthy ways to get you up and active!

Triad Grand Breakfast—Sunday, March 24th from 8:00-11:00am

This breakfast is a fundraiser for the senior prom—Tickets available at front desk
\$7.00 before | \$8.00 at the door—great food, entertainment and raffle!

Wound Care Lecture with Dr. Babigian—Friday, March 29th at 11:00am

We are pleased to have podiatrist Dr. Anthony Babigian join us for an informative session on wound care. He is proud to be part of Starling Physicians and provides comprehensive and quality care for all foot care needs.

Senior Prom—Thursday, April 11th at New Britain High School

Save the date! The popular Senior Prom is almost here! Under the Sea theme
More details to come—tickets will be available at front desk soon

Spring Fling with Autumn Lake—Friday, May 3rd at 12:00pm

Join us for a great show with entertainer Leigh Henry. Lunch and Raffle will also be provided. \$5.00 for non-members | Free for members!

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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

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

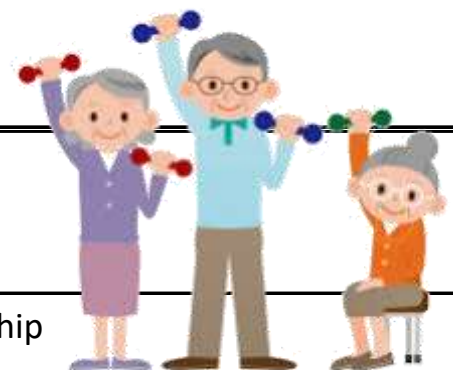
Sponsored by

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

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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—Begins on Tuesday, March 19th

Every Tuesday, 12:30pm in the Vermont Room



All Programs are free with membership
For more info call 860.826.3553

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BOOK & MOVIE CLUB

MONTHLY MOVIE

Trouble with the Curve (2012) - Friday, March 22, 2019

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

With Clint Eastwood, Amy Adams, John Goodman, Justin Timberlake. A daughter tries to remedy her dysfunctional relationship with her ailing father, a decorated baseball scout by helping him in a recruiting trip which could be his last.

MONTHLY BOOK CLUB

The Invisible Man by Ralph Ellison

Tuesday, March 19th—1:00pm—Library

April's Book—Everything I Never Told You: A Novel by Celeste Ng

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!



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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.



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.****

Senior Center Health Fair—Thursday, April 24th

The New Britain Health Department is revving up for the yearly senior health fair. The event will take place April 24th, 2019 from 9am – 12pm. We are looking to have many vendors from the community come to share information about health care and services available in the area. Screenings will be provided by the health department and other organizations to include blood pressure checks, cholesterol screenings, blood glucose checks, and balance screenings to name a few. There will be lots of giveaways and specialties there so please join us.



MONTHLY MANICURES—Sponsored by Newington Rapid Recovery

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



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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 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)

March 2019 - New Britain Senior Center Calendar - Spring is Coming!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Taxes (by appointment) Coloring Group - 9:30am Greenhouse Club - 1:00pm	2
3	4 Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm	5 Fit w/ Chris - 9:15am Line Dance - 10:00am Taxes (by appointment) Tai Chi - 1:30pm	6 Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	7 Walking Group - 9:00am Zumba - 9:30am Seniors In Action Meeting 9:30am	8 Taxes (by appointment) Coloring Group - 9:30am Greenhouse Club - 1:00pm	9
10 DAYLIGHT SAVINGS SPRING AHEAD!	11 Manicures - 10:00am Fit w/ Chris - 9:15am Line Dance - 10:00am NO COMPUTER CLASS Bingo - 12:45pm Greenhouse Club - 1:00pm	12 Fit w/ Chris - 9:15am Line Dance - 10:00am NO COMPUTER CLASS Taxes (by appointment) Tai Chi - 1:30pm	13 Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	14 Walking Group - 9:00am Zumba - 9:30am Card Making - Craft Room 9:30am	15 Taxes (by appointment) Coloring Group - 9:30am Greenhouse Club - 1:00pm	16
17 HAPPY ST. PATRICK'S DAY!	18 Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm	19 Waffle Making - 9:30a Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Computer Help - 1:00pm Book Club - 1:00pm Tai Chi - 1:30pm	20 Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm CW Resources Mtg - 1:45p	21 Walking Group - 9:00am Zumba - 9:30am March into Motion Workshop - 10:00am New Fitness Class Stretch & Flex - 1:00pm	22 Taxes (by appointment) Coloring Group - 9:30am Greenhouse Club - 1:00pm Monthly Movie - 12:30pm Trouble w/ the Curve	23
24 TRIAD Grand Breakfast Fundraiser for Senior Prom 8:00 - 11:00am Tickets available \$7 before \$8 at door	25 New Art Class - 10:00a Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm	26 Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Taxes (by appointment) Tai Chi - 1:30pm	27 Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	28 Walking Group - 9:00am Zumba - 9:30am Driver Training - 8:45am Stretch & Flex - 1:00pm	29 Taxes (by appointment) Coloring Group - 9:30am Greenhouse Club - 1:00pm Wound Care Workshop 11:00am	30

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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, March 28th—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!**

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