



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## *Golden Notes Newsletter*

### **MAY 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!**

#### **Connecticut Lighthouse Cruise**

**Thursday, July 18, 2019**

Aboard a comfortable, climate-controlled, high-speed vessel! Several Lighthouses can be seen along with upscale mansions that line the shore.

Lunch at the Steak Loft in Olde Mistick Village.

Menu: Salad Bar, choice of chicken teriyaki, crab cakes or baby back ribs, baked stuffed potato.

**Deadline to Register:** Friday, June 14, 2019

**Cost:** \$100pp—PU 9:00am RETURN 6:15pm

#### **Newport Flower Show—Rosecliff Mansion**

**Friday, June 21, 2019**

Come to the 24th Newport Flower Show. Begin by touring the first floor of the mansion filled with floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore a wonder Shopper's Marketplace with incredible views.

**Deadline to Register:** Friday, May 17, 2019

**Cost:** \$69pp

#### **Lake George Luncheon Cruise**

**Wednesday, August 28, 2019**

**More Details to Come!**

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   Age 60+
<b>Membership Cost:</b>	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**—New Art Opening Mondays in May

10:00am—11:00am

Paul Gobell—Open to all skill/ experience levels and styles.

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

*There's been a great turn out so far, keep on coming!*

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

# 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**



# CW Resources Senior Community Café

## May, 2019



1% or Skim milk provided  
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION \$2.50		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 LS Hearty Vegetable Soup Unsalted Crackers Hot Dogs Baked Beans Cole Slaw	2 Orange Juice Open Faced Turkey Sandwich with Turkey Gravy Mashed Potatoes Peas and Carrots	3 American Chop Suey with Elbow Macaroni, Beef, Onions, and Tomato Sauce Peas
		Hot Dog Roll	Oatmeal Bread	12 Grain Bread
		Tropical Fruit Cup	Birthday Cake	Citrus Sections
6 Orange Juice Ziti with Meatballs Marinara Sauce Parmesan Cheese Italian Blend Veggies	7 Cranberry Juice BBQ Ranch Chicken Confetti Rice Cauliflower	8 Fish Fillet Potato Wedges Cole Slaw Tartar Sauce	9 Pork Loin with Pan Gravy Brown Rice Peas and Onions	<b>Mother's Day Special</b> 10 Italian Wedding Soup Unsalted Crackers Broccoli and Cheese Quiche Potato Pancakes Vegetable Medley Dinner Roll
Garlic Bread	Italian Bread	W.W. Hamburger Bun	Rye Bread	
Pudding	Cinnamon Applesauce	Mixed Fruit Cup	Fresh Tangerine	Lemon Merengue Pie
13 Veal Parmesan Linguini and Sauce Winter Blend Vegetables	14 Pineapple Juice Meatloaf with Onion Gravy Mashed Potatoes Buttered Beets	15 Pork Riblette Au Gratin Potatoes Green Beans	16 Cranberry Juice Turkey Tetrazzini over Brown Rice Peas and Carrots	17 Grilled Chicken with Garlic Parmesan Sauce Penne Florentine Mixed Vegetables
Oatmeal Bread	100% Whole Wheat	Pumpemickel Bread	Dinner Roll	Italian Bread
Fresh Apple	Cookies	Cantaloupe	Pecan Spinwheel	Peaches
20 Glazed Pork Chop Scalloped Potatoes Italian Green Beans	21 Spaghetti with Meat Sauce Italian Blend Vegetables Romaine Salad Italian Dressing	22 Apple Juice Chicken Fajita Onions and Peppers Mexican Rice Soupy Beans	23 Pineapple Orange Juice All Beef Hot Dog Onions, Ketchup, Mustard Potato Egg Salad Corn on the Cob <b>Memorial Day Special Lunch</b> Long Dog Roll	24 LS Cream of Mushroom Unsalted Crackers Pier 17 Fish Tartar Sauce Rice Pilaf Capri Blend Veggies
12 Grain Bread	Garlic Bread	Tortilla		Rye Bread
Fresh Peach	Citrus Sections	Brownie	Watermelon	Tropical Fruit Cup
27 <b>Memorial Day Closed</b> 	28 Orange Juice Bruschetta Chicken Linguini Italian Blend Vegetables	29 Hamburger Lettuce and Tomato Steak Fries Green Beans	30 Cranberry Juice Crab Cakes Macaroni and Cheese Peas and Carrots	31 Tomato Florentine Soup Unsalted Crackers Egg Salad with Celery Potato Salad Broccoli and Red Pepper Salad Pumpemickel Bread
	Garlic Bread	Hamburger Roll	W.W. Dinner Roll	
	Cookies	Peaches	Ice Cream Sandwich	Fresh Pear



# Golden Notes Newsletter

## LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)

**Tuesday, May 28, 2019**

Roasted Turkey, Turkey Gravy, Stuffing, Mashed Potatoes, Peas & Carrots, Cranberry Sauce 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—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!**

# Golden Notes Newsletter

## 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!  
Jess's Last Day is on Monday, May 13th! Wish her luck!

### **Creative Writing Sharing—FIRST THURSDAY OF EVERY MONTH**

Take this opportunity to share your personal poems, letters, etc. and/ or listen to others. A wonderful way to share your past. Led by Nancy Castaneda

### **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!

### **New Card Making Class—In Craft Room—Thursday, May 9th 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!

### **FREE PANCAKE BREAKFAST!—Friday, May 10th at 8:00am to 10:00am**

In celebration of Older American's Month—come for a free pancake breakfast.  
Register at front desk so we know how much to order!

### **Lecture/ Presentation—Thursday, May 16th at 10:30am**

Presented by Grandview Rehab—Join us for a free workshop!  
The workshop will talk about health! More details to come—Class starts after Zumba!

### **Industrial Museum Presentation—Friday, May 17th at 1:00pm**

Join Sophie from the Industrial Museum for a presentation on the evolution of the toaster.  
Antique toasters and Industrial Museum pieces will be shown. An excellent way to learn about the household staple, known as the toaster!

### **New Britain Bees Field Trip—Wednesday, May 29th at 10:00am—FREE**

The first 19 people can go on a free New Britain Bees game at New Britain Stadium! These skybox tickets are a can't miss! Bus departs at 10:00am. The game starts at 10:35am. Sign up with Rex at 860.826.5291

# 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

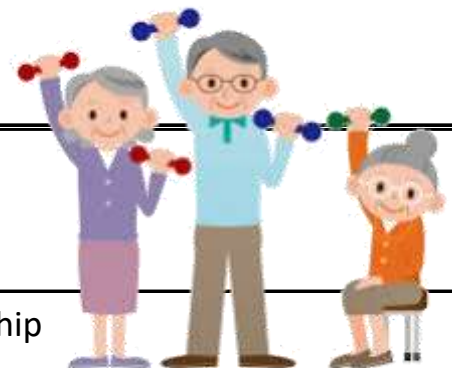


### Fitness with Chris—Massachusetts Room

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, May 2, 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—Tuesdays**

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

Monster—In—Law—Friday, May 24, 2019

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

*The love life of Charlotte is reduced to an endless string of disastrous blind dates, until she meets the perfect man, Kevin. Unfortunately, his merciless mother will do anything to destroy their relationship.*

PG-13 1H 41M

### MONTHLY BOOK CLUB

May's Book—Wrestling with Moses by Anthony Flint

Tuesday, May 21st—1:00pm—Library

June's Book—Lilac Girls by Martha Hall Kelly

## 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!



## BAKING CLASS—NEW

Do you like to bake or would you like to learn how? Join us every Tuesday at 12:30 in the kitchen to bake! A different product each week!

Free to participate. Instructed by a baking specialist!

Every Tuesday at 12:30pm in the Kitchen

# 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

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

## MONTHLY MANICURES—Sponsored by Newington Rapid Recovery

Schedule your appointment for a FREE manicure on  
Monday, May 20th—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)

# May 2019 - New Britain Senior Center Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2	3	4
			Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Seniors In Action Meeting - 9:30am Stretch & Flex - 1:00pm	Coloring Group - 9:30am Greenhouse Club - 1:00pm Lunch and Live Music by Autumn Lake - 12:30pm to 2:30pm	
5	6	7	8	9	10	11
CINCO DE MAYO	Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm Commission on Aging - 1:30pm Art Class with Paul Gebell - 2:00pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Will Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Card Making - Craft Room - 9:30am Stretch & Flex - 1:00pm	Coloring Group - 9:30am Greenhouse Club - 1:00pm Pancake Breakfast - 9:00am to 10:00am	FIRST ANNUAL FLOWER SALE - 10am to 2pm
12	13	14	15	16	17	18
MOTHERS DAY	Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm Art Class with Paul Gebell - 2:00pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Will Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm SENIOR LECTURE SERIES - 9:00am	Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Grandview Presentation - 10:30am (After Zumba) Stretch & Flex - 1:00pm	Coloring Group - 9:30am Greenhouse Club - 1:00pm Industrial Mission Class - Evolution of Taster - 1:00pm	
19	20	21	22	23	24	25
	Fit w/ Chris - 9:15am Line Dance - 10:00am Bingo - 12:45pm Greenhouse Club - 1:00pm MiniGolf - 10:00am Art Class with Paul Gebell - 2:00pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Will Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Grandview Presentation - 10:30am Stretch & Flex - 1:00pm	MOVIE - 12:45pm Coloring Group - 9:30am Greenhouse Club - 1:00pm Video Presentation - SPECIAL BMGG - 1:00pm	
26	27	28	29	30		
	Fit w/ Chris - 9:15am Line Dance - 10:00am Bingo - 12:45pm Greenhouse Club - 1:00pm Art Class with Paul Gebell - 2:00pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Will Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm New Britain Bers Game - 3:00pm Departure			



# 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, May 23—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

