



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## Golden Notes Newsletter

### JUNE 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!**

#### **Lake George Luncheon Cruise Wednesday, August 28, 2019**

Enjoy a 2 hour Luncheon Cruise aboard the Luc du Saint Sacrement, the largest cruise ship on Lake George. The Captain will share information on the lake's geology, ecology, environment and history. While cruising, we'll have a lunch buffet in the elegant dining room.

**Deadline to Register:** Friday, July 26, 2019

**Cost:** \$97pp—PU 7:30am RETURN 7:15pm

#### **Covered Bridges of New Hampshire Wednesday, September 18, 2019**

Lunch at the Fitzwilliam Inn in Fitzwilliam, NH. The inn has been an anchor in the community for 200 years. Choice of Chicken Piccata or Maple Salmon.

Covered Bridges are practically a trademark of New England. Grab your camera and come explore several of them on the Guided Tour of

Southern New Hampshire!

**Deadline to Register:** Friday, August 16, 2019

**Cost:** \$99pp—PU 8:00am RETURN 7:30pm

#### **The River Rose Cruise Friday, October 3, 2019**

The River Rose is an authentic New Orleans paddle wheeler that departs from Newburgh, NY. A 2 hour narrated tour of historically significant sites such as Bannerman's Island and Storm King Mountain. Prior to the cruise, lunch will be at The River Grill. It features delicious food and magnificent water views.

**Deadline to Register:** Friday, September 6, 2019

**Cost:** \$97pp—PU 8:45am 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: 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

## LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)

**Tuesday, June 25, 2019**

Pot Roast, Beef Gravy, Roasted Red Potatoes, String Beans, Dinner Roll and Strawberry Shortcake

**\*Must call ahead one day to reserve your meal!  
Call 860.826.3553 to reserve!**



## 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 for our next event!

Contact Rebuilding Together New Britain at 860.832.4389

and see if you qualify for no cost home repairs!



# 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**



# June 2019



**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3

4

5

6

7

Orange Juice  
Ziti with Meatballs  
Marinara Sauce  
Parmesan Cheese  
Italian Blend Veggies

Cranberry Juice  
BBQ Chicken Ranch  
Confetti Rice  
Cauliflower

Fish Fillet  
Potato Wedges  
Cole Slaw  
Tartar Sauce

Pork Loin with  
Pan Gravy  
Brown Rice  
Peas and Onions

Grape Juice  
Roast Beef  
Mushroom Gravy  
Mashed Potatoes  
Green Beans

Garlic Bread

Italian Bread

W.W. Hamburger Bun

Rye Bread

Dinner Roll

Pudding

Cinnamon Applesauce

Mixed Fruit Cup

Fresh Tangerine

Pudding

10

11

12

13

**Father's Day Special 14**

Veal Pamesan  
Linguini and Sauce  
Winter Blend Vegetables

Pineapple Juice  
Meatloaf with  
Onion Gravy  
Mashed Potatoes  
Buttered Beets

Pork Riblette  
Au Gratin Potatoes  
Green Beans

Cranberry Juice  
Turkey Tetrizzini over  
Brown Rice  
Peas & Carrots

Orange Juice  
Broccoli and Cheese  
Stuffed Chicken Breast  
Orzo with Pepper  
Broccoli



Oatmeal Bread

100% Whole Wheat

Pumpemickel Bread

Dinner Roll

12 Grain Bread

Fresh Apple

Cookies

Canteloupe

Pecan Spinwheel

Strawberry Sundae

17

18

19

20

21

Glazed Pork Chop  
Scalloped Potatoes  
Italian Green Beans

Spaghetti with  
Meat Sauce  
Italian Blend Vegetables  
Romaine Salad  
Italian Dressing

Apple Juice  
Chicken Fajita  
Onions and Peppers  
Mexican Rice  
Soupy Beans

Cranberry Juice  
Philly Cheese Steak  
Onions and Peppers  
Tater Tots  
Coleslaw

LS Cream of Mushroom  
Unsalted Crackers  
Pier 17 Fish  
Tartar Sauce  
Rice Pilaf  
Capri Blend Veggies  
Rye Bread

12 Grain Bread

Garlic Bread

Tortilla

Sub Roll

Fresh Peach

Citrus Sections

Brownie

Applesauce

Tropical Fruit Cup

24

25

26

27

28

Turkey Kielbasa  
Pierogies  
Red Cabbage

Orange Juice  
Bruschetta Chicken  
Linguini  
Italian Blend Vegetables

Hamburger  
Lettuce and Tomato  
Steak Fries  
Green Beans

Cranberry Juice  
Crab Cakes  
Macaroni and Cheese  
Peas and Carrots

LS Tomato Florentine  
Unsalted Crackers  
Egg Salad with Celery  
Potato Salad  
Broccoli and  
Red Pepper Salad  
Pumpemickel Bread

Rye Bread

Garlic Bread

Hamburger Roll

W.W. Dinner Roll

Applesauce

Cookies

Peaches

Ice Cream Sandwich

Fresh Pear

# Golden Notes Newsletter

## UPCOMING PROGRAMS AND EVENTS—EXCITING TIMES :)

### **Computer Assistance—Wednesdays and Thursdays (see below)**

Have questions about your computer, phone or tablet? New Senior Volunteer Earl Owens is here to help! Drop in the Computer Lab during these hours for assistance!

From 10:00 to 12:00pm Earl is available on...

Wed. June 5th & Thurs. June 6th | Wed. June 12th & Thurs. June 13th | Wed. June 25th & Thurs. June 26th

### **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

### **Red, White and Boom! with Autumn Lake—Wednesday, July 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! Tickets at Front Desk

### **Lecture/ Presentation—Thursday, June 20th 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!

### **TRIAD SENIOR LECTURE SERIES—Tuesday, June 11th at 9:00am**

*“Keeping Your Meds Straight” - Managing Your Medications*

The importance of medication management cannot be overstated, especially when taking them simultaneously to treat different conditions and symptoms. Why not ensure you are taking your meds at the right time and the proper dosage? A Procure pharmacy representative will provide helpful tips on keeping your meds straight and answer any questions with your meds. He will also touch on opioids and the potential hazards.

### **Monthly Movie—Bedtime Stories—Friday, June 28 at 12:30pm**

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 1H 41M—w/ Popcorn Refreshments

### **Monthly Book Club—Tuesday, June 18 at 1:00pm**

June's Book—Lilac Girls by Martha Hall Kelly in the Library

*\*no book club in July & August\**

# Golden Notes Newsletter

## UPCOMING PROGRAMS AND EVENTS—CONTINUED

**Monday Morning Art with Paul Gobell—Every Monday at 10:00am in Craft Room**

Open to all skill/ experience levels and styles. Drop In!

**Stretch and Flex Class—Every Thursday at 1:00pm in Massachusetts Room**

Sponsored by the YMCA, Drop in!

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

**Seniors In Action—Thursday, June 6 in Vermont Room**

Join seniors in socializing, refreshments and a movie! No meetings in July or August

Next meeting is on Thursday, September 5, 2019

**Paint Day by Cassena Care! - Friday, June 7th in Cafeteria—12:45pm**

Back by popular demand—A guided paint day will allow you to take home a painting you'll be proud of! 20 slots available, sign up at the front desk

**Baking Class—Every Tuesday, 12:30pm in the Kitchen**

Work with an expert baker and learn and bake a variety of wonderful dishes!

# 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

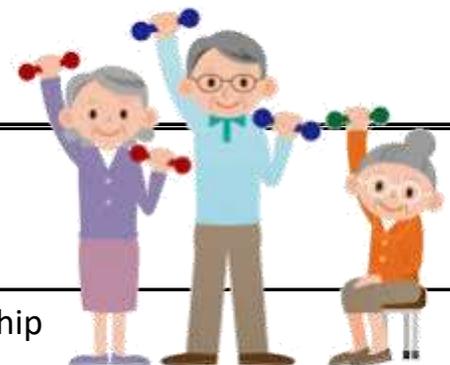
Sponsored by

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, June 6, 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

## 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

### 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
- Review Medications
- Community Referrals
- Nutritional Counseling
- Flu Vaccines (By Appointment Only)
- Blood Glucose

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 Michelle Beharry at the Health Department at (860) 826-3462

## MONTHLY MANICURES—Sponsored by Newington Rapid Recovery

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



# 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)

# JUNE 2019 - New Britain Senior Center Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Fit w/ Chris - 9:15am Line Dance - 10:00am  Bingo - 12:45pm  Commission on Aging - 1:00pm Art Class with Paul Gobbell - 10:00am	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm Computer Help - 10:00am	Walking Group - 9:00am Zumba - 9:30am Seniors in Action - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm Computer Help - 10:00am Creative Writing - 1:00pm	Coloring Group - 9:30am Greenhouse Club - 1:00pm Paint Day - Cassena Care 12:45am	
9	10	11	12	13	14	15
	Fit w/ Chris - 9:15am Line Dance - 10:00am  Bingo - 12:45pm Greenhouse Club - 1:00pm Art Class with Paul Gobbell - 10:00am Manicures - 10:00am	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm SENIOR LECTURE SERIES 9:00am	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm Computer Help - 10:00am	Walking Group - 9:00am Zumba - 9:30am  Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm Computer Help - 10:00am	Coloring Group - 9:30am Greenhouse Club - 1:00pm	
16	17	18	19	20	21	22
	Fit w/ Chris - 9:15am Line Dance - 10:00am  Bingo - 12:45pm  Art Class with Paul Gobbell - 10:00am	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm Monthly Book Club - 1:00pm	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) Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm	Monthly Movie - 12:45pm Bedtime Stories  Coloring Group - 9:30am Greenhouse Club - 1:00pm Trip to Flower Show	
23	24	25	26	27	28	29
	Fit w/ Chris - 9:15am Line Dance - 10:00am  Bingo - 12:45pm  Art Class with Paul Gobbell - 10:00am	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm LUNCH CARVING STATION	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm Computer Help - 10:00am	Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Computer Help - 10:00am Stretch & Flex - 1:00pm	Coloring Group - 9:30am Greenhouse Club - 1:00pm	

# 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

No Class in June



## 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

