



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## *Golden Notes Newsletter*

### **JULY 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 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

## LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)  
TO BE DETERMINED

**\*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.



**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

Baldwin Café 203-377-4991

1% or Skim milk provided  
Margarine available

## July Menu 2019



**SUGGESTED DONATION \$2.50**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Orange Juice Roast Turkey with Turkey Gravy Stuffing Spinach Cranberry Sauce Dinner Roll  Fresh Plum	Apple Juice Cheeseburger Lettuce and Tomato LS Baked Beans Corn on the Cob Ketchup Hamburger Roll  Italian Ice	Grape Juice Crab Cakes Cream Sauce French Fries Broccoli <b>Happy Birthday</b> Oatmeal Bread  Birthday Cake	<b>Happy Fourth of July!</b> 	Minestrone Soup Unsalted Crackers Chef Salad with LS Ham, LS Turkey, Cheese, Egg, Tomato, Cucumbers and Olives Ranch Dressing Bakery Roll Fresh Orange
8	9	10	11	12
Chicken Salad with Celery Pasta Salad with Broccoli, Red Peppers, White Beans, Black Olives and Carrots Assorted Rolls  Pineapple Chunks	Grape Juice Eggplant Rotatini Marinara Sauce Ziti Green Beans  12 Grain Bread  Brownie	Asian Chicken Salad with Chicken Strips, Mandarin Oranges, Sesame Seeds and Cucumbers  Breadstick  Grapes	Salisbury Steak LS Gravy Mashed Potato Carrots  Rye Bread  Fruit Cocktail	Pea Soup Unsalted Crackers Crabmeat Salad Sandwich Cucumber Onion Dill Salad Hot Dog Roll  Fresh Apple
15	16	17	18	19
Grape Juice Pier 17 Fish Mashed Potato Scandinavian Veggies Tartar Sauce  12 Grain Bread  Chocolate Chip Cookies	Stuffed Shells Meat Sauce Garden Salad Ranch Dressing  Garlic Bread  Pineapple Chunks	N.E. Clam Chowder Unsalted Crackers Egg Salad, Cottage Cheese, 4 Bean Salad Lettuce Bed  Corn Muffin  Peaches	Grape Juice Grilled Orange Chicken Orange Sauce Sesame Noodles Winter Blend Veggies  100% Whole Wheat Bread  Tropical Fruit Cup	Orange Juice Slow Cooked Pork with Pan Gravy Roasted Herb Potatoes Squash Medley  Dinner Roll  Watermelon
22	23	24	25	26
Eye of the Round Horseradish Sauce Mashed Potato Beets  12 Grain Bread  Pineapple Chunks	Apple Juice Pork Riblet BBQ Sauce Corn with Black Beans Cole Slaw  Corn Muffin Vanilla Ice Cream Social	Baked Fish Tartar Sauce Buttered Rice with Peas and Mushrooms Stewed Tomatoes  Rye Bread  Banana	Cranberry Juice Philly Cheese Steak Onions and Peppers Tri-Color Pasta Salad Carrot Slaw  Hoagie  Peaches	Macaroni, Tuna and Pea Salad Broccoli and Red Pepper Salad  100% W.W. Dinner Roll  Fresh Fruit Salad
29	30	31		
Potato Leek Soup Unsalted Crackers LS Italian Sausage (mild) Onions and Peppers Pasta Spinach Salad  Hoagie  Fruit Cocktail	Cranberry Juice Meatloaf with Onion Gravy Mashed Potato Peas and Carrots  Multi Grain Bread  Fresh Pear	Spaghetti and Turkey Meatballs Parmesan Cheese Broccoli  Italian Bread  Peaches		



# 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...

### **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, July 18th 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, July 9th at 9:00am**

*"Be Aware" Consumer Fraud and Defense*

Presented by Captain Benjamin Murphy and Sergeant Art Powers from the NBPD.

Learn how to defend yourself against fraud and other potential threats. Captain Benjamin Murphy and Sergeant Art Powers from the New Britain Police Department will show you how with helpful awareness tips. Come join us and learn about the trending scams, their emotional and monetary effects on consumers and what to do if you are a victim.

**Sponsored by: Duksa Family Funeral Homes of Newington & New Britain**

### **Monthly Movie—Starsky and Hutch—Friday, July 19 at 12:30pm**

High-strung workaholic David Starsky (Ben Stiller) and laidback ladies' man Ken "Hutch" Hutchinson (Owen Wilson) are detectives who patrol the crime-ridden streets of Bay City, CA.—w/ Popcorn Refreshments

### **AARP Driver Safety Course—Thursday, July 25—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!

# 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.

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

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

**Tai Chi Class—Every Tuesday, 12:30pm in the Massachusetts Room**

Tai Chi will resume on July 9th at 1:30pm and will take place every Tuesday. Please provide a warm welcome to our new instructor, Owen Benefield. He was highly recommended by other senior centers in the area!

**Care One Security Fall Prevention Seminar—Tuesday, July 16th—10:00am—Vermont Room**

Care One Security is coming in to discuss home safety and fall prevention in and around the house. They have an informative presentation, some fun raffle prizes and useful items to give away.

**The New Britain Public Health Nursing Department Nutrition workshop,  
“Enjoy Healthy Food Choices That Taste Great”**

**Thursday, July 11th from 10:30am-11:30am in the Vermont Room.**

It will include information on healthy food choices, how to use the My Plate guide to make healthy food choices, reading nutrition labels and how to lower salt and sugar intake. This will be an interactive and hands on workshop. We will have a raffle and refreshments. We look forward to seeing you at the event!

Please contact the nursing staff if you have any questions or contact Michelle Beharry, RN  
860-826-3462

**Free Evening Field Trip—Monday, July 15th—Summer Concert Series at Walnut Hill Park**

**Depart Senior Center at 6:00pm and see a great show!**

Trip comes with a free hotdog, chips and water—the band is *Simply Swing*

***MUST REGISTER WITH REX, FIRST 15 TO SIGN UP***

# 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

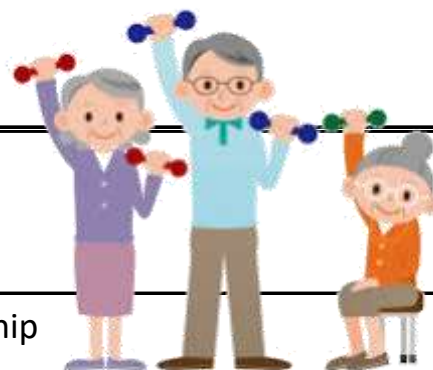


### Fitness with Chris—Massachusetts Room

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 (OFF TILL SEPTEMBER)

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, July 15th—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)

# JULY 2019 - New Britain Senior Center Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gohell - 10:00am Bingo - 12:45pm	2 Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm	3 Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	4 4th of July Senior Center Closed	5 Coloring Group - 9:30am Greenhouse Club - 1:00pm	6
7	8 Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gohell - 10:00am Bingo - 12:45pm	9 Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	10 Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	11 Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm NUTRITION WORKSHOP 10:30am (After Zumba)	12 Coloring Group - 9:30am Greenhouse Club - 1:00pm	13
14	15 Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gohell - 10:00am Bingo - 12:45pm CONCERT FIELD TRIP 6:00pm	16 Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	17 Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	18 Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm Grandview Presentation 10:30am (After Zumba)	19 Coloring Group - 9:30am Greenhouse Club - 1:00pm MONTHLY MOVIE STAIRSKY & HUTCH 12:30	20
21	22 Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gohell - 10:00am Bingo - 12:45pm	23 Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	24 Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	25 Walking Group - 9:00am Zumba - 9:30am AARP DRIVER TRAINING 8:45am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm	26 Coloring Group - 9:30am Greenhouse Club - 1:00pm	27
28	29 Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gohell - 10:00am Bingo - 12:45pm	30 Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	31 Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm			



# Golden Notes Newsletter

## NEW LOGO

THE SENIOR CENTER HAS  
A NEW LOGO! STAY  
TUNED FOR NEW T-  
SHIRTS FOR SALE!

ALL PROCEEDS WILL GO  
TOWARDS SENIOR  
CENTER PROGRAMS



## 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



