

NEW BRITAIN SENIOR CENTER

55 Pearl St. New Britain, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

AUGUST 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!

MORE INFORMATION REGARDING
NOVEMBER AND DECEMBER TO COME!

CRANBERRY BOG TOUR—November 6th

STUDENT PRINCE RESTAURANT/
MGM CASINO/ Bright Nights @ Forest Park
December 8th

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

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 | Age 60+

Membership Cost: Residents: \$3.00 for lifetime membership!

Non-Residents: \$10.00 per year

LUNCH CARVING STATION

DELICIOUS MEAL COMING!:)

Wednesday, August 7, 2019

Ham, Cherry Pineapple Sauce, Mashed Potatoes, Peas, Dinner Roll & Chocolate Cream Pie

*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!



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





August Menu 2019

1% or Skim milk provided Margarine available

MENU ITEMS SUBJECT TO CHANGE SUGGESTED DONATION \$2.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
		Chicken Scampi	Grape Juice	Minostrone Soup
		Linguini	Crab Cakes	Unsalted Crackers
1	100 00 00 00 00 00 00 00 00 00 00 00 00	Broccoli with	Cream Sauce	Chef Salad with
	100 M & 100 M	1		
I STORY		Red Pepper	French Fries	LS Ham, LS Turkey,
111 10 20 20 20 20 20 20 20 20 20 20 20 20 20			Broccoll	Cheese, Egg, Tomato,
	1 N/C 1 2022 1-7		Hoppy Birthday	Cucumbers and Olives
	1. 11 John 2 J		""" "	Ranch Dressing
E2 12000 F		12 Grain Bread	Oatmeal Bread	Par Bake Roll
1		Citrus Sections	Birthday Cake	Fresh Orange
5	6	7	8	
Chicken Salad	Grape Juice	Asian Chicken Salad	Salisbury Steak	Pea Soup
with Celery	Eggplant Rolatini	with Chicken Strips,		Unsalted Crackers
•			LS Gravy	•
Pasta Salad with	Marinara Sauce	Mandarin Oranges,	Mashed Potato	Crabmeat Salad
Broccoll, Red Peppers,	Ziti	Sesame Seeds and	Carrols	Sandwich
White Beans, Black	Green Beans	Cucumbers	/>	Cucumber Onion
Olives and Carrots			br. LI	Dill Sələd
1		•	-γ; Σ Χ	
Assorted Rolls	12 Grain Bread	Breadstick	Rye Bread	Hot Dog Roll
			1	
Pineapple Chunks	Brownie	Grapes	Fruit Cocktail	Fresh Orange
12	13	14	15	
Grape Juice	Stuffed Shells	N.E.Clam Chowder	Grape Juice	Orange Juice
Pior 17 Fish	Meat Sauce	Unsalted Crackers	Grilled Orange Chicken	Slow Cooked Pork
Mashed Potato	Garden Salad	Egg Salad, Cottage	Orange Sauce	with Pan Gravy
Scandinavian Veggies	Ranch Oressing	Cheese, 4 Bean Salad		1 - 1
	Nation Diessing	· ·	Sesame Noodies	Roasted Herb Potatoes
Tartar Sauce		Lettuce Bed	Winter Blend Veggies	Squash Medley
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12 Grain Bread	Garlic Bread	Corn Muffin	00% Whole Wheat Bread	Dinner Roll
l				
Chocolate Chip Cookies	Pineapple Chunks	Peaches	Tropical Fruit Cub	Watermelon
19	20	21	22	23
Eye of the Round	Apple Juice	Baked Fish	Cranberry Juice	Macaroni, Tuna
Horseradish Sauce	Pork Riblet	Tartar Sauce	Philly Cheese Steak	and Pea Salad
Mashed Potato	BBQ Sauce	Buttered Rice with Peas	Onlons and Peppers	Broccoli and Red
Beets	Corn with Black Beans	and Mushrooms	Tri-Color Pasta Salad	Pepper Salad
Re	Cole Slaw	Stewed Tomatoes	Carrot Slaw	.,,,
11 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				
12 Grain Bread	Corn Muffin	Rye Broad	Hoagie	100% W.W. Dinner Roll
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Pineapple Chunks	Ice Cream Cup	Banana	Peaches	Fresh Fruit Salad
26	27	28	29	30
Potato Leek Soup	Cranberry Juice	Spaghetti with Sauce		Orange Juice
•	· · ·		Apple Juice	• •
Unsalted Crackers	Meatloaf with	Turkey Meatballs	Hot Dogs	Cod Fish with
LS Itahan Sausago (mild)	, ,	Parmesan Cheese	Baked Beans	Butter Crumb Topping
Onions and Peppers	Mashed Potato	Broccoli	Sauerkraut	Broccoli Cheese Rice
Pasta Spinach Salad	Peas and Carrots		Mustard	Green and Yellow Beans
Hoagie Roll	Mulli Grain Bread	Italian Bread	Hot Dog Rolls	Rye Bread
				, and the second
Fruit Cocktail	Fresh Pear	Peaches	Watermelon	Lemon Marengue Pie

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—1:30pm—August 1

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

Lecture/ Presentation—Thursday, August 15th 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—Wednesday, August 14th at 9:00am

"Take your Health to Heart" Protect-Detect presented by Christina Soutar, Heart and COPD Nurse Navigator from Hartford Hospital.

Free Breakfast! sponsored by Arbor Rose.

Monthly Movie—Starsky and Hutch—Friday, August 16 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 NO CLASS UNTIL SEPTEMBER

Extra Help w/ Medicare Costs—Info on the Medicare Savings Plan—Wednesday, August 21st at 10:30am in the Vermont Room

Join us for a presentation explaining the Medicare Savings Plan and how you might qualify for Extra Help with your Medicare Part B Premiums, Medicare Part D Prescription Drug Deductibles and co-pays.

*Presented by Shelia Dow**

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!

IT'S BACK! - Summer Cooking Class—Every Friday beginning August 16th in the Kitchen Work with cooking specialist to make a variety of foods and learn while doing! Drop in!

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!

The New Britain Public Health Nursing Department Nutrition workshop, part 2! "Using the Nutrition Facts Labels"

Thursday, August 8th from 10:30am-11:30am in the Vermont Room.

Using the Nutrition Facts Labels and healthy grocery shopping with a focus on My Plate recommendations. Light refreshments will be served. I encourage the participants to bring their book from last session.

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

Free Evening Field Trip—Monday, August 26th—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 **Navy Band Northeast MUST REGISTER WITH REX, FIRST 12 TO SIGN UP**

New Britain Senior Center—Fall Picnic—Friday, September 20th—Entertainment by T-Bone Come enjoy a wonderful day with entertainment and food! The annual Senior Picnic is here.

With help from the entire Senior Center Staff—9:30am to 1:30pm |

\$5.00 for members and \$10.00 for non members

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

Sponsored by

Wednesdays, 9:30-10:30am

Health Department

Zumba Gold—Massachusetts Room Sponsored by

Thursdays, 9:30-10:30am

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

SOCIAL PROGRAMS

Seniors in Action Meeting—Vermont Room

Thursday, June 6, 2019—9:30am Bingo and Refreshments



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



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 Wednesday, August 7th—call front desk
Call for an appointment at 860.826.3553—Manicures will be given between 10am and noon!



		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)

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Action California Califor							
					Zumba - 9:30am	Coloring Group - 9:30am	
NEW BRITAIN \$18NIOR CRUTER Procedure 1250 20	\ \?	3			CREATIVE WRITING - 1:30p	Greenhouse Club - 1:00pm	
NEW BRITAIN SENIOR CENTER 7 8 9 9 9 9 9 9 9 9 9					Pinochle - 12:30 - 3:30		
NEW BRITAIN SENIOR CENTER 6 Ray Chris- 925am 6 Ray Chris- 925am Chair Isque 9-92bam 2 2 2 2 2 2 2 2 2					Stretch & Flex - 1:00pm		
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Art Class with Paul Gobell - 1000am Will Bowling - 12-30pm Coloring Group - 9:30am Principle - 12-30 - 330 Generhouse Club - 100pm Billigo - 12-50pm Balligo - 12-30pm Lillicom Darce - 150pm Stretch B.F. et - 150pm 15 12 Fill W Chris - 91.5am Lillicom Darce - 1000am Chair Yaga - 9:30am Maritimes - 1000am 16 Sam (Art Class with Paul Gobel - 1000am Coloring Group - 9:30am Martines - 100pm Princothe - 1230 - 330 Cooling Glas - 1230pm Coloring Group - 9:30am Mortines - 100pm Stretch B. Flex - 100pm Mortines - 100pm Stretch B. Flex - 100pm Mortines - 100pm Mortines - 100pm Stretch B. Flex - 100pm Mortines - 100pm Mortines - 100pm Coloring Group - 9:30am Date Nume - 100pm Coloring Group - 9:30am Date Nume - 100pm Coloring Group - 9:30am Date Nume - 100pm Coloring Group - 9:30am Coloring Group - 9:30am Coloring Group - 9:30am		Line Dance - 10:00am	Line Dance - 10:00am	Chair Yoga - 9:30am	Zumba - 9:30am	Coloring Group - 9:30am	
Bingo-1245pm Baking Class - 1230pm Baliroom Barce - 100pm Finochle - 1230 - 330 INN-HAMMIG Stretch & Fine - 1000pm Inn-Chi-1230pm INN-HAMMIG Stretch & Fine - 1000pm Inn-Chi-1230pm Inn-Chi-	Ar	t Class with Paul Gobell - 10:00am	Wii Bowling - 12:30pm	Coloring Group - 9:30am		Greenhouse Club - 1:00pm	
Tai Chi - 1230pm		Bingo - 12:45pm	Baking Class - 12:30pm	Ballroom Dance - 1:00pm	Pinochle - 12:30 - 3:30		
Manitorres-1500am MUTRION WORKSHOP			Tai Chi - 1:30pm	LUNCHCARVING	Stretch & Flex - 1:00pm		
152 152 153 154 155				Manicures - 10:00am	NUTRITION WORKSHOP		
12 13 14 15 15 16 16 17 17 17 17 17 17					10:30am (After Zumba)		
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Art Class with Paul Gobell - 1000am Wii Bowling - 12-30pm Coloring Group - 9:30am Prinochle - 12:30 - 3:30 Greenhouse Club - 100pm Bingo - 12-50pm Baking Class - 12:30pm Baking Class - 12:30pm Stretch & Flex - 100pm Wretch & Flex - 100pm Acoding Club - 100pm 19 W Chris - 9:15am 12 SENIOR LECTUJE SERIES Grandwiew Presentation STAKSKY & HUICH 12:30 19 Fit w/ Chris - 9:15am 21 22 Walking Group - 9:00am 23 19 Fit w/ Chris - 9:15am Line Dance - 10:00am Chair Yoga - 9:30am Zumba - 9:30am Coloring Group - 9:30am Art Class with Paul Gobell - 10:00am Wiii Bowling - 12:30pm Coloring Group - 9:30am Walking Group - 9:30am Coloring Group - 9:30am Bilingo - 12:45pm Baking Class - 12:30pm MBD/CARE PRESENTATION Stretch & Flex - 100pm Greenhouse Club - 100pm 10: Stam (After Exercise) 20 Neeth & Flex - 100pm Prinochle - 12:30 - 3:30 Cooking Group - 9:30am 26 Fit w/ Chris - 9:15am Fit w/ Chris - 9:15am Chair Yoga - 9:30am Stretch & Flex - 100pm Coloring Group - 9:30am Baking Class - 12:30pm <t< td=""><td></td><td>Line Dance - 10:00am</td><td>Line Dance - 10:00am</td><td>Chair Yoga - 9:30am</td><td>Zumba - 9:30am</td><td>Coloring Group - 9:30am</td><td></td></t<>		Line Dance - 10:00am	Line Dance - 10:00am	Chair Yoga - 9:30am	Zumba - 9:30am	Coloring Group - 9:30am	
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Tai Chi - 1230pm SENIOR LECTURE SERIES Grandview Presentation STAKSKY & HUTCH 12:30		Bingo - 12:45pm	Baking Class - 12:30pm	Ballroom Dance - 1:00pm	Pinochle - 12:30 - 3:30	Cooking Club - 1:00pm	
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19				SENIOR LECTURE SERIES	Grandview Presentation	STARSKY & HUTCH 12:30	
19 Fit w/ Chris - 9:15am				9:00am	10:30am (After Zumba)		
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		6:00pm					

NEW LOGO

THE SENIOR CENTER HAS

A NEW LOGO! STAY

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TOWARDS SENIOR
CENTER PROGRAMS



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