



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 hours of 8:15a-4:00p, M-F

Golden Notes Newsletter

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!



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**






August Menu 2019

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chicken Scampi Linguini Broccoli with Red Pepper 12 Grain Bread Citrus Sections	Grape Juice Crab Cakes Cream Sauce French Fries Broccoli Happy Birthday Oatmeal Bread Birthday Cake	Minestrone Soup Unsalted Crackers Chef Salad with LS Ham, LS Turkey, Cheese, Egg, Tomato, Cucumbers and Olives Ranch Dressing Par Bake Roll Fresh Orange
Chicken Salad with Celery Pasta Salad with Broccoli, Red Peppers, White Beans, Black Olives and Carrots Assorted Rolls Pineapple Chunks	Grape Juice Eggplant Rotalini 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 Orange
Grape Juice Pior 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
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 Ice Cream Cup	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
Potato Leek Soup Unsalted Crackers LS Italian Sausage (mild) Onions and Peppers Pasta Spinach Salad Hoagie Roll Fruit Cocktail	Cranberry Juice Meatloaf with Onion Gravy Mashed Potato Peas and Carrots Multi Grain Bread Fresh Pear	Spaghetti with Sauce Turkey Meatballs Parmesan Cheese Broccoli Italian Bread Peaches	Apple Juice Hot Dogs Baked Beans Sauerkraut Mustard  Hot Dog Rolls Watermelon	Orange Juice Cod Fish with Butter Crumb Topping Broccoli Cheese Rice Green and Yellow Beans Rye Bread Lemon Meringue Pie

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—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

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!

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

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

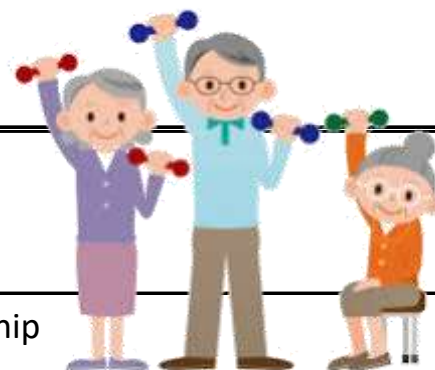


Fitness with Chris—Massachusetts Room

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
Wednesday, August 7th—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)

August 2019 - New Britain Senior Center Calendar



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3
					Walking Group - 9:00am Zumba - 9:30am CREATIVE WRITING - 1:30p Pinochle - 12:30- 3:30 Stretch & Flex - 1:00pm	Coloring Group - 9:30am Greenhouse Club - 1:00pm	
4	5	6	7	8	9	10	
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobeil - 10:00am Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm LUNCH CARRYING Manicures - 10:00am	Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm NUTRITION WORKSHOP 10:30am (After Zumba)	Coloring Group - 9:30am Greenhouse Club - 1:00pm		
11	12	13	14	15	16	17	
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobeil - 10:00am Bingo - 12:45pm	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 SENIOR LECTURE SERIES 9:00am	Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm Grandview Presentation 10:30am (After Zumba)	Coloring Group - 9:30am Greenhouse Club - 1:00pm Cooking Club - 1:00pm MONTHLY MOVIE STARSKY & HUTCH 12:30		
18	19	20	21	22	23	24	
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobeil - 10:00am Bingo - 12:45pm	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 MEDICARE PRESENTATION 10:30am (After Exercise)	Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm	Coloring Group - 9:30am Greenhouse Club - 1:00pm Cooking Club - 1:00pm		
25	26	27	28	29	30	31	
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobeil - 10:00am Bingo - 12:45pm CONCERT FIELD TRIP 6:00pm	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		Coloring Group - 9:30am Greenhouse Club - 1:00pm Cooking Club - 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



GOLDEN 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

