



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

SEPTEMBER 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!**

Cranberry Bog Tour Wednesday, November 6, 2019

Guide will board the bus and give a narrated tour as you travel to the Cranberry Bog area. Learn about harvesting and gain insight on being a cranberry farmer. Lunch at Lindsey's Family Restaurant. Menu: Choice of Baked Stuffed Shrimp, Old Fashioned Turkey Dinner, or Yankee Pot Roast.

Stop at Dorothy Cox Chocolates Factory & Store. Shop for a sweet treat of chocolate or ice cream before heading home.

Deadline to Register: Friday, October 4, 2019

Cost: \$95pp—PU 7:15am RETURN 7:30pm

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 Thursday, 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

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! :)

Thursday, September 12, 2019

Roast Turkey, Turkey Gravy, Mashed Potatoes
Peas & Carrots, Cranberry Sauce, Dinner Roll

***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

MEET OUR NEW KITCHEN MANAGER AT THE SENIOR CENTER!

NEW MANAGEMENT

New Britain Senior Center Kitchen is under new management! Come meet Brian—He has tons of experience in the food service field and is excited to be on board! :)—
Please sign up and introduce yourself!



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 BRIAN 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 Community Café

September, 2019

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Labor Day Closed	Cranberry Juice Country Fried Chicken Country Gravy Mashed Potato Green Beans with Mushrooms	Grape Juice Roast Pork Cranberry Gravy Sesame Noodles Buttered Beets	Pasta Fagioli Unsalted Crackers Chicken Breast Sandwiches Lettuce and Tomato Tator Tots Cole Slaw Mayonnaise Sesame Bun	Pamesan Crusted Pollock Seasoned Roasted Potatoes Scandinavian Veggies Sour Cream
	12 Grain Bread Rice Raisin Pudding	100% W.W. Bread Birthday Cake	Peaches	Multi Grain Bread Baked Apples with Whipped Topping
9	10	11	12	13
Swedish Meatballs Low Salt Gravy Wide Egg Noodles Peas and Carrots	Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Dressing	LUNCH PROVIDED BY SENIOR CENTER AUTUMN LAKE PIZZA PARTY	SPECIAL CARVING STATION :) See Golden Notes!	Wonton Soup Unsalted Crackers Chicken Fried Rice Oriental Blend Vegetables
Potato Bread	Corn Muffin	FREE LUNCH FOR MEMBERS		Egg Roll
Pear Cup	Cinnamon Applesauce			Pineapple Cup
16	17	18	19	20
Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies	LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach	Orange Juice Baked Chicken Pamesan Rigatoni with Sauce Romaine Salad Italian Dressing	Cranberry Juice Veal Picatta Mashed Potato Buttered Dill Carrots	LUNCH PROVIDED BY SENIOR CENTER FALL PICNIC COOK OUT \$5 for Members \$10 for Non-Members Sign Up at Front Desk
Rye Bread	Biscuit	Italian Bread	Dinner Roll	
Fruit Cocktail	Pears	Cinnamon Applesauce	Oatmeal Raisin Cookie	
23	24	25	26	27
Lazy Stuffed Peppers Mashed Potato Buttered Corn Niblets	Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies	Homemade Meatloaf Onion Gravy Sweet Potato Peas	Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Carrots	Codfish Cakes Steak Fries Green Beans
Italian Bread	100% Whole Wheat Warm Peach Cobbler with Topping	Roll		Oatmeal Bread
Mandarin Oranges		Cantaloupe	Apple Pie	Tropical Fruit Cup
30				
Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots				
Italian Bread				
Pudding				

Golden Notes Newsletter

UPCOMING PROGRAMS AND EVENTS—EXCITING TIMES :)

AUTUMN LAKE PIZZA PARTY AND DANCE!—Wednesday, September 11th at 11:00am

Join us for a great afternoon! Lunch, Dancing, Raffles, Fun!—Celebrate the beginning of fall!
\$5.00 for non-members | Free for members! Sign Up at Front Desk

Lecture/ Presentation—Thursday, September 19th 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!

NEW WII BOWLING TEAM—PLAY OTHER SENIOR CENTERS! WE NEED PLAYERS!

The New Britain Wild Turkeys need players for the Connecticut Wii Bowling League. Play a different Senior Center each month. Home and Away matches. A great way to compete and meet people. Join us at our **Team Meeting on Tuesday, September 10th in the Cafeteria 12:30pm!** Refreshments Provided :) - Call Rex for more info, 860.826.5291

TRIAD SENIOR LECTURE SERIES—Tuesday, September 10th at 9:00am

Hunter Merrill from NRRRC will demonstrate creative ways to build a potato into an entire meal. He will share delicious recipes that will incorporate your essential food groups. Nutritious and great for any time of day!

Free Breakfast! sponsored by Newington Rapid Recovery Rehab Center

Monthly Movie—Annie Hall—Friday, September 20th at 12:30pm

Comedian Alvy Singer (Woody Allen) examines the rise and fall of his relationship with struggling nightclub singer Annie Hall (Diane Keaton). Speaking directly to the audience in front of a bare background, Singer reflects briefly on his childhood and his early adult years before settling in to tell the story of how he and Annie met, fell in love, and struggled with the obstacles of modern romance, mixing surreal fantasy sequences with small moments of emotional drama.

THE SENIOR CENTER BOOK CLUB RETURNS! Free to join!

Tuesday, September 17 in Library at 1:00pm

September Book: Hand Maid's Tale—Margaret Atwood

October Book: Educated: A Memoir—Tara Westover

NEW PROGRAM—FRIDAY MORNINGS WITH ARIELLA!

Coffee, Light Refreshments, Good Conversation and Activities

Join CCSU Intern for some socializing and activities. The group will talk about current events, discuss different topics and enjoy each others company. Join her in the Craft room every Friday morning beginning on Friday, September 13th at 10:00am in Craft Room

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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! - Cooking Class—Every Friday 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 Health and Wellness Series

Thursday, September 12th from 10:30am-11:30am in the Vermont Room.

Welcome Tina Rodriguez- the Outreach Educator from Hartford HealthCare's Cancer Institute She will host a skin cancer education course that includes a BINGO game. Light refreshments will be served and Tina will have prizes for BINGO! Prevention, detection and timely care are all important factors in managing skin cancer. To sign up—sheet is on nurses office door!

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

AARP Driver Safety Course—Thursday, September 26—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!

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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

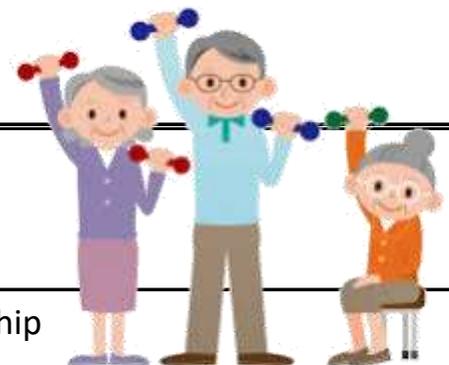
Sponsored by

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

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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
TIME TO BE DETERMINED—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)

September 2019 - New Britain Senior Center Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobbell - 10:00am Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Will Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 1:00pm	Coloring Group - 9:30am Cooking Club - 1:00pm	
8	9	10	11	12	13	14
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobbell - 10:00am Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Will Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm BOWLING MEETING 12:30 TRIAD LECTURE 9:00am	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm AUTUMN LAKE PIZZA PARTY! 11:00am	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 1:00pm HEALTH DEPT LECTURE 10:30am (After Zumba)	Coloring Group - 9:30am Greenhouse Club - 1:00pm New Program Mornings w/ Ariella 10:00am	
15	16	17	18	19	20	21
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobbell - 10:00am Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Will Bowling - 12:30pm Baking Class - 12:30pm NO TAI CHI CLASS!!! BOOK CLUB RETURNS 1:00pm!	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm COVERED BRIDGES TRIP	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 1:00pm Grandview Presentation 10:30am (After Zumba)	Coloring Group - 9:30am Greenhouse Club - 1:00pm Senior Center Fall Picnic with T-Bone 9:30am!!! MONTHLY MOVIE 12:30pm	
22	23	24	25	26	27	28
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobbell - 10:00am Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Will Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 1:00pm AARP DRIVER COURSE 8:45am	Coloring Group - 9:30am Greenhouse Club - 1:00pm New Program Mornings w/ Ariella 10:00am	
29	30					
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobbell - 10:00am Bingo - 12:45pm			Senior Walk in the Park Sept. 26 11-1pm Free Picnic, Games, Walk For a ride, sign up at front desk At Walnut Hill Park		



Golden Notes Newsletter

NEW LOGO

SENIOR CENTER T-SHIRTS
AVAILABLE FOR PURCHASE
AT THE FRONT DESK!

\$15.00 PER SHIRT—ALL
PROCEEDS GO TOWARDS
SENIOR CENTER
PROGRAMMING!

While Supplies Last



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

