



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

January 2022

Happy New Year!

Please remember to stay home

If you do not feel well!

STAY TUNED FOR TWO NEW CLASSES!

THURSDAY MORNING FITNESS DRUMMING

FRIDAY AFTERNOON FIT AND FLEX

Both to begin in February!

For more information, please call the Senior Center at 860.826.5291, M– F from 9:00am to 4:00pm

NEW BRITAIN SENIOR CENTER PROTOCOL (We are still open)

The City is continuing to follow the CDC guidelines for mask wearing. Most recently, the CDC has issued a recommendation that in areas of substantial or high transmission, all individuals should wear a mask in public indoor places, even if they are fully vaccinated.

Please note:

- If you are fully vaccinated and are more comfortable wearing a mask, please feel free to do so.
- If someone else requests that masks are worn in a given area, we ask that you are respectful of others' space and abide by their request.
- Please continue to wash your hands and use hand sanitizer.
- Please continue to monitor your health and watch for symptoms of COVID-19. If you display symptoms of COVID-19 after visiting the New Britain Senior Center, please contact us immediately.

PLEASE CONTINUE TO STAY HOME IF YOU ARE SICK!

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Senior Center Information

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|-----------------------------|---|
| 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 |

IN PERSON LUNCHES ARE BACK!!!

They are back! Meals are served from 11:30 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.



*New Protocol—You must sign up the Wednesday, the week before to reserve your lunch. **Please call Novlette at 860.670.8818 to sign up! Bon appetit!***

To reserve a lunch please call:

860.826.3553 Mon-Fri between 10 & 12pm



Offerings!

Target Shopping Trip—Friday, January 14th —Morning Departure
Limited Availability—Please call at least two days ahead to register.

Art Class NEW TIME—NOW ON THURSDAYS at 1:00pm in the Card Room

New Member Open House—Wednesday, January 19th at 11:00am

Sign up at front desk

***NEW PROGRAM* The New Britain “CLEAN BREAK” Billiards Club**

The New Britain Senior Center is starting its First Ever Billiards Club!

Begins Tuesday August 3rd in the Card Room/ Pool Room

Tuesdays and Thursdays from 1:00pm to 3:00pm

CALL TO SIGN UP OR JUST COME DOWN ON A TUESDAY OR THURSDAY!

Senior Center Book Group January – June 2022

Tuesdays in the Library at 1:30pm

Jan 18 Life, animated: a story of sidekicks, heroes, and Autism by Ron Suskind (NF)

Feb 15 Iron Lake by Ken Krueger (Fic)

Mar 15 Big cotton : how a humble fiber created fortunes, wrecked civilizations, and put America on the map by Stephen Yafa (NF)

April 19 Queen's Gambit - Walter Tevis (Fic)

May 17 I'll be gone in the dark by Michelle McNamara (NF)

June 21 Lincoln Lawyer by Michael Connelly (Fic)



New Offerings Continued...

Bowling Field Trip to Lessard Lanes! \$10 for Lunch, Bowling and Mini Golf

Tuesday, January 11th—For first 12 registered, sign up at front desk.

Join us for a day at the lanes. The senior center bus will depart at 9:30am to Lessard Lanes in Plainville. For \$10 each participant will receive one game of mini golf, two bowling games and coffee and pizza.

Healthy Balance Chair Yoga—Tuesdays from 1:00pm to 2:00pm

Join us for a second Yoga Class with Patricia Reville!

Shuffleboard and Cornhole League—Space Still Available!

Looking for some friendly competition and comradery? Join our shuffleboard/ cornhole league. No experience required. Teams of two will compete against other teams each week. Join as a single and we will find you a pair, or sign up with your partner. Don't miss out! Call Rex at 860.826.5291 for more information.

THE NEW SHUFFLE BOARD IS IN—We are starting shuffleboard on Friday, January 7th.

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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, 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.



Must be over 55 years old to participate

FOOT CARE SERVICES

Sue is still available. To continue her foot clinic at the New Britain Senior Center, please call her directly at 860.538.1481 to make an appointment. Please be aware of all safety protocols.

Appointments are held every Monday.

THRIFT SHOPPE NOW OPEN!

Something old...Something new...

Something SPECIAL...Just for You!



THRIFT SHOPPE

Located at

The New Britain Senior Center
55 Pearl Street, New Britain
Mondays – Tuesdays – Thursdays
9:30 a.m. – 2:00 p.m.

Featuring an elegant display of items for you to enjoy!

Proceeds benefit CCARC's Services for people with disabilities

Accepting donations of new or gently used handbags, wallets, jewelry, fashion accessories and decorative household items.

Contact Susan Yeagle at 860-229-6665 syeagle@ccarc.com

The New Britain Senior Center Presents:

- FALL 2021 -

CORNHOLE & SHUFFLEBOARD LEAGUE PLAY



**MEMBERS ONLY || FREE TO JOIN || CO-ED ||
TEAMS OF 2 || PRE-REGISTRATION REQUIRED**

**GAMES HELD EVERY FRIDAY FROM 9:00AM TO 11:30AM
BEGINS FRIDAY, OCTOBER 15th**

CONTACT (860) 826-3553 FOR MORE DETAILS

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SENIOR CENTER MASKS FOR SALE AT FRONT DESK!

ONLY \$5.00 PER MASK

LIMITED QUANTITIES

Available for purchase at the front desk of the New Britain

Senior Center (55 Pearl Street, New Britain, CT).

ALL PROCEEDS GO TOWARDS SENIOR CENTER PROGRAMMING



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

