



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

February 2022

Health Department Construction Project

Construction is underway for the New Health Department. Construction of the new building will go into November so please be very cautious when entering the building. Please enter through the back or front entrance as the side entrance is closed. Lets do our best to work with what we have until the construction is complete. Thank you for you patience!

New Check In Process

At each entrance there are new instructions on how to check in. The process is fairly simple, but will take time to get used to. Thank you for working with us!

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!

WEATHER PROTOCOL

If New Britain Schools are closed, the Senior Center is also closed for the day.
This includes Dial-a-Ride, Lunch and all Activities.

You can also check WFSB Channel 3 for updates on Senior Center closings.

For 2 Hours Delays, please call the front desk to verify your ride. 860.826.3555

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

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



CW Resources Senior Community Café

February, 2022

1% milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Apple Juice Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn Happy Birthday Tortilla	Mushroom Barley Soup Unsalted Crackers Butter Crumb Fish with Dill Sauce Buttered Parslied Noodles Broccoli Rye Bread	Roast Beef Beef Gravy Oven Roasted Potatoes Spinach 12 Grain Bread Lemon Pudding	Cream of Broccoli Unsalted Crackers BBQ Pork Chop Sweet Potato Brussel Sprouts Oatmeal Bread Ice Cream Cup
	Birthday Cake	Banana		
	7	8	9	10
Sweet & Sour Meatballs Sesame Noodles Oriental Blend Veggies	Split Pea Soup Unsalted Crackers Crabcake Steak Fries Tomato and Zucchini Tartar Sauce	Orange Juice Spaghetti with Meat Sauce Parnesan Cheese Romaine Salad Ranch Dressing	Pineapple Juice Roast Pork with Apples and Sauerkraut Harvest Rice Beets	Cranberry Juice Chicken Cacciatore Brown Rice Italian Blend Veggies
100% Whole Wheat	Hamburger Bun	Garlic Bread	Rye Bread	Italian Bread
Citrus Sections	Fresh Orange	Pears	Peanut Butter Cookies	Pudding
Valentine Special 14	15	16	17	18
Chicken Cordon Bleu Sweet Potatoes Buttered Peas 	Black Bean Soup Unsalted Crackers Pier 17 Fish Waffle Fries Cole Slaw Tartar Sauce	Lazy Man's Stuffed Peppers Broccoli	Meatloaf Onion Gravy Buttered Noodles Brussel Sprouts	Orange Juice Turkey Pot Pie Garden Salad French Dressing
Dinner Roll	Multigrain Bread	Wheat Bread	Rye Bread	Biscuit
Valentine Treat	Brownie	Pineapple Chunks	Tropical Fruit Cup	Oatmeal Raisin Cookies
21	22	23	24	25
	Beef and Bean Chili Mac Meadow Blend Veggies	Apple Juice Roast Pork with Pork Gravy Sweet Potatoes Creamy Spinach	Grape Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread	Winter Picnic Cheeseburger Sweet Potato Tots Lettuce and Tomato Braised Red Cabbage
	Com Bread	100% Whole Wheat		Hamburger Bun
	Fresh Orange	Chocolate Chip Cookies	Fruit Cup	Fruited Jell-O
28	 			
Turkey Kielbasa with Sauerkraut Pierogis Spinach				
Rye Bread				
Tangerine				



Offerings!

Target Shopping Trip—Thursday, February 17th —Morning Departure
Limited Availability—Please call at least two days ahead to register.

Senior Center Book Group January – June 2022

Tuesdays in the Library at 1:00pm

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)

Green Meeting—Green House Members Needed!

Wednesday, February 9th—1:00pm in the Vermont Room

No Gardening Experience Required! The Greenhouse Club works a few days a week planting and cultivating flowers, vegetables and herbs for the annual plant sale in May! Join a great group and learn all about growing plants!

Special Event—Birdhouse Decorating—For a Great Cause!

Wednesday, February 23rd—10:00am to 12:00pm in Cafeteria

Painters needed! Help us paint some birdhouse for the friendship center—first 15 to register. Coffee and Refreshments will be provided. These decorated Birdhouses will be sold at markets in efforts to raise money for the Friendship Center!



New Offerings Continued...

VALENTINE'S DAY DANCE—Sponsored by Autumn Lake

Thursday, February 17th—11:30am to 2:00pm—See flyer in back for details

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

Tuesday, February 22nd—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.

The Nurse will be back! Every Wednesday from 9:00am to 12:00pm

****NEW EXERCISE PROGRAMS****

All new Fun Drumming Class with Chris Kuzia—Thursdays at 8:30am

Begins on Thursday, February 10th

This new class brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Using the exercise ball and the floor as your drum, and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop.

All New Fit and Flex Class with Wendy LeClerc—Fridays at 1:00pm

Begins on Friday, February 18th

Workout is specially designed for active older adults of all fitness levels. Circuit training, free weights and cardio exercises will be modified just for you by a certified personal trainer. You will lose weight, reduce stress and gain strength and confidence in this supportive and friendly class.

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, 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:

Valentine's Day Dance

Thursday, February 17th
11:30AM - 2PM

Free lunch

Raffle

Entertainment

FREE FOR MEMBERS

Max 100 attendees!

To register visit the front desk

Sponsored by Autumn Lake

Golden Notes Newsletter

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

MON	TUE	WED	THU	FRI
	1	2	3	4
	8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing	8:30am Hot Steppers Walking Group 9:00am Craft Group (Session 1) 9:00am Zumba Gold 10:00am Chair Yoga 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	9:00am Cornhole/Shuffleboard Open Play 10:00am Computer Help
7	8	9	10	11
8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo	8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Greenhouse Club Introduction Meeting	8:30am Hot Steppers Walking Group 9:00am Craft Group (Session 1) 9:00am Zumba Gold 10:00am Chair Yoga 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	
14	15	16	17	18
8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo	8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Book Club 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	10:00am Tai Chi & Qigong 11:00am New Member Open House 1:00pm Afternoon Dancing	8:30am Hot Steppers Walking Group 9:00am Craft Group (Session 1) 9:00am Zumba Gold 10:00am Chair Yoga 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	9:00am Cornhole/Shuffleboard Open Play 10:00am Computer Help 1:00pm Fit & Flex
21	22	23	24	25
	8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:00am Lessard Lanes Bowling Trip 10:45am Line Dancing (Session 2) 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	10:00am Birdhouse Painting and Decorating Program 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing	8:30am Hot Steppers Walking Group 9:00am Craft Group (Session 1) 9:00am Zumba Gold 10:00am Chair Yoga 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	9:00am Cornhole/Shuffleboard Open Play 10:00am Computer Help 1:00pm Fit & Flex
CLOSED				
PRESIDENTS' DAY				
28				
8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo				



- ACTIVITY CALENDAR -
FEBRUARY 2022

