



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## Golden Notes Newsletter

***March 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

<b>Location:</b>	55 Pearl Street, New Britain, CT 06051
<b>Contact Information:</b>	Phone: 860.826.3553   Fax: 860.826.3557 Website: newbritainct.gov
<b>Hours of Operation:</b>	Monday—Friday   8:15am to 4:00pm
<b>Membership Info:</b>	Join Mon-Wed-Fri   1:00pm to 3:00pm   Age 60+
<b>Membership Cost:</b>	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



# March Menu 2022

1% or Skim milk provided  
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pineapple Juice Chicken Divan Whole Roasted Potatoes Ginger Carrots	2 Lentil Soup Unsalted Crackers Baked Eggplant Ziti Broccoli	3 Grape Juice Beef Stew over Brown Rice Green Beans	4 NE Clam Chowder Oyster Crackers Fish Sweet Potato Fries Spinach and Kale
	12 Grain Bread	Garlic Bread	W.W. Dinner Roll	Rye Bread
	Ice Cream	Fresh Pear	Cookies	Brownie
7 Apple Juice Garlic Baked Chicken with Spinach & Parmesan Cheesy Mushroom Rice Geneva Blend Vegetables	8 Stuffed Shells Florentine Sauce Romaine Salad Italian Dressing	9 Open Faced Turkey Sandwich with Gravy Stuffing Carrots Cranberry Sauce	10 Sloppy Joe Mashed Potato Corn	11 Tomato Florentine Soup Unsalted Crackers Macaroni and Cheese Brussel Sprouts
100% Whole Wheat	Garlic Bread	Multi Grain Bread	Hamburger Bun	Whole Wheat Roll
Birthday Cake	Applesauce	Tangerine	Pineapple Chunks	Chocolate Chip Cookies
14 BBQ Pork Baked Beans Coleslaw	15 Bruschetta Chicken Buttered Shells Brussel Sprouts	16 Mushroom Barley Soup Unsalted Crackers Salisbury Steak Mashed Potatoes Peas and Carrots	<b>St. Patrick's Special 17</b> Cranberry Juice Irish Stew Cabbage 	18 Winter Squash Soup Unsalted Crackers Crab Cakes Rice Pilaf Broccoli Tartar Sauce
Hamburger Roll	12 Grain Bread	Dinner Roll	Rye Bread	Rye Bread
Applesauce	Fresh Pear	Pudding	Shamrock Cake	Fruited Yogurt
21 Chicken Marsala Buttered Shells Sautéed Spinach and Garlic	22 Cranberry Juice Cheeseburger Tater Tots Mixed Vegetables	23 Homemade Meatloaf with LS Beef Gravy Baked Potato Capri Blend Veggies	24 Cranberry Juice Turkey Stew Green Beans	25 Cream of Broccoli and Cheese Soup Unsalted Crackers Butter Crunch Fish Fried Rice Stir Fry Veggies Multigrain Bread
Wheat Bread	W.W. Hamburger Bun	Oatmeal Bread	Dinner Roll	
Citrus Sections	Fresh Peach	Banana	Chocolate Chip Cookies	Pineapple Chunks
28 Mild Coconut Curry Chicken Jasmine Rice Green Beans	29 Grape Juice Sweet and Sour Meatballs Noodles Stir Fry Veggies	30 Knockwurst with Apples and Sauerkraut Potato Pancake Broccoli	31 BBQ Chicken Brown Rice Black Beans and Corn	
Multi Grain Bread	Garlic Bread	Hot Dog Bun	Corn Muffin	
Fresh Orange	Angel Food Cake with Strawberries	Sliced Apples with Whipped Topping	Banana	



## **Offerings!**

**Target Shopping Trip**—Friday, March 11th —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**

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 Class—Movement and Inspiration for Happiness and Health**

**Mondays at 1:00pm starting Monday, March 7th**

As we stretch and flex our bodies we will focus on the gifts provided by our bodies and minds every day; breath, movement, nature, and the peace of the present moment.

We will practice gratitude and compassion, beginning with mobilizing these qualities within ourselves.

As we gently move to the rhythm of our breaths, it will bring ease and fluidity to our minds and bodies.

### **TRIAD Grand Breakfast and Senior Prom are back!**

**See back flyers for details!**



## **New Offerings Continued...**

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

**Tuesday, March 15th—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 Tuesday & Wednesday from 9:00 to 12:00pm**

#### **\*\*NEW EXERCISE PROGRAMS\*\***

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

**Every Thursday—Sign up at Front Desk, space is limited**

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**

**Every Friday—Sign up at Front Desk, space is limited**

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.

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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!**

**CCARC**  
*Supporting People with Disabilities*

**THRIFT SHOPPE**

*Located at*  
**The New Britain Senior Center**  
55 Pearl Street, New Britain  
**Monday, Wednesday and Thursday**  
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](mailto:syeagle@ccarc.com)

The New Britain Senior Center and the Hardware City Travelers:

**Upcoming trips**

# Welcome to Spring!

## Luncheon Show

*Chowder Pot Hartford* | Hartford, CT

Date: Tuesday, April 26, 2022

\$68 per person!



Members must sign-up and submit payment by **March 25, 2022**



# Dancing Dream

**Abba Tribute Band**

*Aqua Turf Club* | Plantsville, CT

Date: Wednesday, May 18, 2022

\$86 per person!

Members must sign-up and submit payment by **April 18, 2022**

# Elegant Saint Clements Castle

## Luncheon Show

Portland, CT

Date: Wednesday, June 15, 2022

\$79 per person!



Members must sign-up and submit payment by **May 16, 2022**

**To make a reservation, please call the NBSC at (860)826-3553**



# TRIAD

## *Grand Breakfast*

TO BENEFIT THE 2022 SENIOR PROM

SUNDAY, MARCH 20, 2022

8 AM - 11 AM



MENU: Pancakes, Eggs, Bacon, Sausage, Hashbrowns, Orange Juice, Coffee

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NEW BRITAIN SENIOR CENTER  
55 Pearl Street, New Britain, CT 06051

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TICKETS: \$7 in advance; \$8 at the door. Children under age 3 are free.



**THE 23RD ANNUAL**  
**SENIOR PROM**

**Thursday, April 21, 2022**  
**New Britain High School**  
**5:00pm to 9:00pm**

**DISCO  
THEME!**

**RAFFLE  
PRIZES!**



**Dinner served! Prizes awarded for best costumes!**  
**Live music performed by the Happy Travelers Band**

**Tickets available for purchase at:**  
**New Britain Senior Center**  
**55 Pearl Street, New Britain, CT 06051**  
**\$5.00 per person**



# 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

- ACTIVITY CALENDAR -

MARCH 2022

	SUN	MON	TUE	WED	THU	FRI
	6	7	8	9	10	11
	8:30am-9am Fitness w/ Chris (Sess. 1) 9:15am-9:45am Fitness w/ Chris (Sess. 2) 10am-10:30am Fitness w/ Chris (Sess. 3) 10am-12pm Greenhouse Club 10:45am-11:15am Line Dancing (Sess. 1) 1pm-3pm Bingo	8:30am-9am Fitness w/ Chris (Sess. 4) 9am-12pm Craft Group (Sess. 1) 9:15am-9:45am Fitness w/ Chris (Sess. 5) 10am-10:30am Fitness w/ Chris (Sess. 6) 10:45am-11:15am Line Dancing (Sess. 2) 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Sess. 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	10am-12pm Greenhouse Club 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing	8:30am-9am Fun Drumming 9am-12pm Craft Group (Sess. 1) 9am-10am Zumba Gold *CANCELLED* 10am-11am Chair Yoga 1pm-2pm Art Class 1pm-3pm Bingo 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Sess. 2)	9am-11:30am Cornhole/Shuffleboard 1pm-2pm Fit & Flex	
	13	14	15	16	17	18
	8:30am-9am Fitness w/ Chris (Sess. 1) 9:15am-9:45am Fitness w/ Chris (Sess. 2) 10am-10:30am Fitness w/ Chris (Sess. 3) 10am-12pm Greenhouse Club 10:45am-11:15am Line Dancing (Sess. 1) 1pm-3pm Bingo	8:30am-9am Fitness w/ Chris (Sess. 4) 9am-12pm Craft Group (Sess. 1) 9:15am-9:45am Fitness w/ Chris (Sess. 5) 10am-10:30am Fitness w/ Chris (Sess. 6) 10:45am-11:15am Line Dancing (Sess. 2) 1pm-2:30pm Book Club 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Sess. 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	10am-12pm Greenhouse Club 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing	8:30am-9am Fun Drumming 9am-12pm Craft Group (Sess. 1) 9am-10am Zumba Gold 10am-11am Chair Yoga 1pm-2pm Art Class 1pm-3pm Bingo 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Sess. 2)	9am-11:30am Cornhole/Shuffleboard 1pm-2pm Fit & Flex	
	20	21	22	23	24	25
8am-11am TRIAD Grand Breakfast	8:30am-9am Fitness w/ Chris (Sess. 1) 9:15am-9:45am Fitness w/ Chris (Sess. 2) 10am-10:30am Fitness w/ Chris (Sess. 3) 10am-12pm Greenhouse Club 10:45am-11:15am Line Dancing (Sess. 1) 1pm-3pm Bingo	8:30am-9am Fitness w/ Chris (Sess. 4) 9am-12pm Craft Group (Sess. 1) 9:15am-9:45am Fitness w/ Chris (Sess. 5) 10am-10:30am Fitness w/ Chris (Sess. 6) 10:45am-11:15am Line Dancing (Sess. 2) 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Sess. 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	10am-12pm Greenhouse Club 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing	8:30am-9am Fun Drumming 9am-12pm Craft Group (Sess. 1) 9am-10am Zumba Gold 10am-11am Chair Yoga 1pm-2pm Art Class 1pm-3pm Bingo 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Sess. 2)	9am-11:30am Cornhole/Shuffleboard 1pm-2pm Fit & Flex	
	27	28	29	30	31	
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