



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

May 2022

Special Events in May—Save the Date!

Pickleball at the New Walnut Hill Pickleball Courts

Every Wednesday, Beginning Wednesday, May 4th—10:00am to 12:00pm

Equipment is provided, no previous experience required.

Instructional Program from 10:00 to 11:00am and Free play 11:00 to 12:00pm

4th Annual Senior Center Flower Sale

Saturday, May 7th & Saturday, May 14th—9:00am to 12:00pm

Organic Vegetables, Herbs & Flowers For Sale

The Bee's Knees, Senior Citizen Ragtime Runway Show!

Presented by Amberwoods

Thursday, May 26th—5:00pm to 8:00pm—\$5.00 per ticket

Show includes a "Mocktail" Hour with hors d'oeuvres,

live music, fashion show and raffle!

This is a Roaring 20's Theme, feel free to dress accordingly!

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

NEW BRITAIN SENIOR CENTER MEMBERSHIP CHANGES

As of May 1, 2022, the New Britain Senior Center Membership Rates Have Changed.

Resident Fee: \$10.00 for Lifetime Membership

Non-Resident Fee: \$20.00 per year

Current Resident Members are not subject to fee changes.

Non-Resident Members are valid until September 2022. At that time if you wish to renew your membership, the fee is \$20.00.

NEW BRITAIN SENIOR CENTER NEW EXERCISE AND COMPUTER ROOM UPDATE

We are excited to announce that the new exercise and computer room are almost complete.

We are hoping the exercise room and computer lab are in full operation by the start of June. The center is receiving new workout equipment and new computers for our members. Updated procedures will be coming shortly.

Stay Tuned!

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: \$10.00 for lifetime membership! Non-Residents: \$20.00 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. 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**



May, 2022

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Orange Juice Ziti with Meatballs in Marinara Sauce Italian Blend Veggies Parmesan Cheese Breadstick Pudding	BBQ Ranch Chicken Confetti Rice Cauliflower Italian Bread Cinnamon Applesauce	Cream of Mushroom Unsalted Crackers Fish Fillet Potato Wedges Cole Slaw Tartar Sauce WW Hamburger Roll Tropical Fruit Cup	Cinco de Mayo Apple Juice Chicken Fajita with Onions and Peppers Mexican Rice Soupy Beans  Tortilla Brownie	Mother's Day Special Italian Wedding Soup Unsalted Crackers Broccoli and Cheese Quiche Potato Pancakes Vegetable Medley Dinner Roll Angel Food Cake with Strawberries and Cream
9	10	11	12	13
Veal Pamesan Linguini and Sauce Winter Blend Veggies Oatmeal Bread Fresh Apple	Vegetable Soup Unsalted Crackers Pork Riblette Sweet Potatoes Green Beans Rye Bread Cantaloupe Wedge	Pineapple Juice Meatloaf with Onion Gravy Mashed Potato Beets with Dill and Garlic 100% Whole Wheat Chocolate Chip Cookies	Cranberry Juice Turkey Tetraxini Brown Rice Brussel Sprouts Dinner Roll Pecan Spinwheel	Grilled Chicken with Garlic Pamesan Sauce Penne Florentine Broccoli Italian Bread Peaches
16	17	18	19	20
Vegetable Lasagna with Cream Sauce Zucchini  12 Grain Bread Fresh Orange	Spaghetti with Meat Sauce Italian Blend Veggies Garlic Bread Citrus Sections	Pork Loin with Pan Gravy Brown Rice Peas and Onions Rye Bread Tropical Fruit Cup	Cranberry Juice Philly Cheesesteak Onions and Peppers Tater Tots Cole Slaw Sub Roll Applesauce	Pier 17 Fish Fillet Brown Rice Capri Blend Veggies Tartar Sauce Rye Bread Pineapple Chunks
23	24	25	26	27
Turkey Kielbasa Pierogis Red Cabbage Rye Bread Applesauce	Orange Juice Bruschetta Chicken Penne Italian Blend Veggies Garlic Bread Short Bread Cookies	Baked Potato Bar Chili Baked Potato Cheese Broccoli Sour Cream  Corn Muffin Fruited Yogurt	Cranberry Juice Crab Cakes Rice Pilaf Brussel Sprouts WW Dinner Roll Ice Cream Sandwich	Memorial Day Lunch Pineapple Orange Juice Hamburger Lettuce and Tomato Potato Egg Salad Corn on the Cob Mustard, Ketchup  Hamburger Roll Watermelon
30	31			
Closed 	Orange Juice Sliced Turkey Rice Summer Squash Oatmeal Bread Birthday Cake			

WHAT'S NEW?

New Offerings!

Target Shopping Trip—Friday, May 20th —Morning Departure

Limited Availability—Please call at least two days ahead to register.

Senior Center Book Group—Tuesdays in the Library at 1:00pm

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

June 21 Lincoln Lawyer by Michael Connelly (Fic)

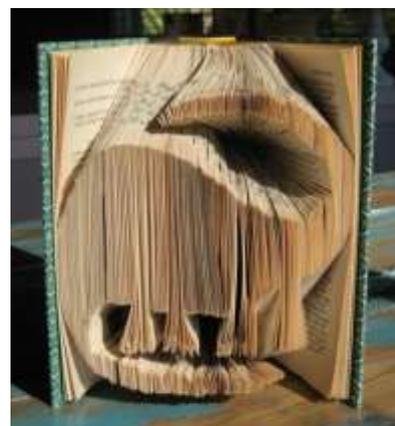
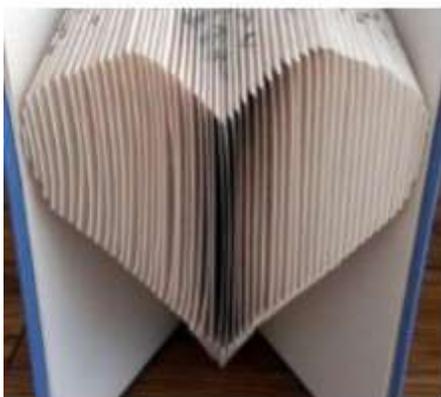
New Book Folding Craft Class

Every Friday in May in the Vermont at 10:00am

No Experience Required! Come in and learn a new craft! Book folding is a simple fun idea to transform a book into a great show piece! Use an old book and fold the pages into a beautiful pattern.

Materials will be provided, but if you have a book you'd like to use, feel free to bring it that day!

Class will be guided by senior member, Noella Roberge! Free coffee and refreshments provided.





New Offerings Continued...

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

Monday, May 16th—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

Monday, May 9th at 11:00am—Refreshments will be provided

SPECIAL NURSE PRESENTATION—GERD & Heartburn Presentation

****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.

First Ever Fashion Show and Dance—Thursday, May 26th from 5pm to 8pm

\$5.00 per ticket... only 100 tickets available—sign up today!

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!



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

The New Britain Senior Center and the Hardware City Travelers presents:

Elegant Saint Clements Castle

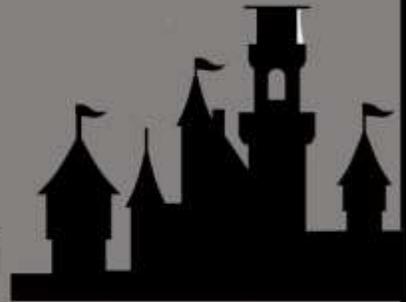
Luncheon Show

Portland, CT

Date: Wednesday, June 15, 2022

Price: \$79 per person!

Bus will depart from the Senior Center at 11:30AM



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

LOBSTER & A GREAT SHOW

THE LOG CABIN | HOLYOKE, MA



Date: Wednesday, July 20th

Price: \$118 per person

Bus will depart from the Senior Center at 10:30AM

MEMBERS MUST SIGN-UP AND SUBMIT PAYMENT BY JUNE 18, 2022

CRANBERRY BOG TOUR

WORLD'S LARGEST CRANBERRY GROWER

MAKEPEACE COMPANY | WAREHAM, MA

Date: Thursday, September 22

Price: \$116 per person

Bus will depart from the Senior Center at 8AM



MEMBERS MUST SIGN-UP AND SUBMIT PAYMENT BY AUGUST 22, 2022

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

Join us for this SPECIAL EVENT! Tickets are \$5.00 and available at front desk!

****VOLUNTEERS—Dress Rehearsal is on Friday, May 13 at 1:00pm!****

Please Let Rex Cone

The New Britain
Senior Center and
Amberwoods of Farmington Present:

**THE BEES' KNEES
SENIOR CITIZEN**

**RAGTIME
RUNWAY
SHOW**



FASHION || FOOD || DANCING

THURSDAY, MAY 26 || 5:00PM - 8:00PM

**@ NEW BRITAIN SENIOR CENTER
55 PEARL STREET, NEW BRITAIN, CT**

**FOR TICKETS, PLEASE
CALL (860) 826-3553**

The New Britain Senior Center **Flower Sale**



Saturday, May 7th
&
Saturday, May 14th
9AM - 12 PM

Stop by at the New Britain Senior Center Flower Sale and choose a selection of **flowers, herbs, and vegetables!**

All vegetation and herbs have been grown organically from the Arnold Schwartz Greenhouse.

** All proceeds go towards Senior Center programming **



Call 860-826-3553 for more information

Golden Notes Newsletter

Senior Pickleball



We are excited to announce a new

Senior Pickleball Group beginning Wednesday,
May 4th

The first few weeks will be an introduction to
pickleball—following up with Free Play. Once
we get established we will form a league.

Please sign up at the front desk to register—equipment will be provided—

NO EXPERIENCE REQUIRED!

Wednesday, May 4th at 10:00am at Walnut Hill Park

This program is for Seniors ages 55 and up!

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
<p>8:30am-9am Fitness w/ Chris (Session 1)</p> <p>9:15am-9:45am Fitness w/ Chris (Session 2)</p> <p>10am-10:30am Fitness w/ Chris (Session 3)</p> <p>10am-12pm Greenhouse Club</p> <p>10:45am-11:15am Line Dancing (Session 1)</p> <p>1pm-3pm Bingo</p>	<p>8:30am-9am Fitness w/ Chris (Session 4)</p> <p>9am-12pm Craft Group (Session 1)</p> <p>9:15am-9:45am Fitness w/ Chris (Session 5)</p> <p>10am-10:30am Fitness w/ Chris (Session 6)</p> <p>10:45am-11:15am Line Dancing (Session 2)</p> <p>1pm-3pm Clean Break Billiards Club</p> <p>1pm-3pm Craft Group (Session 2)</p> <p>1pm-2pm Healthy Balance Chair Yoga</p> <p>1pm-2pm Wii Bowling</p>	<p>10am-12pm Greenhouse Club</p> <p>10am-2pm Pinochle Group</p> <p>10am-12pm Senior Pickleball League</p> <p>10am-11am Tai Chi & Qigong</p> <p>11:30am-12:30pm Lunch</p> <p>1pm-3pm Afternoon Dancing</p>	<p>8:30am-9am Fun Drumming</p> <p>9am-12pm Craft Group (Session 1)</p> <p>9am-10am Zumba Gold</p> <p>10am-11am Chair Yoga</p> <p>1pm-2pm Art Class</p> <p>1pm-3pm Bingo</p> <p>1pm-3pm Clean Break Billiards Club</p> <p>1pm-3pm Craft Group (Session 2)</p>	<p>9am-11:30am Cornhole/Shuffleboard</p> <p>10am-11am Book Folding Craft Class</p> <p>1pm-2pm Fit & Flex</p> <p>(SATURDAY) 7</p> <p>9am-12pm Mother's Day Flower Sale</p>
<p>8:30am-9am Fitness w/ Chris (Session 1)</p> <p>9:15am-9:45am Fitness w/ Chris (Session 2)</p> <p>10am-10:30am Fitness w/ Chris (Session 3)</p> <p>10am-12pm Greenhouse Club</p> <p>10:45am-11:15am Line Dancing (Session 1)</p> <p>1pm-3pm Bingo</p>	<p>8:30am-9am Fitness w/ Chris (Session 4)</p> <p>9am-12pm Craft Group (Session 1)</p> <p>9:15am-9:45am Fitness w/ Chris (Session 5)</p> <p>10am-10:30am Fitness w/ Chris (Session 6)</p> <p>10:45am-11:15am Line Dancing (Session 2)</p> <p>1pm-3pm Clean Break Billiards Club</p> <p>1pm-3pm Craft Group (Session 2)</p> <p>1pm-2pm Healthy Balance Chair Yoga</p> <p>1pm-2pm Wii Bowling</p>	<p>10am-2pm Pinochle Group</p> <p>10am-12pm Senior Pickleball League</p> <p>10am-11am Tai Chi & Qigong</p> <p>1pm-3pm Afternoon Dancing</p>	<p>8:30am-9am Fun Drumming</p> <p>9am-12pm Craft Group (Session 1)</p> <p>9am-10am Zumba Gold</p> <p>10am-11am Chair Yoga</p> <p>1pm-2pm Art Class</p> <p>1pm-3pm Bingo</p> <p>1pm-3pm Clean Break Billiards Club</p> <p>1pm-3pm Craft Group (Session 2)</p>	<p>9am-11:30am Cornhole/Shuffleboard</p> <p>10am-11am Book Folding Craft Class</p> <p>1pm-3pm Fashion Show Dress Rehearsal</p> <p>1pm-2pm Fit & Flex</p> <p>(SATURDAY) 14</p> <p>9am-12pm Mother's Day Flower Sale</p>
<p>8:30am-9am Fitness w/ Chris (Session 1)</p> <p>9:15am-9:45am Fitness w/ Chris (Session 2)</p> <p>9:30am-12pm Lessard Lanes Bowling Trip</p> <p>10am-10:30am Fitness w/ Chris (Session 3)</p> <p>10:45am-11:15am Line Dancing (Session 1)</p> <p>1pm-3pm Bingo</p>	<p>8:30am-9am Fitness w/ Chris (Session 4)</p> <p>9am-12pm Craft Group (Session 1)</p> <p>9:15am-9:45am Fitness w/ Chris (Session 5)</p> <p>10am-10:30am Fitness w/ Chris (Session 6)</p> <p>10:45am-11:15am Line Dancing (Session 2)</p> <p>1pm-2:30pm Book Club</p> <p>1pm-3pm Clean Break Billiards Club</p> <p>1pm-3pm Craft Group (Session 2)</p> <p>1pm-2pm Healthy Balance Chair Yoga</p> <p>1pm-2pm Wii Bowling</p>	<p>10am-2pm Pinochle Group</p> <p>10am-12pm Senior Pickleball League</p> <p>10am-11am Tai Chi & Qigong</p> <p>10:30am-4pm Dancing Dream: ABBA Tribute</p> <p>11am-1pm New Member Open House</p> <p>1pm-3pm Afternoon Dancing</p>	<p>8:30am-9am Fun Drumming</p> <p>9am-12pm Craft Group (Session 1)</p> <p>9am-10am Zumba Gold</p> <p>10am-11am Chair Yoga</p> <p>1pm-2pm Art Class</p> <p>1pm-3pm Bingo</p> <p>1pm-3pm Clean Break Billiards Club</p> <p>1pm-3pm Craft Group (Session 2)</p>	<p>9am-11:30am Cornhole/Shuffleboard</p> <p>9am-12pm Target Shopping Trip</p> <p>10am-11am Book Folding Craft Class</p> <p>1pm-2pm Fit & Flex</p>
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- ACTIVITY CALENDAR -

MAY 2022



- CLOSED -

MEMORIAL DAY

