



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## Golden Notes Newsletter

### ***AUGUST 2022***

#### **Special Events —Save the Date!**

**Pickleball at the New Walnut Hill Pickleball Courts**

**Every Wednesday, 9:00am to 10:30am**

**Equipment is provided, no previous experience required.**

**New Trip—River Quest and Griswold Inn**

**Wednesday, August 10—See Flyer for Details**

**Register by Friday, August 5th**

**TRIAD SENIOR LECTURE SERIES—Tuesday, August 9th—9:30am—**

**Free Breakfast—Topic: Dental Health—Sponsored by Grandview**

**FIT N' FLEX with Wendy LeClerc—Extra Day**

**FIT N' FLEX will be one two days now!**

**Wednesdays at 1:15pm and Fridays at 1:00pm**

**Zumba Returns Thursday, August 18th at 9:15am**

**Zumba will be every Thursday from 9:15am to 10:00am**

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

# 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: \$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**

# CW Resources Senior Community Café



## August, 2022

1% or Skim milk provided

Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Salisbury Steak LS Gravy Mashed Potato Spinach	Grape Juice Eggplant Rولاتيني Marinara Sauce Ziti Broccoli and Cauliflower	Cream of Broccoli Unsalted Crackers Crabmeat Salad Sandwich 3 Bean Salad Cucumber, Onion, Dill Salad Hot Dog Roll	Chicken Salad with Cranberries Pasta Salad with Broccoli, Red Peppers, White Beans, Carrots	<b>Taste of Asia</b> Teriyaki Pork Fried Rice Oriental Vegetables Fortune Cookie
Rye Bread	12 Grain Bread	Watermelon	Club Roll	100% Whole Wheat
Fresh Apple	Brownie	Watermelon	Banana	Pineapple Chunks
8	9	10	11	12
Cranberry Juice Florentine Chicken Lemon Orzo Broccoli and Red Pepper	Stuffed Shells with Meat Sauce Green Beans	Chef Salad with Ham, Turkey, Cheese, Cheese, Egg, Veggies Italian Dressing	Orange Juice Slow Cooked Pork in Pan Gravy Roasted Herb Potatoes Squash Medley	Pineapple Orange Juice Shepards Pie with Beef, Mashed Potato, and Corn Scandinavian Veggies
<b>Happy Birthday</b> Whole Wheat Bread	 Italian Bread	Breadstick	Dinner Roll	12 Grain Bread
Birthday Cake	Pineapple Chunks	Fresh Fruit	Grapes	Chocolate Chip Cookies
15	16	17	18	19
Cranberry Juice Pork Riblet with BBQ Sauce Corn with Black Beans Cole Slaw	Salisbury Steak with Mushroom Gravy Sliced Potatoes Broccoli	Baked Fish Buttered Rice with Peas and Mushrooms Squash Medley Tartar Sauce	Macaroni, Chicken, and Pea Salad Broccoli and Red Pepper Salad Mustard	Roast Beef with Horseradish Sauce Mashed Potatoes Brussel Sprouts
Corn Muffin	Multi Grain Bread	Rye Bread	Dinner Roll	 12 Grain Bread
Ice Cream	Peaches	Orange	Fresh Fruit Salad	Fruited Yogurt
22	23	24	25	<b>Labor Day Special</b> 26
Italian Sausage (Mild) with Onions and Peppers Rice Pilaf Spinach	Cranberry Juice Meatloaf with Onion Gravy Mashed Potatoes Pease and Carrots	Orange Juice Spaghetti with Turkey Meatballs Broccoli Parmesan Cheese	Cod Fish with Butter Crumb Topping Broccoli and Cheese Rice Green and Yellow Beans	Apple Juice Hot Dog Baked Beans Sauerkraut Mustard
 Club Roll	Dinner Roll	Italian Bread	Rye Bread	Hot Dog Roll
Fruit Cocktail	Fresh Peach	Lemon Pudding	Cantaloupe	Watermelon
29	30	31		
Chicken Piccata Linguini Broccoli with Red Pepper	Crab Cakes with Cream Sauce Potato Wedges Broccoli	Kielbasa Pierogies Red and White Cabbage		
12 Grain Bread	Dinner Roll	 Rye Bread		
Chocolate Pudding	Fresh Fruit	Apple Pie		



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

**Zumba returns, Thursday, August 18th from 9:15 to 10:00am**

### **\*\*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—**

**Wednesdays at 1:15pm and 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.

**Book Folding to Return in September—Every Friday Morning at 10:00am**

**Begins Friday, September 9, 2022**

**\*No Bowling in August, we will resume in September\***

# NEW BRITAIN SENIOR CENTER MEMBERSHIP CHANGES

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.



Mayor Erin Stewart & The New Britain Parks,  
Recreation & Community Services  
Department Presents:



# MAIN STREET MARKET

Wednesdays  
11AM to 2PM | June 1st - October 26th  
Central Park New Britain, CT

 **new  
britain**  
#ExperienceTheNBW

860-826-3380  
[www.nbparksnrec.org](http://www.nbparksnrec.org)  
[www.visitnbc.com](http://www.visitnbc.com)

 **PARKS & RECREATION**

Farmer's Market  
Vouchers available!

Can be used at Main St.  
Market.

Call 860.826.3553  
For more info!



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 20<sup>th</sup>

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

# 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!**



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)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 8:30am-9am Fitness w/ Chris (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 2) 10am-10:30am Fitness w/ Chris (Session 3) 10:45am-11:15am Line Dancing (Session 1) 1pm-3pm Bingo	<b>2</b> 8:30am-9am Fitness w/ Chris (Session 4) 9am-12pm Craft Group (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 5) 10am-10:30am Fitness w/ Chris (Session 6) 10:45am-11:15am Line Dancing (Session 2) 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	<b>3</b> 9am-11am Senior Pickleball League (NO INSTRUCTOR) 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing (Band)	<b>4</b> 8:30am-9am Fun Drumming 9am-12pm Craft Group (Session 1) 10am-11am Chair Yoga 1pm-2pm Art Class 1pm-3pm Bingo 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2)	<b>5</b> 9am-11:30am Cornhole/Shuffleboard 1pm-2pm Fit & Flex
<b>8</b> 8:30am-9am Fitness w/ Chris (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 2) 10am-10:30am Fitness w/ Chris (Session 3) 10:45am-11:15am Line Dancing (Session 1) 1pm-3pm Bingo	<b>9</b> 8:30am-9am Fitness w/ Chris (Session 4) 9am-12pm Craft Group (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 5) 9:30am-10:30am TRIAD Lecture Series 10am-10:30am Fitness w/ Chris (Session 6) 10:45am-11:15am Line Dancing (Session 2) 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	<b>10</b> 9am-11am Senior Pickleball League (NO INSTRUCTOR) "Relax on the River" Bus Trip 9:30am (BUS LEAVES AT 9:30AM) 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing (DJ)	<b>11</b> 8:30am-9am Fun Drumming 9am-12pm Craft Group (Session 1) 10am-11am Chair Yoga 1pm-2pm Art Class 1pm-3pm Bingo 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2)	<b>12</b> 9am-11:30am Cornhole/Shuffleboard 1pm-2pm Fit & Flex
<b>15</b> 8:30am-9am Fitness w/ Chris (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 2) 10am-10:30am Fitness w/ Chris (Session 3) 10:45am-11:15am Line Dancing (Session 1) 1pm-3pm Bingo	<b>16</b> 8:30am-9am Fitness w/ Chris (Session 4) 9am-12pm Craft Group (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 5) 10am-10:30am Fitness w/ Chris (Session 6) 10:45am-11:15am Line Dancing (Session 2) 1pm-2:30pm Book Club 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	<b>17</b> 9am-11am Senior Pickleball League (NO INSTRUCTOR) 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing (Band)	<b>18</b> 8:30am-9am Fun Drumming 9am-12pm Craft Group (Session 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 (Session 2)	<b>19</b> 9am-11:30am Cornhole/Shuffleboard 1pm-2pm Fit & Flex
<b>22</b> 8:30am-9am Fitness w/ Chris (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 2) 10am-10:30am Fitness w/ Chris (Session 3) 10:45am-11:15am Line Dancing (Session 1) 1pm-3pm Bingo	<b>23</b> 8:30am-9am Fitness w/ Chris (Session 4) 9am-12pm Craft Group (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 5) 10am-11am FTNNESS+ Club Orientation 10am-10:30am Fitness w/ Chris (Session 6) 10:45am-11:15am Line Dancing (Session 2) 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	<b>24</b> 9am-11am Senior Pickleball League 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing (DJ)	<b>25</b> 8:30am-9am Fun Drumming 9am-12pm Craft Group (Session 1) 9am-10am Zumba Gold 10am-11am Chair Yoga 1pm-2pm Art Class 1pm-3pm Bingo 1pm-4pm Catholic Charities Rental 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm FTNNESS+ Club Orientation	<b>26</b> 9am-11:30am Cornhole/Shuffleboard 1pm-2pm Fit & Flex
<b>29</b> 8:30am-9am Fitness w/ Chris (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 2) 10am-10:30am Fitness w/ Chris (Session 3) 10:45am-11:15am Line Dancing (Session 1) 1pm-3pm Bingo	<b>30</b> 8:30am-9am Fitness w/ Chris (Session 4) 9am-12pm Craft Group (Session 1) 9:15am-9:45am Fitness w/ Chris (Session 5) 10am-11am FTNNESS+ Club Orientation 10am-10:30am Fitness w/ Chris (Session 6) 10:45am-11:15am Line Dancing (Session 2) 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	<b>31</b> 9am-11am Senior Pickleball League 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing (Band)	 <div> <b>ACTIVITY</b>  <b>CALENDAR</b>  <b>AUGUST</b>  <b>2022</b> </div> 	



# 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!**

**NEW TIME—\*\*\*9:00am to 10:30am 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