



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

SEPTEMBER 2022

SPECIAL EVENTS - SAVE THE DATE!

Mindful Wow Lunch & Learn Series: 'Navigating Transitions'
Friday, September 9 in the Café

TRIAD SENIOR LECTURE SERIES - Tuesday, September 13 at 9:30am
Free Breakfast - Topic: Self-Managed Skills for Chronic Illness, by Jill Hart
SPONSORED BY: Monsignor Bojnowski Manor and Autumn Lake Healthcare

FIT N' FLEX with Wendy LeClerc will be on two days now!
Wednesdays at 1:15pm and Fridays at 1:00pm

Zumba continues in September!
Zumba will be held every Thursday from 9:15am to 10:00am

**ALL NON-RESIDENT MEMBERSHIPS WILL EXPIRE ON
SEPTEMBER 30, 2022. IF YOU ARE NOT A NEW BRITAIN
RESIDENT, PLEASE SEE THE FRONT DESK TO RENEW
YOUR MEMBERSHIP!**

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: www.newbritainct.gov
Hours of Operation:	Monday to 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

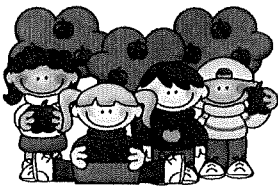
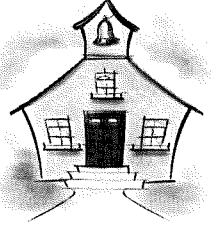
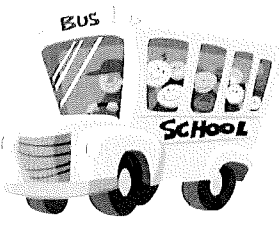

CW Resources Senior Community Café

September, 2022

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Grape Juice Roast Pork Cranberry Gravy Buttered Noodles Buttered Beets</p> <p>100% Whole Wheat Baked Apples with Whipped Topping</p>	<p>2</p> <p>Orange Pineapple Juice Pier 17 Fish Seasoned, Roasted Potatoes Scandinavian Veggies Tarter Sauce</p> <p>Multi Grain Bread Birthday Cake</p>
<p>5</p> <p>Labor Day Closed</p> 	<p>6</p> <p>Sliced Ham Pineapple Glaze Sweet Potatoes Geneva Blend Veggies</p> <p>Rye Bread Pineapple Cup</p>	<p>7</p> <p>Cranberry Juice Southern Grilled Chicken Salad with Tomatoes, Black Beans, and Corn Ranch Dressing</p> <p>Corn Muffin Chocolate Pudding</p>	<p>8</p> <p>Cranberry Juice Broiled Fish Cheesy Rice Broccoli</p> <p>Wheat Bread Banana</p>	<p>9</p> <p>Swedish Meatballs with LS Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread Tropical Fruit Cup</p>
<p>12</p> <p>Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies</p> <p>Rye Bread Fruit Cocktail</p>	<p>13</p> <p>Orange Juice Baked Veal Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread Oatmeal Raisin Cream Pie</p>	<p>14</p> <p>LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach</p> <p>Biscuit Pear Cup</p>	<p>15</p> <p>Chicken Picatta Linguini Brussel Sprouts</p> <p>Dinner Roll Cinnamon Applesauce</p>	<p>16</p> <p>Grape Juice Turkey Divan Brown Rice California Blend Veggies</p> <p>Whole Wheat Roll Ice Cream Cup</p>
<p>19</p> <p>Lazy Stuffed Cabbage (Beef/Pork Mix) Mashed Potatoes Meadow Blend Veggies</p> <p>Italian Bread Plum</p>	<p>20</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>21</p> <p>Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Carrots</p> <p>Apple Pie</p>	<p>22</p> <p>BBQ Meatloaf BBQ Glaze Sweet Potato Peas</p> <p>Roll Cantaloupe</p>	<p>23</p> <p>Minestrone Soup Unsalted Crackers Codfish Cakes Steak Fries Broccoli Ketchup Tartar Sauce Oatmeal Bread</p> <p>Tropical Fruit Cup</p>
<p>26</p> <p>Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots</p> <p>Italian Bread Rice Pudding</p>	<p>27</p> <p>Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers and Onions Spanish Rice Pintos & Black Eyed Peas Tortilla Pears</p>	<p>28</p> <p>Orange Juice Spaghetti and Turkey Meatballs Garden Salad Italian Dressing</p> <p>Garlic Bread Fresh Apple</p>	<p>29</p> <p>Beef Stroganoff Buttered Noodles Mixed Vegetables</p> <p>12 Grain Bread Mandarin Oranges</p>	<p>30</p> <p>Roast Turkey Turkey Gravy Mashed Potatoes Brussel Sprouts Cranberry Sauce</p> <p>Dinner Roll Oatmeal Cookies</p>

WHAT'S NEW?

Fun Drumming Class with Chris Kuzia

Thursdays at 8:30am

Register 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!

Fit and Flex Class with Wendy LeClerc

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

Register 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!

RETURNING IN SEPTMBER

- **Book Folding classes** (Fridays at 10:00am)
- **'Tuesdays in the Library' Book Club** (Tuesday, 9/20 at 1:00pm)
- **Wii Bowling** (Tuesdays at 1:00pm)
- **Lessard Lanes Bowling Trip** (Date TBD)
- **Target Shopping Trip** (Friday, 9/23 - CALL TO REGISTER!)
- **Flu Vaccine Clinic** (Tuesday, 9/27, 10:00am to 2:00pm - BY APPOINTMENT ONLY)

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.

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SEPTEMBER 30, 2022. IF YOU ARE NOT A NEW BRITAIN
RESIDENT, PLEASE SEE THE FRONT DESK TO RENEW
YOUR MEMBERSHIP!**



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



860-826-3360
www.nbparksnrec.org
www.visitnbct.com



Farmer's Market
Vouchers available!

Can be used at Main St.
Market.

Call 860.826.3553
For more info!



NEW BRITAIN SENIOR CENTER

- ACTIVITY CALENDAR -

SEPTEMBER 2022



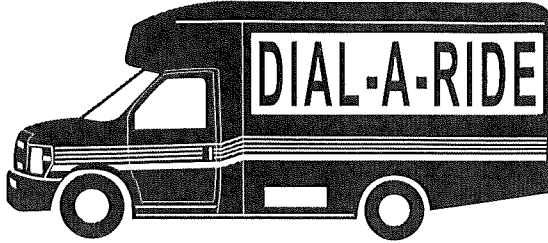
- CLOSED -
LABOR DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30am-9am Fitness w/ Chris (Sess. 1)</p> <p>9:15am-9:45am Fitness w/ Chris (Sess. 2)</p> <p>10am-10:30am Fitness w/ Chris (Sess. 3)</p> <p>10:45am-11:15am Line Dancing (Sess. 1)</p> <p>1pm-3pm Bingo</p>	<p>8:30am-9am Fitness w/ Chris (Sess. 4)</p> <p>9am-12pm Craft Group (Sess. 1)</p> <p>9:15am-9:45am Fitness w/ Chris (Sess. 5)</p> <p>10am-11am FITNESS+ Club Orientation</p> <p>10am-10:30am Fitness w/ Chris (Sess. 6)</p> <p>10:45am-11:15am Line Dancing (Sess. 2)</p> <p>1pm-3pm Clean Break Billiards Club</p> <p>1pm-3pm Craft Group (Sess. 2)</p> <p>1pm-2pm Healthy Balance Chair Yoga</p> <p>1pm-2pm Wii Bowling</p>	<p>9am-11am Senior Pickleball League</p> <p>10am-2pm Pinochle Group</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 (Sess. 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 (Sess. 2)</p> <p>1pm-2pm FITNESS+ Club Orientation</p>	<p>9am-11:30am Cornhole/Shuffleboard</p> <p>10am-11am Book Folding Craft Class</p> <p>1pm-2pm Fit & Flex</p>
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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
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

Golden Notes Newsletter

Senior Pickleball



Our Senior Pickleball Group will continue to meet at Walnut Hill Park on Wednesdays throughout the fall, as weather permits.

Senior Pickleball Group meetings begin with a round of warm-up matches, and progress into organized exhibition games.

If interested, please register at the front desk of the New Britain Senior Center.

NO EXPERIENCE REQUIRED!

Every Wednesday || 9:00am to 10:30am || 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