



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

NOVEMBER 2022

Save the Date

Thursday, November 17th—Holiday Centerpiece Making w/ Roots

2:00 to 4:00pm—Sign up at Front Desk

Thursday, December 15th—Apple Pie Making—8:30am in Cafeteria

Senior Center is seeking volunteers to help peel apples and roll dough as it makes its apple pies for the annual Holiday Bazaar—please sign up at front desk!

Friday, December 16th—Annual Holiday Bazaar! 9:30am to 1:30pm

Crafts for Sale, Apple Pies for Sale and Lunch! Join us for this wonderful fundraiser!

Thursday, December 22nd—Annual Holiday Party (Autumn Lake)

11:30am to 2:00pm—Sign up at front desk, limit 120 people

Registration begins on December 1, 2022.

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

Resident Fee: \$10.00 for Lifetime Membership

Non-Resident Fee: \$20.00 per year

Current Resident Members are not subject to fee changes.

**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 Solutions Senior Community Café

November

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Eggplant Parmesan
Buttered Ziti
Italian Blend
Oatmeal Bread
Tangerine

2

Unbreaded Fish Filet
Lemon Butter Sauce
Harvest Rice
Stewed Tomatoes
Multi Grain Bread
Pineapple Chunks

3

Grape Juice
Sloppy Joe
Mashed Potatoes
Corn Niblets
Hamburger Roll
Brownie with Topping

4

Stuffed Pepper Soup
Unsalted Crackers
Sliced Turkey
Swiss Cheese
Lettuce and Tomato
Tator Tots
Banana
Sub Roll



7

Lasagna Rollette
Primavera White Sauce
Mixed Vegetables
Garlic Bread
Pineapple Chunks

8

Swedish Meatballs
Sour Cream Gravy
Buttered Noodles
Italian Blend Vegetable
Assorted Rolls
Fruit Cup

9

Corn Chowder
Unsalted Crackers
Fresh Pork Loin
Sweet Potato Chunks
Tuscany Vegetables
Rye Bread
Birthday Cake

10

Pinapple Orange Juice
Chicken Ala King over
Wild Rice
Oriental Vegetables
!2 Grain Bread
Peaches

11

Closed



14

Grape Juice
Vegetable Chili
Brown Rice
Corn Bread
Chocolate Chip Cookies

15

Cheese Ravioli
Marinara
Green Beans
Italian Bread
Tropical Fruit Cup

16

Apple Cider
Roast Turkey with
Giblet Gravy
Stuffing
Mashed Potato
Butter Ginger Baby Carrots
Cranberry Sauce
Dinner Roll
Pumpkin Delight

17

Butternut Squash Soup
Unsalted Crackers
Fish Sandwich
Sweet Potato Tots
Cole Slaw
Hamburger Bun
Banana

18

Open Faced Roast Beef
Sandwich w/ LS Beef Gravy
Garlic Mashed Potatoes
Brussel Sprouts
Oatmeal Bread
Baked Pears with Topping

21

Meatballs
Mozzarella
French Fries
Mixed Vegetables
Sub Roll
Orange

22

Orange Juice
Chicken Cacciatore
Buttered Shells
Carrots
Garlic Bread
Rice pudding

23

Toscana Soup
Unsalted Crackers
Crumb Topped Fish
Rice Pilaf
Spinach and Tomato
Bread Stick
Fresh Apple

24

CLOSED

25

CLOSED



28

Chicken Fajitas with
Peppers and Onions
Yellow Rice
Black Beans w/Diced Tomato
Whole Wheat Tortilla
Pears

29

Grape Juice
Breaded Pork Chop
Seasoned Whole Potatoes
Butternut Squash
Wheat Bread
Banana Pudding

30

Turkey Stew with Turkey,
Potato, Peas, and Carrots
Brown Rice
Brussel Sprouts
Biscuit
Peaches





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—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!

Senior Crafters Afghan Sale

The Crafters have exquisite Afghans for sale—come check them out in the Cafeteria!

On Sale:

Monday, November 7th and 14th | Wednesday, November 9th and 16th

Thursday, November 10th and 17th—1:00pm to 3:00pm

Holiday Centerpiece Making

Come and make a great holiday centerpiece for the holiday season!

Free for members—Thursday, November 17th in the Craft Room—2:00pm to 4:00pm


Lunch and Learn with Sharon Gutterman

Friday, November 18th—10:45 to 11:45am

Complimentary Lunch Following—Please sign up at Front Desk

Target Shopping Trip

Friday, November 18th—Morning Run—Please sign up at Front Desk

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
 NEW BRITAIN SENIOR CENTER		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) 12:30pm-1:15pm FITNESS+ 101 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling		8:30am-11:30am Medicare Open Table 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing 1pm-2pm Fit & Flex		8:30am-9am Fun Drumming 9am-12pm Craft Group (Session 1) 9:15am-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)		9am-11:30am Cornhole/Shuffleboard 10am-11am Book Folding Craft Class 1pm-2pm Fit & Flex	
7		8		9		10		11	
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 1pm-2pm Commission on Aging Meeting		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) 12:30pm-1:15pm FITNESS+ 101 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling		8:30am-11:30am Medicare Open Table 10am-2pm Pinochle Group 10am-11am Tai Chi & Qigong 1pm-3pm Afternoon Dancing 1pm-2pm Fit & Flex		8:30am-9am Fun Drumming 9am-12pm Craft Group (Session 1) 9:15am-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)		- CLOSED - VETERANS' DAY	
14		15		16		17		18	
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21		22		23		24		25	
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28		29		30		<div>NEW BRITAIN SENIOR CENTER</div> <div>- ACTIVITY CALENDAR -</div> <div>NOVEMBER 2022</div>			
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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!



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

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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