



# NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## Golden Notes Newsletter

### ***DECEMBER 2022***

#### Save the Date

**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!

*The Senior Center is also seeking raffle prize donations and bake sale items for the Bazaar*

*Please drop off any item or raffle prize to the front desk, thanks in advance!*

**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.

**\*\*VOLUNTEERS STILL NEEDED FOR THE APPLE PIE MAKING AND HOLIDAY BAZAAR!**

**IF INTERESTED, PLEASE INFORM THE FRONT DESK\*\***

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

<b>Location:</b>	55 Pearl Street, New Britain, CT 06051
<b>Contact Information:</b>	Phone: 860.826.3553   Fax: 860.826.3557 Website: <a href="http://www.newbritainct.gov">www.newbritainct.gov</a>
<b>Hours of Operation:</b>	Monday to 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

# December Menu

1% or Skim milk provided

Margarine available

## MENU ITEMS SUBJECT TO CHANGE

## SUGGESTED DONATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Happy Holidays



5	6	7	8	9
Lasagna Rolette Primavera White Sauce Italian Blend Veggies	Swedish Meatballs Sour Cream Gravy Buttered Noodles Italian Blend Veggies	Pineapple Orange Juice Chicken Ala King over Wild Rice Oriental Blend Veggies	Corn Chowder Unsalted Crackers Fresh Pork Loin Sweet Potato Chunks Tuscany Veggies	Potato Crunch Fish Mashed Sweet Potato Spinach Tartar Sauce
Garlic Bread	Assorted Rolls	12 Grain Bread	Rye Bread	Dinner Roll
Pineapple Chunks	Fruit Cup	Peaches	Birthday Cake	Citrus Sections
12	13	14	15	
Grape Juice Vegetable Chili Brown Rice	Cheese Ravioli with Marinara Sauce Green Beans	Pineapple Orange Juice Beef Stew with Beef, Potato, Carrots, Green Beans, Com, and Onion	<b>Christmas Special</b> Egg Nog Roast Turkey with LS Turkey Gravy Oven Roasted Baby Red Potatoes Baby Carrots with Peas	<b>HOLIDAY BAZAAR CRAFT FAIR NO CW LUNCH</b>
Com Bread	Italian Bread	Dinner Roll	 Dinner Roll Apple Cinnamon Cake with Whipped Topping	LUNCH PROVIDED BY SENIOR CENTER FOR PURCHASE
Chocolate Chip Cookie	Tropical Fruit Cup	Pecan Sandies		
19	20	21	22	23
Meatball Sub with Mozzarella French Fries Mixed Veggies	Orange Juice Chicken Cacciatore Buttered Shells Carrots	Toscana Soup Unsalted Crackers Crumb Topped Fish Rice Pilaf Spinach and Tomato	NO CW LUNCH  **SENIOR CENTER CHRISTMAS PARTY MUST SIGN UP AT FRONT DESK**	Apple Juice Hamburger Baked Beans Green Beans
 Sub Roll	Garlic Bread	Bread Stick		WW Hamburger Bun
Fresh Orange	Rice Pudding	Fresh Apple		Wafer Cookies
26	27	28	29	30
<b>Merry Christmas</b> 	Grape Juice Breaded Pork Chop Seasoned, Whole Potatoes Butternut Squash	Turkey Stew Brown Rice Brussel Sprouts	<b>New Year's Special</b> Apple Cider Sliced Ham with Cherry Pineapple Sauce Mashed Sweet Potato Broccoli and Carrots	Roast Chicken Leg and Thigh with LS Gravy Orzo with Red Pepper Peas
	Wheat Bread	 Biscuit	Dinner Roll	Oatmeal Bread
	Banana Pudding	Peaches	Boston Cream Pie	Orange



### **\*\*Indoor Pickleball at the YWCA\*\***

**Beginning on Wednesday, December 7th at 9:00am**

The 55+ Serve City Pickleball Group is moving indoors! Free for members.

Join us at the YWCA every Wednesday morning from 9:00am to 11:00am.

Parking available in back of YWCA or walk over from the Senior Center.

Call the front desk to sign up!

### **Target Shopping Trip**

Thursday, December 15th—Morning Run—Please sign up at Front Desk

Get your last minute Christmas Shopping Done!

### **\*New Senior Trip Advisory Committee\***

The New Britain Senior Center is starting a Trip Committee to help with planning, facilitating and organizing our Hardware City Travelers Program. This committee will meet once a month and discuss up coming trips and come up with potential trip ideas.

**First Meeting—Tuesday, December 13th at 11:00am in Massachusetts Room**

**If interested inform the front desk**

### **Special Turkey Christmas Lunch—Thursday, December 15th**

Roast Turkey w/ Turkey Gravy, Oven Roasted Potatoes and Carrots

Please call Novlette at 860.670.8818 to sign up!





# NEW BRITAIN SENIOR CENTER

## - ACTIVITY CALENDAR -

DECEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b></p> <p>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</p>	<p><b>6</b></p> <p>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</p>	<p><b>7</b></p> <p>8:30am-11:30am Medicare Open Table 9am-11am Indoor Pickleball League 10am-2pm Pinochle Group 10am-11am Tai Chi &amp; Qigong 1pm-3pm Afternoon Dancing</p>	<p><b>8</b></p> <p>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) 1pm-2pm FITNESS+ Club Orientation</p>	<p><b>9</b></p> <p>9am-11:30am Cornhole/Shuffleboard 10am-11am Book Folding Craft Class 1pm-2pm Fit &amp; Flex</p>
<p><b>12</b></p> <p>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</p>	<p><b>13</b></p> <p>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) 11am-12pm Senior Trip Advisory Committee 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling</p>	<p><b>14</b></p> <p>9am-11am Indoor Pickleball League 10am-2pm Pinochle Group 10am-11am Tai Chi &amp; Qigong 1pm-3pm Afternoon Dancing</p>	<p><b>15</b></p> <p>8:30am-3:30pm Apple Pie Making 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) 1pm-2pm FITNESS+ Club Orientation</p>	<p><b>16</b></p> <p><b>No Cornhole</b> 9:30am-1:30pm Holiday Bazaar 10am-11am Book Folding Craft Class 1pm-2pm Fit &amp; Flex</p>
<p><b>19</b></p> <p>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</p>	<p><b>20</b></p> <p>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</p>	<p><b>21</b></p> <p>9am-11am Indoor Pickleball League 10am-2pm Pinochle Group 10am-11am Tai Chi &amp; Qigong 11am-1pm New Member Open House 1pm-3pm Afternoon Dancing</p>	<p><b>22</b></p> <p>8:30am-9am Fun Drumming 9am-12pm Craft Group (Session 1) 9:15am-10am Zumba Gold 10am-11am Chair Yoga 11:30am-2pm Autumn Lake Holiday Party <b>NO ART CLASS</b> <b>NO BINGO</b> 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm FITNESS+ Club Orientation</p>	<p><b>23</b></p> <p>9am-11:30am Cornhole/Shuffleboard 10am-11am Book Folding Craft Class 1pm-2pm Fit &amp; Flex</p>
<p><b>26</b></p> <p><b>- CLOSED -</b></p> <p><b>CHRISTMAS DAY</b> <b>(OBSERVED)</b></p>	<p><b>27</b></p> <p>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</p>	<p><b>28</b></p> <p>9am-11am Indoor Pickleball League 10am-2pm Pinochle Group 10am-11am Tai Chi &amp; Qigong 1pm-3pm Afternoon Dancing</p>	<p><b>29</b></p> <p>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) 1pm-2pm FITNESS+ Club Orientation</p>	<p><b>30</b></p> <p>9am-11:30am Cornhole/Shuffleboard 10am-11am Book Folding Craft Class 1pm-2pm Fit &amp; Flex</p>

# 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)

# Golden Notes Newsletter

## Senior Pickleball



Our Senior Pickleball Group will begin to meet at the YWCA on Wednesdays throughout the winter.

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 11:00am || YWCA

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