



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051
PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

JANUARY 2023

Save the Date

Greenhouse Club Meeting

Wednesday, January 11th @ 11:00am in Vermont Room

For anyone interested in volunteering for our Greenhouse Club. Participants learn to grow flowers, vegetables and herbs from seeds. Plants are sold at the annual plant sale.

No experience necessary!

New Senior Trip Advisory Committee

Wednesday, January 18th @ 11:30am in Massachusetts Room

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

Senior Center Personal Training Introduction Class (3 Sessions)

Monday, January 9th at 9:00am | Monday, January 9th at 1:00pm

Monday, January 23rd at 1:00pm

Join Certified Trainer, Michelle Santos-Perkins from the YWCA for an introductory training session at the Senior Center's FITNE55+ exercise facility.

For more information, please call the Senior Center at 860.826.3553, 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.

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



JANUARY, 2023

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
NEW YEAR'S HOLIDAY CLOSED	Apple Juice Chicken Fajita with Peppers and Onions Yellow Rice Fiesta Corn with Black Beans Whole Wheat Tortilla Lemon Pudding	Mushroom Barley Soup Unsalted Crackers Butter Crumb Fish with Dill Sauce Buttered, Parslied Noodles Brussel Sprouts Whole Wheat Roll Banana	Pot Roas with LS Beef Gravy Oven Roasted Potatoes Spinach Happy Birthday 12 Grain Bread Birthday Cake	BBQ Pork Chop Sweet Potato Grean Beans Oatmeal Bread Ice Cream Cup
9	10	11	12	13
Sweet and Sour Meatballs Sesame Noodles Oriental Blend Vegetables 100% Whole Wheat Citrus Sections	Split Pea Soup Unsalted Crackers Crabcake Steak Fries Tomato and Zucchini Tartar Sauce Hamburger Bun Fresh Orange	Orange Juice Spaghetti with Plant Based Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing Garlic Bread Banana	Pineapple Juice Roast Pork with Apples and Sauerkraut Seasoned Oven Potatoes Carrots Rye Bread Peanut Butter Cookies	MLK Day Special Grape Juice Chicken Jambalaya Wild Rice Spinach with Sauteed Onions Corn Muffin Banana Cream Pie
16	17	18	19	20
 CLOSED	Black Bean Soup Unsalted Crackers Pier 17 Fish Waffle Fries Cole Slaw Tartar Sauce Multigrain Bread Pineapple Chunks	Lazy Man's Stuffed Peppers with Brown Rice Broccoli Wheat Bread Brownie	Meatloaf with Onion Gravy Buttered Noodles Brussel Sprouts Rye Bread Tropical Fruit Cup	Orange Juice Turkey Pot Pie Garden Salad French Dressing Biscuit Oatmeal Raisin Cookies
23	24	25	26	27
Orange Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli Oatmeal Bread Tapioca Pudding	Beef and Bean Chili Mac Meadow Blend Veggies Com Bread Fresh Orange	Cream of Broccoli Soup Unsalted Crackers Veggie Bean Burger Sweet Potatoes Creamy Spinach 100% Whole Wheat Bun Applesauce	Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread Tropical Fruit Cup	Winter Picnic BBQ Chicken Potato Salad Braised Red Cabbage Dinner Roll Ambrosia
30	31			
LS Turkey Kielbasa with Sauerkraut Pierogis Carrots Rye Bread Tangerine	Cramy Chicken Strips with Red Peppers Egg Noodles Mixed Vegetables Oatmeal Bread Tropical Fruit Cup			



****Indoor Pickleball at the YWCA****

Every Wednesday from 9:00am to 11:am

The 55+ Serve City Pickleball Group is 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

To Be Determined, please call 860.826.3553

AARP Tax-Aide in New Britain begins Early February

We will begin scheduling appointments on Tuesday, January 17th

The AARP Tax-Aide Program will be available this upcoming tax season at the New Britain Senior Center. Appointments will be available Tuesday mornings and Fridays. Like last year, Tax-payers will need to pick-up and complete the intake booklet PRIOR to their scheduled appointment. A separate appointment will be required for each tax year to be completed.

We will begin scheduling in January, so please do not call for an appointment before then.

New Britain Senior Center: (860) 826-3553.

We're glad to be able to offer this service again and are looking forward to seeing our clients!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
Closed New Years Day		JAN 3 8:15 FITNESS+ Club 8:30 Fitness w/ Chris (Session 4) 9:15 Fitness w/ Chris (Session 5) 10:00 Fitness w/ Chris (Session 6) 10:45 Line Dancing (Session 2) 1:00 Healthy Balance Chair Yoga	JAN 4 8:15 FITNESS+ Club 9:00 Indoor Pickleball League 10:00 Tai Chi & Qigong	JAN 5 8:15 FITNESS+ Club 8:30 Fun Drumming 9:15 Zumba Gold 10:00 Chair Yoga	JAN 6 8:15 FITNESS+ Club 10:00 Book Folding Craft Class 1:00 Fit & Flex						
JAN 9 8:15 FITNESS+ Club 8:30 Fitness w/ Chris (Session 1) 9:15 Fitness w/ Chris (Session 2) 10:00 Fitness w/ Chris (Session 3) 10:45 Line Dancing (Session 1)	JAN 10 8:15 FITNESS+ Club 8:30 Fitness w/ Chris (Session 4) 9:15 Fitness w/ Chris (Session 5) 10:00 Fitness w/ Chris (Session 6) 10:45 Line Dancing (Session 2) 1:00 Healthy Balance Chair Yoga	JAN 11 8:15 FITNESS+ Club 9:00 Indoor Pickleball League 10:00 Tai Chi & Qigong 11:00 Greenhouse Club Meeting	JAN 12 8:15 FITNESS+ Club 8:30 Fun Drumming 9:15 Zumba Gold 10:00 Chair Yoga	JAN 13 8:15 FITNESS+ Club 10:00 Book Folding Craft Class 1:00 Fit & Flex							
Closed MLK Day		JAN 17 8:15 FITNESS+ Club 8:30 Fitness w/ Chris (Session 4) 9:15 Fitness w/ Chris (Session 5) 10:00 Fitness w/ Chris (Session 6) 10:45 Line Dancing (Session 2) 1:00 Healthy Balance Chair Yoga All Day - Tax Appointments	JAN 18 8:15 FITNESS+ Club 9:00 Indoor Pickleball League 10:00 Tai Chi & Qigong	JAN 19 8:15 FITNESS+ Club 8:30 Fun Drumming 9:15 Zumba Gold 10:00 Chair Yoga	JAN 20 8:15 FITNESS+ Club 10:00 Book Folding Craft Class 1:00 Fit & Flex						
JAN 23 8:15 FITNESS+ Club 8:30 Fitness w/ Chris (Session 1) 9:15 Fitness w/ Chris (Session 2) 10:00 Fitness w/ Chris (Session 3) 10:45 Line Dancing (Session 1)	JAN 24 8:15 FITNESS+ Club 8:30 Fitness w/ Chris (Session 4) 9:15 Fitness w/ Chris (Session 5) 10:00 Fitness w/ Chris (Session 6) 10:45 Line Dancing (Session 2) 1:00 Healthy Balance Chair Yoga	JAN 25 8:15 FITNESS+ Club 9:00 Indoor Pickleball League 10:00 Tai Chi & Qigong	JAN 26 8:15 FITNESS+ Club 8:30 Fun Drumming 9:15 Zumba Gold 10:00 Chair Yoga	JAN 27 8:15 FITNESS+ Club 10:00 Book Folding Craft Class 1:00 Fit & Flex							

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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!

 **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

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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