



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

FEBRUARY 2023

Save the Date

Greenhouse Club Meeting

Wednesday, February 1st @ 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, February 15th @ 11:30am in Craft 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 (4 Sessions)

Monday, February 6th at 9:00am and 1:00pm

Monday, February 27th at 9:00am and 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



CW Solutions Senior Community Café

Café

February, 2023

1% milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Mushroom Barley Soup
Unsalted Crackers
Butter Crumb Fish
with Dill Sauce
Buttered Parslied Noodles
Broccoli
Whole Wheat Roll

2
Pot Roast
LS Beef Gray
Oven Roasted Potatoes
Spinach

12 Grain Bread

3
BBQ Pork Chop
Sweet Potato
Brussel Sprouts
Oatmeal Bread

Banana

Birthday Cake

Ice Cream Cup

6

7

8

9

10

Sweet & Sour
Meatballs
Sesame Noodles
Oriental Blend Veggies
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
Parnesan Cheese
Romaine Salad
Ranch Dressing
Garlic Bread
Pears

Pineapple Juice
Roast Pork with
Apples and Sauerkraut
Seasoned Oven Potatoes
Carrots
Rye Bread
Peanut Butter Cookies

**VALENTINE'S DAY
PARTY**
Lunch Provided by
Autumn Lake

13

Valentine Special 14

15

16

Special Dessert 17

**SENIOR CENTER
CLOSED**

Orange Juice
Broccoli and
Cheese Quiche
Sweet Potatoes
Spinach

Dinner Roll

Lazy Man's
Stuffed Peppers
Broccoli
Wheat Bread

Meatloaf
Onion Gravy
Buttered Noodles
Brussel Sprouts
Rye Bread

Orange Juice
Turkey Pot Pie
Garden Salad
French Dressing
Biscuit

Valentine Treat

Brownie

Tropical Fruit Cup

Apple Pie

20

21

Ash Wednesday 22

23

Winter Picnic 24



Beef and Bean
Chili Mac
Meadow Blend Veggies
Corn Bread
Fresh Orange

Veggie Bean Burger
Sweet Potatoes
Creamy Spinach
Ash Wednesday
100% Whole Wheat
Applesauce

Open Faced Turkey
Sandwich with
LS Turkey Gravy
Mashed Potato
Carrots
Potato Bread
Tropical Fruit Cup

BBQ Chicken
Potato Salad
Braised Red Cabbage
Hamburger Bun
Ambrosia

27

28

Turkey Kielbasa
with Sauerkraut
Pierogis
Carrots

Creamy Chicken Strips
with Red Pepper
Noodles
Mixed Vegetables



HAPPY
Valentine's
DAY

Rye Bread

Oatmeal Bread

Tangerine

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.

Target Shopping Trip

Friday, February 10 in the morning, 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.

Schedule your appointment today! (860) 826-3553.

Autumn Lake Valentine's Day Party

Friday, February 10th from 11:00am to 2:00pm

Pizza Lunch | Raffle | Entertainment: Top Dead Center Duo

Sign up at front desk—limit 125, first come first serve

Registration begins Wednesday, February 1st.

Senior Center Garden Club is Seeking Volunteers!

If interested please call 860.826.3553—No experience required.

Program begins Monday, Feb 20th—group will meet Monday and Friday Mornings at 9:00am

Next Meeting is Wednesday, February 1st at 11:00am in the Vermont Room

We Are Seeking Card Players—New Setback Group

Beginning Wednesday, February 1 from 1:00pm to 3:00pm in Vermont Room



Manicures by Roseanna D'Anna (Amberwoods of Farmington)

Thursday, February 9th from 9:30am to 12:00pm

Get a free manicure and spend some quality time with Roseanna. Please preregister at the front desk. Limited time slots available.

Thursday Morning Chair Yoga is now at a new time!

Please advise: Chair Yoga on Thursday Mornings will begin at 10:15am

Seeking Cornhole Players

The New Britain Senior Center is having a Cornhole Meeting on Friday, February 17th to discuss starting a formal league.

Friday, February 17th at 11:00am in the Cafeteria.

Lunch and Learn with Sharon Gutterman

Thursday, February 9 from 10:45am to 11:45pm

Free Lunch afterwards—sign up at front desk

Topic: HOW TO BE YOUR OWN SPECIAL VALENTINE

***NEW* Best Buddies Senior Citizens Program (Meet and Greet)**

Thursday, February 16th from 1:00pm to 3:00pm in Vermont Room

Free Refreshments Provided

Best Buddies Citizens creates one-to-one friendships between adults with and without intellectual or developmental disabilities (IDD) in the community, and strives to build a community where everyone is valued and feels a sense of belonging!

We are inviting seniors to volunteer and help persons with disabilities socialize and feel like part of the community. Each month Seniors will attend a program such as bingo, crafts, lunch etc.

Please sign up at the front desk!

Upcoming



St. Patrick's Day Party—Presented by Autumn Lake

Friday, March 10th from 11:00am to 2:00pm

Lunch | Raffle | Entertainment: Willie and Jan Band

Registration begins on Wednesday, March 1st

St. Patrick's Day Celebration—Trip to Aquaturf—\$52 per person

Featuring: The McLean Avenue Band & Irish Step Dancers!

Meal choice of Corned Beef and Cabbage or Baked Scrod

Drive on your own, or ride our bus for an additional \$5.00

Doors Open at 10:00am | Lunch at 12:00 | Show Ends at 3:30

ONLY 25 TICKETS AVAILABLE—SIGN UP TODAY

TRIAD Grand Breakfast—Sunday, March 26th—8:00am to 11:00am

At the New Britain Senior Center

\$7.00 per ticket in advance | \$8.00 at the door

All Proceeds go towards the Senior Prom

TRIAD Senior Citizen Prom—Thursday, April 20th—5:00pm to 8:30pm

Tickets available at the New Britain Senior Center beginning Mon. March 26th

\$5.00 per ticket

2nd Annual Fashion Show! Thursday, May 26th—5:00pm to 8:00pm

Back by Popular Demand! This year's theme: 50's Sock Hop

We are seeking volunteers!! Please sign up at front desk.

5th Annual Senior Center Plant Sale—Save the Date

Saturday, May 13th and Saturday May 20th—9:30am to 12:30pm

FITNE55+ 101 Classes Return—Work 1 on 1 with CCSU Exercise Science Students

Tuesdays, Beginning March 28th—1:55pm to 2:40pm

Learn the basics of exercise with CCSU Students! Sign up at Front Desk, 25 person max

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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

FEBRUARY 2023 MONTHLY CALENDAR (NEW BRITAIN SENIOR CENTER)

MON	TUE	WED	THU	FRI
<p>FEB 6 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 1) 9am Personal Training w/ Michelle 9:15am Fitness w/ Chris (Session 2) 10am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12pm Lunch 1pm Bingo 1pm Commission on Aging Meeting 1pm Personal Training w/ Michelle</p>	<p>FEB 7 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 4) 9am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12pm Lunch 1pm Clean Break Billiards Club 1pm Craft Group (Session 2) 1pm Healthy Balance Chair Yoga 1pm Wii Bowling</p>	<p>FEB 8 8:15am FITNESS+ Club 9am Indoor Pickleball League 10am Tai Chi & Qigong 12pm Lunch 1pm Afternoon Dancing 1pm Fit & Flex 1pm Setback Group</p>	<p>FEB 9 8:15am FITNESS+ Club 8:30am Breakfast/Coffee 8:30am Fun Drumming 9am Craft Group (Session 1) 9:15am Zumba Gold 9:30am Manicures 10:15am Chair Yoga 10:45am Lunch and Learn 12pm Lunch 1pm Art Class 1pm Bingo 1pm Clean Break Billiards Club 1pm Craft Group (Session 2)</p>	<p>FEB 10 8:15am FITNESS+ Club 9am AARP Tax-Aide 9am Cornhole 10am Book Folding Craft Class 11am Valentine's Day Party 12pm Lunch (CANCELLED) 1pm Fit & Flex (CANCELLED) Morning Target Trip</p>
<p>FEB 13 SENIOR CENTER CLOSED</p>	<p>FEB 14 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 4) 9am AARP Tax-Aide 9:15am Fitness w/ Chris (Session 5) 10am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 11am Senior Trip Advisory Meeting 12pm Lunch 1pm Clean Break Billiards Club 1pm Craft Group (Session 2) 1pm Healthy Balance Chair Yoga 1pm Wii Bowling</p>	<p>FEB 15 8:15am FITNESS+ Club 9am Indoor Pickleball League 10am Tai Chi & Qigong 11:30am Travel Meeting 12pm Lunch 1pm Afternoon Dancing 1pm Fit & Flex 1pm Setback Group</p>	<p>FEB 16 8:15am FITNESS+ Club 8:30am Breakfast/Coffee 8:30am Fun Drumming 9am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12pm Lunch 1pm Art Class 1pm Best Buddies Program 1pm Bingo 1pm Clean Break Billiards Club 1pm Craft Group (Session 2)</p>	<p>FEB 17 8:15am FITNESS+ Club 8:30am Breakfast/Coffee 9am AARP Tax-Aide 9am Cornhole 10am Book Folding Craft Class 11am Cornhole Meeting 12pm Lunch 1pm Fit & Flex</p>
<p>FEB 20 SENIOR CENTER CLOSED</p>	<p>FEB 21 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 4) 9am AARP Tax-Aide in New Britain 9am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12pm Lunch 1pm Clean Break Billiards Club 1pm Craft Group (Session 2) 1pm Healthy Balance Chair Yoga 1pm Wii Bowling</p>	<p>FEB 22 8:15am FITNESS+ Club 9am Indoor Pickleball League 10am Tai Chi & Qigong 12pm Lunch 1pm Afternoon Dancing 1pm Fit & Flex 1pm Setback Group</p>	<p>FEB 23 8:15am FITNESS+ Club 8:30am Fun Drumming 9am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12pm Lunch 1pm Art Class 1pm Bingo 1pm Clean Break Billiards Club 1pm Craft Group (Session 2)</p>	<p>FEB 24 8:15am FITNESS+ Club 9am AARP Tax-Aide 9am Cornhole 9am Greenhouse Club 10am Book Folding Craft Class 12pm Lunch 1pm Fit & Flex</p>
<p>FEB 27 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 1) 9am Greenhouse Club 9:15am Fitness w/ Chris (Session 2) 10am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12pm Lunch 1pm Bingo</p>	<p>FEB 28 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 4) 9am AARP Tax-Aide 9am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12pm Lunch 1pm Clean Break Billiards Club 1pm Craft Group (Session 2) 1pm Healthy Balance Chair Yoga 1pm Wii Bowling</p>			