



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

MARCH 2023

Save the Date

New Senior Trip Advisory Committee

Wednesday, March 8th @ 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.

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

FITNE55+ 101 Classes Return

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

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



March Menu, 2023

1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Want to join us for lunch? Come on in or Give us a call at		1	2	3
Our Café Manager is available			Orange Juice	NE Clam Chowder
Monday through Friday from 10:00am to 1:00pm.		Baked Eggplant	Beef Stew over	Oyster Crackers
All reservations must be made		Ziti	Brown Rice	Fish
2 business days in advance by 10:30 am.		Broccoli	Green Beans	Sweet Potato Fries
Monday? Register for Wednesday				Spinach and Kale
Tuesday? Register for Thursday		Garlic Bread	W.W. Dinner Roll	Rye Bread
Wednesday? Register for Friday				
Thursday? Register for Monday and Tuesday		Fresh Pear	Cookies	Brownie
6	7	8	9	10
Oven Roasted Sliced Turkey with LS Turkey Gravy Stuffing Carrots Cranberry Sauce	Stuffed Shells Florentine Sauce Romaine Salad Italian Dressing	Apple Juice Garlic Baked Chicken with Spinach and Parmesan Cheesy Mushroom Rice Geneva Blend Veggies	Sloppy Joe Mashed Potato Com	NO LUNCH
Multi Grain Bread	Garlic Bread	100% Whole Wheat	Hamburger Bun	St. Patties Day Party
Tangerine	Applesauce	Birthday Cake	Pineapple Chunks	Autumn Lake
13	14	15	16	17
BBQ Pork Riblet with BBQ Sauce Baked Beans Coleslaw	Bruschetta Chicken Buttered Shells Brussel Sprouts	Mushroom Barley Soup Unsalted Crackers Salisbury Steak Mashed Potatoes Peas and Pearl Onions	Pineapple Juice Veal Piccata Penne Pasta Ginger Baby Carrots	St. Patrick's Day
Hamburger Roll	12 Grain Bread	Dinner Roll	12 Grain Bread	Grape Juice
Applesauce	Pear Cup	Banana	Ice Cream	Corned Beef
20	21	22	23	24
Chicken Marsala Buttered Shells Sautéed Spinach and Garlic	Cheeseburger Tater Tots Mixed Vegetables	Homemade Meatloaf with LS Beef Gravy Baked Potato Capri Blend Veggies	Pineapple Orange Juice Turkey Dumpling Stew Green Beans	Cabbage
Wheat Bread	W.W. Hamburger Bun	Dinner Roll	Biscuit	Carrots and Potatoes
Citrus Sections	Mango Salad	Banana	Chocolate Chip Cookies	Mustard
27	28	29	30	31
Knockwurst with Apples and Sauerkraut Potato Pancake Broccoli	Shells with Meatsauce Italian Blend Veggies	Mild Coconut Curry Chicken Jasmine Rice Green Beans	Grape Juice Sweet and Sour Pork Loin Fried Rice Stir Fry Veggies Fortune Cookie Roll	 
Hot Dog Bun Sliced Pears with Whipped Topping	Garlic Bread Applesauce	Naan Bread Fresh Orange	Angel Food Cake with Strawberries	Rye Bread
				St. Patrick's Poke Cake
				Cream of Broccoli and Cheese Soup Unsalted Crackers Butter Crunch Fish Fried Rice Stir Fry Veggies Multigrain Bread
				Pineapple Chunks
				Potato Leek Soup Unsalted Crackers Seafood Salad Lettuce and Tomato Pasta Primavera
				Hot Dog Roll
				Banana



****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, March 24 in the morning, please call 860.826.3553

AARP Tax-Aide in New Britain begins Early February

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, Taxpayers 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.



Manicures by Roseanna D'Anna (Amberwoods of Farmington)

Thursday, March 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 for TUESDAY LEAGUE PLAY

In addition to Friday morning open play the Senior Center is starting a league!

New Cornhole League, beginning on Tuesday afternoons at 1:00pm. If interested please sign up at the front desk. 2 players per team, play once a week. Subs are available if needed.

Call Rex at 860.826.5291 for more information.

New Setback Group Wednesday Afternoons at 1:00pm

Sign up at the front desk

Seeking Cribbage Players

The Senior Center is seeking Cribbage players to play on Wednesday Mornings at 9:00am.

Please sign up at front desk if you are interested!

Upcoming



EVENTS

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

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 Sunday, March 26th

\$6.00 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 - 9:30am to 12:30pm

2023 Trips Coming!

Please see the bulletin board at the front desk for more information!

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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

MARCH 2023 Monthly Calendar

MON	TUE	WED	THU	FRI
		MAR 1 8:15am FITNESS+ Club 9:00am Indoor Pickleball League 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group 11:30am Senior Trip Meeting	MAR 2 8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	MAR 3 8:15am FITNESS+ Club 9:00am AARP Tax-Aide in New Britain 9:00am Cornhole/Shuffleboard Open Play 9:00am Greenhouse Club 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex
MAR 6 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 1) 9:00am Greenhouse Club 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12:00pm Lunch 1:00pm Bingo 1:00pm Commission on Aging Meeting	MAR 7 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 4) 9:00am AARP Tax-Aide 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12:00pm Lunch 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	MAR 8 8:15am FITNESS+ Club 9:00am Indoor Pickleball League 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	MAR 9 8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 9:00am Morning Manicures	MAR 10 8:15am FITNESS+ Club 9:00am AARP Tax-Aide in New Britain 9:00am Cornhole/Shuffleboard Open Play 9:00am Greenhouse Club 11:00am ST. PATTIES DAY EVENT 1:00pm Fit & Flex (Cancelled)
MAR 13 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 1) 9:00am Greenhouse Club 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12:00pm Lunch 1:00pm Bingo	MAR 14 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 4) 9:00am AARP Tax-Aide 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	MAR 15 8:15am FITNESS+ Club 9:00am Indoor Pickleball League 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	MAR 16 8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	MAR 17 8:15am FITNESS+ Club 9:00am AARP Tax-Aide 9:00am Cornhole/Shuffleboard Open Play 9:00am Greenhouse Club 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex
MAR 20 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 1) 9:00am Greenhouse Club 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12:00pm Lunch 1:00pm Bingo	MAR 21 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 4) 9:00am AARP Tax-Aide 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12:00pm Lunch 1:00pm NEW CORNHOLE LEAGUE 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	MAR 22 8:15am FITNESS+ Club 9:00am Indoor Pickleball League 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	MAR 23 8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	MAR 24 8:15am FITNESS+ Club 9:00am AARP Tax-Aide in New Britain 9:00am Cornhole 9:00am Greenhouse Club 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex
MAR 27 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 1) 9:00am Greenhouse Club 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12:00pm Lunch 1:00pm Bingo	MAR 28 8:15am FITNESS+ Club 8:30am Fitness w/ Chris (Session 4) 9:00am AARP Tax-Aide 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	MAR 29 8:15am FITNESS+ Club 9:00am Indoor Pickleball League 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	MAR 30 8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Catholic Charities Rental 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	MAR 31 8:15am FITNESS+ Club 9:00am AARP Tax-Aide in New Britain 9:00am Cornhole Open Play 9:00am Greenhouse Club 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex

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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