



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

APRIL 2023

Save the Date

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

TICKETS NOW AVAILABLE AT THE FRONT DESK

\$7.00 per person—Country Western Theme

Location: New Britain High School

Senior Trip Advisory Committee

Wednesday, April 12th @ 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 up coming trips and come up with potential trip ideas.

FITNE55+ 101 Classes Return

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

Space is Still Available—Please sign up at front desk!

Learn the basics of exercise with CCSU Students.

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

LS: Low Salt

1% or Skim milk provided
Margarine available

April, 2023

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	Easter Special 5	6	7
Oven Roasted Sliced Turkey with LS Turkey Gravy Stuffing Carrots Cranberry Sauce	Stuffed Shells Florentine Sauce Romaine Salad Italian Dressing	Apple Juice LS Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Pea and Pearl Onions	Sloppy Joe Mashed Potato Corn	Good Friday Closed
Multi Grain Bread	Garlic Bread	Rudi Roll  Easter Poke Cake with Whipped Topping	Hamburger Bun	
Tangerine	Applesauce		Pineapple Chunks	
10	11	12	13	14
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	Winter Squash Soup Unsalted Crackers Crab Cakes Rice Pilaf Green Beans with Red Pepper Tartar Sauce Rye Bread
Hamburger Roll	12 Grain Bread	Dinner Roll	12 Grain Bread	
Applesauce	Pear Cup	Banana	Ice Cream	Apple
17	18	19	20	21
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	Cream of Broccoli and Cheese Soup Unsalted Crackers Butter Crunch Fish Fried Rice Stir Fry Veggies
Wheat Bread	W.W. Hamburger Bun	Dinner Roll	Biscuit	Multigrain Bread
Citrus Sections	Mango Salad	Banana	Chocolate Chip Cookies	Pineapple Chunks
24	25	26	27	28
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	Potato Leek Soup Unsalted Crackers Seafood Salad Lettuce and Tomato Pasta Primavera
Hot Dog Bun Sliced Pears with Whipped Topping	Garlic Bread Applesauce	Naan Bread Fresh Orange	Angel Food Cake with Strawberries	Hot Dog Roll Banana

Want to join us for lunch? Come on in or Give us a call at
 Our Café Manager is available Monday through Friday from 10:00am to 1:00pm.
 All reservations must be made 2 business days in advance by 10:30 am.
 Monday? Register for Wednesday
 Tuesday? Register for Thursday
 Wednesday? Register for Friday
 Thursday? Register for Monday and Tuesday

HAPPY EASTER





****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.

****BEGINNING WEDNESDAY, MAY 3rd—PICKLEBALL WILL BE HELD AT WALNUT HILL PARK****

Target Shopping Trip

Friday, April 21 in the morning, please call 860.826.3553

Renter's Rebate Program Returns

Appointments for the Renter's Rebate Program are to begin on Monday, May 8th.

All returning applicants will be sent a letter indicating their appointment time for 2023.

Letters will be delivered by May 1st, so please wait for your letter. New applicants can make an appointment beginning Monday, May 8th.

Seeking Bingo Callers

The Senior Center is looking for volunteers to call bingo. Bingo is held on Mondays and Thursdays from 1:00pm to 3:00pm. No experience required. Onsite training provided.



Manicures by Roseanna D'Anna (Amberwoods of Farmington)

Tuesday, April 18th & Wednesday 19th 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.

****STILL SEAKING SUBS! PLEASE COME ON TUESDAY AFTERNOONS TO SIGN UP!****

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!



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

TICKETS NOW AVAILABLE AT THE FRONT DESK

\$7.00 per person

****NEED A RIDE? WE'LL PICK YOU UP! SIGN UP AT FRONT DESK! SPACE IS LIMITED****

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.

Fashion Show Volunteer Meeting! - Tuesday, April 17th at 1:00pm in Mass Room

Anyone interested in volunteering for the Fashion Show, please attend.

Let Julie know at the 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!

Best Buddies Program—Wednesday, April 26—11:00am to 1:00pm in Mass Room

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!

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!

 **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

APRIL 2023 New Britain Senior Center Calendar

MON	TUE	WED	THU	FRI
APR 3 8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:00am Greenhouse Club 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Bingo 1:00pm Commission on Aging Meeting	APR 4 8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:00am AARP Tax-Aide 9:00am Craft Group 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling 1:55pm CCSU Fitness Class	APR 5 8:15am FITNESS+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	APR 6 8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group 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	APR 7 CENTER CLOSED - GOOD FRIDAY
APR 10 8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:00am Greenhouse Club 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Bingo	APR 11 8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:00am AARP Tax-Aide 9:00am Craft Group 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 11:00am Senior Trip Advisory Committee 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling 1:55 CCSU Fitness Class	APR 12 8:15am FITNESS+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	APR 13 8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group 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	APR 14 8:15am FITNESS+ Club 9:00am Cornhole 9:00am Greenhouse Club 12:00pm Lunch 1:00pm Fit & Flex
APR 17 8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:00am Greenhouse Club 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Bingo 1:00pm Fashion Show Meeting	APR 18 8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:00am Craft Group 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling 1:55pm CCSU Fitness Class	APR 19 8:15am FITNESS+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group Morning Manicures	APR 20 8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group 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 5:00pm TRIAD 24th Annual Senior Prom	APR 21 8:15am FITNESS+ Club 9:00am Cornhole 9:00am Greenhouse Club TARGET SHOPPING TRIP 12:00pm Lunch 1:00pm Fit & Flex
APR 24 8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:00am Greenhouse Club 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Bingo	APR 25 8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:00am Craft Group 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling 1:55pm CCSU Fitness Class	APR 26 8:15am FITNESS+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group 11:00am BEST BUDDIES PROGRAM	APR 27 8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group 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	APR 28 8:15am FITNESS+ Club+E8 8:30am Fitness w/ Chris 9:00am Craft Group 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling 1:55pm CCSU Fitness Class

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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 | | WALNUT HILL PARK, MAY 3rd

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