



# NEW BRITAIN SENIOR CENTER

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

## Golden Notes Newsletter

**MAY 2023**

### **Save the Date**

#### **2nd Annual Fashion Show, A 1950's Sock Hop**

Thursday, May 25, 2023 from 5:00pm to 8:00pm

TICKETS NOW AVAILABLE! \$5.00 per ticket

Join us for Food, Fashion, and Dancing and support your fellow Senior Center Members. Don't miss out!

#### **5th Annual Plant Sale**

Saturday, May 13, 2023 from 9:30am to 12:30pm

Just in time for your garden and Mother's Day—please stop by the greenhouse!

#### **Senior Trip Advisory Committee**

Wednesday, May 10th @ 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.

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

<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**



# May, 2023

1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$2.50**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Orange Juice Ziti with Meatballs in Marinara Sauce Italian Blend Veggies Pamesan Cheese	Breaded Chicken Patty Confetti Rice Cauliflower Supreme	Vegetable Soup Unsalted Crackers Fish Fillet Potato Wedges Cole Slaw Tartar Sauce	Grape Juice Salisbury Steak with Vegetable Gravy Mashed Potato Green Beans	Apple Juice Chicken Fajita with Onions and Peppers Mexican Rice Soupy Beans
Breadstick	Italian Bread	WW Hamburger Roll	Dinner Roll	 Tortilla
Pudding	Cinnamon Applesauce	Tropical Fruit Cup	Banana	Brownie
8	9	10	11	12
Veal Pamesan Linguini and Sauce Winter Blend Veggies	Cream of Mushroom Unsalted Crackers Pork Riblette Sweet Potatoes Green Beans	Turkey Tetrazzini Brown Rice Brussel Sprouts	Pineapple Orange Juice Meatloaf with Onion Gravy Mashed Potato Beets with Dill and Garlic	<b>Mother's Day Special</b> Italian Wedding Soup Unsalted Crackers Broccoli Cheese Quiche Potato Pancakes Vegetable Medley
Oatmeal Bread	Rye Bread	Dinner Roll	100% Whole Wheat	 Dinner Roll
Fresh Apple	Melon Wedge	Peaches	Chocolate Chip Cookies	Angel Food Cake with Strawberries and Cream
15	16	17	18	19
Vegetable Lasagna with Cream Sauce Zucchini	Baked Ziti with Meat Sauce Italian Blend Veggies	Cream of Broccoli Unsalted Crackers Butter Crumb Alaskan Pollock Cubed Sweet Potatoes Capri Blend Veggies	Philly Cheesesteak Onions and Peppers Tater Tots Cole Slaw	Pork Loin with Pan Gravy Buttered Egg Noodles Peas and Onions
				
12 Grain Bread	Garlic Bread	Tartar Sauce Rye Bread	Sub Roll	Oatmeal Bread
Fresh Orange	Citrus Sections	Pineapple Tidbits	Applesauce	Tropical Fruit Cup
22	23	<b>Baked Potato Day</b> 24	25	<b>Memorial Day Special</b> 26
Sausage and Peppers Buttered Orzo Peas	Orange Juice Bruschetta Chicken Penne Italian Blend Veggies	Chili Baked Potato Cheese Broccoli Sour Cream	Crab Cakes Rice Pilaf Brussel Sprouts	Pineapple Orange Juice Hot Dog Potato Egg Salad Com on the Cob Mustard and Ketchup
				
Rye Bread	Garlic Bread	Com Muffin	WW Dinner Roll	Hot Dog Roll
Applesauce	Short Bread Cookies	Fruited Yogurt	Ice Cream	Watermelon
29	30	31		
<b>Closed</b>	Sliced Turkey with LS Turkey Gravy Rice Summer Squash	Orange Juice American Chop Suey with Elbow Macaroni, Beef, Onions, and Tomato Sauce Peas		
	Oatmeal Bread	12 Grain Bread		
	Citrus Sections	Birthday Cake		



## **\*\*Indoor Pickleball at Walnut Hill Park\*\***

**Every Wednesday from 9:00am to 11:am**

The 55+ Serve City Pickleball Group is back outside! Free for members.

Join us at Walnut Hill Park every Wednesday morning from 9:00am to 11:00am.

## **Friday Pickleball—NEW**

In addition to the Wednesday morning group, there will be pickleball at Walnut Hill Park on Fridays as well! To play there is a \$5.00 charge.

## **Target Shopping Trip**

Friday, May 19th 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.



### **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 9:30am**

Sign up at the front desk

### **Seeking Cribbage Players**

The Senior Center is seeking Cribbage players to play.

Please sign up at front desk if you are interested!

### **Lunch and Learn with Sharon Gutterman**

Thursday, May 4th from 10:45 to 11:45—Sign up at Front Desk

TOPIC: Embracing the Power of Gratitude: Vitamin G?

When I started counting my blessings, my whole life turned around. ~Willie Nelson

Research suggests that adults who frequently feel thankful have more energy, more optimism, more social connections, sleep more soundly, exercise more regularly, and have fewer health complaints. Specific tools and practices can cultivate thought patterns of awareness and appreciation of blessings.

# Upcoming



## EVENTS

### **MOVE YOUR MIND—New Program Idea!**

Friday, June 9th at 10:00am—11:30pm

Join Jerome Home and Arbor Rose, affiliates of Hartford HealthCare Senior Services, for an interactive, fun presentation by our experts on the latest trends in Healthy Eating – MIND Diet, Free Balance Screening, Information and Recommendations for Staying Active, and MOVING! Participants will receive healthy recipes, samples of food made, and a Good Life Fitness Gift Certificate. Refreshments will be provided!

Free for members, sign up at Front Desk!

### **2023 Trips Coming!**

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

### **A MINDFUL WALK AND PICNIC IN THE PARK - New Program Idea!**

Friday , June 2, 2023—10:30am to 12:30pm

Learn the benefits of living mindfully as we stroll through A. W. Stanley Park and enjoy a picnic lunch catered by New Britain Senior Center.

Guided by Dr. Sharon Gutterman/Mindful Wow.

**\*\*BUS TRANSPORTATION PROVIDED IF NEEDED SIGN UP AT FRONT DESK\*\***

**FREE FOR MEMBERS**

**LOCATION: A. W. Stanley Park 2159 Stanley St, New Britain, CT 06053**

### **Best Buddies Program—Wednesday, May 24th—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](mailto:syeagle@ccarc.com)

# May 2023 Activities Calendar

MON	TUE	WED	THU	FRI
<b>MAY 1</b> 8:15am FITNE55+ 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	<b>MAY 2</b> 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 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 1:00pm Cornhole League	<b>MAY 3</b> 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 9:30am Setback Group	<b>MAY 4</b> 8:15am FITNE55+ 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) <b>LUNCH AND LEARN 10:45</b>	<b>MAY 5</b> 8:15am FITNE55+ Club 9:00am Cornhole 9:00am Greenhouse Club 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex
<b>MAY 8</b> 8:15am FITNE55+ 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	<b>MAY 9</b> 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 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) 11:00am Senior Trip Advisory Committee 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	<b>MAY 10</b> 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 9:30am Setback Group	<b>MAY 11</b> 8:15am FITNE55+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch <b>No Afternoon Classes!!</b> FASHION SHOW 5pm-8pm	<b>MAY 12</b> 8:15am FITNE55+ Club 9:00am Cornhole 9:00am Greenhouse Club 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex <b>PLANT SALE SATURDAY MAY 13th</b>
<b>MAY 15</b> 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 1) 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	<b>MAY 16</b> 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 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	<b>MAY 17</b> 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 9:30am Setback Group	<b>MAY 18</b> 8:15am FITNE55+ 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)	<b>MAY 19</b> 8:15am FITNE55+ Club 9:00am Cornhole 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex
<b>MAY 22</b> 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 1) 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	<b>MAY 23</b> 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 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	<b>MAY 24</b> 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 11:00am Best Buddies 9:30am Setback Group	<b>MAY 25</b> 8:15am FITNE55+ 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)	<b>MAY 26</b> 8:15am FITNE55+ Club 9:00am Cornhole 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex
<b>MAY 29</b> <b>MEMORIAL DAY CLOSED</b>	<b>MAY 30</b> 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 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	<b>MAY 31</b> 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 9:30am Setback Group		

# Golden Notes Newsletter

## Senior Pickleball



Our Senior Pickleball Group will begin to meet at Walnut Hill on Wednesdays throughout the spring, summer and fall.

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

**\*\*NOW ON FRIDAYS || 9:00am to 11:00am | | \$5.00 per session\*\***

**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

Mayor Erin E. Stewart and the New Britain Senior Center Presents

# The 5th Annual Senior Center PLANT SALE



## Organic Flowers, Herbs & Vegetables

Saturday, May 13th from 9:30am to 12:30pm

Located at 55 Pearl Street, New Britain, CT

The plant sale consists of a variety of flowers and organic herbs & vegetables grown from the Arnold Schwartz Greenhouse at the Senior Center.

All Proceeds go towards Senior Center Programming.

**For more information call 860.826.3553.**

