



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

June 2023

Save the Date

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!

Senior Trip Advisory Committee

Wednesday, June 14th @ 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.

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 Cafe

June, 2023

**PLEASE MAKE SURE
TO REGISTER 2
BUSINESS DAYS
IN ADVANCE WITH
YOUR CAFÉ MANAGER.**

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Apple Juice Chicken Fajita with Onions and Peppers Mexican Rice Soupy Beans Tortilla Brownie	Grape Juice Salisbury Steak with Vegetable Gravy Mashed Potato Green Beans Dinner Roll Banana
5	6	7	8	9
Veal Parnesan Linguini and Sauce Winter Blend Veggies Oatmeal Bread Fresh Apple	Cream of Mushroom Unsalted Crackers Pork Riblette Sweet Potatoes Green Beans Rye Bread Melon	Turkey Tetrazzini Brown Rice Brussel Sprouts Dinner Roll Peaches	Pineapple Orange Juice Meatloaf with Onion Gravy Mashed Potato Beets with Dill and Garlic 100% WW Bread Chocolate Chip Cookie	Grilled Chicken with Garlic Parnesan Sauce Penne Florentine Broccoli Italian Bread Pecan Spinwheel
12	13	14	15	Father's Day Special 16
Vegetable Lasagna with Cream Sauce Zucchini 12 Grain Bread Fresh Orange	Baked Ziti with Meat Sauce Italian Blend Veggies Garlic Bread Citrus Sections	Cream of Broccoli Unsalted Crackers Butter Crumb Alaskan Pollock Cubed Sweet Potatoes Capri Blend Veggies Tartar Sauce Rye Bread Pineapple Tidbits	Philly Cheesesteak Onions and Peppers Tater Tots Cole Slaw Sub Roll Applesauce	Orange Juice Roast Beef with Horseradish Sauce Loaded Potatoes Broccoli 12 Grain Bread Boston Cream Pie
19	20	21	22	23
Sausage and Peppers Buttered Orzo Peas Rye Bread Applesauce	Orange Juice Bruschetta Chicken Penne Italian Blend Veggies  Garlic Bread Short Bread Cookies	Chili Baked Potato with Cheese Broccoli Sour Cream Com Muffin Fruited Yogurt	Crab Cakes Rice Pilaf Brussel Sprouts W.W. Dinner Roll Ice Cream Sandwich	Tomato Florentine Soup Unsalted Crackers Egg Salad with Celery Potato Salad Broccoli and Red Pepper Salad Rye Bread Fresh Strawberries
26	27	28	29	30
Barbeque Chicken Baked Beans Cole Slaw Com Bread Tropical Fruit Cup	Sliced Turkey with Turkey Gravy Rice Summer Squash Oatmeal Bread Citrus Sections	Orange Juice American Chop Suey with Beef, Onions, Elbow Macaroni, and Tomato Sauce Peas 12 Grain Bread Birthday Cake	Hamburger Lettuce and Tomato Steak Fries Green Beans Hamburger Roll Pineapple Cup	Chef Salad with Lettuce, Tomato, Egg, Chick Peas, Peppers, Turkey, Roast Beef, Swiss Cheese 100% WW Bread Fresh Strawberry Dessert



****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, June 23rd in the morning, please call 860.826.3553

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.

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!

WHAT'S NEW?

**** NEW ** Cornhole Summer League**

LEAGUE BEGINS ON TUESDAY, JULY 11th—SEPTEMBER 5th

8 WEEK SEASON WITH A 1 WEEK PLAYOFF

PICK YOUR PARTNER OR SIGN UP AND HAVE YOUR PARTNER SELECTED!

TUESDAYS at 1:00pm—SIGN UP AT FRONT DESK

OPEN PLAY—EVERY TUESDAY IN JUNE at 1:00pm

CONGRATS TO CAROL AND MARYANNE ON THEIR SPRING LEAGUE CHAMPIONSHIP! (pictured on right)



AUTUMN LAKE INDEPENDENCE DAY PARTY

Friday, July 7th 11:00-2:00pm

Back by popular demand! Join us for food, dance and raffle!

Reservations begin on Monday, June 12, 2023—Please wait to register

First Come First Serve, Limit 140 people

Holiday Bazaar/ Craft Fair Committee

Thursday, June 22nd at 10:00am in the Craft Room

The New Britain Senior Center is starting a committee to help with the 2023 Annual Holiday Bazaar. We will be changing the format this year and are looking for volunteers to help!

We are looking for new innovative ideas, anyone is welcome.

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 back 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, June 21st—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!

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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

JUNE 2023 Senior Center Calendar

MON	TUE	WED	THU	FRI
			<p>JUN 1</p> <p>8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Billiards Club 1:00pm Craft Group</p>	<p>JUN 2</p> <p>8:15am FITNESS+ Club 9:00am Cornhole 9:00am Pickleball 12:00pm Lunch 1:00pm Fit & Flex 10:30am Mindful Walk In Park</p>
<p>JUN 5</p> <p>8:15am FITNESS+ Club 8:30am Fitness w/ Chris 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</p>	<p>JUN 6</p> <p>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 Billiards Club 1:00pm Cornhole League 1:00pm Craft Group 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling</p>	<p>JUN 7</p> <p>8:15am FITNESS+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group</p>	<p>JUN 8</p> <p>8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Billiards Club 1:00pm Craft Group</p>	<p>JUN 9</p> <p>8:15am FITNESS+ Club 9:00am Cornhole 9:00am Pickleball 12:00pm Lunch 1:00pm Fit & Flex 10:00am Move Your Mind Program</p>
<p>JUN 12</p> <p>8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Bingo</p>	<p>JUN 13</p> <p>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 Billiards Club 1:00pm Cornhole League 1:00pm Craft Group 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling</p>	<p>JUN 14</p> <p>8:15am FITNESS+ Club 10:00am Tai Chi & Qigong 11:30am Senior Trip Advisory Committee 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group</p>	<p>JUN 15</p> <p>8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Billiards Club 1:00pm Craft Group</p>	<p>JUN 16</p> <p>8:15am FITNESS+ Club 9:00am Cornhole 9:00am Pickleball 12:00pm Lunch 1:00pm Fit & Flex</p>
<p>JUN 19</p> <p>8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Bingo</p>	<p>JUN 20</p> <p>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 Billiards Club 1:00pm Cornhole League 1:00pm Craft Group 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling</p>	<p>JUN 21</p> <p>8:15am FITNESS+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 11:00am Best Buddies Meeting 11:15am Trip Advisory Meeting</p>	<p>JUN 22</p> <p>8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Billiards Club 1:00pm Craft Group 10:00am Bazaar Committee</p>	<p>JUN 23</p> <p>8:15am FITNESS+ Club 9:00am Cornhole 9:00am Pickleball 12:00pm Lunch 1:00pm Fit & Flex Target Shopping (Morning)</p>
<p>JUN 26</p> <p>8:15am FITNESS+ Club 8:30am Fitness w/ Chris 9:15am Fitness w/ Chris 10:00am Fitness w/ Chris 10:45am Line Dancing 12:00pm Lunch 1:00pm Bingo</p>	<p>JUN 27</p> <p>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 Billiards Club 1:00pm Cornhole League 1:00pm Craft Group 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling</p>	<p>JUN 28</p> <p>8:15am FITNESS+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group</p>	<p>JUN 29</p> <p>8:15am FITNESS+ Club 8:30am Fun Drumming 9:00am Craft Group 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Billiards Club 1:00pm Craft Group</p>	<p>JUN 30</p> <p>8:15am FITNESS+ Club 9:00am Cornhole 9:00am Pickleball 12:00pm Lunch 1:00pm Fit & Flex</p>

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HARDWARE CITY TRAVELERS PROGRAM

Upcoming Trips—Call for More Information

Tuesday, June 20th—Trip to Mohegan Sun—\$35.00 per person

Depart Senior Center at 9:00am Return at 3:00pm—Bus Transportation Only

Tuesday, July 11th—10:35am—New Britain Bees Baseball Game

Free Tickets Available while supplies last, sign up at front desk

Friday, July 14th—Bus Departs at 9:00am—Thimble Island Boat Cruise

\$25.00 per person—includes bus and ticket. Bring money for lunch at Lenny and Joes.

Thursday, July 20th—Beach Trip to Hammonasset State Park

\$5.00 per person—Bus Departs at 8:30am Returns at 3:00pm

To sign up please bring payment to the Front Desk of the New Britain Senior Center

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



Public Health
Prevent. Promote. Protect.
New Britain Health Department

THE NURSES ARE BACK!

The New Britain Health Department has moved into its new home adjacent to the Senior Center.

Health Department nurses will be in the Senior Center Health Office on Tuesdays, Wednesdays and Thursdays from 8:30AM to Noon.

We provide health screenings, blood pressure and blood glucose monitoring, health guidance and education.

Stop in and say hello! We can't wait to meet you!

Phone: (860) 826-3464 / Fax: (860) 826-2687
www.newbritainct.gov

