



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

July 2023

The New Britain Senior Center has hired a new Community Services Coordinator

Please welcome Nick Talbot to the New Britain Senior Center. Nick previously worked as an outreach coordinator for the Cromwell Senior Center and looks to bring a bunch of new programming to the Senior Center!

Independence Day Party—Presented by Autumn Lake

Friday, July 7th from 11:00am to 2:00pm

New Band—Jukebox 45 Showband!

Menu: Hotdogs, Burgers and Side

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 Resources Senior Community Café

July, 2023

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 4th Special 3	4	5	6	7
BBQ Chicken Potato Salad Broccoli and Cauliflower Salad	Fourth of July Closed 	Teriyaki Pork Fried Rice Oriental Veggies Fortune Cookie	Corn Chowder Unsalted Crackers Crabcake 3 Bean Salad Cucumber Onion Dill Salad Tartar Sauce Hamburger Roll Watermelon	Chicken Salad with Cranberries Pasta Salad with Vegetables
Whole Wheat Roll		Naan Bread		Club Roll
Frozen Treat		Pineapple Chunks		Banana
10	11	12	13	14
Florentine Chicken Lemon Orzo Broccoli with Red Pepper	Stuffed Shells Meat Sauce Green Beans	Chef Salad with LS Ham, LS Turkey, Hard Boiled Egg, and Veggies Italian Dressing	Orange Juice Grilled Chicken Patty Swiss Cheese Tater Tots Southwest Corn	Apple Juice Shepards Pie with Beef, Mashed Potato, and Corn Scandinavian Veggies
Happy Birthday				
Whole Wheat Bread	Italian Bread	Breadstick	WW Hamburger Roll	12 Grain Bread
Birthday Cake	Pineapple Chunks	Strawberries	Grapes	Chocolate Chip Cookies
17	18	19	20	21
Grape Juice Pork Riblet with BBQ Sauce Com with Black Beans Cole Slaw	Salisbury Steak with Mushroom Gravy Sliced Potatoes Broccoli 	Baked Fish Buttered Rice with Peas and Mushrooms Squash Medley Tartar Sauce	Macaroni, Chicken, and Pea Salad Broccoli and Red Pepper Salad Mustard	Roast Beef with Horseradish Sauce Mashed Potatoes Brussel Sprouts
Com Muffin	Multi Grain Bread	Rye Bread	Dinner Roll	12 Grain Bread
Ice Cream	Pears	Orange	Fresh Fruit Salad	Fruited Yogurt
24	25	26	27	28
Italian Sausage (Mild) with Onions and Peppers Rice Pilaf Spinach	Grape Juice Meatloaf with Onion Gravy Mashed Potatoes Peas and Carrots	Spaghetti with Turkey Meatballs Broccoli Parnesan Cheese	Cod Fish with Butter Crumb Topping Broccoli and Cheese Rice Green and Yellow Beans	Apple Juice Hot Dog Baked Beans Sauerkraut 
Club Roll	Dinner Roll	Italian Bread	Rye Bread	Hot Dog Roll
Fruit Cocktail	Fresh Peach	Lemon Pudding	Cantaloupe	Animal Cookies
31	    			
Chicken Piccata Linguini Broccoli with Red Pepper				
Dinner Roll				
Chocolate Pudding				



****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, July 21st 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 Mornings 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!



**** 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

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, July 6th at 10:30am 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.

Risks of your Grandkids Vaping—NB Youth Leadership Council

Wednesday, July 19th at 11:00am in the Cafeteria

Complimentary Lunch—please sign up at front desk

The New Britain Youth Leadership Council is going to be doing a presentation on the dangers of vaping. Please come support them in their effort to educate the seniors.

Please sign up at the front desk, free lunch after the presentation.

Upcoming



EVENTS

Best Buddies Program—11:00am to 1:00pm in Mass Room (No Program)

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!

State Wide Cornhole Tournament—Wednesday, August 2nd—1:00pm

Interested participants, please sign up with Rex

Cornhole Meeting will be held on Friday, July 14th at 9:00am.

Only 8 participants can go—if we have more than 8, a play-in tournament will be held on Friday morning, July 21st at 10:00am—the top four teams will win a spot in the Bristol Tournament.

Triad Senior Lecture Series—Free

Tuesday, July 11th @ 9:30am in Cafeteria (register at front desk)

Living Your Best Life Mid-Life and Beyond—Presented by: Sharon Gutterman, PhD

How old would you be if you didn't know how old you are? ~Satchel Paige

Although the aging process involves losses and challenges, this time of life can also be a pathway to profound wisdom. Sharon will touch on how a supportive group environment will encourage exploration and discovery of how to live mindfully and ways to handle stress and strong emotions.

Complimentary Breakfast—Sponsored by: Autumn Lake of New Britain

Senior Trip Advisory Committee

Wednesday, July 12th @ 11:15am 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.

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

JULY 2023 MONTHLY CALENDAR

MON	TUE	WED	THU	FRI
JUL 3 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 1:00pm Commission on Aging Meeting	JUL 4 4TH OF JULY SENIOR CENTER CLOSED	JUL 5 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Setback Group	JUL 6 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) Holiday Bazaar Meeting 10:30am	JUL 7 9:00am Cornhole INDEPENDENCE DAY PARTY! 1:00pm Fit & Flex (NO CLASS)
JUL 10 NO EXERCISE CLASSES 12:00pm Lunch 1:00pm Bingo	JUL 11 NO EXERCISE CLASSES AQUATURF TRIP 1:00pm Clean Break Billiards Club 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga NURSE PRESENTATION 10:45am SENIOR LECTURE SERIES 9:30am	JUL 12 10:00am Tai Chi & Qigong 11:30am Senior Trip Advisory Committee 12:00pm Lunch 1:00pm Afternoon Dancing TRIP MEETING 11:15am 1:00pm Setback Group	JUL 13 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	JUL 14 9:00am Cornhole CORNHOLE MEETING 9:00am 12:00pm Lunch 1:00pm Fit & Flex THIMBLE ISLAND BOAT CRUISE
JUL 17 NO EXERCISE CLASSES 12:00pm Lunch 1:00pm Bingo	JUL 18 NO EXERCISE CLASSES 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	JUL 19 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 11:00am Vaping Presentation 1:00pm Setback Group	JUL 20 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	JUL 21 9:00am Cornhole CORNHOLE TOURNAMENT 12:00pm Lunch 1:00pm Fit & Flex
JUL 24 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	JUL 25 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 Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling	JUL 26 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Setback Group	JUL 27 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	JUL 28 9:00am Cornhole 12:00pm Lunch 1:00pm Fit & Flex
JUL 31 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				

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Hardware City Travelers

Upcoming Trips

Tuesday, July 11th - 10:00am Departure

Celebrate Italia!! Aquaturf Show—\$52 per person—\$57 for a ride

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

(SOLD OUT)

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

\$5.00 per person (SOLD OUT)

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



MEDICATION SAFETY

KEEP YOUR HOME SAFE!

Did you know that many children accidentally ingest their parents and grandparents medications? This is very dangerous!

From 2009 to 2020, there were an estimated 677,968 emergency department visits for unsupervised medication exposures among children aged ≤ 5 years in the U.S.

The New Britain Health Department would like to talk to the Seniors about the importance of keeping your medications in a safe place at home.

Tuesday, July 11th at 10:45AM

We will give a free medication lockbox for the first 30 people who sign up and come to our talk.

Sign up with Julie at the front desk!



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



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