



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

August 2023

**SERVE CITY
PICKLEBALL
TOURNAMENT
2023**

9AM-1PM
WALNUT HILL
PARK NEW
BRITAIN CT

SEPTEMBER
22ND 2023

PICKLEBALL

eliminating racism
empowering women
ywca
New Britain

Rules

- Must be 55 years or older
- Teams must be female, female OR female and male
- Players must pre-register
- 16 teams max (first come first serve)
- Double elimination
- Games are played until 11 or until a team wins by 2 points
- Beginner and Intermediate skill levels welcome
- Water and lunch and snacks will be provided
- Anyone can watch the tournament
- Winners will receive trophies

Registration Form

Please fill out the registration form on back of this flyer before signing up at the Senior Center

For more information email Michelle at msperkins@ywcaneubritain.org or see Rex at the Senior Center

PRICE PER TEAM \$50
(\$25 PER PERSON)

Teams must pre-register at Senior Center
Last Day to register is September 8, 2023

TRIAD

Senior Walk & Barbeque

Walnut Hill Park Bandshell

Join us for this FREE EVENT including
good times, good eats, and live
music by The Happy Travelers

THURSDAY, SEPTEMBER 14TH
10:00AM - 1:00PM

Registration is required. Please sign
up at the front desk by September 8th

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.

Farmers Market Vouchers Now Available!!!

Come see us at the front desk to register for your
voucher

You must be 60 years of age and under the
income limits shown below

Household Size	Monthly Income	Annual Income
1	\$2,248	\$26,973
2	\$3,041	\$36,482

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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



August, 2023

1% or Skim milk provided

Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Eggplant Rolatini	Teriyaki Pork	Cream of Broccoli	Chicken Salad with
	Marinara Sauce	Fried Rice	Unsalted Crackers	Cranberries
	Ziti	Oriental Vegetables	Crabcake	Pasta Salad with
	Brussel Sprouts	Fortune Cookie	3 Bean Salad	Broccoli, Red Peppers,
			Cucumber, Onion,	White Beans, Carrots
			Dill Salad	
	12 Grain Bread	Naan Bread	Hamburger Roll	Club Roll
	Brownie	Pineapple Chunks	Watermelon	Banana
7	8	9	10	11
Florentine Chicken	Stuffed Shells	Chef Salad with	Orange Juice	Apple Juice
Lemon Orzo	with Meat Sauce	Ham, Turkey, Cheese,	Grilled Chicken Patty	Shepards Pie with
Broccoli and	Green Beans	Cheese, Egg, Veggies	Swiss Cheese	Beef, Mashed Potato,
Red Pepper		Italian Dressing	Tater Tots	and Corn
Happy Birthday			Southwest Corn	Scandinavian Veggies
Whole Wheat Bread	Italian Bread	Breadstick	W.W. Hamburger Roll	12 Grain Bread
Birthday Cake	Pineapple Chunks	Strawberries	Grapes	Chocolate Chip Cookies
14	15	16	17	18
Grape Juice	Salisbury Steak	Baked Fish	Macaroni, Chicken,	Roast Beef with
Pork Riblet with	with Mushroom Gravy	Buttered Rice with	and Pea Salad	Horseradish Sauce
BBQ Sauce	Sliced Potatoes	Peas and Mushrooms	Broccoli and Red	Mashed Potatoes
Corn with Black Beans	Broccoli	Squash Medley	Pepper Salad	Brussel Sprouts
Cole Slaw		Tartar Sauce		
Corn Muffin	Multi Grain Bread	Rye Bread	Dinner Roll	12 Grain Bread
Ice Cream	Pears	Orange	Fresh Fruit Salad	Fruited Yogurt
21	22	23	24	Labor Day Special 25
Italian Sausage (Mild)	Grape Juice	Spaghetti with	Cod Fish with	Apple Juice
with Onions and Peppers	Meatloaf with	Turkey Meatballs	Butter Crumb Topping	Hot Dog
Rice Pilaf	LS Onion Gravy	Broccoli	Broccoli and	Baked Beans
Spinach	Mashed Potatoes	Parmesan Cheese	Cheese Rice	Sauerkraut
	Peas and Carrots		Green and Yellow Beans	Mustard
Club Roll	Dinner Roll	Italian Bread	Rye Bread	Hot Dog Roll
Fruit Cocktail	Fresh Peach	Lemon Pudding	Cantaloupe	Watermelon
28	29	30	31	
Chicken Piccata	Crab Cakes	Kielbasa	Apple Juice	
Linguini	with Cream Sauce	Pierogis	BBQ Chicken Quarter	
Broccoli with	Potato Wedges	Red and White Cabbage	Macaroni Salad with	
Red Pepper	Broccoli		Vegetables	
			Corn on the Cob	
Dinner Roll	Dinner Roll	Rye Bread	Corn Bread	
Chocolate Pudding	Fresh Fruit	Apple Pie	Italian Ice	



****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

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, August 25th 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!



Holiday Bazaar/ Craft Fair Committee

Thursday, August 10th 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.

Manicures w/ Roseanna—Sponsored by Amberwoods

Thursday, August 17th—9:30am to 1:00pm—By Appointment Only

Appointments are every 30 minutes—call and sign up for a time slot. 860.826.3553.

Special BINGO—Sponsored by Monsignor Bojnowski Manor

Thursday, August 17th—1:00pm to 3:00pm—Free Program, Prizes for each winner

No Registration Required

Hearing Tests, Hearing Aid Cleaning & Repair—FREE

Tuesday, August 22nd—9:00am to 11:30am

Services will be provided by the Hearing Care Centers

Call or visit front desk to register for an appointment



Best Buddies Program—11:00am to 1:00pm in Mass Room

Wednesday, August 16th

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, August 8th at 9:00am

Fall Prevention Seminar—Presented by: Hartford Healthcare

Although it's not possible to completely prevent a fall, learn tips on what you can do through balance & strengthening exercises to reduce your risk. Sponsored by: Arbor Rose

Senior Trip Advisory Committee

Wednesday, August 9th @ 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 up coming trips and come up with potential trip ideas.

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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!



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

AUGUST 2023 ACTIVITY CALENDAR - NEW BRITAIN SENIOR CENTER

MON	TUE	WED	THU	FRI
	AUG 1 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) 1:00pm Clean Break Billiards Club 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	AUG 2 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	AUG 3 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	AUG 4 9:00am Cornhole 1:00pm Fit & Flex
AUG 7 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) 1:00pm Bingo 1:00pm Commission on Aging Meeting	AUG 8 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) 9:00am TRIAD LECTURE SERIES 1:00pm Clean Break Billiards Club 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	AUG 9 10:00am Tai Chi & Qigong 11:15am Senior Trip Advisory Committee 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	AUG 10 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 10:30am Craft Committee Meeting 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	AUG 11 9:00am Cornhole 1:00pm Fit & Flex
AUG 14 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) 1:00pm Bingo	AUG 15 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:00am Foxwoods 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Clean Break Billiards Club 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	AUG 16 10:00am Tai Chi & Qigong 11:00am Best Buddies 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	AUG 17 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors MORNING MANICURES 1:00pm Art Class 1:00pm SPECIAL BINGO 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	AUG 18 9:00am Cornhole 1:00pm Fit & Flex
AUG 21 8:30am Fitness w/ Chris (Session 1) 9:00am Holiday Hill 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo	AUG 22 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) FREE HEARING SCREENINGS 1:00pm Clean Break Billiards Club 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	AUG 23 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	AUG 24 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	AUG 25 9:00am Cornhole Morning Target Shopping Trip 1:00pm Fit & Flex
AUG 28 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) 1:00pm Bingo	AUG 29 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) 1:00pm Clean Break Billiards Club 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	AUG 30 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Fit & Flex 1:00pm Setback Group	AUG 31 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 11:00am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	

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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

