



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

September 2023

SERVE CITY PICKLEBALL TOURNAMENT 2023

9AM-1PM
WALNUT HILL PARK NEW BRITAIN CT

SEPTEMBER 22ND 2023

eliminating racism
empowering women
ywca
New Britain

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

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

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

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

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

September, 2023

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION \$2.50				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
						1
						Orange Pineapple Juice
						Pier 17 Fish
						Seasoned, Roasted Potatoes
						Scandinavian Veggies
Tarter Sauce						
Multi Grain Bread						
Birthday Cake						
4	5	6	7	8		
Labor Day Closed 	Sliced Ham Pineapple Glaze Sweet Potatoes Geneva Blend Veggies Rye Bread Pineapple Cup	Apple Juice Southern Grilled Chicken Salad with Tomatoes, Black Beans, and Corn Ranch Dressing Corn Muffin Chocolate Pudding	Broiled Fish with Garlic Butter Cracker Crumbs Cheesy Rice Brussel Sprouts Wheat Bread Banana	Homemade Meatloaf with LS Gravy Wide Egg Noodles Peas and Carrots Potato Bread Tropical Fruit Cup		
11	12	13	14	15		
Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies Rye Bread Applesauce	Chicken Picatta Linguini Brussel Sprouts Dinner Roll Brownie	LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach Biscuit Pear Cup	Baked Veal Pamesan Rigatoni with Sauce Romaine Salad Italian Dressing Italian Bread Banana	Grape Juice Turkey Divan Brown Rice California Blend Veggies Whole Wheat Roll Banana Pudding with Whipped Topping		
18	19	20	21	22		
Lazy Stuffed Cabbage (Beef/Pork Mix) Mashed Potatoes Meadow Blend Veggies Italian Bread Plum	Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies 100% Whole Wheat Baked Apples with Whipped Topping	Open Faced Turkey Sandwich with Turkey Gravy Stuffing Carrots and Broccoli Warm Peach Cobbler with Whipped Topping	Roast Pork with Cranberry Glaze Sesame Noodles Spinach and Red Peppers Whole Wheat Roll Banana	Minestrone Soup Unsalted Crackers Codfish Cakes Steak Fries Broccoli Tartar Sauce Oatmeal Bread Fresh Apple		
25	26	27	28	29		
Apple Juice Philly Cheesesteak Sloppy Joe with Peppers and Onions Tater Tots Carrots Hamburger Bun Rice Pudding	Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers and Onions Spanish Rice Pintos & Black Eyed Peas Tortilla Pears	Orange Juice Spaghetti and Meatballs Garden Salad Italian Dressing Garlic Bread Pie	Chicken and Sausage Gumbo Rice Mixed Vegetables Corn bread Mandarin Oranges	Roast Turkey Turkey Gravy Mashed Potatoes Brussel Sprouts Cranberry Sauce Dinner Roll Oatmeal Cookies		



Pickleball at Walnut Hill Park

Every Wednesday and Friday 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.

Target Shopping Trip

Friday, September 29th in the morning, please call 860.826.3553

Triad Senior Lecture Series—Free—Tuesday, September 12 at 9:30am

Protect Yourself from Consumer Fraud—Presented by AARP & Officer Art Powers

Learn the latest and most common schemes that scammers use to steal money, bank information, and other personal details. AARP will share ways on how you can prevent this from happening to you.—SPONSORED BY MONSIGNOR BOJNOWSKI MANOR

****NEW** Self Defense Basics with Debbie Shekosky**

Friday, September 15th from 10:30am to 11:30am in Massachusetts Room

This self-defense class covers prevention, awareness, and safety tips, as well as easy self-defense moves against grabs, chokes, unwanted hugs, and other situations.

Debbie Shekosky is an experienced instructor with over 30 years of teaching and training in Kenpo Karate, Modern Arnis, and self-defense classes. Take this opportunity to learn how to potentially defend yourself in some hands—on training.

Free to sign up—Register at Front Desk (20 Person Limit—First Come, First Serve)

****NEW** Seniors Eating Well**

First Lesson: Great Grain Discoveries

Wednesday, September 27th from 10:30-11:30am

Join the New Britain Health Department and UConn Extension in a series of 9 fun lessons! A series of classes designed for older adults with an emphasis on nutrition, healthy cooking and physical activity. The lessons consist of hands-on activities, group discussion and recipe sampling. Participants will take home informational handouts and recipes.

Only 15 Spots Available, Please register at Front Desk



Holiday Bazaar/ Craft Fair Committee

Thursday, September 21st 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

Monday, September 18th—9:30am to 1:00pm—By Appointment Only

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

Best Buddies Program

Wednesday, September 20th @ 11:00am to 1:00pm in Massachusetts Room

Best Buddies Citizens creates 1-to-1 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!

Senior Trip Advisory Committee

Wednesday, September 20th @ 11:15am in Craft Room *LATER DATE*

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.

Special Bingo—Monday, September 25th from 1:00pm to 3:00pm

\$3.00 buy in per person—all proceeds to towards the Alzheimer's Association!

GREAT PRIZES DONATED BY GRAND VIEW REHAB

Please register at front desk—\$3.00 per person

We would love to raise over \$150—50 people would be great!

Upcoming

EVENTS



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! Starts September 19th with a Birthday Ice Cream Social!

If you plan on eating lunch, please sign up with Novlette in the kitchen

Sponsored by Grandview Rehab



This Month's Birthdays!

<i>Jane Alicea</i>	<i>Tony Gionfriddo</i>	<i>Karen Plourde</i>
<i>Jon Aparo</i>	<i>Joanne Harzewski</i>	<i>Wai Price</i>
<i>Peter Autunno</i>	<i>Michael Johnson</i>	<i>Markella Psilla</i>
<i>Martha Bonola</i>	<i>Ryszard Karwowski</i>	<i>Gonzalo Rivera</i>
<i>Mark Cararini</i>	<i>Judith Kelley</i>	<i>Ryszard Romot</i>
<i>Frank Castro</i>	<i>Alice Kondracki</i>	<i>Maria Vasquez</i>
<i>Carmen Cruz</i>	<i>Hazel Koons</i>	<i>Antoina Velez</i>
<i>Donna Domizio</i>	<i>Toni LaReau</i>	<i>Carol Walenski</i>
<i>Rose Dumais</i>	<i>Judith Laiscell</i>	<i>Denise Wrice</i>
<i>Irena Evans</i>	<i>Patricia Michell</i>	<i>Linda Zarrella</i>
<i>Therese Farr</i>	<i>Mary Paiva</i>	<i>Jadwiga Ziemak</i>
<i>Deborah Feir</i>	<i>Joyce Petrisko</i>	

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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

New Britain Senior Center - September 2023 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEP 4 CENTER CLOSED LABOR DAY</p>	<p>SEP 5 8:00am FITNESS+ 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) 10:00am TRIAD MEETING 10:45am Line Dancing (Session 2) 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling</p>	<p>SEP 6 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>SEP 7 8:00am FITNESS+ CLUB 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 Craft Group (Session 2)</p>	<p>SEP 8 8:00am FITNESS+ CLUB 9:00am Cornhole 1:00pm Fit & Flex</p>
<p>SEP 11 8:00am FITNESS+ 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) 1:00pm Bingo 1:00pm Commission On Aging</p>	<p>SEP 12 8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 9:30am TRIAD LECTURE SERIES 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling</p>	<p>SEP 13 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>SEP 14 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:15am Zumba Gold 10:00am TRIAD Senior Walk and BBQ 10:15am Chair Yoga 11:00am Stanley Seniors 1:00pm Art Class 1:00pm Bingo</p>	<p>SEP 15 8:00am FITNESS+ CLUB 9:00am Cornhole 10:30am Self Defense Class 1:00pm Fit & Flex</p>
<p>SEP 18 8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 9:30am Manicures w/ Roseanna 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo</p>	<p>SEP 19 8:00am FITNESS+ 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) 12:30pm Happy Birthday Celebration 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling</p>	<p>SEP 20 8:00am FITNESS+ CLUB 9:00am Big E - Connecticut Day 10:00am Tai Chi & Qigong 11:00am Best Buddies 11:15am Trip Meeting 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>SEP 21 8:00am FITNESS+ CLUB 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 Craft Group (Session 2)</p>	<p>SEP 22 8:00am FITNESS+ CLUB 9:00am Cornhole 9:00am Pickleball Tournament 1:00pm Fit & Flex</p>
<p>SEP 25 8:00am FITNESS+ 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) 1:00pm Bingo 1:00pm Special Bingo Sponsored by Grandview</p>	<p>SEP 26 8:00am FITNESS+ 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) 1:00pm Cornhole League 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling</p>	<p>SEP 27 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 10:30am Seniors Eating Well 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>SEP 28 8:00am FITNESS+ CLUB 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 Craft Group (Session 2)</p>	<p>SEP 29 8:00am FITNESS+ CLUB 9:00am Cornhole 1:00pm Fit & Flex</p>

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Hardware City Travelers

Hardware City Travelers Trip Schedule

Trip Name	Location	Date	Price
Songs of Summer	New Haven, CT	Thursday, September 7, 2023	\$ 79.00
BIG E	Springfield, MA	Wednesday, September 20, 2023	\$ 35.00
9/11 Memorial Museum	New York City, NY	Thursday, September 28, 2023	\$ 109.00
Mohegan Sun Trip	Uncasville, CT	Thursday, October 26, 2023	\$ 35.00
Elvis is in the Building	Aquaturf - Southington, CT	Wednesday, November 8, 2023	\$ 52.00
All-American Variety Show	La Bella Vista - Waterbury, CT	Tuesday, November 14, 2023	\$ 89.00

For more information regarding any trip, please call the New Britain Senior Center at 860.826.3553—All Trips have limits are a subject to selling out after this is publicized

FLYERS AVAILABLE AT 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

