



# NEW BRITAIN SENIOR CENTER

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

## Golden Notes Newsletter

***October 2023***

### **Halloween Party presented by Autumn Lake**

Tuesday, October 31, 2023—11:00am to 2:00pm

Band, Raffle, Lunch and Great Times!

It's Back—our Annual Halloween Party—Prizes for best costume

First Come, First Serve—Members Only—140 person limit

### **Holiday Bazaar—Save the Date!**

Saturday, December 2, 2023—10:00am to 2:00pm

VENDORS | WHITE ELEPHANT TABLE | SILENT AUCTION | LUNCH

\*The Senior Center is seeking volunteers for the event. If you are interested please sign up at the front desk and leave your name and phone number.\*

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 11:30am 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

# October Menu

1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$2.50**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Hearty Vegetable Soup Unsalted Crackers Chicken Marsala Mashed Potato Green Beans	Sliced Ham with Pineapple Glaze Sweet Potato Geneva Blend Veggies	Apple Juice Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Ranch Dressing	Broiled Fish with Garlic Butter Cracker Crumbs Cheesy Rice Brussel Sprouts	Homemade Meatloaf with Gravy Wide Egg Noodles Peas and Carrots
100% Whole Wheat	Rye Bread	Com Muffin	Wheat Bread	Potato Bread
Cinnamon Applesauce	Pineapple Cup	Chocolate Pudding	Banana	Tropical Fruit Cup
9	10	11	12	13
Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies	Chicken Picatta Linguini Brussel Sprouts	Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble Egg Bake Spinach	Baked Veal Pamesan Rigatoni with Sauce Romaine Salad Italian Dressing	Grape Juice Turkey Divan Brown Rice California Blend Veggies
Rye Bread	Dinner Roll	Biscuit	Italian Bread	Whole Wheat Roll Banana Pudding with Whipped Topping
Applesauce	Brownie	Pear Cup	Banana	
16	17	18	19	20
Lazy Stuffed Cabbage (Beef/Pork) Mashed Potato Meadow Blend Veggies	Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies	Open Faced Turkey Sandwich Turkey Gravy Stuffing Carrots and Broccoli	Roast Pork with Cranberry Glaze Sesame Noodles Spinach and Red Peppers	Minestrone Soup Unsalted Crackers Codfish Cakes Steak Fries Broccoli Tartar Sauce Oatmeal Bread
Italian Bread	100% Whole Wheat Baked Apples with with Topping	Warm Peach Cobbler with Whipped Topping	Whole Wheat Bread	Fresh Apple
Plum			Banana	
23	24	25	26	27
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 and Black Eye Peas Tortilla Pears	Orange Juice Spaghetti with Meatballs Garden Salad Italian Dressing Garlic Bread Pie	Chicken and Sausage Gumbo Rice Mixed Vegetables Com Bread Mandarin Oranges	Roast Turkey with Turkey Gravy Mashed Potato Brussel Sprouts Cranberry Sauce Dinner Roll Oatmeal Cookies

MONDAY	TUESDAY
30	31
Apple Juice Bean and Veggie Chili Brown Rice Corn Muffin Tapioca Pudding	Growling Grape Juice Creepy Country Fried Chicken with Crawling Country Gravy Moaning Mashed Potato Ghoulish Green Beans and Monster Mushrooms 12 Grain Beastly Bread Halloween Treat





### **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, October 20th in the morning, please call 860.826.3553

### **Health Department Presentation**

Wednesday, October 4th at 10:00am in Massachusetts Room

Depression & Seasonal Depression, phone tree contact for winter

Guest Speakers: Cortney White & Roseanna D'Anna

Sign Up At Front Desk—Refreshments Provided

### **Community Nutrition Workshops**

Free to attend for anyone! Presented by the Hispanic Health Council

Wednesday, October 11th—10:30am in Vermont Room—Topic—Keeping Food Safe

Wednesday, October 25th—10:30am in Vermont Room—Topic—Living a Healthy Lifestyle

### **A MINDFUL WALK AND PICNIC IN THE PARK**

Friday, October 13, 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 Program

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

### **The Hearing Care Center is Back!**

Hearing Tests, Hearing Aid Cleaning and Repair

Tuesday, October 17th from 9:00am to 11:45am

Sign up at Front Desk to make an appointment



## **Holiday Bazaar/ Craft Fair Committee**

**October 6th at 1:00pm in the Craft Room**

Wear some comfortable clothing and sneakers—we will be doing a prep setup for the event.

## **Manicures w/ Roseanna—Sponsored by Amberwoods**

**Monday, October 21st—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, October 18th @ 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, October 11th @ 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.

## **TRIAD Special Bingo! - You Don't Want to Miss this One!**

**Thursday, October 19th from 1:00pm to 3:00pm**

**Free Entry | Four Card Limit—GREAT PRIZES & REFRESHMENTS**

**Sponsored by TRIAD :)**

Limited to first 80 people—Sign Up at Front Desk



# BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **October 17th** with an 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>Elli Alderucci</i>	<i>Bertha Mangiafico</i>	<i>Ellen Stannard</i>
<i>Marie Bachand</i>	<i>Timothy Martin</i>	<i>Ivy Strauss</i>
<i>Anthony Bowan</i>	<i>Ken Marzi</i>	<i>Margaret Sullivan</i>
<i>Diane Chase</i>	<i>Barbara Masciangioli</i>	<i>Eileen Sullivan</i>
<i>Carole Elsayed</i>	<i>Robert Mathis</i>	<i>Richard Valerio</i>
<i>Mary Ellen Gerardi</i>	<i>Charlotte McCusker</i>	<i>Karen Ward</i>
<i>Beverly Jelks</i>	<i>Helen-Mary Schwartz</i>	<i>David Williams</i>
<i>Allan Jordan</i>	<i>Willie Simmons</i>	<i>Christine Wright</i>
<i>Antonina Knyps</i>	<i>Lynn Sollars</i>	<i>Tadensz Ziemak</i>

# 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)

## New Britain Senior Center - October 2023 Schedule

MON	TUE	WED	THU	FRI
<p>OCT 2</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fitness w/ Chris (Session 1)</p> <p>9:15am Fitness w/ Chris (Session 2)</p> <p>10:00am Fitness w/ Chris (Session 3)</p> <p>10:45am Line Dancing (Session 1)</p> <p>1:00pm Bingo</p> <p>1:00pm Commission on Aging</p>	<p>OCT 3</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fitness w/ Chris (Session 4)</p> <p>9:00am Craft Group (Session 1)</p> <p>9:15am Fitness w/ Chris (Session 5)</p> <p>10:00am Fitness w/ Chris (Session 6)</p> <p>10:45am Line Dancing (Session 2)</p> <p>1:00pm Clean Break Billiards Club</p> <p>1:00pm Craft Group (Session 2)</p>	<p>OCT 4</p> <p>8:00am FITNESS+ CLUB</p> <p>10:00am Tai Chi &amp; Qigong</p> <p><b>10:00am Health Presentation</b></p> <p>1:00pm Afternoon Dancing</p> <p>9:30am Setback Group</p>	<p>OCT 5</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fun Drumming</p> <p>9:00am Craft Group (Session 1)</p> <p>10:15am Chair Yoga</p> <p>11:00am Stanley Seniors</p> <p>1:00pm Art Class</p> <p>1:00pm Bingo</p> <p>1:00pm Clean Break Billiards Club</p> <p>1:00pm Craft Group (Session 2)</p>	<p>OCT 6</p> <p>8:00am FITNESS+ CLUB</p> <p>9:00am Cornhole</p> <p>10:00am Book Folding Craft Class</p> <p>1:00pm Fit &amp; Flex</p>
<p>OCT 9</p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>OCT 10</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fitness w/ Chris (Session 4)</p> <p>9:00am Craft Group (Session 1)</p> <p>9:15am Fitness w/ Chris (Session 5)</p> <p>10:00am Fitness w/ Chris (Session 6)</p> <p>10:45am Line Dancing (Session 2)</p> <p>1:00pm Clean Break Billiards Club</p> <p>1:00pm Craft Group (Session 2)</p>	<p>OCT 11</p> <p>8:00am FITNESS+ CLUB</p> <p>10:00am Tai Chi &amp; Qigong</p> <p>11:30am Senior Trip Advisory Committee</p> <p><b>10:30am Nutrition Program</b></p> <p>1:00pm Afternoon Dancing</p> <p>9:30am Setback Group</p>	<p>OCT 12</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fun Drumming</p> <p>9:00am Craft Group (Session 1)</p> <p>10:15am Chair Yoga</p> <p>11:00am Stanley Seniors</p> <p>1:00pm Art Class</p> <p>1:00pm Bingo</p> <p>1:00pm Clean Break Billiards Club</p> <p>1:00pm Craft Group (Session 2)</p>	<p>OCT 13</p> <p>8:00am FITNESS+ CLUB</p> <p>9:00am Cornhole</p> <p>10:00am Book Folding Craft Class</p> <p>1:00pm Fit &amp; Flex</p> <p><b>10:30am Walk in Park &amp; Lunch</b></p>
<p>OCT 16</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fitness w/ Chris (Session 1)</p> <p>9:15am Fitness w/ Chris (Session 2)</p> <p>10:00am Fitness w/ Chris (Session 3)</p> <p>10:45am Line Dancing (Session 1)</p> <p>1:00pm Bingo</p>	<p>OCT 17</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fitness w/ Chris (Session 4)</p> <p>9:00am Craft Group (Session 1)</p> <p>9:15am Fitness w/ Chris (Session 5)</p> <p>10:00am Fitness w/ Chris (Session 6)</p> <p>10:45am Line Dancing (Session 2)</p> <p><b>9:00am Hearing Tests</b></p> <p>1:00pm Clean Break Billiards Club</p> <p>1:00pm Craft Group (Session 2)</p>	<p>OCT 18</p> <p>8:00am FITNESS+ CLUB</p> <p>10:00am Tai Chi &amp; Qigong</p> <p>9:30am Setback Group</p> <p>1:00pm Afternoon Dancing</p>	<p>OCT 19</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fun Drumming</p> <p>9:00am Craft Group (Session 1)</p> <p>10:15am Chair Yoga</p> <p>11:00am Stanley Seniors</p> <p>1:00pm Art Class</p> <p><b>1:00pm TRIAD SPECIAL BINGO</b></p> <p>1:00pm Clean Break Billiards Club</p> <p>1:00pm Craft Group (Session 2)</p>	<p>OCT 20</p> <p>8:00am FITNESS+ CLUB</p> <p>9:00am Cornhole</p> <p>10:00am Book Folding Craft Class</p> <p>1:00pm Fit &amp; Flex</p> <p><b>TARGET SHOPPING</b></p>
<p>OCT 23</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fitness w/ Chris (Session 1)</p> <p>9:15am Fitness w/ Chris (Session 2)</p> <p>10:00am Fitness w/ Chris (Session 3)</p> <p>10:45am Line Dancing (Session 1)</p> <p>1:00pm Bingo</p>	<p>OCT 24</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fitness w/ Chris (Session 4)</p> <p>9:00am Craft Group (Session 1)</p> <p>9:15am Fitness w/ Chris (Session 5)</p> <p>10:00am Fitness w/ Chris (Session 6)</p> <p>10:45am Line Dancing (Session 2)</p> <p>1:00pm Clean Break Billiards Club</p> <p>1:00pm Craft Group (Session 2)</p>	<p>OCT 25</p> <p>8:00am FITNESS+ CLUB</p> <p>10:00am Tai Chi &amp; Qigong</p> <p>9:30am Setback Group</p> <p>1:00pm Afternoon Dancing</p> <p><b>10:30am Nutrition Program</b></p>	<p>OCT 26</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fun Drumming</p> <p>9:00am Craft Group (Session 1)</p> <p>9:00am Mohegan Sun Trip</p> <p>10:15am Chair Yoga</p> <p>11:00am Stanley Seniors</p> <p>1:00pm Art Class</p> <p>1:00pm Bingo</p> <p>1:00pm Clean Break Billiards Club</p>	<p>OCT 27</p> <p>8:00am FITNESS+ CLUB</p> <p>9:00am Cornhole</p> <p>10:00am Book Folding Craft Class</p> <p>1:00pm Fit &amp; Flex</p>
<p>OCT 30</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fitness w/ Chris (Session 1)</p> <p>9:15am Fitness w/ Chris (Session 2)</p> <p>10:00am Fitness w/ Chris (Session 3)</p> <p>10:45am Line Dancing (Session 1)</p> <p>1:00pm Bingo</p>	<p>OCT 31</p> <p>8:00am FITNESS+ CLUB</p> <p>8:30am Fitness w/ Chris (Session 4)</p> <p>9:00am Craft Group (Session 1)</p> <p>9:15am Fitness w/ Chris (Session 5)</p> <p>10:00am Fitness w/ Chris (Session 6)</p> <p><b>HALLOWEEN PARTY 11-2pm</b></p>			

# Golden Notes Newsletter

## Hardware City Travelers

### Hardware City Travelers Trip Schedule

Trip Name	Location	Date	Price
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
New York Botanical Garden	Holiday Train Show - Manhattan, CT	Thursday, December 7, 2023	\$ 112.00

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

**SENIOR FLU SHOTS**  
**FRIDAY, OCTOBER 20th**  
**10:00am to 2:00pm**  
**Massachusetts Room**

**To Register, Please Sign Up at the Front Desk  
or call 860.826.3553**

get your

**Flu**



**Shot**



**New Britain  
Pharmacy**