



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

December 2023

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.

Baked Goods Needed!

The New Britain Senior Center will be accepting baked goods to sell at the Holiday Bazaar. If you do wish to participate, please provide a list of ingredients with your baked item. All baked goods should be brought in by Friday, December 1st.

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.

Energy Assistance Program

As we approach the winter months, the New Britain Senior Center is once again providing application assistance for the Connecticut Energy Assistance Program (CEAP), for those individuals ages 60 and older, through April 2024.

Eligible households can receive a benefit between \$100 and \$600, dependent on a variety of living circumstances, to be applied directly to their primary heating account. To qualify, an applicant's current household income level must be at or below sixty percent of the state median household income, or the applicant must currently receive at least one of the following benefits: Supplemental Nutrition Assistance Program (SNAP), Temporary Family Assistance (TFA/TANF), Supplemental Security Income (SSI), State Supplement for the Aged, Blind, and Disabled, and Refugee Cash Assistance. Applicants must also be a resident of the State of Connecticut, and only one application may be filed per household.

For more information about the Connecticut Energy Assistance Program, or to set up an appointment to apply for the program, please contact the New Britain Senior Center at (860) 826-3553. Appointments typically last approximately 30-45 minutes, and appointment timeslots will be offered each week on Monday, Wednesday, and Friday, at 9:00am, 10:00am, and 11:00am on each day.

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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 11:30am 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

RW Solutions Senior Community Café

December Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 			 	 Vegetable Beef Barley Soup Unsalted Crackers Pot Rost with LS Gravy Baked Potato Winter Mix Vegetables Rye Bread Birthday Cake
4	Taco Tuesday 5	6	7	8
Lazy Golumpki (Ground Beef with Rice, Cabbage and Sauce) Tomatoes & Zucchini Oatnut Bread Peaches	Taco Mix with Ground Beef Yellow Rice Fiesta Corn Shredded Lettuce Shredded Cheese Sour Cream and Salsa Tortilla Chips Citrus Sections	Jerk Grilled Chicken Roasted Red Potatoes Scandanavian Veggies Wheat Roll Mango	Roast Turkey with LS Gravy Mashed Potatoes Green Beans Whole Wheat Bread Cookie	Hearty Vegetable Bean Soup Unsalted Crackers Jumbo Ravioli Florentine Sauce Brussel Sprouts Multigrain Bread Fruited Jello
11	11	13	14	15
Grilled Chicken Breast with Orange Cranberry Sauce Yams with Cinnamon Spinach Wheat Roll Pineapple	SloppyJoe Corn California Blend Veggies Hamburger Roll Mixed Fruit	Chicken Strips with Marsala Sauce Herbed Ziti Italian Blend Vegetables Warm Garlic Bread Swiss Roll	Hamburger Stew Scalloped Potatoes Peas & Carrots Rye Bread Pudding	SENIOR CENTER CHRISTMAS PARTY NO LUNCH by CW SIGN UP FOR PARTY AT FRONT DESK 
18	19	Christmas Lunch 20	21	22
Grilled Chicken Breast with LS Gravy Stuffing Carrots Whole Wheat Bread Fresh Orange	Sweet & Sour Meatballs over a Bed of Cabbage Egg Stir Fried Rice Wheat Roll Mandarin Oranges	Ham with Sweet Glaze Roasted Rosemary Potatoes Glazed Brussel Sprouts White Bread  Holiday Pie	Italian Diced Chicken Spaghetti LS Marinara Sauce Italian Blend Vegetables Garlic Bread Pears	Crab Cake Sweet Potatoes Tuscan Blend Veggies Tartar Sauce Combread Applesauce
25	26	27	28	29
	Salisbury Steak with LS Gravy Scalloped Potatoes Peas & Pear Onions Oatnut Bread Tropical Fruit	Salmon with LS Latino Salmon Sauce White Rice Spinach Multigrain Bread Mango Mix	Homemade Meatloaf with LS Gravy Garlic Mashed Potatoes Carrots White Bread Oatmeal Cream Cookie	Diced Chicken Fricassee Sweet Potatoes Green Beans Whole Wheat Bread Fresh Orange



Pickleball at YWCA

Every Wednesday and Friday from 9:00am to 11:am

****START DATE PENDING CONSTRUCTION** CALL FOR MORE INFO**

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, December 22nd in the morning, please call 860.826.3553

The Hearing Care Center is Back!

Hearing Tests, Hearing Aid Cleaning and Repair

Tuesday December 5th from 9:00am to 11:45am

Sign up at Front Desk to make an appointment

****New** Cricut Class—Friday, December 8th 15th & 22nd at 1:30pm**

The Senior Center will host a new class on how to use a Cricut Machine. A Cricut machine is a precision cutting device that can cut various materials, including paper, vinyl, and fabric, into intricate shapes and designs. It's commonly used for crafting, scrapbooking, and creating custom projects.

If interested in learning how to use this great machine, please sign up at front desk!

Fitness 101 with Central CT State University

Last Day—Tuesday, December 5th at 12:30pm—Please sign up at the front desk!

If you are interested in learning how to properly use the gym equipment, join us for some fun group learning. Exercise Science students from CCSU will be instructing Seniors on how to safely exercise using equipment at the Senior Center Gym along with exercises you can do at home.



Manicures w/ Roseanna—Sponsored by Amberwoods

Tuesday, December 19th—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, December 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, December 13th @ 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.

Book Folding is Back!

Join us on Friday Mornings at 10:00am in the Cafeteria to learn the amazing craft of book folding.

Sign up at the Front Desk.

Christmas Party—Sponsored by Autumn Lake

First 140 to register—Live Music—Raffle—Lunch

Friday, December 15th from 11:00am to 2:00pm

Registration begins on Monday, December 4th—Call 860.826.3553



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **December 19th!**

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

Sponsored by Grandview Rehab



This Month's Birthdays!

*Lans Anderson
Laura Arcari
Eric Betts
Roseann Buchiere
Lucille Ciaffaglione
Jerilyn Crispin
Christopher Curtis
Jose DaFonseca
Raul DeLeon
Regina Dilleshaw
Wilfredo Fajardo
Janet Fontana
Israel Garcia*

*Carol Gionfriddo
Margie Goonan
Patricia Gworek
Marguerite Harris
Mattie Harris
Christopher James
Soll Levine
Donald Misiorski
Petra Morales
Petra Moralem
Judith Morales
Ron Muzzulin
Japura Neut*

*Bob Northam
Bozena Pare
Manuel Reyes
Noella Roberge
Evo Rondini
Fugate-Smith Rosa
Ann Rustici
William Sarno
Cheryl Schlichting
Patricia Simard
Laurie Sullivan
Daniel Taverna
Cynthia Walker*

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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

Open Mon-Fri, 10am-1pm

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

MON	TUE	WED	THU	FRI
				DEC 1 8:00am FITNESS+ CLUB 9:00am Cornhole 10:00am Book Folding Craft Class 1:00pm Fit & Flex
DEC 4 8:00am FITNESS+ CLUB 8:30am Fit w/ Chris (Session 1) 9:15am Fit w/ Chris (Session 2) 10:00am Fit w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo 1:00pm Commission on Aging Meeting	DEC 5 8:00am FITNESS+ CLUB 8:30am Fit w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fit w/ Chris (Session 5) 10:00am Fit w/ Chris (Session 6) 10:45am Line Dancing (Session 2) HEARING PROGRAM 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	DEC 6 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 9:30am Setback Group	DEC 7 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 10:15am Chair Yoga 11:00am Stanley Seniors (OFF SITE) 9:00am Zumba 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	DEC 8 8:00am FITNESS+ CLUB 9:00am Cornhole 10:00am Book Folding Craft Class WADSWORTH TRIP 1:00pm Fit & Flex
DEC 11 8:00am FITNESS+ CLUB 8:30am Fit w/ Chris (Session 1) 9:15am Fit w/ Chris (Session 2) 10:00am Fit w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo	DEC 12 8:00am FITNESS+ CLUB 8:30am Fit w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fit w/ Chris (Session 5) 10:00am Fit 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 1:00pm Wii Bowling	DEC 13 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 11:30am Senior Trip Advisory Committee 1:00pm Afternoon Dancing 9:30am Setback Group	DEC 14 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 10:15am Chair Yoga 11:00am Stanley Seniors 9:00am Zumba 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	DEC 15 8:00am FITNESS+ CLUB 9:00am Cornhole 10:00am Book Folding Craft Class 1:00pm Fit & Flex 11:00am CHRISTMAS PARTY
DEC 18 8:00am FITNESS+ CLUB 8:30am Fit w/ Chris (Session 1) 9:15am Fit w/ Chris (Session 2) 10:00am Fit w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo	DEC 19 8:00am FITNESS+ CLUB 8:30am Fit w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fit w/ Chris (Session 5) 10:00am Fit w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12:30pm BIRTHDAY BASH 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	DEC 20 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 9:30am Setback Group	DEC 21 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 10:15am Chair Yoga 11:00am Stanley Seniors 9:00am Zumba 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2)	DEC 22 8:00am FITNESS+ CLUB 9:00am Cornhole 10:00am Book Folding Craft Class TARGET SHOPPING 1:00pm Fit & Flex
DEC 25 CLOSED MERRY CHRISTMAS	DEC 26 8:00am FITNESS+ CLUB 8:30am Fit w/ Chris (Session 4) 9:15am Fit w/ Chris (Session 5) 10:00am Fit w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Cornhole League 1:00pm Healthy Balance Chair Yoga	DEC 27 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 9:30am Setback Group	DEC 28 8:00am FITNESS+ CLUB 8:30am Fun Drumming 10:15am Chair Yoga 11:00am Stanley Seniors 9:00am Zumba 1:00pm Bingo	DEC 29 8:00am FITNESS+ CLUB 10:00am Book Folding Craft Class 1:00pm Fit & Flex

Golden Notes Newsletter

Hardware City Travelers

Trip to Wadsworth Museum—Friday, December 8th from 12:00– 4:00pm

See the festival of trees and enjoy a lunch a Joey Garlics

11:30 Depart Senior Center

12:00-1:00pm Lunch at Joey Garlics (Pay your way)

1:30-3:30pm Wadsworth Museum

\$25 per person (Ride and Museum Ticket) Pay for own lunch

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

UPCOMING EVENTS

MAYOR ERIN E. STEWART AND NEW BRITAIN PARKS RECREATION & COMMUNITY SERVICES DEPARTMENT PRESENTS



BREAKFAST WITH *Santa*

SATURDAY, DECEMBER 9TH
9AM - 11AM
NEW BRITAIN SENIOR CENTER
55 PEARL ST. NEW BRITAIN, CT
\$5.00 ADMISSION

PANCAKE BREAKFAST - SELFIES WITH SANTA - CRAFTS - GAMES

TICKETS CAN BE PURCHASED ONLINE:
NBPARKSREC.ORG
FOR MORE INFO CALL THE
RECREATION OFFICE: 860.826.3360



Downtown Holiday Tree Lighting

FRIDAY, DECEMBER 1ST

- 5-6 PM** * CONCERT SERIES & COUNTDOWN TO TREE LIGHTING
CENTRAL PARK **Featuring Natasha Ramos**
- 5-8 PM** * HOLIDAY BAZAAR @
51 W. MAIN ST **Vendor Market**
- 6-8 PM** * PHOTOS WITH SANTA & MRS. CLAUS
51 W. MAIN ST
- 4-8 PM** * HOLIDAY HAPPY HOUR
222 MAIN ST **Drink & Food Specials**

MAYOR ERIN E. STEWART AND
THE NEW BRITAIN SENIOR CENTER PRESENT:

THE 46TH ANNUAL HOLIDAY BAZAAR

BAKED GOODS SALE | CRAFT SALE | RAFFLE PRIZES
SILENT AUCTION | WHITE ELEPHANT ROOM
Lunch Available for Purchase!
(Martin Rosol's Hot Dogs, Chili, & Cabbage Soup)

SATURDAY, DECEMBER 2 | 10:00AM - 2:00PM
@ THE NEW BRITAIN SENIOR CENTER
55 PEARL STREET, NEW BRITAIN, CT 06051

TONS of New Vendors | New & Improved | FREE Parking

ALL PROCEEDS TO BENEFIT THE NEW BRITAIN SENIOR CENTER
FOR MORE INFORMATION, PLEASE CONTACT (860) 826-3553

Hearing Tests, Hearing Aid Cleaning & Repair



TUESDAY DECEMBER 5, 2023
FROM 9:00AM TO 2:00PM

SERVICES WILL BE PROVIDED BY THE HEARING
CARE CENTERS
Sign up with Julie at the front desk!

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

