



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

January 2024

SPECIAL SENIOR APPRECIATION PANCAKE BREAKFAST!

Please come down to the center for a free pancake breakfast.
A special thank you to all our members! Sign up at the front desk.

Friday, January 19, 2024—8:15am to 9:30am in the Cafeteria



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 55+
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



1% or Skim milk provided
Margarine available

January, 2024

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00- \$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed	2 Apple Juice Swedish Meatballs Egg Noodles Scandinavian Blend Veggies	3 Chicken and Dumplings Green Beans	4 Roast Pork with LS Pork Gravy Au Gratin Potatoes Brussel Sprouts	5 Hearty Vegetable Bean Soup Unsalted Crackers Potato Pollack Broccoli Tartar Sauce
	Wheat Roll	Mini Biscuit	12 Grain Bread	Oatnut Bread
	Brownie	Mandarin Oranges	Pineapple	Pudding with Topping
8 Breaded Chicken Patty with Dijon Sauce Sweet Potatoes California Blend Veggies	9 Taco Mix Yellow Rice Fiesta Corn Shredded Cheese and Lettuce Salsa and Sour Cream Tortilla Chips	10 Beef Burgundy Buttemut Squash with Cinnamon Kale and Spinach	11 Tomato Florentine Soup Unsalted Crackers Cold Roast Turkey Sandwich Warm Green Bean Salad with Bacon and Onion Kaiser Roll	MLK Day Special 12 Grape Juice Sausage Gumbo White Rice Sautéed Spinach and White Beans
White Bread Swiss Roll	Pineapple	Yogurt	Mango Mix	Com Muffin Peach Cobbler with Whipped Topping
15 	16 Lasagna Roll with Meat Sauce Broccoli	17 Pork Loin with Apricot Glaze Scalloped Potatoes Brussel Sprouts	Taste of India 18 Chicken Curry Jasmine Rice Zucchini and Carrots	19 Minestrone Soup Unsalted Crackers Crab Cake Brown Rice Pilaf California Blend Veggies Tartar Sauce Whole Wheat Bread
CLOSED	Garlic Bread	Oatnut Bread	Naan Bread	Bread Pudding
22 Shepards Pie with Beef, Mashed Potatoes, Corn Green Beans	23 Mongolian Pork Chopette White Rice Stir Fried Veggies	24 Chicken Stew Tuscan Blend Veggies	25 Vegetable Barley Unsalted Crackers Pot Roast with LS Gravy Baked Potato Winter Blend Veggies Rye Bread	26 Tossed Salad Balsamic Dressing Salmon with Stuffing and Dill Sauce Rice Florentine Peas and Onions
Multigrain Bread Peaches	Whole Wheat Bread Pears	Biscuit Cookie	Birthday Cake	Clementine
29 Lazy Glumpki with Beef, Rice, Cabbage, and Tomato Sauce) Tomatoes and Zucchini	30 Homemade Meatloaf LS Brown Gravy Garlic Mashed Potatoes Carrots	31 Runaway Bay Jerk Chicken Buttered Orzo Scandinavian Veggies		
Oatnut Bread	Multigrain Bread	Wheat Roll		
Peaches	Citrus Sections	Mango and Pineapple		



Pickleball at YWCA to begin in JANUARY!

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

Begins Wednesday, January 24, 2023

The 55+ Serve City Pickleball Group is back outside! Free for members.
Join us at the YWCA every Wednesday morning from 9:00am to 11:00am.

Target Shopping Trip

Friday, January 19th in the morning, please call 860.826.3553

Emergency Preparedness Class—Presented by Health Department

Wednesday, January 10 from 10:00am to 11:30am

RAFFLE PRIZES PROVIDED—SIGN UP AT FRONT DESK

Water Department Lunch & Learn

Friday, January 26th from 10:30am to 11:30am—Pizza Afterwards

The City of New Britain's Water Department is offering a presentation on its new Waterline Initiative. Come by and learn about how it all works!

Free pizza provided after the program, sign up at front desk.



Manicures w/ Roseanna—Sponsored by Amberwoods

To Be Determined—Please call for date.

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

Best Buddies Program

Wednesday, January 17th @ 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, January 17th @ 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.

Book Folding is Back* NEW TIME**

Join us on Monday Mornings from 11:00am to 12:00pm! In the Card Room

Cricut Class—By Appointment Only

Friday, January 12th—9:30am | 10:30am | 11:30am

Friday, January 26th—12:00pm | 1:00pm | 2:00pm

Call the front desk to sign up for your class (2 people per session)



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **January 16th!**

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

Sponsored by Grandview Rehab



This Month's Birthdays!

<i>Nitza Arroyo</i>	<i>Gloria Fraser</i>	<i>Carl Marieni</i>
<i>Florence Bourque</i>	<i>Harriet Geragosion</i>	<i>Dean Marshall</i>
<i>Rose Carlone</i>	<i>Diane Glaeser</i>	<i>Lynn Morin</i>
<i>Walter Cody</i>	<i>Olga Gonzales</i>	<i>Walter Ochankowski</i>
<i>Arthur Corbeil</i>	<i>Ewa Kasjanska</i>	<i>Nancy Pilarski</i>
<i>Elvira Cruz</i>	<i>Pansy Kennedy</i>	<i>Rich Sarkus</i>
<i>Tomas De Leon</i>	<i>Mary Ann Kissel</i>	<i>Manuel Saxon</i>
<i>Denise Della Ventura</i>	<i>Doug Kochanowsky</i>	<i>Edward Suchecki</i>
<i>Jean Donahue</i>	<i>Maciej Korus</i>	<i>Rose Symolon</i>
<i>Kenneth Edberg</i>	<i>Judith Kraut</i>	<i>Grazyna Tomaszewska</i>
<i>Carol Embacher</i>	<i>Lisa Lew</i>	<i>Olga Vega</i>
<i>Denise Feliciano-Rodriguez</i>	<i>Serge Lindor</i>	<i>Deb Waskiewicz</i>
		<i>Lidia Wozniacki</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

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

January 2024 Schedule

MON	TUE	WED	THU	FRI
JAN 1 8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 1) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo 1:00pm Commission on Aging Meeting	JAN 2 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) 12:00pm Lunch 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	JAN 3 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	JAN 4 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	JAN 5 8:00am FITNESS+ CLUB 9:30am Cornhole 1:00pm Fit & Flex
JAN 8 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) 11:00am Book Folding 11:00am Book Folding Craft Class 1:00pm Bingo	JAN 9 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 Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	JAN 10 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group 10:00am Emergency Class	JAN 11 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	JAN 12 8:00am FITNESS+ CLUB 9:30am Cornhole 1:00pm Fit & Flex
JAN 15 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) 11:00am Book Folding 1:00pm Bingo	JAN 16 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 Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Birthday Ice Cream Social	JAN 17 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group 11:15am Trip Meeting	JAN 18 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	JAN 19 8:00am FITNESS+ CLUB 8:15am Pancake Breakfast 9:30am Cornhole 1:00pm Fit & Flex Target Shopping
JAN 22 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) 11:00am Book Folding 1:00pm Bingo	JAN 23 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 Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	JAN 24 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	JAN 25 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	JAN 26 8:00am FITNESS+ CLUB 9:30am Cornhole 1:00pm Fit & Flex 10:30am Lunch and Learn
JAN 29 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) 11:00am Book Folding 1:00pm Bingo	JAN 30 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 Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	JAN 31 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group		

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AARP TAX-AIDE PROGRAM

The AARP Tax-Aide Program will be available this upcoming tax season at the New Britain Senior Center. Appointments will be available Tuesday mornings and Fridays. Like last year, Taxpayers will need to pick-up and complete the intake booklet PRIOR to their scheduled appointment. A separate appointment will be required for each tax year to be completed.

We will begin scheduling in January, so please do not call for an appointment before then. New Britain Senior Center: (860)826-3553.

We're glad to be able to offer this service again and are looking forward to seeing our clients!

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

AARP TAX ASSISTANCE AT THE SENIOR CENTER

Since 1968, AARP Foundation Tax-Aide has provided free tax help to over 75 million taxpayers, with a focus on older adults with low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

**The New Britain Senior Center will begin booking appointments on
Tuesday, January 16, 2024**

**Tax Appointments will be held every Tuesday and Friday from
February through April at the Senior Center**

Call 860.826.3553 for more information!

