



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

February 2024

Valentine's Day Party Sponsored by Autumn Lake

Friday, February 16th from 11:00am to 2:00pm

Entertainment by the Willie and Jan Band, Raffle, and Lunch

Members Only—150 people max

Registration Begins on Thursday, February 1st

Greenhouse Club Meeting

Thursday, February 8th @ 10:00am in Card Room

For anyone interested in volunteering for our Greenhouse Club. Participants learn to grow flowers, vegetables and herbs from seeds. Plants are sold at the annual plant sale. No experience necessary!

Save the Date: Plant Sale on Saturday, May 11th

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.

Golden Notes Newsletter

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 \$3.00. 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



February, 2024

1% milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE			SUGGESTED DONATION	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	Groundhog Day 2
			Roast Turkey with LS Gravy Mashed Potato Green Beans	Tomato Rice Soup Unsalted Crackers Jumbo Ravioli with Florentine Sauce Brussel Sprouts
			Whole Wheat Bread	Multigrain Bread Fruited Jell-O with Topping
			Cookies	
5	6	7	8	9
Grilled Chicken Breast with Orange Cranberry Sauce Yams with Cinnamon Spinach	Sloppy Joe Tater Tots California Blend Veggies	Lentil Soup Unsalted Crackers Chicken Marsala Herbed Ziti Italian Blend Veggies	Beef Stew with Cubed Beef, Peas, and Carrots Scalloped Potatoes	Butternut Macaroni and Cheese Broccoli
Wheat Roll	Hamburger Roll	Garlic Bread	Rye Bread	Oatnut Bread
Pineapple	Raisins	Oatmeal Cream Cookie	Pudding with Topping	Tropical Fruit
12	13	Special Dessert 14	15	16
Grilled Chicken Breast with BBQ Sauce Au Gratin Potatoes Carrots	Country Style Chicken Steak Black Eyed Peas Collard Greens and Spinach	Crab Cake Roasted Red Potatoes Meadow Blend Veggies Tartar Sauce	Ham with Raisin Sauce Sweet Potatoes Brussel Sprouts	VALENTINE'S DAY PARTY MUST SIGN UP AT FRONT DESK
Whole Wheat Bread	Combread Spiced Peaches with Topping	Combread Apple Pie with Whipped Topping	White Bread Yogurt	NO LUNCH FROM CW
Orange				
19	20	21	22	23
	Salisbury Steak with Gravy Scalloped Potatoes Peas and Pearl Onions	Diced Chicken with Fricassee Sauce Sweet Potatoes Green Beans	Homemade Meatloaf LS Brown Gravy Garlic Mashed Potatoes Carrots	Salmon with LS Latino Sauce White Rice Spinach
	Wheat Roll	Whole Wheat Bread		Multigrain Bread
	Tropical Fruit	Clementine		Mango Mix
26	27	28	29	
Hearty Vegetable Bean Soup Unsalted Crackers Lasagna Roll with Meat Sauce Winter Mix Veggies Garlic Bread	Swedish Meatballs Egg Noodles Scandinavian Blend Veggies	Chicken and Dumplings Green Beans	Roast Pork with LS Pork Gravy Au Gratin Potatoes Brussel Sprouts	
Wheat Roll		Biscuit	12 Grain Bread	
Raisins	Pineapple	Mandarin Oranges	Brownie	

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!



Pickleball at YWCA to begin in FEBRUARY!

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

Begins Wednesday, February 7, 2024

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, February 23rd in the morning, please call 860.826.3553

Special Valentine's Day Lunch and Learn w/ Sharon Gutterman

Wednesday, February 14th—10:30am to 11:30am

HOW TO BE YOUR OWN SPECIAL VALENTINE

Are you as kind to yourself as you are to others? Now is the time to become your best friend. We'll use the Wellness Wheel to uncover the resources you desire for balance and kindness to become your own special Valentine. Free lunch afterwards for program participants only.

Sign up at the front desk

Special Programs from the Health Department

Seniors Eating Well Series (Part III)

Third Lesson: Savory Soups (focus on sodium and calcium)

Thursday, February 8th from 10:30am to 11:30pm in Vermont Room

The lessons consist of hands-on activities, group discussion and recipe sampling. Participants will take home informational handouts and recipes.

15 Spots available, sign up at front desk.

Special Health Presentation by CCSU Health Students

Wednesday, February 28th from 10:00am to 11:00am in Mass Room

Topic to be determined! Join for a seminar and refreshments

Sign up at the front desk



Manicures w/ Roseanna—Sponsored by Amberwoods

Tuesday Morning, February 13th

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

Best Buddies Program

Wednesday, February 21st @ 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, February 14th @ 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, February 9th—12:00pm | 1:00pm | 2:00pm

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

Intern Programming (NEW)

Computer Help—Every Thursday, 1:00pm to 3:00pm, Call for Appointment

Help w/ phones, internet, email etc!

Hair Styling—Tuesday, February 13th & Feb. 27th—1:00 to 3:00pm

combed in braids, twists, curls, comb overs, ponytails, you name it!

Enjoy an social afternoon with refreshments and get your hair done with Intern Akira

Hair Styling Only, No Hair Cuts



Black History Month Presentation—Don't want to miss!

Tuesday, February 20th from 1:00pm to 2:00pm in Cafeteria

Presented by Adwoa Bandele-Asante

Join us for an interesting and interactive afternoon of learning with a live performance of Harriet Tubman: A Woman with a Railroad by Adwoa Bandele-Asante.

About the program: Through the story of Harriet Tubman's struggle for freedom from slavery and inclusion as an American citizen, learners will understand how faith, courage, and commitment inspired this great woman warrior, healer, and builder of the twentieth century.

Free for first 100 people. If you want lunch before, please sign up with Novelette in kitchen.

***New Dance Class—Dance for Health w/ CCSU Students!**

10 Week Class - Friday, February 16th - April 19th (April 26th if there is a cancellation)

9:00am to 10:00am in Cafeteria

Come and experience the joy of movement to music in an intergenerational dance class! In this class you will be joined with CCSU students to learn a variety of dance styles such as ballet, jazz, and tap and be guided in developing your own artistic expression through movement. Engaging in dance has been found to support physical, emotional, and social aspects of health. In particular, dance helps to build strength and improve balance and coordination. In learning and repeating choreography, dance challenges memory and builds cognitive skills such as attention and movement planning. This class aims to provide these benefits and more as we move to the beat of the New Year! All are welcome, no prior dance experience is necessary.

SIGN UP AT FRONT DESK, 25 Person Maximum

FITNESS 101 w/ CCSU Students

Set to begin in March—Dates to be determined.

Learn best practices and the basics of using our gym equipment as well as training advice that you can do at home! Join us for a 6 week free class with the students. A wonderful experience for both the senior and the student.

Sign Up at Front Desk and be on the lookout for further details!



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **February 22nd!**

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

Sponsored by Grandview Rehab



January/February 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

February 2024 Calendar

MON	TUE	WED	THU	FRI
			FEB 1 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2) 1:00pm Computer Help	FEB 2 8:00am FITNESS+ CLUB 9:30am Cornhole 1:00pm Fit & Flex
FEB 5 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	FEB 6 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	FEB 7 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	FEB 8 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:00am Greenhouse Meeting 10:30am Eating Well Class 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2) 1:00pm Computer Help	FEB 9 8:00am FITNESS+ CLUB 9:00am Taxes 9:30am Cornhole 1:00pm Fit & Flex
FEB 12 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	FEB 13 8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:00am Taxes 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 Hair Styling	FEB 14 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 10:30am Valentines Day Lunch and Learn 1:00pm Afternoon Dancing 1:00pm Setback Group	FEB 15 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2) 1:00pm Computer Help	FEB 16 8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Taxes 9:30am NO CORNHOLE 11:00am Valentines Day Party <i>1:00pm NO FIT & FLEX</i>
FEB 19 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	FEB 20 8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:00am Taxes 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 Black Hist. Presentation	FEB 21 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 11:00am Best Buddies 1:00pm Afternoon Dancing 1:00pm Setback Group	FEB 22 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 12:30pm Ice Cream Social Party 1:00pm Craft Group (Session 2) 1:00pm Computer Help	FEB 23 8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Taxes 9:30am Cornhole 1:00pm Fit & Flex
FEB 26 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	FEB 27 8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:00am Taxes 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 Hair Styling	FEB 28 8:00am FITNESS+ CLUB 9:00am CCSU HEALTH SEMINAR 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	FEB 29 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2) 1:00pm Computer Help	

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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

**NEW BRITAIN SENIOR CENTER
BLACK HISTORY MONTH PRESENTATION**

**HARRIET
TUBMAN: A
WOMAN WITH
A RAILROAD**

WRITTEN AND PERFORMED
BY ADWOA BANDELE-
ASANTE, M.A.

 **February 20, 2024**

 **1:00 PM**



**THE GREAT WOMAN WARRIOR,
HEALER, AND BUILDER OF
THE CIVIL WAR ERA**

**FREE FOR FIRST 100
SIGN UP AT FRONT DESK**



**Dance for
Health Class**

Come and experience the joy of movement and music in an intergenerational dance class!

You will be joined with students from Central Connecticut State University as you are guided in developing your artistic expression through movement. A variety of dance styles will be explored including ballet, jazz, and tap.

Engaging in dance has been found to support physical, emotional, and social aspects of health. Dance helps to build strength and improve balance and coordination. In learning and repeating choreography, dance challenges memory and builds cognitive skills such as attention and movement planning. This class aims to provide these benefits and more as we move to the beat of the New Year!

All are welcome, no prior dance experience is necessary.



10 -Week Dance Class
• Friday's 9:00-10:00am
• February 16th - April 19th
• Massachusetts Room

Contact:
Rex Cone, Senior Center Director
rex.cone@newbritainct.gov
860-826-5291

 New Britain Senior Center
55 Pearl Street, New Britain, CT 06051
860-826-3553

Allison Seifert Gonzales, CCSU Assistant Professor
allisonseifert@ccsu.edu



**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!



**SENIORS
EATING WELL**



Learn about healthy eating with 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.

THIRD LESSON: Savory Soups
(focus on sodium and calcium)

**Thursday February 8th
at 10:30AM-11:30AM**

There are 15 spots available.
Sign up with Julie at the front desk!

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

