



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

March 2024

Hardware City Travelers are Back!

TRIPS FOR 2024 NOW AVAILABLE

PARTICIPANTS MUST PROVIDE PAYMENT TO RESERVE SLOT

Date of Trip	Destination	Price
3/27/2024	Old Mystic Village, Shop & Eat	\$5.00 per person, ride only
4/17/2024	Foxwoods	\$35.00 per person
5/5/2024	The Elephant's Trunk Flea Market	\$8.00 per person
6/27/2024	Cruise Coastal Queen	\$148.00 per person
6/28/2024	Beardsly Zoo	\$63.00 Adult \$59.00 Child
7/9/2024	Celebrate Italia, Aquaturf	\$4 Drive on Own \$59 SC Bu
7/18/2024	Beach Trip - Silver Sands	\$5.00 per person, ride only
8/1/2024	Thimble Islands Trip	\$25.00 per person, no lunch
8/19/2024	Senior Day at Holiday Hill	TBD
8/27/2024	Foster's Downeast Clambake	\$144.00 per person
9/18/2024	Big E	\$45 per person
10/10/2024	Ultimate Cher Experience - Grand Oak Villa	\$94 per person

FOR MORE INFORMATION AND FLYERS VISIT THE SENIOR CENTER

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

RW Solutions Senior Community Café



March Menu, 2024

1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

Suggested Donation \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
	March is National Nutrition Month, The Academy of Nutrition and Dietetics urges everyone to "Go Beyond the Table." The Focus of the month is to encourage individuals to be mindful about the impact daily nutrition choices can have on a personal well-being and the environment - both now and in the future.			1 Tossed Salad Potato Pollock Confetti Rice Broccoli Tartar Sauce French Dressing Oatmeal Bread Pudding					
	4	Taco Tuesday 5 Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Shredded Lettuce Sour Cream Tortilla Chips Pineapple		6	7 Tomato Florentine Soup Unsalted Crackers LS Turkey Sandwich Tater Tots Warm Green Bean, Bacon, and Onion Salad Kaiser Roll Mandarin Oranges	8	Veggie Chili with Shredded Cheese Brown Rice Cauliflower Combread Applesauce		
	11	12		St. Patrick's Day 13 Grape Juice Corned Beef Cabbage and Carrots Boiled Potatoes Mustard Rye Bread St. Patrick's Poke Cake	14	15	Cheeseburger Seasoned Wedge Potatoes Brussel Sprouts Hamburger Roll Oatmeal Cream Cookie Clementine	15	Minestrone Soup Unsalted Crackers Crab Cakes Brown Rice Pilaf California Blend Veggies Whole Wheat Bread
	18	19		20	21	22	Apple Juice Salisbury Steak LS Gravy Egg Noodles Spinach Multigrain Bread Peaches	Pork Chopette with Apple Gravy White Rice Oriental Blend Veggies Whole Wheat Bread Pears	Southern Chicken Stew Meadow Blend Veggies Biscuit Banana
25	26	Easter Special 27 Apple Juice LS Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Peas and Pearl Onions Rudi Roll Easter Poke Cake with Whipped Topping	28	29	Roast Turkey with LS Turkey Gravy Mashed Potato Green Beans Whole Wheat Bread Cookies	Good Friday Closed 			

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!



Manicures w/ Roseanna—Sponsored by Amberwoods

Monday, March 18th—Morning Times

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

Best Buddies Program

Wednesday, March 20th from 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, March 20th @ 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, March 1st & Friday, March 12th—10:00am | 11:00am | 12:00pm

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, March 12th & March 26th—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



***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

FITNESS 101 w/ CCSU Students

Set to begin Tuesday, March 19th from 2:00pm to 3:00pm

8 Sessions (Tuesday, 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7)

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 8 week free class with the students. A wonderful experience for both the senior and the student. **If interested, please sign up at the front desk**

Pickleball at YWCA to begin in FEBRUARY!

Every Wednesday 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, March 22nd in the morning, please call 860.826.3553

Informational Seminar

Sponsored by New Britain Memorial-Sagarino Funeral Home

Wednesday, March 13th at 10:30am—Coffee and Refreshments

Free in-person informational seminar to find out how to protect your loved ones by planning your life celebration in advance. Sign up at front desk.

Seniors Eating Well Series

Wednesday, March 20th from 10:30am to 11:30am in Cafeteria

Fourth Lesson, Cooking and Seasoning with Herbs



UPCOMING EVENTS

6th Annual Plant Sale (2 Dates)

Saturday, May 11th from 9:30am to 12:30pm

Sunday, May 18th from 11:00am to 2:00pm

The Volunteer Greenhouse Club is planting and working in the greenhouse every Wednesday and Friday at 10:00am. If you are interested please contact 860.826.5291 for more details!

3rd Annual Fashion Show

Thursday, May 23rd from 5:00pm to 8:00pm

MODELS/VOLUNTEERS NEEDED!

If you would like to model or be part of the Fashion Show, please meet us in the Massachusetts Room on **Wednesday, March 6th at 2:00pm**

Please sign up at the front desk if you want to be a model!



BIRTHDAY BASH

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

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

Sponsored by Grandview Rehab



March Birthdays!

*Christine Abucewicz
Christine Anders
Bernadette Barone
Elaine Basile
Karen Bellini
Joseph Beverley
Danuta Bieszad
Anna Boose
Cora Bowan
Denise Carpentier
Rebecca Diaz Sierra
David Dow
Nancy Durkin
Wayne Embacher
Francois Fortune*

*William Gordon
Marilynn Harvey
Joan Horanzy
Betty Ignaciuk
Daria LaSalle
Robyn Lafond
Loretta Lenoise
Peter Lincavicks
Judyth Marzi
Susan Mavis
Mark Michaud
Faustina Orbegozo
Eliseo Perales
Leona Poplaski
Vira Riley*

*Angela Rivera
Iris Rivera-Landrau
Judy Serra
Helen Simons
Ann Smoloski
Cheryl Stewart
Marianne Stieglitz
Deborah Sullivan
Solange Thibeault
Harold Thibeault
Maria Vargas
Halina Waszkiewicz
Marie Wooten
Kathleen Yoerkie
Ann Zemaitis*

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!



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

March 2024 Senior Center Calendar

MON	TUE	WED	THU	FRI
<p>MAR 4</p> <p>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 1:00pm Commission on Aging Meeting</p>	<p>MAR 5</p> <p>8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:00am Tates 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</p>	<p>MAR 6</p> <p>8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group 2:00pm Fashion Show Meeting 9:00am Pickleball at YWCA</p>	<p>MAR 7</p> <p>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 CPU HELP 1:00pm Craft Group (Session 2)</p>	<p>MAR 8</p> <p>8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Tates 9:30am Cornhole 10:00am Circuit Class 1:00pm Fit & Flex</p>
<p>MAR 11</p> <p>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</p>	<p>MAR 12</p> <p>8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:00am Tates 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 Hair Styling 1:00pm Healthy Balance Chair Yoga</p>	<p>MAR 13</p> <p>8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 10:30am Memorial Home Seminar 1:00pm Afternoon Dancing 1:00pm Setback Group 9:00am Pickleball at YWCA</p>	<p>MAR 14</p> <p>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 CPU HELP 1:00pm Craft Group (Session 2)</p>	<p>MAR 15</p> <p>8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Tates 9:30am Cornhole 10:00am Greenhouse Club 1:00pm Fit & Flex</p>
<p>MAR 18</p> <p>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</p>	<p>MAR 19</p> <p>8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:00am Tates 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 2:00pm Fitness 101</p>	<p>MAR 20</p> <p>8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 10:30am Seniors Eating Well 11:00am Best Buddies 11:15am Trip Advisory Meeting 1:00pm Afternoon Dancing 1:00pm Setback Group 9:00am Pickleball at YWCA</p>	<p>MAR 21</p> <p>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 CPU HELP 1:00pm Craft Group (Session 2)</p>	<p>MAR 22</p> <p>8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Tates 9:30am Cornhole 10:00am Circuit Class 10:00am Greenhouse Club 1:00pm Fit & Flex TARGET SHOPPING</p>
<p>MAR 25</p> <p>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</p>	<p>MAR 26</p> <p>8:00am FITNESS+ CLUB 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:00am Tates 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 Hair Styling 1:00pm Healthy Balance Chair Yoga 2:00pm Fitness 101</p>	<p>MAR 27</p> <p>8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group 9:00am Pickleball at YWCA</p>	<p>MAR 28</p> <p>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 CPU HELP 1:00pm Craft Group (Session 2)</p>	<p>MAR 29</p> <p>8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Tates 9:30am Cornhole 10:00am Greenhouse Club 1:00pm Fit & Flex 1:00pm MOVIE DAY</p>

Golden Notes Newsletter

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 Annual Valentine's Day Party

Sponsored by Autumn Lake

Friday, February 16, 2024



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!

AARPSM
Tax-AideTM

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.

Fourth LESSON: Cooking and Seasoning with Herbs

**Wednesday March 20th
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



Public Health
Prevent. Promote. Protect.
New Britain Health Department