



# NEW BRITAIN SENIOR CENTER

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

## Golden Notes Newsletter

**APRIL 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

<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 55+
<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 \$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

LS: Low Salt

1% or Skim milk provided  
Margarine available

## April, 2024

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Crab Cakes Brown Rice Pilaf Summer Blend Veggies Tartar Sauce	Chicken Parnesan Penne with Sauce Brussel Sprouts	Cobb Salad with Chicken, Egg, Bacon, Cheese, Croutons Ranch Dressing Beets	BBQ Pork Riblette Au Gratin Potatoes California Blend Veggies	Sausage and Cheese Quiche Steak Fries Broccoli and Red Pepper
White Bread	Garlic Bread	Whole Wheat Bread	Com Muffin	Biscuit
Yogurt	Pears	Pineapple	Fresh Fruit	Brownie
8	9	10	11	12
Grilled Chicken Breast Buttered Ziti with Marsala Sauce Italian Blend Veggies	American Chop Suey Peas and Carrots	Orange Juice Blueberry Baked French Toast Sausage Links Pineapple Maple Syrup	Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans & Mushrooms	Escarole Bean Soup Unsalted Crackers Salmon with Latino Salmon Sauce Confetti Rice Broccoli Wheat Roll
Whole Wheat Roll	Garlic Bread		Whole Wheat Bread	
Peaches	Tropical Fruit Cup	Birthday Cake	Yogurt	Fresh Fruit
15	16	17	18	19
Salisbury Steak Herbed Couscous Mixed Veggies	Breaded Pollack Waffle Fries Scanidinavian Veggies Tartar Sauce	Tossed Salad Lasagna with Meat Sauce Italian Blend Veggies Italian Dressing	BBQ Pork Loin Macaroni and Cheese Carrots	Com Chowder Unsalted Crackers Turkey and Swiss Sandwich Fresh Tomato Salad
Rye Bread	Multigrain Bread	Garlic Bread	Com Bread	Bulky Roll
Clementine	Mango Pineapple	Pudding	Tropical Fruit	Ice Cream
22	23	24	25	26
Italian Meatball Sub Potato Wedges Spinach	<b>Taco Tuesday</b> Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Shredded Lettuce Sour Cream	Grilled Teriyaki Chicken Sweet Potatoes Oriental Blend Veggies	Sliced Turkey with LS Turkey Gravy Mashed Potatoes Brussel Sprouts	Chicken Souvlaki with Tzatziki Sauce French Fries Greek Salad
Sub Roll	Tortilla Chips	White Bread	Whole Wheat Bread	Pita
Tropical Fruit	Pineapple	Yogurt	Fresh Fruit	Mandarin Oranges
29	30	<p style="color: green; font-weight: bold;">April is the beginning of herb season in CT! Decrease your salt intake.</p>  <p style="color: green; font-weight: bold;">Flavor foods with fresh herbs like basil, chives, cliantro, parsley, tarragon and more!</p>		
Chicken Tetrizzini White Rice Broccoli and Red Pepper	Breaded Fish Sandwich Potato Wedges Buttered Carrots with Dill			
Multigrain Bread	Hamburger Bun			
Applesauce	Tropical Fruit			

**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**

**Time To Be Determined**

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

## **Best Buddies Program**

Wednesday, April 17th 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, April 10th @ 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 10:00am to 11:00am! In the Card Room

## **Cricut Class—By Appointment Only**

**Friday, April 5th & Friday, April 19th—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!

## **Friday, Movie Day—Julie and Julia**

**Friday, April 26th from 1:00pm to 3:00pm**

**Sign up at front desk**



**\*\*\*NEW PROGRAM—MakeUp for Mature Women w/ Joby Rogers**

Learn and Get Your Make Up Done with MakeUp Artist, Joby Rogers

Tuesday, April 16th from 1:00pm to 3:30pm

Open to first 20 people, must sign up at front desk

See flyer in back for more details

**\*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**

**Target Shopping Trip**

Friday, April 26th in the morning, please call 860.826.3553

**Senior Stress Reduction Program (presented by CCSU nursing)**

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

Fourth Lesson, Healthy Ways to Cope with Stress

**TRIVIA FRIDAY—w/ Intern Claudette**

Friday, April 12th from 1:00pm to 3:00pm

Sign up at front desk—prizes to the winners



## **UPCOMING EVENTS**

### **Lunch and Learn with Sharon Gutterman**

Friday, April 26th at 10:30am in Cafeteria

Topic: GETTING UNSTUCK—Sign up at front desk

### **The 25th Annual Senior Prom at New Britain High School**

Thursday, April 18th from 5:00 to 8:30pm

\$7.00 per ticket—Rock and Roll Theme—Tickets at Front Desk

### **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**

#### **Model Meeting**

If you would like to model or be part of the Fashion Show, please meet us in the Massachusetts Room on **Wednesday, April 24th at 2:00pm**



# BIRTHDAY BASH

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

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

**Sponsored by Grandview Rehab**



## April Birthdays!

**Carmen Baez**  
**Kathleen Bannon**  
**Elizabeth Barden**  
**Tony Barden**  
**Amy Jo Bershaw**  
**Janet Bowen**  
**James Bryant**  
**Patricia Burris**  
**Floyd Campbell**  
**Lori Cunningham**  
**Dorothy Dabkowski**  
**Lucille Dural**

**Lucille Giammutteo**  
**Susan Kaiser**  
**Lorraine Leiner**  
**Elizabeth Liudzius**  
**Teresa Michalska**  
**Crosswell Mitchell**  
**Angie Moustakakis**  
**Susan Okoro**  
**Mary Pacyna**  
**Elaine Pindar**  
**Lorraine Pizzuto**  
**John Rogalewski**

**Palma Salerni**  
**Krystyna Skowronek**  
**Janet Smith**  
**Victoria Suarez**  
**Linda Thayer**  
**Patricia Tomaso**  
**Levi Trimble**  
**Richard Tyrrell**  
**Henry Ye**  
**Robert Zapor**  
**Elisabeth Zimmitti**  
**Irene Zozaya**

# 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

**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](mailto:syeagle@ccarc.com)

## April 2024 Senior Center Calendar of Events

MON	TUE	WED	THU	FRI
APR 1	APR 2	APR 3	APR 4	APR 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 1:00pm Commission on Aging Meeting	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 2:00pm Fitness 101	8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	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)	8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Taxes 9:30am Cornhole 10:00am Cricut Class 10:00am Greenhouse Club 1:00pm Fit & Flex
APR 8	APR 9	APR 10	APR 11	APR 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	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 2:00pm Fitness 101	8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 10:30am Senior Stress Program 11:15am Trip Advisory Meeting 1:00pm Afternoon Dancing 1:00pm Setback Group	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)	8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Taxes 9:30am Cornhole 10:00am Greenhouse Club 1:00pm Fit & Flex 1:00pm TRIVIA
APR 15	APR 16	APR 17	APR 18	APR 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	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 MakeUp Class 2:00pm Fitness 101 2:00pm Fitness 101	8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 11:00am Best Buddies 1:00pm Afternoon Dancing 1:00pm Setback Group	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) 5:00pm Senior Prom	8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Taxes 9:30am Cornhole 10:00am Cricut Class 10:00am Greenhouse Club 1:00pm Fit & Flex
APR 22	APR 23	APR 24	APR 25	APR 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	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 2:00pm Fitness 101 12:30pm <b>HAPPY BIRTHDAY LUNCH</b>	8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	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)	8:00am FITNESS+ CLUB 9:00am Dance For Health 9:00am Target Shopping 9:30am Cornhole 10:00am Greenhouse Club 10:30am <b>Lunch and Learn</b> 1:00pm Fit & Flex 1:00pm Friday Movie
APR 29	APR 30			
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	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 2:00pm Fitness 101			

# 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!

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## 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

Mayor Erin E. Stewart and the New Britain Senior Center Presents

# The 6th Annual Senior Center PLANT SALE



## Organic Flowers, Herbs & Vegetables

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

Sunday, May 19th from 11:00am to 2:00pm

Located at 55 Pearl Street, New Britain, CT

The plant sale consists of a variety of flowers and organic herbs & vegetables grown from the Arnold Schwartz Greenhouse at the Senior Center.

All Proceeds go towards Senior Center Programming.

For more information call 860.826.3553.



# FRIDAY FLICKS

Grab your popcorn as we enjoy the afternoon together with a movie

LAST FRIDAY OF EVERY MONTH AT 1:00  
NEXT SHOWING IS APRIL 26TH

**This Months Movie: Julie and Julia (PG-13)**  
(Amy Adams, Meryl Streep) Julie Powell, embarks on a year-long culinary adventure to cook all 524 recipes from Julia Child's cookbook, intertwining it with the enchanting story of Julia Child's rise to fame as a culinary icon in post-war America.



# 25TH ANNUAL TRIAD SENIOR PROM

ROCK AND ROLL THEME!

APRIL 18, 2024  
5:00PM-8:30PM

NEW BRITAIN HIGH SCHOOL  
110 MILL STREET  
NEW BRITAIN, CT, 06051

**\$7**  
A TICKET

TICKETS ON SALE AT THE  
NEW BRITAIN SENIOR CENTER  
BEGINNING MONDAY, MARCH 18TH  
\*TICKETS MUST BE PURCHASED IN ADVANCE\*

## Celebrity MakeUp Artist • Educator JOBY ROGERS

Member: CT Dept. of Higher Education • P.O.S.A



WHAT WE'LL EXPLORE

- Proper MakeUp Application Techniques
- Keeping Your MakeUp & Brushes Clean & Sanitary
- Choosing the Right Concealer & Foundation
- Grooming & Defining Eyebrows
- Natural Day & Evening MakeUp
- Contouring & Highlighting & Blushing
- Choosing the Perfect Eye & Lip Colors
- Must Have' Products & Tools for Your Kit
- Evaluation & Questions About Your Personal Makeup Concerns ... & Much More



FORUM DURATION • 2.5 HOURS

BRINGING YOUR PERSONAL MAKEUP IS ENCOURAGED • But Not Required  
ATTENDING MAKE-UP FREE IS ENCOURAGED • But Not Required **SPACE IS LIMITED**

Tuesday, April 16, 2024 - Massachusetts Room

Please sign up at the front desk. First come first serve - 20 max