



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

MAY 2024

UPCOMING EVENTS

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.



The New Britain Senior Center Presents:

THE 3RD ANNUAL FASHION SHOW: A NIGHT AT THE OSCARS

THURSDAY, MAY 23, 2024

5:00pm to 8:30pm

NEW BRITAIN SENIOR CENTER
55 PEARL STREET
NEW BRITAIN, CT 06051

FASHION, FOOD, AND LIVE MUSIC

TICKETS AVAILABLE AT SENIOR CENTER
BEGINNING MONDAY, APRIL 22

\$8 PER MEMBER

\$12 PER NON-MEMBER

For more information call:
860.826.3553



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.

JOIN OUR EMAIL BLAST!

If you would like to receive emails regarding programs and other offerings please join our email list!

Provide us with a working email address at the front desk to get signed up!

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

Daily Lunch Program

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:

860.670.8818 Mon-Fri between 10 & 12pm


RW Solutions Community Café

May, 2024

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National Osteoporosis Month		1	2	3
Calcium and Vitamin D are key nutrients needed to keep bones strong and healthy. For calcium, drink your milk if you can! Sesame and Chia seeds, almonds, collard greens and tofu are other great sources. Vitamin D helps the body absorb calcium, so enjoy some sunshine each day and include eggs in your diet along with fortified foods like yogurt, cereals and orange juice.		Tomato Florentine Soup Unsalted Crackers Grilled Chicken Breast Lettuce and Tomato Lemon Orzo Mixed Vegetable Whole Wheat Roll Clementine	Pork with Creamy Garlic Sauce Whole Baked Potato California Blend Veggies Sour Cream Wheat Roll Oreos	Egg Salad German Potato Salad Carrot Raisin Salad Hot Dog Roll Jell-O with Topping
6	7	8	9	Mother's Day Special 10
Pork Chopette with Gravy Buttered Egg Noodles Broccoli Rye Bread Peaches	Meatballs with Sweet and Sour Sauce White Rice Oriental Blend Veggies 12 Grain Bread Mixed Fruit	Cheeseburger Waffle Fries Brussel Sprouts Hamburger Bun Fresh Fruit	Minestrone Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies White Bread Cookies	 Whole Wheat Roll Angel Food Cake with Fresh Strawberries and Whipped Topping
13	14	15	16	17
Diced Chicken and Cranberry Salad Macaroni Salad Green Bean and Pimento Salad Whole Wheat Bread Pineapple	Shepard's Pie Carrots Multigrain Bread Fresh Fruit	Tuna Salad Sandwich Lettuce and Tomato Ziti Broccoli Salad Cucumber Salad Hot Dog Bun Pears	Vegetable Barley Unsalted Crackers Pot Roast with LS Beef Gravy Baked Potato Meadow Blend Veggies Rye Bread Birthday Cake	Macaroni and Cheese Stewed Tomatoes Oatnut Bread Cantaloupe
20	Taco Tuesday 21	Memorial Day Lunch 2	23	Taste of India 24
Chicken Bruschetta Buttered Shells Broccoli  Whole Wheat Bread Yogurt	Taco Mix Yellow Rice Mexicali Corn Salsa Shredded Lettuce Shredded Cheese Sour Cream Tortilla Pineapple	Pineapple Orange Juice Hot Dog Potato Egg Salad Corn on the Cob Hot Dog Bun Watermelon	Pork Loin with Apple Gravy Sweet Potatoes Brussel Sprouts Oatnut Bread Applesauce	Tandoori Chicken Basmati Rice Cauliflower Caramelized Onion Naan Coconut Pudding
27	28	29	30	31
Closed 	Chicken Parnesan Penne with Sauce Brussel Sprouts Garlic Bread Pears	Cobb Salad with Diced Chicken, Egg, Cheese, Bacon, Croutons Beets Ranch Dressing Whole Wheat Bread Pineapple	BBQ Riblette Au Gratin Potatoes California Blend Veggies Combread Oreos	Sausage and Cheese Quiche Steak Fries Broccoli and Red Pepper Whole Wheat Bread Banana

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, May 15th 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, May 8th @ 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 11:00pm! In the Card Room

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

Cognitive Health Program at Central Community Health Education Clinic

Thursday, May 9th from 1:00pm to 2:00pm—Transportation Provided, sign up at front desk

CCSU is doing a presentation on Cognitive Health—Optimizing functioning and understanding changes as we age. The talk is by Andrea June, PHD—bus will leave at 12:30.

All attendees will be entered into a raffle for a pickleball set! FREE PROGRAM



Target Shopping Trip

Friday, May 24th in the morning, please call 860.826.3553

Seniors Eating Well Series

Subject: Heart Healthy Meals for One or Two

Wednesday, May 8th from 10:30am to 11:30am in the Massachusetts Room

Please Register at Front Desk—For more info see flyer in back

Yard Goats Baseball Game

Sponsored by Autumn Lake—Join Us for a Yard Goats Game—Only \$5.00!

Sunday, June 2nd at 1:10pm—Only 25 Tickets Available—Reserve at Front Desk

Transportation to the game provided, meet at Senior Center at 12:15pm.

Spring Cornhole League to Begin

Informational Meeting—Friday, May 10th at 10:30 in the Cafeteria

If you want to participate in the cornhole league, please attend!

Seeking 2 person teams, so if you have a partner in mind bring them, if not we will find you one.

Eight week season with a one week playoff.

Karaoke Day

Friday, May 17th at 1:30pm to 3:00pm in the Cafeteria—

The Senior Center is hosting a Karaoke Day! Come and enjoy some wonderful singing or join in yourself. Free refreshments and coffee provided! Sign up at the Front Desk.

Pickleball is Back Outside!

The Serve City Pickleball Group will begin playing at Walnut Hill Park

Beginning on Wednesday, May 8th

Courts are reserved every Wednesday from 8:30am to 10:30am.

Friday Flicks—Friday, May 31st at 1:00pm

Join us for a movie, May's Movie is Queen Bees



UPCOMING EVENTS

**Walk in the Newly Renovated Stanley Quarter Park
w/ Sharon Gutterman**

COMING IN JUNE! DATE TO COME!

At the newly renovated Stanley Quarter Park

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 8:30pm

Tickets available at Front Desk!

\$8 for members | \$12 for non-members

SENIOR CENTER SEEKING BAKE SALE ITEMS!!

Attention all Bakers! The Senior Center is having a bake sale at the Plant Sale and will need some baked goods.

**IF INTERESTED PLEASE BRING BAKED GOODS TO THE SENIOR CENTER ON
FRIDAY, MAY 9th! Thank you!!**



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **May 21st!**

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

Sponsored by Grandview Rehab



May Birthdays!

*Patricia Auldridge
Rosalene Birtles
Wzadzyszana Burczyk
Karen Capobianco
Helena Chuda
Louise Cody
Marilynn Cruz-Aponte
Mary Lou Cunningham
Marcella Faherty
Jesus Feliciano
Diane Godbee*

*Ainoi Grabowski
Philip Gregory
Irma Grimes
Bernadette Jamiol
Grace Lamontagne
Pauline Lazlo
Kevin Logan
Sharon Lucas
Lynn Lyde
Yvonne Mcilwain
Sheila Minggia*

*Joan Morgan
Stephen Obeng
Santa Ortiz
Janina Polys
Judith Previti
Maria Rivera
Rosalina Rosario
Sharon Stoddard
Maria Sulecki
George Sullivan
Arthur Tomala
Gerald Trapani*

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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

Monthly Calendar - May 2024

MON	TUE	WED	THU	FRI
		MAY 1 8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	MAY 2 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) 1:00pm Tech Help w/ Aki	MAY 3 8:00am FITNESS+ CLUB 9:00am Dance For Health 9:30am Cornhole 10:00am Greenhouse Club 1:00pm Fit & Flex
MAY 6 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	MAY 7 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 2:00pm Fitness 101	MAY 8 8:00am FITNESS+ CLUB 10:00am Greenhouse Club 10:00am Tai Chi & Qigong 10:30am Seniors Eating Well Series 11:15am Senior Trip Advisory Meeting 1:00pm Afternoon Dancing 1:00pm Setback Group	MAY 9 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 Cognitive Health Seminar @ CCSU 1:00pm Craft Group (Session 2) 1:00pm Tech Help w/ Aki	MAY 10 8:00am FITNESS+ CLUB 9:00am Dance For Health 9:30am Cornhole 10:00am Greenhouse Club 10:30am Cornhole League Meeting 1:00pm Fit & Flex
MAY 13 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	MAY 14 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	MAY 15 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	MAY 16 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) 1:00pm Tech Help w/ Aki	MAY 17 8:00am FITNESS+ CLUB 9:00am Dance For Health 9:30am Cornhole 10:00am Greenhouse Club 1:00pm Fit & Flex 1:30pm Karaoke Day
MAY 20 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	MAY 21 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) 12:30pm Birthday Bash 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	MAY 22 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	MAY 23 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) 1:00pm Tech Help w/ Aki 5:00pm Fashion Show	MAY 24 8:00am FITNESS+ CLUB 9:00am Dance For Health 9:30am Cornhole 1:00pm Fit & Flex
MAY 27 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	MAY 28 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	MAY 29 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	MAY 30 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) 1:00pm Tech Help w/ Aki	MAY 31 8:00am FITNESS+ CLUB 9:30am Cornhole 1:00pm Fit & Flex 1:00pm Monthly Movie

Golden Notes Newsletter

TRIP PROGRAM

Date of Trip	Destination	Price	Location	Departure
3/27/2024	Old Mystic Village, Shop & Eat	\$5.00 per person, ride only	Mystic, CT	Depart at 9:00am
4/17/2024	Foxwoods	\$35.00 per person	Foxwoods, CT	Depart at 9:00am
4/25/2024	*NEW - The Music of Elton John	\$82.00 per person	A Villa Louisa, Bolton, CT	Depart at 10:30am
5/5/2024	The Elephant's Trunk Flea Market	\$8.00 per person	New Milford, CT	Depart at 8:15am
6/2/2024	*NEW - Yard Goats Game	\$5.00 per person	Hartford, CT	Depart at 12:15pm
6/12/2024	*NEW - Mohegan Sun	\$35.00 per person	Uncasville, CT	Depart at 8:30am
6/27/2024	Cruise Coastal Queen	\$148.00 per person	Newport Harbor, RI	Depart at 8:45am
6/28/2024	Beardsly Zoo	\$63.00 Adult \$59.00 Child	Bridgeport, CT	Depart at 9:00am
7/9/2024	Celebrate Italia, Aquaturf	\$4 Drive on Own \$59 SC Bu	Southington, CT	Depart at 9:30am
7/18/2024	Beach Trip - Silver Sands	\$5.00 per person, ride only	Milford, CT	Depart at 9:00am
7/25/2024	*NEW - Nunsense - Newport Playhouse	\$154 per person	Newport, RI	Depart at 8:15am
8/1/2024	Thimble Islands Trip	\$25.00 per person, no lunch	Branford, CT	Departs at 9:00am
8/19/2024	Senior Day at Holiday Hill	\$50.00 per person	Cheshire, CT	Departs at 8:30am
8/27/2024	Foster's Downeast Clambake	\$144.00 per person	York, Maine	Depart at 8:00am
9/18/2024	Big E	\$45 per person	Springfield, MA	Depart at 8:00am
10/10/2024	Ultimate Cher Experience - Grand Oak Villa	\$94 per person	Oakville, CT	Depart at 10:00am
12/3/2024	Shadows of the 60's - Aqua Turf	\$94 per person	Southington, CT	Depart at 10:00am

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

JOIN OUR EMAIL LIST FOR FREE: email address _____

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All Proceeds go towards Senior Center Programming.

For more information call 860.826.3553.



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.

Heart Healthy Meals for One or Two

**Wednesday May 8, 2024
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

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Mayor Erin E. Stewart and the New Britain Parks, Recreation & Community Services Department Presents

Celebrate newbritain



DOWNTOWN STREET FESTIVAL
SATURDAY, MAY 18, 2024
12:00PM - 8:00PM

Rain Date: Sunday, May 19, 2024 | 12:00PM-8:00PM



Taste of New Britain
12:00pm - 8:00pm



Kids Zone
12:00pm - 8:00pm



Vendors
12:00pm - 6:00pm



Prevention Palooza
12:00pm - 3:00pm



Live Music
12:00pm - 8:00pm



Community Performances
3:00pm - 8:00pm



The BEE-r Hive
12:00pm - 8:00pm



Car Show
12:00pm - 6:00pm



FREE Admission

FREE Parking

Kids Zone
Wristbands \$10

www.facebook.com/celebratenewbritain

