



# NEW BRITAIN SENIOR CENTER

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

## Golden Notes Newsletter

***JUNE 2024***

### **UPCOMING EVENTS**

#### **Walk in the Park and Lunch w/ Sharon Gutterman**

**Location: Stanley Quarter Park**

Join us for lunch and guided walk  
on the newly renovated Stanley Quarter Park Trail!

Friday, June 7th from 10:00am to 12:00pm

Bus Departs at 9:30am—or drive on your own

30 person maximum!

**Sign up at the front desk or call 860.826.3553**

#### **FARMERS MARKET COUPONS NOW AVAILABLE**

Participants from last year must bring in their card to renew.

Limited cards are available and are for new customers only.

You may reload or apply beginning on Wednesday, June 5th

For more information please 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

<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

## 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**



# Greater Bridgeport Senior Community Cafe

Baldwin Café, 203-377-4991



## June, 2024

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Grilled Chicken with Marsala Sauce Buttered Ziti Italian Blend Veggies  Whole Wheat Roll  Peaches	4 American Chop Suey Peas and Carrots  Garlic Bread  Tropical Fruit	5 Orange Juice Omelet with Cheese, Peppers and Onions French Toast Sticks  Birthday Cake	6 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms  Whole Wheat Bread  Yogurt	7 Escarole Bean Soup Unsalted Crackers Potato Pollock with Red Sauce Confetti Rice Broccoli Wheat Roll  Fresh Fruit
10 Hot Dog Baked Beans Mixed Veggies  Hot Dog Roll  Clementine	11 Breaded Pollock Waffle Fries Scandinavian Blend  Multigrain Bread  Mango Pineapple Mix	12 Tossed Salad Ranch Dressing Lasagna with Meat Sauce Italian Blend Veggies  Garlic Bread  Pudding with Topping	13 BBQ Pork Loin Macaroni and Cheese Carrots  Corn Bread  Tropical Fruit	<b>Fathers Day Special</b> Orange Juice Roast Beef with Horseradish Sauce Loaded Potatoes Broccoli  12 Grain Bread  Boston Cream Pie
17 Meatball Sub with Mozzarella and Sauce Potato Wedges Spinach  Sub Roll Tropical Fruit Cup	18 Taco Mix Yellow Rice Fiesta Corn Shredded Lettuce Shredded Cheese Salsa and Sour Cream  Tortilla Chips Pineapple	<b>June tenth</b> 19 Cranberry Juice Pork with Cranberry Glaze Red Beans and Rice Collard Greens Corn Bread  Red Velvet Cake	20 Sliced Turkey with LS Turkey Gravy Mashed Potatoes Brussel Sprouts  Whole Wheat Bread Fresh Fruit	21 <b>Taste of the Caribbean</b> Grilled Chicken with Tropical Salsa Rice and Black Beans Cinnamon Glazed Carrots  White Bread Coconut Rice Pudding
24 Tetrazzini with Diced Chicken White Rice Broccoli & Red Pepper  Multigrain Bread  Applesauce	25 Fish Sandwich Potato Wedges Buttered Carrots with Dill Tartar Sauce  Hamburger Bun  Tropical Fruit	26 Tomato Florentine Soup Unsalted Crackers BBQ Grilled Chicken Breast Lemon Orzo Mixed Veggies  Whole Wheat Roll  Clementine	27 Pork with Creamy Garlic Sauce Whole Baked Potato California Blend Veggies Sour Cream  Wheat Roll  Oreos	28 Egg Salad German Potato Salad Carrot Raisin Salad  Hot Dog Roll  Jell-O with Topping



The summer months are BERRY SEASON! Berries are sweet & delicious, but also abundant and cost less in summer. Studies also show that they contain nutrients called *flavonoids* which help to keep our brain cells healthy, retain our cognitive abilities, delay or prevent memory loss and lower the risk of developing Alzheimer's disease. Try to eat strawberries and blueberries at least twice a week!



**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**

**Please call the front desk for a date and time**

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

## **Best Buddies Program**

Wednesday, June 12th 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, June 12th @ 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

## **Friday, Movie Day—See Front Desk for Movie**

Friday, June 28th from 1:00pm to 3:00pm

**This Month's Movie:**

**Book Club: The Next Chapter (PG-13)**



### **Target Shopping Trip**

Friday, June 21st in the morning, please call 860.826.3553

### **Health Department Education Series**

Wednesday, June 26th at 10:00am in Massachusetts Room

Subject: Patient Doctor Communication

Guest Speaker: Roseanna D'Anna

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

### **Spring Cornhole League to Begin**

Friday's at 9:00am—If interested please call 860.826.5291

### **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.

### **Trivia Tuesdays**

**Tuesday, June 4th—1:00pm to 3:00pm**

**Tuesday, June 11th—1:00pm to 3:00pm**

**Tuesday, June 18th—1:00pm to 3:00pm**



# BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **June 18th!**

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

***Sponsored by Grandview Rehab***



## June Birthdays!

<b>Jean Ahern</b>	<b>Jacquie Farmer</b>	<b>Peg Mottola</b>
<b>Rosa Aponte</b>	<b>Walter Florkowski</b>	<b>Dawn Marie Newton</b>
<b>Marguerite Ardrey</b>	<b>Alicja Grabek</b>	<b>Sylvia Puzio</b>
<b>Paul Baylock</b>	<b>Baldino Grace</b>	<b>Linda Royce</b>
<b>Marlene Beckman</b>	<b>Janet Greco</b>	<b>Jacquelyn Russell</b>
<b>Jean Boutin</b>	<b>April Hall</b>	<b>Antonia Santiago</b>
<b>Paulette Brown-Haithcox</b>	<b>Jan Knyps</b>	<b>Frankie Scott-Bryd</b>
<b>Mary Kate Carroll</b>	<b>Deborah Kowaleski</b>	<b>JoAnne Sipala</b>
<b>Ruben Casiano</b>	<b>Andrea Kulak</b>	<b>Antoinette Snow</b>
<b>Helena Chrzanowski</b>	<b>Betsy Kyne</b>	<b>Aida Soto</b>
<b>Maria Crispo</b>	<b>Richard Labbe</b>	<b>Tina Sylvia</b>
<b>Pauline Dow</b>	<b>Tanja Mctendon</b>	<b>Orlando Vega</b>
<b>Julia Edwards</b>		<b>Susan Venberg</b>

# 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)

# Senior Center Calendar - June 2024

MON	TUE	WED	THU	FRI
<b>JUN 3</b> 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) 10:00am Book Folding 1:00pm Bingo 1:00pm Commission on Aging	<b>JUN 4</b> 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 Trivia Tuesdays	<b>JUN 5</b> 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm NO DANCE 1:00pm Setback Group	<b>JUN 6</b> 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	<b>JUN 7</b> 8:00am FITNESS+ CLUB 9:00am Cornhole 1:00pm Fit & Flex <b>10:00am WALK AND LUNCH (Off Site)</b>
<b>JUN 10</b> 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) 10:00am Book Folding 1:00pm Bingo	<b>JUN 11</b> 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 Trivia Tuesdays	<b>JUN 12</b> 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm NO DANCE 1:00pm Setback Group	<b>JUN 13</b> 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	<b>JUN 14</b> 8:00am FITNESS+ CLUB 9:00am Cornhole 1:00pm Fit & Flex
<b>JUN 17</b> 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) 10:00am Book Folding 1:00pm Bingo	<b>JUN 18</b> 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 Trivia Tuesdays 12:30pm BIRTHDAY BASH	<b>JUN 19</b> 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm NO DANCE 1:00pm Setback Group <div style="text-align: center; border: 2px solid red; padding: 5px; color: red; font-weight: bold; transform: rotate(-2deg); display: inline-block;">                         CLOSED                     </div>	<b>JUN 20</b> 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	<b>JUN 21</b> 8:00am FITNESS+ CLUB 9:00am Cornhole 1:00pm Fit & Flex
<b>JUN 24</b> 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) 10:00am Book Folding 1:00pm Bingo 1:00pm Low Vision Support Group	<b>JUN 25</b> 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	<b>JUN 26</b> 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm NO DANCE 1:00pm Setback Group	<b>JUN 27</b> 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	<b>JUN 28</b> 8:00am FITNESS+ CLUB 9:00am Cornhole 1:00pm Fit & Flex 1:00pm Monthly Movie

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## 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** \_\_\_\_\_