



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

JULY 2024

UPCOMING EVENTS

Independence Day Party—Presented by Autumn Lake

Wednesday, July 3rd from 11:00am to 2:00pm

Menu: Hotdogs, Burgers and Side

Sign Up at the Front Desk on or after Tuesday, June 25th

Entertainment: Jukebox 45 Band

Back by Popular Demand! Karaoke with Patty Shock!

Wednesday, July 10th from 1:00pm to 3:00pm

2:00pm break with refreshments, sign up at front desk

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!

***Important* Updated Information**

Emergency Contact Updates

The Senior Center Staff is asking members to check with the front desk to ensure we have up to date emergency contact information. This information is crucial if something happens while an individual is at the center. Thank you!

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



Nutrition
Questions?
See Below
for contact information.



RW Solutions Community Café

July, 2024



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Chopette with LS Gravy Buttered Egg Noodles Broccoli Rye Bread Peaches	2 Sweet and Sour Meatballs with White Rice Oriental Blend Veggies 12 Grain Bread Mixed Fruit	3 Senior Center Lunch By Autumn Lake Burgers and Hotdogs PARTY MUST SIGN UP AT FRONT DESK	4 Fourth of July Closed 	5 Fish Taco Day Breaded Pollock Yellow Rice Cilantro Lime Coleslaw Flour Tortilla Tartar Sauce Flour Tortilla Strawberry Shortcake with Whipped Topping
8 Chicken Cranberry Salad Macaroni Salad Green Bean and Pimento Salad Whole Wheat Bread Pineapple	9 Shepards Pie with Ground Beef, Com, and Mashed Potatoes Carrots Multigrain Bread Fresh Fruit	10 Tuna Salad Ziti Broccoli Salad Cucumber Salad Lettuce and Tomato Hot Dog Bun Pears	11 Vegetable Barley Unsalted Crackers Pot Roast with LS Beef Gravy Baked Potato Meadow Blend Veggies Rye Bread Happy Birthday Birthday Cake	12 Macaroni and Cheese Stewed Tomatoes  Oatnut Bread Cantaloupe
15 Chicken Bruschetta Bruschetta Sauce Buttered Noodles Broccoli Whole Wheat Bread Cookies	16 Taco Tuesday Taco Mix Yellow Rice Mexicali Corn Shredded Cheese Shredded Lettuce Sour Cream Salsa Tortilla Chips Pineapple	17 Breaded Chicken Breast with Honey Glaze Red Bliss Potatoes Spinach  Biscuit Fresh Clementine	18 Ham with Pineapple Sauce Sweet Potatoes Brussel Sprouts White Bread Applesauce	19 Taste of Poland Chicken Sausage Noodles with Onions and Cabbage Beets Whole Wheat Bread Rice Pudding
22 Crab Cakes Brown Rice Pilaf Summer Blend Veggies Tartar Sauce  White Bread Yogurt	23 Chicken Pamesan Penne with Marinara Sauce Brussel Sprouts Garlic Bread Pears	24 Cobb Salad with Diced Chicken, Lettuce, Tomato, Egg, Bacon, Cheese Beets Ranch Dressing Whole Wheat Bread Pineapple	25 BBQ Pork Ribette Au Gratin Potatoes California Blend Veggies Com Bread Cookies	26 Sausage and Cheese Egg Bake Steak Fries Broccoli and Red Pepper Whole Wheat Bread Banana
29 Grilled Chicken with Marsala Sauce Buttered Ziti Italian Blend Veggies Whole Wheat Roll Peaches	30 American Chop Suey Peas and Carrots  Garlic Bread Tropical Fruit	31 Orange Juice Omelet with Cheese French Toast Sticks Spinach Pudding	<p>Nutrition Help is Here! Looking for advice on what or how to eat to manage a health condition? Need help deciphering nutrition-related advice from your healthcare provider? Want guidance on how to reduce salt in your diet or understand food labels?</p> <p>Direct your questions to Registered Dietitian Nutritionist Carmen Weber. Call RW Solutions at 203-332-3264 to request a call for free, one-one-one phone counseling.</p>	



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

NO BEST BUDDIES PROGRAM IN JULY

Senior Trip Advisory Committee

Wednesday, July 10th @ 11:00am 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

Friday, Movie Day—See Front Desk for Movie

Friday, July 26th from 1:00pm to 3:00pm

This Month's Movie:

Book Club: The Next Chapter (PG-13)

Thrift Shop Grand Re-Opening!!!

Join us on Tuesday, July 17th for the Thrift Store's Grand Re-Opening

All proceeds go towards the CCARC program helping people with disabilities.



Target Shopping Trip

Friday, July 19th in the morning, please call 860.826.3553

Health Department Domestic Violence Program

Tuesday, July 23rd at 10:30am in the Massachusetts Room

Sponsored by Prudence Crandall Center.

A discussion about domestic violence

Free Program with Refreshments

ROOTS Farmers Market at the Senior Center

Looking to redeem your farmers market vouchers?

Roots Market will be in the green house

Friday, July 12th and Friday, July 26th from 11:00am to 1:00pm

Pickleball is Back Outside!

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

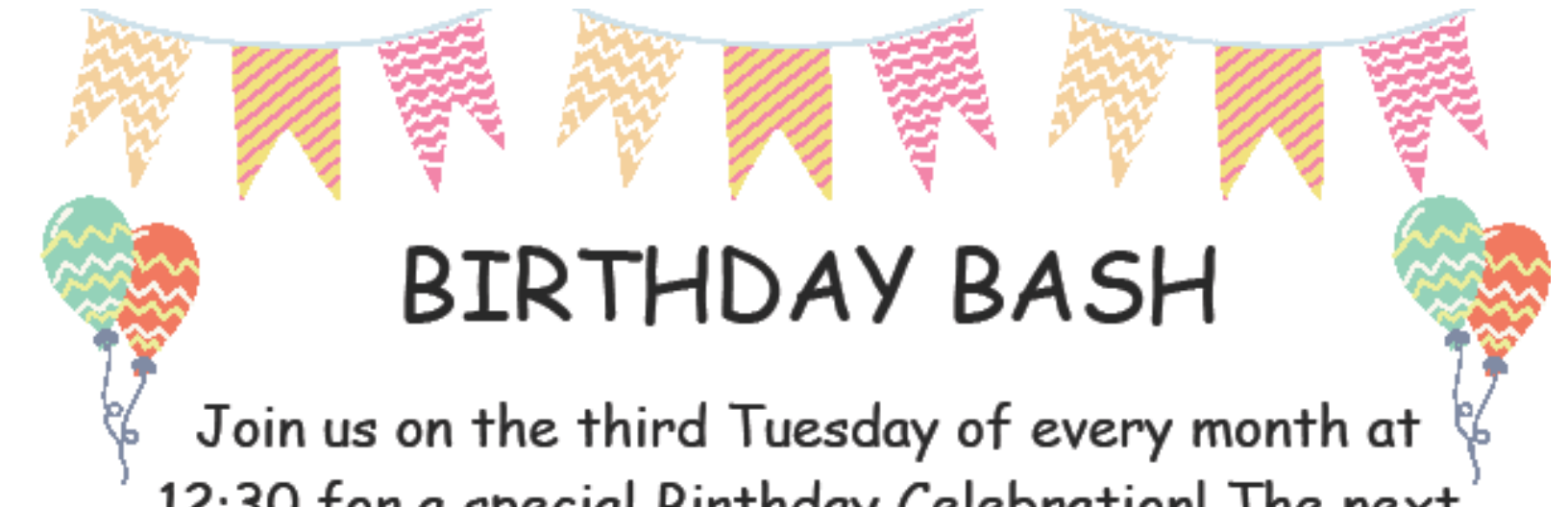
Beginning on Wednesday, May 8th

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

Seeking Bridge Players

A few seniors have shown interest in starting a bridge group. If you are interested please contact the front desk at 860.826.3553

Birthday Ice Cream Social—Tuesday, July 16th at 1:00pm—Sponsored by Grandview



BIRTHDAY BASH

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

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

Sponsored by Grandview Rehab



July Birthdays!

Awilda Acosta
Betsy Bryant
Virginia Basile
Louise Bechard
Virginia Bissoni
Sharon Burr
Janyce Campbell
Susan Cayer
Maria Cruz
Donald Cyr
Thomas Dolan
Earnestine Engram

Frederick Eyvaz
Robert Fitzpatrick
Judith Gallo
Rosa Gonzalez
Helen Graham
Carol Hansen
Winifred Hutchins
Loida Inovejas
Sophia Jablonski
Lynn Karwoski
Lisa Kupec
Judith Levesque

Bernadette Mullins
Marsha Osborn
Thelma Robinson
Eleanor Roether
George Scheyd
Carmen Soto
Charlotte Storey
Carol Synnott
Luis Velazquez
Bette Walczak
Tom West

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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!



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

July 2024 Calendar

MON	TUE	WED	THU	FRI
JUL 1 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	JUL 2 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	JUL 3 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 11:00am Independence Day Party 1:00pm Afternoon Dancing 1:00pm Setback Group	JUL 4 8:00am FITNESS+ CLUB 8:30am Fun Drumming 9:00am Craft Group (Session 1) <div style="border: 2px solid red; padding: 5px; transform: rotate(-15deg); color: red; font-weight: bold;">CLOSED</div> 9:00am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	JUL 5 8:00am FITNESS+ CLUB 9:30am Cornhole 1:00pm Fit & Flex
JUL 8 8:00am FITNESS+ CLUB <div style="border: 1px solid black; padding: 2px;">8:30am Fitness w/ Chris (Session 4)</div> <div style="border: 1px solid black; padding: 2px;">9:15am Fitness w/ Chris (Session 3)</div> <div style="border: 1px solid black; padding: 2px;">10:00am Fitness w/ Chris (Session 3)</div> <div style="border: 1px solid black; padding: 2px;">10:45am Line Dancing (Session 2)</div> 11:00am Book Folding 1:00pm Bingo	JUL 9 8:00am FITNESS+ CLUB <div style="border: 1px solid black; padding: 2px;">8:30am Fitness w/ Chris (Session 4)</div> <div style="border: 1px solid black; padding: 2px;">9:00am Craft Group (Session 1)</div> <div style="border: 1px solid black; padding: 2px;">9:15am Fitness w/ Chris (Session 5)</div> <div style="border: 1px solid black; padding: 2px;">10:00am Fitness w/ Chris (Session 6)</div> 10:45am Line Dancing (Session 2) 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	JUL 10 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group 1:00pm Karaoke with Patty Shock	JUL 11 8:00am FITNESS+ CLUB <div style="border: 1px solid black; padding: 2px;">8:30am Fun Drumming</div> 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)	JUL 12 8:00am FITNESS+ CLUB 9:30am Cornhole 11:00am Roots Market in Greenhouse 1:00pm Fit & Flex
JUL 15 8:00am FITNESS+ CLUB <div style="border: 1px solid black; padding: 2px;">8:30am Fitness w/ Chris (Session 4)</div> <div style="border: 1px solid black; padding: 2px;">9:15am Fitness w/ Chris (Session 2)</div> <div style="border: 1px solid black; padding: 2px;">10:00am Fitness w/ Chris (Session 3)</div> 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo	JUL 16 8:00am FITNESS+ CLUB <div style="border: 1px solid black; padding: 2px;">8:30am Fitness w/ Chris (Session 4)</div> <div style="border: 1px solid black; padding: 2px;">9:00am Craft Group (Session 2)</div> <div style="border: 1px solid black; padding: 2px;">9:15am Fitness w/ Chris (Session 5)</div> <div style="border: 1px solid black; padding: 2px;">10:00am Fitness w/ Chris (Session 6)</div> 10:00am Thrift Shop Grand Re-Opening 10:45am Line Dancing (Session 2) 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	JUL 17 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing w/ Band 1:00pm Setback Group	JUL 18 8:00am FITNESS+ CLUB <div style="border: 1px solid black; padding: 2px;">8:30am Fun Drumming</div> 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	JUL 19 8:00am FITNESS+ CLUB 9:30am Cornhole 1:00pm Fit & Flex
JUL 22 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	JUL 23 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	JUL 24 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing w/ DJ 1:00pm Setback Group	JUL 25 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)	JUL 26 8:00am FITNESS+ CLUB 9:30am Cornhole 11:00am Roots Market in Greenhouse 1:00pm Fit & Flex 1:00pm Movie Day
JUL 29 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	JUL 30 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	JUL 31 8:00am FITNESS+ CLUB 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing w/ DJ 1:00pm Setback Group		

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TRIP PROGRAM

Date of Trip	Destination	Price	Location	Departure
7/9/2024	Celebrate Italia, Aquaturf	54 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 pesron	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 _____