



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

SEPTEMBER 2024

UPCOMING EVENTS

Save the Date—

TRIAD SENIOR WALK AND BBQ—games, food, music and more

Food Sponsored by Autumn Lake

Wednesday, September 11th at Walnut Hill Park

10:00am to 1:00pm

\$2.00 per person, sign up today at the New Britain Senior Center

2nd Annual Pickleball Mixed Doubles Tournament

Saturday, September 7th from 9:00am to 1:00pm

\$20 per team for senior center members

\$60 per team for non-members

At Walnut Hill Park

Karaoke with Patti Shock— Back by Popular Demand!

Friday, September 20th from 1:00pm to 3:00pm

Free for members—sign up at the front desk

Free Coffee & Refreshments at 2:00pm

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.

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

RW SOLUTIONS SENIOR COMMUNITY CAFÉ

September, 2024

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00 -

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

5

6

**Labor Day
Closed**

Shepard's Pie
Carrots

Riblette
Butred Noodles
Broccoli
Cucumber Salad

Vegetable Barley
Unsalted Crackers
Pot Roast with
LS Gravy
Baked Potato
Meadow Blend Veggies

Macaroni and
Cheese
Stewed Tomatoes



Multigrain Bread

Wheat Bread

Rye Bread

Oat Nut

Fresh Fruit

Pears

Brownie

Cantaloupe

9

10

11

12

13

Bruschetta Chicken
with Bruschetta Sauce
Buttered Shells
Broccoli

Taco Mix
Yellow Rice
Mexicali Corn
Salsa and Sour Cream
Shredded Cheese
Shredded Lettuce

Breaded Chicken Breast
with Honey Glaze
Red Bliss Potatoes
Summer Blend Veggies



Ham with
Pineapple Sauce
Sweet Potatoes
Brussel Sprouts

Breaded Pork Chop
with Country Gravy
Corn and Black Beans
Spinach and Kale

Whole Wheat Bread

Tortilla

Whole Wheat Bread

White Bread

Cornbread

Nilla Cookies

Pineapple

Birthday Cake

Applesauce

Peaches

16

17

18

19

20

Crab Cake
Brown Rice Pilaf
Summer Blend Veggies
Tartar Sauce

Chicken Parmesan
Penne with Marinara
Brussel Sprouts

Cobb Salad with
Chicken, Bacon, Egg
Beets
Ranch Dressing

BBQ Ribette
Au Gratin Potatoes
California Blend Veggies



Sausage and
Cheese Quiche
Steak Fries
Broccoli and
Red Peppers

White Bread

Garlic Bread

Whole Wheat Bread

Cornbread

Whole Wheat Bread

Yogurt

Pears

Pineapple

Oreos

Banana

23

24

25

26

27

Chicken Marsala
Buttered Ziti with
Marsala Sauce
Italian Blend Veggies

American Chop Suey
Peas and Carrots



Orange Juice
Cheese Omelet
Spinach
French Toast Sticks

Homemade Meatloaf
with LS Gravy
Mashed Potatoes
Green Beans and
Mushrooms

Escarole Bean
Unsalted Crackers
Potato Pollock
Confetti Rice
Broccoli
Tartar Sauce

Whole Wheat Roll

Italian Bread

Whole Wheat Bread

Wheat Roll

Peaches

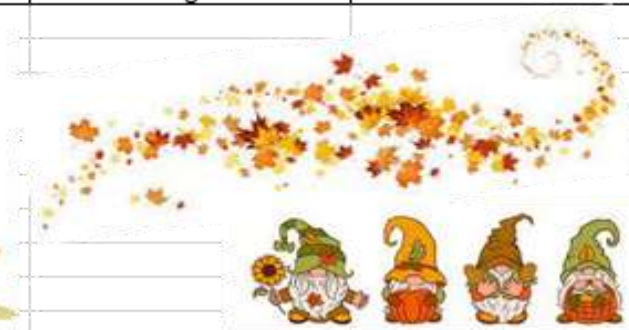
Tropical Fruit

Jell-O with Topping

Yogurt

30

Hamburger
Baked Beans
Mixed Veggies



Hamburger Bun

Clementine



Learn the Basics of Crocheting and Knitting

Begins Wednesday, starting October 2nd at 10:00am in the Craft Room

Sign up at the Front Desk!

Best Buddies Program

Wednesday, September 18th at 11:00am in Massachusetts Room

Senior Trip Advisory Committee

Wednesday, September 4th @ 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 for September

Join us on Monday Mornings from 10:00am to 11:00am! In the Card Room

Friday, Movie Day—In Upgraded TV Room—Stay Tuned

Friday, September 13th and Friday, September 28th from 1:00pm to 3:00pm

Friday, September 13th

Casablanca (1942) - Starring Humphrey Bogart and Ingrid Bergman, this is a movie about a man and woman who are in love, and who sacrifice love for a higher purpose; while also defeating Nazis.

Friday, September 27th

Dirty Dancing (1987) - An American romantic drama dance film, starring Patrick Swayze and Jennifer Gery. It's the summer of 1963, and 17 year old Baby is staying with her parents at Camp. She meets Johnny Castle, the hotel dance instructor, and becomes his pupil in dance and love.

Holiday Craft Fair Committee Meeting—Tuesday, September 10th at 1:00pm

If you wish to be on the planning committee for the Holiday Bazaar, we will have a meeting.

Special Bingo—Sponsored by Charter Oak Health

Monday, September 23rd—Join us for Free Special Bingo with Prizes from Charter Oak Health

4 Card Maximum per player—Free Entry and Refreshments Provided—Sign up at Front Desk

Seeking Vendors and Baked Sale Items

The Senior Center is seeking vendors and bake sale items for the 2024 Holiday Bazaar.

Save the Date, Saturday, December 7th from 10:00am to 2:00pm

If interested in baking items for the sale or if you know of any vendors please contact Rex. 860.826.5291



Target Shopping Trip

Friday, September 20th in the morning, please call 860.826.3553

ROOTS Farmers Market at the Senior Center

Looking to redeem your farmers market vouchers?

Roots Market will be in the green house

Friday, September 6th and Friday, September 20th from 11:00am to 1:00pm

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

Setback Group New Time

Setback is now on Mondays in the Cafeteria at 9:30am

Birthday Ice Cream Social—Tuesday, September 17th at 1:00pm

Enjoy some free ice cream as we celebrate September Birthdays!

New Trips—

Mystic Village Shopping, Thursday, September 26th—\$5.00—Bus Only

Maggie at Goodspeed Opera House, Thursday, October 17th—\$85.00

Mohegan Sun, Friday, November 8th—\$35.00—Transportation Only

Yankee Candle Trip—Wednesday, November 13th—\$50.00—Lunch on your own

Sign up at front desk

Senior Center Book Club Returns

Tuesday, September 17th from 1:00pm to 3:00pm

Book: The Thursday Murder Club by Richard Osman

Free for anyone

TRIVIA RETURNS—Trivia Tuesdays with Julia

Tuesday, September 10th and Tuesday, September 17th

1:00pm to 3:00pm in the Vermont Room

Computer Help with Julia

Thursday Mornings from 9:00am to 11:00am—Call the front desk to make an appointment



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **September 17th!**

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

Sponsored by Grandview Rehab



September Birthdays!



Jon Aparo
Sharon Babin
Sharon Bryant
Frank Castro
Dolores Cervera
Judy Clark
Carmen Cruz
Rose Dumais
Deborah Feir
Florence Goins
Joanne Harzewski
Stanley Jordon

Ryszard Karwowski
Elizabeth Kimble
Alice Kondracki
Zofia Korczenska
Toni LaReau
Lisa McKeon
Mary Paiva
Apolonia Parejko
Virgolina Pereira
Joyce Petrisko
Karen Plourde
Eddy Prusik

Markella Psilla
Caroline Rhone
Gonzalon Rivera
Ryszard Romot
Joseph Tricka
Sherri Uptegrow
Maria Vasquez
Antoina Velez
Carol Walenski
Denise Wrice
Jadwiga Ziemak

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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 Tue/ Wed/ 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

SENIOR CENTER CALENDAR - SEPTEMBER 2024

MON	TUE	WED	THU	FRI
SEP 2 Labor Day - Closed	SEP 3 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	SEP 4 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	SEP 5 8:30am Fun Drumming 9:00am Computer Help 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)	SEP 6 9:30am Cornhole 11:00am ROOTS Market 1:00pm Fit & Flex
SEP 9 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 9:30am Setback 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	SEP 10 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 Fair Meeting 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Trivia Tuesday	SEP 11 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	SEP 12 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)	SEP 13 9:30am Cornhole 1:00pm Fit & Flex 1:00pm Friday Movie
SEP 16 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo	SEP 17 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 Book Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Ice Cream Social 1:00pm Trivia Tuesday	SEP 18 10:00am Tai Chi & Qigong 11:00am Best Buddies 1:00pm Afternoon Dancing 1:00pm Setback Group BIG E TRIP	SEP 19 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)	SEP 20 9:00am Target Shopping 9:30am Cornhole 11:00am ROOTS Market 1:00pm Fit & Flex
SEP 23 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo 1:00pm Special Bingo	SEP 24 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	SEP 25 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	SEP 26 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)	SEP 27 9:30am Cornhole 1:00pm Fit & Flex 1:00pm Friday Movie
SEP 30 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo				

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TRIP PROGRAM

Date of Trip	Destination	Price	Location	Departure
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
10/17/2024	Goodspeed Opera House	\$85 per person	East Haddam, CT	Depart at 10:30am
12/3/2024	Shadows of the 60's - Aqua Turf	\$94 per person	Southington, CT	Depart at 10:00am
12/10/2024	Holiday Classics w/ the Cartells - Aqua Turf	\$59 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 _____