



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

OCTOBER 2024

UPCOMING EVENTS

Save the Date

TRIAD SPECIAL BINGO—GIFT CARD PRIZES!

Thursday, October 17th—1:00pm to 3:00pm

4 Card Max—Free to Sign Up

Annual Halloween Party, Sponsored by Autumn Lake!

Thursday, October 31st—11:00am to 1:00pm

Live Music, Lunch and Raffle—Sign up at Front Desk

Beginning Tuesday, October 8th—Free Program—150 person max

Registration Begins on Tuesday, October 8th

Annual Holiday Bazaar!

Saturday, December 7th—10:00am to 2:00pm

Vendors, Food and So Much More!

New Program

Beginning Tuesday, October 8th—the Craft Room is Open for Business

Hand Made Crafts for Sale—10:00am to 2:00pm Every Tuesday and Thursday

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 Has Changed!

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

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fajita Chicken Brown Rice Peppers and Onions Tortilla Pineapple Cup	2 Veggie Chili Baked Potato Broccoli Shredded Cheddar Sour Cream Corn Muffin Birthday Cake	3 Roast Pork Cranberry Gravy Buttered Noodles Buttered Beets Dinner Roll Mandarin	4 Lentil Soup Unsalted Crackers Potato Crunch Fish Herbed White Rice Scandinavian Veggies White Bread Applesauce
	7 Salisbury Steak Seasoned Sliced Potato Sliced Carrots Oatnut Bread Diced Pears	8 Chicken Bruschetta Buttered Shells Brussel Sprouts Dinner Roll Pudding	9 Spinach White Bean Unsalted Crackers Breaded Pollock Confetti Rice Zucchini and Tomato White Bread Vanilla Wafer	10 Lasagna Rolette with Marinara Sauce and Mozzarella Green Beans and Mushrooms Potato Bread Mango Pineapple
	15 Shepard's Pie Carrots Rye Bread Chocolate Chip Cookie	16 Tossed Green Salad Italian Dressing Spaghetti with Meat Sauce Italian Blend Veggies Garlic Bread Loma Doones	17 Chicken Corn Chowder Unsalted Crackers Potato Crunch Fish Confetti Rice Winter Blend Veggies Wheat Bread Pears	18 Roast Turkey with LS Gravy Herbed Potatoes Mixed Veggies White Bread Banana
	21 African Garbanzo and Diced Chicken Dish White Rice Collard Greens and Spinach Small Cocktail Pitas Mango, Pineapple, and Peach Mix	22 Turkey and Bean Chili with Macaroni Meadow Blend Veggies Cornbread Oatmeal Bar	23 Chicken Picatta Mashed Potatoes Garlic Green Beans White Bread Fresh Fruit	24 Pumpkin Curry Soup Unsalted Crackers Roast Pork with Chef's Choice Sauce Baked Potato Broccoli Multigrain Bread Pudding
28 Stuffed Shells with Marinara Sauce Carrots Wheat Bread Pineapple Chunks	29 Fish Sandwich Tartar Sauce Lemon Orzo Brussel Sprouts Hamburger Roll Fresh Apple	30 Split Pea Soup Unsalted Crackers Herbed Chicken Breast Sweet Potatoes Meadow Blend Veggies White Bread Diced Peaches	31 Halloween Special Ghostly Grape Juice Goulash Goulash Ghostly Green Beans Witchy Wheat Bread Halloween Treat!	



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, October 16th at 11:00am in Massachusetts Room

Senior Trip Advisory Committee

Wednesday, October 9th @ 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

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, October 11th at 1:00pm—Sleeper (1973)

Miles Monroe (Woody Allen) is cryogenically frozen after dying during a routine surgery. 200 years later, he's revived by radicals. He flees the police and falls in love with Luna Schlosser (Diane Keaton). When Miles is captured by the authorities, Luna seeks help from the rebels to rescue him.

Friday, October 25th at 1:00pm—Hocus Pocus (1993)

A fun, light-hearted movie about three witches that captures the Halloween spirit and autumn ambiance. The three witches in Salem seek to reclaim their youth, while a group of kids with a talking cat try to stop them.

Special Bingo—Sponsored by TRIAD

Thursday, October 17th—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

Wednesday Band Schedule

Wednesday, October 2nd—DJ/ Karaoke | Wednesday, October 9th—Band

Wednesday, October 16th—DJ/ Karaoke | Wednesday, October 23rd—Band

Wednesday, October 30th—NO BAND or DANCE



Target Shopping Trip

Friday, October 18th 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, October 4th and Friday, October 18th 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, October 15th at 1:00pm

Enjoy some free ice cream as we celebrate September Birthdays!

New Trips

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, October 15th from 1:00pm to 3:00pm

Book: A Death in Belmont by Sebastian Junger

Free for anyone

TRIVIA RETURNS—Trivia Tuesdays with Julia

Tuesday, October 8th | Tuesday, October 15th | Tuesday, October 22nd | Tuesday, October 29th

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

Seniors Eating Well Series—Dietary Fats: Fact or Fiction

Wednesday, October 9th—10:30am to 11:30am

Learn about healthy eating with NBHD and UConn Extension Program

Only 15 Spots Available—Please sign up at front desk



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **October 15th!**

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

Sponsored by Grandview Rehab



October Birthdays!



***Elli Alderucci
Marie Bachand
Michelle Bolduc
Anthony Bowan
Joan Clark
Shelley Clausen
Juanita DeLeon
William Gordon
Beverly Jelks
Allan Jordan
Antonina Knyps
Steven Madej***

***Bertha Mangiafico
Elba Marquez
Amy Martin
Robert Mathis
Justin McCarthy
Charlotte McCusker
Paul Motta
Antonia Ortiz
Emilia Pikora
Deb Paradis
Dennis Plante
Jerry Rodriguez***

***Rose Scalise
Helen-Mary Schwartz
Willie Simmons
Christine Stanlonis
Ellen Stannard
Eileen Sullivan
Jamie Torres
John Traleski
Richard Valerio
David Williams
Ronald Williams
Tadensz 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!



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

OCTOBER 2024 CALENDAR

MON	TUE	WED	THU	FRI
	<p>OCT 1</p> <p>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</p>	<p>OCT 2</p> <p>8:30am Pickleball at Walnut Hill Park 10:00am Crocheting and Knitting 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing</p>	<p>OCT 3</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Tech Help w/ Julia 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)</p>	<p>OCT 4</p> <p>9:30am Cornhole 11:00am Roots Truck 1:00pm Fit & Flex</p>
<p>OCT 7</p> <p>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</p>	<p>OCT 8</p> <p>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</p>	<p>OCT 9</p> <p>8:30am Pickleball at Walnut Hill Park 10:00am Crocheting and Knitting 10:00am Tai Chi & Qigong 10:30am Seniors Eating Well Series 11:00am Senior Trip Meeting 1:00pm Afternoon Dancing</p>	<p>OCT 10</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Tech Help w/ Julia 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)</p>	<p>OCT 11</p> <p>9:30am Cornhole 1:00pm Fit & Flex 1:00pm Movie Day - Sleeper</p>
<p>OCT 14</p> <p>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</p>	<p>OCT 15</p> <p>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 - Birthday Special 1:00pm Trivia Tuesdays 1:30pm Sock Pumpkins with Leslie</p>	<p>OCT 16</p> <p>8:30am Pickleball at Walnut Hill Park 10:00am Crocheting and Knitting 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing</p>	<p>OCT 17</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Tech Help w/ Julia 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 TRIAD Special Bingo</p>	<p>OCT 18</p> <p>8:45am Target Shopping 9:30am Cornhole 11:00am ROOTS Truck 1:00pm Fit & Flex</p>
<p>OCT 21</p> <p>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</p>	<p>OCT 22</p> <p>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</p>	<p>OCT 23</p> <p>8:30am Pickleball at Walnut Hill Park 10:00am Crocheting and Knitting 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing</p>	<p>OCT 24</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Tech Help w/ Julia 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)</p>	<p>OCT 25</p> <p>9:30am Cornhole 1:00pm Fit & Flex 1:00pm Movie Day - Hocus Pocus</p>
<p>OCT 28</p> <p>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</p>	<p>OCT 29</p> <p>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</p>	<p>OCT 30</p> <p>8:30am Pickleball at Walnut Hill Park 10:00am Crocheting and Knitting 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing</p>	<p>OCT 31</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Tech Help w/ Julia 9:00am Zumba 10:15am Chair Yoga 11:00am Halloween Party 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)</p>	

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TRIP PROGRAM

Date of Trip	Destination	Price
10/10/2024	Ultimate Cher Experience - Grand Oak Villa	\$94 per person
10/17/2024	Godspeed Opera House	\$85 per person
11/13/2024	Yankee Candle	\$50 per person
11/8/2024	Mohegan Sun	\$35 per person
12/3/2024	Shadows of the 60's - Aqua Turf	\$94 per person
12/10/2024	Holiday Classics w/the Cartells - Aqua Turf	\$59 w/ person

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 _____