



# NEW BRITAIN SENIOR CENTER

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

## Golden Notes Newsletter

**NOVEMBER 2024**

### UPCOMING EVENTS

Save the Date

**Covid and Flu Shots by Beacon Pharmacy**

**Friday, November 8th from 9:00am to 11:00am**

Pre-registration required—call 860.826.3553

**Annual Holiday Bazaar!**

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

Vendors, Food and So Much More!

**Seeking Baked Sale Items**

The Senior Center is seeking vendors and bake sale items for the 2024 Holiday Bazaar. If you wish to donate a baked good item, please bring it to the Senior Center on Friday, December 6th. Please note any ingredients used in the item to inform public of potential allergies. If interested in baking items for the sale or if you know of any vendors please contact Rex. 860.826.5291

## **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 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



## November Menu



1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Fish Filet Herbed Couscous Zucchini and Tomato	Swedish Meatballs Buttered Egg Noodles Meadow Blend Veggies	Orange Juice Mexican Casserole Brown Rice	Tossed Green Salad Italian Dressing Spaghetti with Meat Sauce Italian Blend Veggies	Pot Roast with LS Gravy Baked Potato Peas and Pearl Onions
Rye Bread	Dinner Roll	Oatnut Bread	Garlic Bread	Dinner Roll
Tropical Fruit	Clementine	Birthday Cake	Pineapple Mango Mix	Fruited Yogurt
11	12	13	14	15
<b>CENTER CLOSED</b> <b>VETERANS DAY</b>	Sweet and Sour Diced Chicken Brown Rice Oriental Blend Veggies Fortune Cookie	Shepard's Pie Butternut Squash	Cream of Broccoli Unsalted Crackers Pork Tenderloin with Apple Gravy Mashed Potatoes Harvard Beets Multigrain Bread	Turkey Sweet Potato Skillet Steamed Cabbage
	Multigrain Bread	Oatnut Bread	Multigrain Bread	Wheat Bread
	Pineapple	Yogurt	Banana	Pudding
18	19	20	21	22
Chicken Marsala Buttered Noodles Brussel Sprouts	Fish Taco Black Bean Mango Salad Cilantro Lime Coleslaw	<b>Thanksgiving Special</b> Roast Turkey with LS Turkey Gravy Mashed Cinnamon Sweet Potatoes Green Bean Almondine Cranberry Sauce	Chicken Tarragon Brown Rice Broccoli	Lazy Man Stuffed Peppers Corn
Wheat Bread	Flour Tortilla	Dinner Roll Pumpkin Pie with Whipped Topping	White Bread	Rye Bread
Cookies	Peaches		Fruit Cup	Clementine
25	26	27	28	29
Chili Baked Potato Cauliflower	Pineapple Chicken Stir-Fry White Rice	Tossed Salad French Dressing Stuffed Shells with Marinara Sauce Spinach		
	Wheat Bread	Garlic Bread		
Nilla Wafers	Hawaiian Roll	Clementine		

**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!

# Programs to Sign Up For

## Perfume and Cologne Workshop Sponsored by the New Britain Public Library

**Wednesday, November 6th at 1:00pm in the Craft Room**

Come make your own solid perfume or cologne! Use our essential oils and fragrance oils or bring your own!

## Friday, Movie Days

**Friday, November 8th at 1:00pm—Hairspray (Musical/Comedy, 2007)**

Bright, energetic teenager Tracy Turnblad teaches 1960's Baltimore a thing or two about integration after landing a spot on a local TV dance show.

**Friday, November 22nd at 1:00pm—All That Heaven Allows (1955)**

The film tells the story of Cary Scott (Jane Wyman), a widowed socialite, who falls in love with Ron Kirby (Rock Hudson), a younger man. Their relationship faces societal disapproval due to their age difference and class distinctions.

## New Trips

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

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

Iwo Jima Monument Tour—Friday, November 15th—Free Trip!

Sign up at front desk

## Special Thanksgiving Craft—Gratitude Garland w/ Leslie Mathews

**Tuesday, November 12th at 1:30pm in the Cafeteria**

Back by popular demand, Leslie will lead a craft call Gratitude Garland—sign up at front desk—all supplies provided

## Paint and Sip Day Sponsored by Oak Street Health

**Friday, November 15th at 1:00pm in the Cafeteria**

Free program, 30 person max

Art Instructor will guide you on how to make a beautiful landscape painting. All supplies provided, don't miss out!

## Lunch & Learn w/ Sharon Gutterman

**Tuesday, November 19th at 10:30am in the Cafeteria—The Power of Vitamin G: Gratitude**

Let's cultivate the attitude of gratitude as we approach the holiday season. Adults who frequently feel thankful have more energy, more optimism, more social connections, earn more money, sleep more soundly, exercise more regularly and have fewer health complaints.

# Class/ Program Information

## 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, November 19th at 12:30pm

Enjoy some free ice cream as we celebrate October Birthdays!

## Senior Center Book Club Returns

Tuesday, November 19th—Book: The President is Missing by Bill Clinton and James Patterson

1:00pm in the Senior Center Library

Tuesday, November 26th—Movie: White House Down (Based on the Book)

1:00pm in the Senior Center TV Room

## Wednesday Band Schedule

Wednesday, November 8th—DJ/ Karaoke w/ Rick and Ed

Wednesday, November 13th—DJ/ Karaoke w/ Rick and Ed

Wednesday, November 20th—Band

Wednesday, November 27th—No Band

## Book Folding is Back

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

## Best Buddies Program

Wednesday, November 20th at 11:00am in Massachusetts Room

## Coloring w/ Ed

Friday Mornings in the Card Room—Spend some peaceful time enjoying the benefits of coloring

## Learn the Basics of Crocheting and Knitting

Every Wednesday at 10:00am in the Craft Room

Sign up at the Front Desk!

## Senior Trip Advisory Committee

Wednesday, November 13th at 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 up coming trips and come up with potential trip ideas.

## Pickleball Moves Indoors

Beginning Wednesday, November 6th Pickleball will be at the YWCA from 9:00am to 11:00am



# BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **November 19th!**

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

***Sponsored by Grandview Rehab***



## **November Birthdays!**



***Elzbieta Adamska  
Joni Anderson-Senk  
Sonia Baylock  
June Brouillette  
Constance Chestnut  
Nellie Collazo  
Olga Correa  
Travis Crum  
Joseph Dudash  
Nelida Figueroa  
Norma Flores  
Joseph Gacek  
Benedict Gedraitis***

***Steve Gora  
Ivelisse Griffin  
Vicente Guadalupe  
Marcie Jones  
Janina Jablonski  
Diane Jankowski  
Louise Jefferson  
Patrick Jelks  
Sandra Johnson  
Mattie Johnson Madison  
Jackie Landry  
Carol Marold  
Judy McIntosh***

***Carol Mogielnicki  
Luz Perez  
Elaine Rocker  
Rosa Rosa  
Diana Rudzinski  
Vincent Rudzinski  
Christine Stanlonis  
Pamela Simeone  
Barbara Sullivan  
Nancy Szewczak  
Otis Thompson  
Jimmie Wilson***

# 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

The Senior Center is happy to announce that the Foot Care Clinic will re-open in November. The New Britain Public Health Department will offer toe nail clipping beginning Monday, November 4th. Please call 860.826.3553 for more information.

## 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 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](mailto:syeagle@ccarc.com)

# November 2024 Calendar

MON	TUE	WED	THU	FRI
<p>NOV 4</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding</p> <p>1:00pm Bingo</p> <p>1:00pm Commission on Aging Meeting</p>	<p>NOV 5</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)</p> <p>1:00pm Healthy Balance Chair Yoga</p>	<p>NOV 6</p> <p>9:00am Pickleball at WWC 10:00am Crocheting and Knitting 10:00am Tai Chi &amp; Qigong 1:00pm Afternoon Dancing <b>1:00pm Perfume Workshop</b> 1:00pm Setback Group</p>	<p>NOV 7</p> <p>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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>NOV 8</p> <p>9:00am Coloring w/ Ed <b>9:00am Flu Shots</b> 9:30am Cornhole 1:00pm Fit &amp; Flex</p> <p><b>1:00pm Movie Day - Hairspray</b> <b>Mohegan Sun Trip Depart at 8:30am</b></p>
<p>NOV 11</p> <p><b>CLOSED VETERANS DAY</b></p>	<p>NOV 12</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)</p> <p>1:00pm Healthy Balance Chair Yoga</p> <p><b>1:30pm Gratitude Garland</b></p>	<p>NOV 13</p> <p>9:00am Pickleball at WWC 10:00am Crocheting and Knitting 10:00am Tai Chi &amp; Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>NOV 14</p> <p>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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>NOV 15</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole <b>9:30am Iwo Jima Trip</b> 1:00pm Fit &amp; Flex <b>1:00pm Paint &amp; Sip</b></p>
<p>NOV 18</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding</p> <p>1:00pm Bingo</p>	<p>NOV 19</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) <b>10:30am Lunch &amp; Learn</b> 10:45am Line Dancing (Session 2) 1:00pm Craft Group (Session 2)</p> <p>1:00pm Healthy Balance Chair Yoga</p> <p><b>1:00pm Ice Cream Social</b></p>	<p>NOV 20</p> <p>9:00am Pickleball at WWC 10:00am Crocheting and Knitting 10:00am Tai Chi &amp; Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>NOV 21</p> <p>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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>NOV 22</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole 1:00pm Fit &amp; Flex</p> <p><b>1:00pm Movie Day - All That Heaven Allows</b></p>
<p>NOV 25</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding</p> <p>1:00pm Bingo</p>	<p>NOV 26</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)</p> <p>1:00pm Healthy Balance Chair Yoga</p> <p><b>1:00pm Movie for Book Club</b></p>	<p>NOV 27</p> <p>9:00am Pickleball at WWC 10:00am Crocheting and Knitting 10:00am Tai Chi &amp; Qigong <b>1:00pm No Afternoon Dancing</b> 1:00pm Setback Group</p>	<p>NOV 28</p> <p><b>CLOSED - HAPPY THANKSGIVING</b></p>	<p>NOV 29</p> <p><b>CLOSED - ENJOY THE LONG WEEKEND</b></p>



MAYOR ERIN E. STEWART AND  
THE NEW BRITAIN SENIOR CENTER PRESENT:

# THE 47TH ANNUAL HOLIDAY BAZAAR

BAKED GOODS SALE | CRAFT SALE | RAFFLE PRIZES  
SILENT AUCTION | 30+ VENDORS  
Lunch Available for Purchase 11AM-1PM  
(Martin Rosol's Hot Dogs & Stuffed Cabbage Soup)

SATURDAY, DECEMBER 7 | 10:00AM - 2:00PM  
@ THE NEW BRITAIN SENIOR CENTER  
55 PEARL STREET, NEW BRITAIN, CT 06051

Suggested Donation of Non-Perishable Food Item for  
Chance to Win Gift Card

ALL PROCEEDS TO BENEFIT THE NEW BRITAIN SENIOR CENTER  
FOR MORE INFORMATION, PLEASE CONTACT (860) 826-3553

Presented by Beacon Pharmacy



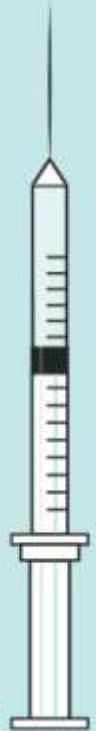
# FLU & COVID SHOTS

At the New Britain Senior Center

YOU MUST REGISTER & FILL  
OUT FORM PRIOR TO YOUR  
APPOINTMENT.

**9:00AM-11:00AM**  
**Friday,**  
**November 8**

For more info, call: 860-826-3553



## Coming in November!



**Foot Care Services**  
**by our Registered Nurse**  
**Certified Foot Care**  
**Specialist**

~Certified by the American Foot Care Nurses Association~

Sign up with Julie at the front  
desk  
860-826-3553



Public Health  
Connecticut

The New Britain Senior Center  
Presents an All New Program!



## Fun Craft: gratitude garland

Tuesday, November 12th at 1:30 PM

If interested,  
please register at the front desk

# Golden Notes Newsletter

## TRIP PROGRAM

Date of Trip	Destination	Price
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** \_\_\_\_\_