



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

DECEMBER 2024

UPCOMING EVENTS

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

Christmas Karaoke with Patti Shock!

Wednesday, December 11th—1:00pm to 2:00pm

Register at the Front Desk

Senior Center Annual Christmas Party by Autumn Lake

Friday, December 20th—11:00am to 2:00pm

\$2.00 Per Ticket—Tickets can be purchased beginning Monday, December 9th

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

December Menu

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
Lasagna Rollette Marinara Sauce Winter Blend Veggies	Homemade Meatloaf LS Gravy Mashed Potatoes Green Beans and Mushrooms	Tomato Florentine Soup Unsalted Crackers Lemon Rosemary Chicken Confetti Rice Dill Carrots	Lazy Man's Stuffed Cabbage Herbed Orzo	Pot Roast with LS Gravy Baked Potato Pea and Pearl Onions
				
White Bread	White Bread	Wheat Bread	Combread	Dinner Roll
Cookies	Fruit Cup	Mandarin Oranges	Pineapple Mango Mix	Fruited Yogurt
9	10	Christmas Special 11	12	13
Fish Filet Herbed Couscous Zucchini and Tomato	Swedish Meatballs Buttered Egg Noodles Meadow Blend Veggies	Broccoli and Cheese Stuffed Chicken Breast Roasted Red Potato Garlic Green Beans	Tossed Green Salad Italian Dressing Spaghetti with Meat Sauce Italian Blend Veggies	Vegetable Soup Unsalted Crackers Garlic Butter Pork Loin Macaroni and Cheese Brussel Sprouts White Bread
				
Rye Bread	White Dinner Roll	White Dinner Roll	Garlic Bread	White Bread
Tropical Fruit	Clementine	Christmas Dessert	Pineapple Mix	Fruited Yogurt
16	Taste of China 17	18	19	20
Ravioli with Cream Sauce Italian Peas	Sweet and Sour Diced Chicken Brown Rice Oriental Blend Veggies Fortune Cookie	Orange Juice Turkey Mexican Casserole	Cream of Broccoli Unsalted Crackers Pork Tenderloin with Apple Gravy Mashed Potatoes Harvard Beets Multigrain Bread	Turkey Sweet Potato Skillet Steamed Cabbage
				
Wheat Bread	Multigrain Bread	Oatnut Bread	Multigrain Bread	Wheat Bread
Mandarin Oranges	Pineapple	Birthday Cake	Banana	Pudding
23	24	Closed 25	26	New Year's Special 27
Chicken Marsala Buttered Noodles Brussel Sprouts	Fish Taco Black Bean and Mango Salad Cilantro Lime Coleslaw		Chicken tarragon Brown Rice Broccoli	Sliced Ham with Pineapple Cherry Sauce Loaded Mashed Potato Brussel Sprouts
Wheat Bread	Flour Tortilla		White Bread	White Dinner Roll
Cookies	Peaches		Fruit Cup	Boston Cream Pie
30	31			
Chili Baked Potato Cauliflower	Pineapple Chicken Stir Fry White Rice			
				
Wheat Bread	Hawaiian Roll			
Nilla Wafers	Tropical Fruit			

Programs to Sign Up For

Fraud Prevention Program

Wednesday, December 4th at 10:30am in the Vermont Room (20 person max)

American Eagle Financial Credit Union will host a talk about Fraud Prevention, please sign up at front desk

Refreshments Provided

A Christmas Craft with Leslie Mathews

Tuesday, December 10th at 1:30pm in the Cafeteria

Spend your afternoon with Leslie creating a beautiful paper star for your wall or window for the Holiday!

Please sign up at the Front Desk

Seniors Eating Well

Wednesday, December 11th at 10:30am in the Vermont Room (15 person max)

Dietary Fats: Facts or Fiction—Lessons consist of hands-on activities, group discussion and recipe sampling.

Please sign up at the Front Desk

Christmas Karaoke with Patti Shock!

Wednesday, December 11th from 1:00pm to 3:00pm in the Cafeteria

Do not miss this opportunity to sing your favorite Christmas Classics! Refreshments Provided!

Maximum of 70 people, please register at the front desk

Friday, Movie Days

Friday, December 13th—Little Women—2019—1:00pm to 3:00pm in TV Room

In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together.

Annual Christmas Party Sponsored by Autumn Lake

Friday, December 20th from 11:00am to 2:00pm

Due to the demand of this program, tickets will now be purchased at the front desk

\$2.00 per ticket—ticket required to attend, maximum of 150 people

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, December 17th at 12:30pm

Enjoy some free ice cream as we celebrate December Birthdays!

Senior Center Book Club Returns—Tuesday, December 17th at 1:00pm

Book: The Professor and the Madman: a tale of murder, insanity and the making of the Oxford English Dictionary by Simon Winchester

Wednesday Band Schedule

Wednesday, December 4th—Band

Wednesday, December 11th—Christmas Karaoke with Patti Shock

Wednesday, December 18th—Band

Book Folding is Back

Join us on Monday Mornings from 10:00am to 12:00pm! In the Card Room

Best Buddies Program

Wednesday, December 18th 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

Senior Trip Advisory Committee

Wednesday, December 11th 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 **December 17th!**

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

Sponsored by Grandview Rehab



December Birthdays!



*Laura Arcari
Sandra Barker
Mattie Booze
Lucille Ciaffaglione
MaryAnn Clynes
Linda Corbin
Jerilyn Crispin
Jose DaFonseca
Raul DeLeon
Regina Dilleshaw
Lydia Dorsey
Janet Fontana*

*Rosa Fugate-Smith
Joseph Gacek
Carol Gionfriddo
Ann Greco
Marguerite Harris
Lisa Holmes
Ronald Marold
Leonida
Martinez
Donald Misiorski
Petra Moralas
Petra Moralem
Judith Morales*

*Ron Muzzulin
Japura Neut
Bob Northam
Linda Nowak
Eddie Ortiz
Noella Roberge
Denise Robida
Evo Rondini
Beth Sylvestro
Cheryl Schlichting
Joseph Stobierski
Laurie Sullivan
Cynthia Walker*

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

December Calendar 2024

MON	TUE	WED	THU	FRI
<p>DEC 2</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 1:00pm Bingo</p> <p>10:00pm Commission on Aging Meeting</p>	<p>DEC 3</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>DEC 4</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi & Qi Gong 10:30am Fraud Prevention Program 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>DEC 5</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)</p>	<p>DEC 6</p> <p>NO PROGRAMS BAZAR SET UP</p>
<p>DEC 9</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 1:00pm Bingo</p>	<p>DEC 10</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 1:30pm Christmas Craft</p>	<p>DEC 11</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi & Qi Gong 10:30am Seniors Eating Well 1:00pm Afternoon Dancing 1:00pm Christmas Karaoke 1:00pm Setback Group</p>	<p>DEC 12</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)</p>	<p>DEC 13</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole 1:00pm Fit & Flex 1:00pm Movie Friday - Little Women TARGET SHOPPING</p>
<p>DEC 16</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 1:00pm Bingo</p>	<p>DEC 17</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 Birthday/Ice Cream Social 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga</p>	<p>DEC 18</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi & Qi Gong 11:30am Best Buddies 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>DEC 19</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)</p>	<p>DEC 20</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole 11:00am Christmas Party by Autumn Lake 1:00pm Fit & Flex</p>
<p>DEC 23</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 1:00pm Bingo</p>	<p>DEC 24</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>DEC 25</p> <p>MERRY CHRISTMAS No Programs</p>	<p>DEC 26</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)</p>	<p>DEC 27</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole 1:00pm Fit & Flex</p>
<p>DEC 30</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 1:00pm Bingo</p>	<p>DEC 31</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>			



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

Lower Your Utility Bills at the New Britain Senior Center

Income eligible households can
apply for the following programs

Connecticut Energy Assistance Program (CEAP)

Benefits

Eligible households can receive \$100-\$600 applied directly to their heating account.

Eligibility

To qualify, applicants must have a household income at or below 60% of the state median or currently receive benefits such as SNAP, SSI, TANF, State Supplement, or Refugee Cash Assistance. Applicants must also be New Britain residents, and only one application is allowed per household. Ends April 2025.

Eversource Low-Income Discount

Eligible households can apply for a discount on their electric bill through Eversource, offering either a 10% or 50% discount, depending on income eligibility.

10% Discount: Household income must be at or below 60% of the state median income.

50% Discount: Household income must be at or below 160% of the Federal Poverty Guidelines.

To apply for these programs, contact the **New Britain Senior Center** at **(860) 826-3553** to make an appointment.



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
**A CHRISTMAS
CRAFT**



**FOLD A BEAUTIFUL PAPER STAR
FOR YOUR WINDOW OR WALL**

Tuesday, December 17th at 1:30 PM



Golden Notes Newsletter

TRIP PROGRAM

Thank you to all who have made our trips a success in 2024

The 2025 Trip Schedule will be out in February—Stay Tuned

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 _____