



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

JANUARY 2025

UPCOMING EVENTS

Senior Center Cheer Team

Not Feeling well? Experiencing an illness or the loss of a loved one? The New Britain Senior Center wants to help brighten your day. If you or someone you know could use a little extra cheer during a tough time, let us know! We'd be happy to send a card to lift your spirits and remind you that you're not alone. Contact us to share your request and help us spread some kindness today! Call front desk with request :)

Lunch and Learn with Sharon Gutterman

Friday, January 3rd at 10:30am in the Cafeteria

Topic—Habits: Getting Unstuck

We start with good intentions, but why don't they stick? We'll explore the psychology and techniques for smoothing the path for following through with our good intentions.

Sign up at the Front Desk— Free Lunch to follow to people who attend the program

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



January, 2025

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		<p>Closed</p> 		
		<p>Closed</p>		
<p>Diced Chicken and Broccoli Casserole Buttered Carrots</p> <p>Wheat Bread</p> <p>Fresh Orange</p>	<p>Crispy Fish Sandwich Sweet Potato Wedges Cole Slaw</p> <p>Hamburger Roll</p> <p>Pears</p>	<p>Shepard's Pie Green Beans and Mushrooms</p> <p>Corn Muffin</p> <p>Oatmeal Bar</p>	<p>Fish Filet Brown Rice Pilaf California Blend Veggies</p> <p>Rye Bread</p> <p>Banana</p>	<p>Tomato Florentine Soup Unsalted Crackers Pot Roast with LS Gravy Mashed Potatoes Brussel Sprouts Oatnut Bread</p> <p>Yogurt</p>
<p>Orange Juice Pier 17 Fish Lemon Orzo Buttered Peas</p> <p>Wheat Dinner Roll</p> <p>Fresh Fruit</p>	<p>Taco Mix Yellow Rice Fiesta Corn Shredded Lettuce Shredded Cheese Sour Cream, Salsa Tortilla Chips</p> <p>Pineapple</p>	<p>Chicken Parmesan Penne Pasta Italian Blend Veggies</p> <p>Dinner Roll</p> <p>Chocolate Chip Cookies</p>	<p>Corn Chowder Unsalted Crackers Pork Loin Baked Beans Broccoli</p> <p>Wheat Bread</p> <p>Applesauce</p>	<p>Grape Juice Tuscan White Bean Pasta Spinach</p> <p>Wheat Bread</p> <p>Pudding</p>
<p>Orange Juice Pier 17 Fish Lemon Orzo Buttered Peas</p> <p>Wheat Dinner Roll</p> <p>Fresh Fruit</p>	<p>Taco Mix Yellow Rice Fiesta Corn Shredded Lettuce Shredded Cheese Sour Cream, Salsa Tortilla Chips</p> <p>Pineapple</p>	<p>Chicken Parmesan Penne Pasta Italian Blend Veggies</p> <p>Dinner Roll</p> <p>Chocolate Chip Cookies</p>	<p>Sloppy Joe Sweet Potato Fries Brussel Sprouts</p> <p>Hot Dog Roll</p> <p>Fruit Cup</p>	<p>MLK Day Dessert Chicken Noodle Soup Unsalted Crackers Ravioli with Cream Sauce Broccoli and Red Pepper Wheat Bread</p> <p>MLK Special Dessert</p>
<p>MLK</p>  <p>CLOSED</p>	<p>Fish Taco Corn and Red Pepper Salad Cilantro Lime Cole Slaw</p> <p>Tortilla</p> <p>Pineapple</p>	<p>Diced Chicken Alfredo Buttered Egg Noodles Broccoli</p>  <p>Oat Bread</p> <p>Birthday Cake</p>	<p>Hearty Vegetable Soup Unsalted Crackers Pork Riblet Mashed Sweet Potatoes Vegetable</p> <p>White Bread</p> <p>Fresh Fruit</p>	<p>Homemade Meatloaf with LS Gravy Red Bliss Potatoes Brussel Sprouts</p> <p>White Dinner Roll</p> <p>Pudding</p>
<p>Diced Grilled Chicken Confetti Rice Peppers and Onions Shredded Cheese Sour Cream and Salsa Tortilla</p> <p>Animal Crackers</p>	<p>Roast Pork Macaroni and Cheese Meadow Blend Veggies</p> <p>Wheat Bread</p> <p>Mandarin Oranges</p>	<p>Cream of Broccoli Unsalted Crackers Fish Filet Herbed Couscous Buttered Carrots Wheat Roll</p> <p>Tropical Fruit</p>	<p>Hamburger Lettuce and Tomato Sweet Potatoes Meadow Blend Veggies</p> <p>Hamburger Roll</p> <p>Mandarin Oranges</p>	<p>Tossed Salad Dressing Spaghetti with LS Meat Sauce Italian Blend Veggies Multigrain Bread</p> <p>Pudding</p>

Programs to Sign Up For

Friday, Movie Days

Friday, January 17th—Mrs. Doubtfire (1993)—1:00pm to 3:00pm in TV Room

Robin Williams stars in this beloved comedy about a father who disguises himself as a female nanny to spend time with his children after a divorce. It's a funny and heartwarming film that explores themes of family, love, and acceptance.

Friday, January 31st—Get Low (2010)—1:00pm to 3:00pm in TV Room

A movie spun out of equal parts folk tale, fable and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party... while he was still alive.

3 Week Vision Board Workshop with Leslie Matthews

Unlock your creativity and set inspiring goals at our hands-on vision board workshop!

Tuesday, January 14th, 21st and 28th at 1:30pm in the Cafeteria

Get your year planned out right with the new vision board workshop, sign up at the front desk.

Lunch and Learn with Sharon Gutterman

Friday, January 3rd at 10:30am in the Cafeteria

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We start with good intentions, but why don't they stick? We'll explore the psychology and techniques for smoothing the path for following through with our good intentions.

Sign up at the Front Desk— Free Lunch to follow to people who attend the program

Hearing Tests, Hearing Aid Cleaning & Repair

Thursday, January 30th in the Nurses Office from 9:00am to 11:00am

Sign up with Julie at the Front Desk

Paint and Sip Day Sponsored by Oak Street Health

Friday, January 17th 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!

Oak Street Health Programs

Friday, January 10th at 10:00am in Vermont Room—TRIVIA

Friday, January 24th at 10:00am in Vermont Room—TRIVIA

Friday, January 31st at 10:00am in Vermont Room—To Be Determined

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, January 8th—Band

Wednesday, January 15th—Karaoke w/ Rex

Wednesday, January 22nd—Band

Wednesday, January 30th—No Program

Book Folding is Back

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

Best Buddies Program

Wednesday, January 15th 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, January 8th 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.

Free Indoor Pickleball

Pickleball is at the YWCA from 9:00am to 11:00am every Wednesday until April

Ice Cream Social

Tuesday, January 21st at 12:30pm—Join Us for Ice Cream celebrating January Birthdays



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **January 21st!**

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

Sponsored by Grandview Rehab



January Birthdays!



Mario Acerra
Nitza Arroyo
Ethel Brown
Bernadette Bellizzi
Florence Bourque
Ann Choinski
Lena Ciccio
Daniel Clark
Walter Cody
Elvira Cruz
Donna Cry
Teddie Danis
Tomas De Leon

Denise Della Ventura
Jean Donahue
Janice Edwards
Carol Embacher
Diane Glaeser
Patricia Glasper
Halina Gora
LaVonne Henderson
Mary Ann Kissel
Halina Kosteki
Judith Kraut
Carl Marieni
Mike Monahan

Lynn Morin
Olga Perez
Nancy Pilarski
Margaret Quistberg
Ramon Rivera
Rich Sarkus
Theresa Staranchak
Edward Suchecki
Rose Symolon
Grazyna Tomaszewska
Olga Vega
Deb Waskiewicz
Lidia Wozniacki

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

January 2025 Calendar

MON	TUE	WED	THU	FRI
<p>JAN 6</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>JAN 7</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>JAN 1</p> <p>NEW YEAR'S DAY CLOSED</p>	<p>JAN 2</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 10:15am Chair Yoga 1:00pm Art Class 1:00pm Bingo</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JAN 3</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole 1:00pm Fit & Flex</p> <p>10:30am Lunch and Learn</p>
<p>JAN 13</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>JAN 14</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 1:30pm Vision Board Program</p>	<p>JAN 8</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi & Qi Gong 11:00am Trip Meeting 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>JAN 9</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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JAN 10</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole 1:00pm Fit & Flex</p> <p>10:00am TRIVIA</p>
<p>JAN 13</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>JAN 14</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 1:30pm Vision Board Program</p>	<p>JAN 15</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi & Qi Gong 11:00am Best Buddies 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>JAN 16</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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JAN 17</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole 1:00pm Fit & Flex</p> <p>1:00pm Movie Friday 1:00pm Paint and Sip by Oak St. Health</p>
<p>JAN 20</p> <p>CLOSED MLK DAY</p>	<p>JAN 21</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 1:30pm Vision Board Program 12:30pm Ice Cream Social</p>	<p>JAN 22</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi & Qi Gong 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>JAN 23</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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JAN 24</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole 1:00pm Fit & Flex</p> <p>10:00am TRIVIA</p>
<p>JAN 27</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>JAN 28</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 1:30pm Vision Board Program</p>	<p>JAN 29</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi & Qi Gong 1:00pm Afternoon Dancing 1:00pm Setback Group</p>	<p>JAN 30</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</p> <p>1:00pm Craft Group (Session 2) 9:00am Hearing Program</p>	<p>JAN 31</p> <p>9:00am Coloring w/ Ed 9:30am Cornhole 1:00pm Fit & Flex</p> <p>1:00pm Movie Friday</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 _____