



# NEW BRITAIN SENIOR CENTER

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

## Golden Notes Newsletter

***FEBRUARY 2025***

### **UPCOMING EVENTS**

#### **Lunch & Learn with Sharon Gutterman**

Wednesday, February 5th from 10:30am to 11:30am

Topic: Be Your Own Valentine

Free Lunch \*ONLY IF YOU REGISTER AND ATTEND THE PROGRAM\*

Please register at front desk

#### **Annual Valentine's Day Party—Sponsored by Autumn Lake**

Thursday, February 13th from 11:00am to 1:30pm

Juke Box 45 Show Band/ Lunch/ Raffle

\$2 per ticket—tickets go on sale Tuesday, February 4th

*In honor of Black History Month the Senior Center Presents*

#### **A Special Presentation by Adwoa Bandele-Asante**

Friday, February 21st from 1:30pm to 2:30pm

Join us for a discussion entitled “La Amistad Rebellion of 1839” as Told By Truth

Seeker, Adwoa. After the discussion there will be a Q & A

Followed by coffee and refreshments

Please Register at the Front Desk

## **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



## February, 2025

1% milk provided  
Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chili Mac Cauliflower	Grilled Chicken Breast Au Gratin Potatoes Broccoli	Stuffed Shells LS Marinara Sauce Spinach	Fish Filet Brown Rice Pilaf California Blend Veggies	Tomato Florentine Soup LS Crackers Pot Roast LS Gravy Mashed Potatoes Brussel Sprouts Oatnut Bread
Wheat Bread	White Bread	Whole Wheat Bread	Rye Bread	
Nilla Wafers	Fruit Cup	Pineapple	Banana	Yogurt
10	11	12	13	14
Diced Chicken Broccoli Casserole Buttered Carrots	Fish Filet Sweet Potato Wedges Coleslaw	Shepherd's Pie Green Beans & Mushrooms	Corn Chowder LS Crackers Pork Loin Baked Beans Broccoli	Grape Juice Tuscan White Bean Pasta Spinach 
Wheat Bread	Hamburger Roll	Com Muffin	Wheat Bread	Multigrain Bread
Fresh Orange	Pears	Oatmeal Bar	Applesauce	Pudding
17	18	19	20	21
Orange Juice Fish Filet Lemon Orzo Buttered Peas	Taco Mix Yellow Rice Fiesta Com Shredded Lettuce Shredded Cheese Sour Cream/Salsa	Chicken Parmesan Penne Pasta Italian Blend Veg	Sloppy Joe Sweet Potato Fries Brussel Sprouts	Chicken Noodle Soup LS Crackers Ravioli LS Cream Sauce Broccoli & Red Pepper
Wheat Dinner Roll	Tortilla Chips	Dinner Roll	Hotdog Roll	Wheat Bread
Apple Pie	Pineapple	Choc Chip Cookie	Fruit Cup	Fresh Fruit
24	25	26	27	28
American Chop Suey Green Beans 	Fish Filet Com Red Pepper Salad Cilantro Lime Coleslaw	Diced Chicken Alfredo Buttered Egg Noodles Broccoli 	Hearty Veggie Soup LS Crackers Pork Riblet Mashed Sweet Potato Cauliflower and Red Pepper White Bread	Homemade Meatloaf LS Gravy Red Bliss Potatoes Brussel Spouts
Com Muffin	Tortilla	Oatnut Bread	White Bread	Dinner Roll
Tropical Fruit	Pineapple	Birthday Cake	Fresh Fruit	Pudding

February 2nd - Did he see his shadow?



**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

## Friday, Movie Days

**Friday, February 14th—The Bridges of Madison County (1995)—1:00pm to 3:00pm in TV Room**

*The Bridges of Madison County* is a poignant love story about a brief, passionate affair between a lonely housewife and a traveling photographer, set against the backdrop of rural Iowa in the 1960s.

**Friday, February 28th—The Blindside (2009)—1:00pm to 3:00pm in TV Room**

*The Blind Side* tells the inspiring true story of Michael Oher, a homeless teenager who is taken in by a compassionate family and eventually becomes a successful NFL player.

## Crafts with Leslie Mathews

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

**Tuesday, February 18th at 1:30pm in the Cafeteria**

Craft: Winter Bird Paper Collage Cards

## Lunch and Learn with Sharon Gutterman

**Wednesday, February 5th at 10:30am in the Cafeteria**

**Topic—How to be your own special valentine**

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

## Hearing Tests, Hearing Aid Cleaning & Repair

**Thursday, February 27th in the Nurses Office from 9:00am to 11:00am**

Sign up with Julie at the Front Desk

## Oak Street Health Programs

Friday, February 7th at 10:30am in Cafe—TRIVIA

Friday, February 14th, Valentine Program

Friday, January 21th at 10:30am in Cafe—TRIVIA

Friday, February 28th at 1:00pm in Cafe—Paint and Sip

## Gambling Awareness Program

Tuesday, February 11th at 10:30am in the Vermont Room

Learn about gambling and become aware of the potential warning signs you or a loved one might have, along with resources to help!

Free Raffle and Light Refreshments Provided

# Class/ Program Information

## **Birthday Ice Cream Social—Tuesday, February 18th at 12:30pm**

Enjoy some free ice cream as we celebrate February Birthdays!

## **Senior Center Book Club—Tuesday, February 18th at 1:00pm**

February 18 (non-fiction): Killers of the Flower Moon by David Grann

## **Wednesday Band Schedule**

Wednesday, February 5th—Band

Wednesday, February 12th—Center Close for Holiday

Wednesday, February 19th—Band

Wednesday, February 26th—Karaoke w/ Patti Shock!!

## **Book Folding is Back**

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

## **Best Buddies Program**

Wednesday, February 19th 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, February 5th 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 upcoming 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

## **Greenhouse Club Introduction Meeting**

Wednesday, February 5th at 1:00pm in the Vermont Room

We are seeking volunteers to help in the Greenhouse. Learn to plant and grow a variety of plants, herbs and Vegetables. Call Rex at 860.826.5291 if interested!



# BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **February 18th!**

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

*Sponsored by Grandview Rehab*

**February Birthdays!**



*Erica Mckenzie  
Kaz Bogusz  
Patricia Botelho  
Beverly Brolin  
Josephine Burford  
Silvio Casarotto  
Margaret Chyra  
Deborah Colon  
Richard Copeland  
Julia Correa  
Jackie Evans  
Mary Filintarakis  
Julia Going  
Apolonia Grabelski  
Linda Guzzardi*

*Christa Harrington  
Walter Helm  
Merna Hill  
Ellen Holzer  
Susan Jakad  
Bob Jakad  
Wayne Jodoin  
Angel Jusino  
Nelida Laska  
Blanca Lebron  
Rosa Letman  
David Madison  
Olga Milukiene  
Theresa Morawski  
Margaret Paonessa*

*Karen Perezi-Beaudoin  
Felecia Perry  
Barbara Pond  
Dabia Rangasammy  
Norman Raymond  
Michalina Rittaler  
Ergenia Rivera  
Agueda Rosado  
James Semaan  
William Seraphin Jr  
Andres Serra  
Louis Spranzo  
Lynda Traleski  
Barrett True  
Vicki White  
Celeste Wright*

# 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 is back. The New Britain Public Health Department will offer toe nail Clipping. 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)

# February 2025 Activity Calendar

MON	TUE	WED	THU	FRI
<p><b>FEB 3</b></p> <p>8:30am Fitness w/ Chris (Session 1) 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 Commission on Aging Meeting</p>	<p><b>FEB 4</b></p> <p>9:00am Craft Group (Session 1) 1:00pm Chair Yoga</p> <p>1:00pm Craft Group (Session 2)</p>	<p><b>FEB 5</b></p> <p>9:00am Pickleball at YWCA 10:00am Crocheting and Knitting 10:00am Tai Chi</p> <p>10:30am Lunch and Learn 11:00am Trip Advisory Meeting 1:00pm Afternoon Dancing 1:00pm Greenhouse Meeting</p>	<p><b>FEB 6</b></p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba</p> <p>10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class</p> <p>1:00pm Craft Group (Session 2)</p>	<p><b>FEB 7</b></p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Vet Clinic</p> <p>10:30am Oak Street Health Program</p>
<p><b>FEB 10</b></p> <p>8:30am Fitness w/ Chris (Session 1) 9:00am Taxes 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding</p>	<p><b>FEB 11</b></p> <p>9:00am Craft Group (Session 1) 10:30am Gambling Program 1:00pm Chair Yoga</p> <p>1:00pm Craft Group (Session 2)</p>	<p><b>FEB 12</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>FEB 13</b></p> <p><b>NO EXERCISE</b> <b>NO BINGO</b></p> <p>11:00am Valentine's Day Party</p>	<p><b>FEB 14</b></p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Taxes</p> <p>10:30am Oak Street Health Program 1:00pm Friday Movie Day</p>
<p><b>FEB 17</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>FEB 18</b></p> <p>9:00am Craft Group (Session 1) 12:30pm Ice Cream Social 1:00pm Book Club 1:00pm Chair Yoga</p> <p>1:00pm Craft Group (Session 2) 1:30pm February Craft</p>	<p><b>FEB 19</b></p> <p>9:00am Pickleball at YWCA 10:00am Crocheting and Knitting 10:00am Tai Chi</p> <p>11:00am Best Buddies 1:00pm Afternoon Dancing</p>	<p><b>FEB 20</b></p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba</p> <p>10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class</p> <p>1:00pm Craft Group (Session 2)</p>	<p><b>FEB 21</b></p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Taxes</p> <p>10:30am Oak Street Health Program 1:30pm Black History Program</p>
<p><b>FEB 24</b></p> <p>8:30am Fitness w/ Chris (Session 1) 9:00am Taxes 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding</p>	<p><b>FEB 25</b></p> <p>9:00am Craft Group (Session 1) 1:00pm Chair Yoga</p> <p>1:00pm Craft Group (Session 2)</p>	<p><b>FEB 26</b></p> <p>9:00am Pickleball at YWCA 10:00am Crocheting and Knitting 10:00am Tai Chi</p> <p>1:00pm Afternoon Dancing</p>	<p><b>FEB 27</b></p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Hearing Program 9:00am Zumba</p> <p>10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class</p> <p>1:00pm Craft Group (Session 2)</p>	<p><b>FEB 28</b></p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Taxes</p> <p>1:00pm Oak Street Health Program 1:00pm Friday Movie Day</p>

# TRIAD GRAND BREAKFAST

TO BENEFIT THE 2025 SENIOR PROM

SUNDAY, MARCH 23, 2025

8 AM - 11 AM

-TICKETS AVAILABLE AT THE NEW BRITAIN SENIOR CENTER-  
-RAFFLE PRIZES INCLUDED-



MENU: Pancakes, Eggs, Bacon, Sausage, Hashbrowns,  
Orange Juice, Coffee

NEW BRITAIN SENIOR CENTER  
55 PEARL ST, NEW BRITAIN, CT 06051

TICKETS: \$7 in advance; \$8 at the door.  
Children under age 3 are free

## 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.

### PROPERTY TAX RELIEF FOR THE ELDERLY AND TOTALLY DISABLED

Connecticut law provides for annual tax relief payments for certain homeowners. The following information applies to applications filed in 2025 for the Grand list of Oct. 1, 2024. To be eligible for such a grant:

- 1) You, or your spouse must have been at least 65 years of age as of December 31, 2024; or you must be over 18 and permanently disabled.
- 2) You must be a permanent resident of the State of Connecticut. The property must be the applicants' primary residence.
- 3) Your 2024 income cannot exceed **\$55,100** if you're married or **\$45,200** if you're single/widow.

*Income definition: Qualifying income is defined as all taxable and nontaxable income. This definition includes taxable income as may be reported for Federal Income Tax purposes, as well as non-taxable income. All monies received are to be considered part of qualifying income, unless specifically exempted.*

- 4) You must provide the Assessors office or the Senior Center with a copy of your 2024 Federal Income Tax Return if you file one, and a copy of your 2024 Social Security 1099 form. The Assessors office or the Senior Center may require all other proofs of income that may be necessary for the certification of the claim. (55 Pearl St. 860-826-3553)

In addition to the above conditions, homeowners must:

- 1) **File an application between February 3rd and May 15th.**
- 2) Own the property or hold a tenancy for life or a number of years, which makes the applicant liable for payment of taxes. (CGS Sec 12-48).
- 3) Credits are determined as a percentage of taxes.

Income	tax credit as % of tax		tax credit ceiling	
	married/single	married/single	married/single	married/single
0 to 22,700	50%	40%	\$1,250	\$1,000
22,700 to 30,400	40%	30%	1,000	750
30,400 to 37,900	30%	20%	750	500
37,900 to 45,200	20%	10%	500	250
45,200 to 55,100	10%	0%	250	0

## Put your best foot forward at the New Britain Senior Center!



**Come see our registered nurse  
for routine foot care, including  
nail trimming.**

-Certified by the American Foot Care Nurses Association-

Call Julie at the front desk to  
sign up  
**860-826-3553**



Public Health  
PROTECT. PROMOTE. PREVENT.

# 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

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## 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** \_\_\_\_\_