



# NEW BRITAIN SENIOR CENTER

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

## Golden Notes Newsletter

**MARCH 2025**

### UPCOMING EVENTS

#### VISION ZERO LUNCH AND LEARN

March 11th from 11:00 am to 1:00pm in Cafeteria

Vision Zero aims to eliminate traffic fatalities and severe injuries, ensuring safe, healthy, and equitable mobility for everyone! The City of New Britain is committed to this important initiative. New Britain has set ambitious goals to reduce fatal and serious injury crashes by 50% by 2035 and to achieve Vision Zero by 2045. The city is currently developing a comprehensive safety action plan to reach these goals. Come learn more about Vision Zero and find out how **you** can get involved in making our roads safer for all. Free Pizza lunch will be provided. We look forward to seeing you there!  
For more information on the Vision Zero initiative, please visit <https://bit.ly/visionzeronb>

#### FASHION SHOW VOLUNTEER MEETING

Wednesday, March 12th at 3:00pm in the Mass Room

Any volunteer looking to help with the fashion show as a volunteer or model please attend!  
For more information call 860.826.3553

#### TRIAD GRAND BREAKFAST IS BACK!

Sunday, March 23rd from 8:00am to 11:00am

All Proceeds go to benefit the Senior Prom

Tickets available at Front Desk—\$7.00 a ticket ahead of time, \$8.00 at the door

#### RETURN OF THE HEALTH DEPARTMENT HEALTH FAIR!

Wednesday, April 2, 2025 from 9:00am to 3:00pm—FREE Boxed Lunch for All Participants

Vision Assessments, Health Screenings, Blood Pressure Tests & More

Vendor Tables 9:00am to 12:00pm | Lunch from 12:00pm to 1:00pm

Cooking Demonstrations from 1:00pm to 3:00pm

PLEASE SIGN UP AT 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

Café



## March Menu, 2025



1% or Skim milk provided  
Margarine available

LS-Low Sodium

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.00-\$5.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	<b>Ash Wednesday</b> 5	6	7
Meatballs with Orange Sauce Brown Rice Meadow Blend Veggies White Dinner Roll Pineapple	BBQ Chicken Macaroni and Cheese Carrots White Bread Fruited Yogurt	Hearty Vegetable Soup Unsalted Crackers Fish Filet Herbed Rice Tuscan Blend Veggies White Dinner Roll Mango Pineapple Mix	Ground Beef Stroganoff Mashed Potato Carrots Rye Bread Clementine	Lasagna with Marinara Sauce Winter Blend Veggies Italian Bread Fruit Cup
10	11	<b>St. Patrick's Special</b> 12	13	14
Pork Chopette with Apple Gravy Buttered Egg Noodles Harvard Beets Multigrain Bread Applesauce	<b>LUNCH &amp; LEARN</b> FREE PIZZA MUST SIGN UP AT FRONT DESK! THANK YOU	Grape Juice Corned Beef and Cabbage Boiled Potatoes Carrots Mustard Rye Bread St. Patrick's Dessert	Salisbury Steak with LS Mushroom Gravy Mashed Potatoes Broccoli White Bread Pineapple Mango Mix	Tomato Florentine Unsalted Crackers Baked Fish Buttered Orzo Peas and Carrots Rye Bread Peaches
17	18	19	20	21
Bruschetta Chicken White Rice Garlic Green Beans Italian Bread Tropical Fruit	Grape Juice Taco Mix Yellow Rice Black Bean, Corn, Mango Salad Flour Tortilla Peaches	Meatloaf Mashed Potatoes Mixed Veggies Dinner Roll Orange	Sweet and Sour Pork Sesame Noodles Broccoli Wheat Bread Pudding	Orange Juice Three Bean Vegetarian Chili with Diced Sweet Potato Brown Rice Green Beans with Red Pepper Combread Oreos
24	25	26	27	28
Ravioli with Marinara Sauce Spinach Italian Bread Fresh Clementine	Salisbury Steak LS Beef Gravy Herbed Couscous Geneva Blend Veggies Dinner Roll Pears	Baked Potato with Chili Tuscan Blend Veggies Cheddar Cheese Wheat Roll Brownie	Chicken Pamesan Ziti with Marinara Sauce Italian Blend Veggies White Bread Cookies	Red Pepper Egg Bake Geneva Blend Veggies Dinner Roll Peaches
31				
Spaghetti with Meatsauce Broccoli Garlic Bread Strudel				

**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, March 14th—Leap Year (2010) — 1:00pm to 3:00pm in TV Room**

Anna Brady plans to travel to Dublin, Ireland to propose to her boyfriend Jeremy on February 29, leap day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.

**Friday, March 28th—Eight Men Out (1988)—1:00pm to 3:00pm in TV Room**

*In Honor of the Start of the Baseball Season: A dramatization of the Black Sox scandal when the underpaid Chicago White Sox accepted bribes to deliberately lose the 1919 World Series.*

## Crafts with Leslie Mathews

**Sign Up for our Monthly Craft!**

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

Craft: Rain Paintings with Watercolor

## Hearing Tests, Hearing Aid Cleaning & Repair

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

Sign up with Julie at the Front Desk

## Oak Street Health Programs

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

Friday, March 14th at 10:00am—Health and Cooking Class/ Demonstration

Friday, March 21st at 10:30am in Cafe—TRIVIA

Friday, March 28th at 10:30am in Cafe—CRAFT AND GAME

## Computer and Tech Help with Aalina

Questions about the computer, your phone or any other device... help is here.

Every Friday beginning in March— call 860.826.3553 to make an appointment

## CCSU Dance for Health Program

Mondays, beginning April 7th—20 person max—5 week class—11:05am to 11:50am—Mass Room

*Experience the joy of movement to music in an intergenerational dance class! In this class you will be joined with CCSU exercise science students for a four-week, partnered dance class. Engaging in dance has been found to support physical, mental, and social aspects of health. Additionally, learning and repeating dance choreography challenges memory and builds cognitive skills such as attention and movement planning. Not to mention, it is also so much fun! All are welcome, no prior dance experience is necessary. Come dance with us*

Sign up at the Front Desk

## New Program—Pre-Diabetes & Diabetes Monthly Support Group/ Educational Group

Monday, March 31st at 1:00pm

# Class/ Program Information

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

Enjoy some free ice cream as we celebrate March Birthdays!

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

March 18 (non-fiction): All is Not Forgotten by Wendy Walker

## **Wednesday Band Schedule**

Wednesday, March 5th—Karaoke w/ Rick

Wednesday, March 12th—Band

Wednesday, March 19th—SPECIAL KARAOKE w/ Patti Shock w/ Raffle by Oak St. Health

Wednesday, March 26th—Band

## **Book Folding is Back**

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

## **Best Buddies Program**

Wednesday, March 19th at 11:00am in Massachusetts Room

## **Learn the Basics of Crocheting and Knitting**

Every Wednesday at 10:00am in the Craft Room

## **Senior Trip Advisory Committee**

Wednesday, March 12th 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**

Monday—Wednesday—Fridays at 10:00am

Learn the basics of planting and help prep for our annual Plant Sale in May!



# BIRTHDAY BASH

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

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

**Sponsored by Grandview Rehab**

**March Birthdays!**



*Christine Abucewicz  
Christine Anders  
Bernadette Barone  
Elaine Basile  
Karen Bellini  
Helen Bessoni  
Danuta Bieszad  
Bonny Boehnert  
Anna Boose  
Cora Bowan  
Diane Coleman  
Nancy Durkin  
David Dzilenski  
Wayne Embacher  
Patricia Florkowski  
William Gordon  
Marilynn Harvey  
Joan Horanzy*

*Betty Ignaciuk  
Ann Kimball  
Daria LaSalle  
Robyn Lafond  
Loretta Lenoise  
Peter Lincavicks  
Suzann Marquis  
Judyth Marzi  
Susan Mavis  
Adelene Paretta  
Eliseo Perales  
Paul Petrisko  
Leona Poplaski  
Jozef Puzio  
Vira Riley  
Angela Rivera  
Iris Rivera-Landrau  
Angelita Rivera-Rivera*

*Dolores Robinson  
Elizabeth Szezepanski  
Helen Simons  
Ann Smoloski  
Marilyn Spiewak  
Frank Steele  
Marianne Stieglitz  
Deborah Sullivan  
Solange Thibeault  
Harold Thibeault  
Maria Vargas  
Halina Waszkiewicz  
Susan Whicher  
Marie Wooten  
Kathleen Yoerkie  
Bahgu Yohannes  
Ann Zemaitis*

# 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)

# March 2025 Activity Calendar

MON	TUE	WED	THU	FRI
<p>MAR 3 8:30am Fitness w/ Chris (Session 1) 9:00am Taxes 9:15am Fitness w/ Chris (2) 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:00am Greenhouse Club 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo</p>	<p>MAR 4 8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (3) 10:45am Line Dancing 1:00pm Chair Yoga 1:00pm Craft Group (Session 2)</p>	<p>MAR 5 9:00am Pickleball at VWCA 10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 1:00pm Afternoon Dancing</p>	<p>MAR 6 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 Craft Group (Session 2) 1:00pm Bingo</p>	<p>MAR 7 9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Taxes 10:00am Greenhouse Club 10:00am Tech Help 10:30am Oak Street Event 1:00pm Fit &amp; Flex</p>
<p>MAR 10 8:30am Fitness w/ Chris (Session 1) 9:00am Taxes 9:15am Fitness w/ Chris (2) 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:00am Greenhouse Club 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo</p>	<p>MAR 11 8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (3) 10:45am Line Dancing 1:00pm Chair Yoga 1:00pm Craft Group (Session 2) 11:00am Lunch and Learn</p>	<p>MAR 12 9:00am Pickleball at VWCA 10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 11:00am Trip Advisory Meeting 1:00pm Afternoon Dancing</p>	<p>MAR 13 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 Craft Group (Session 2) 1:00pm Bingo</p>	<p>MAR 14 9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Taxes 10:00am Greenhouse Club 10:00am Tech Help 10:00am Oak Street Event 1:00pm Fit &amp; Flex 1:00pm Friday Movie</p>
<p>MAR 17 8:30am Fitness w/ Chris (Session 1) 9:00am Taxes 9:15am Fitness w/ Chris (2) 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:00am Greenhouse Club 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo</p>	<p>MAR 18 8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (3) 10:45am Line Dancing 12:30pm Ice Cream Social 1:00pm Book Club 1:00pm Chair Yoga 1:00pm Craft Group (Session 2)</p>	<p>MAR 19 9:00am Pickleball at VWCA 10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 11:30am Best Buddies 1:00pm Afternoon Dancing</p>	<p>MAR 20 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 Craft Group (Session 2) 1:00pm Bingo</p>	<p>MAR 21 9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Taxes 10:00am Greenhouse Club 10:00am Tech Help 10:30am Oak Street Event 1:00pm Fit &amp; Flex</p>
<p>MAR 24 8:30am Fitness w/ Chris (Session 1) 9:00am Taxes 9:15am Fitness w/ Chris (2) 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:00am Greenhouse Club 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo</p>	<p>MAR 25 8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (3) 10:45am Line Dancing 1:00pm Chair Yoga 1:00pm Craft Group (Session 2)</p>	<p>MAR 26 9:00am Pickleball at VWCA 10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 1:00pm Afternoon Dancing</p>	<p>MAR 27 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 Craft Group (Session 2) 1:00pm Bingo</p>	<p>MAR 28 9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Taxes 10:00am Greenhouse Club 10:00am Tech Help 10:30am Oak Street Event 1:00pm Fit &amp; Flex 1:00pm Friday Movie</p>
<p>MAR 31 8:30am Fitness w/ Chris (Session 1) 9:00am Taxes 9:15am Fitness w/ Chris (2) 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:00am Greenhouse Club 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo</p>				



# Golden Notes Newsletter

## TRIP PROGRAM

DATE OF TRIP	DESTINATION	PRICE	LOCATION	DEPARTURE	BACK AT SENIOR CENTER	REGISTER BY:	MAX
3/11/2025	ST. PATRICK DAY CELEBRATION	\$59	PLAINSVILL, CT	11:00:AM	3:30 PM	FRIDAY MARCH 7	25
3/28/2025	MOHEGAN SUN	\$35	UNCASVILLE, CT	8:00 AM	4:00 PM	FRIDAY MARCH 21	55
4/24/2025	ANTIQUES ON THE FARMINGTON	\$7	COLLINSVILLE, CT	9:30 AM	3:30 PM	UNTIL FULL	24
6/20/2025	THE NEWPORT FLOWER SHOW	\$115	NEWPORT, RI	8:30 AM	5:30 PM		35-50
6/26/2025	AMARANTE'S SEA CLIFF	\$85	NEW HAVEN, CT	10:00 AM			24
8/5/2025	THE GRISMOLD INN	\$149	ESSEX, CT	10:00 AM	4:00 PM		35-50
9/11/2025	FARMINGTON POLO CLUB	\$97	FARMINGTON, CT	10:30 AM			24
9/11/2025	FARMINGTON POLO CLUB	\$97	FARMINGTON, CT	10:30 AM			24

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