



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

APRIL 2025

UPCOMING EVENTS

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

FASHION SHOW VOLUNTEER MEETING

Wednesday, April 16th 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

SENIOR PROM TICKETS FOR SALE AT FRONT DESK

Thursday, May 1, 2025 from 5:00pm to 8:30pm

Tickets are \$7.00 per person and must be purchased before event

Theme: Masquerade | Band: THE ROCKIN' HEARTBEATS

FOOD | ENTERTAINMENT | RAFFLE | PHOTOBOOTH

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

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

April Menu, 2025

1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fish Filet with Garlic Sauce Mashed Potatoes California Blend Veggies	2 NO LUNCH HEALTH FAIR ALL DAY Box Lunches Provided at Health Fair For Participants	3 Shepard's Pie Green Beans and Pimento Biscuit Oatmeal Bar	4 Tunafish with Celery and Onion Potato Salad Tomato Salad Sub Roll Fruited Yogurt
7 Meatballs with Orange Sauce Brown Rice Meadow Blend Veggies	8 BBQ Chicken Macaroni and Cheese Carrots	9 Hearty Vegetable Soup Unsalted Crackers Fish Filet Herbed Rice Tuscan Blend Veggies	10 Ground Beef Stroganoff Mashed Potato Carrots	11 Lasagna with Marinara Sauce Winter Blend Veggies
White Dinner Roll Pineapple	White Bread Fruited Yogurt	White Dinner Roll Mango Pineapple Mix	Rye Bread Clementine	Italian Bread Fruit Cup
14 Pork Chopette with Apple Gravy Buttered Egg Noodles Harvard Beets	15 Crispy Chicken Sandwich Sweet Potato Tots Green Beans Tomato Mayonnaise Hamburger Bun	16 Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Pea and Pearl Onions	17 Salisbury Steak with LS Mushroom Gravy Mashed Potatoes Broccoli White Bread Pineapple Mango Mix	18 Good Friday Closed 
21 Bruschetta Chicken White Rice Garlic Green Beans	22 Grape Juice Taco Mix Yellow Rice Black Bean, Corn and Mango Salad	23 Meatloaf Mashed Potatoes Mixed Veggies	24 Sweet and Sour Pork Sesame Noodles Broccoli	25 Orange Juice Three Bean Vegetarian Chili Brown Rice Brussel Sprouts
Italian Bread Tropical Fruit	Flour Tortilla Peaches	Dinner Roll Orange	Wheat Bread Pudding	Combread Oreos
28 Ravioli with Marinara Sauce Spinach	29 Salisbury Steak LS Beef Gravy Herbed Couscous Geneva Blend Veggies	30 Baked Potato with Chili Tuscan Blend Veggies Cheddar Cheese		
Italian Bread	Dinner Roll	Wheat Roll		
Fresh Clementine	Pears	Brownie		

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, April 11th—Eat Pray Love (2010) — 1:00pm to 3:00pm in TV Room

A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself".

Friday, April 25th—Big Fish (2003)—1:00pm to 3:00pm in TV Room

A frustrated son tries to determine the fact from fiction in his dying father's life.

Crafts with Leslie Mathews

Sign Up for our Monthly Craft!

Tuesday, April 15th at 1:30pm in the Cafeteria

Craft: Drawing a Flower Mandala

Description: Mandalas are an ancient art form consisting of geometric designs using repeated patterns and colors. Creating mandalas is fun, relaxing, and meditative. No art experience necessary.

Hearing Tests, Hearing Aid Cleaning & Repair

Wednesday, April 23rd in the Nurses Office from 9:00am to 11:00am

Sign up with Julie at the Front Desk

Oak Street Health Programs

Friday, April 4th at 10:30am in Card Room—TRIVIA

Friday, April 11th at 10:00am in Mass Room—Plant Pot Paint and Design—to sell at plant sale

Friday, April 18th - CENTER CLOSED—GOOD FRIDAY

Friday, April 15th at 10:30am in Mass Room—FAMILY FEUD! With Prizes

Computer and Tech Help with Aalina

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

Every Friday in April— 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, April 28 at 1:00pm

Join Betsy Gaudian, Registered Nurse and Dietician and discuss various topics related to diabetes and pre-diabetes

Class/ Program Information

Birthday Ice Cream Social—Tuesday, April 15th at 12:30pm

Enjoy some free ice cream as we celebrate April Birthdays!

Senior Center Book Club—Tuesday, April 22nd at 1:00pm

Apr 22 : (non-fiction): The Stranger Beside Me by Ann Rule.

Wednesday Band Schedule

Wednesday, April 2nd—NO DANCE—HEALTH FAIR

Wednesday, April 9th—Band

Wednesday, April 19th—SPECIAL KARAOKE w/ Patti Shock

Wednesday, April 30th—Karaoke with Rick and ED

Book Folding is Back

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

Best Buddies Program

Wednesday, April 16th at 11:00am in Massachusetts Room

Senior Trip Advisory Committee

Wednesday, April 9th 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

The Program will move to Walnut Hill Park officially on Wednesday, May 7th

Greenhouse Club

Monday—Wednesday—Fridays at 10:00am

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

PLANT SALE—SATURDAY, MAY 10th and SUNDAY, MAY 18th!

A decorative banner at the top of the page features a string of colorful bunting flags in shades of orange, yellow, and pink. On either side of the banner are two balloons, one green and one orange, both with colorful patterns.

BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **April 15th!**

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

Sponsored by Grandview Rehab



April Birthdays!



***Elaine Kondracki
Carmen Baez
Elizabeth Barden
Tony Barden
Amy Jo Bershaw
Janet Bowen
Leroy Brooks
James Bryant
Mark Cegielski
Florence Cegielski
Mitchell Crowell
Julio Cruz
Dorothy Dabkowski
Julia Del Rio***

***Lucille Dural
Scott Fraprie
Lucille Giammutteo
John Gill
Edward Grzes
Carmen Guadalupe
Trevor Henry
Hilda Jusino
Elizabeth Liudzius
Ana Maria Maldonado
Teresa Michalska
Carol Nelson
Mary Pacyna
Halina Piorkowska***

***Lorraine Pizzuto
Wayne Ringquist
Palma Salerni
Krystyna Skowronek
Victoria Suarez
Raymond Szajkowski
Linda Thayer
Patricia Tomaso
Levi Trimble
Susan Varesio
Henry Ye
Elisabeth Zimmitti
Irene Zozaya***

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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!



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

APRIL 2025 CALENDAR

MON	TUE	WED	THU	FRI
	APR 1 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)	APR 2 9:00am Health Fair 9:00am Pickleball at YWCA NO OTHER PROGRAMS	APR 3 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	APR 4 9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Taxes 10:00am Greenhouse Club 10:00am Tech Help 10:30am Oak Street Trivia 1:00pm Fit & Flex
APR 7 8:30am Fitness w/ Chris (Session 1) 9:00am Taxes 9:15am Fitness w/ Chris (2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:00am Greenhouse Club 10:45am Line Dancing (Session 1) 11:00am Book Folding 11:00am CCSU Dance Program 1:00pm Bingo 1:00pm Commission on Aging Meeting	APR 8 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)	APR 9 10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 11:00am Trip Advisory Meeting 1:00pm Afternoon Dancing	APR 10 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	APR 11 9:00am Coloring w/ Ed 9:00am Cornhole 9:00am Taxes 10:00am Greenhouse Club 10:00am Pot Painting for Plant Sale 10:00am Tech Help 1:00pm Fit & Flex 1:00pm Friday Movie - Eat, Pray, Love
APR 14 8:30am Fitness w/ Chris (Session 1) 9:00am Taxes 9:15am Fitness w/ Chris (2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:00am Greenhouse Club 10:45am Line Dancing (Session 1) 11:00am Book Folding 11:00am CCSU Dance Program 1:00pm Bingo	APR 15 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 Birthday Ice Cream Social 1:00pm Chair Yoga 1:00pm Craft Group (Session 2) 1:30pm Craft with Leslie Mathews	APR 16 10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 11:00am Best Buddies 1:00pm Afternoon Dancing	APR 17 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	APR 18 GOOD FRIDAY CLOSED
APR 21 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:00am Greenhouse Club 10:45am Line Dancing (Session 1) 11:00am Book Folding 11:00am CCSU Dance Program 1:00pm Bingo	APR 22 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 Book Club 1:00pm Chair Yoga 1:00pm Craft Group (Session 2)	APR 23 8:45am Hearing Tests/ Repair 10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 1:00pm Afternoon Dancing	APR 24 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	APR 25 9:00am Coloring w/ Ed 9:00am Cornhole 10:00am Greenhouse Club 10:00am Tech Help 10:30am Oak Street Health Family Feud! 1:00pm Fit & Flex 1:00pm Friday Movie, Big Fish
APR 28 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:00am Greenhouse Club 10:45am Line Dancing (Session 1) 11:00am Book Folding 11:00am CCSU Dance Program 1:00pm Bingo 1:00pm Diabetes Workshop/ Support Group	APR 29 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)	APR 30 10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 1:00pm Afternoon Dancing		

Renters Rebate Program Returns

Appointments open from May 1 to September 30. If you applied last year, check your mailbox for your appointment form. New applicants, call us to schedule your appointment and secure your rebate. Don't miss out on this opportunity to ease your rental expenses!

26TH ANNUAL
TRIAD
SENIOR PROM
Maquerade theme



MAY
THURSDAY 1 5:00PM-8:30PM
2025

NEW BRITAIN HIGH SCHOOL
110 MILL STREET, NEW BRITAIN, CT 06051

BEST COSTUME • RAFFLE • GAMES • KING & QUEEN

TICKETS ON SALE AT THE NEW BRITAIN SENIOR CENTER
TICKETS MUST BE PURCHASED IN ADVANCE

\$7 PER TICKET



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



The City of New Britain Health Department Presents



The New Britain Senior Health Fair

Sponsored by Amberwoods Nursing & Rehab

Wednesday April 2, 2025
9:00 a.m. - 3:00 p.m.
New Britain Senior Center
55 Pearl Street
New Britain, CT 06051

VISION ASSESSMENTS, HEALTH SCREENINGS, BLOOD PRESSURE TESTS, + MORE!

Attendees Will Be Able To Enjoy
Vendors from 9:00 a.m. to 12:00 p.m.
Lunch from 12:00 p.m. to 1:00 p.m.
Cooking Demonstrations from 1:00 p.m. to 3:00 p.m.

Sign up for lunch at the Senior Center Front Desk by March 20, 2025

For More Information Contact Denise Berry
860-826-3462 or
denise.berry@newbritainct.gov



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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 _____