



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

MAY 2025

UPCOMING EVENTS

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

SENIOR CENTER PLANT SALE

TWO DATES

Saturday, May 10th—From 9:30am to 12:30pm

Sunday May 18th—From 11:00am to 2:00pm

SENIOR CENTER FASHION SHOW

Thursday, May 22nd from 5:00pm to 8:00pm

Tickets to go on Sale on Monday, May 5th

\$8.00 for members and \$12.00 for non-members

BAKED GOODS NEEDED!

The Senior Center is seeking bakers to donate items for the Plant Sale. If interested please bring in items on Friday, May 9th! Thank you again for your support and efforts.

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



Greater Hartford Community Café

New Britain Senior Center

May, 2025

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50-\$3.00

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1	2
Tomato Florentine Soup	Roast Turkey with LS Gravy
Unsalted Crackers	Stuffing
Fish Filet	Cauliflower
Confetti Rice	
Capri Blend Veggies	
Tartar Sauce	
Wheat Bread	Oatnut Bread
Banana	Mixed Fruit Cup

5

6

7

8

9

Pork Chopette with Sage Gravy
Mashed Potatoes
Green Beans

Swedish Meatballs
Egg Noodles
Spinach

Chicken Sandwich
Waffle Fries
Broccoli
Lettuce and Tomato

Minestrone Soup
Unsalted Crackers
Lasagna with Marinara Sauce
Italian Blend Veggies



Mother's Day Special
Stuffed Chicken
Roasted Red Potatoes
Honey Glazed Carrots
Whole Wheat Roll
Angel Food Cake with Fresh Strawberries and Whipped Topping

White Bread

Oatmeal Bread

Hamburger Bun

Italian Bread

Peaches

Applesauce

Fig Newton

Mandarin

12

13

14

15

16

Orange Juice
Cheese Omelet with Red Pepper
French Toast Sticks
Turkey Sausage Link

Spaghetti with Meat Sauce
Italian Blend Veggies

Apple Juice
Pot Roast with LS Beef Gravy
Mashed Potatoes
Peas and Mushrooms

Fish and Chips
Fish Filet
Fries
Cole Slaw
Tartar Sauce

Macaroni and Cheese
Stewed Tomatoes

Garlic Bread

Rye Bread

Wheat Bread

Oatnut Bread

Apple

Peaches

Birthday Cake

Tropical Fruit Cup

Cookies

19

20

Memorial Day Lunch 2

22

23

Pineapple Chicken Stir Fry
Brown Rice
Asian Blend

Fish Filet
Lemon Orzo
Diced Butternut Squash
Tartar Sauce

Grape Juice
Hot Dog
Potato Egg Salad
Corn on the Cob

Broccoli Egg Bake
TaterTots
Green Beans

Pork Loin with Apple Gravy
Sweet Potatoes
Brussel Sprouts

Hawaiian Roll

Wheat Bread

Hot Dog Bun

White Bread

Oatnut Bread

Mandarin Oranges

Brownie

Watermelon

Banana

Applesauce

26

27

28

29

30

Closed

BBQ Riblette
Au Gratin Potatoes
California Blend Veggies

Cobb Salad with Diced Chicken, Egg, Cheese, Bacon, Croutons, Romaine Beets
Ranch Dressing

Grilled Chicken with Tropical Salsa
Rice and Black Beans
Cinnamon Glazed Carrots

Ground Beef Stroganoff with Egg Noodles
Broccoli and Carrots

Corn Muffin

Whole Wheat Bread

White Bread

Dinner Roll

Pears

Pineapple

Coconut Rice Pudding

Fresh Orange



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, May 16th—Waking Ned Divine (1998) — 1:00pm to 3:00pm in TV Room

When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.

Friday, May 30th—Secondhand Lions (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, May 13th at 1:30pm in the Cafeteria

Craft: TO BE DETERMINED

Hearing Tests, Hearing Aid Cleaning & Repair

Wednesday, May 29 in the Nurses Office from 9:00am to 11:00am

Sign up with Julie at the Front Desk

Oak Street Health Programs

Friday, May 2nd at 10:30am in Mass Room—FAMILY FEUD

Friday, May 16th at 10:30am in Mass Room—Nutrition Program

Friday, May 30th at 1:00pm in Café—Karaoke with Patti Shock and Raffle!

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

Class/ Program Information

Birthday Ice Cream Social—Tuesday, May 20th at 12:30pm

Enjoy some free ice cream as we celebrate April Birthdays!

Senior Center Book Club—Tuesday, May 20th at 1:00pm

May 20: Gallows View by Peter Robinson

Wednesday Band Schedule—1:00pm to 3:00pm

Wednesday, May 7th—Karaoke w/ Rick & Ed

Wednesday, May 14th—Band

Wednesday, May 21st—NO BAND—Rehearsal for Fashion Show

Wednesday, May 28th—Band

Friday, May 30th—SPECIAL KARAOKE w/ Patti Shock

Book Folding

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

Best Buddies Program

Wednesday, May 21st at 11:00am in Massachusetts Room

Senior Trip Advisory Committee

Wednesday, May 14th 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 Outdoor Pickleball

Every Wednesday at Walnut Hill Park—8:30am to 10:30am

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!



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **May 20th!**

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

Sponsored by Grandview Rehab



May Birthdays!



Blanca Alvares	Harvey Hilten	Judith Previti
Maryann Blasco	Grace Lamontagne	Linda Ringquist
Chester Clark jr	Barbara Little	Rosalina Rosario
Louise Cody	Betty Ann Little	Maryanne St. Peter
Cruz Cruz	Lynn Lyde	Sharon Stoddard
Marilynn Cruz-Aponte	Sheila Minggia	Lou Szcrygiel
Micael Fasil	Joan Morgan	Arthur Tomala
Diane Godbee	Santa Ortiz	Gerald Trapani
Irma Grimes	Ellen Pappalardo	Irene Vekris
Doreen Guy	Janina Polys	Moises Yllanes
Carl Hennessey		

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

Beginning in July 2025, Foot Care Services will be provided on Wednesdays rather than Mondays.

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

EVENT CALENDAR MAY 2025

MON	TUE	WED	THU	FRI
<p>MAY 5</p> <p>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</p> <p>1:00pm Commission on Aging Meeting</p>	<p>MAY 6</p> <p>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>MAY 7</p> <p>10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 1:00pm Afternoon Dancing</p>	<p>MAY 8</p> <p>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)</p>	<p>MAY 9</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 10:00am Greenhouse Club 1:00pm Fit & Flex</p>
<p>MAY 12</p> <p>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</p>	<p>MAY 13</p> <p>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>MAY 14</p> <p>10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 11:00am Trip Meeting 1:00pm Afternoon Dancing</p>	<p>MAY 15</p> <p>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)</p>	<p>MAY 16</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 10:00am Greenhouse Club 1:00pm Fit & Flex 1:00pm Movie</p>
<p>MAY 19</p> <p>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 1:00pm Bingo</p>	<p>MAY 20</p> <p>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>MAY 21</p> <p>10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 11:00am Best Buddies 1:00pm No Dancing - Fashion Show Rehearsal</p>	<p>MAY 22</p> <p>No Activities - Prep for Fashion Show</p>	<p>MAY 23</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 10:00am Greenhouse Club 1:00pm Fit & Flex</p>
<p>MAY 26</p> <p>CLOSED</p>	<p>MAY 27</p> <p>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>MAY 28</p> <p>10:00am Crocheting and Knitting 10:00am Greenhouse Club 10:00am Tai Chi 1:00pm Afternoon Dancing</p>	<p>MAY 29</p> <p>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)</p>	<p>MAY 30</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 10:00am Greenhouse Club 1:00pm Fit & Flex 1:00pm Movie 1:00pm Karaoke w/ Pati Shock</p>

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

Mayor Erin E. Stewart and the New Britain Senior Center Present

The 7th Annual Senior Center Plant Sale



Organic Flowers, Herbs & Vegetables

The plant sale includes a variety of flowers, organic herbs & vegetables. Grown with care in the Arnold Schwartz Greenhouse at the Senior Center.

Saturday, May 10th from 9:30am to 12:30pm

Sunday, May 18th from 11:00am to 2:00pm

Located at 55 Pearl Street, New Britain, CT

All Proceeds go towards Senior Center Programming.

For More Information Call (860)826-3553



NEW BRITAIN
ROOTS



THE NEW BRITAIN SENIOR CENTER PRESENTS:

THE 4TH ANNUAL FASHION SHOW: DISCO NIGHT

Thursday May 22, 2025
5:00pm to 8:00pm

FASHION, FOOD, AND LIVE MUSIC

\$8 Per Member
\$12 Per Non-Member

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



FOR MORE INFORMATION CALL
(860)826-3553



NEW BRITAIN SENIOR CENTER



AUTUMN LAKE
at New Britain

Golden Notes Newsletter

TRIP PROGRAM

Date of Trip	Destination	Price	Location	Departure	Back at Senior Center	Register By:	Max
5/9/2025	Mohegan Sun	\$35	Uncasville ,CT	8:00 AM	4:00 PM		55
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 Griswold 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

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 _____