



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

JUNE 2025

UPCOMING EVENTS

Oak Street Health Breakfast!

Friday, June 13th from 9:00am to 10:00am in Cafeteria

Come in and enjoy a nice breakfast, sponsored by Oak Street Health

Must sign up at Front Desk

Mindful Walk in the Park w/ Sharon Gutterman

Monday, June 9th from 10:30am to 12:30pm at Stanley Quarter Park

Enjoy a Mindful Walk and Nice Lunch at Stanley Quarter Park

Free Program—Please sign up at the front desk

Focus Group—Your Ideas are Needed

Tuesday, June 10th from 9:30am to 11:30am in Vermont Room

The North Central Area Agency on Aging (NCAAA) is conducting focus groups to hear directly from older adults on the issues that are important to you! Your feedback allows them to ensure that federal dollars are supporting the programs that mean the most to you.

If interested in being heard, please attend! Max 10 people—Sign up at front desk

Hair Cuts at the Senior Center?

The Senior Center is offering haircuts to members and we are trying to gauge interest.

Chelsea is professional stylist with over 25 years of experience. She's excited to offer these professional salon services conveniently once a month right here at the senior center!

Men's Haircuts - \$20 | Women's Haircuts—\$25 | Wash & Styles—\$30 | Wash Cut & Style—\$40

If you or someone you know would be interested in this service, please let the front desk know,

This is a great opportunity to enjoy quality grooming without the need to travel

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



June, 2025

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken 4 oz. w/Marsala Sauce Noodles 1/2 c Brussel Sprts 1/2 c	Sweet and Sour 1 oz Meatballs 4 oz. White Rice 1/2 c Veggies 1/2c	Roast Pork with 3 oz. Garlic Sauce 1 oz Mash Swt Pot. 1/2 c Spinach 1/2 c	Soup 6 oz. Crackers 1 pk. Fish Filet 3 oz. Rice 1/2 c Veggies 1/2 c Tartar Sce 1 pkt Wheat Bread 1 sl.	Roast Turkey 3 oz. Gravy 1 oz. Stuffing 1/2 c Cauliflower 1/2 c
Bread 1 sl.	Dinner Roll 1 ea.	Wheat Roll 1 ea.	Banana 1 ea.	Bread 1 sl.
Pudding 1/2 c	Tropical Fruit 1/2 c	Oreos 2 ea.		Mixed Fruit 4 oz.
9	10	11	12	Father's Day Special 13
Pork Chopette 3 oz. Gravy 1 oz Mash Pot 1/2 c Green Beans 1/2 c	Swed. Meatballs 4 oz. Egg Noodles 1/2 c Spinach 1/2 c	Chix Sandwch 4 oz. Let & Tomato 1 c Waffle Fries 1/2 c Broccoli 1/2 c	Soup 6 oz. Crackers 1 pkt. Lasagna w/ Marinara Sauce 1/2 c Veggies 1/2 c	Pot Roast w/ 4 oz. Onions/Mushrms 1/2 c Red Potatoes 1/2 c Broccoli 1/2 c
Bread 1 sl.	Bread 1 sl.	Hamburger Bun 1 ea.	Italian Bread 1 sl.	Whole Wheat Roll 1 ea.
Peaches 1/2 c	Applesauce 1/2 c	Fig Newton 4 oz.	Mandarins 1/2 c	Bost Cm Pie 1 sl
16	17	Fish and Chips 18	Juneteenth Special 19	20
Juice 4 oz. Omelet 3 oz Sausage Link 1 oz. French Toast Stks 4 oz. Syrup	Spaghetti 4 oz. Meat Sauce 1/2 c Veggies 1/2 c 	Fish Filet 4 oz. French Fries 1/2 c Coleslaw 1 oz. Tartar Sce 1 pkt.	SENIOR CENTER CLOSED	Mac & Cheese 8 oz. Stew Tomatoes 1/2
Apple 1 ea.	Garlic Bread 1 sl.	Wheat Bread 1 sl.		Bread 1 sl
	Peaches 1/2 c	Trop. Fruit Cup 1/2 c		Cookies 4 oz.
23	24	25	26	27
Pineapple Chicken Stir Fry Brown Rice Asian Blend Veggies	Fish Filet 4 oz. Lemon Orzo 1/2 c Butternut Sqsh 1/2 c Tartar Sauce 1 pkt.	Juice 4 oz. Hot Dog 1 ea. Pot Egg Sld 1/2 c Corn on the Cob 1 ea.	Broc Egg Bake 4 oz. Tater Tots 1/2 c Green Beans 1/2 c	Pork Loin 4 oz Apple Gravy 2 oz. Swt Potatoes 1/2 c Brussel Sprts 1/2 c
Hawaiian Roll 1 ea.	Bread 1 sl	Hot Dog Roll 1 ea.	Bread 1 sl	Bread 1 sl
Fresh Mandarin 1 ea.	Brownie 1 ea.	Watermelon 1/2 c	Banana 1 ea.	Oatmeal Cookies 4 oz.
30	 <p>The summer months are BERRY SEASON! Berries are sweet & delicious, but also abundant and cost less in summer. Studies also show that they contain nutrients called flavonoids which help to keep our brain cells healthy, retain our cognitive abilities, delay or prevent memory loss and lower the risk of developing Alzheimer's disease. Try to eat strawberries and blueberries at least twice a week!</p> 			
Chili 4 oz. White Rice 1/2 c Kale & Spinach 1/2 c				
Dinner Roll 1 ea.				
Lorna Doones 4 oz.				

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, June 13th—America’s Sweethearts (2001) — 1:00pm to 3:00pm in TV Room

A movie publicist deals with the messy public split of his movie's co-stars while keeping reporters at bay while a reclusive director holds the film's print hostage.

Friday, June 27th—The Kid(2000) —1:00pm to 3:00pm in TV Room

An unhappy, disliked image consultant gets a second shot at life when he is mysteriously confronted by an eight-year-old version of himself.

Crafts with Leslie Mathews

Sign Up for our Monthly Craft!

Tuesday, June 17th at 1:30pm in the Cafeteria

Craft: Paper Flowers—make a beautiful arrangement of paper flowers out of tissue paper

FUTURE CRAFTS: July 17th—Pinwheels | August 12th—Garden Flag | September 16th—Apple Prints

Oak Street Health Programs

Friday, June 13th at 9:00am—Free Breakfast sponsored by Oak Street Health

Wednesday, June 18th at 1:00pm in Café—Karaoke with Patti Shock and Raffle!

Your Life Your Legacy: A Plan To make it Right Lecture

Tuesday, June 23rd at 9:30am—Light Refreshments Provided

While we often plan for major life milestones like weddings, our children’s education, and retirement, many of us overlook the importance of preparing for the inevitable. Join A.J. Albuquerque from New Britain Memorial & Donald D. Sagarino Funeral Home for a thoughtful, interactive presentation that will demystify the funeral industry and clarify the planning process. We’ll explore why it’s crucial to have the conversation about final arrangements and the steps you can take to make informed decisions. Come with your questions and ideas as we work to remove the grey areas and provide clear, actionable insights. Food and refreshments will be provided. To register, please sign up at front desk

Class/ Program Information

Birthday Ice Cream Social—Tuesday, June 17th at 12:30pm

Enjoy some free ice cream as we celebrate June Birthdays!

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

June 17th: (non-fiction) I know who you are : How an amateur DNA sleuth unmasked the Golden State Killer and changed crime fighting forever by Barbara Rae-Venter.

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

Wednesday, June 4th—Karaoke w/ Rick and Ed

Wednesday, June 11th—Band

Wednesday, June 18th—Karaoke w/ Patti Shock

Wednesday, June 25th—Band

Book Folding

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

Best Buddies Program

Wednesday, June 18th at 11:00am in Massachusetts Room

Senior Trip Advisory Committee

Wednesday, June 11th 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

Mindful Walk in the Park w/ Sharon Gutterman

Monday, June 9th from 10:30am to 12:30pm at Stanley Quarter Park

Enjoy and Mindful Walk and Nice Lunch

Bus Transportation Provided to first 12 people

Free Program—Please sign up at the front desk



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on June 17th!

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

Sponsored by Grandview Rehab

June Birthdays!



*Zita Padron
Jean Ahern
Rosa Aponte
Marguerite Ardrey
Miloudi Atid
Nancy Beaudoin
Helena Chrzanowski
Susan Davis
Maria Delgado
Pauline Dow
Walter Florkowski
Grace Baldino*

*Janet Greco
April Hall
Elaine Hutley
Betty Johnson
Jan Knyps
Deborah Kowaleski
Betsy Kyne
Richard Labbe
Alina Marczewski
Tanja Mctendon
Delia Mora
Peg Mottola*

*Sylvia Puzio
Carmen Rios Resto
Linda Royce
Jacquelyn Russell
Antonia Santiago
Frankie Scott Byrd
JoAnne Sipala
Regena Smith
Aida Soto
Virginia Steele
Antonia Torres
Mao Vachhanak
Susan Venberg*

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!



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

June Calendar 2025 - See inside newsletter for more details

MON	TUE	WED	THU	FRI
<p>JUN 2</p> <p>8:30am Fitness w/ Chris (Session 1) 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</p> <p>1:00pm Commission on Aging Meeting</p>	<p>JUN 3</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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JUN 4</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm KARAOKE w/ Rick and Ed</p>	<p>JUN 5</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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JUN 6</p> <p>9:00am Cornhole 1:00pm Fit & Flex</p>
<p>JUN 9</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Setback</p> <p>10:00am Fitness w/ Chris (Session 3) 10:30am Mindful Walk in Park 10:45am Line Dancing (Session 1) 11:00am Book Folding</p> <p>1:00pm Bingo</p>	<p>JUN 10</p> <p>8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Focus Group Program 10:00am Fitness w/ Chris (3) 10:45am Line Dancing 1:00pm Chair Yoga</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JUN 11</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi 11:00am Trip Meeting 1:00pm Dancing w/ Band</p>	<p>JUN 12</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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JUN 13</p> <p>9:00am Breakfast by Oak Street Health</p> <p>9:00am Cornhole (In Mass Room) 1:00pm Fit & Flex 1:00pm Movie Friday</p>
<p>JUN 16</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (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>JUN 17</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 Chair Yoga</p> <p>1:00pm Craft Group (Session 2) 1:30pm Craft with Leslie</p>	<p>JUN 18</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi 11:00am Best Buddies 1:00pm Karaoke w/ Pattie Shock</p>	<p>JUN 19</p> <p>SENIOR CENTER CLOSED</p>	<p>JUN 20</p> <p>9:00am Cornhole 9:00am Newport Flower Show 1:00pm Fit & Flex</p>
<p>JUN 23</p> <p>8:30am Fitness w/ Chris (Session 1) 9:00am Your Life Lecture 9:15am Fitness w/ Chris (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>JUN 24</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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JUN 25</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm Dancing w/ Band</p>	<p>JUN 26</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</p> <p>1:00pm Craft Group (Session 2)</p>	<p>JUN 27</p> <p>9:00am Cornhole 1:00pm Fit & Flex 1:00pm Movie Friday</p>
<p>JUN 30</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (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>				

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



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 _____

