



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

JULY 2025

UPCOMING EVENTS

INDEPENDENCE DAY PARTY—SPONSORED BY AUTUMN LAKE

Thursday, July 3rd from 11:00am to 2:00pm

EVENT SOLD OUT!

ANIMAL HEALTH AND WELLNESS CLINIC

Friday, July 11th from 10:00am to 1:00pm

Preregistration is Required—\$60 per pet for qualifying seniors and veterans

Register online at vetcareeverywhere.org or see the front desk

SUMMER CORNHOLE LEAGUE MEETING FOR ANYONE INTERESTED

Friday, July 11th at 9:00am

If you want to be part of the free Friday Cornhole League please call 860.826.5291 or come to the meeting.

Matches held once a week every Friday through August

FREE SWIM TRIP FOR SENIOR SWIM AT AW POOL

We will pick you up!

Saturday, July 19th at AW Pool—Swim Time from 10:00am to 11:30am

Sign up for ride and we will pick you up between 9:00am and 9:30am

12 person max

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



July, 2025



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2		4
	Pork Chopette with LS Gravy Buttered Egg Noodles Broccoli	Sweet and Sour Meatballs with White Rice Oriental Blend Veggies	NO LUNCH INDEPENDENCE DAY PARTY	Fourth of July Closed 
	Rye Bread	Wheat Roll		
	Peaches	Tropical Fruit Cup		
7	8	9	10	11
Chicken Cranberry Salad Macaroni Salad Broccoli and Red Pepper Salad	Meatloaf Confetti Rice Carrots	Vegetable Barley Soup Unsalted Crackers Tuna Salad Ziti Broccoli Salad Cucumber Dill Salad	Pot Roast with LS Mushroom Gravy Baked Potato Meadow Blend Veggies	Fish Filet Yellow Rice Cilantro Lime Coleslaw 
Whole Wheat Bread	Multigrain Bread	Hot Dog Bun	Rye Bread	Flour Tortilla Tartar Sauce Watermelon
Brownie	Apple	Birthday Cake	Mandarin	
14	15	16	17	18
Chicken Bruschetta Bruschetta Sauce Buttered Noodles Broccoli	Honey Glazed Breaded Chicken Breast Red Bliss Potato Spinach	Cobb Salad with Chicken, Egg, Cheese, and Bacon Beets Ranch Dressing	Minestrone Soup Unsalted Crackers Pork Loin with Pineapple Sauce Sweet Potatoes Broccoli	Chicken Sausage Noodles with Onions and Cabbage Beets
Garlic Bread	Multigrain Bread	White Bread	White Bread	Whole Wheat Bread
Nilla Wafers	Orange	Pineapple	Tropical Fruit Cup	Rice Pudding
21	22	23	24	25
Pineapple Chicken Stir Fry Egg Fried Rice Asian Blend Veggies 	Chicken Pamesan Penne with Marinara Sauce Zucchini	Chicken Noodle Soup Unsalted Crackers BBQ Pork Riblet Au Gratin Potatoes Cali Blend Veggies	Taco Mix Yellow Rice Mexican Corn Shredded Cheese Shredded Lettuce	Hamburger Steak Fries Spinach
Hawaiian Roll Fortune Cookie Mandarin Orange	Garlic Bread	Combread	Flour Tortilla	Hamburger Bun
	Rice Crispy Treat	Oreos	Pineapple	Apple Cookie Bar
28	29	30	31	
Chili White Rice Spinach and Kale	American Chop Suey Peas	Orange Juice Omelet with Cheese Waffle Spinach	Grilled Chicken with Marsala Sauce Buttered Ziti Italian Blend	
Dinner Roll	Italian Bread		Whole Wheat Roll	
Cookies	Tropical Fruit	Pudding	Peaches	

Programs to Sign Up For

Friday, Movie Days

Friday, July 11th—Nonnas (2025) — 1:00pm to 3:00pm in TV Room

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs.

Friday, July 25th—Dad (1989) —1:00pm to 3:00pm in TV Room

While his mom recovers in hospital from a heart attack, John puts his busy life on hold to fly home and help his elderly dad around the house. John's son later joins them and they all truly bond for the first and, tragically, final time.

Crafts with Leslie Mathews

Sign Up for our Monthly Craft!

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

Craft: Pinwheels

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

Pre-Diabetes & Diabetes

Support Group Education/ Information

Monday, July 28th—1:00pm in the Vermont Room—Sign up at Front Desk

Whether you have pre-diabetes or diabetes, either new or for some time: IF YOU WOULD LIKE UPDATED INFORMATION, TIPS, TRICKS, SUPPORTS, THIS PROGRAM IS FOR YOU!

TOPICS:

Pre-diabetes or Diabetes, what, why, the basics | Nutrition—and the DIET to control glucose!

Monitoring + CGMs | Medications—and All That Jazz (BP & Chol)

Complications from poor control | How to cope, emotions, problem solving

Exercise and the why | Resources | Your Questions

Any questions please email betsygaudian@comcast.net or call 860.302.0265

Betsy Gaudian MSN, RN-BC, RDN, CDCES

New Trips

See new trips in back of newsletter!

New Zumba Class

Beginning Tuesday, August 12th—Zumba with Chair Option will be added at 2:15pm

Class/ Program Information

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

Enjoy some free ice cream as we celebrate June Birthdays!

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

Wednesday, July 2nd—No Afternoon Program

Wednesday, July 9th—Karaoke w/ Rick and Ed

Wednesday, July 16th —Karaoke w/ Patti Shock

Wednesday, July 23rd—Band

Wednesday, July 30th—No Afternoon Program

Book Folding

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

Best Buddies Program

No Program in July

Senior Trip Advisory Committee

Wednesday, July 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 Outdoor Pickleball

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

Roots Farmers Market at Senior Center

Located in the Greenhouse, Roots Market will be at the Center on Thursday, July 10th and Thursday, July 14th
11:00am to 12:30pm



BIRTHDAY BASH

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

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

Sponsored by Grandview Rehab



July Birthdays!



Awilda Acosta	Edna Desormiers	Lisa Kupec
Betsy Bryant	Joanna Dilion	Judith Levesque
Lois Bardeck	Bruce Eberhardt	Bernadette Mullins
Louise Bechard	Earnestine Engram	Charlaine Ogren
Teresa Berjnowski	Theresa Gallo	Marsha Osborn
Ana Carrasquillo	Helen Graham	Wanda Pastrana
Susan Cayer	Robert Henriquez	Thelma Robinson
Socorro Cortijo	Loida Inovejas	Eleanor Roether
Maria Cruz	Paul Koerner	Joanne Simon
Sadie Davis	Lynn Karwoski	Robert Vernesoni
		Tom West

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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

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

July 2025 Program Calendar				
MON	TUE	WED	THU	FRI
	JUL 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)	JUL 2 10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm NO AFTERNOON DANCING (CANCELLED)	JUL 3 8:30am NO DRUMMING (PARTY) 9:00am Craft Group (Session 1) 9:00am NO ZUMBA (PARTY) 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	JUL 4 SENIOR CENTER CLOSED
JUL 7 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo 1:00pm Commission on Aging Meeting	JUL 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)	JUL 9 10:00am Crocheting and Knitting 10:00am Tai Chi 11:00am Trip Advisory Meeting 1:00pm Karaoke w/ Rick and Ed	JUL 10 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 Bingo 1:00pm Craft Group (Session 2)	JUL 11 9:00am Coloring w/ Ed 9:00am Cornhole Meeting 9:00am Cornhole League Meeting 10:00am Animal Clinic 1:00pm Fit & Flex 1:00pm Movie Friday
JUL 14 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo	JUL 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 Ice Cream Social 1:00pm Chair Yoga 1:00pm Craft Group (Session 2)	JUL 16 10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm Patti Shock Karaoke	JUL 17 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 Bingo 1:00pm Craft Group (Session 2)	JUL 18 9:00am Coloring w/ Ed 9:00am Cornhole 1:00pm Fit & Flex
JUL 21 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo	JUL 22 8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2) 9:15am Twin Lobster Trip 10:00am Fitness w/ Chris (3) 10:45am Line Dancing 1:00pm Chair Yoga 1:00pm Craft Group (Session 2) TWIN LOBSTERS TRIP	JUL 23 10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm BAND	JUL 24 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:00am Lighthouse Cruise 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	JUL 25 9:00am Coloring w/ Ed 9:00am Cornhole 1:00pm Fit & Flex 1:00pm Movie Friday
JUL 28 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Setback 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo 1:00pm Pre-Diabetes & Diabetes Group	JUL 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)	JUL 30 10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm Karaoke w/ Rick and Ed	JUL 31 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 Bingo 1:00pm Craft Group (Session 2)	

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TRIP PROGRAM

Date of Trip	Destination	Price	Location	Departure	Back at Senior Center	Register By:	Max
7/24/2025	Lighthouse Cruise	\$30	New London, CT	10:30 AM	5:00 PM	Until Full	20
7/22/2025	Twin Lobsters Show	\$152	Holyoke, MA	9:30 AM	5:15 PM	July 15th	21
8/1/2025	Hammonasset Beach	\$5	Madison, CT	8:30 AM	3:00 PM	Until Full	22
8/5/2025	The Griswold Inn	\$149	Essex, CT	10:00 AM	4:00 PM	July 15th	35-50
8/18/2025	Holiday Hill	\$50	Prospect, CT	8:30 AM	4:00 PM	Until Full	40
9/11/2025	Farmington Polo Club	\$97	Farmington, CT	10:30 AM	4:00 PM	August 30th	24
9/17/2025	The BIG E	\$45	Springfield, MA	8:30 AM	6:15 PM	Until Full	50

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 _____

