



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

AUGUST 2025

UPCOMING EVENTS

Tickets On Sale

TRIAD SENIOR WALK AND BBQ—games, food, music and more

Food Sponsored by Autumn Lake

Thursday, September 11th at Walnut Hill Park

10:00am to 1:00pm

\$2.00 per person, sign up today at the New Britain Senior Center

Holiday Bazaar Planning Meeting

Tuesday, August 5th at 1:00pm in the Craft Room

If you want to be part of our Bazaar Planning Team, Please Stop By :)

3rd Annual Pickleball Mixed Doubles Tournament

Saturday, September 13th from 9:00am to 1:00pm

\$20 per team for senior center members

\$60 per team for non-members

At Walnut Hill Park

To Register Call 860.826.5291 and ask for a registration form!

Come and Get Your Haircut! Haircuts with Chelsea Dechichio

Tuesday, August 26th from 9:00am to 2:00pm in Vermont Room

Must Schedule your appointment at front desk

Men's Cut \$20 | Women's Cut \$25

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



August, 2025

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Diced Chicken and Cranberry Salad Macaroni Salad Broccoli Red Pepper salad</p> <p>Whole Wheat Bread</p> <p>Pineapple</p>	<p>5</p> <p>Meatloaf Confetti Rice Carrots</p> <p>Multigrain Bread</p> <p>Apple</p>	<p>6</p> <p>Vegetable Barley Soup Crackers Tuna Salad Broccoli Ziti Salad Cucumber Salad</p> <p>Hot Dog Bun</p> <p>Birthday Cake</p>	<p>7</p> <p>Pot Roast with LS Gravy Baked Potato Meadow Blend Veggies</p> <p>Happy Birthday Rye Bread</p> <p>Mandarin Oranges</p>	<p>8</p> <p>Roast Turkey with LS Gravy Mashed Potato Meadow Blend Veggies</p> <p>White Bread</p> <p>Cookies</p> <p>Fish Taco Fish Fillet Yellow Rice Cilantro Lime Coleslaw Tartar Sauce</p> <p> Flour Tortilla</p> <p>Watermelon</p>
<p>11</p> <p>Chicken Bruschetta Bruschetta Sauce Buttered Noodles Broccoli</p> <p>Garlic Bread</p> <p>Nilla Wafers</p>	<p>12</p> <p>Honey Glazed Breaded Chicken Breast Red Bliss Potato Spinach</p> <p> Multigrain Bread</p> <p>Orange</p>	<p>13</p> <p>Cobb Salad with Chicken, Egg, Cheese, and Bacon Beets Ranch Dressing</p> <p>White Bread</p> <p>Pineapple</p>	<p>14</p> <p>Minestrone Soup Unsalted Crackers Pork Loin with Pineapple Sauce Sweet Potatoes Broccoli White Bread</p> <p>Tropical Fruit Cup</p>	<p>15</p> <p>Chicken Sausage Noodles with Onions and Cabbage Beets</p> <p>Whole Wheat Bread</p> <p>Rice Pudding</p>
<p>18</p> <p>Pineapple Chicken Stir Fry Egg Fried Rice Asian Blend Veggies</p> <p> Hawaiian Roll Fortune Cookie Mandarin Orange</p>	<p>19</p> <p>Chicken Parmesan Penne with Marinara Sauce Zucchini</p> <p>Garlic Bread</p> <p>Rice Crispy Treat</p>	<p>20</p> <p>Chicken Noodle Soup Unsalted Crackers BBQ Pork Riblet Au Gratin Potatoes Cali Blend Veggies</p> <p>Combread</p> <p>Cheesecake</p>	<p>21</p> <p>Taco Mix Yellow Rice Mexican Corn Shredded Cheese Shredded Lettuce</p> <p>Flour Tortilla</p> <p>Pineapple</p>	<p>22</p> <p>Hamburger Steak Fries Spinach</p> <p>Hamburger Bun</p> <p>Apple Cookie Bar</p>
<p>25</p> <p>Chili White Rice Spinach and Kale</p> <p>Dinner Roll</p> <p>Cookies</p>	<p>26</p> <p>American Chop Suey Peas</p> <p> Italian Bread</p> <p>Tropical Fruit</p>	<p>Labor Day Special 27</p> <p>Apple Juice BBQ Southwest Chicken Burger Baked Beans Cole Slaw</p> <p>Hamburger Bun</p> <p>Labor Day Treat</p>	<p>28</p> <p>Orange Juice Omelet with Cheese Waffle Spinach</p> <p> Pudding</p>	<p>29</p> <p>Tomato Florentin Soup Crackers Ground Beef Stroganoff with Egg Noodles Broccoli and Carrots</p> <p>Dinner Roll</p> <p>Apple</p>

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, August 15th—The Railway Man (2013) — 1:00pm to 3:00pm in TV Room

A WWII veteran confronts his past with compassion and courage.

Friday, August 29th—Finding Forrester (2000) —1:00pm to 3:00pm in TV Room

A young writer bonds with a reclusive author. Uplifting and inspiring.

Crafts with Leslie Mathews

Sign Up for our Monthly Craft!

Tuesday, August 12th at 1:30pm in the Cafeteria

Craft: Garden Flags

FUTURE CRAFTS: September 16th—Apple Prints

Pre-Diabetes & Diabetes

Support Group Education/ Information

Monday, August 25th—1:10pm 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

Target Shopping Trip

Call the front desk and reserve your ride to Target on Friday, August 8th. Pickups will be between 8:30a-9:30a.

We will drop you off and pick you up after an hour of shopping.

New Zumba Class

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

This class will operate every Tuesday at 2:15pm

Class/ Program Information

Birthday Ice Cream Social—Tuesday, August 19th at 12:30pm

Enjoy some free ice cream as we celebrate August Birthdays!

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

Wednesday, August 6th— Karaoke w/ Rick and Ed

Wednesday, August 13th— Band

Wednesday, August 20th— Patti Shock

Wednesday, August 27th— Band

Book Folding

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

Best Buddies Program

Wednesday, August 20th in the Massachusetts Room at 11:00am

Senior Trip Advisory Committee

Wednesday, August 13th 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

Free Fraud Bingo presented by Liberty Bank

Tuesday, August 19th at 1:00pm in the Cafeteria

Join us for a fun and informative Fraud Bingo Workshop where we'll talk about today's most common scams, how to protect your personal information, and how to report identity theft

Free Small Prizes for Winners



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on August 19th!

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

Sponsored by Grandview Rehab

August Birthdays!



Grazuna Adamczuk

Nancy Aparo

Jill Baldwin

Rick Boissonneau

Carol Bowen

Ed Brenkus

Aida Calafiore

Brenda Campagnano

Loida Cancel

Colleen Cote

Janet Crocker

Geraldine Curtis

Liz Cyr

Dan D'Ambrosio

Consuelo Echevarria

Arlene Edwards

Maria Egoavil De Jesus

Ellen Fabretti

Emily Fearnley

Jeannette Ferrand

Maria Francisco

Lea Garrick

Carol Heller

Teresa Hilliman

Allen Hoard

Bob Kissel

Mary Lacic

Fred Lesiak

Gregoria Lubin

Bill Makucin

Margaret Mottola

Ernestina Ortiz

Evelyn Riley

Gloria Sanders

Craig Schmitt

Bruno Siwik

Sandy Spadaccini

Alexandria Spadaccini

Esperanza Tirado

Felicia Vargas

Jeannette Velasquez

Crystal Williams

Vivian Williams

Dean Winslow

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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

Activity Calendar for August 2025

MON	TUE	WED	THU	FRI
<p>AUG 4</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>AUG 5</p> <p>8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:00am Riverquest Cruise</p> <p>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) 1:00pm Holiday Bazaar Planning Group</p>	<p>AUG 6</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi</p> <p>1:00pm Afternoon Dancing</p>	<p>AUG 7</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1)</p> <p>9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors</p> <p>1:00pm Art Class 1:00pm Bingo</p>	<p>AUG 8</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole</p> <p>9:00am Cornhole League 1:00pm Fit & Flex</p> <p>TARGET SHOPPING TRIP</p>
<p>AUG 11</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>AUG 12</p> <p>8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2)</p> <p>10:00am Fitness w/ Chris (3) 10:45am Line Dancing 1:00pm Chair Yoga</p> <p>1:00pm Craft Group (Session 2) 1:30pm Craft w/ Leslie - Garden Flags 2:15pm Zumba (Chair Option)</p>	<p>AUG 13</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi</p> <p>1:00pm Afternoon Dancing 11:00am Trip Advisory Meeting</p>	<p>AUG 14</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1)</p> <p>9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors</p> <p>1:00pm Art Class 1:00pm Bingo</p>	<p>AUG 15</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole</p> <p>9:00am Cornhole League 1:00pm Fit & Flex</p> <p>1:00pm Movie Friday - The Railway Man</p>
<p>AUG 18</p> <p>8:30am Fitness w/ Chris (Session 1) 8:30am Holiday Hill 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>AUG 19</p> <p>8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2)</p> <p>10:00am Fitness w/ Chris (3) 10:45am Line Dancing 12:30pm Birthday Ice Cream Social 1:00pm Chair Yoga</p> <p>1:00pm Craft Group (Session 2) 1:00pm FRAUD Bingo 2:15pm Zumba (Chair Option)</p>	<p>AUG 20</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi</p> <p>1:00pm Afternoon Dancing 11:00am Best Buddies</p>	<p>AUG 21</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1)</p> <p>9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors</p> <p>1:00pm Art Class 1:00pm Bingo</p>	<p>AUG 22</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole</p> <p>9:00am Cornhole League 1:00pm Fit & Flex</p>
<p>AUG 25</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>1:10pm Diabetes Program</p>	<p>AUG 26</p> <p>8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:00am Hair Cuts</p> <p>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) 2:15pm Zumba (Chair Option)</p>	<p>AUG 27</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi</p> <p>1:00pm Afternoon Dancing</p>	<p>AUG 28</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1)</p> <p>9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors</p> <p>1:00pm Art Class 1:00pm Bingo</p>	<p>AUG 29</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole</p> <p>9:00am Cornhole League 1:00pm Fit & Flex</p> <p>1:00pm Movie Friday - Finding Forrester</p>

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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 _____

