



NEW BRITAIN SENIOR CENTER

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

Golden Notes Newsletter

SEPTEMBER 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, September 2nd, 16th & 30th 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, September 30th 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

RW Solutions Senior Community Café

September, 2025

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Labor Day Closed	Mac & Cheese Stewed Tomatoes	Riblette Buttered Noodles Broccoli	Vegetable Barley Unsalted Crackers Pot Roast with LS Gravy Baked Potato Meadow Blend Veggies	Shepards Pie Carrots
				
	White Bread	Wheat Bread	Rye Bread	Multi Grain Bread
	Cantaloupe	Pears	Brownie	Cantaloupe
8	9	10	11	12
Chicken Parnesan Ziti with Sauce Broccoli	Taco Mix Yellow Rice Mexicali Com Salsa and Sour Cream Shredded Cheese Shredded Lettuce	Jumbo Ravioli with Florentine Sauce Brussel Sprouts	Chicken Divan Red Bliss Potatoes Summer Blend Veggies	Breaded Pork Chop with Country Gravy Com and Black Beans Spinach and Kale
				
White Bread	Tortilla	Multi Grain Bread	Whole Wheat Bread	Com Bread
Applesauce	Pineapple	Birthday Cake	Mandarins	Watermelon
15	16	17	18	19
Salisbury Steak with LS Gravy Au Gratin Potatoes Beets	Southern Chicken Stew Meadow Blend Veggies	Fish Filet with Dill Sauce Rice Florentine Peas and Carrots	Sausage and Cheese Quiche Tater Tots Broccoli and Red Peppers	Cobb Salad with Chicken, Bacon, Egg Beets Ranch Dressing
				
Dinner Roll	Biscuit	Oatnut Bread	Whole Wheat Bread	Whole Wheat Bread
Rice Crispie Treat	Banana	Clementine	Banana	Pineapple
22	23	24	25	26
Grilled Chicken Marsala Buttered Ziti with Marsala Sauce Italian Blend Veggies	American Chop Suey Zucchini	Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans	Orange Juice Cheese Omelet with Mushroom Spinach French Toast Sticks Turkey Bacon	Escarole Bean Unsalted Crackers Fish Fillet Confetti Rice Cali Blend Veggies Tartar Sauce
				
Garlic Bread	Italian Bread	Whole Wheat Bread		Wheat Roll
Peaches	Mango Pineapple	Pudding	Jell-O with Topping	
29	30			
Hamburger Baked Beans Mixed Veggies	Chicken Strips with Honey Mustard Sauce Sesame Noodles Asian Blend Veggies			
Hamburger Bun	Hawaiian			
Cookies	Mandarins			

Programs to Sign Up For

Friday, Movie Days

Friday, September 12th—The Old Man & The Gun (2018) — 1:00pm to 3:00pm in TV Room

A charming, bittersweet crime caper featuring Robert Redford near the end of his storied acting career

Friday, September 26th—Book Club (2018) —1:00pm to 3:00pm in TV Room

Warm-hearted and humorous, this comedy about long-time friends rediscovering love and life feels both fresh and familiar.

Crafts with Leslie Mathews

Sign Up for our Monthly Craft!

Tuesday, September 9th at 1:30pm—Craft—Apple Prints

FUTURE CRAFTS: Tuesday, October 14th—Leaf Suncatchers

Pre-Diabetes & Diabetes

Support Group Education/ Information

Monday, September 29th—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, September 19th. Pickups will be between 8:30a-9:30a.

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

Roseanna from Amberwoods is Back!

Friday, September 26th—Drive on own or get a ride—12 seats available on bus, first come first serve

FREE Gourmet Lunch at Amber Rose in Farmington—Raffle Prizes, Lunch and Giveaways

Tuesday, September 30th—Get your Nails Painted with Roseanna—Call for appointment

Class/ Program Information

Birthday Ice Cream Social—Tuesday, September 16th at 12:30pm

Enjoy some free ice cream as we celebrate September Birthdays!

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

Wednesday, September 3rd— NEW GROUP! Welcome Mark and Tommy—Keyboard and Vocals!

Wednesday, September 10th— Regular Band

Wednesday, September 17th— Patti Shock Karaoke

Wednesday, September 24th— Regular Band

Book Folding

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

Best Buddies Program

Wednesday, September 17th in the Massachusetts Room at 11:00am

Senior Trip Advisory Committee

Tuesday, September 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

Senior Center Book Club presented by the New Britain Public Library

3rd Tuesday of Each Month at 1:00pm in the SC Library

Tuesday, September 16 (non-fiction): In Cold Blood by Truman Capote.

Tuesday, October 21 (fiction): March by Geraldine Brooks.

Tuesday, November 18 (non-fiction): The sixth extinction : An Unnatural History by Elizabeth Kolbert

Tuesday, December 16 (fiction): A Visit from the Goon Squad by Jennifer Egan.

Special Presentation—10 Tips to Manage Stress

Tuesday, September 23rd at 10:00am in the Cafeteria

Wendy Hurwitz, M.D. will present on Stress—please sign up at the front desk

10 Strategies on how to manage stress

Your Legacy Matters Presentation—A.J. Albuquerque from New Britain Memorial

Tuesday, September 16th at 9:30am in the Vermont Room

Join our Funeral Director, AJ Albuquerque for the second part of our three-part series, offering a deeper understanding of the cremation planning process. This workshop will cover the key components of planning a direct cremation to a celebration of life; providing you with the knowledge to make informed decisions for yourself or a loved one.



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on September 16th!

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

Sponsored by Grandview Rehab



September Birthdays!



Patricia Albanese

Jane Alicea

Jon Aparo

Sharon Babin

Frank Castro

Peter Centurelli

Dolores Cervera

Judy Clark

Carmen Cruz

Faustino Delgado

Rose Dumais

Deborah Feir

Florence Goins

Gloria Hampl

Alice Kondracki

Zofia Korczenska

Toni LaReau

Judith Laiscell

Patricia Narbutas

Rich Novacki

Apolonia Parejko

Virgolina Pereira

Joyce Petrisko

Wai Price

Markella Psilla

Gonzalo Rivera

Ryszard Romot

Sherri Uptegrow

Maria Vasquez

Antonia Velez

Carol Walenski

Anthony 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!

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

September 2025 Calendar

MON	TUE	WED	THU	FRI
<p>SEP 1</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 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</p>	<p>SEP 2</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 Bazaar Planning Mtg 1:00pm Chair Yoga 1:00pm Craft Group (Session 2) 2:15pm Zumba (Chair Option)</p>	<p>SEP 3</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm Afternoon Dancing</p>	<p>SEP 4</p> <p>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)</p>	<p>SEP 5</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 1:00pm Fit & Flex</p>
<p>SEP 8</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo 1:00pm Commission Meeting</p>	<p>SEP 9</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 11:00am Trip Meeting 1:00pm Chair Yoga 1:00pm Craft Group (Session 2) 1:30pm Craft w/ Leslie 2:15pm Zumba (Chair Option)</p>	<p>SEP 10</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm Afternoon Dancing</p>	<p>SEP 11</p> <p>8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:00am TRIAD WALK AND BBQ 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)</p>	<p>SEP 12</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 1:00pm Fit & Flex 1:00pm Movie Day</p>
<p>SEP 15</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo</p>	<p>SEP 16</p> <p>8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Your Legacy Matters 10:00am Fitness w/ Chris (3) 10:45am Line Dancing 12:30pm Ice Cream Social 1:00pm Bazaar Planning Mtg 1:00pm Book Club 1:00pm Chair Yoga 1:00pm Craft Group (Session 2)</p>	<p>SEP 17</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi 11:00am Best Buddies 1:00pm Afternoon Dancing</p>	<p>SEP 18</p> <p>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)</p>	<p>SEP 19</p> <p>8:45am Target Shopping 9:00am Coloring w/ Ed 9:00am Cornhole 1:00pm Fit & Flex</p>
<p>SEP 22</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo</p>	<p>SEP 23</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) 10:00am Tips to Manage Stress 10:45am Line Dancing 1:00pm Chair Yoga 1:00pm Craft Group (Session 2) 2:15pm Zumba (Chair Option)</p>	<p>SEP 24</p> <p>10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm Afternoon Dancing</p>	<p>SEP 25</p> <p>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)</p>	<p>SEP 26</p> <p>9:00am Coloring w/ Ed 9:00am Cornhole 11:00am Gourmet Lunch at Amberwoods 1:00pm Fit & Flex 1:00pm Movie Day</p>
<p>SEP 29</p> <p>8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo 1:00pm Diabetes Workshop</p>	<p>SEP 30</p> <p>8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:00am Hair Cuts 9:00am Nails w/ Roseanna 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (3) 10:45am Line Dancing 1:00pm Bazaar Planning Mtg 1:00pm Chair Yoga 1:00pm Craft Group (Session 2) 2:15pm Zumba (Chair Option)</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 _____