



GOLDEN NOTES

OCTOBER 2025 NEWSLETTER

WELCOME!

Welcome to October at the New Britain Senior Center! Fall is here with cooler days, colorful leaves, and exciting programs. We look forward to celebrating the season with you through fun activities and special events. Don't miss our Annual Halloween Party—it's always a highlight!

GET IN TOUCH

New Britain Senior Center

55 Pearl Street,
New Britain, CT 06051
Phone: 860.826.3553
Dial-a-Ride: 860.826.3555
Open: Monday – Friday
Hours: 8:15 AM – 4:00 PM



ANNUAL HALLOWEEN PARTY!

Wednesday, October 29th from 11:00am to 2:00pm

Join Us for our Annual Halloween Party sponsored by Autumn Lake. Free to for the first 150 members. Live music, lunch and raffle. Prizes will also be awarded for best costume. Max of two people to register.

Registration Begins Monday, October 6th

To Register please call 860.826.3553 or see the front desk

SAVE THE DATE: HOLIDAY BAZAAR

Saturday, December 6th from 9:00am to 2:00pm

The Senior Center is looking for interested bakers to bake items for the baked sale on December 6th so please keep this in mind!

The Bazaar Committee is still accepting vendors for the event, if interested, vendor forms available at front desk. Vendor fee is \$25 for a 6 foot table.



2 • GET TO KNOW US



OUR STAFF

Director

Rex Cone

Community Services Coordinator

Nick Talbot

Transportation Coordinator

Julie Swan

Maintenance

Sean Hills

Bus Drivers

Alex Molina
Siobahn Baskerville
Patricia Jackson
Chastity Rivera

Front Desk Assistant

Maria Francisco

THE NEW BRITAIN SENIOR CENTER

General Information

Location: 55 Pearl Street, New Britain, CT 06051

Contact Info: Phone 860.826.3553

Website www.newbritainct.gov

Membership Info: Must join in person during operating hours

Residents: \$10.00 for lifetime membership

Non-Residents: \$20.00/ year

Dial-a-Ride Services

The New Britain Senior Center's Dial-A-Ride program provides convenient, curb-to-curb transportation for seniors within the city. Whether you need to get to a medical appointment, grocery store, shopping trip, or the senior center, Dial-A-Ride is here to help.

- Hours: Monday–Friday, 8:30 AM–3:15 PM
- Suggested Donation: \$1.50 each way
- Accessibility: Wheelchair accessible vans available
- Booking: Please call at least 2 business days in advance to schedule your ride

This reliable and affordable service helps seniors maintain their independence and stay active in the community—don't miss out!

LUNCH PROGRAM • 3**JOIN US FOR LUNCH BY RW SOLUTIONS****Lunch Served Mon-Fri from 11:30am to 1:00pm**

Senior Center Lunch Program – Courtesy of RW Solutions
 Looking for a warm, delicious, and nutritious midday meal? Join us for the Senior Center Lunch Program provided by RW Solutions. This is more than just a meal—it's an opportunity to connect, support your health, and enjoy some good company.

- What you get: A freshly prepared, fully balanced lunch in a friendly, welcoming atmosphere. The meals are designed with care by nutrition professionals to meet the dietary needs of older adults.
- Cost: There is a suggested donation of \$3.50 per meal.
- How to participate: You must reserve your lunch by calling Novlette at 860-670-8818, by the Wednesday of the week before.
- Menu: The daily lunch menu is published on Page 4 of the Newsletter.

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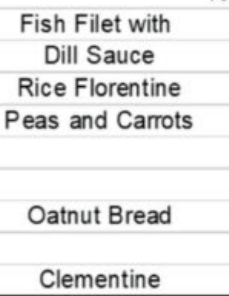
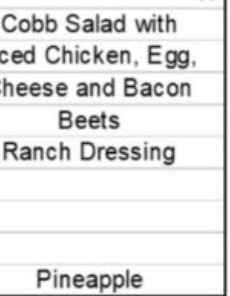
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4 • MONTH MEAL CALENDAR

Café		October Menu			1% or Skim milk provided Margarine available
MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION \$3.00			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					
6	7	8	9	10	
Chicken Parnesan Ziti with Tomato Sauce Broccoli	Taco Mix Yellow Rice Salsa and Sour Cream Shredded Lettuce Shredded Cheese	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	
Garlic Bread	Tortilla Chips	Multigrain Bread	Wheat Bread	Com Bread	
Applesauce	Pineapple	Birthday Cake	Mandarins	Watermelon	
13	14	15	16	17	
					
Southern Chicken Stew Meadow Blend Veggies		Fish Filet with Dill Sauce Rice Florentine Peas and Carrots	Sausage and Cheese Egg Bake Tater Tots Broccoli with Red Pepper	Cobb Salad with Diced Chicken, Egg, Cheese and Bacon Beets Ranch Dressing	
Biscuit		Oatnut Bread	Whole Wheat Bread		
Cookies		Clementine	Banana	Pineapple	
20	21	22	23	24	
Grilled Chicken Breast with Marsala Sauce Buttered Ziti Italian Blend Veggies	American Chop Suey Zucchini	Meatloaf with LS Gravy Mashed Potatoes Green Beans	Orange Juice Omelet with Mushrooms Turkey Bacon French Toast Sticks Spinach	Escarole Bean Soup Unsalted Crackers Fish Fillet Confetti Rice California Blend Veggie	
Garlic Bread	Italian Bread	Whole Wheat Bread		Wheat Roll	
Peaches	Mango Pineapple	Pudding	Jell-O	Apple	
27	28	29	30	31	
Hamburger Baked Beans Mixed Veggies	Chicken Strips with Honey Mustard Sauce Sesame Noodles Asian Blend Veggies	Halloween Party NO LUNCH PROVIDED	Chili Brown Rice Cauliflower Shredded Cheese	Squirmina Spaghetti with Monstrous Meatballs Haunting Italian Vegetables Pastardlu Dinner Roll	
Hamburger Bun	Hawaiian Roll		Combread	Chilling Apple	
Cookies	Mandarins		Applesauce		

ACTIVITIES & EVENTS • 5



FRIDAY MOVIES

Friday, October 17th & 31st

1:00pm in the TV Room

Oct. 17th – **Cool Runnings**

Underdog Jamaican bobsled team's journey.

Oct. 31st – **Queen Bees**

Senior romance blooms in retirement.



CRAFTS W/ LESLIE

Tue. October 14th @ 1:30p

Craft of the Month:

Leaf Suncatchers!

A fun, relaxing monthly craft for seniors—create, laugh, and connect!

Sign up at Front Desk



SENIOR BOOK CLUB

3rd Tuesday Each Month

1:00pm in the Library

Oct. 21st – **March** by

Geraldine Brooks

Nov. 18th – **The 6th**

Extinction: An Unnatural History by Elizabeth

Kolbert

PRE-DIABETES & DIABETES

Support Group Education/ Info

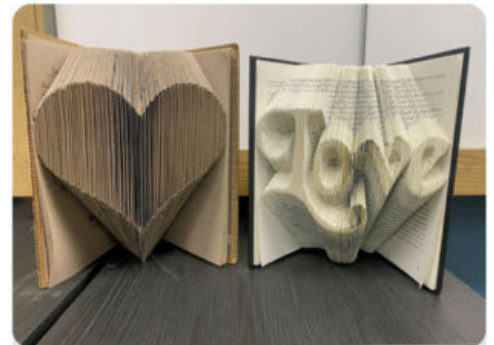
Monday, October 27th – 1:00pm

In Vermont Room – Please Sign Up
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
Monitoring + CGMs | Medications – & All That Jazz (BP & Choi)
Complications from poor control | How to cope, emotions, problem solving | Exercise and the why | Resources | Questions | Nutrition – and the DIET to control Glucose

Any Questions please email betsygaudian@comcast.net or call 860.302.0265 – Betsy Gaudian MSN, RN-BC, RDN, CDES



BOOK FOLDING

Every Monday Morning

10:00am in Card Room

Join Noella and discover the amazing craft of book folding! You'll be amazed by the results.

6 • ACTIVITIES & EVENTS



TARGET SHOPPING Friday, October 24th

Call 860.826.3553 for a pick up. Participants will be picked up on Friday morning, given 1 hour to shop and will receive a ride home! Call by Wednesday, October 22nd to sign up.



SENIOR PICKLEBALL Every Wednesday

8:30am to 10:30am
Walnut Hill Park

Join us each Wednesday for fun pickleball. No experience required.

Fun, Friendly Environment

CALLING ALL SINGERS NEW: Senior Acapella Group!

Informational Meeting on
Wednesday, October 15th at 1:00pm
In Vermont Room

Join us Wednesday, October 15th for a chance to be part of an all new Senior A Cappella Group! We have a Veteran choir instructor excited to form a group for anyone who loves to sing—no experience required. Come share your voice, have fun, and make new friends!



HAIRCUTS W/ CHELSEA

Tuesday, October 28th
9:00am to 2:00pm in Vermont Room
Schedule your appointment at the front desk. Appointment times are every half hour. Men's Cut \$20 | Women's Cut \$25



MANICURES W/ ROSEANNA

Tuesday, October 28th
9:00am to 1:00pm in Vermont Room
Get your nails painted as well!
Roseanna from Amberwoods will be providing free manicures. Call the front desk for an appointment.

WEDNESDAY DANCE Band Schedule

Join us every Wednesday from 1:00pm to 3:00pm in the cafeteria for an afternoon of music, movement, and fun! All are welcome—come dance, socialize, and enjoy a lively, friendly atmosphere.

Monthly Schedule:

Wednesday, October 1st – Mark & Tommy
Wednesday, October 8th – John and Friends House Band
Wednesday, October 15th – Mark & Tommy
Wednesday, October 22nd – John and Friends House Band
Wednesday, October 29th – **Halloween Party!**



ACTIVITIES & EVENTS • 7

TRIAD SPECIAL BINGO

Thursday, October 23rd

1:00pm to 3:00pm in Cafeteria
Join us for FREE Special Bingo presented by TRIAD. Donated Gift Card prizes available to participants along with special refreshments.



BEST BUDDIES

Thursday, October 15th

11:00pm to 1:00pm in Mass Room
Best Buddies Citizens creates one-to-one friendships between adults with and without intellectual or developmental disabilities in the community, and strives to build a community where everyone is valued and feels a sense of belonging!



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MEMORIAL

YOUR LEGACY MATTERS

Monday, October 20th

9:30am in Vermont Room

Join New Britain Memorial Funeral Director, AJ Albuquerque for the third part of our 3-part series, offering a deeper understanding of the cremation planning process.



FLU AND COVID SHOTS

Provided by Beacon Pharmacy

Friday, October 3rd from 12:00pm - 1:00pm
in Massachusetts Room

Must have valid insurance and must pre-register at the front desk. Once you sign up you will be given a form to fill out prior to your appointment time.

Those without valid health insurance please go to the Health Department

8 • PROGRAMS

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Need help with winter heating costs? The New Britain Senior Center is now taking appointments for the Connecticut Energy Assistance Program (CEAP) through April 30, 2026 for residents 60+. Eligible households may receive \$100–\$645 applied directly to their heating account.

To qualify, income must be at or below 60% of the state median or you must receive SNAP, TFA/TANF, SSI, State Supplement, or Refugee Cash Assistance. One application per household.

Appointments: Mon, Wed & Fri, 9–11:30 AM (about 30 min).
Call (860) 826-3553 to schedule.

GENERATION POWER CT (FORMERLY OPERATION FUEL)

Behind on utility bills?
Generation Power CT offers a one-time benefit to help eligible households catch up.

Next application cycle: Nov 2–10.

Contact Nick, Community Service Coordinator, for details and to book an appointment.

BIRTHDAY BASH SPONSORED BY GRANDVIEW HEALTH

Join us on the third Tuesday of every month at 12:30 for a special birthday celebration! The next one is on **October 21!**



Sponsored by Grandview Rehab
October Birthdays!



Zdzislaw Adamczyk
Elli Alderucci
Awilda Alvarado
Elizabeth Bishop
Anthony Bowan
Joan Clark
John Davis
Juanita DeLeon
Barbara Degradhis
Joseph Derosier
Corinna Fabretti
Renee Giulmette
Oscar Harris

Beverly Jelks
Allan Jordan
Antonina Knyps
Carmen Lebron
Steven Madej
Bertha Mangiafico
Elba Marquez
Amy Martin
Jose Martir
Robert Mathis
Charlotte McCusker
Paul Motta
Teresa Olis

Antonia Ortiz
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Jerry Rodriguez
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10 • CALENDAR

New Britain Senior Center October Calendar



MON	TUE	WED	THU	FRI
		OCT 1 8:30am Pickleball (Walnut Hill) 10:00am Tai Chi 1:00pm Afternoon Dancing	OCT 2 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)	OCT 3 9:00am Coloring w/ Ed 9:00am Cornhole 12:00pm Flu and Covid Shots 1:00pm Fit & Flex
OCT 6 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	OCT 7 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) 2:15pm Zumba (Chair Option)	OCT 8 8:30am Pickleball (Walnut Hill) 10:00am Tai Chi 1:00pm Afternoon Dancing	OCT 9 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)	OCT 10 9:00am Coloring w/ Ed 9:00am Cornhole 1:00pm Fit & Flex
OCT 13 	OCT 14 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) 1:30pm Craft w/ Leslie 2:15pm Zumba (Chair Option)	OCT 15 8:30am Pickleball (Walnut Hill) 10:00am Tai Chi 11:00am Best Buddies 1:00pm Afternoon Dancing 1:00pm Singing Meeting 11:00am Trip Meeting	OCT 16 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)	OCT 17 9:00am Coloring w/ Ed 9:00am Cornhole 1:00pm Fit & Flex 1:00pm Movie Friday (Cool Runnings)
OCT 20 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 9:30am Your Legacy Matters 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo	OCT 21 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) 2:15pm Zumba (Chair Option)	OCT 22 8:30am Pickleball (Walnut Hill) 10:00am Tai Chi 1:00pm Afternoon Dancing	OCT 23 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) 1:00pm TRIAD Special Bingo	OCT 24 8:45am Target Shopping 9:00am Coloring w/ Ed 9:00am Cornhole 1:00pm Fit & Flex
OCT 27 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 Support Group	OCT 28 8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:00am Haircuts w/ Chelsea 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)	OCT 29 8:30am Pickleball (Walnut Hill) 10:00am Tai Chi 11:00am Halloween Party 1:00pm Afternoon Dancing (cancelled)	OCT 30 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)	OCT 31 9:00am Cornhole 1:00pm Fit & Flex 1:00pm Movie Friday (Queen Bees)



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New Britain Senior Center

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TRIP OPTIONS FOR 2025

To Register bring cash or check to New Britain Senior Center

Date of Trip	Destination	Price	Location	Departure	Return
10/16/2025	Ivoryton Playhouse	\$65	Ivoryton, CT	10:00 AM	5:30 PM
11/7/2025	Mystic Trip	\$5	Mystic, CT	9:15 AM	2:00 PM
11/19/2025	Salem Cross Inn	\$158	West Brookfield, MA	10:00 AM	4:00 PM
12/5/2025	Christmas in Newport	\$150	Newport, CT	8:15 AM	7:00 PM
12/9/2025	Aquaturf - Holiday Classics w/ Cartels	\$55	Southington, CT	10:30 AM	4:00 PM

Ivoryton Playhouse - Show: INCIDENT AT OUR LADY OF PERPETUAL HELP, lunch at Scotch Plains Tavern

Mystic Trip - transportation only to Mystic Village - shop, enjoy, have lunch

Salem Cross Inn - Stage Coach Ride, Tour of Facility and Buffet Lunch

Christmas In Newport - Lunch at Wyndham Atlantic Resort w/ Guided Tour of 2 Decorated Mansions

Aquaturf - Lunch and Show w/ the Cartels - Included Van Ride to Location

Trips are filled on a first come first serve basis. Cancellations required one week in advance for refund unless otherwise noted. To register, please visit front desk and provide cash or check.