GOLDEN NOTES

NOVEMBER 2025 NEWSLETTER

WELCOME!

Welcome to November at the New Britain Senior Center! This month brings a spirit of gratitude and togetherness. We're thankful for our wonderful members and look forward to sharing another month of connection, laughter, and community with you.

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

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.

OAK ST. HEALTH BREAKFAST & PRESENTATION

Friday, November 21st from 9:00am to 11:00am

Join us for a free breakfast and presentation by Sharon Gutterman!

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Topic: Mindful Eating: Eat, Drink, and Mind Your Middle!

To Register please call 860.826.3553 or see the front desk

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

Front Desk Assistant
Maria Francisco

Grounds Assistant
Jorge Cotto-Hernandez

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!

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 $3.00 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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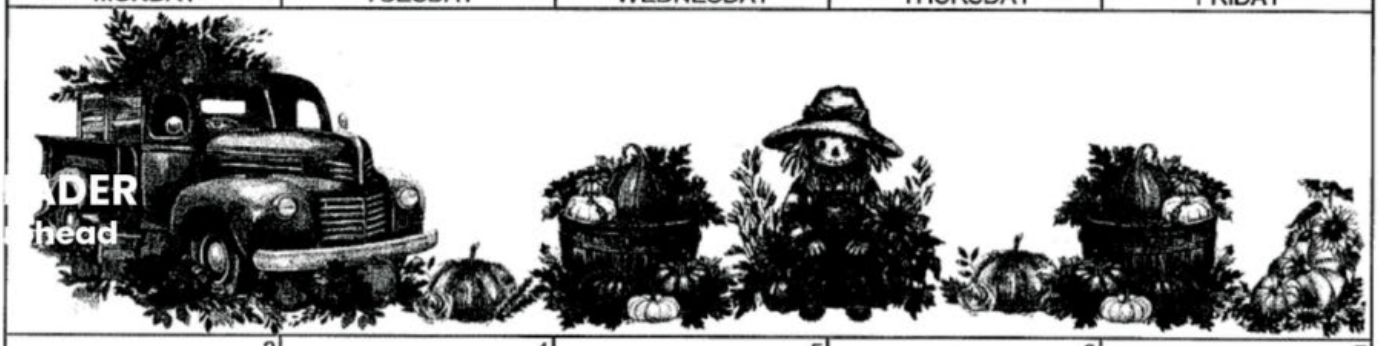
4 • MONTH MEAL CALENDAR

RW Solutions Senior Community Café

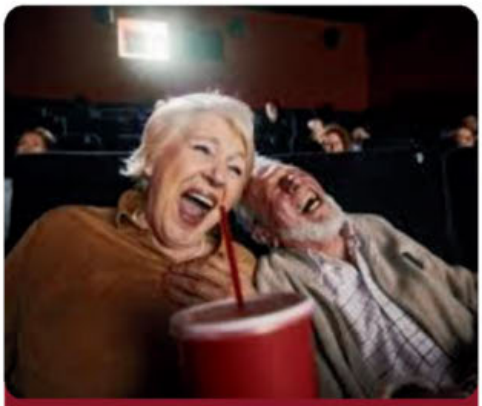
November Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE — **SUGGESTED DONATION $3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 Lasagna Rolette with Marinara Sauce Winter Blend Veggies Garlic Bread Cookies	4 Pork Chopette Sweet Potatoes Spinach Rye Bread Pineapple Mango	5 Italian Wedding Soup Unsalted Crackers Lemon Rosemary Chicken Confetti Rice Dill Carrots Wheat Bread Mandarins	6 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms Dinner Roll Fruit Cup	7 Pot Roast with LS Gravy Baked Potato Peas and Pearl Onions Dinner Roll Fruited Yogurt
10 Fish Filet Herbed Couscous Zucchini and Tomato Rye Bread Tropical Fruit	11 Honoring ALL WHO Served THANK YOU VETERANS	12 Orange Juice Scrambled Eggs with Peppers and Mushrooms French Toast Sausage Link French Toast Tater Tots Maple Syrup Yogurt	13 Tossed Green Salad Italian Dressing Spaghetti with Meat Sauce Italian Blend Veggies Garlic Bread Birthday Cake	14 Vegetable Soup Unsalted Crackers Garlic Buttered Pork Loin Macaroni and Cheese Brussel Sprouts Corn Bread Cookies
17 Ravioli Florentine with Cream Sauce Italian Peas Italian Bread Mandarins	18 Orange Chicken Brown Rice Oriental Blend Veggies Fortune Cookie Multigrain Bread Pineapple	19 ***Thanksgiving Special*** Roast Turkey with LS Turkey Gravy Mashed Cinnamon Sweet Potatoes Green Bean Almandine Cranberry Sauce Dinner Roll Pumpkin Pie	20 Cream of Broccoli Soup Unsalted Crackers Pork Riblette with Apple Gravy Mashed Potatoes Harvard Beets Multigrain Bread Banana	21 Shepard's Pie Peas and Carrots Wheat Bread Pudding
24 Chicken Marsala Buttered Noodles Brussel Sprouts Wheat Bread Cookies	25 Fish Taco Black Bean and Mango Salad Cilantro Lime Coleslaw Flour Tortilla Peaches	26 Meatball Sub with Marinara Sauce Tater Tots Broccoli Tossed Salad Ranch Dressing Sub Roll Applesauce	27 HAPPY Thanksgiving	28

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!



FRIDAY MOVIES

Friday, Nov. 7th & 21st

1:00pm in the TV Room

Nov. 7th - **Planes, Trains & Automobiles**

Steve Martin & John Candy

Nov. 21st - **Home for the Holidays**

Chaotic, heartfelt family reunion.

CRAFTS W/ LESLIE

Mon. Nov. 10th @ 10:30a

****New Time****

Craft of the Month:
Beaded Corn Craft

A fun, relaxing monthly craft for seniors—create, laugh, and connect!
Sign up at Front Desk

SENIOR BOOK CLUB

3rd Tuesday Each Month

Nov. 18th - **The 6th Extinction: An Unnatural History** by Elizabeth Kolbert

PRE-DIABETES & DIABETES

Support Group Education/ Info

Monday, November 24th - 1:00pm

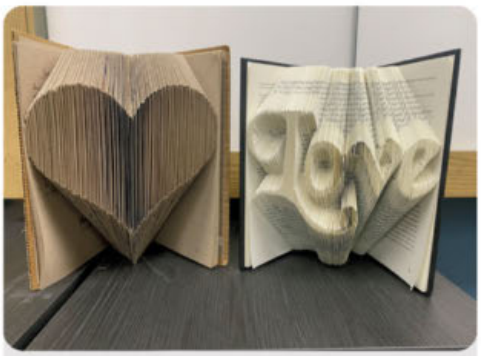
In Vermont Room - Please Sign Up

Whether you have pre-diabetes or diabetes, either new or for some time: IF YOU WOULD LIKE UPDATED INFORMATION, TIPS, TRICKS, AND SUPPORT 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, November 21st

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, November 19th to sign up.

SENIOR PICKLEBALL
Every Wednesday

MOVED INDOORS!
9:00am to 11:00am
at New Britain YWCA

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

Fun, Friendly Environment

THE BEE SHARPS' CHOIR
Please Join Us!

Every Friday, Beginning Friday, November 7th In Vermont Room

It's Official, the Bee #'s Choir will officially commence. Every Friday morning in the Vermont Room at 10:00am. Everyone is invited, come on Friday to check it out. Come once a month or every week, the more the merrier!

HAIRCUTS W/ CHELSEA

Date to be Determined
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

Date to be Determined
10:00am 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, November 5th - John and Friends House Band
Wednesday, November 12th - Mark & Tommy
Wednesday, November 19th - John and Friends House Band
Wednesday, November 26th - **No Band - Thanksgiving Week**

MEDICARE INFO SESSION

Wednesday, November 5

Join Mowie po Polsku for updates and changes with Medicare. She will have a table in the cafeteria from 12pm to 3pm.

BEST BUDDIES

Thursday, November 19th

11:00pm to 1:00pm at Lessard Lanes in Plainville, CT! Best Buddies goes on the road. If interested meet us at Lessard Lanes, 136 New Britain Ave., Plainville, CT 06062

TECH HELP W/ SARA

Friday, November 14th

10:00am to 11:00am in Computer Lab

Schedule your appointment at front desk for any questions regarding computers, phones and other tech issues!

TIPS FOR INCREASING HAPPINESS: RAISING YOUR HAPPINESS SETPOINT

Free Seminar Presented by Dr. Wendy Hurwitz

Tuesday, November 18th from 10:30am to 11:30am in Cafeteria

Did you know that researchers have found that every person has an individual baseline of happiness, and that this baseline of happiness can be raised?

Come learn tips and techniques to raise your happiness setpoint and enhance well-being.

Please register at the front desk!

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 **November 18!**

Sponsored by Grandview Rehab

November Birthdays!

Elzbieta Adamska
Connie Bird
June Brouillette
Nellie Collazo
Olga Correa
Travis Crum
Nelida Figueroa
Norma Flores
MICHAEL GIARRATANA
Joseph Gacek
Steve Gora
Ivelisse Griffin
Migdalia Guadalupe
Arlene Hallin
Patrick Jelks
Jackie Landry
Sarah Lugo
Carol Marold
Carol Mogielnicki
Luz Perez
Miriam Ramos
Rosa Rosa
Diana Rudzinski
CHRISTINE STANLONIS
David Sadlowski
Josephine Sarkus
Mark Staranchak
Bessie Surratt
Peter Taylor
Otis Thompson

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

VISIT **WWW.MYCOMMUNITYONLINE.COM**

10 • CALENDAR

New Britain Senior Center October Calendar

November 2025 Calendar

MON	TUE	WED	THU	FRI
NOV 3 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Book Folding 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo 1:00pm Commission on Aging Meeting	NOV 4 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)	NOV 5 10:00am Crocheting and Knitting 10:00am Tai Chi 12:00pm Medicare Presentation 1:00pm Afternoon Dancing	NOV 6 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)	NOV 7 9:00am Cornhole 1:00pm Fit & Flex 10:00am Bee Sharp Choir
NOV 10 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Book Folding 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo	NOV 11 **CLOSED VETERAN'S DAY** CLOSED	NOV 12 10:00am Crocheting and Knitting 10:00am Tai Chi 11:00am Trip Meeting 1:00pm Afternoon Dancing	NOV 13 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)	NOV 14 9:00am Cornhole 1:00pm Fit & Flex 10:00am Bee Sharp Choir
NOV 17 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Book Folding 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo	NOV 18 8:30am Fitness w/ Chris (1) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Fitness w/ Chris (3) 10:30am Happiness Class 10:45am Line Dancing 1:00pm Chair Yoga	NOV 19 10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm Afternoon Dancing	NOV 20 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	NOV 21 9:00am Cornhole 9:00am Oak St. Breakfast/ Presentation 1:00pm Fit & Flex 10:00am Bee Sharp Choir
NOV 24 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (2) 10:00am Book Folding 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 1:00pm Bingo	NOV 25 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)	NOV 26 10:00am Crocheting and Knitting 10:00am Tai Chi 1:00pm **NO DANCING**	NOV 27 CLOSED	NOV 28 CLOSED

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New Britain Senior Center
55 Pearl Street,
New Britain, CT 06051

Indicia Goes Here

TRIP OPTIONS FOR 2025

To Register bring cash or check to New Britain Senior Center

Date of Trip	Destination	Price	Location	Departure	Return
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, RI	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.