



# Golden Notes

NEW BRITAIN SENIOR CENTER  
55 PEARL STREET  
NEW BRITAIN, CT 06051  
PHONE: 860 826-3553  
FAX: 860 826-3557

WEB ACCESS: <http://www.newbritainct.gov> Click on City Services and Senior Center.  
Look for and click on Golden Notes Newsletter

---

**VOL XLIV NO. XXIII**

**June 2017**

**TRIAD MONTHLY EDUCATIONAL SERIES**  
At the New Britain Senior Center

## Chair Yoga and Stretching



Tuesday, June 20<sup>th</sup> at 9:00 AM



Learn how to reconnect with your body through chair yoga. Yoga can help you learn deep breathing, reduce pain and fatigue while giving you more energy. Learn the different types of stretching to bring flexibility back to your joints and even reduce stress. Continental Breakfast will be served  
Program sponsored by Autumn Lake

Listed below are the dates and topics for the remaining TRIAD Series

July 18<sup>th</sup> - Senior Self Defense  
August 15<sup>th</sup> – What does the New Britain Dept. of Public Health Do for You?  
September 19<sup>th</sup> – Vaccine 101  
October 19<sup>th</sup> – Fire Safety: Do you have a fire strategy?

Save the dates for these very informative talks.

Movie for June 16, 2017  
Something's Gotta Give

Still sexy at 60, Harry Sanburn wines and dines women half his age. But a getaway with his girlfriend goes awry when her mother shows up unannounced.  
Starring Jack Nicholson and Diane Keaton

**NOTE:** This movie will start at 12:30 pm because of the lengthy running time.

**Seniors in Action New Britain Meeting**  
**Thursday, June 1<sup>st</sup> at 9:30 am**  
**Business Meeting followed by Bingo**  
**Come and join the group for some valuable information and socialization.**  
**Refreshments will be served**  
**Note, this meeting will be held in the Vermont Room**



**Book Group Meeting**

**The Public Library – Senior Center Book Group will meet on Tuesday, June 20<sup>th</sup> at 1:00 pm here at the senior center. The book read for June is *The Short and Tragic Life of Robert Peace* written by Jeff Hobbs. Hope you will join us.**



**Chair Yoga**  
**Wednesdays 9:30 to 10:30 AM**  
**Accommodates all Levels and Disabilities**  
**Sponsored by the New Britain Health Department of Nursing**

**Stanley Seniors**  
**Mohegan Sun Bus Trips**  
**June 13<sup>th</sup>**  
**July 11<sup>th</sup>**  
**August 8<sup>th</sup>**  
**September 12<sup>th</sup>**  
**October 10<sup>th</sup>**  
**November 14<sup>th</sup>**



**Price \$23.00, includes \$15.00 for food, \$15.00 for wheel**  
**Bus leaves Stanley Tools parking lot at 8:00 am returns at 4:30 pm.**

**Call Elda Spaczynski at 860 229-2502 for reservations**

**June 2017**

**Monday**

**8:15 am to 11:10 am – Snack bar open**  
**8:45 am to 9:15am. – Beginners Line Dancing**  
**9:00 am to 11:30 am Exercise/Table tennis open**  
**9:15 am to 11:30 am – Art class open**  
**9:15 am to 10:00 am – Exercise Class with Chris**  
**10:00 am to 11:00 am – Line dancing class**  
**12:45am to 3:00 pm - Bingo**

**Tuesday**

**8:15 am to 11:00 am. – Snack Bar open**  
**8:45 am to 9:15 am - - Beginners Line Dancing**  
**9:00 am to 11:30 am Exercise/Table tennis open**  
**9:15 am to 10:15 am – Exercise Class with Chris**  
**9:15 am to 11:30 pm – Craft group meets**  
**10:30 am to 11:15 am – Line dancing with Chris**  
**12:30 to 2:30 pm – Wii Bowling**  
**1:00 pm to 3:30 pm – Craft group meets**

**Wednesday**

**8:15 am to 11:00 am – Snack bar open**  
**9:00 am to 11:30 am – Exercise/Table tennis open**  
**9:30 am to 11:30 am – Pinochle Club**  
**9:15 am to 11:30 am – Art Class open**  
**9:30 am to 10:30 am Chair Yoga**  
**9:30 am to 11:00 am – Adult Coloring**  
**1:00 pm to 3:00 pm – Ballroom Dancing**

**Thursday**

**8:15 am to 11:00 am – Snack bar open**  
**9:00 am to 11:30 am Exercise/Table tennis open**  
**9:30 am to 10:30 am –ZUMBA with Amy**  
**9:15 am to 11:30 am – Craft Group meets**  
**12:30 pm to 3:30 pm – Pinochle Club**  
**1:00 pm to 3:30 pm – Craft group meets**

**Friday**

**8:15 am to 11:00 am – Snack bar open**  
**9:00 am to 11:30 am Exercise/Table tennis open**  
**9:15 am to 11:30 am – Art class open**  
**9:30 am to 11:00 am – Adult Coloring**  
**1:30 pm to 3:00 pm Square Dancing**  
**12:45 pm Monthly movie (Usually the 3<sup>rd</sup> Friday of each month)**

**SERVICES BY APPOINTMENT  
DIAL-A-RIDE**

At least a 2-day notice is required for rides to the Senior Center, medical appointments, shopping and other destinations at any time within the month. Call 826-3555 for an appointment. There is a suggested donation of \$1.50 each way.

**MEDICARE/MEDICAL INSURANCE INFORMATION**

Persons seeking help in filing Medicare claims or appeals, interpreting medical bills and assistance in making decisions concerning Medicare supplemental insurance can make an appointment with Senior Center Staff by calling the Center at 860 826-3553. Advice on Living Wills and how to deal with advance medical directives is also available.

---

From the Nursing Desk Please join us starting March 1<sup>st</sup>, 2017! The Nursing Department is sponsoring a Chair Yoga class for seniors on Wednesdays from 9:30-10:30am at the Senior Center. Kelly Murphy will be teaching the class, she is a certified Yoga instructor. This class will be a gentle practice Yoga, using a chair to come in and out of poses. Each participant will have their own chair to support them in sitting or standing. This class is recommended for all levels and can accommodate all disabilities. Here are just six of the many benefits of yoga for seniors.

1. Yoga improves Balance and Stability.
2. Yoga improves Flexibility and Joint Health.
3. Yoga improves Respiration.
4. Yoga reduces High Blood Pressure.
5. Yoga reduces Anxiety.
6. Yoga encourages Mindfulness

This class will run for 8 weeks to start. If there is sufficient interest we will continue the class. So please come out and meet Kelly and give Chair Yoga a try!



CW Resources Senior Community Cafe

June 2017



MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cranberry Juice Open Faced Turkey Sandwich with Turkey Gravy Herbed Stuffing Peas and Carrots <b>Happy Birthday</b> Oatmeal Bread  Birthday Cake	2 LS Hearty Vegetable Soup Unsalted Crackers Lemon Pepper Fish Tartar Sauce Harvest Couscous Green Beans Multi Grain Bread  Fresh Orange
5 Orange Juice Ziti with Meatballs Marinara Sauce Parmesan Cheese Italian Blend Veggies  Garlic Bread  Pudding	6 Pork Loin with Pan Gravy Brown Rice Peas and Onions  Rye Bread  Fresh Tangerine	7 Meatloaf with Onion Gravy Roasted Potatoes Buttered Beets  W.W. Dinner Roll  Mixed Fruit Cup	8 Cranberry Juice Chicken Scampi Linguini Cauliflower and Peppers  Biscuit  Cinnamon Applesauce	9 Grape Juice Roast Beef Mushroom gravy Mashed Potatoes Green Beans  Dinner Roll  Lemon Pudding
12 Veal Marsala Marsala Sauce Brown Rice Sautéed Garlic Broccoli  Catmeal Bread  Apricots	13 Grape Juice Tuna Mac and Pea Salad Stewed Tomatoes  Pumpnickel Bread  Cookies	14 Salisbury Steak LS Gravy Mashed Potatoes Italian Green Beans  W.W. Hamburger Bun  Cantaloupe	15 Cranberry Juice Turkey Tetrizzini over Wide Egg Noodles Peas & Carrots  Dinner Roll  Pecan Spinwheel	<b>Father's Day Special</b> Orange Juice Broccoli and Cheese Stuffed Chicken Breast Long Grain Rice Buttered beats  12 Grain Bread  Strawberry Sundae
19 Apple Juice Seasoned Chicken Leg with Spanish Rice Green Beans  Catmeal Bread Brownie	20 Grape Juice LS Sliced Ham with Pineapple Sauce Mashed Potatoes Country Style Veggies  12 Grain Bread Fresh Paach	21 Spaghetti with Meat Sauce Italian Blend Vegetables Romaine Salad Ranch Dressing  Garlic Bread Citrus Sections	22 Cranberry Juice Philly Cheese Steak Onions and Peppers Tater Tots Coleslaw  Sub Roll Applesauce	23 LS Cream of Mushroom Unsalted Crackers Pier 17 Fish Tartar Sauce Rice Pilaf Capri Blend Veggies  Rye Bread Tropical Fruit Cup
26 Turkey Kielbasa Buttered Noodles Red Cabbage  Rye Bread  Applesauce	27 Orange Juice Bruschetta Chicken Linguni Italian Blend Vegetables  Garlic Bread  Cookies	28 Hamburger Lettuce and Tomato Steak Fries Green Beans  Hamburger Roll  Peaches	29 Cranberry Juice BBQ Pork Chop Macaroni and Cheese Peas and Carrots  W.W. Dinner Roll  Ice Cream Sandwich	30 LS Cream of Mushroom Unsalted Crackers Egg Salad with Celery Potato Salad Broccoli and Red Pepper  Pumpnickel Bread  Fresh Pear

# June Calendar

June 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 Movie 1:00 PM	17
18	19	20 TRIAD Program 9:00 am Book Group 1:00 PM	21 Summer Begins	22	23	24
25	26	27	28	29	30	Notes:

More Calendar: [Jul](#), [Aug](#), [PDF Calendar](#)

**New Britain Parks, Recreation & Community Services Department**  
**Bus Trips**

**Kennebunkport, ME**

Sunday, July 23, 2017

This tiny picture perfect village, tucked along the southern coast of Maine is truly a gem. Trip includes: RT luxury motor coach transportation, narrated sightseeing trolley tour, leisure time in Dock Square, a visit to Cape Neddick "Nubble" Lighthouse in York Maine.

Registration deadline 06/16/2017

Fee: \$129.00 per person Activity #: 2616-1

**Statue of Liberty, Ellis Island, & Times Sq.**

Wednesday, July 26, 2017

See Lady Liberty in New York Harbor and pay a visit to the Ellis Island Museum. Trip includes tour director, RT transportation, round trip ferry to and from Liberty and Ellis Islands, and leisure time in Times Square. (This trip does not include access to the Statue of Liberty crown)

Registration deadline 06/23/2017

Fee: \$99.00 per person Activity #: 2621-1

**Saratoga Race Course**

Sunday, August 6, 2017

See the graceful power of thoroughbreds running at the Saratoga Race Course, the oldest track with the richest tradition in the country. Trip includes: round trip motor coach transportation, admission & reserved seating at the races, program, and voucher for a hot dog and soda.

Registration deadline 07/07/2017

Fee: \$99.00 per person Activity #: 2617-1

**Nantucket Island Excursion**

Saturday, August 12, 2017

Walk the sandy beaches, take in the boutiques and explore the art galleries, there is something for everyone. Trip includes: Round-trip transportation, including High Speed Ferry from Hyannis to Nantucket, island tour with a local guide, leisure time for lunch and shopping.

Registration deadline 07/14/2017

Fee: \$189.00 per person Activity #: 2619-1

**THE REGISTRATION DEADLINE FOR ALL OF THE ABOVE LISTED SHARED BUS TRIPS IS AT LEAST ONE MONTH PRIOR TO TRIP DATE:**

Shared bus trips are offered to several communities, exact departure times are dependent upon towns attending. Departure times for most shared bus trips are between 7:00am and 9:00am; Most trips depart from the commuter parking lot across from the New Britain Target Store located at 475 Hartford Road, New Britain. Participants are notified via letter of exact departure times/location at least two weeks prior to trip. Participants must be over the age of 18 or accompanied by an adult.