



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

FEBRUARY 2020

HARDWARE CITY TRAVELERS PROGRAM—TRIPS NOW OFFERED!

**The Hardware City Travelers
Program is open to
Senior Center Members.**

**Members may also register
friends and family for the trips!**

2020 Trips Selected, Save the Dates!

March 18—Log Cabin—Holyoke, MA

April 7—Newport Playhouse

April 30—Spirit of Boston Boat Cruise

June 25—Mainly Maine Trip

July 13—Delaney House—All You Can Eat Lobster

July 30—Lake George

August 13—Essex Steam Train

October 13—Ellis Island Tour

November 12—Grand Oak Villa—Bob Hope Tribute

Flyers are now available at the
front desk.

Reserve your spot today!

FOR MORE INFO CALL

860.826.5291!

For more information on the trips, please call the Senior Center at 860.826.5291

You can register for any trip during our working hours of 8:15a-4:00p, M-F

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: newbritainct.gov
Hours of Operation:	Monday—Friday 8:15am to 4:00pm
Membership Info:	Join Mon-Wed-Fri 1:00pm to 3:00pm Age 55+
Membership Cost:	Residents: \$3.00 for lifetime membership! Non-Residents: \$10.00 per year

LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)

CARVING STATION

Tuesday, February 25th

Roast Turkey Breast, Turkey Gravy, Mashed Potatoes, Stuffing, Peas and Carrots, Cranberry Sauce

***Must call ahead one day to reserve your meal!**

Call 860.826.3553 to reserve!



REBUILDING TOGETHER NEW BRITAIN

Are you a homeowner in need of a helping hand?

Rebuilding Together New Britain is accepting applications for our April 2020 event!

You may qualify for NO COST home repairs, maintenance or yard work.

Please call Rebuilding Together New Britain at 860.832.4389 TODAY for more info!



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LUNCH PROGRAM BY CW RESOURCES

Join us for Lunch! Meals are served from 12:00 to 1:00pm each weekday. Per CW Resources, there is a suggested donation of \$2.50. To reserve a meal, you must register at least one day in advance. The daily lunch menu is located on page 3 of the newsletter.



For New Participants—Call one day in advance to sign up. When you come for lunch, see BRIAN in the cafeteria to fill out a registration form. Bon appetit!

**To reserve a lunch please call:
860.826.3553 Mon-Fri between 10 & 12pm**

NEW INFORMATION

**Home Care VNA, LLC Presents President's Day Bingo
Wednesday, February 19th in Vermont Room
Presentation, Prizes and Appetizers**

*****NEW CLASS*** Qigong—1:00pm—Every Thursday in Massachusetts room
BEGINS ON THURSDAY, JANUARY 16th**

Qigong (pronounced Chee-gong) is a collection of Chinese self healing techniques that are practiced through mental, physical, and body sensing exercises. Through these exercises you will gain greater awareness and control over all aspects of yourself, (mind, body, emotions) for overall improved health

GREEN HOUSE VOLUNTEER MEETING—THURSDAY, FEBRUARY 6th in Cafeteria—12:30pm

The Senior Center is looking for volunteers to help grow and manage the Greenhouse. With professional guidance from ROOTS, we will discuss hours, dates, and plants!
OUR SENIOR CENTER ANNUAL FLOWER SALE IS SLATED FOR SATURDAY, MAY 9th

NO EXPERIENCE REQUIRED—WE WOULD LOVE YOUR HELP!



CW Resources Senior Community Café



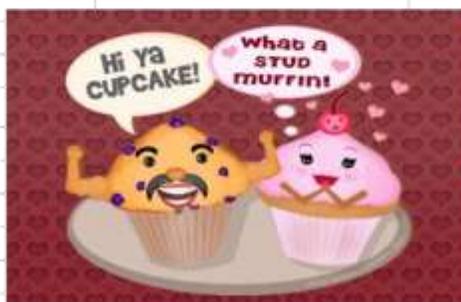
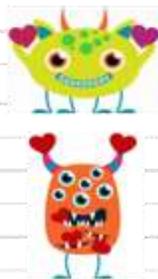
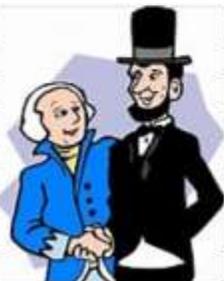
1% or Skim milk provided
Margarine available

February Menu 2020

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Shepherds Pie Mixed Vegetables Happy Birthday Dinner Roll Birthdaay Cake	4 Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Com Fajita Day Tortilla Apple	5 Navy Bean Soup Unsalted Crackers Pier 17 Fish with Dill Sauce Buttered, Parslied Noodle Broccoli Rye Bread Banana	6 Grape Juice Roast Beef Beef Gravy Oven Roasted Potatoes Spinach 12 Grain Bread Lemon Pudding	7 Apple Juice BBQ Pork Chop Stuffing Carrots Oatmeal Bread Ice Cream Cup
10 Sweet & Sour Meatballs Sesame Noodles Oriental Blend Veggies 100% Whole Wheat Peaches	11 Pineapple Juice Roast Pork Apples and Sauerkraut Harvest Rice Beets Rye Bread Peanut Butter Cookies	12 CLOSED	13 Pea Soup Unsalted Crackers Crabcake Steak Fries Cole Slaw Tartar Sauce Hamburger Bun Fresh Orange	14 Chicken Cordon Bleu Sweet Potatoes Buttered Peas  Dinner Roll Valentine Treat
17 	18 Special Dessert Cranberry Juice Pier 17 Fish Waffle Fries Cole Slaw Tartar Sauce Multigrain Bread Apple Pie	19 Lazy Man's Stuffed Peppers Mash Potatoes Broccoli Wheat Bread Pineapple Chunks	20 Meatloaf Onion Gravy Buttered Noodles Peas & Carrots Rye Bread Tropical Fruit Cup	21 Orange Juice Turkey Pot Pie Rice Garden Salad French Dressing* Biscuit Oatmeal Raisin Cookies
24 Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli Oatmeal Bread Tapioca Pudding	25 LUNCH CARVING Roasted Turkey Breast Turkey Gravy Mashed Potatoes Stuffing Peas & Carrots Cranberry Sauce	26 Apple Juice Roast Pork Sweet Potatoes Creamy Spinach 100% Whole Wheat Oatmeal Raisin Crème Pie	27 Grape Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread Fruit Cup	28 Hot Dog Baked Beans Braised Red Cabbage Hot Dog Roll Fruit Cocktail



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UPCOMING PROGRAMS AND EVENTS—EXCITING TIMES :)

DOMINOES! - Join our Group—Every morning at 9:00am—Stop In :)

WII BOWLING TEAM—PLAY OTHER SENIOR CENTERS! WE NEED PLAYERS!

Practice Tuesday afternoons in the cafeteria—12:30pm

Monthly Movie—CLICK—Friday, February 28—1:00pm/ Vermont Room

Michael Newman (Adam Sandler) seems to have it all but his wife, Donna, is increasingly frustrated by the amount of time he has to spend at work. Michael cannot find time to be at home until he meets an eccentric inventor (Christopher Walken) who gives him a universal remote that controls time. At first he happily skips the boring times until he realizes the remote is in control of his life and he learns to cherish all the precious moments with his family.

THE SENIOR CENTER BOOK CLUB Free to join! Tuesday, February 18 in Library at 1:00pm

February Book:

Good Talk Dad: The Birds and the Bees... and Other Conversations We Forgot to Have
- Bill and Wille Geist

March Book: Farewell, My Love—Raymond Chandler

HOT STEPPERS WALKING GROUP—WE NEED HELP!!! GET US TO CALIFORNIA

THURSDAY MORNINGS AT 8:45am—Join Us and Walk With Us!

Start the New Year right with some walking! Join our walking group on Thursday Mornings!

WE HAVE OFFICIALLY WALKED JUST UNDER 1,000 MILES AND HAVE REACH MISSOURI!

FRIDAY GAME DAY—EVERY FRIDAY IN CAFÉ—FREE COFFEE FOR PATICIPANTS

Drop in, play some games and socialize! Gift Card Raffle last Friday of each month!

Monday Morning Art with Paul Gobell—Every Monday at 10:00am in Craft Room

Open to all skill/ experience levels and styles. Drop In!

Stretch and Flex Class—Every Thursday at 11:00am in Massachusetts Room

Senior Stretch and Flex is a group exercise class designed to help with flexibility, balance, and muscular endurance. Sponsored by the YMCA, Drop in!

Tai Chi Class—Every Tuesday, 1:30pm in the Massachusetts Room

Tai Chi takes place every Tuesday. Drop in and enjoy the tremendous benefits of Tai Chi!

VALENTINE'S DAY DANCE—Thursday, February 13, 2019—12:00pm to 3:00pm

Presented by Autumn Lake Join us for lunch, entertainment and raffle.

Free for Members | \$5.00 for Non-Members

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FITNESS & DANCE PROGRAMS



Line Dancing for Beginners—Massachusetts Room

Mondays and Tuesdays, 8:45-9:15am

Advanced Line Dancing—Massachusetts Room

Mondays, 10:00-11:00am & Tuesdays 10:30-11:15am

Tai Chi—Cafeteria

Tuesdays, 1:30-2:30pm

Ballroom Dancing with Live Music—Cafeteria

Wednesdays, 1:00-3:00pm



Chair Yoga—Massachusetts Room

Wednesdays, 9:30-10:30am

Sponsored by

Health Department

Zumba Gold—Massachusetts Room

Thursdays, 9:30-10:30am

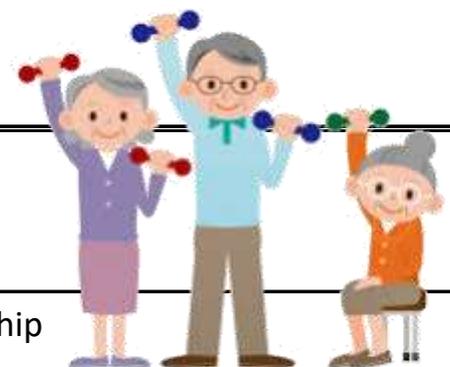
Sponsored by

Health Department



Fitness with Chris—Massachusetts Room

Mondays and Tuesdays, 9:15-10:00am



Hot Steppers Walking Group

Thursdays, 8:15-9:15am

All Programs are free with membership
For more info call 860.826.3553

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SOCIAL PROGRAMS

Seniors in Action Meeting—Vermont Room

Thursday, February 6, 2020—9:30am

Bingo and Refreshments



Bingo—Cafeteria

Mondays, 12:45—3:00pm

Open Exercise Room—Elliptical & Treadmill Machines

Monday—Friday, 8:15—4:00pm

Adult Coloring—Art Room

Wednesdays & Fridays, 9:30—11:00am

Craft Group—Craft Room

Tuesdays and Thursdays, 9:15—11:30am & 1:00—3:30pm

Pinochle Group

Wednesdays, 9:30—11:30am & Thursdays, 12:30—3:30pm

Puzzles and More Puzzles—Library

Any time Monday—Friday, 8:15—4:00pm

WILD TURKEY WII BOWLING—Tuesdays

Every Tuesday, 12:30pm in the Cafeteria



All Programs are free with membership
For more info call 860.826.3553



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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.



NEWS FROM THE NURSES OFFICE

HEALTH SERVICES OFFERED, FREE FOR MEMBERS!

SORRY FOR THE INCOVNENIECE BUT WE WILL NOT HAVE A NURSE AVAILABLE FOR THE MONTH OF FEBRUARY.

A NEW PUBLIC NURSE BEGINS IN MARCH—MORE INFO TO COME!

MONTHLY MANICURES—Sponsored by Newington Rapid Recovery

**Schedule your appointment for a FREE manicure on Monday, February 10, 2020—CALL FRONT DESK!
Call for an appointment at 860.826.3553—Manicures will be given between 10am and noon!**



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	Time		Activity
MONDAY	8:15 AM	to 11:10 AM	Snack Bar Open
	8:45 AM	to 9:15 AM	Line Dancing for Beginners
	9:00 AM	to 3:30 PM	Exercise Equipment Available to Use
	10:00 AM	to 11:00 AM	Instructed Art Class
	9:15 AM	to 10:00 AM	Fitness w/ Chris
	10:00 AM	to 11:00 AM	Advanced Line Dancing
	12:45 AM	to 3:00 PM	Bingo
TUESDAY	8:15 AM	to 11:10 AM	Snack Bar Open
	8:45 AM	to 9:15 AM	Line Dancing for Beginners
	9:00 AM	to 3:30 PM	Exercise Equipment Available to Use
	9:15 AM	to 10:00 AM	Fitness w/ Chris
	9:15 AM	to 11:30 AM	Craft Group Meets
	10:30 AM	to 11:15 AM	Advanced Line Dancing
	12:30 PM	to 2:30 PM	Wii Bowling
	1:00 PM	to 3:30 PM	Craft Group Meets
WEDNESDAY	8:15 AM	to 11:10 AM	Snack Bar Open
	9:00 AM	to 3:30 PM	Exercise Equipment Available to Use
	9:30 AM	to 11:30 AM	Pinochle Club
	9:15 AM	to 11:30 AM	
	9:30 AM	to 10:30 AM	Chair Yoga Class
	9:30 AM	to 11:00 AM	Adult Coloring
	1:00 PM	to 3:00 PM	Ballroom Dancing
THURSDAY	8:15 AM	to 11:10 AM	Snack Bar Open
	9:00 AM	to 3:30 PM	Exercise Equipment Available to Use
	9:30 AM	to 10:30 AM	Zumba
	9:15 AM	to 11:30 AM	Craft Group Meets
	12:30 PM	to 3:30 PM	Pinochle Club
	1:00 PM	to 2:00 PM	Qijong
FRIDAY	8:15 AM	to 11:10 AM	Snack Bar Open
	9:00 AM	to 3:30 PM	Exercise Equipment Available to Use
	9:15 AM	to 11:30 AM	
	9:30 AM	to 11:00 AM	Adult Coloring
	12:30 PM	to 3:00 PM	Monthly Movie (Fourth Friday)

FEBRUARY 2020 - New Britain Senior Center Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
		JOIN OUR DOMINOES GROUP EVERY MORNING AT 9:00AM	VISIT OUR NEW THRIFT SHOP OPEN MON-FRI 9:30pm to 1:30pm			
2	3	4	5	6	7	8
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobeil - 10:00am Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 1:00pm GREENHOUSE MTG 12:30p Senior's in Action 9:30am Qigong - 1:00pm	GAME DAY FRIDAY 9:00am Coloring Group - 9:30am (THRIFT SHOP CLOSED) TAX PROGRAM	
	Monthly Commission Meeting 1:00pm				DIABETES PROGRAM 12:30	
9	10	11	12	13	14	15
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobeil - 10:00am Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm	CLOSED/HOLIDAY	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 1:00pm VALENTINE'S DAY DANCE 12:00pm	Coloring Group - 9:30am GAME DAY FRIDAY 9:00am TAX PROGRAM	
					DIABETES PROGRAM 12:30	
16	17	18	19	20	21	22
	CLOSED/HOLIDAY	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm Book Club 1:00	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm SPECIAL BINGO PRESENTATION 10:30pm	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 1:00pm Qigong - 1:00pm	GAME DAY FRIDAY 9:00am Coloring Group - 9:30am TAX PROGRAM DIABETES PROGRAM 12:30	
					DIABETES PROGRAM 12:30	
23	24	25	26	27	28	29
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobeil - 10:00am Bingo - 12:45pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm WII BOWLING MATCH IN TORRINGTON	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 1:00pm Qigong - 1:00pm	GAME DAY FRIDAY 9:00am Coloring Group - 9:30am MONTHLY MOVIE 12:30pm (CLICK) TAX PROGRAM DIABETES PROGRAM 12:30	

Golden Notes Newsletter

NEW LOGO

SENIOR CENTER T-SHIRTS
AVAILABLE FOR PURCHASE
AT THE FRONT DESK!

\$15.00 PER SHIRT—ALL
PROCEEDS GO TOWARDS
SENIOR CENTER
PROGRAMMING!

While Supplies Last



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

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UPCOMING PROGRAMS AND EVENTS—CONTINUED

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