



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## *Golden Notes Newsletter*

### **DECEMBER 2018**

#### **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!**

**Trip to Brand New MGM Springfield Casino  
Saturday, February 23, 2019**

Spend the morning at the brand new MGM Springfield Casino. Experience the new casino—Everyone receives a complimentary \$10 bet.

Also enjoy a 1:30pm comedy play called “Boeing, Boeing” at the Majestic Theater.

**Deadline to Register:** Friday, January 25, 2019  
**Cost:** \$49—Depart 7:45am—Return 5:30pm

**Westchester Broadway Theater—Newsies  
Friday, March 29, 2019**

Westchester Dinner Theatre located in Elmsford, NY is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, you'll select from an excellent menu and enjoy a pre-show lunch.

**Deadline to Register:** Friday, February 22, 2019  
**Cost:** \$105

**Newport Playhouse & Cabaret Restaurant  
Clothes Encounters**

**Monday, April 8, 2019**

Enjoy a great buffet with a wide variety of entrees, salads, veggies, desserts, fruits and veggies. After dining, take your reserved seats in the theater.

**Deadline to Register:** Friday, March 8, 2019  
**Cost:** \$98—Depart 8:00am—Return 6:30pm

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

|                             |  |
|-----------------------------|--|
| <b>Location:</b>            | 55 Pearl Street, New Britain, CT 06051   |
| <b>Contact Information:</b> | Phone: 860.826.3553   Fax: 860.826.3557<br>Website: <a href="http://newbritainct.gov">newbritainct.gov</a> |
| <b>Hours of Operation:</b>  | Monday—Friday   8:15am to 4:00pm   |
| <b>Membership Info:</b>     | Join Mon-Wed-Fri   1:00pm to 3:00pm  |
| <b>Membership Cost:</b>     | Residents: \$3.00 for lifetime membership!<br>Non-Residents: \$10.00 per year                              |

## Annual Holiday Bazaar—Friday, December 7, 10am—1:30pm

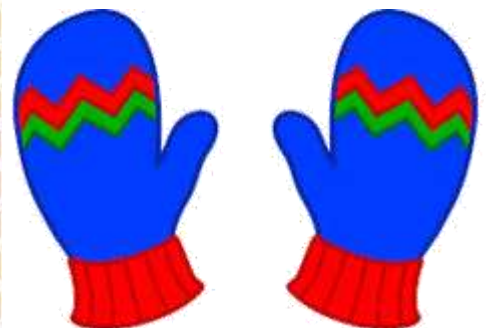
Our crafty seniors have made a years worth of hand made crafts that are for sale at the New Britain Senior Center!

The Holiday Bazaar Includes:

Craft and Bake Sale, Raffle Prizes, Music and More!

Breakfast and Lunch available for purchase.

\*All proceeds go to programming at the New Britain Senior Center\*



# Golden Notes Newsletter

## SENIOR CENTER BREAKFAST BAR

Early riser? Swing by the breakfast bar!  
Stop in anytime after 8:15am for a bite.  
Read the paper, do a crossword, or just shoot  
the breeze.

**Come down for the best prices in town!**



**Meet  
for  
Breakfast**

### BREAKFAST BAR INCLUDES:

|               |        |                |        |
|---------------|--------|----------------|--------|
| Coffee        | \$0.50 | Juice          | \$0.50 |
| Tea           | \$0.50 | English Muffin | \$0.50 |
| Hot Chocolate | \$0.50 | Bagel          | \$0.50 |
| Toast         | \$0.50 | Water          | \$0.50 |

## 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 MARIA 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**



# CW Resources Senior Community Café

## December Menu

1% or Skim milk provided  
Margarine available

| MENU ITEMS            |  | SUBJECT TO CHANGE   |  | SUGGESTED DONATION    |  |                           |  |                         |  |
|-----------------------|--|---|--|-----------------------|--|---------------------------|--|-------------------------|--|
| MONDAY                |  | TUESDAY   |  | THURSDAY              |  | FRIDAY                    |  |                         |  |
| 3                     |  | 4   |  | 5                     |  | 6                         |  | 7                       |  |
| Grape Juice           |  | Eggplant Rolette with   |  | Unbreaded Fish Filet  |  | Hearty Vegetable Soup     |  | Chicken Patty with      |  |
| Sloppy Joe            |  | Meat Sauce  |  | with Lemon            |  | Unsalted Crackers         |  | Country Gravy           |  |
| Mashed Potato         |  | Buttered Ziti   |  | Butter Sauce          |  | Wrm R. Beef Sandwich      |  | Whipped Mashed Potato   |  |
| Corn Niblets          |  | Italian Blend Veggies   |  | Harvest Rice          |  | Provolone Cheese          |  | String Beans with       |  |
|                       |  |   |  | Stewed Tomatoes       |  | French Fries              |  | Mushrooms               |  |
|                       |  |   |  |                       |  | Three Bean Salad          |  |                         |  |
| Hamburger Bun         |  | Oatmeal Bread   |  | Multi Grain Bread     |  | Seeded Bun                |  | 100% Whole Wheat        |  |
|                       |  |   |  |                       |  |                           |  |                         |  |
| Rice Pudding          |  | Tropical Fruit Salad  |  | Mandarin Oranges      |  | Brownie with Topping      |  | Banana                  |  |
| 10                    |  | 11  |  | 12                    |  | 13                        |  | 14                      |  |
| Grape Juice           |  | Egg Nog   |  | Swedish Meatballs     |  | Cranberry Juice           |  | Com Chowder             |  |
| Lasagna Rollette      |  | Stuffed Chicken   |  | with Sour Cream Gravy |  | Chicken Ala King over     |  | Unsalted Crackers       |  |
| Primavera Sauce       |  | Chicken Gravy   |  | Buttered Noodles      |  | Wild Rice                 |  | Pier 17 Fish            |  |
| Italian Blend Veggies |  | Oven Roasted Potatoes   |  | Beets                 |  | Oriental Blend Veggies    |  | Tartar Sauce            |  |
|                       |  | Baby Carrots with Peas  |  |                       |  |                           |  | Mashed Sweet Potato     |  |
|                       |  | <b>Christmas Special</b>  |  |                       |  |                           |  | Spinach                 |  |
|                       |  |    |  |                       |  |                           |  |                         |  |
| Garlic Bread          |  | Dinner Roll   |  | Rye Bread             |  | Pumpernickel Bread        |  | Dinner Roll             |  |
|                       |  | Cheesecake with   |  |                       |  |                           |  |                         |  |
| Vanilla Pudding       |  | Strawberries  |  | Fruit Cup             |  | Peaches                   |  | Citrus Sections         |  |
| 17                    |  | 18  |  | 19                    |  | 20                        |  | 21                      |  |
| Cranberry Juice       |  | Toscana Soup  |  | Orange Juice          |  | Kielbasa                  |  | Apple Juice             |  |
| Meatloaf              |  | Unsalted Crackers   |  | Fish Sandwich         |  | Pierogies                 |  | Salisbury Steak with    |  |
| Brown Gravy           |  | Orange Chicken  |  | Sweet Potato Tots     |  | Sauerkraut                |  | LS Beef Gravy           |  |
| Garlic Mashed Potato  |  | Buttered Rice   |  | Cole Slaw             |  | Broccoli                  |  | Mashed Potato           |  |
| Carrots & Green Beans |  | Scandinavian Veggies  |  | Tartar Sauce          |  |                           |  | Peas                    |  |
|                       |  |   |  |                       |  |                           |  |                         |  |
| Multigrain Bread      |  | Dinner Roll   |  | Hamburger Bun         |  | Rye Bread                 |  | Potato Bread            |  |
| Baked Pears           |  |   |  |                       |  |                           |  |                         |  |
| with Topping          |  | Fresh Apple   |  | Tangerine             |  | Tropical Fruit Cup        |  | Chocolate Chip Cookies  |  |
| 24                    |  | 25  |  | 26                    |  | 27                        |  | 28                      |  |
| Meatball Sub          |  | <b>Closed</b>   |  | Hearty Vegetable Soup |  | Apple Cider               |  | Orange Juice            |  |
| Mozzarella            |  |  |  | Unsalted Crackers     |  | Sliced Ham with           |  | Cheese Ravioli          |  |
|                       |  |   |  | Hamburger             |  | Cherry Pineapple Glaze    |  | Tomato Sauce Florentine |  |
| French Fries          |  |   |  | Baked Beans           |  | Mashed Sweet Potato       |  | Italian Blend Veggies   |  |
| Mixed Veggies         |  |   |  | Broccoli              |  | Broccoli and Carrots      |  |                         |  |
|                       |  |   |  |                       |  | <b>New Year's Special</b> |  |                         |  |
|                       |  |   |  |                       |  |                           |  |                         |  |
| Sub Roll              |  |   |  | Hamburger Bun         |  | Dinner Roll               |  | Breadstick              |  |
|                       |  |   |  |                       |  |                           |  |                         |  |
| Fresh Orange          |  |   |  | Cookies               |  | Apple Cherry Crumble      |  | Fresh Apple             |  |
| 31                    |  |   |  |                       |  |                           |  |                         |  |
| Chicken Strips with   |  |   |  |                       |  |                           |  |                         |  |
| Peppers and Onions    |  |   |  |                       |  |                           |  |                         |  |
| Rice                  |  |   |  |                       |  |                           |  |                         |  |
| Mixed Vegetables      |  |   |  |                       |  |                           |  |                         |  |
|                       |  |   |  |                       |  |                           |  |                         |  |
|                       |  |   |  |                       |  |                           |  |                         |  |
| Whole Wheat Bread     |  |   |  |                       |  |                           |  |                         |  |
|                       |  |   |  |                       |  |                           |  |                         |  |
| Pears                 |  |   |  |                       |  |                           |  |                         |  |



# Golden Notes Newsletter

## LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)

Thursday, December 27, 2018

Grape Juice, Sliced Ham w/ Raisin Sauce, Mashed Potato, Green Beans w/ Red Pepper, Carrot Cake

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

**Call 860.826.3553 to reserve!**



## SENIOR CENTER PANCAKE BREAKFAST

Please join us for our annual Holiday Breakfast! The Senior Center Staff is happy to provide a pancake breakfast for any interested member.

**Friday, December 14, 2018**

**8:00am to 10:00am**

**Breakfast is Free of Charge**

(City Employees invited from 7:00-8:00am)



## SENIOR CENTER UGLY SWEATER CHRISTMAS PARTY!!!

**AT SENIOR CENTER, FRIDAY, DECEMBER 21, 2018 | 12:00pm to 3:00pm**

Prizes, Raffle, Live Band (Happy Travelers Band), Lunch Provided

Please register at the Senior Center Front Desk! Free to attend

Prizes for Best Sweater! SPONSORED BY AUTUMN LAKE

# Golden Notes Newsletter

## 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

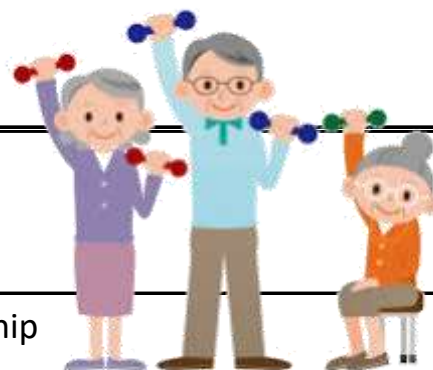


### Fitness with Chris—Massachusetts Room

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

### Hot Steppers Walking Group

Thursdays, 9:00-9:30am



All Programs are free with membership  
For more info call 860.826.3553



# Golden Notes Newsletter

## SOCIAL PROGRAMS

### **Seniors in Action Meeting—Vermont Room**

Thursday, December 6, 2018—9:30am

Movie after



### **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 IS BACK!**

Every Tuesday, 12:30pm in the Vermont Room



All Programs are free with membership  
For more info call 860.826.3553



# Golden Notes Newsletter

## **FESTIVAL OF WREATHS CHARITY EVENT**

Located at Newington Rapid Recovery Rehab Center

WEDNESDAY, DECEMBER 5, 2018

Come see Beautifully Decorated Wreaths from local businesses and volunteers

Buy Raffle Tickets to win Great Wreaths

Enjoy Appetizers, Wine & Cordials

FREE Ride and Tickets Available from Senior Center

SIGN UP AT FRONT DESK, BUS DEPARTS AT 4:30pm at Center

## **STANLEY BLACK & DECKER SENIOR TRAVEL**

Persons retiring or retired from Stanley, including members of their families, are eligible to join the Stanley Seniors Organization. Meet weekly on Wednesday's at 400 Myrtle St., New Britain, CT. Yearly dues are very reasonable. Mohegan Sun casino trips every month. Contact Pres. Elda Spaczynski at 860.229.2502 for more details.

## **BREAKFAST WITH SANTA at the SENIOR CENTER**

Sponsored by Newington Rapid Recover Rehab Center

SUNDAY, DECEMBER 16th from 9:00am to 11:00am

Pancake Breakfast, Selfies with Santa, Holiday Mechanical Animal Rides

Bingo and Prizes!

\$5.00 per ticket! Tickets available at the Senior Center

For more information call 860.826.3553

## **CHRISTMAS CAROLING BY NEWINGTON SIMMS MEMORIAL CHURCH**

Volunteers from Newington Simms Memorial Church will be singing Christmas Carols in the cafeteria on Tuesday, December 4th at 12:30pm. Call have lunch and stay for the caroling or just come at 12:30 and enjoy the music. For more information call 860.826.5291.



# Golden Notes Newsletter

## BOOK & MOVIE CLUB

### MONTHLY MOVIE

**White Christmas—Friday, December 14th**

w/ Popcorn Refreshments—12:30pm—Vermont Room

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

### MONTHLY BOOK CLUB

The Rosie Project by Graeme Simsion

Tuesday, December 18th—1:00pm—Library

## REBUILDING TOGETHER NEW BRITAIN

### Attention New Britain Homeowners: Need a Helping Hand?

Do you have home repairs, maintenance, or yard work that you could use help with?

Rebuilding Together New Britain is accepting applications through December

for our next event.

Contact Rebuilding Together New Britain at 860.832.4389

and see if you qualify for no cost home repairs!



## VOLUNTEER OPPORTUNITY

### Greeter for AARP Tax Aide Program

Responsibilities include making sure people have appointments and necessary paperwork. No tax training or experience needed.

Hours are part-time Tuesday mornings and Fridays 9 to 4.

February thru April 15,

If you're interested contact:

Rex Cone, Sr. Center Director, 860-826-3553 or

Wendy Kingsbury, Tax-Aide, 860-828-3656

# Golden Notes Newsletter

## 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, shopping 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—FLU CLINIC

### HEALTH SERVICES OFFERED, FREE FOR MEMBERS!

Nurses from the New Britain Health Department

SENIOR CENTER HOURS: Monday - Thursday from 9:00am to 12:00pm

Residents can come for the following:

- Height & Weight
- Community Referrals
- Flu Vaccines (By Appointment Only)
- Review Medications
- Nutritional Counseling
- Blood Sugar

Appointments can be made by calling the Senior Center at (860) 826-3553 and ask to speak with one of the nurses. If you have any questions or concerns, please call Heidi at the Health Department at (860) 826-3462.

## MONTHLY MANICURES

Schedule your appointment for a **FREE** manicure on  
Thursday, December 20th—call front desk  
Call for an appointment at 860.826.3553—Manicures will  
be given between 10am and noon!



# Golden Notes Newsletter

|           | 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 | 11:30 AM | Exercise Equipment Available to Use |
|           | 9:15 AM  | to | 11:30 AM | Open Art Room (On your Own)         |
|           | 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 | 11:30 AM | 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  |    | 3:30 PM  | Craft Group Meets                   |
| WEDNESDAY | 8:15 AM  | to | 11:10 AM | Snack Bar Open                      |
|           | 9:00 AM  | to | 11:30 AM | 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 | 11:30 AM | 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 | 3:30 PM  | Craft Group Meets                   |
| FRIDAY    | 8:15 AM  | to | 11:10 AM | Snack Bar Open                      |
|           | 9:00 AM  | to | 11:30 AM | 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 (Third Friday)        |

# DECEMBER

| Sunday                   | Monday                     | Tuesday               | Wednesday               | Thursday               | Friday                    | Saturday             |
|--------------------------|----------------------------|-----------------------|-------------------------|------------------------|---------------------------|----------------------|
|                          |                            |                       |                         |                        |                           | 1                    |
|                          |                            |                       |                         |                        |                           |                      |
|                          |                            |                       |                         |                        |                           |                      |
| 2                        | 3                          | 4                     | 5                       | 6                      | 7                         | 8                    |
| Fit w/ Chris - 9:15am    | Fit w/ Chris - 9:15am      | Fit w/ Chris - 9:15am | Chair Yoga - 9:30am     | Walking Group - 9:00am | Annual Holiday Bazaar!    | La Sallette Trip     |
| Line Dance - 10:00am     | Line Dance - 10:00am       | Line Dance - 10:00am  | Ballroom Dance - 1:30pm | Zumba - 9:30am         |                           | 9:30am Senior Center |
|                          | Christmas Carols - 12:30pm |                       |                         |                        |                           |                      |
|                          | Bingo - 12:45pm            | Wii Bowling - 12:30pm | Festival of Wreaths     |                        |                           |                      |
|                          |                            | Tai Chi - 1:30pm      | Charity Event - 5:00pm  |                        |                           |                      |
| 9                        | 10                         | 11                    | 12                      | 13                     | 14                        | 15                   |
| Fit w/ Chris - 9:15am    | Fit w/ Chris - 9:15am      | Fit w/ Chris - 9:15am | Chair Yoga - 9:30am     | Walking Group - 9:00am | Holiday Pancake Breakfast |                      |
| Line Dance - 10:00am     | Line Dance - 10:00am       | Line Dance - 10:00am  | Ballroom Dance - 1:30pm | Zumba - 9:30am         | 8:00am to 10:00am         |                      |
| Aqua Turf Trip - 10:45am |                            | Wii Bowling - 12:30pm |                         |                        | Movie - 12:30pm           |                      |
|                          |                            | Tai Chi - 1:30pm      |                         |                        | White Christmas           |                      |
|                          | Bingo - 12:45pm            | Book Club             |                         |                        |                           |                      |
| 16                       | 17                         | 18                    | 19                      | 20                     | 21                        | 22                   |
| at Senior Center         | Fit w/ Chris - 9:15am      | Fit w/ Chris - 9:15am | Chair Yoga - 9:30am     | Walking Group - 9:00am | AUTUMN LAKE               |                      |
| Breakfast with Santa     | Line Dance - 10:00am       | Line Dance - 10:00am  | Ballroom Dance - 1:30pm | Zumba - 9:30am         | UGLY SWEATER              |                      |
| 9:00am to 11:00am        |                            | Wii Bowling - 12:30pm |                         |                        | CHRISTMAS PARTY           |                      |
| Bring the Kids!          | Bingo - 12:45pm            | Tai Chi - 1:30pm      |                         | Manicures - 10:00am    | 12:00pm to 3:00pm         |                      |
| \$5 per ticket           |                            | Book Club - 1:00pm    |                         |                        |                           |                      |
| 23                       | 24                         | 25                    | 26                      | 27                     | 28                        | 29                   |
|                          | Fit w/ Chris - 9:15am      |                       | Chair Yoga - 9:30am     | Walking Group - 9:00am |                           |                      |
|                          | Line Dance - 10:00am       | Christmas Day!        |                         | Zumba - 9:30am         |                           |                      |
|                          |                            | Closed                | Ballroom Dance - 1:30pm | CARVING STATION        |                           |                      |
|                          | Bingo - 12:45pm            |                       |                         | LUNCH                  |                           |                      |
| 30                       | 31                         |                       |                         |                        |                           |                      |
|                          | Fit w/ Chris - 9:15am      |                       |                         |                        |                           |                      |
|                          | Line Dance - 10:00am       |                       |                         |                        |                           |                      |
|                          | Bingo - 12:45pm            |                       |                         |                        |                           |                      |



# Golden Notes Newsletter

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## GOLD 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