



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

OCTOBER 2019

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!**

Cranberry Bog Tour

Wednesday, November 6, 2019

Guide will board the bus and give a narrated tour as you travel to the Cranberry Bog area. Learn about harvesting and gain insight on being a cranberry farmer. Lunch at Lindsey's Family Restaurant. Menu: Choice of Baked Stuffed Shrimp, Old Fashioned Turkey Dinner, or Yankee Pot Roast.

Stop at Dorothy Cox Chocolates Factory & Store. Shop for a sweet treat of chocolate or ice cream before heading home.

Deadline to Register: Friday, October 4, 2019

Cost: \$95pp—PU 7:15am RETURN 7:30pm

**TRIPS FOR THE 2020 SEASON COMING
SOON!**

Christmas Lights and Song

Sunday, December 8, 2019

Enjoy a delicious lunch at Student Prince in downtown Springfield. Meal includes choice of Roast Pork w/ apple glaze or Baked Scrod w/ crumb topping. Then be entertained during lunch by the famous Fort Street Holiday Carolers. Then spend some time at MGM Casino and then take a tour through Bright Nights at Forest Park!

Deadline to Register: Friday, November 8, 2019

Cost: \$95pp—PU 10:00am RETURN TBD

For more information on the trips, please call the Senior Center at 860.826.5291
You can register for any trip during our working ours 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 60+
Membership Cost:	Residents: \$3.00 for lifetime membership! Non-Residents: \$10.00 per year

LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)
CARVING STATION
WEDNESDAY, OCTOBER 9TH
ROAST BEEF!!

***Must call ahead one day to reserve your meal!**
Call 860.826.3553 to reserve!



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 for our next event!

Contact Rebuilding Together New Britain at 860.832.4389

and see if you qualify for no cost home repairs!



Golden Notes Newsletter

MEET OUR NEW KITCHEN MANAGER AT THE SENIOR CENTER!

NEW MANAGEMENT

New Britain Senior Center Kitchen is under new management! Come meet Brian—He has tons of experience in the food service field and is excited to be on board! :)—
Please sign up and introduce yourself!



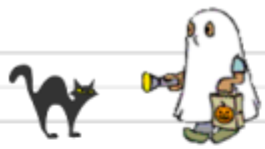
LUNCH PROGRAM BY CW RESOURCES

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**



CW Resources Community Café

October Menu

1% or Skim milk provided

Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Swedish Meatballs
Low Salt Gravy
Wide Egg Noodles
Peas and Carrots

Potato Bread

Citrus Selections

Salisbury Steak
Mushroom Gravy
Au Gratin Potatoes
Scandinavian Veggies

Rye Bread

Fruit Cocktail

Lazy Stuffed Peppers
Mashed Potato
Buttered Corn Nibbles

Italian Bread

Mandarin Oranges

Cranberry Juice
Goulash with
Macaroni, Beef, and
Green Pepper
Carrots

Italian Bread

Pudding

Cranberry Juice
Country Fried Chicken
Country Gravy
Mashed Potato
Green Beans with
Mushrooms

12 Grain Bread

Rice Raisin Pudding

Southern Grilled
Chicken Salad with
Olives, Tomatoes,
Black Beans, and Corn
Dressing

Corn Muffin

Cinnamon Applesauce

Grape Juice
Turkey Tetrastini
Brown Rice
California Blend Beggies

Pumpemickel Bread

Ice Cream Cup

Apple Juice
Herbed Chicken Legs
Cheesy Rice
Oriental Blend Veggies

100% Whole Wheat
Warm Peach Cobbler
with Topping

Corn Chowder
Unsalted Crackers
Fajita Chicken Strips
Spanish Rice
Pintos and
Black Eyed Peas

Tortilla

Pears

Grape Juice
Roast Pork
Cranberry Gravy
Sesame Noodles
Buttered Beets

100% W.W. Bread

Birthday Cake

Sliced Ham with
Pineapple Glaze
Mashed Potato
Geneva Blend Veggies

Rye Bread

Banana

Orange Juice
Baked Chicken
Pamesan
Rigatoni with Sauce
Romaine Salad
Italian Dressing

Italian Bread

Cinnamon Applesauce

Homemade Meatloaf
Onion Gravy
Sweet Potato
Peas

Roll

Cantaloupe

Beef Stroganoff
Buttered Noodles
Mixed Vegetables

Dinner Roll

Mandarin Oranges

Pasta Fagioli
Unsalted Crackers
Chicken Breast Sandwich
Lettuce and Tomato
Tator Tots
Cole Slaw
Mayonnaise
Sesame Bun

Peaches

Apple Juice
Catfish
Cheesy Rice
Broccoli

Wheat Bread

Chocolate Pudding

Cranberry Juice
Veal Picatta
Mashed Potato
Buttered Dill Carrots

Dinner Roll

Oatmeal Raisin Cookie

Cranberry Juice
Open Faced Turkey
Sandwich with Gravy
Buttered Noodles
Carrots

Apple Pie

Apple Pie

Aching Apple Juice
Spine-chilling Spaghetti
Monster Meatballs
Gangly Garden Salad
Italian Devilish Dressing

Ghastly Garlic Bread

Tricky Treat

Parmesan Crusted
Pollock

Seasoned Roasted Potatoes

Scandinavian Veggies
Sour Cream

Multi Grain Bread
Baked Apples
with Whipped Topping

Wonton Soup
Unsalted Crackers
Chicken Fried Rice
Oriental Blend Vegetables

Egg Roll

Pineapple Cup

LS Tomato Basil Soup
Unsalted Crackers
Broccoli, Potato,
Sausage Crumble,
Egg Bake
Spinach

Biscuit

Pears

Codfish Cakes
Steak Fries
Green Beans

Oatmeal Bread

Tropical Fruit Cup



Golden Notes Newsletter

UPCOMING PROGRAMS AND EVENTS—EXCITING TIMES :)

AUTUMN LAKE HALLOWEEN COSTUME PARTY—Thursday, October 31st at 12:00pm

Join us for a great afternoon! Lunch, Dancing, Raffles, Fun!—Celebrate Halloween!

\$5.00 for non-members | Free for members! Sign Up at Front Desk

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

Practice Tuesday afternoons in the cafeteria—12:30pm

FIRST MATCH AGAINST BRISTOL WAS A GREAT SUCCESS! We had a great time socializing and was able to come away with a win! The Wild Turkeys are 1-0 :)

TRIAD SENIOR LECTURE SERIES—Tuesday, October 15th at 9:00am

“FOCUS ON FALLS” FIVE WAYS TO ADDRESS TOP REASONS FOR FALLING

Each year, one in every three adults age 65 and older falls and the results can be life-altering. That's why it's important to recognize the top reasons that falls occur and identify steps you and your family can take to address these reasons before a fall happens. **Breakfast Sponsored by Bright Star Care**

Monthly Movie—Annie Hall—Friday, October 18th at 12:30pm

Comedian Alvy Singer (Woody Allen) examines the rise and fall of his relationship with struggling nightclub singer Annie Hall (Diane Keaton). Speaking directly to the audience in front of a bare background, Singer reflects briefly on his childhood and his early adult years before settling in to tell the story of how he and Annie met, fell in love, and struggled with the obstacles of modern romance, mixing surreal fantasy sequences with small moments of emotional drama.

THE SENIOR CENTER BOOK CLUB RETURNS! Free to join!

Tuesday, October 15th in Library at 1:00pm

October Book: Educated: A Memoir—Tara Westover

November Book: Catcher in the Rye—J.B. Salinger

FRIDAY MORNING COMPUTER HELP WITH CCSU INTERN, ARIELLA!

Join CCSU Intern for some help with the computer, phone or tablet. Every Friday morning beginning on Friday, September 13th at 10:00am in Computer Room

HERO BOXES

The Senior Center is accepting donations for Hero Boxes for deployed military. Call front desk for a list of suggested donations! 860.826.3553

Thanks for helping—all items are due by Friday, November 8th.

Golden Notes Newsletter

UPCOMING PROGRAMS AND EVENTS—CONTINUED

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 1:00pm in Massachusetts Room

Sponsored by the YMCA, Drop in!

Senior Stretch and Flex is a group exercise class designed to help with flexibility, balance, and muscular endurance.

Baking Class—Every Tuesday, 12:30pm in the Kitchen

Work with an expert baker and learn and bake a variety of wonderful dishes!

IT'S BACK! - Cooking Class—Every Friday in the Kitchen

Work with cooking specialist to make a variety of foods and learn while doing! Drop in!

Tai Chi Class—Every Tuesday, 12:30pm in the Massachusetts Room

Tai Chi will resume on July 9th at 1:30pm and will take place every Tuesday. Please provide a warm welcome to our new instructor, Owen Benefield. He was highly recommended by other senior centers in the area!

AARP Driver Safety Course—No class in October

New Britain Public Health Nursing Department Programs

Flu and Cold Seminar— Thursday, October 10 from 10:30-11:30am

We will discuss how to recognize a cold from the Flu, how to protect yourself this winter season and Flu facts.

Flu Clinic—Get your Flu Shot! - Wednesday, October 23rd from 9:00am to 1:00pm

Forms are available at the Senior Center Front Desk.

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

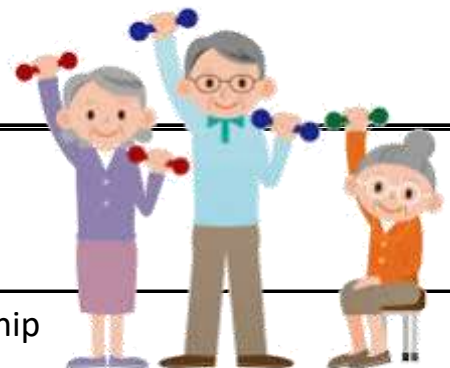


Fitness with Chris—Massachusetts Room

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, October 10, 2019—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



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

Please join us Thursday October 10th from 10:30 a.m. – 11:30 a.m. for the next class in our Health Department Nursing Division Health and Wellness Series. We will meet in the Vermont Room. This class will focus on Flu and Cold. We will discuss how to recognize a cold from the Flu, how to protect yourself this winter season and Flu facts.

We are holding our annual Flu Clinic on Wednesday October 23rd from 09:00 a.m. - 01:00 p.m. at the Senior Center. Please bring your insurance cards. The best way to protect yourself from the Flu is vaccination!

MONTHLY MANICURES—Sponsored by Newington Rapid Recovery

**Schedule your appointment for a FREE manicure on
TIME TO BE DETERMINED—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	3:30 PM	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	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		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	3:30 PM	Craft Group Meets
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 (Third Friday)

October 2019 - New Britain Senior Center Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	2	3	4	5	6	7	8	9	10	11	12	13	14
	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	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm	Coloring Group - 9:30am Cooking Club - 1:00pm Computer Assistance Mornings w/ Arella 10:00am	MAIN ST USA AT WALNUT HILL PARK							
6	7	8	9	10	11	12	13	14	15	16	17	18	19
	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	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm Seniors in Action - 9:30	Coloring Group - 9:30am Greenhouse Club - 1:00pm Computer Assistance Mornings w/ Arella 10:00am								
13	14	15	16	17	18	19	20	21	22	23	24	25	26
	COLUMBUS DAY SENIOR CENTER CLOSED	Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Baking Class - 12:30pm Tai Chi - 1:30pm Book Club - Library 1:00pm	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm Grandview Presentation 10:30am (After Zumba)	Coloring Group - 9:30am Greenhouse Club - 1:00pm								
20	21	22	23	24	25	26	27	28	29	30	31		
	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	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	Walking Group - 9:00am Zumba - 9:30am Pinochle - 12:30 - 3:30 Stretch & Flex - 1:00pm AARP DRIVER COURSE 8:45am	Coloring Group - 9:30am Greenhouse Club - 1:00pm Computer Assistance Mornings w/ Arella 10:00am								
27	28	29	30	31									
	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	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	HAPPY HALLOWEEN AUTUMN LAKE COSTUME PARTY 12:00pm Sign Up at Desk									



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

