



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

October 2021

Each entrance now has check in stations! Please use your new membership card to “check-in”!

Just scan your card, select the reason you're at the Senior Center and then click ‘save’! Its that simple.

If you have any questions, please ask the front desk!



For more information, please call the Senior Center at 860.826.5291, M– F from 9:00am to 4:00pm

UPDATED NEW BRITAIN SENIOR CENTER PROTOCOL

The City is continuing to follow the CDC guidelines for mask wearing. Most recently, the CDC has issued a recommendation that in areas of substantial or high transmission, all individuals should wear a mask in public indoor places, even if they are fully vaccinated. The current average daily rate for New Britain is 19 cases per 100,000 people and updated each Thursday. Currently we are considered high transmission. The Health Department is closely monitoring the daily rate of cases among New Britain residents and will continue to do so.

Please note:

- If you are fully vaccinated and are more comfortable wearing a mask, please feel free to do so.
- If someone else requests that masks are worn in a given area, we ask that you are respectful of others' space and abide by their request.
- Please continue to wash your hands and use hand sanitizer.
- Please continue to monitor your health and watch for symptoms of COVID-19. If you display symptoms of COVID-19 after visiting the New Britain Senior Center, please contact us immediately.

PLEASE CONTINUE TO STAY HOME IF YOU ARE SICK!



New Offerings!

Hardware City Travelers Program is BACK!

Refer to flyers in the back of the newsletter to see available trips

Nurse Presentation—Skin Cancer: What are the Signs and Symptoms?

Come join us for a discussion.

Refreshments provided. Please register, but walk-ins always welcome.

Tuesday, October 19th in the Vermont Room at 10:00am

Target Shopping Trip—Friday, October 15th —Morning Departure

Limited Availability—Please call at least two days ahead to register.

Art Class NEW TIME—NOW ON THURSDAYS at 1:00pm in the Card Room

Senior Hand Made Crafts for Sale—Be sure to check out the showcase near the front desk and see the great crafts for sale. Support our craft group and purchase quality items!

TRIAD Movie Day @ Trinity on Main! Singing in the Rain—FREE EVENT

Thursday, October 28th—10:00am to 1:00pm—We will give you a ride from the Center to Trinity at 9:30am—Please register at front desk!

Raffles, Free Lunch and Popcorn Provided!! Don't miss out!



New Offerings Continued...

Senior Book Club—Tuesday, October 19th in the Library at 1:30pm

Oct 19 Splendid and the Vile - Eric Larson

Nov 16 Being There - Jerzy Kosinski

| Dec 21 Wine girl : the obstacles, humiliations, and triumphs of
America's youngest sommelier / Victoria James

Line Dancing Is Back!

Mondays and Tuesdays at 10:30am—Massachusetts Room

Please sign up at Front Desk!

Zumba Gold is BACK @ A NEW TIME—Thursdays from 9:00am to 10:00am

Thursdays at 10:00am in the Massachusetts Room

Please sign up at front desk

***NEW PROGRAM* The New Britain “CLEAN BREAK” Billiards Club**

The New Britain Senior Center is starting its First Ever Billiards Club!

Begins Tuesday August 3rd in the Card Room/ Pool Room

Tuesdays and Thursdays from 1:00pm to 3:00pm

CALL TO SIGN UP OR JUST COME DOWN ON A TUESDAY OR THURSDAY!

Death Café Group—Monday, September 25th—11am

You are invited to be part of an open non-judgmental get together. The aim of this get together is to increase awareness about Death and have thought provoking conversations as a group to help you to make the most out of your Life now. Please join us in a relaxed, and safe setting to discuss views and experiences on Death and aspects of how it relates to our Lives and impacts those around us.



New Offerings Continued...

Bowling Field Trip to Lessard Lanes! \$10 for Lunch, Bowling and Mini Golf

Monday, October 18th—For first 12 registered, sign up at front desk.

Join us for a day at the lanes. The senior center bus will depart at 9:30am to Lessard Lanes in Plainville. For \$10 each participant will receive one game of mini golf, two bowling games and coffee and pizza.

Healthy Balance Chair Yoga—Tuesdays from 1:00pm to 2:00pm

Join us for a second Yoga Class with Patricia Reville!

Computer Help with Juliana—Every Friday from 10:00am to 2:00pm

Questions about the computer or phone? Need some help printing or retrieving an email? Please stop by on Friday's to meet with CCSU Intern, Juliana. She will be happy to assist you! Call the front desk to sign up for a time.

Autumn Lake Halloween Dance Party! - Friday, October 29th!

11:00am to 2:00pm—Join us for our third annual Halloween Dance Party!

Free event for members—join us for a costume contest, lunch, raffle and entertainment.

100 person maximum, please sign up today!

Shuffleboard and Cornhole League—Fridays, beginning October 15.

Looking for some friendly competition and comradery? Join our shuffleboard/ cornhole league. No experience required. Teams of two will compete against other teams each week. Join as a single and we will find you a pair, or sign up with your partner. Don't miss out! Call Rex at 860.826.5291 for more information.

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

TO GO MEALS AVAILABLE

CW Resources is providing to-go meals for pickup only. If you are interested, please call 860.826.3553 to reserve your lunch.

Lunch pickups are Monday, Wednesday & Friday Between 11:30am and 12:30pm. You may pick up your meals in the back of the senior center by the greenhouse.



- On Mondays, you will receive Monday's and Tuesday's Meal.
- On Wednesdays, you will receive Wednesday's and Thursday's Meal.
- On Fridays, you will receive Friday's Meal.

You must call one week in advance to reserve your meals. Masks must be worn at all times while picking up your meal. Meals are not allowed to be consumed inside the building until further notice.

Weekly Menus are available one week in advance. Call the Senior Center or pick up the menu during serving hours.

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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.



Must be over 55 years old to participate

FOOT CARE SERVICES

Sue is still available. To continue her foot clinic at the New Britain Senior Center, please call her directly at 860.538.1481 to make an appointment. Please be aware of all safety protocols.

Appointments are held every Monday.

THRIFT SHOPPE NOW OPEN!

Something old...Something new...

Something SPECIAL...Just for You!



THRIFT SHOPPE

Located at

The New Britain Senior Center
55 Pearl Street, New Britain
Mondays – Tuesdays – Thursdays
9:30 a.m. – 2:00 p.m.

Featuring an elegant display of items for you to enjoy!

Proceeds benefit CCARC's Services for people with disabilities

Accepting donations of new or gently used handbags, wallets, jewelry, fashion accessories and decorative household items.

Contact Susan Yeagle at 860-229-6665 syeagle@ccarc.com

Golden Notes Newsletter

SENIOR CENTER MASKS FOR SALE AT FRONT DESK!

ONLY \$5.00 PER MASK

LIMITED QUANTITIES

Available for purchase at the front desk of the New Britain

Senior Center (55 Pearl Street, New Britain, CT).

ALL PROCEEDS GO TOWARDS SENIOR CENTER PROGRAMMING



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



New Britain Senior Center presents:

A Bob Hope USO Style tribute

featuring Bill Johnson and Holly Faris

Wednesday, November 10, 2021

The Grand Oak Villa Oakville, CT

Join us at the Grand Oak Villa for a tribute to America's Veterans.

Bob Hope's life in comedy comes alive with this look-a-like & sound-a-like tribute.

Holly's impersonations include Marilyn Monroe, Lucy Ricardo and special "guest" Phyllis Diller...Great Fun!



Menu: Cheese, Crackers, & Pepperoni upon arrival

Family Style Meal: Garden Salad, Pasta with Homemade House Sauce, Roast Turkey with Gravy & Sliced Roast Beef with Brown Gravy, Roasted Potato, Vegetable, Dessert, Soda & Coffee.

Carafes of Red & White Wine on every table

COST: \$115.pp based on 25-30

Reservations: New Britain Senior Center: 860-826-3553

Depart: 10:30am New Britain Senior Center, 55 Pearl Street

Est. Return: 4:00pm New Britain

**Departure time subject to change*

THEY'RE BACK

2021 SENIOR FARMERS' MARKET NUTRITION PROGRAM

**LIMIT 1
PACKET
PER
PERSON**

**BOOKLETS NOW
AVAILABLE!**

**TO RECEIVE YOUR BOOKLET,
PLEASE VISIT THE
NEW BRITAIN SENIOR CENTER**

MONDAY-FRIDAY

8:15AM-4PM

Must provide ID

Please call the
front desk at
(860) 826-3553
for any questions
or concerns 😊

Eligibility:

Participant is 60 years of age or older and their income does not exceed 185% of the income poverty guidelines.

The New Britain Senior Center Presents:

HALLOWEEN

Party



OCT 29,

FRIDAY

11AM - 2PM

**New Britain Senior
Center**

**Lunch
Provided**

**Raffle
Prizes**

**Costume
Contest**

Entertainment



FREE for members - Pre Register at Front Desk

Members ONLY - 100 Person Max

Members are encouraged to dress up, but **NOT mandatory.**

The New Britain Senior Center Presents:

- FALL 2021 -


CORNHOLE & SHUFFLEBOARD LEAGUE PLAY



**MEMBERS ONLY || FREE TO JOIN || CO-ED ||
TEAMS OF 2 || PRE-REGISTRATION REQUIRED**

**GAMES HELD EVERY FRIDAY FROM 9:00AM TO 11:30AM
BEGINS FRIDAY, OCTOBER 15th**

CONTACT (860) 826-3553 FOR MORE DETAILS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				ACTIVITIES CALENDAR OCTOBER 2021				9am-11am Dominoes Group 10am-2pm Computer Help 1pm-2pm Stretch & Flex	
8:30am-9am Fitness w/ Chris (Session 1) 9am-11am Dominoes Group 9:15am-9:45am Fitness w/ Chris (Session 2) 10am-10:30am Fitness w/ Chris (Session 3) 10:45am-11:15am Line Dancing (Session 1) 1pm-3pm Bingo	4	8:30am-9am Fitness w/ Chris (Session 4) 9am-12pm Craft Group (Session 1) 9am-11am Dominoes Group 9:15am-9:45am Fitness w/ Chris (Session 5) 10am-10:30am Fitness w/ Chris (Session 6) 10:45am-11:15am Line Dancing (Session 2) 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Wii Bowling	5	9am-11am Dominoes Group 9am-3pm Pinochle Group (Session 1) 10am-11am Tai Chi & Qi Gong 1pm-3pm Afternoon Dancing	6	8:30am-9am Hot Steppers Walking Group 9am-12pm Craft Group (Session 1) 9am-11am Dominoes Group 9am-10am Zumba Gold 10am-11am Chair Yoga 12pm-4pm Pinochle Group (Session 2) 1pm-2pm Art Class 1pm-3pm Bingo 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2)	7	9am-11am Dominoes Group 10am-2pm Computer Help 1pm-2pm Stretch & Flex	8
8:30am-9am Fitness w/ Chris (Session 1) 9am-11am Dominoes Group 9:15am-9:45am Fitness w/ Chris (Session 2) 10am-10:30am Fitness w/ Chris (Session 3) 10am-1pm Lessor Lanes Trip 10:45am-11:15am Line Dancing (Session 1) 11am-12pm Death Cafe 1pm-3pm Bingo	11	8:30am-9am Fitness w/ Chris (Session 4) 9am-12pm Craft Group (Session 1) 9am-11am Dominoes Group 9:15am-9:45am Fitness w/ Chris (Session 5) 10am-10:30am Fitness w/ Chris (Session 6) 10:45am-11:15am Line Dancing (Session 2) 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Wii Bowling	12	9am-11am Dominoes Group 9am-3pm Pinochle Group (Session 1) 10am-11am Tai Chi & Qi Gong 1pm-3pm Afternoon Dancing	13	8am-7:15pm Oktoberfest Trip (Pomona, NY) 8:30am-9am Hot Steppers Walking Group 9am-12pm Craft Group (Session 1) 9am-11am Dominoes Group 9am-10am Zumba Gold 10am-11am Chair Yoga 12pm-4pm Pinochle Group (Session 2) 1pm-2pm Art Class 1pm-3pm Bingo 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2)	14	8:30am-10:30am Target Trip 9am-11:30am Cornhole/Shuffleboard 9am-11am Dominoes Group 10am-2pm Computer Help 1pm-2pm Stretch & Flex	15
8:30am-9am Fitness w/ Chris (Session 1) 9am-11am Dominoes Group 9:15am-9:45am Fitness w/ Chris (Session 2) 10am-10:30am Fitness w/ Chris (Session 3) 10am-1pm Lessor Lanes Trip 10:45am-11:15am Line Dancing (Session 1) 11am-12pm Death Cafe 1pm-3pm Bingo	18	8:30am-9am Fitness w/ Chris (Session 4) 9am-12pm Craft Group (Session 1) 9am-11am Dominoes Group 9:15am-9:45am Fitness w/ Chris (Session 5) 10am-10:30am Fitness w/ Chris (Session 6) 10am-1pm Nurse Presentation 10:45am-11:15am Line Dancing (Session 2) 1pm-2:30pm Book Club 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	19	9am-11am Dominoes Group 9am-3pm Pinochle Group (Session 1) 10am-11am Tai Chi & Qi Gong 1pm-3pm Afternoon Dancing	20	8:30am-9am Hot Steppers Walking Group 9am-12pm Craft Group (Session 1) 9am-11am Dominoes Group 9am-10am Zumba Gold 10am-11am Chair Yoga 12pm-4pm Pinochle Group (Session 2) 1pm-2pm Art Class 1pm-3pm Bingo 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2)	21	9am-11:30am Cornhole/Shuffleboard 9am-11am Dominoes Group 10am-2pm Computer Help 1pm-2pm Stretch & Flex	22
8:30am-9am Fitness w/ Chris (Session 1) 9am-11am Dominoes Group 9:15am-9:45am Fitness w/ Chris (Session 2) 10am-10:30am Fitness w/ Chris (Session 3) 10:45am-11:15am Line Dancing (Session 1) 1pm-3pm Bingo	25	8:30am-9am Fitness w/ Chris (Session 4) 9am-12pm Craft Group (Session 1) 9am-11am Dominoes Group 9:15am-9:45am Fitness w/ Chris (Session 5) 10am-10:30am Fitness w/ Chris (Session 6) 10:45am-11:15am Line Dancing (Session 2) 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2) 1pm-2pm Healthy Balance Chair Yoga 1pm-2pm Wii Bowling	26	9am-11am Dominoes Group 9am-3pm Pinochle Group (Session 1) 10am-11am Tai Chi & Qi Gong 1pm-3pm Afternoon Dancing	27	8:30am-9am Hot Steppers Walking Group 9am-12pm Craft Group (Session 1) 9am-11am Dominoes Group 9am-10am Zumba Gold 10am-11am Chair Yoga 10:30am-1:30pm TRIAD Movie Day 12pm-4pm Pinochle Group (Session 2) 1pm-2pm Art Class 1pm-3pm Bingo 1pm-3pm Clean Break Billiards Club 1pm-3pm Craft Group (Session 2)	28	9am-11:30am Cornhole/Shuffleboard 9am-11am Dominoes Group 10am-2pm Computer Help 12pm-3pm Autumn Lake Halloween Party 1pm-2pm Stretch & Flex	29