



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

January 2021

Welcome to 2021!

The New Britain Senior Center is excited for a
New Year and a New Start.

Please call and register for our programs.

There is still space available!

The Center is still limited, but there are still
program offerings. We'd love to see you!

New Britain Senior Center COVID-19 Protocols

Our biggest priority for the upcoming reopening is to keep everyone safe and healthy while participating in our programs. Outlined below are the precautions we are taking at the New Britain Senior Center:

In order for the senior center to practice safe PPE procedures, seniors and staff must abide by the guidelines below:

Masks: Masks are required in the building at all times. This is for all activities and exercises. If this is a burden for any member, we strongly suggest the senior not participate and wait until guidelines change.

Temperature checks: Staff will be checking temperatures upon entrance of the building. Anyone with an elevated temperature at or above 100.4 will be denied entrance to class for the day.

Frequent sanitization/disinfecting: Staff will be disinfecting equipment and rooms before and after classes. Please leave promptly after class to allow us to do so.

If you are sick with any of the following symptoms (cough, fever, vomiting, diarrhea, sore throat, loss of smell/taste, headache) please do not attend any classes.

Lunch program is to go only: There are no congregate meals allowed at this time.

Preregistration: Members must preregister at least one day in advance of any class. This will ensure that we do not have too many people in the building at one time.

No Loitering: This will be strictly enforced. There will be no gathering in the building. The puzzle room and tv room are closed. We know that you will want to socialize and catch up with friends, but please respect these rules, as they must be followed for us to continue to stay open.

Water Fountains: Used for filling up personal water bottles only. No drinking directly from the fountain.

No sharing of food or drinks

Please work with us as we navigate through the ever changing COVID Guidelines.



New Offerings!

Coloring Group—Mondays—10:00am to 11:00am in the Craft Room
Begins January 4th—Call 860.826.3553 to sign up

Target Shopping Trip—Friday, January 15th—Morning Departure
Limited Availability—Call to register and for more information

Chair Yoga Class—Thursdays, 10:00am to 11:00am—
Please enter through the Massachusetts Room—Call to Register

Tai Chi Class—Wednesdays, 10:00am to 11:00am—
Please enter through the Massachusetts Room—Call to Register

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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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REGISTRATION FOR PROGRAMS AND ACTIVITIES

To register for any class or program you must sign up in advance.
There will be no walk-ins allowed to participate.

To sign up for a class you may call the front desk
at (860) 826.3553 between
9:00am and 3:00pm, Monday– Friday



MODIFIED SENIOR CENTER OFFERINGS - MUST REGISTER FOR EACH CLASS - CALL 860.826.3553 TO SIGN UP - AT LEAST 1 DAY AHEAD

Walk ups will be turned away, per State Guidelines - Please call ahead to reserve your spot

Class	Day	Time	Location	Entrance	Limit
Bingo	Mondays	1:00pm to 3:00pm	Cafeteria	Back Café Entrance	20
Fitness with Chris	Mondays	8:30am to 9:00am	Massachusetts Room	Massachusetts Room	10
Fitness with Chris	Mondays	9:15am to 9:45am	Massachusetts Room	Massachusetts Room	10
Coloring Group	Mondays	10:00am to 11:00am	Craft Room	Back Café Entrance	8
Fitness with Chris	Mondays	10:00am to 10:30am	Massachusetts Room	Massachusetts Room	10
Crafters Group	Tuesdays	9:30am to 11:30am	Craft Room	Back Café Entrance	8
Crafters Group	Tuesdays	1:00pm to 3:00pm	Craft Room	Back Café Entrance	8
Fitness with Chris	Tuesdays	8:30am to 9:00am	Massachusetts Room	Massachusetts Room	10
Fitness with Chris	Tuesdays	9:15am to 9:45am	Massachusetts Room	Massachusetts Room	10
Fitness with Chris	Tuesdays	10:00am to 10:30am	Massachusetts Room	Massachusetts Room	10
Tai Chi Class	Wednesdays	10:00am to 10:45am	Massachusetts Room	Massachusetts Room	10
Bingo	Thursdays	1:00pm to 3:00pm	Cafeteria	Back Café Entrance	20
Chair Yoga	Thursdays	10:00am to 11:00am	Massachusetts Room	Massachusetts Room	10
Crafters Group	Thursdays	9:30am to 11:30am	Craft Room	Back Café Entrance	8
Crafters Group	Thursdays	1:00pm to 3:00pm	Craft Room	Back Café Entrance	8
Hot Steppers Walking Club	Thursdays	8:30am to 9:15am	Massachusetts Room	Massachusetts Room	10
Art Class with Paul Gobel	Fridays	10:00am to 11:00am	Cafeteria	Back Café Entrance	10
Lunch Program	Mon - Wed - Fri (Pickup)	11:30am to 12:30pm	Cafeteria	Back Café Entrance	n/a
Billiards	Monday - Friday	1:00pm to 3:00pm	Card Room	Front Entrance	2 People per Hour
Exercise Room	Monday - Friday	9:00am to 3:00pm	Exercise Room	Back Café Entrance	2 People per Hour
Thrift Shop	Mon Tue Thurs	10:00am to 2:00pm	Maine Room	Side Entrance	1 person in store at time
Computer Room	Tuesdays and Thursdays	10:00am to 2:00pm	Computer Room	Back Café Entrance	2 People per Hour

Please note each class's entrance - To limit exposure please enter at the proper locations. Once your class is completed, you must leave the building so we can clean area.

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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.



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.

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WELCOME BACK!



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