



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

MARCH 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!

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

SIGN UP FOR THESE TRIPS TODAY!

July 13—Delaney House—All You Can Eat Lobster

\$102 pp

May 7, 2020—7 Angels Theater—"Wedding Singer"

\$98 pp

April 30, 2020—Spirit of Boston Trip

\$112 pp

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 60+
Membership Cost:	Residents: \$3.00 for lifetime membership! Non-Residents: \$10.00 per year

LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)

CARVING STATION

Wednesday, March 11, 2020

Sliced Ham, Mashed Potatoes, Carrots, Dinner Roll,
Chocolate Cream Pie

***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!



CW Resources Senior Community Café



March Menu 2020

* High Sugar Content

**High in Sodium Content

+Higher Fat Content

LS-Low Sodium

1% or Skim milk provided

Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Hot Dog	Pineapple Juice	Stuffed Shells Alfredo	Grape Juice	LS Escarole Bean Soup
Baked Beans	Sweet and Sour Grilled	Broccoli	Beef Stew over	Unsalted Crackers
Red Cabbage	Chicken Breast Au Jus	Garden Salad	Brown Rice	Eggplant Rolatini
	Mashed Potato	Thousand Island+	Green Beans	Baked Ziti with Sauce
	Ginger Baby Carrots			Italian Blend Veggies
	HAPPY BIRTHDAY			
Hot Dog Roll	12 Grain Bread	Italian Bread	Dinner Roll	Garlic Bread
Fruit Cocktail	Birthday Cake*	Pears	Tropical Fruit Cup	Brownie
9	10	11	12	13
Sloppy Joe	Grape Juice		Apple Juice	Baked Fish
Mashed Potato	Stuffed Shells		Garlic Baked Chicken	with Potato Hash
Corn	Meat Sauce	LUNCH CARVING	with Spinach & Pamesar	Hot Buttered Peas
	Romaine Salad	STATION!	Cheesy Mushroom Rice	
	Ranch Dressing		Geneva Blend Vegetables	
		Sliced Ham		
		Mashed Potatoes		
Hamburger Bun	Garlic Bread Stick	Carrots	100% Whole Wheat	Multigrain Bread
		Dinner Roll		
Pineapple Chunks	Fresh Apple	Chocolate Cream Pie	Pudding Cup	Fresh Orange
16	St. Patrick's Day 17	18	19	20
Salisbury Steak	Cranberry Juice	Orange Juice	Orange Juice	Crab Cakes with
Scalloped Potatoes	Comed Beef	Cheeseburger	BBQ Pork	White Sauce
Carrots	Cabbage	Lettuce and Tomato	Baked Beans	Rice Pilaf
	Boiled Potatoes	Steak Fries	Coleslaw	Broccoli
	Carrots	Corn with Peppers		
	Mustard			
				
Dinner Roll	Rye Bread	Hamburger Bun	Hamburger Roll	Rye Bread
Cinnamon Applesauce	St. Patty's Day Treat	Oatmeal Cookies	Applesauce	Citrus Sections
23	24	25	26	27
Chicken Marsala	Knockwurst	Cranberry Juice	Meatloaf	Butter Crunch Fish
Mashed Potato	Apples and Sauerkraut	Turkey Tetrizzini	LS Beef Gravy	Fried Rice
Spinach	Pierogis	Buttered Noodles	Baked Potato	Stir Fry Vegetables
	Broccoli	Green Beans	Broccoli and Carrots	
Wheat Bread	Hot Dog Bun	Dinner Roll	Oatmeal Bread	Multigrain Bread
Tropical Fruit Cup	Pears	Chocolate Chip Cookies	Banana	Pineapple Chunks
30	31			
Mild Coconut	Grape Juice			
Curry Chicken	Ziti with Meatballs			
Jasmine Rice	Italian Blend Veggies			
Stir Fry Veggie Blend				
Angel Food Cake	Garlic Bread			
with Strawberries	Oatmeal Cream Pie			



Golden Notes Newsletter

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

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

**VISIT THE CCARC THRIFT SHOP LOCATED IN THE MAINE ROOM OF SENIOR CENTER!
OPEN Monday—Friday from 9:30 to 1:30pm—Great products available—Check it out!**

**TRIAD GRAND BREAKFAST—SUNDAY, MARCH 22—8:00am to 11:00am
KARAOKE AND PANCAKE BREAKFAST—\$6.00 at in advance or \$7.00 at the door
TICKETS AVAILABLE AT FRONT DESK—Children under 3 are free**

**Leigh Henry Karaoke Show—Friday, March 13th at 12:30pm in Cafeteria
Join Leigh and sing some great songs in a great Karaoke Day. Free program, sign up at the
front desk!!**

**Paint Day by Cassena Care—Thursday, March 26th at 1:00pm in Cafeteria
Get step by step instructions on how to paint a beautiful portrait. First 35 to register can
participate.**

Golden Notes Newsletter

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—Willy Wonka!—Friday, March 27—1:00pm/ Vermont Room

THE SENIOR CENTER BOOK CLUB Free to join! Tuesday, March 17th in Library at 1:00pm

March Book:

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

- Bill and Wille Geist

April Book: The Library Book—Susan Orlean

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!

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!

AARP Driver Safety Course—Thursday, March 26—8:45am to 12:15pm

Cost: \$15.00 (AARP Members) | \$20.00 Non-Members

To register, bring a check to the Senior Center made out to AARP and submit to the front desk. Pre-Registration is required to attend.

If you complete the class you may be eligible

to save 5% on your auto insurance policy! *** TAX PROGRAM*OTHER STUFF

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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

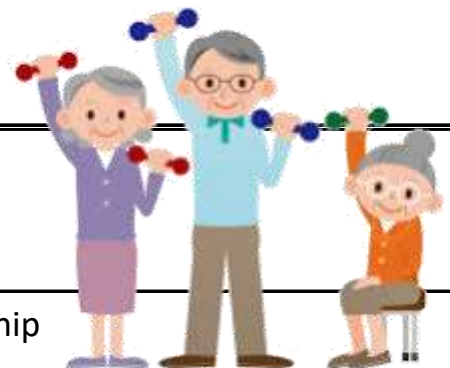


Fitness with Chris—Massachusetts Room

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

Hot Steppers Walking Group

Thursdays, 9:00-9:30am



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, March 5, 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!

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
- Review Medications
- Community Referrals
- Nutritional Counseling
- Flu Vaccines (By Appointment Only)
- Blood Glucose

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 Michelle Beharry at the Health Department at (860) 826-3462

MONTHLY MANICURES—Sponsored by Newington Rapid Recovery

Schedule your appointment for a FREE manicure on
Monday, March 16, 2020

Call for an appointment at 860.826.3553—Manicures will
be given between 9:30am 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		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 (Fourth Friday)

MARCH 2020 - New Britain Senior Center Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobel - 10:00am Bingo - 12:45pm GREENHOUSE 1:00pm Monthly Commission Meeting 1:00pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Wif Bowling - 12:30pm Tai Chi - 1:30pm		Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 11:00am Qigong - 1:00pm	GAME DAY FRIDAY 9:00am Coloring Group - 9:30am GREENHOUSE 1:00pm	
8	9	10	11	12	13	14
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobel - 10:00am Bingo - 12:45pm GREENHOUSE 1:00pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Wif Bowling - 12:30pm Tai Chi - 1:30pm	GREENHOUSE 9:00am 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 - 11:00am Qigong - 1:00pm	GAME DAY FRIDAY 9:00am Coloring Group - 9:30am GREENHOUSE 1:00pm TAX PROGRAM FREE KARAOKE PROGRAM 12:30pm in Cafeteria	
15	16	17	18	19	20	21
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobel - 10:00am Bingo - 12:45pm GREENHOUSE 1:00pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Wif Bowling - 12:30pm Tai Chi - 1:30pm Book Club 1:00	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm GREENHOUSE 9:00am	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 11:00am Qigong - 1:00pm	Coloring Group - 9:30am GAME DAY FRIDAY 9:00am GREENHOUSE 1:00pm TAX PROGRAM	
22	23	24	25	26	27	28
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobel - 10:00am Bingo - 12:45pm GREENHOUSE 1:00pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Wif Bowling - 12:30pm Tai Chi - 1:30pm	Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm GREENHOUSE 9:00am	Walking Group - 9:00am Zumba - 9:30am Pinocle - 12:30 - 3:30 Stretch & Flex - 11:00am Qigong - 1:00pm FREE PAINT DAY - 1:00pm CAFETERIA!	GAME DAY FRIDAY 9:00am Coloring Group - 9:30am GREENHOUSE 1:00pm	
29	30	31				
	Fit w/ Chris - 9:15am Line Dance - 10:00am Art Class with Paul Gobel - 10:00am Bingo - 12:45pm GREENHOUSE 1:00pm	Fit w/ Chris - 9:15am Line Dance - 10:00am Wif Bowling - 12:30pm Tai Chi - 1:30pm		VISIT OUR NEW THRIFT SHOP OPEN MON-FRI 9:30pm to 1:30pm		



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

Golden Notes Newsletter

UPCOMING PROGRAMS AND EVENTS—CONTINUED