



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

MAY 2023

Save the Date

2nd Annual Fashion Show, A 1950's Sock Hop

Thursday, May 25, 2023 from 5:00pm to 8:00pm

TICKETS NOW AVAILABLE! \$5.00 per ticket

Join us for Food, Fashion, and Dancing and support your fellow Senior Center Members. Don't miss out!

5th Annual Plant Sale

Saturday, May 13, 2023 from 9:30am to 12:30pm

Just in time for your garden and Mother's Day—please stop by the greenhouse!

Senior Trip Advisory Committee

Wednesday, May 10th @ 11:30am in Craft Room

The New Britain Senior Center Trip Committee helps with planning, facilitating and organizing our Hardware City Travelers Program. This committee will meet once a month and discuss up coming trips and come up with potential trip ideas.

For more information, please call the Senior Center at 860.826.3553, M– F from 9:00am to 4:00pm

NEW BRITAIN SENIOR CENTER MEMBERSHIP CHANGES

Resident Fee: \$10.00 for Lifetime Membership

Non-Resident Fee: \$20.00 per year

Current Resident Members are not subject to fee changes.

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: www.newbritainct.gov |
| Hours of Operation: | Monday to Friday 8:15am to 4:00pm |
| Membership Info: | Join Mon-Wed-Fri 1:00pm to 3:00pm Age 60+ |
| Membership Cost: | Residents: \$10.00 for lifetime membership! Non-Residents: \$20.00 per year |

IN PERSON LUNCHES ARE BACK!!!

They are back! Meals are served from 11:30 to 1:00pm each weekday. Per CW Resources, there is a suggested donation of \$2.50. The daily lunch menu is located on page 3 of the newsletter.



*New Protocol—You must sign up the Wednesday, the week before to reserve your lunch. **Please call Novlette at 860.670.8818** to sign up! Bon appetit!*

To reserve a lunch, please call:

860.826.3553 Mon-Fri between 10 & 12pm



May, 2023

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 1 | 2 | 3 | 4 | 5 |
| Orange Juice Ziti with Meatballs in Marinara Sauce Italian Blend Veggies Parnesan Cheese | Breaded Chicken Patty Confetti Rice Cauliflower Supreme | Vegetable Soup Unsalted Crackers Fish Fillet Potato Wedges Cole Slaw Tartar Sauce | Grape Juice Salisbury Steak with Vegetable Gravy Mashed Potato Green Beans | Apple Juice Chicken Fajita with Onions and Peppers Mexican Rice Soupy Beans |
| Breadstick | Italian Bread | WW Hamburger Roll | Dinner Roll |  Tortilla |
| Pudding | Cinnamon Applesauce | Tropical Fruit Cup | Banana | Brownie |
| 8 | 9 | 10 | 11 | Mother's Day Special 12 |
| Veal Parnesan Linguini and Sauce Winter Blend Veggies | Cream of Mushroom Unsalted Crackers Pork Riblette Sweet Potatoes Green Beans | Turkey Tetrizzini Brown Rice Brussel Sprouts | Pineapple Orange Juice Meatloaf with Onion Gravy Mashed Potato Beets with Dill and Garlic | Italian Wedding Soup Unsalted Crackers Broccoli Cheese Quiche Potato Pancakes Vegetable Medley |
| Oatmeal Bread | Rye Bread | Dinner Roll | 100% Whole Wheat |  Dinner Roll |
| Fresh Apple | Melon Wedge | Peaches | Chocolate Chip Cookies | Angel Food Cake with Strawberries and Cream |
| 15 | 16 | 17 | 18 | 19 |
| Vegetable Lasagna with Cream Sauce Zucchini | Baked Ziti with Meat Sauce Italian Blend Veggies | Cream of Broccoli Unsalted Crackers Butter Crumb Alaskan Pollock Cubed Sweet Potatoes Capri Blend Veggies | Philly Cheesesteak Onions and Peppers Tater Tots Cole Slaw | Pork Loin with Pan Gravy Buttered Egg Noodles Peas and Onions |
|  | | | | |
| 12 Grain Bread | Garlic Bread | Tartar Sauce Rye Bread | Sub Roll | Oatmeal Bread |
| Fresh Orange | Citrus Sections | Pineapple Tidbits | Applesauce | Tropical Fruit Cup |
| 22 | 23 | Baked Potato Day 24 | 25 | Memorial Day Special 26 |
| Sausage and Peppers Buttered Orzo Peas | Orange Juice Bruschetta Chicken Penne Italian Blend Veggies | Chili Baked Potato Cheese Broccoli Sour Cream | Crab Cakes Rice Pilaf Brussel Sprouts | Pineapple Orange Juice Hot Dog Potato Egg Salad Corn on the Cob Mustard and Ketchup |
| | |  | |  |
| Rye Bread | Garlic Bread | Corn Muffin | WW Dinner Roll | Hot Dog Roll |
| Applesauce | Short Bread Cookies | Fruited Yogurt | Ice Cream | Watermelon |
| 29 | 30 | 31 | | |
| Closed | Sliced Turkey with LS Turkey Gravy Rice Summer Squash | Orange Juice American Chop Suey with Elbow Macaroni, Beef, Onions, and Tomato Sauce Peas | | |
|  | Oatmeal Bread | 12 Grain Bread |  | |
| | Citrus Sections | Birthday Cake | | |



****Indoor Pickleball at Walnut Hill Park****

Every Wednesday from 9:00am to 11:am

The 55+ Serve City Pickleball Group is back outside! Free for members.

Join us at Walnut Hill Park every Wednesday morning from 9:00am to 11:00am.

Friday Pickleball—NEW

In addition to the Wednesday morning group, there will be pickleball at Walnut Hill Park on Fridays as well! To play there is a \$5.00 charge.

Target Shopping Trip

Friday, May 19th in the morning, please call 860.826.3553

Renter's Rebate Program Returns

Appointments for the Renter's Rebate Program are to begin on Monday, May 8th.

All returning applicants will be sent a letter indicating their appointment time for 2023.

Letters will be delivered by May 1st, so please wait for your letter. New applicants can make an appointment beginning Monday, May 8th.

Seeking Bingo Callers

The Senior Center is looking for volunteers to call bingo. Bingo is held on Mondays and Thursdays from 1:00pm to 3:00pm. No experience required. Onsite training provided.



Thursday Morning Chair Yoga is now at a new time!

Please advise: Chair Yoga on Thursday Mornings will begin at 10:15am

Seeking Cornhole Players for TUESDAY LEAGUE PLAY

In addition to Friday morning open play the Senior Center is starting a league!

New Cornhole League, beginning on Tuesday afternoons at 1:00pm. If interested please sign up at the front desk. 2 players per team, play once a week. Subs are available if needed.

Call Rex at 860.826.5291 for more information.

****STILL SEAKING SUBS! PLEASE COME ON TUESDAY AFTERNOONS TO SIGN UP!****

New Setback Group Wednesday Afternoons at 9:30am

Sign up at the front desk

Seeking Cribbage Players

The Senior Center is seeking Cribbage players to play.

Please sign up at front desk if you are interested!

Lunch and Learn with Sharon Gutterman

Thursday, May 4th from 10:45 to 11:45—Sign up at Front Desk

TOPIC: Embracing the Power of Gratitude: Vitamin G?

When I started counting my blessings, my whole life turned around. ~Willie Nelson

Research suggests that adults who frequently feel thankful have more energy, more optimism, more social connections, sleep more soundly, exercise more regularly, and have fewer health complaints. Specific tools and practices can cultivate thought patterns of awareness and appreciation of blessings.



MOVE YOUR MIND—New Program Idea!

Friday, June 9th at 10:00am—11:30pm

Join Jerome Home and Arbor Rose, affiliates of Hartford HealthCare Senior Services, for an interactive, fun presentation by our experts on the latest trends in Healthy Eating – MIND Diet, Free Balance Screening, Information and Recommendations for Staying Active, and MOVING! Participants will receive healthy recipes, samples of food made, and a Good Life Fitness Gift Certificate. Refreshments will be provided!

Free for members, sign up at Front Desk!

2023 Trips Coming!

Please see the bulletin board at the front desk for more information!

A MINDFUL WALK AND PICNIC IN THE PARK - New Program Idea!

Friday , June 2, 2023—10:30am to 12:30pm

Learn the benefits of living mindfully as we stroll through A. W. Stanley Park and enjoy a picnic lunch catered by New Britain Senior Center.

Guided by Dr. Sharon Gutterman/Mindful Wow.

****BUS TRANSPORTATION PROVIDED IF NEEDED SIGN UP AT FRONT DESK****

FREE FOR MEMBERS

LOCATION: A. W. Stanley Park 2159 Stanley St, New Britain, CT 06053

Best Buddies Program—Wednesday, May 24th—11:00am to 1:00pm in Mass Room

Best Buddies Citizens creates one-to-one friendships between adults with and without intellectual or developmental disabilities (IDD) in the community, and strives to build a community where everyone is valued and feels a sense of belonging!

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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!



Supporting People with Disabilities

THRIFT SHOPPE

Located at
The New Britain Senior Center
55 Pearl Street, New Britain
Monday, Wednesday and Thursday
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

May 2023 Activities Calendar

| MON | TUE | WED | THU | FRI |
|---|---|--|--|---|
| MAY 1 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 1) 9:00am Greenhouse Club 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12:00pm Lunch 1:00pm Bingo 1:00pm Commission on Aging Meeting | MAY 2 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling 1:00pm Cornhole League | MAY 3 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 9:30am Setback Group | MAY 4 8:15am FITNE55+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) LUNCH AND LEARN 10:45 | MAY 5 8:15am FITNE55+ Club 9:00am Cornhole 9:00am Greenhouse Club 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex |
| MAY 8 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 1) 9:00am Greenhouse Club 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12:00pm Lunch 1:00pm Bingo | MAY 9 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 11:00am Senior Trip Advisory Committee 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling | MAY 10 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 9:30am Setback Group | MAY 11 8:15am FITNE55+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch No Afternoon Classes!! FASHION SHOW 5pm-8pm | MAY 12 8:15am FITNE55+ Club 9:00am Cornhole 9:00am Greenhouse Club 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex PLANT SALE SATURDAY MAY 13th |
| MAY 15 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12:00pm Lunch 1:00pm Bingo | MAY 16 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling | MAY 17 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 9:30am Setback Group | MAY 18 8:15am FITNE55+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) | MAY 19 8:15am FITNE55+ Club 9:00am Cornhole 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex |
| MAY 22 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 12:00pm Lunch 1:00pm Bingo | MAY 23 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling | MAY 24 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 11:00am Best Buddies 9:30am Setback Group | MAY 25 8:15am FITNE55+ Club 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:15am Zumba Gold 10:15am Chair Yoga 12:00pm Lunch 1:00pm Art Class 1:00pm Bingo 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) | MAY 26 8:15am FITNE55+ Club 9:00am Cornhole 10:00am Book Folding Craft Class 12:00pm Lunch 1:00pm Fit & Flex |
| MAY 29 MEMORIAL DAY CLOSED | MAY 30 8:15am FITNE55+ Club 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 12:00pm Lunch 1:00pm Clean Break Billiards Club 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga 1:00pm Wii Bowling | MAY 31 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 1:00pm Fit & Flex 9:30am Setback Group | | |

Golden Notes Newsletter

Senior Pickleball



Our Senior Pickleball Group will begin to meet at Walnut Hill on Wednesdays throughout the spring, summer and fall.

If interested, please register at the front desk of the New Britain Senior Center.

NO EXPERIENCE REQUIRED!

Every Wednesday || 9:00am to 11:00am || WALNUT HILL PARK, MAY 3rd

****NOW ON FRIDAYS || 9:00am to 11:00am || \$5.00 per session****

This program is for Seniors ages 55 and up!

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

Mayor Erin E. Stewart and the New Britain Senior Center Presents

The 5th Annual Senior Center PLANT SALE



Organic Flowers, Herbs & Vegetables

Saturday, May 13th from 9:30am to 12:30pm

Located at 55 Pearl Street, New Britain, CT

The plant sale consists of a variety of flowers and organic herbs & vegetables grown from the Arnold Schwartz Greenhouse at the Senior Center.

All Proceeds go towards Senior Center Programming.

For more information call 860.826.3553.

