

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

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Location:	55 Pearl Street, New Britain, CT 06051
Contact Information:	Phone: 860.826.3553 Fax: 860.826.3557 Website: <u>www.newbritainct.gov</u>
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



CW Solutions Community Café

May, 2023

1% or Skim milk provided Margarine available

MENU ITEMS SUBJECT TO CHANGE SUGGESTED DOALNOSE MONDAY 1 2 3 4 FRDA 5 Orange Juice 1 2 3 4 FRDA 5 Zit with Meatballs Chicken Patty Unsatted Crackers Salisbury Steak with 4 Apple Juice Chicken Faita with Finite Hile Vegetable Grave Chicken Faita with Chicken Fait	Contraction of the second		, , _··		
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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!

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, 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!



May 2023 Activities Calendar

	May 2023 A	Activities Ca	lendar	
MON 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	TUE 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 Comhole League	WED MAY 3 8:15am FITNE55+ Club 10:00am Tai Chi & Qigong 12:00pm Lunch 1:00pm Afternoon Dancing 9:30am Setback Group	THU 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	FRI 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
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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.

