



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## *Golden Notes Newsletter*

### **APRIL 2019**

#### **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!**

**Rhode Island Chicken Dinner and Casino Trip  
Wright's Farm—Blackstone Valley, RI  
Friday, May 17, 2019**

The Ocean State is known for seafood, but also happens to be chicken-dinner country. One of the biggest restaurants on earth, Wright's Farm serves this chicken dinner, all-you-can-eat.

Afterwards, a trip to Twin River Casino that has over 4,000 slot machines and live table games!

**Deadline to Register: Wednesday, April 17, 2019**

**Cost: \$65—Depart 9:00am—Return 7:30pm**

**Newport Flower Show—Rosecliff Mansion  
Friday, June 21, 2019**

Come to the 24th Newport Flower Show. Begin by touring the first floor of the mansion filled with floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore a wonder Shopper's Marketplace with incredible views.

**Deadline to Register: Friday, May 17, 2019**

**Cost: \$69pp**

**CT Lighthouse Cruise  
Thursday, July 18, 2019  
More Details to Come!**

For more information on the trips, please call the Senior Center at 860.826.5291  
You can register for any trip during our working ours of 8:15a-4:00p, M-F

# Golden Notes Newsletter

## Senior Center Information

<b>Location:</b>	55 Pearl Street, New Britain, CT 06051
<b>Contact Information:</b>	Phone: 860.826.3553   Fax: 860.826.3557 Website: newbritainct.gov
<b>Hours of Operation:</b>	Monday—Friday   8:15am to 4:00pm
<b>Membership Info:</b>	Join Mon-Wed-Fri   1:00pm to 3:00pm   Age 60+
<b>Membership Cost:</b>	Residents: \$3.00 for lifetime membership! Non-Residents: \$10.00 per year

## NEW CLASSES! ART CLASS, FITNESS CLASS, WATER CLASSES

START YOUR SPRING OFF RIGHT WITH SOME NEW OFFERINGS!!!

**ART CLASS**—Unfortunately our instructor received a full time position before we could start the class. We are working on finding an instructor to start as soon as possible! We will keep you posted.

**STRETCH AND FLEX CLASS WITH BOB SMILNAK—THURSDAYS at 1:00pm**

*There's been a great turn out so far, keep on coming!*

Senior Stretch and Flex is a group exercise class designed to help with flexibility, balance, and muscular endurance.

A new partnership with the YMCA now allows all senior center members the ability to partake in **Water Aerobics at the YMCA**—Classes are Monday—Friday from 8am to 9am  
Senior Center Members can also participate in Aqua Zumba from 9:00-9:45am on Thursdays

**\*THESE CLASSES ARE FREE WITH SENIOR CENTER MEMBERSHIP AND TAKE PLACE AT YMCA\***

For more info call 860.826.5291

# Golden Notes Newsletter

## SENIOR CENTER BREAKFAST BAR

Early riser? Swing by the breakfast bar!  
Stop in anytime after 8:15am for a bite.  
Read the paper, do a crossword, or just shoot  
the breeze.

**Come down for the best prices in town!**



**Meet  
for  
Breakfast**

### BREAKFAST BAR INCLUDES:

Coffee	\$0.50	Juice	\$0.50
Tea	\$0.50	English Muffin	\$0.50
Hot Chocolate	\$0.50	Bagel	\$0.50
Toast	\$0.50	Water	\$0.50

## 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 MARIA 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**

# CW Resources Senior Community Café

LS: Low Salt

# April, 2019

1% or Skim milk provided  
Margarine available

## MENU ITEMS SUBJECT TO CHANGE

## SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Orange Juice	Pineapple Juice	Stuffed Shells	Grape Juice	LS Escarole Bean Soup
Pulled Pork	Sweet and Sour Grilled	Broccoli	Beef Stew	Unsalted Crackers
Baked Beans	Chicken Breast	Garden Salad	Brown Rice	Eggplant Rolatini
Coleslaw	Mashed Potato	Thousand Island+	Green Beans	Baked Ziti with Sauce
	Ginger Baby Carrots			Italian Blend Veggies
	<b>HAPPY BIRTHDAY</b>			
W.W. Hamburger Roll	12 Grain Bread	Italian Bread	W.W. Dinner Roll	Garlic Bread
Applesauce	Birthday Cake*	Pears	Tropical Fruit Cup	Brownie
8	9	10	11	12
Sloppy Joe	Grape Juice	Hearty Vegetable Soup	Apple Juice	Baked Fish
Mashed Potato	Stuffed Shells	Unsalted Crackers	Garlic Baked Chicken	with Potato Hash
Beets	Meat Sauce	Cracked Pepper Turkey	with Spinach and	Hot Buttered Peas
	Romaine Salad	Swiss Cheese	Parmesan	
	Ranch Dressing	Macaroni Salad	Cheesy Mushroom Rice	
			Geneva Blend Veggies	
Hamburger Bun	Garlic Bread	Hard Roll	100% Whole Wheat	Multigrain Bread
		Peach Cobbler		
Pineapple Chunks	Fresh Apple	with Topping	Pudding Cup	Fresh Orange
15	<b>Easter Special</b> 16	17	18	19
Hot Dog with	Apple Juice	Orange Juice	LS Chicken Vegetable	
Sauerkraut	LS Sliced Ham with	Cheeseburger	Unsalted Crackers	
Baked Beans	Pineapple Cherry Sauce	Lettuce and Tomato	Lasagna Rolette	<b>Closed</b>
Broccoli	Loaded Potatoes	Steak Fries	Meat Sauce	<b>Good Friday</b>
	Peas and Pearl Onions	Com with Peppers	Garden Salad	
Hot Dog Roll	Rudi Roll 	Hamburger Bun	Italian Dressing	
Cinnamon Applesauce	Easter Poke Cake with Topping	Oatmeal Cookies	Garlic Bread	
22	23	24	25	26
Chicken Pot Pie with	Knockwurst	Cranberry Juice	Meatloaf	Butter Crunch Fish
Carrots, Celery	Apples and Sauerkraut	Turkey Tetrzzini	LS Beef Gray	Fried Rice
Diced Potatoes	Pierogis	Brown Rice	Baked Potato	Stir Fry Vegetables
Chopped Spinach	Broccoli	Green Beans	Broccoli and Carrots	
Biscuit	Hot Dog Bun	Dinner Roll	Oatmeal Bread	Multigrain Bread
Tropical Fruit Cup	Pears	Chocolate Chip Cookies	Banana	Pineapple Chunks
29	30			
Open Faced Sliced	Grape Juice			
Chicken with	Ziti with Meatballs			
LS Chicken Gravy	Italian Blend Veggies			
Stuffing				
Broccoli				
Potato Bread	Garlic Bread			
Angel Food Cake				
with Strawberries	Banana			

# HAPPY EASTER



# Golden Notes Newsletter

## LUNCH CARVING STATION

DELICIOUS MEAL COMING! :)

**Wednesday, April 24, 2019**

Sliced Ham, Mashed Potatoes, Carrots, Dinner Roll  
Chocolate Cream Pie and Cranberry Juice

**\*Must call ahead one day to reserve your meal!**  
**Call 860.826.3553 to reserve!**



## LUNCH AND LIVE MUSIC

LIVE MUSIC AND LUNCH

w/ Jason La Pierre, CCSU Jazz Musician!

Every Tuesday—Enjoy the music!

**\*Must call ahead one day to reserve your meal!**  
**Call 860.826.3553 to reserve!**



music live  
@lunch

## SENIOR CENTER GREEN HOUSE

The Greenhouse Club is underway! Seniors broke soil and have planted a variety of flowers, herbs and vegetables. They meet Mondays at 1:00pm, Wednesdays at 9:00am and Fridays at 1:00pm. If you are interested in volunteering, show up at the greenhouse on those days, we would be happy to have you! No experience required.



**Save the date for the first annual Mother's Day Flower Sale**

**Saturday, May 11th—More Details to Come!**



# Golden Notes Newsletter

## UPCOMING PROGRAMS AND EVENTS—EXCITING TIMES :)

### **Computer Assistance—Mondays and Tuesdays from 1:00—2:30pm**

Have questions about your computer, phone or tablet? CCSU Intern Jess Tessman is here to help. Drop in the Computer Lab during these hours for assistance!

### **New Card Making Class—In Craft Room—Thursday, April 11th at 10:00am**

Need a card for a special someone, birthday, holiday or just because?

Join us in the craft room for a card making workshop!

### **Lecture on Body Mechanics—Thursday, April 18th at 10:30am**

Presented by Grandview Rehab—Join us for a free workshop!

The workshop will talk about simple, healthy ways to get you up and active!

### **Trivia Day and Music—Friday, April 12th at 12:30pm**

Presented by Cassena Care—Test out your knowledge and skills in a trivia and music day. Enjoy a great afternoon of snacks, music and trivia!!!

### **Industrial Museum Field Trip—Tuesday, April 16th at 10:00am—FREE**

The first 12 people can go on a free field trip to tour the New Britain Industrial Museum, lead by New Museum Director, Sophie. Sign up at front desk. Bus will depart at 10:00am and return for noon. Lunch will be provided!

### **Senior Prom—Thursday, April 11th at New Britain High School**

Save the date! The popular Senior Prom is almost here! Under the Sea theme

More details to come—tickets will be available at front desk soon

### **Spring Fling with Autumn Lake—Friday, May 3rd at 12:00pm**

Join us for a great show with entertainer Leigh Henry. Lunch and Raffle will also be provided. \$5.00 for non-members | Free for members!

# Golden Notes Newsletter

## 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

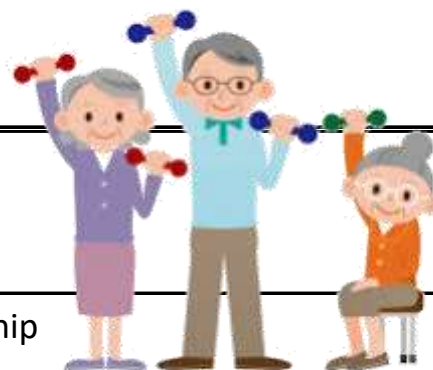


### Fitness with Chris—Massachusetts Room

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

# Golden Notes Newsletter

## SOCIAL PROGRAMS

### **Seniors in Action Meeting—Vermont Room**

Thursday, April 4, 2019—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 Vermont Room



All Programs are free with membership  
For more info call 860.826.3553





# Golden Notes Newsletter

## BOOK & MOVIE CLUB

### MONTHLY MOVIE

Five Flights Up (2014) - Friday, April 26, 2019

w/ Popcorn Refreshments—12:30pm—Vermont Room

In this bittersweet comedy set in the cutthroat world of New York real estate, old married couple Ruth (Diane Keaton) and Alex (Morgan Freeman) make plans to sell their Brooklyn property and move to Manhattan, only to discover that relocating is never simple.

### MONTHLY BOOK CLUB

Everything I Never Told You: A Novel **by Celeste Ng**

Tuesday, April 16th—1:00pm—Library

May's Book—Wrestling with Moses by Anthony Flint

## 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 through March

for our next event!

Contact Rebuilding Together New Britain at 860.832.4389

and see if you qualify for no cost home repairs!



## BAKING CLASS—NEW

Do you like to bake or would you like to learn how? Join us every Tuesday at 12:30 in the kitchen to bake! A different product each week!

Free to participate. Instructed by a baking specialist!

Every Tuesday at 12:30pm in the Kitchen

# 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, shopping 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

**\*\*The Health Dept. is in the process of hiring a new nurse. Until that time there will be limited hours at the senior center.\*\***

### Senior Center Health Fair—Wednesday, April 24th

The New Britain Health Department is revving up for the yearly senior health fair. The event will take place April 24<sup>th</sup>, 2019 from 9am – 12pm. We are looking to have many vendors from the community come to share information about health care and services available in the area. Screenings will be provided by the health department and other organizations to include blood pressure checks, cholesterol screenings, blood glucose checks, and balance screenings to name a few. There will be lots of giveaways and specialties there so please join us.



## MONTHLY MANICURES—Sponsored by Newington Rapid Recovery

Schedule your appointment for a **FREE** manicure on  
Monday, April 22nd—call front desk  
Call for an appointment at 860.826.3553—Manicures will  
be given between 10am and noon!



# Golden Notes Newsletter

	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	11:30 AM	Exercise Equipment Available to Use
	9:15 AM	to	11:30 AM	Open Art Room (On your Own)
	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	11:30 AM	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	11:30 AM	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	11:30 AM	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	11:30 AM	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 (Third Friday)

# April 2019 - New Britain Senior Center Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm	2 Baking Class - 12:30pm Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Taxes (by appointment) Tai Chi - 1:30pm	3 Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	4 Walking Group - 9:00am Zumba - 9:30am <b>Seniors In Action Meeting</b> 9:30am Stretch & Flex - 1:00pm	5 Taxes (by appointment) Coloring Group - 9:30am Greenhouse Club - 1:00pm	6
7	8 Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm	9 Baking Class - 12:30pm Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Taxes (by appointment) Tai Chi - 1:30pm	10 Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	11 Walking Group - 9:00am Zumba - 9:30am <b>Card Making - Craft Room</b> 9:30am Stretch & Flex - 1:00pm	12 Taxes (by appointment) Coloring Group - 9:30am Greenhouse Club - 1:00pm <b>LIVE TRIVIA &amp; MUSIC</b> 12:30pm	13
14	15 Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm	16 Baking Class - 12:30pm Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Book Club - 1:00pm Tai Chi - 1:30pm	17 Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm	18 Walking Group - 9:00am Zumba - 9:30am <b>Grandview Presentation</b> 10:30am Stretch & Flex - 1:00pm	19 <b>GOOD FRIDAY</b> <b>SENIOR CENTER CLOSED</b>	20
		<b>Trip to Industrial Museum</b> Tai Chi - 1:30pm				
21	22 <b>Manicures - 10:00am</b> Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm	23 Baking Class - 12:30pm Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Tai Chi - 1:30pm	24 Greenhouse Club - 9:00am Chair Yoga - 9:30am Coloring Group - 9:30am Ballroom Dance - 1:00pm <b>Health Fair - 9:00am</b>	25 Walking Group - 9:00am Zumba - 9:30am <b>Grandview Presentation</b> 10:30am Stretch & Flex - 1:00pm	26 Coloring Group - 9:30am Greenhouse Club - 1:00pm <b>Monthly Movie - 12:30pm</b> <b>5 Flights Up (PG-13)</b>	27
28	29 Fit w/ Chris - 9:15am Line Dance - 10:00am Computer Help - 1:00pm Bingo - 12:45pm Greenhouse Club - 1:00pm	30 Baking Class - 12:30pm Fit w/ Chris - 9:15am Line Dance - 10:00am Wii Bowling - 12:30pm Tai Chi - 1:30pm				



# Golden Notes Newsletter

## STANLEY BLACK & DECKER SENIOR TRAVEL

Persons retiring or retired from Stanley, including members of their families, are eligible to join the Stanley Seniors Organization. Meet weekly on Wednesday's at 400 Myrtle St., New Britain, CT. Yearly dues are very reasonable. Mohegan Sun casino trips every month. Contact Pres. Elda Spaczynski at 860.229.2502 for more details.

## AARP SAFE DRIVERS TRAINING

No Class in April

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## GOLD 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