



NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

NOVEMBER 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!**

2020 Trips Selected, Save the Dates!

March 18—Log Cabin—Holyoke, MA

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

*****STILL ROOM TO SIGN UP*** CALL TODAY**

Cranberry Bog Tour—Wednesday, November 6, 2019

Guide will board the bus and give a narrated tour as you travel to the Cranberry Bog area. Learn about harvesting and gain insight on being a cranberry farmer. Lunch at Lindsey's Family Restaurant. Menu: Choice of Baked Stuffed Shrimp, Old Fashioned Turkey Dinner, or Yankee Pot Roast.

Stop at Dorothy Cox Chocolates Factory & Store. Shop for a sweet treat of chocolate or ice cream before heading home.

Deadline to Register: Friday, October 4, 2019

Cost: \$95pp—PU 7:15am RETURN 7:30pm

Christmas Lights and Song Sunday, December 8, 2019

Enjoy a delicious lunch at Student Prince in downtown Springfield. Meal includes choice of Roast Pork w/ apple glaze or Baked Scrod w/ crumb topping. Then be entertained during lunch by the famous Fort Street Holiday Carolers. Then spend some time at MGM Casino and then take a tour through Bright Nights at Forest Park!

Deadline to Register: Friday, November 8, 2019

Cost: \$95pp—PU 10:00am RETURN TBD

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

Tuesday, November 19th

Roast Pork, Applesauce Gravy, Mashed Potatoes,
Capri Blend, Vegetables, Dinner Roll, Cream Pie

***Must call ahead one day to reserve your meal!**



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!



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MEET OUR NEW KITCHEN MANAGER AT THE SENIOR CENTER!

NEW MANAGEMENT

New Britain Senior Center Kitchen is under new management! Come meet Brian—He has tons of experience in the food service field and is excited to be on board! :)—
Please sign up and introduce yourself!



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**

**November Menu**1% or Skim milk provided
Margarine available**MENU ITEMS SUBJECT TO CHANGE****SUGGESTED DONATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Grape Juice Sloppy Joe Mashed Potato Corn Niblets Hamburger Roll Rice Pudding	Eggplant Rolette Buttered Ziti Italian Blend Veggies Oatmeal Bread Tropical Fruit Cup	Unbreaded Fish Filet with Lemon Butter Sauce Harvest Rice Stewed Tomatoes Multi Grain Bread Mandarin Oranges	Stuffed Pepper Soup Unsalted Crackers Sliced Turkey Swiss Cheese Lettuce and Tomato Tater Tots Grinder Roll Banana	Chicken Pot Pie Brown Rice Green Beans Biscuit Peaches Special Dessert Pineapple Juice Chicken Patty with Country Gravy Whipped Mashed Potato String Beans with Mushrooms 100% Whole Wheat Brownie with Topping
	Grape Juice Crab Cakes with White Sauce Mashed Potatoes Tuscany Vegetables Rye Bread Birthday Cake	Swedish Meatballs with Sour Cream Gravy Buttered Noodles Mixed Vegetables Assorted Rolls Fruit Cup	Cranberry Juice Chicken Ala King over Wild Rice Oriental Blend Veggies Pumpernickel Bread Peaches	Corn Chowder Unsalted Crackers Pier 17 Fish Tartar Sauce Mashed Sweet Potato Spinach Dinner Roll Citrus Sections
Cranberry Juice Meatloaf Brown Gravy Garlic Mashed Potato Carrots and Green Beans Multigrain Bread Baked Pears with Topping	Orange Chicken Buttered Rice Scandinavian Veggies Dinner Roll Fresh Apple	Butternut Squash Soup Unsalted Crackers Fish Sandwich Sweet Potato Tots Cole Slaw Tartar Sauce Hamburger Bun Tangerine	Apple Cider Roast Turkey with Giblet Gravy Stuffing Mashed Potato Butter Ginger Carrots Cranberry Sauce <i>Thanksgiving Special</i> Dinner Roll Pumpkin Pie with Whipped Topping	Grape Juice Salisbury Steak LS Beef Gravy Buttered Noodles Peas Potato Bread Chocolate Chip Cookies
Meatball Sub with Mozzarella French Fries Mixed Veggies Sub Roll Fresh Orange	Chicken Cacciatore Yellow Rice Garden Salad Italian Dressing Garlic Bread Rice Pudding	Cranberry Juice Hamburger Baked Beans Broccoli W.W. Hamburger Bun Cookies		

Golden Notes Newsletter

UPCOMING PROGRAMS AND EVENTS—EXCITING TIMES :)

(NEW) 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—Christmas with the Kranks—Friday, November 15th at 12:30pm

THE SENIOR CENTER BOOK CLUB RETURNS! Free to join!

Tuesday, October 19th in Library at 1:00pm

November Book: Catcher in the Rye—J.B. Salinger

December Book: Feather Thief—Kirk W. Johnson

FRIDAY MORNING COMPUTER HELP WITH CCSU INTERN, ARIELLA!

Join CCSU Intern for some help with the computer, phone or tablet.

Call or see front desk to schedule your appointment—860.826.3553

HERO BOXES

The Senior Center is accepting donations for Hero Boxes for deployed military.

Thanks for helping—all items are due by Friday, November 8th.

WREATH MAKING! KICK OFF THE HOLIDAY SEASON BY MAKING WREATHS

\$10.00 per person, 10 person limit per class

1:00pm in Craft Room | Friday, Nov. 1st or Friday, Nov. 15th (SIGN UP AT FRONT DESK)

ICE CREAM SOCIAL—THURSDAY, NOVEMBER 14—AFTER LUNCH IN CAFETERIA

Sponsored by Anthem—Join us for free ice cream and socializing! No registration required.

HEALTH DEPT. LECTURE AND BINGO—THURSDAY, NOVEMBER 14—CAFETERIA

Join us Thursday November 14th from 10:30 a.m. to 11:30 a.m. in the Cafeteria for a class on winter safety. We will play BINGO and serve light refreshments.

HOT STEPPERS WALKING GROUP—WE NEED HELP!!! GET US TO CALIFORNIA

THURSDAY MORNINGS AT 8:45am—Join Us and Walk With Us!

Each Thursday participants track their mileage and how many steps they take.

The goal is to make it to California—So far the Walking Group has made it from New Britain to Casey, Illinois! Home of the World's Largest Mailbox! Drop in on the fun.

****NEW 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!

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UPCOMING PROGRAMS AND EVENTS—CONTINUED

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 1:00pm in Massachusetts Room

Sponsored by the YMCA, Drop in!

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

Baking Class—Off—Thank You for Participating!

Farmer's Market Success! Big Thank You to the Baking Class and Farmer's Market—

Nancy, Bernadette and Donny made just over \$1,000.00 at the Farmers Market!

This money goes directly towards Senior Center Programming. THANK YOU!

Cooking Class—Every Thursday (NEW DAY) in the Kitchen—12:30pm

Work with cooking specialist to make a variety of foods and learn while doing! 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!

TRIAD SENIOR BINGO EXPO—Tuesday, November 12, 2019—10:00am to 1:00pm

At 370 Osgood Avenue, New Britain, CT

Bingo/ Prizes/ Raffles/ FREE pasta lunch/ Hair and nails by EC Goodwin Tech Students

FREE ADMISSION—RIDES AVAILABLE FROM SENIOR CENTER—Sign up at Front Desk

AARP Driver Safety Course—Thursday, November 21—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!

SAVE THE DATE—Annual Holiday Bazaar! - Friday, December 13—10:00am to 1:30pm

**SAVE THE DATE—Annual Christmas Party—Thursday, December 19th—12:00pm to 3:00pm
(sponsored by Autumn Lake)**

It's a Wonderful Life Bus Trip—Friday, December 6th 7:30pm—\$12.00 ticket

Senior Center to offer bus to first 12 people to Hole In The Wall Theater

Sign up at Front Desk

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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

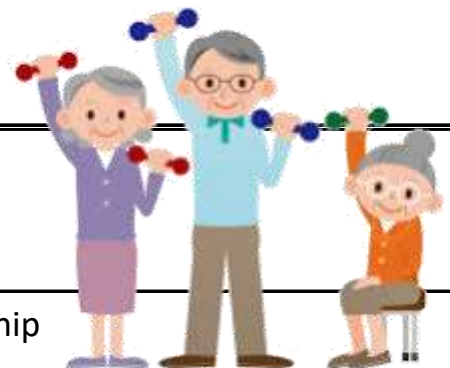


Fitness with Chris—Massachusetts Room

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, November 7, 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 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, 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

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
TIME TO BE DETERMINED—CALL FRONT DESK!**
Call for an appointment at 860.826.3553—Manicures will
be given between 10am 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
	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	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 (Third Friday)

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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

