



# NEW BRITAIN SENIOR CENTER

55 PEARL ST. NEW BRITAIN, CT 06051

PHONE: 860.826.3553 | FAX: 860.826.3557

## Golden Notes Newsletter

***OCTOBER 2020***



The New Britain Senior Center is  
Open!

Modified Programming Available.

Please read through new  
procedures.

We look forward to seeing  
everyone!

For more information, please call the Senior Center at 860.826.5291, M– F from 9:00am to 4:00pm

# Golden Notes Newsletter

## UPDATES

We have missed you! The Senior Center is excited to be reopening and looks forward to seeing everyone. There have been many changes since you left!

Since Closing in March:

### **Staff:**

We've had three long tenured employees retire with a combined 100+ years of service at the Center. They have helped thousands of seniors over the years, and will be missed.

- Dennis Oakes, Transportation Coordinator (42 Years)
- John Coughlin, Senior Services Coordinator (39 Years)
- Jorge Ledesma, Bus Driver (20 Years)

We would like to congratulate Julie Swan, as she was promoted and is now the Transportation Coordinator and face you'll see at the front desk!

On a sad note: Our Lunch Manager, Brian Weber passed away in April, his presence will be missed.

Sue has since started as the new Lunch Manager, and we are happy to have her.

The Senior Center will be hiring two new bus drivers this month to fulfill the open vacancies. We are also in the process of filling John Coughlin's vital position at the Center, so stay tuned.

### **Renovations and Additions:**

Back Entrance Doors have been automated and now have handicap accessibility

The Cafeteria Floor and Stage have been resurfaced

There is a new sound system for the stage and cafeteria

New Tables and Banquet Style Chairs in the Café

New Counter Tops in the Café

New Billiards Table in the Card Room

### **New Reopening Modifications:**

Please see the new schedule for activities. We must have members preregister for any activity to safely open.

We look forward to seeing you!

# New Britain Senior Center COVID-19 Protocols

Our biggest priority for the upcoming reopening is to keep everyone safe and healthy while participating in our programs. Outlined below are the precautions we are taking at the New Britain Senior Center:

In order for the senior center to practice safe PPE procedures, seniors and staff must abide by the guidelines below:

**Masks:** Masks are required in the building at all times. This is for all activities and exercises. If this is a burden for any member, we strongly suggest the senior not participate and wait until guidelines change.

**Temperature checks:** Staff will be checking temperatures upon entrance of the building. Anyone with an elevated temperature at or above 100.4 will be denied entrance to class for the day.

**Frequent sanitization/disinfecting:** Staff will be disinfecting equipment and rooms before and after classes. Please leave promptly after class to allow us to do so.

**If you are sick** with any of the following symptoms (cough, fever, vomiting, diarrhea, sore throat, loss of smell/taste, headache) please do not attend any classes.

**Lunch program is to go only:** There are no congregate meals allowed at this time.

**Preregistration:** Members must preregister at least one day in advance of any class. This will ensure that we do not have too many people in the building at one time.

**No Loitering:** This will be strictly enforced. There will be no gathering in the building. The puzzle room and tv room are closed. We know that you will want to socialize and catch up with friends, but please respect these rules, as they must be followed for us to continue to stay open.

**Water Fountains:** Used for filling up personal water bottles only. No drinking directly from the fountain.

**No sharing of food or drinks**

**Please work with us as we navigate through the ever changing COVID Guidelines.**

# 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

## TO GO MEALS AVAILABLE

CW Resources is providing to-go meals for pickup only. If you are interested, please call 860.826.3553 to reserve your lunch.

Lunch pickups are Monday, Wednesday & Friday Between 11:30am and 12:30pm. You may pick up your meals in the back of the senior center by the greenhouse.



- On Mondays, you will receive Monday's and Tuesday's Meal.
- On Wednesdays, you will receive Wednesday's and Thursday's Meal.
- On Fridays, you will receive Friday's Meal.

You must call one week in advance to reserve your meals. Masks must be worn at all times while picking up your meal. Meals are not allowed to be consumed inside the building until further notice.

Weekly Menus are available one week in advance. Call the Senior Center or pick up the menu during serving hours.

# Golden Notes Newsletter

## REGISTRATION FOR PROGRAMS AND ACTIVITIES

To register for any class or program you must sign up in advance.  
There will be no walk-ins allowed to participate.

To sign up for a class you may call the front desk  
at (860) 826.3553 between  
9:00am and 3:00pm, Monday– Friday

We will begin registration on  
Tuesday, September 14th at 9:00am



# MODIFIED SENIOR CENTER OFFERINGS - MUST REGISTER FOR EACH CLASS - CALL 860.826.3553 TO SIGN UP - AT LEAST 1 DAY AHEAD

## Walk ups will be turned away, per State Guidelines - Please call ahead to reserve your spot

Class	Day	Time	Location	Entrance	Limit
Fitness with Chris	Mondays	8:30am to 9:00am	Massachusetts Room	Massachusetts Room	10
Fitness with Chris	Mondays	9:15am to 9:45am	Massachusetts Room	Massachusetts Room	10
Fitness with Chris	Mondays	10:00am to 10:30am	Massachusetts Room	Massachusetts Room	10
Bingo	Mondays	1:00pm to 3:00pm	Cafeteria	Back Café Entrance	20
Fitness with Chris	Tuesdays	8:30am to 9:00am	Massachusetts Room	Massachusetts Room	10
Fitness with Chris	Tuesdays	9:15am to 9:45am	Massachusetts Room	Massachusetts Room	10
Fitness with Chris	Tuesdays	9:15am to 9:45am	Massachusetts Room	Massachusetts Room	10
Crafters Group	Tuesdays	9:30am to 11:30am	Craft Room	Back Café Entrance	8
Crafters Group	Tuesdays	1:00pm to 3:00pm	Craft Room	Back Café Entrance	8
Movie	Tuesdays	1:00pm to 3:00pm	Cafeteria	Back Café Entrance	20
Tai Chi Class	Wednesdays	10:00am to 10:45am	Massachusetts Room	Massachusetts Room	10
Cooking Program	Wednesdays	1:00pm to 3:00pm	Cafeteria	Back Café Entrance	10
Hot Steppers Walking Club	Thursdays	8:30am to 9:15am	Massachusetts Room	Massachusetts Room	10
Chair Yoga Class	Thursdays	10:00am to 11:00am	Massachusetts Room	Massachusetts Room	10
Crafters Group	Thursdays	9:30am to 11:30am	Craft Room	Back Café Entrance	8
Crafters Group	Thursdays	1:00pm to 3:00pm	Craft Room	Back Café Entrance	8
Bingo	Thursdays	1:00pm to 3:00pm	Cafeteria	Back Café Entrance	20
Art Class with Paul Gobell	Fridays	1:00pm to 2:00pm	Cafeteria	Back Café Entrance	10
Billiards	Monday - Friday	1:00pm to 3:00pm	Card Room	Front Entrance	2 People per Hour
Exercise Room	Monday - Friday	9:00am to 3:00pm	Exercise Room	Back Café Entrance	2 People per Hour
Thrift Shop	Monday - Friday	9:30am to 2:00pm	Maine Room	Side Entrance	1 person in store at time
Computer Room	Tuesdays and Thursdays	10:00am to 2:00pm	Computer Room	Back Café Entrance	2 People per Hour
Lunch Program	Mon - Wed - Fri (Pickup)	11:30am to 12:30am	Cafeteria	Back Café Entrance	n/a

Please note each class's entrance - To limit exposure please enter at the proper locations. Once your class is completed, you must leave the building so we can clean area.

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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.



## FOOT CARE SERVICES

Beginning Monday, September 28th, Sue will 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.

## One Day Programs Coming Up

COVID Lecture/ Question and Answer w/ Dr. Karl Dauphinais—Presented by Autumn Lake

Monday, September 21, 2020 at 10:00 in the Cafeteria

20 person limit—Call to register (860) 826-3553

FLU SHOT CLINIC—

Tuesday, October 6, 2020 from 9:30am to 1:30pm

150 person limit—Call to register







# **New Britain Senior Center**

## **Free Covid-19 Question & Answers Lecture**

**By Dr. Karl Dauphinais**

Presented by Autumn Lake Health Care

**Monday September 21<sup>st</sup>, 2020**

**10:00am | Location: Cafeteria**

Only 20 spots are available | Call to reserve your seat.  
To preregister and for more information please contact  
New Britain Senior Center @ 860-826-3553



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## Friendship Tours Trips

**For reservations contact Friendship Tours 860-243-1630**

**Newport Autumn Bistro Train—Sat, October 3, 2020**—Depart: 8:00am | Return: 7:30pm | COST: \$109pp

All Aboard! Hop aboard the Grand Bellevue for a 2 hour train ride from Portsmouth, RI and enjoy views on Narragansett Bay. While on board enjoy a 3-course seasonal lunch. Deluxe Motorcoach

- 2 hour scenic train ride along the Narragansett Bay
- 3-course lunch on board the Grand Bellevue (Meal choice in advance of: Roast Turkey w/ apple & walnut stuffing, Beef Post Roast w/ mashed potatoes, or Baked Butternut Squash Penne)
- Afternoon time on own to explore Newport's wharf areas
- Friendship Tours Tour Director
- Trip is non-refundable. Trip is rain or shine.

**Salem, MA—Sun, October 4, 2020**—Depart: 7:15am | Return 8:00pm | COST: \$85pp

**Learn about the 1692 Salem witch trails while exploring the Salem Witch Museum upon arrival. Afternoon of free time to explore the many shops, museums & street festivities of Salem at Halloween.**

- Deluxe Motorcoach
- Admission to the Salem Witch Museum
- Afternoon free time on own in Salem to explore and shop
- Friendship Tours Tour Director—Trip is held rain or shine

**Cathedral of the Pines—Sun, October 18, 2020**—Depart: 8:30am | Return: 7:30pm | COST: \$99pp

Enjoy a guided tour of the sanctuary, sacred spaces, monuments, and burial grounds built as a memorial to those fallen in service to our nation at the the beautiful Cathedral of the Pines in Rindge, NH. Buffet lunch at a charming New England Inn with views of Mt. Monadnock, and shopping at Kringle Candle.

- Deluxe Motorcoach
- Stop at Kringle Candle in Bernardston, MA
- Buffet lunch at the Woodbound Inn, Rindge, NH
- Guided tour of the Cathedral of the Pines, Rindge, NH
- Friendship Tours Tour Director. Trip is held rain or shine.

**LaSalette Shrine—Festival of Lights North Attleboro, MA**

**Sat, November 28, 2020**—Depart: 9:45am | Return 9:00pm | COST: \$112pp

Sit down lunch at Morin's Restaurant. Afternoon visit to see the outdoor 300,000 Christmas lights at the LaSalette Shrine in Attleboro, MA. Enjoy a holiday concert by Father Pat, Mass, & the beautiful grounds.

- Deluxe Motorcoach
- Smaller Groups: Tours will be limited to fewer passengers.
- Safe Journeys by Friendship Tours: our commitment to a safe journey protocols will be implemented.
- Sit down lunch at Morin's Restaurant, Attleboro, MA
- Afternoon at LaSalette Shrine Festival of Lights, Attleboro, MA - 3:00p Concert, 3:00p, 4:00p Mass, 5:00p Illumination of lights—Friendship Tours Tour Director—Trip is rain or shine

**Christmas in Newport, RI—Sunday, December 6, 2020**—Depart: 7:30am | Return: 7:30pm | COST: \$127pp

Visit two of Newport's most famous mansions decorated beautifully for the holidays -The Elms & The Breakers. Sunday Brunch at the Atlantic Resort.

- Smaller Groups: Tours will be limited to fewer passengers
- Safe Journeys by Friendship Tours: our commitment to a safe journey protocols will be implemented
- Self guided audio tour of The Elms & The Breakers (Audio tours are available through an App on your smart phone, please bring your own earphones, OR printed scripts will also be available.)
- Sunday Brunch at the Atlantic Resort in Middletown, RI
- Friendship Tours Tour Director. Trip is rain or shine All trips depart from Commuter Lot across from Target, Village Square Rd & Hartford Rd., New Britain / West Hartford Please park on the left side of the lot as you enter the driveway.

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**WELCOME BACK!**



## **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