



BERLIN SENIOR CENTER LINES

OCTOBER 2023

Center Information

33 Colonial Drive,
Berlin, CT 06037
Phone # (860) 828-7006
Fax: (860) 828-7116
Email: tdoyle@berlinct.gov

Staff

Director Tina Doyle
Asst. Director, Victoria Hellberg
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen
Dinda
Drivers Joe LaVallee
Tom Chesery, Tom Zigmont &
Ed Alicea

Hours

Monday..... 8:30am-4:00pm
Tuesday8:30am-4:00pm
Wednesday 8:30am-4:00pm
Thursday..... 8:30am-4:00pm
Friday 8:30am-4:00pm

Membership (Ages 60+)

Resident: No Cost
Non-Resident: \$36 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson
Juliet Benjamin-Com. Secretary
Frank Slogeris
Kay Murray
Ann Gamelin
Roger Moss

A Message from the Director,

Happy Autumn! The cool weather is here!

Absentee ballots can be obtained by calling the Registrar of Voters at (860)828-7020 or by contacting the Town Clerk's Office at (860) 828-7038. You will receive an application which needs to be filled out before the ballot is mailed to you.

Looking for volunteers to organize and build our Senior Center Scarecrow entry for the Town's Annual Scarecrow contest. Please contact Victoria or myself if interested. Entries have to be in place by Sunday, October 15th.

The Mayor will be at the Senior Center on **Wednesday, November 1st at 1:00PM** to speak about the proposed new Senior/Community Center. He will answer any questions residents might have. This is your opportunity to voice your opinion! Sign up will begin on Monday, October 2nd.

The Central CT Health District (CCHD) Flu Clinics are scheduled for the Senior Center as follows: October 3rd for the Drive through Flu clinic 2pm-6pm and October 4th for the Indoor Flu clinic from 10am-2pm. Please contact the CCHD at 860-785-8380 ext 216 or register online at the CCHD website.

The Senior Center Annual Shred It Event will be held on Wednesday, October 25th from 8am to 12noon. It is FREE for Berlin Seniors. Three box minimum. No businesses.

Tina



Transportation

The Senior Center Buses and Van may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:30pm. *Service is curb to curb; therefore, riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such help. The driver may use his discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of passenger's mode of transportation must be able to be tied securely, both in the front and back of the unit. In the case of Scooters, the passenger must be able to transfer to a seat on the Senior Center vehicle. *Exceptions allowable for non-curb to curb service pending approval from the Director. * The Town of Berlin applied for a cash grant for the purchase of a wheelchair accessible vehicle under the Section 5310 program that is administered by the Connecticut Department of Transportation (CTDOT). The money is allocated to CTDOT through the Federal Transit Administration. CTDOT and the Regional Council of Governments throughout the state review the applications and award the grants per region. The program is 80% federally funded with a 20% local match. The Town of Berlin is very pleased to have received such grant to be able to transport our seniors and disabled.

Daily Bus Schedule

Monday and Wednesday—Stop-n- Shop 9am & 11am

All other appointments & errands between 9am and 2:15pm

Tuesday- Shop Rite-Cromwell 9am & 11am

All other appointments & errands between 9am & 2:15pm

Thursday- All appointments & errands between 9am & 2:15pm

Kohl's 1:30pm (Last Thursday of the month)

Friday – Ocean State Job Lot 10am & Walmart 1:30pm

Food Share 12pm (Alternating weeks with OS Job Lot & Walmart)

All other appointments & errands between 9am and 2:15pm

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860-828-4730

BRLNMEM@aol.com
www.BerlinMemorialFuneralHome.com

JOHN'S HAIR
DESIGN, LLC

928 Farmington Ave.
Kensington, CT 06037

Michelle Fetterman, Owner
860-828-8786

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 **United Healthcare**

Michael Castro
Licensed Sales Agent

106 Scenic Dr., Berlin, CT 06037

860-539-2302 - mcastroinsurance@gmail.com
www.myuhcagent.com/michael.castro

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2023
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Berlin VNA



Your Local Homecare Agency

240 Kensington Road,
Ph: 860-828-7030
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Our Goal is to keep you Home!

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Have our newsletter emailed to you.

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Transportation Continued...

Transportation Services is available for medical appts, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping. We require **24 hour notice** for grocery shopping, pharmacies, banks, etc. We require **48 hour notice** for medical appointment reservations. We accept bus reservations up to a week in advance. Bus reservations must be made during the hours of 8:30am—3pm. Please remember to have the address of the doctor and time of appointment in front of you when calling to reserve a ride. Reservations left on the Center's voicemail **will not be accepted**. Please make sure that you are ready one hour before your bus reservation time. The driver should not have to wait for you. All calls for rides home must be made by 3:00pm. Lastly, you are allowed two stops per day except when going to the grocery store. If you have any questions please contact the Center.

Other Transportation Resources

Way to Go CT - in Hartford helps inform senior citizens, veterans & people with disabilities in north central Connecticut with their available transportation options. They serve 37 towns in the Greater Hartford Area in Central Connecticut to help you navigate your transportation options. **For more information please call 860-58-4442.**

The Medical Transportation Volunteer Program – The Retired Senior Volunteer Program (RSVP) provides seniors in our area a method of access to **free**, reliable, non-emergency medical transportation. Seniors requesting rides for the first time will call the RSVP Office and provide initial client information. From that point forward when they need a ride, they will be in the system and can call with their specific ride information. **If you have any questions or would like to request a ride please call (860)539-6233.** *Please Note: This is a “new” phone number for RSVP. **DISCLAIMER:** The Berlin Senior Ctr. does not have anything to do with the above mentioned transportation programs. If you have any issues with these organizations, you must deal with that provider directly.

Energy Assistance

Energy Assistance Program We will be taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE) starting October 2nd. **The first day of appointments is Thursday, October 19th from 9-3pm.** Those residents under the age of 60 yrs old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Annual Income guidelines (for households whose heat is not included in their rent) are:

One Person Household – Income cannot exceed \$ 39,761

Two Person Household – Income cannot exceed \$ 51,996

No Liquid Asset Test

Please call Victoria at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment. We will start taking applications for Electric and Gas customers starting late November.

- Bank statements needed to prove SSD/SSI/Social security benefits or child support.
- 1099 or Stub is required for Pension.
- Household will be required to document their income from either the previous thirty days or four consecutive weeks anytime in the last three months prior to the date of application.

Special Events

Introducing: Mini Courses

We are offering different classes throughout the month, so you can have a try at learning new skills & to encourage life-long learning! You are NEVER “too old” to learn something new! Join us!

Intro to Italian

Wednesday, October 18th at 1:00 PM

Maria Colangelo, Berlin resident and retired teacher of Italian, English, Reading and ESL, will be teaching an introductory class to Italian on **Wednesday, October 18th at 1:00 PM. Sign up begins Monday, October 2nd.**

Fall Cupcake Decorating Class

Friday, October 20th at 1:00 PM

Learn techniques for decorating the perfect cupcake on **Friday, October 20th at 1:00 PM!** Everyone will get half a dozen to decorate and take home! *Led by Gina, owner of Kreative Sweets.* **Cost: \$15 per person.** Due at the time of registration. **Space is limited, sign up has begun.**

Flower Arranging with Lisa

Tuesday, October 24th at 1:00 PM

Our very own Lisa Salamon will be back on **Tuesday, October 24th** to lead a class on flower arranging. Learn the techniques to make a beautiful bouquet (perfect for the holidays coming up!). **Sign up begins Monday, October 2nd.**

Your Life Stories are Worth Saving!!

Friday, October 27th at 1:00 PM

If you don't know where to start writing your life experiences, start here. Let D. Margaret Hoffman, Berlin resident and retired English teacher will help you work your way down to that one small thing that will spark your creativity and give you the courage to begin. Join us on **Friday, October 27th from 1:00—3:00 PM. Sign up begins Monday, October 2nd.**

Aging Gracefully

Wednesday, October 11th at 1:00 PM

Come to Learn how to “Age Gracefully”. A doctor from Roba Physical Therapy will be here to discuss a variety of topics centered on aging. **Sign up begins Monday, October 2nd.**

Breast Cancer Awareness

Tuesday, October 17th at 1:00 PM

Breast Cancer affects 1 out of 8 women and men can also get it. Risk increases with age. Learn about early detection and some risk factors. Join us for a short talk on Breast Cancer on **Tuesday, October 17th at 1:00 PM** followed by a bingo game based on the talk with prizes for all. **Sign up begins Monday, October 2nd.**

Commission for Aging Fall Social

Thursday, October 26th from 3:30—5:30 PM

It's time for another social, hosted by our Commission for the Aging! Come and enjoy a performance by Kenny The Crooner, Connecticut tenor soloist. He performs classic hits from the Big Band era through the 60's. After the music you'll enjoy a fabulous dinner and dessert. **Sign up begins Monday, October 2nd.**

Monthly Activities

Tech Help ~ Mondays 1 PM to 3 PM By Appointment ~ Do you have an electronic device that you are having trouble with, or want to learn how you can get more use out of it? Victoria, our Assistant Director, is here to answer your questions about your laptop, smart phone, tablet, and/or kindle! **Please call to schedule an appointment and come ready with questions. Appointments are 30 minutes long.**

Ladies' Free Manicures ~ Wednesday, October 11th from 9—12pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins. **Sign up are now being taken.**

Fall Craft Class ~ Friday, October 13th at 1:00 PM

Euro-American Connections in Berlin will be back to lead another craft class **on Friday, October 13th at 1:00 PM**. This month you will be doing a fall themed craft! **Sign up begins Monday, October 2nd.**

Special BINGO! Thursday, October 5th th at 1:30 PM

United Healthcare will be sponsoring on **Thursday, October 5th at 1:30 PM**. They will be providing prizes and treats for intermission. Our regularly scheduled games will be played. No sign up necessary.

Special BINGO! Thursday, October 19th at 1:30 PM

Ledgecrest will be sponsoring on **Thursday, October 19th at 1:30 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up necessary.

Kensington Nursery School Halloween Parade—Monday, October 30th at 9:00AM

The students at the Kensington Nursery School will be at the Senior Center on **Monday, October 30th at 9:45AM** in their Halloween costumes. The event will be cancelled for inclement weather. We hope you will come to enjoy their costumes and their "spooky" songs. No sign up necessary.

Senior Center / Community Center Forum

Wednesday, November 1st at 1:00 PM

The Mayor will be at The Senior Center to speak about the proposed new Senior/Community Center. He will answer any questions residents might have. Now is the time to come out and voice your opinion! **No sign up required.**

Trip to The Aqua Turf to see Elvis!

Wednesday, November 8th

Elvis is in the building! A little less conversation, a little more rock n' roll!! John Monforto's performance brings Elvis' groove and entertainment alive! **Cost is \$52 per person. The bus will depart the center at 10:30 am and will return approximately 4:00 PM. Sign up begins on Monday, October 2nd. Payment is due at the time of registration.**

Senior Center Book Discussion

Senior Center Book Club: Wednesday, October 4th @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *Honor* by Thirty Umigar.

The Senior Center Library is always looking for donations of gently used books.

No religious books will be accepted. Large Print Books are greatly appreciated. Please drop off your donation at the front desk. We ask when returning books to our library to please put in basket. Do not put back on shelves. Thank you!

Weekly Classes

Intermediate Cardio Drumming ~

Mondays and Wednesdays from 10-10:45am

This exercise will get your whole body moving and will pump you up. The best part is that it requires no skill, and you can go at your own pace. Join us for some fun and see what it's all about! **FREE.**

High-Intensity Cardio Drumming ~

Mondays from 11am—12pm

This hour-long class is for people who are looking for a more fast-paced cardio drumming exercise than our intermediate class. There will be faster and more intricate movements. **FREE.**

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY @

9:45 AM This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Join us. Choose to be active and to age well. Please bring hand weights. **Cost: \$4.00 per class.** Instructors are Vicki Griswold and Lorraine Jurgilewicz.

Yoga Class (Virtual and In-Person)

EVERY FRIDAY @ 9:30 AM –11:00AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.



Drop Ins

SENIOR POKER DROP IN—Every Monday at 10:00AM. Must have basic knowledge of poker.

SCRABBLE DROP IN – Every Monday at 11:00AM. All level of players are welcome.

Po Ke No DROP IN—Every Tuesday afternoon at 12:45PM

CRAFTY KNITTERS - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? Come join the group.

MAHJONGG - Every Wednesday morning at 10:00 AM. All levels of players are welcome.

CRIBBAGE DROP IN - Every Wednesday at 1:00 PM. All level of players are welcome.

CANASTA—Every Wednesday afternoon at 1:00 PM. All level s of players are welcome.

COLORING for STRESS RELIEF ~ Every Wednesdays at 1:00PM Coloring for adults has become a popular stress –reduction trend and a great way to relax. We will supply the coloring sheets and colored pencils.

SWEDISH WEAVING –Every Thursday @ 9:30AM. This craft is also known as “huck” weaving . Create a unique blanket, pillow, table runner, etc. A list of supplies is available at the Center. Help is available.

BINGO—Every Thursday @ 1:30PM.

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 12:45 PM to join us for some “interactive” bowling in our multi-purpose room. It's fun and it's easy exercise. Stop in and check it out. If you are interested in joining the Friday group and have any questions please contact Tina or Victoria.

PHOTOGRAPHY – Meets the 1st and 3rd Friday of the month @ 1:00 PM. Come and join our informal group of beginners to experienced photographers for camera and photography questions and discussions. Any kind of camera is welcome, whether its film, digital or slides. The group discusses camera features, subject, lighting, composition, as well as alterations on a computer.

NEWCOMERS ARE ALWAYS WELCOME

If you are interested in starting a new Drop In please see Tina or Victoria.

Health Services

Footcare Program (By Appointment Only)

The Berlin Senior Center offers low cost foot care for seniors provided by a specially trained registered nurse. **This month's program is scheduled for Wednesdays October 11th and 25th** Services are provided by Carol Raza, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$30.00.** Please **no diabetics**. Call the senior center at 828-7006 to schedule your appointment.

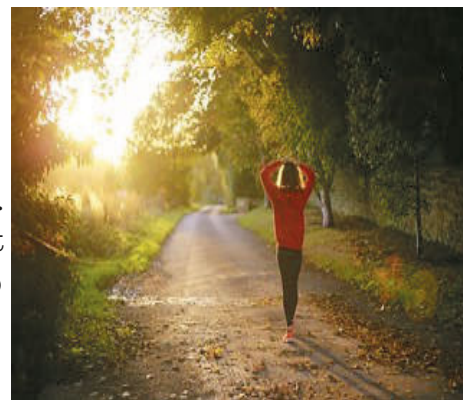
Free Health Clinics

The **Berlin VNA** will hold the following **"FREE" health clinics** at the Berlin Senior Center. All clinics are "free of charge" and no appointment is necessary. The Berlin VNA is open for business. For more information about services please call the Berlin VNA at (860) 828-7030.

Tuesday, October 3rd	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 10th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 17th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 24th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 31st	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club

Enjoy the outdoors with a little pep in your step! Victoria will be leading the group until we find a volunteer to lead every week. Walks will be scheduled every **Thursday at 10:00 AM**. You will be asked to meet at the chosen spot. You will meet at different parks and trails in and around Berlin. We will try to rate each park or trail beforehand so folks can determine if a specific walk is too difficult or too easy for them. As always you can walk for as long or as far as you like. Please wear proper foot attire and bring a water bottle to stay hydrated. Pre-registration is required.



The Central CT Health District (CCHD) Flu Clinics are scheduled for the Senior Center as follows:

October 3rd for the Drive through Flu clinic 2pm-6pm

October 4th for the Indoor Flu clinic from 10am-2pm.

An appointment is necessary. You can sign up via Central Connecticut Health District (ccthd.org) or call 785-8389 extension 216.

Congregate Meals

CW Solutions Senior Community Café

To Order Call Doretha
860-921-4320

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Hearty Vegetable Soup Unsalted Crackers Chicken Marsala Mashed Potato Green Beans</p> <p>100% Whole Wheat</p> <p>Cinnamon Applesauce</p>	<p>3</p> <p>Sliced Ham with Pineapple Glaze Sweet Potato Geneva Blend Veggies</p> <p>Rye Bread</p> <p>Pineapple Cup</p>	<p>4</p> <p>Apple Juice Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Ranch Dressing</p> <p>Corn Muffin</p> <p>Chocolate Pudding</p>	<p>5</p> <p>Broiled Fish with Garlic Butter Cracker Crumbs Cheesy Rice Brussel Sprouts</p> <p>Wheat Bread</p> <p>Banana</p>	<p>6</p> <p>Homemade Meatloaf with Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread</p> <p>Tropical Fruit Cup</p>
<p>9</p> <p>Senior Center Closed in Observance of Columbus Day</p>	<p>10</p> <p>Chicken Picatta Linguini Brussel Sprouts</p> <p>Dinner Roll</p> <p>Brownie</p>	<p>11</p> <p>Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble Egg Bake Spinach</p> <p>Biscuit</p> <p>Pear Cup</p>	<p>12</p> <p>Baked Veal Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread</p> <p>Banana</p>	<p>13</p> <p>Grape Juice Turkey Divan Brown Rice California Blend Veggies</p> <p>Whole Wheat Roll Banana Pudding with Whipped Topping</p>
<p>16</p> <p>Lazy Stuffed Cabbage (Beef/Pork) Mashed Potato Meadow Blend Veggies</p> <p>Italian Bread</p> <p>Plum</p>	<p>17</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Baked Apples with with Topping</p>	<p>18</p> <p>Open Faced Turkey Sandwich Turkey Gravy Stuffing Carrots and Broccoli</p> <p>Warm Peach Cobbler with Whipped Topping</p>	<p>19</p> <p>Roast Pork with Cranberry Glaze Sesame Noodles Spinach and Red Peppers</p> <p>Whole Wheat Bread</p> <p>Banana</p>	<p>20</p> <p>Minestrone Soup Unsalted Crackers Codfish Cakes Steak Fries Broccoli Tartar Sauce Oatmeal Bread</p> <p>Fresh Apple</p>
<p>23</p> <p>Apple Juice Philly Cheesesteak Sloppy Joe with Peppers and Onions Tater Tots Carrots</p> <p>Hamburger Bun</p> <p>Rice Pudding</p>	<p>24</p> <p>Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers and Onions Spanish Rice Pintos and Black Eye Peas Tortilla</p> <p>Pears</p>	<p>25</p> <p>Orange Juice Spaghetti with Meatballs Garden Salad Italian Dressing</p> <p>Garlic Bread</p> <p>Pie</p>	<p>26</p> <p>Chicken and Sausage Gumbo Rice Mixed Vegetables</p> <p>Corn Bread</p> <p>Mandarin Oranges</p>	<p>27</p> <p>Roast Turkey with Turkey Gravy Mashed Potato Brussel Sprouts Cranberry Sauce</p> <p>Dinner Roll</p> <p>Oatmeal Cookies</p>
<p>30</p> <p>Apple Juice Bean and Veggie Chili Brown Rice</p> <p>Corn Muffin</p> <p>Tapioca Pudding</p>	<p>31</p> <p>Grouling Grape Juice Creepy Country Fried Chicken with Crawling Country Gravy Moaning Mashed Potato Ghoulish Green Beans and Munster Mushrooms 12 Grain Beastly Bread Halloween Treat</p>			

OCTOBER 2023				Events
Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help	3 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 2pm Drive Thru Flu Clinic	4 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 10am Indoor Flu Clinic 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Book Club Footcare (by appt)	5 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO	6 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 11am LBunch Trip 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:30 pm Walmart
9 The Center is Closed in Observance of Columbus Day	10 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie <i>Casper</i>	11 8:30am Coffee Hr 9am Ladies Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Aging Gracefully Footcare (by apt)	12 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO	13 8:30am Coffee Hr 9:30am Yoga 11am LBunch Trip 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1pm Craft Class
16 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help	17 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Breast Cancer Awareness 1pm Movie <i>Hocus Pocus</i>	18 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 1230pm Special Shop 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Intro to Italian	19 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO Energy Asst. (by apt)	20 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 11am LBunch Trip 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1pm Cupcake Decorating Class 1:30 pm Walmart
23 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help	24 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Flower Arranging	25 8-12Noon Shred It Event 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta Footcare (by apt)	26 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO Energy Asst. (by apt) 3:30pm CFA Fall Social	27 8:30am Coffee Hr 9:30am Yoga 11:30am Lunch Bunch 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1pm Your Life Stories Are Worth Saving!
30 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help	31 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie <i>The Addams Family</i>			

General Information

Berlin Food Pantry ~ “When hunger stops, so will we”. We continued to collect non-perishables for our local food pantry. There is a box located in the Senior Center front foyer for any donations. The Berlin Food Pantry is located at the Town Hall. If you are need of assistance from the food pantry, please contact Doug Truitt at (860) 828-7059

CT State Parks and Forests Passport Parking fees are now eliminated at Connecticut State Parks for those with Connecticut registered vehicles. To make this possible, **an increase in registration fees was passed by the General Assembly**. It is \$5 per year, which means \$10 for the customary two-year registration renewal for all non-commercial motor vehicles. Seniors 65+ with a one-year registration renewal will have only an additional \$5 fee each year. For more info, visit: <https://portal.ct.gov/DEEP/State-Parks/Passport-to-the-Parks>

Consumer Law Project For Elders is a project of the CT Legal Services, a non-profit law firm. They help seniors resolve consumer problems. People, age 60 and older, (of any income level) can call them if they have a consumer problem. Their phone number is 1-800-296-1467, Monday through Friday from 9:00 AM to 9:00 PM.

Dial 211 Info line is a partnership of the Connecticut United Ways and the State of CT. It provides a single source for information about community services, referrals to human services and crisis intervention. It's toll free from anywhere in Connecticut and operates 24 hours a day, 365 days a year. Give it a try!

Greater Hartford Legal Aid (GHLA) Office provides free counseling and representation on many Elder Law Issues (Medicaid & other government programs, patients' rights, nursing home issues, etc. They are located at 999 Asylum Avenue, 3rd Floor, Hartford, CT 06105-2465 Phone: 860-541-5000, Fax: 860-541-5050 Email: ghla@ghla.org.

National Elder Fraud Hotline

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline. **1-833- FRAUD-11 or 1-833-372-8311. Every day, 6am to 11pm, Eastern Time. English/Espanol and other languages are available.** This hotline is a free resource created by the U.S. Department of Justice (DOJ), Office for Victims of Crime for people to report fraud against anyone age 60 or older.

The Office of the Healthcare Advocate (OHA)

The OHA focuses on assisting consumers in making informed decisions when selecting a health plan; assisting consumers to resolve problems with their health insurance plans and tracking trends of issues/problems, which may require administrative or legislative intervention, or advocacy with industry, the public, or other stakeholders.

You can contact OHA for assistance with inquiries involving :

- *Healthcare insurance enrollment, overage or billing questions
 - *claim denials or pre-authorization issues
 - *explanations regarding a healthcare benefit, program or coverage
 - *an assessment of the healthcare plans offered in CT
 - *your rights and responsibilities as a healthcare plan member
 - *referral and pre-authorization procedures required by
 - *your healthcare plan your healthcare plan's internal and external appeals processes
- Toll-free number: 1-866-466-4446**
Email: Healthcare.advocate@ct.gov
Fax: (860) 331-2499

HHC Alzheimer's and Dementia Caregiver Virtual Support Group

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, and stages of the disease, family dynamics and safety issues.

First Tuesday of the month at 10 AM
Third Monday of the month at 1 PM
Last Monday of the month at 10:30 AM
Second Wednesday of the month at 6:30 PM

REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses
After you register, you'll receive an email with easy instructions on joining the virtual class.

Monthly Meetings

COMMISSION FOR THE AGING MEETING

NEXT MEETING: MONDAY, NOVEMBER 20TH AT 5:00 PM

The Commission for the Aging meets six times a year at the Berlin Senior Center. They study the needs of seniors in town. They also analyze the services that are provided by the community, both public and private agencies, and make their recommendations to the Town Council. Berlin residents are invited to any of the meetings.

MOBILE FOODSHARE

at Sacred Heart Church, 48 Cottage Street, East Berlin

Bus Transportation is available if needed.

PLEASE NOTE TIME CHANGE: Every other Friday 12:00 to 12:30 PM
for the following dates:

October 13th & 27th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

Donations

The Berlin Senior Center accepts monetary and item donations. Each month the Senior Center recognizes our donors. The monetary donations are deposited in our Senior Center Agency Fund with the Town's Finance Dept. The funds are used for programs/items needed at the Center. You may specify what you would like the donation used for, such as transportation, programs, food for an event, etc. If you have any other questions please contact Tina at 828-7006.

Donor's Name

Paul Dombrowski

Kathleen O'Donnell Moss (Sponsor September Coffee Hour)

Eileen Joseph

Clifford Roger Moss

(Sponsor Caricature Artist for September Celebration)



Berlin-Peck Memorial Library Monthly Events

Two-Sentence Horror Story: *October 1 to 24.* Celebrating the spookiest month of the year by writing a mini horror story! You can enter as many stories as you like, as long as they are original and two sentences long.

Writer's Workshop: Starting and Structuring Your Story: *Monday, October 2, 6:30 pm.* Join writer Chelsea Dodds for a workshop on starting and outlining a story.

Sit & Knit: *Thursday, October 5 + 19, 6:00 pm and Thursday, October 12 + 26, 1:00 pm.*

Movie Matinee: Land: *Friday, October 6, 1:00 pm.* Edee, in the aftermath of an unfathomable event, finds herself unable to stay connected to the world and retreats to the wilds of the Rockies. After a local hunter brings her back from the brink of death, she must find a way to live again. PG-13.

Black Bears in Connecticut: *Tuesday, October 10, 6:30 pm.* Join certified Master Wildlife Conservationist Paul Colburn to learn all about bears!

Community Conversation: Imagine the Library: *Thursday, October 12, 6:30 pm or Saturday, October 14, 10:30 am.* **REGISTRATION REQUIRED.** An opportunity for our community to provide ideas and feedback on the library.

Movie Matinee: Emma: *Friday, October 13, 1:00 pm.* In 1800s England, a well-meaning but selfish young woman meddles in the love lives of her friends. PG.

Medicare & You: *Monday, October 16, 1:00 pm.* Learn about your healthcare options under Medicare.

Dementia Caregiver Support Group: *Monday, October 16, 1:00 pm.* **IN PERSON or ONLINE.** Join us to share practical info, feelings, needs and concerns. RSVP to Patty: 203-859-1992.

Cancer Ghosting: The Traumatic Side Effect No One Warns You About: *Monday, October 16, 6:30 pm.* Learn about the phenomenon of "cancer ghosting" and how to best support a loved one through their diagnosis.

Movie Matinee: Corner Office: *Friday, October 20, 1:00 pm.* As Orson, The Authority's newest employee, finds himself trapped in the absurdities of corporate life, his alienation deepens when he discovers a room he's told doesn't exist. PG-13.

Saturday Book Club: *Saturday, October 21, 10:30 am.*

Book Discussion with the Berlin Police Department: *Monday, October 23, 6:30 pm.* Offc. Krzykowski & Librarian Carrie Tyszka discuss Craig & Fred: A Marine, a Stray Dog, and How they Rescued Each Other by Craig Grossi.

Make and Take: Bad Art Night @ The Truck Bar: *Wednesday, October 25, 6:30 pm.* Absolutely NO good art allowed! We'll end with a bad art show and prizes for the worst art.

Protect Your Financial Info From Scammers: *Thursday, October 26, 1:00 pm.* Learn about common scams and find out important tips to help you understand the methods of identity theft, take action steps to reduce your risk, and recognize signs to help you avoid becoming a victim.

Movie Matinee: The Sun Is Also A Star: *Friday, October 27, 1:00 pm.* A hopeless romantic ambivalent about his future in medical school falls for a hard-luck young woman who doesn't believe in love. PG-13.

Film Screening and Q&A: The 29th Connecticut: *Saturday, October 28, 11:00 am.* Learn about the eleven African-American soldiers who enlisted from Berlin, Connecticut, during the American Civil War.

New Car Technology: Smart DriverTEK Workshop: *Monday, October 30, 1:00 pm.* Discover the safety benefits of new car technology, how they work, and how they can improve your peace of mind on the road.

Cookbook Club: *Monday, October 30, 6:30 pm* **REGISTRATION REQUIRED.** This month's cookbook is Mastering the Art of French Cooking by Julia Child.

Nutrition



Coffee Hour

The Senior Center has an informal "coffee hour" available Monday through Friday from 8:30 AM to 10:00 AM! Enjoy a fresh cup of coffee and/or tea for only 25 cent per cup! So drop by and chat with "old friends" and make new ones! Complimentary pastry is also available for those who buy a cup of coffee/tea. ENJOY A "FREE" CUP OF COFFEE/TEA ON FRIDAYS FROM 8:30 AM TO 10:00 AM.

Berlin Senior Congregate Meals

Lunch is served Monday - Friday at Noon. A suggested donation of \$2.50 per person is requested. **To order a meal please either call Doretha 860-921-4320 or sign up in-person in the Big Room at least 2 days before by 10 am (Monday and Tuesday meals need to be reserved by Thursday before by 10am) .** If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

Town Department News

Berlin Police Department Community Relations Team

Community members interested in starting a neighborhood watch or becoming a watch captain should contact us at crimewatch@berlinpd.org. Upon receipt an officer assigned to your area will contact you. Also if you meet any of our CRO's in person they will be happy to address any questions you have about crime prevention or starting a neighborhood watch.

What is the Special Needs Registry?

The Special Needs Registry is a completely voluntary program which allows Berlin residents to make police, fire and EMS aware of any special needs or disabilities they may have in case of emergency. The information on the registry is only used for emergency purposes and is only shared with emergency responders. The Registry is a helpful tool that allows police, fire and EMS to better serve you in times of need. For example, should there be a need to evacuate a neighborhood, emergency services will be aware of your needs. Or, should you call 9-1-1 for an emergency, the emergency dispatchers will be better able to assist you. The BPD has changed the form so you can either call Ofc. Cathy Griffin or Dispatcher Tom Farr and leave a message if they don't answer, or you can email BPD at specialneedsregistry@berlinpd.org and ask for a new form. The forms will go out shortly for those that are already on the list and for those that are new to requesting a form.

Berlin Police Dept. Drug Collection Box

If you have any old prescriptions and over the counter medicines that you need to get rid of the safest way to do so is by bringing them to the Berlin PD Drug Collection Box at the Berlin Police Dept. which is located by the Berlin Town Hall. They ask No Aerosol, No Needles and No Liquids. The Berlin PD will then bring them to an incinerator to be destroyed. If you have any questions please call the BPD at 860-828-7080.

Berlin Social and Youth Services

Renter's Rebate We will take applications for the Renter's Rebate Program beginning May 22, 2023. Renter's Rebate is for Renters 65 year and older; 50 years + for surviving eligible spouse; or 18 years old with 100% permanent disability. Must have 1 year residency. Income eligibility is \$49,100 and less for married couples and \$40,300 and less for single individuals. **The program runs for through October 1, 2023.** Documentation needed for the application process includes income from 2022 (tax return or 1099), rent receipts from 2022, and utility payment history for gas, electric, and water for 2022. Please call 860-828-7059 to schedule an appointment or for more information.

Happy Halloween!



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



AFTERLIFE
AUTUMN
BAT
BLACK
BLOOD
BOO
BROOMSTICK
CACKLE
CADAVER
CANDY
CASKET
CAT
CAULDRON

COBWEB
COFFIN
CREEPY
DEMON
EERIE
GHOST
GHOUL
GRIM REAPER
HAUNT
HOWL
MASK
MIDNIGHT
MOON

MUMMY
OCTOBER
OGRE
OWL
PHANTOM
PRANK
SKELETON
SPIDER
TOMBSTONE
TRICK
VAMPIRE
WEREWOLF
WITCH



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Halloween Movie Marathon!

For the movie program, popcorn and water will be served. There is no charge for the program. Due to the length of movies and other circumstances there will be no previews. If you wish to recommend a movie, please leave it with either Tina or Victoria. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***

Tuesday, October 10th at 1:00 PM~ Casper Casper (voiced by Malachi Pearson) is a kind young ghost who peacefully haunts a mansion in Maine. When specialist James Harvey (Bill Pullman) arrives to communicate with Casper and his fellow spirits, he brings along his teenage daughter, Kat (Christina Ricci). Casper quickly falls in love with Kat, but their budding relationship is complicated not only by his transparent state, but also by his troublemaking apparition uncles and their mischievous antics.

Tuesday, October 17th at 1:00 PM ~ Hocus Pocus After moving to Salem, Mass., teenager Max Dennison (Omri Katz) explores an abandoned house with his sister Dani (Thora Birch) and their new friend, Allison (Vinessa Shaw). After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal.

Tuesday, October 31st at 1:00 PM~ The Addams Family When a man (Christopher Lloyd) claiming to be Fester, the missing brother of Gomez Addams (Raul Julia), arrives at the Addams' home, the family is thrilled. However, Morticia (Anjelica Huston) begins to suspect the man is a fraud, since he cannot recall details of Fester's life. With the help of lawyer Tully Alford (Dan Hedaya), Fester manages to get the Addams clan evicted from their home. Gomez realizes the two men are conspiring to swindle the Addams fortune and that he must challenge Fester.

Specialty Trips

“LUNCH BUNCH” TRIP

Each month the senior center organizes a “lunch bunch” trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This month will be to **Cracker Barrell in East Windsor on Friday, October 27.** The bus will leave the Senior Center at **11:30 AM.** We are limited to 12 people. **Sign up begins on Wednesday, October 11th.** You may sign up yourself and one other. Telephone signups will be taken after 12 Noon on the 11th. If you went on last month’s trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP *NEW TIME*

Our Specialty Shopping Trip this month is a little different! We will be going to **Rogers’ Orchards in Southington on Wednesday, October 18th.** We need a minimum of 3 riders for the trip to go. The bus driver will **start picking up at 12:30 PM.** The driver will decide as to how much time will be allowed. We will start taking reservations up to a week in advance. Please call the center at (860) 828-7006 **by 3:00 PM by Tuesday, October 17th.** Please **do not** leave any reservations on the