



BERLIN SENIOR CENTER

### **Center Information**

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

### **Staff**

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

### **Hours**

Monday..... 8:30am-4:00pm  
Tuesday .....8:30am-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

# BERLIN SENIOR CENTER LINES

DECEMBER 2023

### **Greetings from the Director,**

The Staff at the Berlin Senior Center would like to wish everyone a Happy Holiday and a Prosperous New Year to each and everyone of you. We hope that 2024 will be a year filled with prosperity, good friends and good health.

The Senior Center staff appreciates the support and kind words you have given us throughout the year. To our volunteers ~ even though you're not in the spotlight, you are the backbone of the Senior Center. Please know that we could not do this without your hard work. We are forever thankful for the time you have given us. You have made an unforgettable difference.

*Christmas isn't a season. It's a feeling. ~ Edna Ferber*

*My idea of Christmas whether old-fashioned or modern, is very simple: loving others. ~ Bob Hope*

*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

|  |  |   |  |
|--|--|---|--|
| <p>Quality Living  Affordable Price</p> <p><b>The Bradley Home</b><br/>and Pavilion</p> <p>Meriden, CT 06451<br/><b>(203) 235-5716</b><br/><a href="http://www.thebradleyhome.org">www.thebradleyhome.org</a></p>   | <p><b>We're here for you.</b></p> <p>Independent Living<br/>Assisted Living<br/>Memory Support<br/>Skilled Care<br/>Rehabilitation Services</p> <p><br/>Cromwell, CT • <a href="http://CovLivingCromwell.org">CovLivingCromwell.org</a></p> | <p><i>Caring Service with a Gentle Hand</i></p> <p><b>Berlin Memorial</b><br/>Funeral Home Inc.</p> <p> Carolyn Audett Smith, Owner<br/>96 Main St., Kensington, CT<br/><b>860-828-4730</b><br/>BRLNMEM@aol.com<br/><a href="http://www.BerlinMemorialFuneralHome.com">www.BerlinMemorialFuneralHome.com</a></p>   | <p><b>SUPPORT OUR<br/>ADVERTISERS!</b></p> |
| <p><b>Place Your Ad Here and<br/>Support our Community!</b></p> <p>Instantly create and<br/>purchase an ad with</p> <p><b>AD<br/>CREATOR<br/>STUDIO</b></p> <p></p> <p><a href="http://lpicommunities.com/adcreator">lpicommunities.com/adcreator</a></p>   |  | <p><b>ADT-Monitored<br/>Home Security</b></p> <p>Get 24-Hour Protection<br/>From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>• Burglary</li> <li>• Fire Safety</li> <li>• Flood Detection</li> <li>• Carbon Monoxide</li> </ul> <p></p> <p></p> <p><b>ADT</b> Authorized Provider   SafeStreets   <b>833-287-3502</b></p> |  |
| <p><b>RE/MAX</b><br/>RE/MAX RIGHT CHOICE</p> <p></p> <p><i>Selling homes in Berlin Since<br/>1986. Over 2100 properties sold!</i></p> <p>Cell 860-995-9665<br/>MJ Agostini<br/><a href="mailto:mj@mjagostini.com">mj@mjagostini.com</a><br/><a href="http://www.mjagostini.com">www.mjagostini.com</a><br/>860-788-7001<br/>1195 Farmington Ave. Berlin, Ct 06037</p> | <p><b>Berlin VNA</b></p> <p></p> <p><b>Your Local Homecare Agency</b></p> <p>240 Kensington Road,<br/><b>Ph: 860-828-7030</b><br/><a href="http://www.town.berlin.ct.us">www.town.berlin.ct.us</a><br/>Our Goal is to keep you Home!</p>    |   |  |

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## Transportation Continued...

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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.

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## Other Transportation Resources

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**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.

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## Energy Assistance

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**Energy Assistance Program** We are taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with deliverable fuel, electric, natural gas, and heat included. **Appointments are every Thursday, from 9-3pm.** Please call the Senior Center to set up your appointment. Those residents under the age of 60 yrs old please contact New Opportunities of Greater Meriden at #203-235-0278 directly to set up an energy appointment.

Annual Income guidelines

(except 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 the Center at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment.

- 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.

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## Monthly Activities & Special Events

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**Holiday Craft Class ~ Friday, December 8th at 1:00 PM** Euro American Connections of Berlin will be here on Friday, December 8th at 1:00 PM to show you how to make a fresh evergreen wreath just in time for the holiday season. **Sign up begins Friday, December 1st.** The class is limited to 12 students. Please bring a pair of scissors.

**Holiday Classics with Downtown6 Band Aqua Turf Trip on Tuesday, Dec 12th.** A reminder to the folks that signed up and paid for this trip. The bus will be leaving the Senior Center at 10:30am and returning around 4:00pm.

**Dementia/Parkinson's~ Wednesday, December 13th @ 1:00PM**

Dr. Chan, from the Hospital for Special Care will be here to discuss central non-motor symptoms in Parkinson's disease and early signs of dementia/Parkinson's. He will then do a Q&A session on that topic and then will be open to general Q&A. **Sign up begins on Friday, December 1st.**

**Beat the Winter Blues ~Friday, December 15th at 1pm**

Rosanna D'Anna from Amberwoods will present a seminar on beating the winter blues and will explain the difference between winter blues and seasonal affective disorder. **Sign up begins on Friday, Dec 1st.**

**Holiday Music Bingo -Monday, December 18th at 1:00 PM**

Join us for this fun, musical twist on our favorite senior center game on Monday, December 18th at 1:00 PM. We will be playing clips from a variety of popular holiday songs. Make sure to mark your card if it has the title of the song that plays! Winners will win fun prizes. FREE! **Sign up begins Friday, December 1st.**

**Holiday Dessert Charcuterie Board Class ~ Wednesday, December 20th at 1:30pm**

Impress your family with a beautiful arrangement of sweets for your holiday gathering. **Cost is \$10, payable at sign up. Cash please. Sign up beginning Friday, December 1st. Limited to 12 people.**

**Jingle All the Way Bingo ~ Thursday, December 21st at 1:30PM**

CT Realty Pro will be sponsoring this special BINGO on **Thursday, December 21st at 1:30pm.** Special goodies will be served and there will be prizes. Our regularly scheduled games will be played. **No sign up is necessary.** Anyone who wears an ugly Christmas Sweater will be entered in a raffle to win a prize! Come join in on the fun.. .HO, HO HO!

**New Year's Celebration**

**December 29<sup>th</sup> at Noon**

Come help us ring in the New Year—2020! We will toast to the New Year at noon and then we will enjoy the delicious CW Resources Lunch of Chicken Fricassee, Sweet Potatoes, Green Beans, Whole Wheat Bread, and dessert. You may sign up yourself and one other member. **Limited to 100 people.** Following lunch we will play Bingo. Prizes will be awarded. **Lunch and Bingo prizes are provided by the Senior Center.**

# WINTER SAFETY TIPS FOR SENIORS

Winter has arrived! Be sure to leave this checklist with your aging loved ones to help keep them warm and safe during the winter season.



**Check the weather.** Before leaving home, be sure to view the forecast so you are aware of any special weather statements. Change your plans and stay indoors if needed.



**Bring your walking aid if necessary.** If you have a cane or walker, be sure to bring it along when leaving the house.



**Stick to the path.** When outdoors, be sure to walk on bare surfaces and use handrails whenever possible.



**Invest in good footwear.** Warm, waterproof, anti-slip boots are key for winter.



**Plan ahead when going outdoors.** Pack a snack, water, and any medication you may need to take throughout the day in case your trip takes longer than expected.



**Bundle up.** Be sure to dress in several layers suitable for cold weather, including a hat, scarf, and mittens.



**Let others know** where you are going and when you expect to return whenever leaving the house.



**Ask for help for winter tasks.** Do not attempt to shovel the driveway, break ice, or remove snow from your roof by yourself.



**Eat a healthy diet and stay hydrated.** Winter can lead to a deficiency in vitamin D due to lack of sun exposure. Consume vitamin D rich foods (such as salmon, fatty fish, mushrooms and egg yolk) to prevent deficiency. Drink plenty of water throughout the day to stay hydrated.

## Senior Center Book Discussion

**Senior Center Book Club: Wednesday, December 6th @ 1:30 PM**

Join us at the Berlin Senior Center for a discussion of *In Falling Snow* by Mary-Rose MacColl.

**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.

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## Health Services

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### **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 Wednesday, December 13th.** 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.

|                               |                            |                                 |
|-------------------------------|----------------------------|---------------------------------|
| <b>Tuesday, December 5th</b>  | <b>10:30 AM ~ 11:30 AM</b> | <b>Blood Pressure Screening</b> |
| <b>Tuesday, December 12th</b> | <b>10:30 AM ~ 11:30 AM</b> | <b>Blood Pressure Screening</b> |
| <b>Tuesday, December 19th</b> | <b>10:30 AM ~ 11:30 AM</b> | <b>Blood Pressure Screening</b> |
| <b>Tuesday, December 26th</b> | <b>10:30 AM ~ 11:30 AM</b> | <b>Blood Pressure Screening</b> |

### **Walking Club**

The Walking Club will resume their weekly Thursday morning walks in the Spring.

### **Catholic Charities Counseling Services**

#### **Available At the Berlin Senior Center**

**Wednesdays, Dec 13th & 27th 9am –12pm**

Do you feel like you need to make some changes in your life but don't know how? Do you find yourself worrying a lot about everything or anything? If the answer is YES then make an appointment at 860-757-0845 with Leonilda Velez, Outreach and Support Worker with Catholic Charities at will be available to meet with you, connect, support, and provide you with resources you might need. This is a free service.

# Congregate Meals

CW Solutions Senior Community Café

## December Menu

1% or Skim milk provided  
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
|   |   |  |    |    |
|  |  |  |  | Vegetable Beef<br>Barley Soup<br>Unsalted Crackers<br>Pot Rost<br>with LS Gravy<br>Baked Potato<br>Winter Mix Vegetables<br>Rye Bread<br><br>Birthday Cake                      |
| 4<br>Lazy Golumpki<br>(Ground Beef with Rice,<br>Cabbage and Sauce)<br>Tomatoes & Zucchini<br><br>Oatnut Bread<br><br>Peaches      | 5<br><b>Taco Tuesday</b><br>Taco Mix with<br>Ground Beef<br>Yellow Rice<br>Fiesta Corn<br>Shredded Lettuce<br>Shredded Cheese<br>Sour Cream and Salsa<br>Tortilla Chips<br>Citrus Sections | 6<br>Jerk Grilled Chicken<br>Roasted Red Potatoes<br>Scandinavian Veggies<br><br>Wheat Roll<br><br>Mango   | 7<br>Roast Turkey<br>with LS Gravy<br>Mashed Potatoes<br>Green Beans<br><br>Whole Wheat Bread<br><br>Cookie                  | 8<br>Hearty Vegetable<br>Bean Soup<br>Unsalted Crackers<br>Jumbo Ravioli<br>Florentine Sauce<br>Brussel Sprouts<br>Multigrain Bread<br><br>Fruited Jello                        |
| 11<br>Grilled Chicken Breast<br>with Orange<br>Cranberry Sauce<br>Yams with Cinnamon<br>Spinach<br><br>Wheat Roll<br><br>Pineapple | 11<br>SloppyJoe<br>Corn<br>California Blend Veggies<br><br>Hamburger Roll<br><br>Mixed Fruit   | 13<br>Chicken Strips<br>with Marsala Sauce<br>Herbed Ziti<br>Italian Blend Vegetables<br><br>Warm Garlic Bread<br><br>Swiss Roll   | 14<br>Hamburger Stew<br>Scalloped Potatoes<br>Peas & Carrots<br><br>Rye Bread<br><br>Pudding                                 | 15<br>Butternut Macaroni<br>& Cheese<br>Broccoli<br><br>Oatnut Bread<br><br>Tropical Fruit |
| 18<br>Grilled Chicken Breast<br>with LS Gravy<br>Stuffing<br>Carrots<br><br>Whole Wheat Bread<br><br>Fresh Orange                  | 19<br>Sweet & Sour Meatballs<br>over a Bed of Cabbage<br>Egg Stir Fried Rice<br><br>Wheat Roll<br><br>Mandarin Oranges   | 20<br><b>Christmas Lunch</b><br>Ham with Sweet Glaze<br>Roasted Rosemary<br>Potatoes<br>Glazed Brussel Sprouts<br> White Bread <br>Holiday Pie | 21<br>Italian Diced Chicken<br>Spaghetti<br>LS Marinara Sauce<br>Italian Blend Vegetables<br><br>Garlic Bread<br><br>Pears   | 22<br>   |
| 25<br>  | 26<br>Salisbury Steak<br>with LS Gravy<br>Scalloped Potatoes<br>Peas & Pear Onions<br><br>Oatnut Bread<br><br>Tropical Fruit   | 27<br>Salmon with<br>LS Latino Salmon Sauce<br>White Rice<br>Spinach<br><br>Multigrain Bread<br><br>Mango Mix  | 28<br>Homemade Meatloaf<br>with LS Gravy<br>Garlic Mashed Potatoes<br>Carrots<br><br>White Bread<br><br>Oatmeal Cream Cookie | 29<br>Diced Chicken<br>Fricassee<br>Sweet Potatoes<br>Green Beans<br><br>Whole Wheat Bread<br><br>Fresh Orange  |

The RW Solutions Senior Nutrition Program funded under Title III of the Older Americans Act through the Southwestern Southwestern Connecticut Area Agency on Aging

| DECEMBER 2023  |  |   |   | Events  |
|--|--|---|---|---|
| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|   |  |   |   | <b>1</b><br>8:30am Coffee Hr<br>9:30am Yoga<br>10am Ocean State<br>12pm Lunch<br>12:45pm Wii Bowl<br>1pm Photography<br>1:30 pm Walmart   |
| <b>4</b><br>8:30am Coffee Hr.<br>10am Poker<br>10am Cardio Drum<br>11am High Intensity<br>Cardio Drumming<br>11am Scrabble<br>12pm Lunch<br>1pm Bridge<br>1pm Setback<br>Tournament ( <b>Last Day Fall Session</b> ) | <b>5</b><br>8:30am Coffee Hr<br>9:45am Exercise<br>10:30am B Pressure<br>12pm Lunch<br>12:45pm Po Ke No  | <b>6</b><br>8:30am Coffee Hr<br>10am Cardio Drum<br>10am Knitters<br>10am Mahjongg<br>12pm Lunch<br>1pm Coloring<br>1pm Cribbage<br>1pm Canasta<br><b>1:30pm Book Club</b>                                | <b>7</b><br>8:30am Coffee Hr<br>9:30 am Swedish Weaving<br>9:45am Exercise<br>12pm Lunch<br>1:30pm Bingo<br>Energy Asst. (by appt)                            | <b>8</b><br>8:30am Coffee Hr<br>9:30am Yoga<br>12pm Lunch<br>12pm Foodshare<br>12:45pm Wii Bowl<br><b>1pm Craft Class</b>   |
| <b>11</b><br>8:30am Coffee Hr.<br>10am Poker<br>10am Cardio Drum<br><b>NO High Intensity Cardio Drumming</b><br>11am Scrabble<br>12pm Lunch<br>1pm Bridge<br>1pm Setback Drop In                                     | <b>12</b><br>8:30am Coffee Hr<br>9:45am Exercise<br>10:30am B Pressure<br><b>10:30am Aqua Turf Trip leaves</b><br>12pm Lunch<br>12:45pm Po Ke No | <b>13</b> 8:30am Coffee Hr<br><b>9am Ladies Manicures</b><br>10am Cardio Drum<br>10am Knitters<br>10 am Mahjongg<br>12pm Lunch<br>1pm Canasta<br><b>1pm Dementia/ Parkinson's</b><br>Footcare (by appt)   | <b>14 8:30am Coffee w/ Town Manager</b><br>9:30 am Swedish Weaving<br>9:45am Exercise<br>12pm Lunch<br><b>1:30pm Special BINGO</b><br>Energy Asst. (by appt)  | <b>15</b><br>8:30am Coffee Hr<br>9:30am Yoga<br>10am Ocean State<br>12pm Lunch<br>12:45pm Wii Bowl<br>1pm Photography<br>1:30 pm Walmart<br><b>1:00pm Beat the Winter Blues</b> |
| <b>18</b><br>8:30am Coffee Hr.<br>10am Poker<br>10am Cardio Drum<br>11am High Intensity<br>Cardio Drumming<br>11am Scrabble<br>12pm Lunch<br>1pm Bridge<br>1pm Setback Drop In<br><b>1:30pm Holiday Music Bingo</b>  | <b>19</b><br>8:30am Coffee Hr<br>9:45am Exercise<br>10:30am B Pressure<br>12pm Lunch<br>12:45pm Po Ke No   | <b>20</b><br>8:30am Coffee Hr<br>10am Cardio Drum<br>10am Knitters<br>10am Mahjongg<br>12pm Lunch<br>1pm Coloring<br>1pm Cribbage<br>1pm Canasta<br><b>1:30pm Holiday Dessert Charcuterie Board Class</b> | <b>21</b><br>8:30am Coffee Hr<br>9:30 am Swedish Weaving<br>9:45am Exercise<br>12pm Lunch<br><b>1:30pm Jingle All the Way Bingo</b><br>Energy Asst. (by appt) | <b>22</b><br><br><b>Senior Center Closed for Christmas Holiday</b>  |
| <b>25</b><br><br><b>Senior Center Closed for Christmas Holiday</b>   | <b>26</b><br>8:30am Coffee Hr<br>9:45am Exercise<br>10:30am B Pressure<br>12pm Lunch<br>12:45pm Po Ke No   | <b>27</b><br>8:30am Coffee Hr<br>10am Cardio Drum<br>10am Knitters<br>10am Mahjongg<br>12pm Lunch<br>1pm Coloring<br>1pm Cribbage<br>1pm Canasta  | <b>28</b><br>8:30am Coffee Hr<br>9:30 am Swedish Weaving<br>9:45am Exercise<br>12pm Lunch<br>1:30pm BINGO<br>Energy Asst. (by appt)                           | <b>29</b><br>8:30am Coffee Hr<br>9:30am Yoga<br>10am Ocean State<br><b>12pm New Year's NO Wii Bowl</b><br>1:30 pm Walmart   |
| 9   Berlin Senior Center   |  |   |   |   |

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## General Information

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**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](mailto: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](mailto: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](http://HartfordHealthCare.org/VirtualClasses)**

*After you register, you'll receive an email with easy instructions on joining the virtual class.*

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## Monthly Meetings

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### **COMMISSION FOR THE AGING MEETING**

#### **NEXT MEETING: MONDAY, JANUARY 22nd 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:**

**December 8th and 22nd**

**PLEASE NOTE:** NO IDENTIFICATION OR PAPERWORK NEEDED

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## Donations

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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**

Anonymous

#### **In Memory of Lois Ustanowski**

Caroline, Jeff, Amanda & Lauren Warner

Beve & Jerry Ruggiero

Wendy Kingsbury

#### **Shred It Event Donations**—Lois Sarisky,

Margaret Bishop, JoAnn Simons, Paula Stimac,

Anonymous



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## Berlin-Peck Memorial Library Monthly Events

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**Digital Safety for Everyone Monday, December 4, 6:30 pm** Learn about critical aspects of online safety, including social media best practices, identifying and addressing cyber threats, managing one's digital footprint, and cultivating an overall secure internet experience.

**Senior Center Book Club Wednesday, December 6, 1:30 pm** Join us at the Senior Center for a discussion of Small Things Like These by Claire Keegan. Contact the library for a copy of the book.

**Sit & Knit Thursday, December 7+21, 6:00 pm and Thursday, December 14+28, 1:00pm**

Join us for knitting and good company.

**Movie Matinee: Oppenheimer Friday, December 8, 1:00 pm** The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.

**14th Annual Gingerbread House Contest DROP-OFF: Saturday, December 9—Wednesday, December 13. VOTING: Friday, December 14—Sunday, December 17.** The Library is celebrating the season with delicious decorations! All ages are encouraged to participate. There are separate categories for adults/groups and for children. Doesn't fit your budget? The library has a limited number of gingerbread house kits available on a first come, first serve basis.

**Saturday Book Club, Saturday, December 9, 10:30 am** This month, instead of everyone reading the same book, we will each choose our own uplifting or inspirational book! For recommendations, check out the library's UpLit (that's short for "uplifting literature") booklist.

**The Christmas Star, Tuesday, December 12, 6:30 pm ONLINE EVENT** Discover the history and science behind one of the most famous astronomical event in all history: the Star of Bethlehem.

**Movie Matinee, Friday, December 15, 1:00 pm** A burglar falls for an heiress as she dies in his arms. When he learns that he has the gift of reincarnation, he sets out to save her.

**Dementia Caregiver Support Group Monday, December 18, 1:00 pm In Person or Online**

Join us to share practical info, feelings, needs and concerns. RSVP to Patty: 203-859-1992

**Cookbook Club Cookie Swap! Monday, December 18, 6:30 pm (REGISTRATION REQUIRED)**

Cookie swap is back! Bring 3-4 dozen cookies of one type, a container to bring cookies home, and one photocopy of your recipe. To avoid duplication, please let us know what kind of cookies you will be bringing.

**Closed for Staff Training, Tuesday, December 19** The library will be closed from December 22 to 25. We will re-open on Tuesday, December 26. Have a great holiday weekend!

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## Nutrition

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### 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.

### **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](mailto: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](mailto: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.

# WINTER WORD SEARCH



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | E | A | T | H | E | R | W | G | S | F | P | S | F | M |
| O | H | J | V | O | L | J | O | N | J | V | H | N | J | J |
| K | F | R | A | C | S | M | E | O | K | O | L | O | M | G |
| D | R | H | B | P | T | T | D | P | V | B | P | W | W | N |
| I | E | L | J | Q | T | O | I | E | L | J | Q | F | O | I |
| W | E | P | N | I | W | K | L | I | P | N | S | L | K | T |
| S | Z | Q | M | W | Q | D | S | D | Q | M | F | A | D | A |
| N | I | A | K | S | B | I | U | W | A | K | F | K | I | K |
| A | N | S | L | I | D | E | I | S | S | L | U | E | W | S |
| M | G | W | J | C | D | L | L | A | W | J | M | D | S | W |
| W | W | X | I | D | S | N | O | W | X | I | R | B | U | X |
| O | C | C | U | F | D | D | P | C | C | U | A | D | D | C |
| N | V | D | O | M | G | G | N | I | D | D | E | L | S | D |
| S | B | E | P | I | C | C | R | E | T | N | I | W | C | E |
| F | S | L | I | P | P | E | R | Y | R | T | A | H | H | R |

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |



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## Senior Center News

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### **Town Manager Coffee Hour Visit– Thursday, Dec 14th from 8:30-10:00AM**

Our Town Manager Aroscha Jayawickrema will be visiting the Center during coffee hour. If you haven't had the pleasure of meeting him this is a perfect time to do so. Come and chat with him about the town, the Senior Center or yourself. **No sign up is necessary.**

### **Inclement Weather –Senior Center Closing**

Please listen to television stations WVIT NBC 30, WFSB 3 and WTIC 1080 AM for all Senior Center cancellations, delays and closings. When the Berlin Public Schools close due to snow we have no transportation, no meals and no activities. But as town employees we are expected report to work and keep the Center open. If unsure of a cancellation please call the Senior Center before leaving your home.

### **Friendly Reminders**

- If you have signed up for lunch and can't make it due an emergency or illness, please notify the Kitchen Manager, Dorethea at 860-921-4320 or the front desk staff as soon as possible.
- If you sign up for a program/event and can't make it due to an emergency or illness please notify the front desk staff of your cancellation as soon as possible.
- If you have signed up for bus transportation and are not planning on going please call the Center to cancel your ride as soon as possible. We do not want to waste the driver's time or waste gas.

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## Specialty Trips

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### **“LUNCH BUNCH” TRIP**

There will be no Lunch Bunch during the winter months.  
We will resume in the spring.

### **SPECIALTY SHOPPING TRIP \*NEW TIME\***

Our Specialty Shopping Trip this month is to **Boscov's or Target in Meriden on Wednesday, December 13th**. 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 on Monday, Dec 11th**.

Please **do not** leave any reservations on the answering machine.