



BERLIN SENIOR CENTER LINES

May 2025

Center Information

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

Staff

Director Tina Doyle
Ass't Director...Sami Wnek, CTRS
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen Din-
da, Kathy Moss
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: \$48 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson
JoAnn Stetson-Com. Secretary
Ann Gamelin
Roger Moss
Gerri Russell
Arlene Greco

Greetings from the Director,

May is Older Americans Month!

The 2025 theme, "**Flip the Script on Aging**," invites us to rethink the way we view and talk about growing older. It's a call to challenge outdated stereotypes and celebrate aging as a time full of potential, purpose, and connection. This May, let's honor the incredible contributions of older adults, embrace the opportunities that come with aging, and uplift the stories that reflect strength, engagement, and vitality at every stage of life.

How fitting that during Older Americans Month, we also celebrate a major milestone—the **Senior Center's 40th Anniversary!** Join us as we mark this special occasion with a "**Golden Age**" celebration on **Thursday, May 29th at 2:30pm**. We'll kick off the celebration with a special presentation by local and state dignitaries, followed by a lively musical performance by Honky Tonk Jones. The evening will conclude with a delicious dinner and dessert. I hope you will join us in this milestone celebration!

It's going to be a joyful tribute to four decades of community, connection, and unforgettable memories. We can't wait to celebrate with you!

Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older." ~Louise Hay

Tina



Transportation

Senior Center Buses may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:00pm. *Service is curb to curb: Riders that require assistance getting to or from the curb should be accompanied by a companion who can provide such help. Driver may use their discretion to determine whether or not transportation will be provided in the event that safety is a factor. Personal modes of transportation must be able to be secured, both in the front and back of the unit. In the case of Scooters, passengers must be able to transfer to a seat on the bus. *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 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. Please note that Berlin Senior Center can accommodate 1 ride per rider per day to and from a single location.

Daily Bus Schedule: Please call 860-250-0510 for return ride no later than 3pm

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

Third Wednesday of the month-Specialty Shopping at 12:30pm

All other appointments & errands between 9am and 2:00pm

Tuesday- Shop Rite-Cromwell 9am & 12pm

All other appointments & errands between 9am & 2:00pm

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

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

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

All other appointments & errands between 9am and 2:00pm

Regular Transportation Services are available for grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping in Berlin only. **The latest you can call for a ride for the next day is 10am the day before.** We accept bus reservations up to a week in advance.

Medical Appointment Transportation Services are available for appointments within our bus territory. **2 business days notice required.** 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 doctor's address and time of appointment ready when calling to reserve a ride. Reservations left on the Center's voicemail **will not be accepted.** Please make sure that you are ready 1 hour before your bus reservation time. Drivers should not have to wait. If you need to cancel your ride please do it as soon as possible. Do not wait until the driver gets to your house. **All calls for rides home must be made by 3:00pm.** If you have any questions please contact the Center.

****MEDICAL TRANSPORTATION VOLUNTEER PROGRAM**** We regret to inform you that we did not receive the 2026 AmeriCorps Seniors grant renewal. As a result, all RSVP programs, including our volunteer medical transportation service, will end on May 7, 2025. Should this change or funding be reinstated before that date, we'll notify you immediately. We're sharing this now so you have time to arrange alternative transportation for medical appointments after May 7th. Please consider contacting your local dial-a-ride service, calling 211 for civic organizations offering free rides, or exploring ADA paratransit if you live within ¼ mile of a bus line.

MOBILE FOODSHARE : Friday May 9th & 23rd at 12:00 PM at Sacred Heart Church, 48 Cottage Street, East Berlin. Bus Transportation is available. **NO IDENTIFICATION OR PAPERWORK NEEDED**

Services

Footcare Program (By Appointment Only) ~ The Berlin Senior Center offers low cost foot care for seniors provided by specially trained registered nurse, 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 860-828-7006 to schedule your appointment. **This month's program is scheduled for Wednesday, May 14th.**

Ladies' Free Manicures ~ Wednesday, May 14th from 9:30- 12:30pm - 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.

Blood Pressure Screenings ~ The **Berlin VNA** will hold **FREE** Blood Pressure Screenings every Tuesday from 10:30-11:30 AM in the Health Room. No appointment necessary.

Energy Assistance Program ~ New Opportunities of Greater Meriden is taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with deliverable fuel, electric, natural gas, and heat included on Thursdays. Please call the Sr. Ctr. to schedule your phone interview appointment. We will go over what documentation is needed at the time you are making your appointment.

Berlin Police Dept Senior Center Hours ~Thursday, May 22nd from 9-11am - Officer Maegen Musanti joins us once a month to meet and talk with folks. Stop in and say hello. No sign up needed.



Walk This May! Central Connecticut Health District's Four-Town Walking Challenge
~**What is Walk this May?** It is a four-town walking program/competition for those who live or work in the towns of Berlin, Newington, Rocky Hill, and Wethersfield is going on now from May 1st to May 31st and everyone is welcome to participate. When does it take place? Sign-Up: With this link: <https://chd4town.walkertracker.com/login> or on CCHD's website.

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 event, etc. If you have any other questions please contact Tina at 828-7006

Senior Center Activities & Event

Please sign up for the following activities at the front desk or by calling 860-828-7006.

Story Share - Tuesday, May 6th at 1pm ~ Join Cathy Nelson from the Berlin Historical Society as she presents about the first female voters in Berlin.

Muffins for Mom- Friday, May 9th at 10am ~ Join as we kick off Mother's Day week with a delightful treat. We will have muffins, coffee and treats in honor of all the special mothers.

Make Up for the Mature Woman with Joby Rogers- Tuesday, May 13th from 1-3:30pm~Mother's Day week continues with this fun group on how to use makeup to look your best with Berlin Native and Celebrity Makeup artist, Joby Rogers!! Bringing your personal makeup is encouraged but not required. Limit 20.

Community Services Outreach- Wednesday, May 14th at 1pm ~ Town leaders—including Police Officers, Social Workers, the Parks & Recreation Director, Librarians, Senior Center Director, Asst. Director and the Town Manager—have been invited to speak with our seniors about the many services available to Berlin residents. Join us to discover helpful programs/services you may not even know exist!

The Book Club: Due to a scheduling issue this month's book club will be meeting at the Berlin Peck Memorial Library. We will meet May 14th at 1:30~This month's book is "Remarkable Creatures" and is available to borrow at Berlin Peck Memorial Library.

Painting Flower Pots with Lisa—Friday May 16th ~ Come for a fun class to paint decorative clay pots with local artist Lisa Salamon. Wear clothes that you don't mind getting messy or bring a smock. All other materials will be provided. Limit 15 participants.

Setback Banquet - Monday, May 19th at 12pm ~The Berlin Senior Center will be hosting our annual setback banquet with food catered by Portofinos. Lunch will be at noon followed by your games at 1:00PM.

Euro-American Game Class—Tuesday, May 20th at 1pm ~ Have you ever seen those videos of seniors playing trendy, fun table games? Well that is what we will be trying out with Beata and the Euro American Homecare crew. This is NOT our regular craft class. We have 12 spots available for this new class.

Balance Class - Wednesday, May 21st ~ Join Grace from Roba PT as she leads us through exercises for balance. **The cost is \$4/class.** There is no need to sign up ahead. You can drop in and pay at the door. Please wear comfortable clothes, sneakers, and bring water to stay hydrated.

Coffee Hour with Town Manager-Ryan, Mayor Mark and Chris Edge on Friday May 23rd~ Come have coffee and chat with these representatives from our town. Coffee hour is usually from 8:30-10 and they will likely arrive around 9am. Come get the town update while enjoying coffee and pastries. All Berlin seniors are welcome to attend.

Congressman Larson's Social Security Update-Tuesday, May 27th at 1pm ~ Congressman Larson will be presenting at the Senior Center on Social Security and the latest updates from the 119th Congress. Be sure to attend so you can stay up to date on the latest changes.

Specialty Shopping-Wednesday May 28th at 12:30pm ~ This month's trip will be to **Home Goods in Meriden**. We need a minimum of 3 riders for the trip to go. The bus driver will start picking people up at 12:30pm. We will start taking reservations up to a week in advance on Wednesday, May 21st. Please call the center by 3pm on Tuesday May 27th to reserve your spot. Please do not leave reservations on the answering machine.

Senior Center 40th Anniversary Party and Commission on Aging Spring Social -Thursday, May 29th
On Thursday, May 29th we will be celebrating **40 Years of the Berlin Senior Center!!!** At 2:30pm we will start the celebration with presentation from local and state dignitaries. At 3:30pm we will enjoy music by Honkey Tonk Jones. They are an acoustic duo playing classical and outlaw country music hits by Johnny Carson, Merle Haggard, Hank Williams, and Buck Owen. After the music we will be serving dinner and dessert.

Lunch Bunch: San Souci's in Meriden ~ Each month we organizes a "lunch bunch" trip with transportation provided by the senior center bus. Participants pay \$1 for their ride plus the cost of their own meal. This month's trip will be to San Souci's in Meriden on Friday, May 30th at 11:30 am. **Sign up begins on Wed, May 14th at 9am in person.** You may sign up yourself and 1 other. Telephone sign ups will be taken after 12 noon on the 14th. If you went on last month's trip you will need to wait until 12 noon to sign up.

Weekly Classes

Daily Coffee Hour Join us for informal “coffee hour” available Monday through Friday from 8:30 AM to 10:00 AM! Enjoy a fresh cup of coffee and/or tea as well as complimentary pastry. So drop by and chat with “old friends” and make new ones!

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 prior experience, and you can go at your own pace. Join us for some fun and see what it’s all about!

FREE.

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY at 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. Please check with your doctor before participating in any exercise regimen. **Cost: \$4.00 per class.** Instructors are Vicki Griswold and Lorraine Jurgilewicz.

Walking Club ~ Thursdays at 10am

Take advantage of the spring weather and get a little exercise while making new friends. The BSC walking club meets every Thursday, weather permitting at 10am at the location posted in the monthly calendar. Make sure to wear comfortable shoes and bring water to drink. No sign up necessary. Just drop in! See you on the walking path.

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.

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 levels of players are welcome.

COLORING for STRESS RELIEF ~ Every Wednesdays at 1:00PM 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. Cost is \$1 for the first card and 50 cents for each additional card.

Special Bingo ~ Special Bingo ~

Thursday, May 15th at 1:30PM Ledgecrest Convalescent will be sponsoring this special bingo A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

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 Sami.

NEWCOMERS ARE ALWAYS WELCOME If you are interested in starting a new Drop In please see Tina or Sami.

Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Wednesday - Friday at Noon. A suggested donation of \$3.00 per person is requested. To order a meal please call Doretha at 860-921-4320 or sign up in-person in the Big Room at least 2 days before by 10 am. If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.



RW SOLUTIONS COMMUNITY CAFÉ

May, 2025

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE					SUGGESTED DONATION \$3.00	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
			1 Tomato Florentine Soup Unsalted Crackers Fish Filet Confetti Rice Capri Blend Veggies Tartar Sauce Wheat Bread Banana	2 Roast Turkey with LS Gravy Stuffing Cauliflower Oatnut Bread Mixed Fruit Cup		
			8 Minestrone Soup Unsalted Crackers Lasagna with Marinara Sauce Italian Blend Veggies Italian Bread Mandarin	9 Mother's Day Special Stuffed Chicken Roasted Red Potatoes Honey Glazed Carrots  Whole Wheat Roll Angel Food Cake with Fresh Strawberries and Whipped Topping		
5 Pork Chopette with Sage Gravy Mashed Potatoes Green Beans White Bread Peaches	6 Swedish Meatballs Egg Noodles Spinach Oatmeal Bread Applesauce	7 Chicken Sandwich Waffle Fries Broccoli Lettuce and Tomato Hamburger Bun Fig Newton	15 Fish and Chips Fish Filet Fries Cole Slaw Tartar Sauce Wheat Bread Tropical Fruit Cup	16 Macaroni and Cheese Stewed Tomatoes Oatnut Bread Cookies		
12 Orange Juice Cheese Omelet with Red Pepper French Toast Sticks Turkey Sausage Link Apple	13 Spaghetti with Meat Sauce Italian Blend Veggies Garlic Bread Peaches	14 Apple Juice Pot Roast with LS Beef Gravy Mashed Potatoes Peas and Mushrooms Rye Bread Birthday Cake	22 Broccoli Egg Bake TaterTots Green Beans White Bread Banana	23 Pork Loin with Apple Gravy Sweet Potatoes Brussel Sprouts Oatnut Bread Applesauce		
19 Pineapple Chicken Stir Fry Brown Rice Asian Blend Hawaiian Roll Mandarin Oranges	20 Fish Filet Lemon Orzo Diced Butternut Squash Tartar Sauce Wheat Bread Brownie	21 Memorial Day Lunch Grape Juice Hot Dog Potato Egg Salad Corn on the Cob Hot Dog Bun Watermelon	29 Grilled Chicken with Tropical Salsa Rice and Black Beans Cinnamon Glazed Carrots White Bread Coconut Rice Pudding	30 Ground Beef Stroganoff with Egg Noodles Broccoli and Carrots Dinner Roll Fresh Orange		
28 Closed 	27 BBQ Riblette Au Gratin Potatoes California Blend Veggies Corn Muffin Pears	28 Cobb Salad with Diced Chicken, Egg, Cheese, Bacon, Croutons, Romaine Beets Ranch Dressing Whole Wheat Bread Pineapple				

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

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2025				Events
Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div> <div>★</div> <div>Berlin Senior Center</div> <div>★</div> </div> <div> <div>★</div> <div>Celebrates Our</div> <div>★</div> </div> </div> <div> </div>			1 8:30 Coffee Hr 9:30 Swedish Weaving 9:45 Exercise 10:00 Walking Club-Hungerford Nature Center 12pm Lunch 1:30pm Bingo	2 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart
5 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	6 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Story Share w/ Berlin Historical Society: "First Female Voters in Berlin"	7 8:30am Coffee Hr- 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Canasta	8 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Pistol Creek 12pm Lunch 1:30pm Bingo	9 8:30am Coffee Hr & Muffins for Mom 9:30am Yoga 12pm Lunch 12pm Foodshare No Wii Bowl
12 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	13 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Make Up for the Mature Woman with Joby Rogers	14 8:30am Coffee Hr 9:30 Free Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00pm Community Services Outreach 1:30pm Book Club-Library 1pm Sewing Club Footcare-by appt	15 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Veteran's Memorial 12pm Lunch 1:30pm Special Bingo	16 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:00pm Painting flower pots w/ Lisa 1:30 pm Walmart
19 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:00pm Setback Banquet & Cards 1pm Bridge	20 7:45am Duck Boat Trip 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Euro~American Game Class	21 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Canasta 1pm Balance Class	22 8:30am Coffee Hr 9-11 BPD Visit 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Timberland 12pm Lunch 1:30pm Bingo	23 8:30am Coffee Hr w/ Town Manager-Ryan, Mayor Mark and Chris Edge 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl
26 Memorial Day 	27 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Congressman Larson's Social Security Update	28 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30 Specialty Shopping-Home Goods 1pm Coloring 1pm Canasta	29 8:30am Coffee Hr 9:30 Swedish Weaving 9:45am Exercise No Walking Club 12pm Lunch NO BINGO 2:30pm 40th Anniversary Party/ CFA Social 4:30pm Dinner	30 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 11:30 Lunch Bunch -San Souci's 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart