



BERLIN SENIOR CENTER

BERLIN SENIOR CENTER LINES

June 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
Asst. Director... Sami Wnek, CTRS
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen Dinda,
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,

June is a month of celebrations—where we celebrate family members’ accomplishments and special occasions such as graduations, weddings, and Father’s Day. Nothing more valuable than being with family and friends!

We also celebrate Flag Day on June 14th. Make sure you check your American flags to see if they are frayed, faded or ripped. You can drop them off at the American Legion in the drop off box they have located near the end of the building. It is painted red, white and blue.

The Center will be closing at 11:30am on Thursday, June 5th for the Town Employee Appreciation Luncheon. There will be NO lunch served, and NO bingo that day.

The Center is closed on Thursday, June 19th due to Juneteenth Day.

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 860-828-7006 to make a bus reservation.

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 need at least 24 hour notice. 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 (48 Hrs) 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.

Senior Transportation Services, Inc. (STS) The mission of STS is to assist residents of Berlin, Meriden, New Britain, Plainville, Southington and Wallingford, ages 50 and over, to live independently in their own homes. STS volunteer drivers use their own vehicles to provide curb to curb, safe, reliable and economical medical transportation to out of town appointments, pharmacy and care facilities to visit loved ones. This allows our clients to age in place without being homebound. Visit www.seniorrides.org or call 860-224-7117 to sign up. There is a 10 day notice to book all appointments not including weekends or holidays.

MOBILE FOODSHARE : Friday June 6th & 20th 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 Monday, June 16th.**

Ladies' Free Manicures ~ Wednesday, June 11th 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.

Berlin Police Dept Senior Center Hours ~ Thursday, June 12th 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 necessary.

Commission For The Aging Meeting, June 16th, 2025 at 5:00PM

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 meeting.

DONATIONS *DONATIONS*DONATIONS*DONATIONS*DONATIONS

Donations Welcome: 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.

Donors

Anonymous (3)

Cynthia Peterson

Paul Dobrowolski(3)

In Memory of Liz Rugens

Center for Dental Excellence, LLC

Maury & Nancy Berger

Timberlin Senior Golf Association

Sylvia Naples

In Memory of George McIntyre

John Pagini

Jamie Birchall-Antanatis

Sharon Malone

Catherine S. Lapollo

Richard W. Kriwacki & Doreen J. Ferry

Senior Center Activities & Event

Please SIGN UP for the following activities at the front desk or by calling 860-828-7006

12 Tips to Manage Anxiety with Dr Wendy Hurwitz—Tuesday June 10th from 1pm-2:30pm ~ When faced with anxiety, What can one do before and during to help reduce and relieve anxiety and regain balance, calm, and clarity? Come learn about anxiety and what you can do to help prevent it and to manage it if it occurs. Everyone will come away with information, tools, and techniques to help manage anxiety and help regain and restore balance and calm.

Strawberry Festival w/ Music by Tre Johnson – Tuesday, June 17th at 1pm ~ Come enjoy a lively, free, fun music show by musician Tre Johnson followed by mouth watering strawberry shortcake to start the summer off right! Tre' Johnson has been singing professionally for over 40 years. Studied voice at Hartt College of Music. Lead vocalist for several local bands and currently sings with the Downtown 6 Band. She retired in 2023 and is living the dream of performing at senior centers and assisted facilities.

Juneteenth Presentation – Wednesday June 18th at 1pm ~ Chris from BEAT will be showing a film and hosting a discussion on Juneteenth– What it is? How did it come about and why is it important? Come learn about the meaning and history behind this special day.

Convention of States Presentation by Lisa Jolley - Monday June 23rd at 1pm ~ Lisa is a grassroots coordinator for the Convention of States in CT. She states that rapid fire Executive Orders are making sweeping changes in our country. Good or bad, these orders are only temporary until the next Administration takes power. The only way to stop this ping-pong game and create permanent change that agrees with most Americans is through an Article V Convention of States. With this tool, we – the voters -- can participate in the process and restore power to the citizens as intended by our Founding Fathers. Learn more about this growing movement. Light refreshments will be served.

Historical Society Story Share- “School Names and Buildings”- Tuesday, June 24th at 1pm ~ Join Cathy Nelson and Nancy Moran from the Berlin Historical Society as they show pictures and tell the history of different schools and buildings in town and how they got their names.

Specialty Shopping -Wednesday, June 25th at 12:30 to Ollie’s in Newington ~ 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 by 3:00 PM on Wednesday, June 11th to reserve your spot. Please do not leave any reservations on the answering machine.

Balance Class, Wednesday, June 25th at 1pm ~ Join Grace from Roba Physical Therapy as she leads us through exercises for balance. **The cost is \$4 per 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.

Lunch Bunch– The Hidden Café at Barc– Bristol , Friday, June 27th at 11:30 am. 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 the The Hidden Café at Barc– Bristol on Friday, June 27th at 11:30 am. Sign up begins on Wed, June 11th at 9am in person. You may sign up yourself and 1 other. Telephone sign ups will be taken after 12 noon on the 6th. If you went on last **month’s trip you will need to wait until 12 noon to sign up.**

Save the date for early Next Month!!

4th of July Party on Wednesday July 2nd at 1pm with music by Blaise. Singing all the hits you know and love from the 30s to the 90s peppered with Patriotic songs. **Sign up starts now.**

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 & 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.**

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 & 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. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothes and bring a mat/rug.

Setback Drop In– Mondays at 12:45pm

No need to commit to coming every week. From now until September drop in to play setback.

Walking Club ~Thursdays at 10am

Get a little exercise while making new friends. The BSC walking club meets on Thursdays, 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.

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 - Attention all knitters and crocheters! We are looking for new crafters to help keep our group going strong! Every Wednesday morning at 10:00 AM.

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, June 12th at 1:30 PM 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.

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 Senior Community Cafe

June, 2025



MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken w/Marsala Sauce Noodles Brussel Sprts Bread Pudding	Sweet and Sour Meatballs White Rice Veggies Dinner Roll Tropical Fruit	Roast Pork with Garlic Sauce Mash Swt Pot. Spinach Wheat Roll Oreos	Berlin Senior Ctr is closing at 11:30am today for the Town's Employee Appreciation Lunch	Roast Turkey Gravy Stuffing Cauliflower Bread Mixed Fruit
9	10	11	12	13
Pork Chopette Gravy Mash Potatoes Green Beans Bread Peaches	Swedish Meatballs Egg Noodles Spinach Bread Applesauce	Chix Sandwich Lettuce & Tomato Waffle Fries Broccoli Hamburger Bun Fig Newton	Soup Crackers Lasagna w/ Marinara Sauce Veggies Italian Bread Mandarins	Father's Day Special Pot Roast w/ Onions/Mushrms Red Potatoes Broccoli Whole Wheat Roll Bost Crm Pie
16	17	18	19	20
Juice Omelette Sausage Link French Toast Stks Syrup Apple	Spaghetti Meat Sauce Veggies Garlic Bread Peaches	Fish and Chips Fish Filet French Fries Coleslaw Tartar Sauce Wheat Bread Trop. Fruit Cup	Juneteenth Berlin Senior Ctr. is closed for the Juneteenth Holiday	Mac & Cheese Stew Tomatoes Bread Cookies
23	24	25	26	27
Pineapple Chicken Stir Fry Brown Rice Asian Blend Veggies Hawaiian Roll Fresh Mandarin	Fish Filet Lemon Orzo Butternut Sqsh Tartar Sauce Bread Brownie	Juice Hot Dog Potato Egg Salad Corn on the Cob Hot Dog Roll Watermelon	Broc Egg Bake Tater Tots Green Beans Bread Banana	Pork Loin Apple Gravy Swt Potatoes Brussel Sprts Bread Oatmeal Cookies
30	<p style="text-align: center;"> Chili White Rice Kale & Spinach Dinner Roll Lorna Doones </p> <p style="text-align: center;"> The summer months are BERRY SEASON! Berries are sweet & delicious, but also abundant and cost less in summer. Studies also show that they contain nutrients called flavonoids which help to keep our brain cells healthy, retain our cognitive abilities, delay or prevent memory loss and lower the risk of developing Alzheimer's disease. Try to eat strawberries and blueberries at least twice a week! </p>			

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!

JUNE 2025

Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Drop In 1pm Bridge</p>	<p>3 8:30am Coffee Hr 8:45am Mohegan Sun Bus Trip 9:45am Exercise 10:30am B Pressure 12pm Lunch <u>NO Pokeno</u></p>	<p>4 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta</p>	<p>5 8:30am Coffee Hr 9:30am Swedish 9:45am Exercise Ctr closes @11:30AM NO Lunch NO Bingo Town Employee Appreciation Lunch</p>	<p>6 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>9 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Drop In 1pm Bridge</p>	<p>10 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm 12 Tips to Manage Anxiety with Dr Wendy Hurwitz</p>	<p>11 8:30am Coffee Hr- 9:30am FREE Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1pm Sewing Club</p>	<p>12 8:30am Coffee Hr 9-11 BPD Visit 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special Bingo</p>	<p>13 8:30am Coffee Hr 9:00am Father's Day New England Air Museum & Lunch Trip 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>16 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Drop In 1pm Bridge Footcare-by appt 5pm CFA Meeting</p>	<p>17 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Strawberry Festival</p>	<p>18 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Juneteenth Presentation 1pm Canasta</p>	<p>19 Juneteenth</p> 	<p>20 1st Day of Summer 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>23 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Drop In 1pm Bridge 1:00pm Convention of States Presentation w/ Lisa Jolley</p>	<p>24 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Historical Society Story Share- "School Names and Buildings"</p>	<p>25 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30pm Specialty Shopping-Ollie's 1pm Balance Class 1pm Canasta</p>	<p>26 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo 1:30pm Kohl's</p>	<p>27 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 11:30am Lunch Bunch-Hidden Café at Barc in Bristol 12pm Lunch 12:45pm Wii Bowl 1:30pm Walmart</p>
<p>30 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Drop In</p>				