



BERLIN SENIOR CENTER

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

BERLIN SENIOR CENTER LINES

August 2025

Greetings from the Director,

We have been fortunate again this summer to have Berger's Nurseries, Wojtusik family and Joe from New Britain donate their extra produce from their gardens to the Center.

The Fall Setback Tournament will begin on Monday, Sept 8th at 12:45pm. If you would like to be a "sub" player or you have a team of two who would like to play please contact Tina at (860) 828-7006. We need Setback players to volunteer to be on the Setback Committee. Setback volunteers set up, make coffee and plan the year end banquet. If interested, please see Tina or Sami.

A friendly reminder to scan your MYSenior Center keytag to be counted. By scanning you're helping us with attendance, better security, and better statistics. Remember better statistics helps us when applying for grants or more funding, more funding means more and better programs. If you are a Berlin Senior and do not have a keytag please pick up a Participant Contact Form at the Front Desk at the Center.

Stay Cool!
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 11am (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.

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 Aug 1st, 15th & 29th at 11:00 am 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, August 13th.**

Ladies' Free Manicures ~ **Wednesday, August 13th 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, August 21st 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.

Walking Club~ Come and get a little exercise while making new friends. The BCS walking club meets every Thursday at 10:00am, weather permitting at the location posted on the monthly calendar. Make sure to wear comfortable shoes and bring water to drink. No sign up necessary. Just drop in! See you



**SUPPORT THE
ADVERTISERS
that Support our
Community!**

General Information

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. **Toll-free number: 1-866-466-4446 Email: Healthcare.advocate@ct.gov**

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 9AM -9:00 PM.



Back to School Raffle Basket sponsored by Thao Nguyen-Business Development Manager from BRIGHTSTAR CARE® OF CENTRAL CONNECTICUT. Tickets are \$1 for 1 or \$5 for 6 . Please see the receptionist for tickets. The drawing will be held on Thursday August 21st at Bingo. You don't need to be present to win.

COMMISSION FOR THE AGING MEETING ~ NEXT MEETING: MONDAY, Sept 15th 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.

Setback Committee Meeting to be announced soon. Keep an eye out for posting.



*Let me be
like a sunflower
so that even on
the darkest
days
I will stand tall
and find the
sunlight*

FUN in the SUN



Word list:

BEACH
HAMMOCK
ICECREAM
LEMONADE
PARK

PICNIC
POOL
POPSICLE
RELAX
SAND

SANDALS
SEASHELLS
SUNGLASSES
SWIMSUIT
VACATION



Senior Center Activities & Event

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

Berlin Historical Society Story Share– “Fire Departments” Tuesday August 5th at 1pm~ Join Nancy Moran and Cathy Nelson from Berlin Historical Society as they teach us about the interesting history of all 4 of Berlin’s Fire Departments.

Understanding Senior Living: A Presentation by Mary Klatt & Ann Mango, Oasis Senior Advisors – Central Connecticut, Wednesday, August 13th at 1pm

Join us for an informative session on the spectrum of senior living options; Independent Living, Assisted Living, Memory Care, and when Skilled Nursing may be appropriate.

Learn how to compare care types, understand typical costs, explore financing options, and how to ask the right questions. **Let us help you navigate this important journey with confidence!**

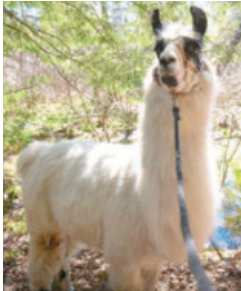
Hot Dog Roast and Summer Games-Tuesday August 19th at 12:00 ~ The summer is winding down so what better way to celebrate?! We will have hot dogs, beans, and chips on the menu with Ice Cream for dessert. We will have beach ball chair volleyball and cornhole set up for some fun pick up games. Join us for a fun end of summer celebration!! The Berlin Police Dept will helping us with this event.

Balance Class—Wednesday, August 20th at 1pm ~ Join _____ 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.

Specialty Shopping -Wednesday, August 20th at 12:30 to Boscov's in Meriden~ 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, August 13th to reserve your spot. Please do not leave any reservations on the answering machine.

Basic Computer Skills Class -Wednesday August 20th at 10:30 am ~ Andrea and Anne from the library will be at the center to teach a class on Essential Computer Skills such as phone keyboard basics and logging in, basic computer skills, internet basics, using email, basic software skills (MS Word, Excel, PowerPoint and Google Docs), and daily use of technology for social media, information literacy and accessing telehealth appointments. There are spots for **five** and sign up is on a first come first serve basis.

Scuba Slideshow with John Silliman: Friday, August 22nd at 1pm~ Local scuba diver and Aetna/Medicare employee John Silliman will be presenting a slideshow of his summer scuba diving adventure for us here at the senior center with brilliant pictures and great stories so we can experience all of the fun with none of the seasickness.



Meet and Greet with a Llama! Wednesday, August 27th at 1pm ~ Did you ever pet a llama INSIDE the Senior Center? Well, today is the day!! Residents are encouraged to pet and touch the llama as they are very people friendly. Debbie from Country Quilt Llama Farm in Cornwall uses photos to illustrate the many uses of llamas, such as cart pulling, as well as their ability to function as a pack animal. Samples of fiber products are also available for the “hands on” experience. The program usually lasts anywhere from 45 minutes to one hour depending on the size of the group and how many questions are asked. Not to be missed!

Kohl's: August 28th at 1:30 ~ This trip needs 3 riders to go. The driver will begin picking people up at 1:30 and will shop for roughly an hour. You may sign up a week ahead of time.

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.**

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 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, August 14th 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.

Upcoming Trips

~Tour of Distinction Trip ~

Cruising Newport—Wednesday, August 20th Cost: \$169PP

This morning depart for Newport, Rhode Island. Trip includes a narrated lighthouse cruise on the harbor aboard the Coastal Queen Cruises. You will see a number of lighthouses on your excursion. After the cruise you will enjoy lunch at La Forge Restaurant. Lunch options include your choice of Baked Cod w/garlic butter, Grilled Chicken Caesar Salad or Chicken Parmesan. You will end the day with a local guide taking you on a scenic overview tour of Newport. Cost includes Roundtrip Motorcoach, Narrated Lighthouse cruise, Lunch, Guided tour of Newport, Tour Director, all gratuities including tour director, driver and local guide. **Please make checks payable to Tour of Distinction. Flyer available. Last Day to sign up is Wed, August 13th.**



~Aqua Turf Trips~

Tuesday August 12, 2025 11:00 AM–3:30 PM Richie Mitnick Presents: “Song Dance & Romance—Part 2” Hop on and hear the music through the decades: From: Kenny Rogers & Tim McGraw to Dionne Warwick, Dianna Ross, & Roberta Flack you'll enjoy every second of this Powerful tribute to these world renowned entertainers. \$55.00 pp Baked Cod / Chicken Marsala. **Deadline to sign up is August 1st.**

Tuesday September 9, 2025 11:00am–3:30pm Jukebox45 Show Band: DooWop Show This group plays some of the most memorable songs from the great era of DooWop. Paul Anka, The Duprees, Fred Parrish & The 5 Satins, Larry Chance & The Earls, just to name a few. Celebrating decades of legendary music, you won't want to miss this!! \$55.00 pp Roast Beef/ Chicken Francaise. **Deadline to sign up is August 29th.**

Tuesday October 14, 2025 11:00am–3:30pm A Tribute to The Legends of Old Vegas Feat: Dave Colucci & Lisa Carter These dynamic performers will bring back your favorites from: Sinatra, Dino, Wayne Newton, Bobby Darin, Marilyn Monroe, Peggy Lee, Nancy Sinatra, Lynn Anderson & Rosemary Clooney!! \$55.00 pp Lemon Chicken/ Pork Schnitzel. **Deadline to sign up is October 3rd.**

No Dance Floor Tuesday November 11, 2025 11:00am– 3:30pm Jimmy Mazz Presents: “Fever ‘n Chills Show” Dawn Turlington co-stars in this exciting Tribute to Tom Jones & Karen Carpenter! You won't want to miss your chance to join us for this exciting performance! \$55.00 pp Roast Beef/ Pan Seared Salmon. **Deadline to sign up is October 31st.**

Tuesday December 9, 2025 11:00am– 3:30pm Holiday Classics with The Cartells! Featuring a sing-a-long from The Glamour Girls, Santa & Mrs. Claus! Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit! \$55.00pp Roasted Turkey/ Baked Cod. **Deadline to sign up is November 28th.**

The Aqua Turf Club is considered one of Connecticut's premier banquet facilities, hosting everything from weddings to SENIOR ENTERTAINMENT EVENTS; we celebrated our 50th Anniversary in 2019!! Situated on over 35 acres in the bucolic town of Plantsville we are located in the heart of Connecticut.

*** The Senior Center bus leaves the Senior Center at 10:30am to get to the show. Pick up at the Aqua Turf for the return ride is 3:00pm. Space is limited to 12 people. Checks are made out to the Berlin Senior Center***

Newly Renovated Rooms

The Bradley Home and Pavilion

*Long-Term Care
*Respite Care
*Short-Term Rehab

Tour Today!
(203) 235-5716

We're here for you.

Independent Living
Assisted Living
Memory Support
Skilled Care
Rehabilitation Services

covenant living
of CROMWELL

Cromwell, CT • CovLivingCromwell.org

Caring Service with a Gentle Hand

**Berlin Memorial
Funeral Home Inc.**

Carolyn Audett Smith, Owner
96 Main St., Kensington, CT
860-828-4730

BRLNMEM@aol.com
www.BerlinMemorialFuneralHome.com

Thinking about a
Reverse Mortgage?

Call John Luddy
"Your Local Expert"
860-883-6783

Norcom
Mortgage

John Luddy NMLS #74875
John.Luddy@Norcom-USA.com

IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

STARTING AT
\$19⁹⁵ /mo.

✓ Ambulance ✓ Police ✓ Family
"STAY SAFE in the HOME YOU LOVE!"
✓ GPS & Fall Alert
CALL NOW!

800.809.3570 md-medalert.com

Home Helpers®
Home Care
of Middletown, CT

• Personal Care • Companionship
• Meal Preparation • Transportation
• Light Housekeeping • Errands
• And Much More!

860-365-6122
mjjobble@HomeHelpersHomeCare.com

RE/MAX
RE/MAX RIGHT CHOICE

MJ Agostini
Selling homes in Berlin Since 1986. Over 2100 properties sold!

Cell 860-995-9665
mj@mjagostini.com
www.mjagostini.com
8607887110
1195 Farmington Ave. Berlin, CT 06037

Berlin VNA

Your Local Homecare Agency
240 Kensington Road,
Ph: 860-828-7030
www.town.berlin.ct.us
Our Goal is to keep you Home!

V CO-OP

• 501 c3 Non-Profit
• 29,000 sq. ft. Sports Facility
• Banner Sponsorships

• Afterschool Program, Birthday Parties, Pickleball, Basketball, Volleyball

ed@valesc.com
www.valeco-op.com
510 Four Rod Road, Berlin, CT 06037

Home Sweet Home Realty

Elaine G. Pavasaris
Owner/Broker, ABR, GRI, SRES
Off 860.828.9925 Cell 860.463.9193
Offering Senior Discounts
elaine@homesweethomect.com
www.HomeSweetHomeCT.com
359 MAIN ST., BERLIN, CT

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
(800) 888-4574 x3105

SENIOR Helpers
Senior Care, Only Better.

Providing In-Home Personalized Senior Care Catering to Individual Needs

Serving all towns in Central and Northern CT

Alzheimer's & Dementia Care • Parkinson's Care
Assistance With Transition From Home/Rehab
Transportation Services
End-of-Life Support

860-775-2111 • West Hartford, CT
www.seniorhelpers.com/ct/west-hartford

SUPPORT OUR ADVERTISERS!

Services for Seniors & Their Loved Ones
Care for the elderly.
Work by the hour or live-in.

POLISH HELPING HANDS

Companions, Homemakers & Live-In Caregivers

860.404.0499
info@polishhelpinghands.com
www.polishhelpinghands.com

15 New Britain Avenue
Unionville, CT 06085

ES & M
LAW OFFICES OF
ERICSON, SCALISE & MANGAN, PC
Building Relationships Since 1945.

Estate Planning • Elder Law • Probate • Real Estate

Call us at 860.229.0369

Email: info@esmlaw.com • www.esmlaw.com

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



RW Solutions Community Cafe

August, 2025

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
|  | |  |  | 1 Roast Turkey with LS Gravy Mashed Potato Meadow Blend Veggies White Bread Cookies |
| | | | | 4 Diced Chicken and Cranberry Salad Macaroni Salad Broccoli Red Pepper salad Whole Wheat Bread Pineapple |
| | 5 Meatloaf Cornfetti Rice Carrots Multigrain Bread Apple | 6 Vegetable Barley Soup Crackers Tuna Salad Broccoli Ziti Salad Cucumber Salad Hot Dog Bun Birthday Cake | 7 Pot Roast with LS Gravy Baked Potato Meadow Blend Veggies  Rye Bread Mandarin Oranges | 8 Fish Taco Fish Fillet Yellow Rice Cilantro Lime Coleslaw Tartar Sauce  Flour Tortilla Watermelon |
| 11 Chicken Bruschetta Bruschetta Sauce Buttered Noodles Broccoli Garlic Bread Nilla Wafers | 12 Honey Glazed Breaded Chicken Breast Red Bliss Potato Spinach  Multigrain Bread Orange | 13 Cobb Salad with Chicken, Egg, Cheese, and Bacon Beets Ranch Dressing White Bread Pineapple | 14 Minestrone Soup Unsalted Crackers Pork Loin with Pineapple Sauce Sweet Potatoes Broccoli White Bread Tropical Fruit Cup | 15 Chicken Sausage Noodles with Onions and Cabbage Beets Whole Wheat Bread Rice Pudding |
| 16 Pineapple Chicken Stir Fry Egg Fried Rice Asian Blend Veggies  Hawaiian Roll Fortune Cookie Mandarin Orange | No RW lunch today | | 20 Chicken Noodle Soup Unsalted Crackers BBQ Pork Riblet Au Gratin Potatoes Cali Blend Veggies Cornbread Oreos | 21 Taco Mix Yellow Rice Mexican Corn Shredded Cheese Shredded Lettuce Flour Tortilla Pineapple |
| | | 27 Labor Day Special Apple Juice BBQ Southwest Chicken Burger Baked Beans Cole Slaw Hamburger Bun Labor Day Treat | 28 Orange Juice Omelet with Cheese Waffle Spinach  Pudding | 22 Hamburger Steak Fries Spinach Hamburger Bun Apple Cookie Bar |
| 25 Chili White Rice Spinach and Kale Dinner Roll Cookies | 26 American Chop Suey Peas  Italian Bread Tropical Fruit | | | 29 Tomato Florentin Soup Crackers Ground Beef Stroganoff with Egg Noodles Broccoli and Carrots Dinner Roll Apple |

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!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Berlin Senior Center, Berlin, CT

06-5282

2025

Events

Monday

Tuesday

Wednesday

Thursday

Friday



August

1 8:30am Coffee Hr
9:30am Yoga
12pm Lunch
11am Foodshare
12:45pm Wii Bowl
*** Last day to sign up for Aqua Turf trip***

4 8:30am Coffee Hr.
10am Poker
10am Cardio Drum
11am Scrabble
12pm Lunch
12:45pm Setback D/IN
1pm Bridge

5 8:30am Coffee Hr
9:45am Exercise
10:30am B Pressure
12pm Lunch
12:45pm Po Ke No
1:00 Berlin Historical Society Story Share- "Fire Departments"

6 8:30am Coffee Hr-
10am Cardio Drum
10am Knitters
10am Mahjongg
12pm Lunch
1pm Coloring
1pm Canasta
1pm Sewing Club

7 8:30am Coffee Hr
9:30 am Swedish Weaving
9:45am Exercise
10:00am Walking Club-Timberlin
12pm Lunch
1:30pm Bingo

8 8:30am Coffee Hr
9:30am Yoga
10am Ocean State
12pm Lunch
12:45pm Wii Bowl
1:30 pm Walmart

11 8:30am Coffee Hr.
10am Poker
10am Cardio Drum
11am Scrabble
12pm Lunch
12:45pm Setback D/IN
1pm Bridge

12 8:30am Coffee Hr
9:45am Exercise
10:30am B Pressure
12pm Lunch
12:45pm Po Ke No

13 8:30am Coffee Hr
9:30am FREE Manicures
10am Cardio Drum
10am Knitters
10am Mahjongg
12pm Lunch
1pm Senior Living Presentation
1pm Canasta
1:00 Sewing Club Footcare-by appt

14 8:30am Coffee Hr
9:30 am Swedish Weaving
10:00 Walking Club-Veteran's Memorial
9:45am Exercise
12pm Lunch
1:30pm Special Bingo

15 8:30 Coffee Hr
9:30am Yoga
12pm Lunch
11am Foodshare
12:45pm Wii Bowl

18 8:30am Coffee Hr.
10am Poker
10am Cardio Drum
11am Scrabble
12pm Lunch
12:45pm Setback D/IN
1pm Bridge

19 8:30am Coffee Hr
9:45am Exercise
10:30am B Pressure
12pm Lunch
NO Po Ke No
12:00pm Hot Dog Roast and Summer Games

20 8:30am Coffee Hr
10am Cardio Drum
10am Knitters
10am Mahjongg
10:30am Basic Computer Skills Class
12pm Lunch
12:30pm Boscov's
1pm Canasta
1:00pm Balance Class

21 8:30am Coffee Hr
9-11 BPD Visit
9:30 am Swedish Weaving
10:00am Walking Club-Pistol Creek
9:45am Exercise
12pm Lunch
1:30pm Bingo

22 8:30am Coffee Hr
9:30am Yoga
10am Ocean State
12pm Lunch
NO Wii Bowl
1:00pm Scuba Slideshow with John Silliman
1:30 pm Walmart

25 8:30am Coffee Hr.
10am Poker
10am Cardio Drum
11am Scrabble
12pm Lunch
12:45pm Setback D/IN
1pm Bridge

26 8:30am Coffee Hr
9:45am Exercise
10:30am B Pressure
12pm Lunch
12:45pm Po Ke No

27 8:30am Coffee Hr
10am Cardio Drum
10am Knitters
10am Mahjongg
12pm Lunch
1pm Canasta
1:00pm Meet and Greet with a Llama!

28 8:30am Coffee Hr
9:30 am Swedish Weaving
9:45am Exercise
10:00am Walking Club-Hungerford
12pm Lunch
1:30pm Bingo
1:30pm Kohls

29 8:30 Coffee Hr
9:30am Yoga
12pm Lunch
11:00 am Lunch Bunch: Lenny and Joe's Westbrook
11am Foodshare
12:45pm Wii Bowl