



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
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

BERLIN SENIOR CENTER LINES

November 2025

Greetings from the Director,

Tuesday, Nov 4th is Election Day! Please remember that we only have 3 polling sites in Berlin now. This year we will be offering rides to the polls for those individuals who do not drive. We will taking riders to Hubbard at 9:30am, Griswold at 10:30am and Willard at 11:30am. Please call the Center to make a reservation.

We will also be providing transportation to any senior that needs a ride to the Veteran's Program at McGee Middle School on Thursday, Nov 6th 6-7:30pm.

The Center will be celebrating our Veterans on Tuesday, November 11th at 8:30am with a breakfast. The breakfast is for veterans only. Please make sure you sign up.

Adjust your clocks Saturday night, November 1st! Daylight Saving Time ends on Sunday, November 2nd, 2025, at 2:00 A.M. At this time, we "fall back" one hour.

Please note: The Senior Center is closed on Thanksgiving & Friday, Nov 27th & Nov 28th. The staff at the Center would like to wish you and your families a Happy Thanksgiving!

Tina



Transportation

Who Can Ride:

Berlin residents **60+** or individuals with a **disability (18+)**. Buses operate **Monday–Friday, 8:30AM–3 PM**. Vehicles are **wheelchair accessible** and operate curb-to-curb. Riders needing assistance beyond the curb must bring a companion. Drivers may refuse service if safety is at risk.

Mobility Devices:

All devices must be securely fastened. Scooter users must transfer to a bus seat.

Non-curb exceptions may be approved by the Director.

RESERVATIONS & RIDER GUIDELINES:

- **1 ride per person per day** to/from one location
- **Call by 10 AM the day before** to reserve.
- **Return ride calls must be made by 3:00 PM.**
- **Medical rides require 2 business days' notice.** Have doctor's name, address & appointment time ready.
- **Reservation Hours:** 8:30 AM–3:00 PM. *No voicemail reservations accepted.*
- **Be ready 1 hour before pickup.**
- **Call early to cancel—don't wait until the driver arrives at your home**
- **All Rides are first come first serve but medical appointments take priority**

REGULAR TRANSPORTATION AVAILABLE FOR: Groceries • Pharmacies • Post Office • Town Buildings • Hair/Nail Salons • Local Specialty Shopping

WEEKLY BUS SCHEDULE

MONDAY & WEDNESDAY

Stop & Shop – 9:00 AM & 11:00 AM

3rd Wed: Specialty Shopping – 12:30 PM

All other errands – 9:00 AM–2:00 PM

TUESDAY

ShopRite (Cromwell) – 9:00 AM & 12:00 PM

Other errands – 9:00 AM–2:00 PM

THURSDAY (Last Thursday of Month)

Kohl's – 1:30 PM

FRIDAY

Ocean State Job Lot – 10:00 AM

Walmart – 1:30 PM

Foodshare – 11:00 AM (alternates weeks)

Other errands – 9:00 AM–2:00 PM

For Return Rides call 860-250-0510. Last call for a ride home must be by 3 PM.

DIALYSIS & MEDICAL PROCEDURES ~We **DO NOT** provide transportation for medical procedures/ dialysis.

GRANT-FUNDED VEHICLE ~The Town of Berlin was awarded a **Section 5310 grant** (CTDOT & FTA) to purchase a new wheelchair-accessible bus. The program is **80% federally funded** with a **20% local match**, ensuring continued transportation access for seniors and individuals with disabilities.

MOBILE FOODSHARE Fridays, Nov 7th & 21st at 11:00 am @ Sacred Heart Church – 48 Cottage St., East Berlin. Bus transportation available – *No ID or paperwork required.*

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, November 12th. There will no footcare in December. It will resume in January.**

Ladies' Free Manicures ~ **Wednesday, November 12th from 9:30- 12:30pm** - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the blue room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins.

Catholic Charities Counseling Services ~ Available at BSC on **Wednesday Nov. 12th and 26th from 9-11am.** If you find yourself needing some extra support or someone to talk to, then make an appointment at 860-757-0845 with Maria Torres, Outreach Worker. This is a free service.

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 ~ **CANCELED THIS MONTH**

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 9:00 AM to 9:00 PM.

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 home-bound. 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.

Energy Assistance Program ~ New Opportunities of Greater Meriden (NOGM) is now taking Energy Assistance applications for those seniors 60 yrs and older who heat with deliverable fuel, electric, natural gas, and heat included. Please call NOGM automated system at 203-235-0278 to set up a telephone intake interview. Clients must provide the following: Income: Current -SSA/SSI/SSDI-budget letter for Year 2025 (Bank statement- ONLY if you have direct deposit. -Pension- we need the 1099 form or a copy of the check (Bank statement not required). Pension is taxable and we need the gross income. -Paystubs- if employed (weekly pay)- last four (if bi-weekly) last two -Gas and Electric bill -(electric bill is required for all clients regardless of heating source)

Open Enrollment for Medicare D ~ Starts October 15th ~Deadline: December 7th ~Any clients – new or returning who wishes to be screened should call Robin Evans, Town Social Worker, 828-7059, or Jaymee Miller, Director, Community Services 828-7007 or Tina Doyle, Sr. Ctr Director, 828-7006. All three of these ladies are CHOICES counselors.



AUTUMN

WORD SEARCH



WORD LIST

ACORN
AUTUMN
BONFIRE
BRISK
CIDER
CORN
CRISP
EQUINOX
FALL
FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYSTACK
JACKET
LEAVES
NOVEMBER
OCTOBER
PINE CONE
PUMPKIN
SCHOOL
SEPTEMBER
SQUASH
SWEATER
THANKSGIVING
TREES

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



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 ~ FREE 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!

Rummikub- Tuesdays at 10:00am

Participants will meet at 10am on Tuesdays to enjoy this classic tile based game. Experience is helpful but not required. No need to sign up. Just drop in!

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.

Diabetes Prevention Program: Fridays from 1-2:30 in the Craft Room for those who pre-registered. (Class runs Nov. 7-Feb. 6. No class November 28th or December 26th) sponsored by the Friends of the Berlin VNA in partnership with the Central CT Health District.

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. **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.

Senior Center Activities & Event

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

Boxes to Boots-Writing Cards for Veterans: Tuesday, November 4th at 1pm~ In honor of Veteran's Day come help us write Holiday cards for Veterans so that all the brave men and women who are serving our country know that people back home are thinking about them. This year at Christmas time the cards will be sent to soldiers through the Boxes to Boots program. We will provide the cards. All you need to bring is yourself and a kind thought for a selfless serviceperson.

Rummikub-Tuesday, November 4th at 10am in the Game Room~ We are starting a new drop-in. Participants will meet at 10am on Tuesdays to enjoy this classic tile based game. Experience is helpful but not required. No need to sign up.

Nelson Hall @ Elim Park Bus Trip for Bruce Springsteen Tribute: Friday, November 7th at 2pm~
If you signed up for this show, we will meet at the Senior Center at 1:00 pm and take the bus together. There will be no refunds for cancellations unless you find your own replacement.

Veteran's Breakfast- Tuesday, November 11th at 8:30am The Center will be celebrating our Veterans with a breakfast. This breakfast is for veterans only. Please call the Center to sign up. Thank you for our freedoms and your service.

How to Use Your Mind to Enhance Your Mood with Dr Wendy Hurowitz on Wednesday, November 12th at 1pm ~ Did you know that the thoughts we think may influence our mood? Did you know that our thoughts and emotions may sometimes be just a habit? If we believe a depressing thought, it may make us depressed. Come and learn how our mind can affect our mood and how we can address it. Join us to learn information, tools, and techniques to use your mind to enhance your mood. Please sign up at the desk or by calling 860-828-7006.

Book Club—Wednesday, November 12th at 1:30pm. This month's book is "**The Women**" by Kristin Hannah and is available to borrow from the Berlin Peck Memorial Library, We will be meeting at the Senior Center in our little library to discuss the book. No need to sign up. Just drop in.

Special Bingos— Thursday, Nov 13th Sponsored by Grassroots Organization, Thursday, Nov 20th Sponsored by Ledgecrest Convalescent Home and Wednesday, Nov 26th Thanksgiving Bingo Sponsored by the Senior Center. No sign up necessary. Regular games played.

Coffee Hour with Town Manager, Ryan Curley: Friday, November 14th 8:30-10am~ Join us for our coffee hour with special guest, Ryan Curley. Our Town manager will be available to discuss current goings on in Berlin as well as just to socialize and check in. No sign up necessary. Feel free to just stop by.

Mohegan Sun Casino Trip: Friday, November 14th ~ We will meet at Berlin Senior Center at 8:45 am to depart at 9am. We will be taking a Premium Datto Minicoach that will depart the casino at 3pm. The cost is \$40 per person due at time of sign up (Cash or check made out to Berlin Senior Center.) Sign up ends Friday, November 7th. There are 6 spots still available. There are no refunds for cancellations after the deadline date unless you find your own replacement.

How to Prevent, Detect, and Report Healthcare Fraud: Friday, November 14th at 1pm ~ This presentation provided by the Senior Medicare Patrol's Scott Shcere is open to Medicare beneficiaries, their families, and caregivers where we will learn how to prevent, detect, and report health care fraud, errors, and abuse in a fun and engaging way. Please sign up at the desk or by calling 860-828-7006.

Story Share: Berlin Cemeteries– Tuesday, November 18th at 1pm~ Join Cathy Nelson and Nancy Moran from the Berlin Historical Society as they present on some of the historic and haunting stories from local Berlin Cemeteries.

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

“Legacy of Beauty” Nature Slideshow with Roger Hart– Wednesday, November 19th at 1pm. Experience the “4 seasons of Nature in New England” with this photography slideshow set to music and expertly narrated by traveler and photographer Roger Hart. This show is inspirational, beautiful, and not to be missed. Please sign up at the desk or by calling 860-828-7006.

Transitions Academy Pizza Party and Wii Bowling– Friday, November, 21st at 11:45am. The students from Transitions Academy will be paying us a visit and we will enjoy a pizza lunch and Wii bowling challenge with them. Please sign up at the desk or by calling 860-828-7006.

Lunch Bunch: Olive Garden~ 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 **Olive Garden in West Hartford on Friday, Nov 21st at 11:30 am. Sign up begins on Wed, Nov, 5th at 9am in person.** You may sign up yourself and 1 other. Telephone sign ups will be taken after 12 noon on the 5th. If you went on last month’s trip you will need to wait until 12 noon to sign up.

ABCD’s of Medicare Lunch and Learn—Tuesday, November 25th at Noon~ Questions about Medicare? Confused by the seemingly endless choices and options? Turning 65 soon or already on Medicare? Have a loved one on Medicare who you want to help? Then this is the class for you. The topics to be covered will include: Medicare basics, updates and changes, differences between Medicare Advantage and Medicare Supplemental Plans and when you are eligible to enroll. We will also address a growing crisis, the biggest gaps in the Medicare system. Learn how Medicare impacts your life and retirement. Get educated about the changes to the laws and how they affect your rights, options, and entitlements. You will learn the finer points of what’s not covered by Medicare. At the end of the presentation there will be a question and answer segment.

Registration is required by Friday, November 21st.

Specialty Shopping: Ollie’s in Newington –Wednesday November 26th at 12:30pm ~ 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 Friday November 21st to reserve your spot. Please do not leave any reservations on the answering machine.

Coming Soon:

Recipe Share: Beginning on Monday, Nov, 3rd~ Please share your favorite holiday recipe and a few sentences about what makes this a family favorite or the special memories associated with it. All submissions will be posted on the bulletin board at the center. Forms can be picked up at the front desk and should be returned by November 17th.

BUS TRIP: Radio City Christmas Spectacular: Thursday December 11th from 7:30am-8pm ~ \$215 due at time of sign up. Please make checks out to “Tours of Distinction.” Tour includes roundtrip MotorCoach, Tour Director, Free Time to explore the city’s dazzling Christmas Displays and store fronts, Reserved Orchestra Seats at Radio City, All gratuities included.

Tai Ji Quan: Moving for Better Balance (TJQ:MBB) is an evidence based therapeutic movement program which helps participants improve balance, mobility and daily functioning and prevent falls. Participants meet twice a week for one hour for 24 weeks. The program was developed by Fuzhong Li, PhD., a Senior Scientist at Oregon Research Institute. Our class will start on Monday, January 5th and will meet on Mondays AND Wednesdays from 2-3:00pm and will be taught by Ken Zaborowski. We have spots for 15 participants but you need to **pre-register by Monday, December 15th.** The class will be free thanks to a grant from CT Community Care.

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 at the kiosk at least 3 business 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.

<i>RW Solutions Senior Community Café</i> November Menu				
MENU ITEMS SUBJECT TO CHANGE SUGGESTED DONATION \$3.00				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lasagna Rollito with Marinara Sauce Winter Blend Veggies Garlic Bread Cookies	4 Pork Chopette Sweet Potatoes Spinach Rye Bread Pineapple Mango	5 Italian Wedding Soup Unsalted Crackers Lemon Rosemary Chicken Confetti Rice Dill Carrots Wheat Bread Mandarins	6 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms Dinner Roll Fruit Cup	7 Pot Roast with LS Gravy Baked Potato Peas and Pearl Onions Dinner Roll Fruited Yogurt
10 Fish Fillet Herbed Couscous Zucchini and Tomato Rye Bread Tropical Fruit	11 THANK YOU VETERANS	12 Orange Juice Scrambled Eggs with Peppers and Mushrooms French Toast Sausage Link French Toast Tater Tots Maple Syrup Yogurt	13 Tossed Green Salad Italian Dressing Spaghetti with Meat Sauce Italian Blend Veggies Garlic Bread Birthday Cake	14 Vegetable Soup Unsalted Crackers Garlic Buttered Pork Loin Macaroni and Cheese Brussel Sprouts Corn Bread Cookies
17 Ravioli Florentino with Cream Sauce Italian Peas Italian Bread Mandarins	18 Orange Chicken Brown Rice Oriental Blend Veggies Fortune Cookie Multigrain Bread Pineapple	19 Thanksgiving Special Roast Turkey with LS Turkey Gravy Mashed Cinnamon Sweet Potatoes Green Bean Almondine Cranberry Sauce Dinner Roll Pumpkin Pie	20 Cream of Broccoli Soup Unsalted Crackers Pork Riblette with Apple Gravy Mashed Potatoes Harvard Beets Multigrain Bread Banana	21 Shepard's Pie Peas and Carrots Wheat Bread Pudding
24 Chicken Marsala Buttered Noodles Brussel Sprouts Wheat Bread Cookies	25 Fish Taco Black Bean and Mango Salad Cilantro Lime Coleslaw Flour Tortilla Peaches	28 Meatball Sub with Marinara Sauce Tater Tots Broccoli Tossed Salad Ranch Dressing Sub Roll Applesauce	27 28	

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!

NOVEMBER 2025

Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	4 Election Day 8:30am Coffee 9:45am Exercise 10:00am Rummikub 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Boxes to Boots Writing Cards	5 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta	6 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	7 8:30am Coffee 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1:00pm Diabetes Prevention Program 2:00pm Bus Trip-Springsteen Tribute
10 8:30am Coffee 10am Poker 10am Cardio Drum 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	11 Veteran's Day 8:30am Veteran's Day Breakfast 8:30am Coffee (Blue Room) 9:45am Exercise 10:00 Rummikub 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	12 8:30am Coffee 9:30am Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm How to Use Your Mind to Enhance Your Mood 1pm Canasta 1pm Sewing Club 1:30 Book Club Footcare-by appt	13 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	14 8:30 Coffee Hr w/Town Manager, Ryan Curley 9am Casino Trip 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:00pm Healthcare Fraud 1:00pm Diabetes Prevention Program 1:30 pm Walmart
17 8:30am Coffee 10am Poker 10am Cardio Drum 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	18 8:30am Coffee 9:45am Exercise 10:00 Rummikub 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Story Share: Berlin Cemeteries	19 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00 "Legacy of Beauty" Nature Slideshow with Roger Hart	20 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special Bingo 1:30 Kohls	21 8:30am Coffee 9:30am Yoga 11:30 Lunch Bunch Olive Garden 11:45am Transitions Academy Pizza Party 12pm Lunch 12pm Foodshare 1:00pm Diabetes Prevention Prgrm
24 8:30 Coffee Hr. 10am Poker 10am Cardio Drum 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	25 8:30 Coffee Hr 9:45am Exercise 10:00 Rummikub 10:30am B Pressure 12pm Lunch 12:00 ABCD of Medicare Lunch and Learn 12:45pm Po Ke No	26 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12:30 Specialty Shopping- Ollie's 1pm Cribbage 1pm Canasta 1:30pm Thanksgiving Bingo	27 Thanksgiving	28 Sr Ctr Closed

