



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 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

December 2025

Greetings from the Director,

As we welcome a new month at the Senior Center, I'm reminded once again of the warmth, energy, and friendship that make this community so special. Each day, I see the small moments that bring our center to life—shared laughter over morning coffee, determination in our fitness classes, creative sparks in our workshops, and the kindness that shines whenever someone offers a helping hand.

This month, we're excited to offer a variety of programs to keep you active, connected, and inspired. Whether you're joining us for a new activity, attending one of our special events, or simply enjoying time with friends, we hope you'll find something that brings joy and meaning to your days.

As the holiday season approaches, the entire Senior Center team would like to extend our warmest wishes to you and your loved ones. May this season bring moments of peace, good health, and happiness. We are grateful for each of you, and for the sense of community you help create every time you walk through our doors.

Thank you for making the Senior Center a place where everyone feels welcome, valued, and connected.

With warm holiday wishes,

Tina



Transportation

Who Can Ride:

Berlin residents **60+** or individuals with a **disability (18+)**. Buses operate **Monday–Friday, 8:30–3 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, Dec. 5th & 19th at 11:00 AM** at Sacred Heart Church – 48 Cottage St., East Berlin. Bus transportation available – *No ID or paperwork required.*

Services

Footcare Program (By Appointment Only) ~ Carol, our dedicated foot care nurse, will be away for a medical procedure, so there will be no foot care services in December; we wish her a smooth and speedy recovery. Appointments will resume in January.

Ladies' Free Manicures ~ **Wednesday, December 10th 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.

Catholic Charities Counseling Services ~ **Wednesday, December 10th at 10am**. If you find yourself needing some extra support, or someone to talk to, then make an appointment at 860-757-0845 with Maria Albino Torres- Outreach and Support Worker with Catholic Charities. 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 ~ Officer Maegen welcomed her baby boy, Maximus, on Friday, October 24th—both mom and son are doing great, and while we won't see her again until the New Year, we're all so happy for them and wishing them the very best!

SUPPORT OUR
ADVERTISERS!

THRIVE
LOCALLY

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com



Stay Strong. Stay Steady.

Just a few minutes a day
can change **everything**.
Let's build your strength,
balance & confidence...

together.

**Helping adults 55+
at home or online.**

Call or Text

(860) 992-6673

info@gentlestrengthstudio.com



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.

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”

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.

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!

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. No sign up necessary. Cost: \$1.00 for 1st card and .50 additional cards. **Jingle All the Way Bingo**—December 18th Special prizes given. No sign up necessary.

Wii BOWLING - 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.

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 programs at the front desk or call 860-828-7006

Fraud Prevention: Tuesday, December 9th at 1pm. Join Carol from Bank of America who will provide us with updates for the latest scams to help prevent us from becoming victims of fraud.

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 Motor-Coach, Tour Director, Free Time to explore the city's dazzling Christmas displays and store fronts, Reserved Orchestra Seats at Radio City, All gratuities included.

Holiday Craft Hour with Euro-American Homecare: Friday December 12th at 1pm. Join Natalia and Luce from Euro –American Homecare as they leads us through a fun holiday craft. Sign up required. Limit of 12 participants. All materials will be provided.

Christmas Lights at Hubbard Park ~Friday, December 12th at 4pm~We will be able to accommodate 22 seniors on 2 of our busses to drive around Hubbard Park and take in the scenic holiday lights at Hubbard Park in Meriden. We will all meet at the Senior Center and depart at 4pm. We can provide necessary rides to and home from the center as needed. Seats are first come, first serve. Please call ahead and register by Friday, December 5th. This is a free event.

Holiday Social at Amberwoods of Farmington: Tuesday, December 16th at Noon~ We have 20 spots available for this free event. We can bring up to 12 on our bus and the rest can drive themselves and meet us there. This Candyland themed party will be hosted by Rosanna D'Anna. Please come enjoy the festive atmosphere, great food, fantastic raffle prizes and a holiday gift. Tours available.

Holiday Music w/ the Acoustic Troubadours: Wednesday December 17th at 1pm~ Join us for fun festive music along with cocoa and donuts for what is certain to be an enjoyable holiday event. Feel free to dress in your favorite holiday outfit.

Specialty Shopping: Boscov's–Wednesday December 17th 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 December 12th to reserve your spot.** Please do not leave any reservations on the answering machine.

Christmas Shopping at Kohl's: Thursday, December 18th at 1:30 pm. Come get some last minute Christmas shopping done. You can sign up starting one week ahead on Thursday, December 11th at the front desk or by calling 860-828-7006. We need at least 3 shoppers for the trip to go.

Jingle All the Way Bingo ~ Thursday, December 18th at 1:30 PM ~ Our regularly scheduled games will be played. Enjoy a special goodie at the break. Anyone who wears an ugly Christmas sweaters will be entered in a raffle to win a prize! Come join in on the fun. HO, HO, HO.

Lunch Bunch: Ellie's Farmhouse in Southington ~ Friday, Dec 19th at 11:30am 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 Ellie's Farmhouse in Southington **on Friday, December 19th at 11:30 am. Sign up begins on Wed, December 3rd 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.

Senior Center Activities & Event

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

Holiday Charcuterie Class Tuesday, December 23rd at 1pm~ Join us for a fun and festive charcuterie workshop just in time for Christmas Eve! In this hands on class, we'll create beautiful savory and sweet holiday boards perfect for sharing with family. Learn simple arranging tips, flavor pairings, and creative ideas to make your board the star of your celebration. Space is limited to 15 participants, so sign up early to secure your place! **Cost: \$20.00 includes all materials, ingredients, and a take home holiday board.** Come enjoy good company, tasty treats, and Christmas cheer! Let's build something beautiful and delicious together.

New Year's Eve Lunch & Bingo ~ Wednesday, December 31st at Noon

Come help us ring in the New Year—2026! We will toast to the New Year at noon and then we will enjoy the delicious RW Resources lunch of Sliced Ham with Pineapple Cherry Sauce, Loaded Mashed Potatoes, Brussel Sprouts, Dinner Roll and Boston Cream Pie. You may sign up yourself and one other member. Limited to 100 people. Following lunch we will play Bingo. Prizes will be awarded. Lunch and Bingo prizes are provided by the Senior Center.

Diabetes Prevention Class that was scheduled to start in November has been postponed until March. If you are interested in participating be on the lookout for announcements regarding the March start date.

Tai Ji Quan Moving for Better Balance: Don't forget that if you have signed up for the Tai Chi class, it begins on Monday, January 5th and will meet every Monday and Wednesday from 2-3pm for 24 weeks. The class is currently full and has a waiting list.

Inclement Weather-Senior Center Closing

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

Friendly Reminders

- If you have signed up for lunch and can't make it due an emergency or illness, please notify the Kitchen Manager, at 860-921-4320 or the front desk staff as soon as possible.
- If you sign up for a program/event and can't make it due to an emergency or illness please notify the front desk staff of your cancellation as soon as possible.
- If you have signed up for bus transportation and are planning on going please call the Center to cancel your ride as soon as possible. We do not want to waste the driver's time or waste gas.
- With the Christmas holiday approaching we know many enjoy the joy of baking and sharing treats! To keep everyone safe, we ask that only foods prepared in a certified kitchen be served at the center. If you'd like to share holiday goodies with friends here, please purchase them from a store or bakery. Thank you for helping us keeping our community healthy while celebrating the season!



HAPPY HOLIDAYS WORD SEARCH



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

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

- | | | | |
|--------------|----------------|-----------------|------------|
| 1. Happy | 5. Family | 9. Shopping | 13. Santa |
| 2. Holidays | 6. Friends | 10. Candy canes | 14. Songs |
| 3. Christmas | 7. Presents | 11. Cookies | 15. Movies |
| 4. Vacation | 8. Decorations | 12. Milk | 16. Fun |

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Monday - Friday at Noon. A suggested donation of \$3.00 per person is requested. To order a meal please call 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.

RW Solutions Community Menu **December Menu**

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE			SUGGESTED DONATION \$3.00	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna Rolette Marinara Sauce Winter Blend Veggies  Garlic Bread Cookies	2 Pork Chopette Sweet Potato Spinach Rye Bread Pineapple Mango Mix	3 Italian Wedding Soup Unsalted Crackers Lemon Rosemary Chicken Confetti Rice Dill Carrots Wheat Bread Mandarin Oranges	4 Homemade Meatloaf LS Gravy Mashed Potatoes Green Beans and Mushrooms Dinner Roll Fruit Cup	5 Pot Roast with LS Gravy Baked Potato Pea and Pearl Onions  Dinner Roll Fruited Yogurt
8 Fish Filet Herbed Couscous Zucchini and Tomato Rye Bread Tropical Fruit	9 Swedish Meatballs Buttered Egg Noodles Meadow Blend Veggies  White Dinner Roll Clementine	10 Orange Juice Pepper and Mushroom Egg Bake Sausage Link French Toast Tater Tots Maple Syrup Yogurt	11 Tossed Green Salad Italian Dressing Roast Turkey with LS Turkey Gravy Mashed Potatoes Green Beans White Bread Birthday Cake	12 Vegetable Soup Unsalted Crackers Garlic Butter Pork Loin Macaroni and Cheese Brussel Sprouts Corn Bread Cookies
15 Ravioli Florentine with Cream Sauce Italian Peas Italian Bread Mandarin Oranges	16 Orange Chicken Brown Rice Oriental Blend Veggies Fortune Cookie Multigrain Bread Pineapple	17 <i>Christmas Special</i> Stuffed Chicken Breast Roasted Red Potato Garlic Green Beans  White Dinner Roll Christmas Dessert	18 Cream of Broccoli Unsalted Crackers Pork Riblet Mashed Potatoes Harvard Beets Multigrain Bread Banana	19 Shepard's Pie Peas and Carrots  Wheat Bread Pudding
22 Chicken Marsala Buttered Noodles Brussel Sprouts  Wheat Bread Cookies	23 Fish Taco Black Bean and Mango Salad Cilantro Lime Coleslaw Flour Tortilla Peaches	24 Christmas Eve Senior Center Closed	25 	26 Grilled Chicken Breast with LS Gravy Brown Rice Capri Blend Veggies White Bread Fruit Cup
29 Stuffed Shells Marinara Sauce Spinach  Garlic bread Fresh Clementine	30 Hamburger with Swiss Cheese Potato Wedges Baked Beans Hamburger Bun Tropical Fruit	31 <i>New Year's Special</i> Sliced Ham with Pineapple Cherry Sauce Loaded Mashed Potatoes Brussel Sprouts White Dinner Roll Boston Cream Pie		

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

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



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

IF YOU LIVE ALONE

MDMedAlert!TM
At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the HOME YOU LOVE!"
✓ GPS & Fall Alert

CALL NOW!



800.809.3570

md-medalert.com

STARTING AT
\$19⁹⁵ /mo.



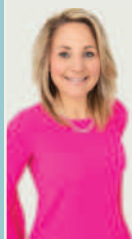
Home Helpers[®] Home Care of Middletown, CT

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

860-365-6122
mj@HomeHelpersHomeCare.com



RE/MAX
REALTY RIGHT CHOICE



MJ Agostini
Selling homes in Berlin Since 1986. Over 2100 properties sold!
Cell 860-995-9665
mj@mjagostini.com
www.mjagostini.com
860-788-1110
1195 Farmington Ave. Berlin, CT 06037

BERLIN VISITING NURSE ASSOCIATION

Skilled Nurses
Physical Therapy
Occupational Therapy
Speech Therapy
Home Health Aide



Available 24
hrs a day 7
days a week

★★★★★
5 Star Rating

860.828.7030
www.berlinct.gov



- 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



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



Providing In-Home Personalized
Senior Care Catering to Individual Needs

Senior Care, Only Better.

Serving all towns in Central and Northern CT
Hourly/24-hour/Live-In Care

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



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



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



DECEMBER 2025				Events
Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am Coffee Hr 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12PM Setback Pizza Party /Cards 1pm Bridge	2 830am Coffee Hr 9:45am Exercise 10:00 Rummikub 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	3 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta	4 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	5 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl
8 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45 pm Setback 1pm Bridge	9 8:30am Coffee Hr 9:45am Exercise 10:00 Rummikub 10:30am B Pressure 10:30am Aqua Turf 12pm Lunch 12:45pm Po Ke No 1:00pm Fraud Prevention Latest Updates	10 8:30am Coffee Hr 9:30am FREE Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1pm Sewing Club	11 7:30am Bus Trip—Radio City Christmas Spectacular 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	12 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart 1:00pm Holiday Craft Hour 4pm Christmas Lights at Hubbard Park
15 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45 Setback D/In 1pm Bridge	16 8:30 am Coffee Hr 9:45am Exercise 10:00 Rummikub 10:30am B Pressure 12pm Lunch 12:00Amberwoods Holiday Social 12:45pm Po Ke No	17 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30pm Specialty Shopping: Boscov's 1:00pm Holiday Music– Acoustic Troubadors 1pm Canasta	18 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Jingle All the Way Bingo 1:30pm Kohl's	19 8:30am Coffee 9:30am Yoga 11:30am Lunch Bunch: Ellie's Farmhouse 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl
22 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback 1pm Bridge	23 8:30 Coffee Hr 9:45am Exercise 10:00 Rummikub 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Christmas Charcuterie Class	24 Christmas Eve 	25 Christmas 	26 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart
29 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback 1pm Bridge	30 8:30 Coffee Hr 9:45am Exercise 10:00am Rummikub 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	31 New Year's Eve 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm NYE Lunch & Bingo 1pm Canasta		