



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

January 2026

Greetings from the Director,

January is a time for fresh starts, reflection, and renewed energy. We're excited about the opportunities ahead and grateful for the dedication, support, and engagement that make our work possible. This month, we're looking forward to building on last year's successes while embracing new goals and ideas together. I hope you enjoy this edition of the newsletter and find it both informative and inspiring. Thank you for continuing this journey with us—I'm excited for what we'll accomplish in the year ahead.

Reminders: The Setback Tournament begins Monday, January 5th at 12:45pm. We are always looking for substitutes. Please contact the Center if you are interested.

The Center will be closed from January 26th–January 30th due to renovations to the Men's and Ladies' bathrooms, as we are required to have a minimum number of working toilets in order to remain open. Transportation will continue to run on its regular schedule.

Wishing you a very Happy New Year filled with good health, peace, and happiness.

Tina



Transportation

Who Can Ride:

Berlin residents **60+** or individuals with a **disability (18+)**. Buses operate **Monday–Friday, 8:30–3PM**. 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, Jan 2nd, 16th & 30th 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) ~ 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, January 14th**

Ladies' Free Manicures ~ Wednesday, January 14th from 9:30-12:30pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins.

Catholic Charities Counseling Services ~ Wednesday, January 7th & 21st 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.

Energy Assistance Program ~ New Opportunities of Greater Meriden is taking appointments for Energy Assistance applications for those seniors 60 years and older who heat with deliverable fuel, electric, natural gas, and heat included. Please call their automated system at 203-235-0278 to set up a telephone intake interview.

Berlin Police Dept Senior Center Hours ~ Thursday, Jan 15th 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.



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

ESTATE PLANNING | ELDER LAW
PROBATE | REAL ESTATE

860.229.0369 | esmlaw.com



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- 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



Scan to
contact us!



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 9AM -9PM.

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.

Special Bingo ~ Special Bingo ~ Special Bingo

Thursday, January 8th- sponsored by Athena will be sponsoring this special bingo. A special refreshment will be served. Our regularly scheduled games will be played. No sign up is necessary.

Thursday, January 22nd 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.

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.

Donor's Name

Paul Dombrowski (5)

Beacon Prescriptions (Thanksgiving pies)

Mike Reale (2)

Anonymous (4)

Martha Pangakis (Transportation)

Rose Rivera (Coffee Hour)

Shred It Event—Jane Skinner, Lois Sarisky,

Donna Lewis, Margaret Bishop, Anonymous (2)

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.

Tai Ji Quan: Starts Monday, January 5th for only those that pre-registered and meets on Mondays and Wednesdays from 2-3 for 24 weeks. This class is available thanks to a grant from Connecticut Community Care.

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.

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!

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.

CANASTA—Every Wednesday afternoon at 1:00 PM. All levels of players are welcome.

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. Jan 8th– Bingo Sponsored by Athena Care at Home. Jan 22nd– Sponsored by Ledgecrest.

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 & Events

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

Updates on Picking a 3rd Party Provider: Wednesday, January 7th at 1pm ~ New Eversource Supply rates will become effective on January 1, 2026. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will be on hand to explain how choosing a supplier can lower your bill, answer questions about the Eversource Supply rates and questions about your electric bill. **Bring a recent copy of your bill so you can follow along with Art's presentation.** Art worked at PURA for 32 years and among his numerous duties was responsible for the EnergizeCT.com Rate Board. He maintained the Rate Board and regulated licensed suppliers from 2006 until he retired in 2021. He was also involved with redesigning the Eversource electric bill and is familiar with many of Connecticut's energy policies. As a result, he has considerable knowledge about electric rates, the energy supply market, rules surrounding switching suppliers and much more. Sign up required.

Tai Ji Quan: Mondays and Wednesdays from 2-3pm for those who pre-registered ~ Starts **Monday, January 5th** and meets on Mondays and Wednesdays from 2-3pm for 24 weeks. This class is available thanks to a grant from Connecticut Community Care.

National Soup Day Celebration-Tuesday, January 13th at 1pm~ In honor of National soup day this month we will be sampling different local cozy soups. Registration Required.

Ways of Listening with David Stein: Wednesday, January 14th at 1pm. The piece of music we will be studying is Beethoven's great *Eroica* Symphony, which is credited with transforming the scope and expectations of symphonic music in the 19th century. We will be learning through video, illustrations at the piano and discussion. You don't have to be a music expert to appreciate this piece. Sign up required.

Oil Painting with Brianna Colbath: Tuesday, January 20th at 1pm.~ each participant will complete an oil color painting under the instruction of West Hartford Artist Brianna Colbath who has over 20 years experience painting and teaching locally. Limit of 12 students per class. All supplies will be provided. This class is available with the support of the Department of Economic and Community Development, Office of the Arts, which also receives support from the National Endowment for the Arts, a federal agency. Sign up required.

Secrets of the Italian Kitchen with Anna Oliva—Mastering Sauces: Techniques and Regional Specialties ~ Wednesday, January 21, 2026 from 1:00 PM – 2:30 PM ~ Warm up your winter afternoon with a delicious journey through Italy's most beloved culinary tradition — the sauce. Join Italian-born cultural educator and public speaker **Anna Oliva** for an inspiring exploration of how geography, history, and local pride shaped Italy's extraordinary variety of sauces. From butter-based creations of the north to the sun-kissed tomato blends of the south, you'll discover how each region tells its own story through flavor. Along the way, enjoy fascinating food facts, regional secrets, and timeless kitchen wisdom passed down through generations. You'll leave with a new appreciation for Italy's culinary artistry — and a classic Italian recipe to recreate at home. Whether you're an avid home cook or simply a lover of good food and culture, this session promises to bring the heart of Italy to your table. **Seats are limited to 20 — reserve yours today! Buon appetito!**

Senior Center Activities & Events Continued

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

Commission on Aging Meeting: Monday January 26th at 5pm– The Commission for 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. Due to the small size of the group we will still be meeting at the Senior Center even though we are closed and will have access to the Health Room Bathroom.

Specialty Shopping Trip ~ Our Specialty Shopping Trip this month is to Marshall's or Burlington Coat Factory in Cromwell on Wednesday, January 21st. 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 at (860) 828-7006 by 3:00 PM on Monday, January 14th. Please do not leave any reservations on the answering machine.

Diabetes Prevention Program –The class that has been postponed from this past November will now be offered starting on Friday, March 13th. This 12 week course will meet on Fridays from 1-2:30 from March 20th to June 12th in the Craft Room (No class April 3rd– Good Friday) ~This free course will focus on individuals who want to decrease their risk for diabetes and chronic illness OR those who have already been diagnosed with diabetes and wish to improve their health and wellbeing to avoid complications of uncontrolled disease. This class is sponsored by the Friends of the Berlin VNA in partnership with the Central CT Health District and is at no cost to you. Sign up now– Space Limited to 10 participants.

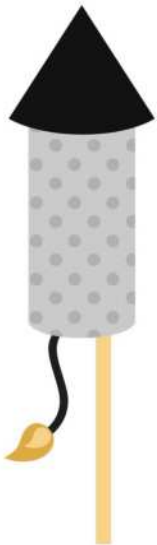
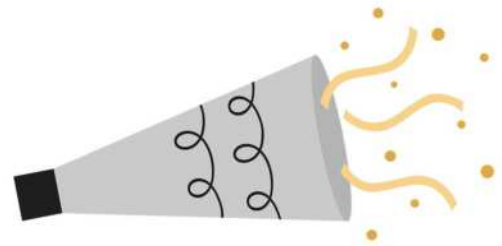
Tax Aide Program

Be on the lookout for upcoming information about the Tax Aide program, including important dates, eligibility details, and how to schedule an appointment. which begins in February, typically held at the Senior Center and the Library.





HAPPY NEW YEAR!



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

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers



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 CAFÉ

January, 2026

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE			SUGGESTED DONATION \$3.00	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Closed 	2 Meatloaf with LS Gravy Red Bliss Potatoes Brussel Sprouts Dinner Roll Fruited Yogurt
			8 Potato Leek Soup Unsalted Crackers Fish Filet Herbed Couscous Buttered Carrots Tartar Sauce White Bread Pineapple Mango Mix	9 Spaghetti with LS Meat Sauce Italian Blend Veggies Garlic Bread Cookies
5 Diced Grilled Chicken Confetti Rice Peppers and Onions Rye Bread Tropical Fruit	6 Hamburger Sweet Potato Peas and Pearl Onions Hamburger Bun Clementine	7 Roast Pork Macaroni and Cheese Meadow Blend Veggies Dinner Roll Birthday Cake		
12 Stuffed Shells with Marinara Sauce Spinach Oatnut Bread Yogurt	13 Grilled Chicken Breast with Lemon Garlic Butter Sauce Couscous Broccoli Multigrain Bread Pineapple	14 Chili Mac Cauliflower Wheat Bread Mandarins	15 Cream of Broccoli Soup Unsalted Crackers Chicken Patty Lettuce and Tomato French Fries Harvard Beets Hamburger Roll Applesauce	16 Pot Roast with LS Mushroom Gravy Mashed Potato Brussel Sprouts Wheat Roll Pudding
19 CLOSED	20 Fish and Chips Grape Juice Fish Filet Sweet Potato Fries Winter Blend Veggies Dinner Roll Peaches	21 Shepards Pie Green Beans and Mushrooms White Bread Fresh Apple	22 Pork Loin Baked Beans Broccoli Wheat Bread Fruit Cup	23 Chicken Florentine Herbed Orzo Garlic Lemon Spinach Rye Bread Clementine
26 Tossed Salad French Dressing Meatballs with Sweet and Sour Sauce White Rice Asian Blend Hawaiian Roll Pears	27 Grilled Chicken Sandwich Sweet Potato Tots Brussel Sprouts Hamburger Bun Applesauce	28 Roast Turkey with LS Turkey Gravy Mashed Potato Cauliflower White Bread Pudding	29 White Chicken Chili Baked Potato Winter Blend Veggies Wheat Bread Nilla Waffers	30 Cheese Omelet Red Peppers and Onions Hash Brown Patty Jelly English Muffin Fruit Cup

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 Parlor

*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
mj@HomeHelpersHomeCare.com

RE/MAX
SIX MONTH 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 VISITING NURSE
ASSOCIATION**

Skilled Nurses
Physical Therapy
Occupational Therapy
Speech Therapy
Home Health Aide

Available 24
hrs a day 7
days a week

860.828.7030
www.berlinct.gov

Valeco-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

**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

JANUARY 2026				Events
Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Year's Day 	2 8:30am Coffee Hr 9:30am Yoga 11am Foodshare 12pm Lunch 12:45pm Wii Bowl
5 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament Begins 1pm Bridge 2:00 Tai Chi- 1st day of class	6 8:30am Coffee Hr 9:45am Exercise 10: 00am Rummikub 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	7 8:30am Coffee Hr- 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00 Updates on picking a 3rd Party Energy Provider 2:00pm Tai Chi	8 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special Bingo sponsored by Athena	9 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart
12 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge 2:00pm Tai Chi	13 8:30am Coffee Hr 9:45am Exercise 10: 00am Rummikub 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm National Soup Day Celebration	14 8:30am Coffee Hr 9:30am Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Ways of Listening 1pm Canasta 1pm Sewing Club 2:00pm Tai Chi Footcare-by appt	15 8:30am Coffee 9am BPD Visit 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	16 8:30am Coffee Hour with Town Manager Ryan Curley 9:30am Yoga 11am Foodshare 12pm Lunch 12:45pm Wii Bowl
19 MLK Jr. Day 	20 8:30am Coffee Hr 9:45am Exercise 10: 00 Rummikub 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Oil Painting with Brianna	21 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30 Specialty Shopping Marshalls/ Burlington 1pm Secrets of the Italian Kitchen with Anna Oliva Mastering Sauces 1pm Canasta 2:00pm Tai Chi	22 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special Bingo sponsored by Ledgecrest	23 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart
26	27	28	29	30

Senior Center is Closed
from January 26th to January 30th
for Bathroom Remodel.
Bus Transportation is still available.