



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,

Berlin, CT 06037

Phone # (860) 828-7006

Fax: (860) 828-7116

Email: tdoyle@town.berlin.ct.us

jasevigny@town.berlin.ct.us

Staff

Director Tina Doyle

Asst. Director Jane Sevigny

Hours

Monday..... 8:30pm-4:00pm

Tuesday8:30pm-4:00pm

Wednesday 8:30pm-4:00pm

Thursday..... 8:30pm-4:00pm

Friday 8:30pm-4:00pm

Membership (Ages 60+)

Resident: No Cost

Non-Resident: \$36 Annually

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BERLIN SENIOR CENTER LINES

JANUARY 2017

Greetings from the Director

Happy New Year! I hope you all had a healthy and wonderful holiday. I love the new year because it gives each of us a chance for a clean slate, to start anew. A time for you to change those things in your life that you don't like any more or are looking to improve. Maybe you're looking to improve your health - you could attend a fitness class, or maybe you want a little adventure—you could take one of our trips or maybe you just want a little company—you could stop in for a cup of coffee or for a hot lunch. Make the Berlin Senior Center one of your New Year's resolution. We would love to see you!

Some reminders about upcoming events: Our Spring Setback session begins Monday Jan 8th at 1PM. If you have a team or are interested in being a substitute please contact the Senior Center. On January 22nd we will start taking appointments for the "free" Tax Aide that will begin in February. You will notice new signs near the front parking area at the Senior Center. We have installed 4 signs that reading "Parking for Persons with Limited Mobility". In an effort to alleviate the issue of limited handicap parking we are trying this as a solution. If you are able to park in the upper parking lot please do so leaving those new parking spaces for folks with limited mobility.

My apologies to Dee Brown, Marie Jakubowski, Hanna Michalski and Sharon Donelli for omitting their names in the December newsletter when thanking all my Holiday Boutique helpers. Thank you for coming to our rescue at the last minute. On a personal note, I would like to let you know how much I appreciate each one of you. You are very generous with your kind words and thoughtful gestures. I can't say thank you enough. You are what makes my days at the Senior Center so enjoyable.

Tina



Transportation

The Senior Center Buses and Van may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:30pm. Service is curb to curb; therefore, riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such assistance. The driver may use his discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of passenger's mode of transportation must be able to be tied securely, both in the front and back of the unit. In the case of Scooters, the passenger must be able to transfer to a seat on the Senior Center vehicle.

Bus Shopping & Schedule Information

Reservations and cancellations call: (860) 828-7006.

Please remember to have the address of the doctor and the time of appointment in front of you when calling to reserve a ride. You are responsible for having the correct information. For your ride home from a scheduled appointment call: (860) 250-0510.

We do medical appointments in Berlin and New Britain only. All medical appointments should be scheduled between 9:00am and 1:15pm. Reservations must be made at least 48 hours in advance. We do regular appointments in Berlin only. (Banks, pharmacies, post office, hair and nail salons and any town buildings). Reservations must be made at least 24 hours in advance.

All bus reservations must be made during our regular business hours, **8:30AM to 3:30PM**. All calls for rides home **MUST BE MADE BY 3:00 PM.** Cancellations can be taken at anytime. Voicemail is available after normal business hours. You are allowed two stops per day **except** when going to the grocery store.

Our weekly grocery shopping schedule is Monday -Stop & Shop, Tuesday -Shop Rite and Wednesday

-Stop & Shop We can take up to a maximum of six (6) shoppers except when the Director approves for more than six. All riders should be ready one hour in advance of their scheduled appointment time. We are unable to provide transportation to and from medical procedures, Dialysis or discharges from the hospitals or other facilities. **You are not allowed any unscheduled stops unless the Senior Center Director has approved it.** *This vehicle has been paid in part by a grant from the Federal Transit Administration-Section 5310 and therefore extends transportation services to disabled Berlin residents regardless of age. Please contact the Senior Center at (860) 828-7006 to request transportation.

Other Transportation...

Other Transportation Resources Available in the Central CT Area:

Paratransit - is designed to help individuals with disabilities of any age that are unable to navigate the city buses. ADA picks you up at your home, brings you to and from your destination To schedule an ADA trip, call (860)724-5340 and select 1. The reservation Department will provide you with your new Greater Hartford Transit District ADA ID number when you call. For information about the program, call 860-247-5329, Ext 3100 or visit the District's website at www.hartfordtransit.org.

Way to Go CT - in Hartford helps inform senior citizens, veterans & people with disabilities in north central Connecticut with their available transportation options. They serve 37 towns in the Greater Hartford Area in Central Connecticut to help you navigate your transportation options. For more information please call 860-667-6207.

The Medical Transportation Volunteer Program – The Retired Senior Volunteer Program (RSVP) provides seniors in our area a method of access to **free**, reliable, non-emergency medical transportation. Seniors requesting rides for the first time will call the RSVP Office and provide initial client information. From that point forward when they need a ride, they will be in the system and can call with their specific ride information. If you have any questions or would like to request a ride please call (860)760-3088 or (860)760-3077.

DISCLAIMER: The Berlin Senior Center does not have anything to do with the above mentioned transportation programs. If you have any issues with these organizations, you must deal with that provider directly. We are listing them as another resource for when we cannot accommodate your transportation requests.

Senior Center Trips

January 24-25th Mohegan Sun Overnite -Upon arrival receive your bonus package and check into hotel. The remainder of the day is yours to gamble, shop or relax by the magnificent swimming pool. It is truly the perfect way to escape from the cold of winter! **Cost: \$163.00 PP Double, \$228.00 PP Single and \$153.00 PP Triple. Itinerary subject to change and availability. Cancellation Insurance is recommended and available. Sign ups are being taken.**

Jan 27th- UCONN vs Tulane at Gampel Pavilion—Enjoy a game between our favorite UCONN Women's Huskies as they take on the Tulane Green Wave. Game Time is at Noon. Includes transportation, ticket to game, and driver's gratuity.. **Cost: \$60.00 Per Person. Itinerary Subject to Change and Availability. Sign ups are being taken.**

February 1st -Westchester Broadway Theatre presents "100 Years of Broadway" - You will watch a matinee performance at the Westchester Broadway Theatre, where lunch is included. You will receive a choice of entrée upon arrival. After lunch, sit back and relax as you watch the show. 100 Years of Broadway recreates the greatest moments from the finest shows of the century, featuring the actual stars of the shows such as CATS, Les Miserables, South Pacific, Sound of Music, The Phantom of the Opera and Cabaret **Cost: \$105.00 Per Person. Itinerary Subject to Change and Availability. Sign ups are being taken.**

February 22nd - 37th Annual CT Flower & Garden Show - We will make a lunch stop at the Dakota's Restaurant in Rocky Hill, CT. Here you will enjoy a choice of Prime Rib, Mesquite Grilled Salmon or Wood Grilled Chicken served complete with all the trimmings including their famous salad bar. After lunch we will head over to the CT Convention Center in Hartford for the 36th Annual CT Flower & Garden Show. The theme this year is "Breath of Spring". The boasts over 300 booths and 12,000 square feet of spectacular landscaped gardens, design, and horticulture competition. The Flower Show is sure to brighten your day and lift those winter doldrums. **Cost: \$86.00 Per Person. Itinerary subject to change and availability. Sign ups are being taken.**

March 4th Mohegan Sun UCONN Women -featuring the 2017 American Athletic Conference (AAC) Women's Basketball Tournament Semi-Final Game. You'll receive your bonus package upon arrival. Come out and support your favorite female basketball players. **COST: \$95.00 Per Person . Itinerary subject to change and availability. Sign ups are being taken.**

March 7th Sleigh Ride at Adams Farm~ We travel to the New England House in Brattleboro, VT. You will enjoy a delicious luncheon with a choice of Pot Roast or Butternut Squash Ravioli, served complete with all the trimmings. Our next destination is The Adams Farm in Southern Vermont. Their unique and clever tours have featured them on Good Morning America and CBS Early Morning Show.. Get ready for the sleigh ride of your lifetime! **Cost: \$114.00 Per Person. Itinerary subject to change and availability. Sign ups are being taken.**

March 20th - St. Patrick's Celebration at the Aqua Turf—featuring the Maclean Avenue Band. You will enjoy a real St. Patrick's Day Celebration! Lunch will include Corned Beef & Cabbage, Baked Scrod, and all the fixings, topped off with carrot cake for dessert. After lunch, enjoy live Irish entertainment. **Cost: \$79.00 Per Person. Itinerary subject to change and availability. Sign ups are being taken.**

Note: We have a flyer on each of the trips listed above. Trip rules are on the back of the flyer. You may pick them up at the Senior Center or you can view them online in the Senior Services section.

MORE 2018 TRIPS COMING IN THE FEBRUARY NEWSLETTER!

Monthly Activities

Reiki What is It, and How Can It Benefit My Health?

Tuesday, January 9th at 1:00PM

Please join Reiki Master, Holly Kevorkian on Tuesday, Jan 9th at 1PM for a discussion and explanation of what Reiki healing is, and how this gentle form of energy medicine can improve your overall health. **Sign ups begins on Jan 2nd.**

Avoid Scams

Wednesday, January 10th at 1:00PM

Come join us for this presentation on how to protect yourself from scams and being taken advantage. Maisie Shannon from Holiday Touch, A Holiday Retirement Community will be the presenter. **Sign ups begins on Jan 2nd.**

Special Bingo

Thursday, January 11th at 1:00PM

Ledgecrest Convalescent will be sponsoring this special Bingo on Thursday, Jan 11th at 1:00pm. A special refreshments will be served. .Our regularly scheduled games will be played. No sign up is necessary.

Laughter with LeaAnn

Wednesday, January 24th at 1:00PM

Did you know how beneficial laughter can be to your health? Did you know there is a difference between real and simulated laughter? Would you like to learn how to do laughter exercises? Join LeaAnn Blanchard, Social Services Director for the Orchards at Southington as she gives us an in-depth look at laughter. Sponsored by the Orchards at Southington. **Sign up begins on Jan 2nd.**

Special Bingo

Thursday, Jan 25th @ 1:00PM

Newington Rapid Recovery Rehab Center will be sponsoring this special Bingo on Thursday, Jan 25th at 1:00pm. Special refreshments will be served and there will be prizes. .Our regularly scheduled games will be played. No sign up is necessary.

"NEW" DROP IN

"The Social Leftovers"

Wednesdays 9:30AM –11:00AM

This newly formed group of Senior Center members decided to create a new Drop In called "The Social Leftovers". They decided to kind of combine all the things they love to do at the Center. So they are inviting you to join them to either socialize, do a craft, enjoy coffee hour, or work on what ever project you want. No sign up necessary.

Weekly Classes

Exercise for Wellness Class

EVERY TUESDAY @ 9:45 AM "Getting ready to swing that golf club, work in the garden, or take that favorite walk? 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. Enjoy a pressure free environment where everyone works at their own pace. Join us. Choose to be active. And to age well. Please bring hand weights.

Cost: \$4.00 per class. Instructor is Annette Banulski.

Exercise for Wellness Class

EVERY THURSDAY @ 9:45 AM

Getting ready to swing that golf club, work in the garden, or take that favorite walk? 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. Enjoy a pressure free environment where everyone works at their own pace. Join us. Choose to be active. And to age well. Please bring hand weights. **Cost: \$4.00 per class. Instructor is Annette Banulski.**

Yoga Class

EVERY FRIDAY @ 9:30 AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.

To Find Newsletter Online

Go To Town Website:

www.town.berlin.ct.us

Then go to the toolbar:

**Government/Department/
Senior Services/News Tab.**

Drop Ins

We Offer The Following "Drop In" Sessions at "No Cost"

ADULT COLORING Every Wednesdays at 1:00PM Coloring for adults has become a popular stress –reduction trend and a great way to relax. We will supply the coloring sheets and colored pencils.

SCRABBLE DROP IN – Every Monday at 10:00AM. All level of players are welcome.

CRAFTY KNITTERS - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? The crafters work on various projects that they sell at the senior center and donate to local hospitals.

CRIBBAGE DROP IN - Every Wednesday afternoon at 1:00 PM. All level of players are welcome.

DOMINOES Come and check out this hot new game. Every Wednesday afternoon. @ 1:00PM. All level of players are welcome.

SWEDISH WEAVING –Every Thursday @ 9:00AM. 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.

MAHJONGG - Every Friday afternoon at 1:15 PM. All levels of players are welcome.

PHOTOGRAPHY – Every Friday afternoon @ 1:00 PM. Come and join our informal group of beginners to experienced photographers for camera and photography questions and discussions. Any kind of camera is welcome, whether its film, digital or slides. The group discusses camera features, subject, lighting, composition, as well as alterations on a computer.

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 its easy exercise. **Want to learn about the other Wii Games available.** Just stop in and check it out. If you are interested in joining the Friday group or joining our Wii Bowling Team, the "Retire-wiis" please contact Tina or Jane.

NEWCOMERS ARE ALWAYS WELCOME

If you are interested in starting a new Drop In please see Tina.

Health Services

Catholic Charities

Counseling Services Available At the Berlin Senior Center Do you feel like you need to make some changes in your life but don't know how? Do you find yourself worrying a lot about everything or anything? If the answer is YES then make an appointment. A licensed counselor from Catholic Charities can meet with you in a private, confidential setting. This is a free service made available through a Marjorie Moore grant. Call (860) 225-3561 x7119 to make an appointment.

Footcare Program (By Appointment Only) The Berlin Senior Center offers low cost foot care for seniors provided by a specially trained registered nurse. **This month's program is scheduled for Thursday, Jan 11th and Friday, Jan 19th.** Services are provided by Catherine Brennan, 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 \$29.00.** Please **no diabetics**. Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse. Home visits are available at a cost of **\$50.00 per visit.** Her home phone number (in Wethersfield) is (860)513-1040.

Free Health Clinics The **Berlin VNA** will hold the following **"FREE" health clinics** at the Berlin Senior Center. All clinics are "free of charge" and no appointment is necessary. For more information, call the **Berlin VNA at (860) 828-7030.**

| | | |
|--------------------------|---------------------------|---------------------------------|
| Tuesday, Jan 2nd | 12:45 PM ~ 1:45 PM | Blood Pressure Screening |
| Tuesday, Jan 9th | 12:45 PM ~ 1:45 PM | Blood Pressure Screening |
| Tuesday, Jan 16th | 12:45 PM ~ 1:45 PM | Blood Pressure Screening |
| Tuesday, Jan 23rd | 12:45 PM ~ 1:45 PM | Blood Pressure Screening |
| Tuesday, Jan 30th | 12:45 PM ~ 1:45 PM | Blood Pressure Screening |

Ladies Free Manicures

Tuesday, January 30th at 10:00AM

Tina Bradbury from Newington Rapid Recovery Rehabilitation Center in Newington will be back to give "free manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walkins will be taken. **Sign up begins Jan 2nd.**

The Berlin-Peck Memorial Library and the Berlin Senior Center are teaming up to provide a new online service called BrainHQ. Visit www.berlinpeck.org to access the site. BrainHQ™ Helping Adults – Think Faster, Focus Better, and Remember More

BrainHQ is an online suite of 27 exercises with 840+ levels of training organized around the 6 core cognitive areas of Attention, Brain Speed, Memory, People Skills, Intelligence and Navigation. Exercises are delivered in short 2 minute or less segments, adapting speed and delivery to your performance. A private, personal dashboard visualizes your performance and provides feedback and suggestions on areas of focus. Get started by creating your private account with BrainHQ, and light up your brain. Training is available online, or by downloading an app to your iPhone or iPad. The Android app is under development. For further instructional information, contact the Berlin-Peck Memorial Library reference desk @ 860-828-7126.

There is no CW Resources Menu in the January edition of the Berlin Senior Center Lines. The Menu was not available at the time the newsletter went to print. You may pick up a copy at the Senior Center or find it on our website.

DO WE CLOSE ON SNOW DAYS?

When the public schools in Berlin close due to snow: We do not have transportation (Dial-A-Ride). In regards to meals, it is CW Resources decision whether we have congregate and home-bound meals. In regards to our activities, that decision is made by the Senior Center staff or instructors whether classes/programs will be canceled. If they are canceled, it will appear on the radio station or television stations listed below.

As town employees, we report to work and the Center is open. We are always available to answer questions, make bus reservations, and sign you up for a program, etc. You are always welcome to come over, play cards, or socialize with friends over a hot cup of coffee. If you have any questions, feel free to give us a call.

If the public schools have a delayed opening, we will open at our regular time of 8:30am. Our bus transportation will be delayed by the same amount of time as the schools. Example: A two-hour school delay, our transportation would be delayed for 2 hours and begin at 10:30am. If you are taking a class at the Senior Center, you may wish to call ahead to see if the instructor will be in as some instructors live out of town.

Sometimes public schools have an early dismissal because of their need to safely transport school children on buses; the Senior Center transportation follows the schools schedule and all transportation would stop for the day. Please call the Senior Center to see if our afternoon has changed in the event that the weather turned poorly and programs have been cancelled.

JANUARY 2017

Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 1 New Years Day Senior Center Closed | 2 9:45am Exercise 12:45pm B Pressure 1pm Movie | 3 9:30am Social Leftovers 10am Knitters 10:30am Shopping 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring | 4 9am Swedish Weaving 9:45am Exercise 1pm Bingo EA-by appt only | 5 9:30AM Yoga 12:45PM Wii Bowl 1pm Photography DI 1:15pm Mahjongg |
| 8 10AM AARP BD Mtg 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Tournament Begins | 9 9:45am Exercise 12:45pm B Pressure 1pm Reiki Presentation | 10 9:30am Social Leftovers 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring 1pm Avoid Scams | 11 9am Swedish Weaving 9:45am Exercise 1pm Special Bingo EA-by appt only Footcare -by appt | 12 9:30am Yoga 12:45pm Wii Bowl 1pm Photography DI 1:15pm Mahjongg |
| 15 MLK Birthday Senior Center Closed | 16 9:45am Exercise 12:45pm B Pressure 1:15pm AARP Mtg | 17 9:30am Social Leftovers 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring | 18 9am Swedish Weaving 9:45am Exercise 1pm Bingo EA-by appt only | 19 9:30am Yoga 12:45pm Wii Bowl 1pm Photography DI 1:15pm Mahjongg Foot Care by appt |
| 22 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Tournament 7pm CFA Meeting | 23 9:45am Exercise 12:45pm B Pressure 1pm TED Talks | 24 9:30am Social Leftovers 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring 1pm Laughter with LeaAnn | 25 9am Swedish Weaving 9:45am Exercise 1pm Special Bingo | 26 9:30am Yoga 12:45pm Wii Bowl 1pm Photography DI 1:15pm Mahjongg |
| 29 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Tournament | 30 9:45am Exercise 10am Free Manicures 12:45pm B Pressure 1pm Movie | 31 9:30am Social Leftovers 10am Knitters 10:30am Shopping 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring | | |

General Information

Senior Center Lost and Found Box

Did you know there is a lost and found box at the Senior Center? It is located in the coat closet near the front desk.

Save Your Box Tops and Campbell Labels

Labels for Education have been awarding free educational equipment to schools in exchange for proofs of purchase from the Campbell family of brands. It's an easy program where we can work together to help the schools in our community. Please save your Box Tops and labels and drop them off in the box in the multi-purpose room of the Center. We are now collecting for Willard Elementary School in Berlin.

Free Balance Screening Certificates

If anyone is interested in a FREE Balance Screening please contact the Senior Center. You will be given a certificate for this "free" screening. The screenings will take place at the Jerome Home in New Britain. **These certificates were given by the Central Connecticut Senior Health Services.**

Berlin Food Pantry

"When hunger stops, so will we"

We continued to collect non-perishables for our local food pantry. There is a box located in the Senior Center front foyer for any donations. The Berlin Food Pantry is located at the Town Hall. If you are in need of assistance from the food pantry, please contact Doug Truitt at (860) 828-7059.

Parking Reminder

Visitors to the Berlin Senior Center are asked to park in the upper parking lot. Handicapped spaces are available in the lower lot for those with a proper permit. Please make sure when you are parking in a handicap space that you do not park on the diagonally lined space next to it. Those spots are there specifically for visitors in wheelchairs. Any violator who has parked in spaces reserved for Percival Heights Housing residents will be towed away at their own expense.

Computer for Public Use

There is a computer and printer located in the craft room that is available for seniors to use. Please check with staff to determine when the computer is available to use. The computer was purchased through funds donated from the Myrna Pauloz Berlin Senior Center Fund.

CRIS Radio

There is a pre-tuned radio located in the Center's library for audio access for the Blind or Print-Challenged. This radio provides access to the same printed material that friends and family enjoy through our high quality electronic audio recording service. This device provides timely access to news and current events, expands knowledge, promotes independence and self-sufficiency and enhances the quality of life. Please ask a staff member for help in using the radio. The donation was made possible through a grant from the North Central Area Agency on Aging.

FYI (For Your Information)

Legal Services provided by the Senior Law Program of the Greater Hartford Legal Assistance Office in Hartford offers seniors, age 60 and older, free legal advice. They handle legal issues regarding: housing, government benefits, family law, nursing home rights, etc. They also prepare advance directives such as power of attorney and living wills for seniors who are unable to leave their home or who have urgent medical problems. **PRIORITY IS GIVEN TO SENIORS WHO HAVE THE GREATEST ECONOMIC AND SOCIAL NEED.** Please call their Hartford Office at 541-5003 for more information.

The 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.

The Connecticut Telemarketing Do Not Call List is now part of the National Do Not Call Registry. If you have previously signed up for the Connecticut Do Not Call List, your registration has already been added. If you want to register for the first time, call 1-888-382-1222. You must call from each phone number you want to register. No written, faxed or emailed registration will be processed. Your cell phone number can now be released to telemarketing companies and you may receive sale calls. You will be charged for these calls. To prevent this, call the above number from your cell phone.

Dial 211 Info line is a partnership of the Connecticut United Ways and the State of Connecticut. It provides a single source for information about community services, referrals to human services and crisis intervention. It's toll free from anywhere in Connecticut and operates 24 hours a day, 365 days a year. Give it a try!

Charter Oak Pass provides access to the State of Connecticut's Parks and Recreation System and is available only to Connecticut residents, age 65 and older. There is NO CHARGE for this pass and is a life issue pass. Application forms are available here at the senior center or you may call the State Parks Department in Hartford at 424-3200.

Free Cell phones: If you are part of a government program such as energy assistance, SNAP, Medicaid, etc. you may qualify for a free cell phone through Assurance Wireless or Safelink. To see if you qualify for a free cell phone through Assurance Wireless call 1-800-395-2171. You can get more information on Safelink by visiting their website at www.safelinkwireless.com.

Key Keeper Program

This program is to assist Berlin residents in need when family, neighbors, or friends cannot be contacted. The key keeper is offered to persons of limited mobility and social contacts. This program is intended to reduce needless suffering and/or hardship on the part of sick or injured persons and to eliminate damage to property should forced entry otherwise be required. You will need to fill out a form that is available at the Sr. Ctr. or Police Station. You will take your key and form to the BPD.

Monthly Meetings

AARP CHAPTER 3035

The Berlin AARP Board of Directors will meet at 10:00 am on Monday, January 8th, at the Senior Center. The monthly Chapter meeting will be held at 1:15 pm on Tuesday, January 16th, also at the Senior Center. Entertainment will be provided by the Hartford Men of Harmony (also known as the Insurance City Quartet).

COMMISSION FOR THE AGING MEETING

Monday, January 22nd at 7:00PM

The Commission for the Aging meets six times a year at the Berlin Senior Center. They study the needs of seniors in town. They also analyze the services that are provided by the community, both public and private agencies, and make their recommendations to the Town Council. Berlin residents are invited to any of the meeting.

MOBILE FOODSHARE

at Sacred Heart Church, 48 Cottage Street, East Berlin
(Parking Lot behind the church)

Bus Transportation is available if needed.

PLEASE NOTE TIME CHANGE: Every other Friday 12:00 to 12:30 PM for the following dates:

January 12th & 26th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

Donations

The Berlin Senior Center does accept 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 Department. 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.

| <u>Date</u> | <u>Donor's Name</u> | <u>Donation(Designated for)</u> |
|-------------------|--------------------------------|---------------------------------|
| 11/27/17 | John Bogden Insurance Agency | Shred It Event @ Center |
| 11/27/17 | Acura of Berlin | Shred It Event @ Center |
| 11/27/17 | Newington Baseball Association | Bingo |
| 12/6/17 | Photography Group | Senior Center |
| 12/6/17 & 12/8/17 | (2)Anonymous | Senior Center |
| 12/6/17 | Bob Brown | Senior Center |

We appreciate all donations received at the Center!

TED Talks

Tuesday, January 23rd at Noon

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics from science to business to global issues in more than 100 languages. TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world.

We will have lunch while we enjoy the TED Talks. You may either order lunch from the kitchen or bring a brown bag lunch. The Center will provide the beverages and dessert.

Sign up begins on Monday, Jan 8th.

Berlin-Peck Memorial Library Monthly Events

Sit & Knit: Thursday, January 4 and January 18 @ 6 pm Join local knitters for a relaxing time filled with knitting and good company! **Sit & Knit: Thursday, January 11 and January 25 @ 1 pm**

Movie Matinee: Megan Leavey: Friday, January 5 @ 1 pm Based on the true story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. Rated PG-13.

Library Stock Club: Tuesday, January 9 @ 1:30 pm Join local investors to discuss stock market trends.

Movie Matinee: Victoria & Abdul: Friday, January 12 @ 1 pm Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim. Rated PG-13.

Saturday Afternoon Adult Book Group: Saturday, January 13 @ 1pm Join us in discussing the book **One Man** by Andrew Gross. When a World War II physics professor with information vital to Allied forces is sent to a Nazi concentration camp, intelligence officer Nathan Blum is sent undercover to infiltrate Auschwitz and bring the professor to safety. Contact the library to reserve a book. 860-828-7126

Download Magazine Class: Tuesday, January 16 @ 1 pm Did you get a new tablet over the holidays? Come in and learn how to download FREE magazines onto your tablet. Please bring your Berlin library card and your tablet to the class. Registration required: 860-828-7126

Make & Take: Book Flower Wreath: Thursday, January 18 @ 6:30 pm Learn to create a beautiful wall decoration using an old book and some simple supplies. Please bring a hot glue gun and hot glue sticks. Registration required: 860-828-7126.

Movie Matinee: Gifted: Friday, January 19 @ 1 pm Frank, a single man raising his child prodigy niece Mary, is drawn into a custody battle with his mother. PG-13.

Charlton Comic Event: Saturday, January 20 @ 1 pm Are you a fan of comic books and superhero tv shows and movies? **Charlton Comics: The Movie** is about a comic book company right here in Connecticut, featuring legendary artists and writers from the golden and silver age of comics. The movie's Producer/Director Jackie Zbuska and Producer Keith Larsen will spend the afternoon discussing the crazy and hilarious story of what Charlton Comics. Register: 860-828-7126

Cookbook Club: Monday, January 22 @ 6:30 pm Do you enjoy flipping through cookbooks to decide what to make? Come join our newest book club, featuring cookbooks! Just register for "Cooking by the Book," pick a recipe from the specified cookbook, make the dish on your own, and then gather for a feast on Monday, Jan 22nd. Contact the library for this month's cookbook choice: 860-828-7126

Movie Matinee: Dunkirk: Friday, January 26 @ 1 pm Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II. Rated PG-13. Movie length: 1 hour, 46 minutes.

Nutrition

Coffee Hour



The Senior Center has an informal "coffee hour" available Monday through Friday from 9:00 AM to 11:00 AM! Enjoy a fresh cup of coffee and/or tea for only 25 cent per cup! So drop by and chat with "old friends" and make new ones! Complimentary pastry is also available for those who buy a cup of coffee/tea. **ENJOY A "FREE" CUP OF COFFEE ON FRIDAYS FROM 9:00 AM TO 11:00 AM.**

Berlin Senior Community Café –

Congregate Meals

Lunch is served Monday through Friday at 12 Noon. A donation of \$2.50 per person is requested. To order a meal, stop in & see CW Site Manager (after 10:30 AM) or call them at (860) 670-8546 between 10:30 AM - 12:00 PM only. When leaving voice mail please give your name, day and date you would like lunch. You must order your meal at least 24 hours in advance. If you cannot make lunch because of an illness or an emergency please make sure you notify the kitchen of your lunch cancellation.

Community News

Prints for Sale

If you are interested in prints of any of the photographs located on the wall at the Center please see Jane or Tina. The Senior Center Photography Club will be happy to make prints for you. The prices are as follows: **5 x 7 = \$5.00, 8 x 10 = \$10.00 and 11 x 14 = whatever it costs to print** The Photography Club has graciously agreed to donate all proceeds from the sale of these prints to the Berlin Senior Center. Thank you ladies and gentleman for those donations.

Energy Assistance Program

We will be taking appointments for Energy Assistance applications for those seniors who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE). Every Thursday from 8:30am to 3:30pm we will be taking applications by appointments. The following documentation is needed: Copy your latest bank statement (**All pages**) showing direct deposit of you 2018 check. Must be current or not more than one month old, Copy of your **latest 2018** pension check or bank statement (**All Pages**) showing direct deposit. Must be current or not more than one month old., **Assets-Proof of each account.** Must show current value (not interest earned) of all "liquid" accounts, such as bank books, check books, CD's, money markets, IRA's, stocks, bonds, etc. Your "liquid" assets-can not exceed \$12,000 (renters) or \$15,000 for (homeowners). If you are over the asset limit, the difference will be added to your income. **All pages of all assets will be required.**, Gas or Electric Bills are required for households whose primary heat is gas or electric. The name and address on the bill must match one member of the household who is applying for Energy Assistance, Social Security Numbers and dates of birth for each member of the household, Name, address and telephone number of landlord. A Rent receipt is only required for people whose heat is included in their rent., Name and address of your oil vendor or other vendor of deliverable fuel (coal, propane, etc.). Check with vendor to be sure that they are participating in the State of CT Energy Assistance Program for the 2017/2018 heating season., Income must be shown for every member of the household. If employed-household member(s) must provide last four consecutive paystubs. Annual Income guidelines (for households whose heat is not included in their rent) are as follows:

One Person Household – Income cannot exceed \$ 34,366

Two Person Household – Income cannot exceed \$ 44,940

Please call Jane at 828-7006 with any questions you may have regarding eligibility requirements and documentation and to schedule your appointment

Did you know that The Berlin Senior Center Has a Lending Library?

We have a nice selection of large print books, bestsellers and paperbacks. We use the "honor system". You can select up to two books at a time and keep them as long as you want. We do accept donations "gently used" hard covers and paperbacks. Donations can be dropped off at the Senior Center. We ask that if you are bringing in donations to please drop them off at the front desk. Do not put them in the library. The books need to be stamped with "This book belongs to the Berlin Senior Center". When returning books to the Senior Center Library please do not put them back on the shelf. Please put them in the box in the library marked "Return Books".

Are you **READY FOR ACTION**? If you're **BUBBLING OVER** with enthusiasm, and **EAGER** to find all these elusively hidden terms that are "full of life," pick up your pen or pencil and get **BUSY**!

ACTIVE

SPRY

VIVACIOUS

AGILE

VIBRANT

ZEALOUS

ALERT

VIGOROUS

ZESTY

BOUNCY

VITAL

ZIPPY

BRISK

BUBBLING
OVER

BUOYANT

BUSY

EAGER

GLOWING

HALE

HEARTY

LIVELY

NIMBLE

ON THE GO

PEPPY

READY
FOR ACTION

SNAPPY

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Solution is on page 122.

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Senior Center Book Discussion

The Senior Center Book Discussion will resume in March.

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Movies

For the movie programs, popcorn and a beverage will be available. There is no charge for the program and no reservations needed. Due to the length of movies and other circumstances there will be no previews. If you wish to recommend a movie, please leave it with either Carole at the front desk or Jane. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***

Tuesday, January 2nd @ 1:00PM—All Saints (Based on an inspiring true story) A pastor is sent to a small town with orders to sell its church to developers. But when refugees from Myanmar begin arriving in the community, he decides to try farming the land in order to provide for his congregation in this inspiring drama. **Rated PG by the Motion Picture Association of America for Mature Theme, Thematic Elements.**

Tuesday, January 30th @ 12:00PM Wonder Woman —An Amazon princess leaves her island home and journeys to the outside world, which is being consumed by a massive war. With the help of an American pilot, she works to put an end to the conflict in this thrilling origin story. **Rated PG-13 by the Motion Picture Association of America for sequences of violence and action, and some suggestive content.**

Note: This movie begins at Noon due to the length. You are welcome to bring your lunch.

Specialty Trips

“LUNCH BUNCH” TRIP



Each month the senior center organizes a “lunch bunch” trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This trip is limited to 12 people.

THERE IS NO LUNCH BUNCH FOR JANUARY

SPECIALTY SHOPPING TRIP



This month there will be two specialty shopping trips. The first is to **Walmart in Cromwell** at 10:30AM on Jan 3rd The second trip is to **Meriden Mall or Target** on Jan 31st at 10:30AM. **We need a minimum of 3 riders for the trip to go.** The bus driver will start picking up at 9:30AM. The driver will decide as to how much shopping time will be allowed. Please call the center at (860) 828-7006 at least 24 hours in advance to make your reservation. Please do not leave any reservations on the answering machine.