



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](mailto:tdoyle@town.berlin.ct.us)  
[jasevigny@town.berlin.ct.us](mailto:jasevigny@town.berlin.ct.us)

## Staff

Director ..... Tina Doyle  
Asst. Director .... Jane Sevigny

## Hours

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

## Table of Contents

Transportation .....	3
Trips .....	4
Monthly Activities.....	5
Classes & Drop Ins.....	6
Health Services .....	7
Lunch Menu .....	8
Calendar .....	9
General & FYI Info .....	10
Meetings & TED Talks .....	11
BP Library & Nutrition .....	12
Community News.....	13
Puzzle .....	14
Movies & Specialty Trips .....	15

# BERLIN SENIOR CENTER LINES

JUNE 2018

Greetings from the Director,

**New Medicare cards are coming!**

**Do you have Medicare or care for someone with Medicare?**

Medicare is mailing new cards with new Medicare Numbers to all people with Medicare. Instead of your Social Security Number the new card will have a new number that's unique to you. You don't have to do anything to get your new card. Medicare will automatically mail it to you so be sure your address is current with the Social Security Administration (SSA). Once you get your new Medicare card, destroy your old Medicare card and start using the new one right away. Mailing all of the cards will take time, so you might get your card at a different time than your spouse, friend or neighbor. **And, remember no one from Medicare will call or contact you uninvited to ask for your personal information.** To learn more visit [Medicare.gov/newcard](http://Medicare.gov/newcard), or call 1-800-MEDICARE(1-800-633-4227). TTY users can call 1-877486-2048.

## A little note from our Commission for Aging:

The Commission for the Aging would like to thank Tina, Jane and the Senior Center Staff and volunteers for coordinating the wonderful Commission's Spring Social on Thursday, May 17, 2018. The Newington Rapid Recovery Rehab Center provided the meal and dessert that was very good and much appreciated. The band, **60's Satisfaction** was great. The dance area was fun to dance in or just to watch. A good time was had by all. Our seniors can participate in programs for health, education, socialization, crafts or lunch. Most of all many friendships are formed through these activities and that is important for a healthy outlook. **THANK YOU** to Tina, Jane, staff and drivers and the many Senior Center volunteers that make our Center a busy and welcoming place for all to enjoy. The Commission is always available to advocate for our seniors for their needs or concerns. **Signed by CFA Members:-**  
*Richard Krause, Frank Slogeris, Lois Ustanowski, Barbara Gombotz*

*Happy Father's Day to all the Dad's out there!*

*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](http://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

---

June 6th Deep Sea Fishing— Canceled by Getaway Tours

June 13th Hudson River Cruise & the Best of Albany—We will visit the New York State Museum and its many exhibits. Lunch is at the famous Italian restaurant Buca di Beppo. After lunch we board the Dutch Apple Cruise Boat for a 90 minute cruise on the beautiful section of the Hudson River.” **Cost: \$112.00 Per Person.** Itinerary subject to change and availability. Taking a wait list.

June 24th The Boston Pops at Tanglewood—We will depart from our area heading to the Berkshires we’re will have lunch at either Cork N’ Hearth or The Red Lion Inn, with a choice of a chicken, beef or fish entrée. After lunch, we will head over to Tanglewood. This afternoon we will enjoy The Boston Pops in a very special concert directed by Andy Einhorn with guest soloist, Audra McDonald. Our seats are located in the covered area of “The Shed”. **Cost: \$140.00 Per Person.** Itinerary subject to change and availability. Sign ups are now being taken.

July 13th Coins and Claws—We off to Abbott’s Lobster in the Rough in Noank, CT. Dine next to the scenic harbor, on a dock where you can watch the boats on the Mystic River while you enjoy lunch. Your entrée options include a choice of steamed lobster or herb roasted chicken, served with all the trimmings. After lunch, we will depart for Mohegan Sun Casino. You will receive a casino package including a food credit. **Cost: \$75.00 Per Person.** Itinerary subject to change and availability. Sign ups are now being taken. A few spots still available.

July 19th Whale Watch from Boston—We’ll lunch at one of Boston’s many fine restaurants. After lunch, we’ll board our multi-level Whale Watch vessel for maximum viewing opportunities. On our three hour excursion we’ll head out to Stellwagen Bank, the East Coast’s most famous whale watching destination. **Cost: \$129.00 Per Person.** Itinerary subject to change and availability. Sign ups are now being taken.

July 20th WNBA Basketball @ Mohegan Sun Arena CT SUN vs Seattle Storm—Come out and support some of your favorite former UCONN basketball stars! Morgan Tuck is with CT SUN and Breanna Stewart and Sue Bird are with Seattle Storm. Game time is 7:00PM. We will arrive early so that you may enjoy dinner and the gaming tables before the game. **Cost: \$42.00 Per Person.** Includes transportation, ticket to CT Sun Game, Food Voucher and Casino Bonus and Driver’s Gratuity. Itinerary subject to change and availability. Sign ups are now being taken.

July 25th Essex Dinner Train & Riverboat Ride— Enjoy a 3 course lunch aboard restored 1920’s Pullman dining cars as part of a lunch, train and riverboat sightseeing excursion. After lunch you’ll board the Becky Thatcher Riverboat for a cruise on the CT River. **Cost: \$95.00 Per Person.** Itinerary subject to change and availability. Sign ups are now being taken.

August 2nd Saratoga—We’re off to the Races to enjoy an afternoon at Saratoga “The Sport of Kings”. Lunch is on your own. Trip includes transportation, Grandstand Admission, Reserved Seating and Driver’s Gratuity. **Cost: \$75.00 Per Person.** Itinerary subject to change and availability. Sign ups are now being taken.

Check out the trips that will showcased in June newsletter

August 14th Showtime at Delaney House—Lobster Feast

August 30th Westchester “Anything Goes”

August 20-22nd Lake George and Saratoga

Sept 6th—9/11 Memorial and Museum

**Note:** We have flyers on the above trips and the ones which are not listed. 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.

---

## Monthly Activities

---

### Sleep Apnea

#### Friday, June 1st at 1pm

Sleep Apnea has become one of the most serious health concerns in recent years. Many health issues and deaths have been linked to missed diagnoses of sleep apnea in the US. Dr. Maroon will talk about the two types of sleep apnea and what role the dentist can play in controlling or correcting it. He'll talk about common symptoms and everyday challenges people face with this condition. **Sign ups are now being taken.**

### Dizziness, What send your world spinning?

#### Wednesday, June 6th at 2:00pm

Approximately 35% of people over the age of 40 suffer from dizziness, and 80% of those who have symptoms of vertigo have an inner ear disorder. We will learn about vestibular therapy and how rehab can help make your world stop spinning. Presented by Misty Durkee, PT. Sponsored by Hartford HealthCare Rehabilitation Network. **Sign ups now being taken.**

### Special Bingo Thursday, June 14th at 1:00PM

Ledgecrest Convalescent will be sponsoring this special Bingo on Thursday, June 14th at 1:00pm. A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

**Pop Up Store Good Cause Gifts Friday, June 14th from 10:00AM—1:00PM** Home Décor, Children's Wear and Fashionable Women's Clothing and Accessories. Good Cause Gifts, a division of Futures Inc., is a retail store featuring fine gifts and accessories. They are dedicated to creating and sustaining innovative jobs for individuals with disabilities. **Come shop!**

**Donuts for Day, Friday, June 15th at 8:30AM—**calling all Dads! Come celebrate with a delicious donut from Neil's in Wallingford. **Sign up begins Monday, June 4th.**

**Fall Prevention Tuesday, June 19th at 1:00PM** -Sharon Treat, MSPT, at the Outpatient Therapy at Jefferson House in Newington will be giving a presentation on fall prevention along with conducting balance screens. **Sign ups begin on Monday, June 4th.**

**Strawberry Shortcake Festival Wednesday, June 20th at 1PM** We'll start the afternoon off with lovely music from Kate Stone. Bringing sunshine to seniors with her toe tapping renditions of the sounds of the 60's, 70's and 80's. After the musical performance we will enjoy delicious strawberries with a biscuit and whipped cream. Coffee and tea will be served. **The program is limited to 100 people. You may sign up yourself and one other person. Sign up will begin Monday, June 4th.**

### **Special Bingo Thursday, June 21st at 1:00PM**

Newington Rapid Recovery Rehab Center will be sponsoring this special Bingo on Thursday, June 21st 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.**

### **Health and Wellness Fair**

**Wednesday, June 27th from 10-2pm** Hosted by State Representative Joe Aresimowicz and the Berlin Senior Center. Fair will include tables hosted by various organizations and state agencies that will have useful information and resources available. Lunch will be available to purchase—\$6 per person. For more info contact Tina Doyle at (860)828-7006 or Liz Connelly at (860)240-1465.



---

## Weekly Classes

---

### Exercise for Wellness Class

**EVERY TUESDAY & 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.** **Instructors are Annette Banulski, Vicki Griswold and Lorraine Jurgilewicz.**

### “The Social Leftovers”

**EVERY WEDNESDAY 9:30AM –11:00AM**

The Social Leftovers” Drop In is a very informal group. Members come to either socialize, do a craft, enjoy coffee hour, or work on what ever project you want. They would love for you to join them. No sign up necessary.

### 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](http://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”**

**COLORING for STRESS RELIEF** 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? Come join the group.

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

**“NEW” Po Ke No DROP IN**—Every Tuesday afternoon at 1:00PM. **Starting on June 5th.**

**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. Please welcome Rosa Baez, Outreach and Support Worker, Catholic Charities. She is available to meet with you, connect, support, and provide you with referrals to the Catholic Charities Counseling Services (2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month, from 9am to 11am). 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, June 14th and Friday, June 22nd.** 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.**

<b>Tuesday, June 5th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, June 12th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, June 19th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, June 26th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>

**Ladies Free Manicures on Tuesday, June 26th 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 June 4th.**

**BrainHQ™ Helping Adults – Think Faster, Focus Better, and Remember More**

The **Berlin-Peck Memorial Library** and the **Berlin Senior Center** are teaming up to provide this online service. Visit **[www.berlinpeck.org](http://www.berlinpeck.org)** to access the site. 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. For further instructional information, contact the Berlin-Peck Memorial Library reference desk @ 860-828-7126.

**Reiki Healing Tuesdays - Will be back in the September!!** Reiki Healing is being offered at the Berlin Senior Center between 1-3PM. Reiki is a gentle form of energy medicine which can improve overall health. The cost is \$10 for a 15 Minute Chair Reiki with Reiki Master Holly Kevorkian. **Please sign up at the Senior Center.**







# June 2018



**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				 <p>Chicken Fajita with Onions &amp; Peppers Mexican Rice Soupy Beans</p>
				<p>Fresh Orange</p>
<p>Orange Juice Ziti with Meatballs Marinara Sauce Parmesan Cheese Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Pudding</p>	<p>Cranberry Juice Chicken Scampi Linguini Cauliflower and Peppers</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>Fish and Chips Cole Slaw Tatar Sauce</p> <p>W.W. Hamburger Bun</p> <p>Mixed Fruit Cup</p>	<p>Pork Loin with Pan Gravy Brown Rice Peas and Onions</p> <p>Rye Bread</p> <p>Fresh Tangerine</p>	<p>Grape Juice Roast Beef Mushroom gravy Mashed Potatoes Green Beans</p> <p>Dinner Roll</p> <p>Lemon Pudding</p>
<p>Veal Parmesan Linguini and Sauce Winter Blend Vegetables</p> <p>Oatmeal Bread</p> <p>Apricots</p>	<p>Meatloaf with Onion Gravy Mashed Potatoes Buttered Beets</p> <p>100% Whole Wheat</p> <p>Cantaloupe</p>	<p>Grape Juice Tuna Mac and Pea Salad Stewed Tomatoes</p> <p>Pumpkin Bread</p> <p>Cookies</p>	<p>Cranberry Juice Turkey Tetrazzini over Brown Rice Peas &amp; Carrots</p> <p>Dinner Roll</p> <p>Pecan Spinwheel</p>	<p><b>Father's Day Special</b> Orange Juice Broccoli and Cheese Stuffed Chicken Breast Orzo with Pepper Buttered Beets</p> <p>12 Grain Bread</p> <p>Strawberry Sundae</p>
<p>Glazed Pork Chop Scalloped Potatoes Italian Green Beans</p> <p>12 Grain Bread</p> <p>Fresh Peach</p>	<p>Spaghetti with Meat Sauce Italian Blend Vegetables Romaine Salad Italian Dressing</p> <p>Garlic Bread</p> <p>Citrus Sections</p>	<p>Apple Juice Seasoned Chicken Quarter with Spanish Rice Spinach</p> <p>Oatmeal Bread</p> <p>Brownie</p>	<p>Cranberry Juice Philly Cheese Steak Onions and Peppers Tater Tots Coleslaw</p> <p>Sub Roll</p> <p>Applesauce</p>	<p>LS Cream of Mushroom Unsalted Crackers Pier 17 Fish Tartar Sauce Rice Pilaf Capri Blend Veggies Rye Bread</p> <p>Tropical Fruit Cup</p>
<p>Turkey Kielbasa Pierogies Red Cabbage</p> <p>Rye Bread</p> <p>Applesauce</p>	<p>Orange Juice Bruschetta Chicken Linguini Italian Blend Vegetables</p> <p>Garlic Bread</p> <p>Cookies</p>	<p>Hamburger Lettuce and Tomato Steak Fries Green Beans</p> <p>Hamburger Roll</p> <p>Peaches</p>	<p>Cranberry Juice Crab Cakes Macaroni and Cheese Peas and Carrots</p> <p>W.W. Dinner Roll</p> <p>Ice Cream Sandwich</p>	<p>LS Tomato Florentine Unsalted Crackers Egg Salad with Celery Potato Salad Broccoli and Red Pepper</p> <p>Pumpkin Bread</p> <p>Fresh Pear</p>



# JUNE 2018

# Events

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 9:30am Yoga 12:45pm Wii Bowl 1pm Photography DI 1:15pm Mahjongg 1pm Sleep Apnea
<b>4</b> 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Drop In	<b>5</b> 9:45am Exercise 12:45pm B Pressure 1pm Movie 1pm Po Ke No Starts	<b>6</b> 9:30am Social Leftovers 10am Knitters 10:30am Specialty Shopping 1pm Cribbage DI 1pm Coloring 2pm Dizziness "What sends your world spinning"	<b>7</b> 9am Swedish Weaving 9:45am Exercise 1pm Bingo	<b>8</b> 9:30am Yoga 12:45pm Wii Bowl 1pm Photography DI 1:15pm Mahjongg
<b>11</b> 10am AARP Bd Mtg 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Drop In	<b>12</b> 9:45am Exercise 12:45pm B Pressure 1:00pm Movie 1pm Po Ke No	<b>13</b> 9:30am Social Leftovers 10am Knitters 10:30am Specialty Shopping 1pm Cribbage DI 1pm Coloring	<b>14</b> 9am Swedish Weaving 9:45am Exercise 10-1pm Pop Up Store-Good Cause Gifts 1pm Special Bingo Footcare -by appt	<b>15</b> 9:30am Yoga 12:45pm Wii Bowl 1pm Photography DI 1:15pm Mahjongg
<b>18</b> 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Drop In 7pm CFA Meeting	<b>19</b> 9:45am Exercise 12:00PM AARP Picnic 12:45pm B Pressure 1:00 PM Fall Prevention 1pm Po Ke No	<b>20</b> 9:30am Social Leftovers 10am Knitters 1pm Strawberry Fest NO Cribbage DI NO Coloring	<b>21</b> 9am Swedish Weaving 9:45am Exercise 1pm Special Bingo	<b>22</b> 9:30am Yoga 12:45pm Wii Bowl 1pm Photography DI 1:15pm Mahjongg Foot Care by appt
<b>25</b> 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Drop In	<b>26</b> 9:45am Exercise 10am "Free" Manicures 12pm TED Talks 12:45pm B Pressure 1pm Po Ke No Renters Rebate -by appt	<b>27</b> 10-2pm Health Fair NO Social Leftovers NO Knitters NO Cribbage DI NO Coloring	<b>28</b> 9am Swedish Weaving 9:45am Exercise 1pm Bingo	<b>29</b> 9:30am Yoga 11:00am Lunch Bunch Leaves 1pm Photography DI 1:15pm Mahjongg Renters Rebate-by appt



---

## 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 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 purchase 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](http://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, June 11, at the Senior Center. The monthly meeting will take place at noon on Tuesday, June 19, for our annual 'Picnic' indoors at the Senior Center. Members need to sign up to attend and state the dish they will contribute to share, either a hot or cold main dish, side dish or dessert. Sign-ups must be made by June 12th. Contact Barbara Dixon at 860-828-6295.

### COMMISSION FOR THE AGING MEETING

Monday, June 18th 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

Bus Transportation is available if needed.

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

June 1st, 15th & 29th and July 13th and 27th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

---

## Donations

---

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.

<u>Date</u>	<u>Donor's Name</u>	<u>Donation(Designated for)</u>
4/30/18	James McNeil	Senior Center
5/4/18	Anonymous	Senior Center
5/1/18	Bob Brown	Senior Center
5/8/18	Eileen Joseph	Senior Center
5/8/18	James McNeil	Senior Center
5/22/18	(3)Anonymous	Senior Center
	Olga McGuiness	Senior Center

---

## TED Talks

---

Tuesday, June 26th 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 June 4th.**

---

## Berlin-Peck Memorial Library Monthly Events

---

**Connecticut Predators: Tuesday, June 5, 6:30 pm** Learn about coyotes, bobcats and large birds of prey found in our state. Presented by Holly Gagnon, Environmental Educator and Animal Care Supervisor for New Britain Youth Museum at Hungerford. Register: 860-828-7126.

**Sit & Knit: June 7 & 21, 6:00 pm, June 14 & 28, 1:00 pm** Join local knitters for a relaxing time.

**Movie Matinee: The Shape of Water: Friday, June 8, 1:00 pm** At a top-secret research facility in the 1960s, a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity. Rated R.

**Saturday Afternoon Adult Book Group: Saturday, June 9, 1:00 pm** Join us for a discussion of *Dear Fahrenheit 451: Love and Heartbreak in the Stacks* by Annie Spence. This librarian's "love letters and breakup notes to the books in her life" will make you think of old favorites in a new way. Contact the library to reserve a copy.

**Stock Club: Tuesday, June 12, 1:30 pm** Join local investors to discuss stock market trends.

**Dog Safety and Bite Prevention: Tuesday, June 12, 6:30 pm** Let's face it: dog bites happen. But many bites are preventable with a little education. This program will provide the tools needed to be safe around dogs. As an admission to the program, we'd like to request you bring a donation item (pet supplies or pet food) for the humane society. Register: 860-828-7126.

**Movie Matinee: Beatriz at Dinner: Friday, June 15, 1:00 pm** A holistic medicine practitioner attends a wealthy client's dinner party after her car breaks down. Rated R.

**No Place Like Home: The World-Class Landscapes and Environmental History of the Berlin Region: Tuesday, June 19, 6:30 pm** Lecture and book signing for the book *Traprock Landscapes of New England* by Peter M. LeTourneau, Ph.D. and photographer Robert Pagini. Discover the "boldest and most beautiful" landscapes of New England. Sponsored by Berlin Historical Society. Refreshments will be served. Register: 860-828-7126.

**Make & Take: Rock Your T-Shirt: Thursday, June 21, 6:30 pm** Tired of boring t-shirts? Learn how to alter your t-shirt into something entirely new! No sewing required. There will be a variety of designs to inspire you. Please bring at least one t-shirt. Registration required. If you register but cannot attend, please call 860-828-7126 to cancel. Failure to do so will result in a \$5 charge.

**Movie Matinee: Little Miss Sunshine: Friday, June 22, 1:00 pm** A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus. Rated R.

**Cookbook Club: Monday, June 25, 6:30 pm** Choose a recipe from this month's cook book, *Bobby Flay's Mesa Grill Cookbook*, make the dish, and then gather to eat and discuss! Register.

**Movie Matinee: Get Low: Friday, June 29, 12:30 pm** A movie spun out of equal parts folk tale, fable and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party while he was still alive. Rated PG-13.

---

## 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.

### State of CT Tax Relief Program (Renters Rebate)

The Renter's Rebate Program runs from April 1st to October 1st, 2018. You must have all your documentation available the day of your scheduled appointment. If not, we will have to reschedule you to a later date.

1. Applicant must resided in CT for any one year period prior to filing application.
2. Claimant, or spouse if living together must have been 65 years of age by Dec 31, 2017 or be 50 years of age or older and the surviving spouse of a renter, who at the time of his death qualified and was entitled to tax relief.
3. Persons 18+ yrs old who are receiving Social Security Disability or Disability benefits.

**Qualifying Income: Single—Not to exceed \$35,300 and for Married—Not to exceed \$43,000**

### Documentation Needed:

**Evidence of payments for rent, utility (electricity, gas, water and fuel) and proof of all 2017 income.**

- A. Rent receipts or canceled rent checks or payment history for entire 2017 year.
- B. Electric/Gas/Water/Fuel bills, canceled checks or payment histories from the utility companies for entire 2017 year.
- C. Social Security benefit statement for 2017 (SSA 1099)
- D. Bank interest statement and dividends (2017 1099s)
- E. Pension statement for (2017 1099s).
- F. Copy of 2017 Federal income tax return (1040), if filed must be presented.

**Renters Rebate Applications are taken at the Senior Center Appointments are necessary.  
Please call Jane at (860)828-7006 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".

### American Red Cross Blood Drive

**Tuesday, July 31st 1:00PM –6:00PM**

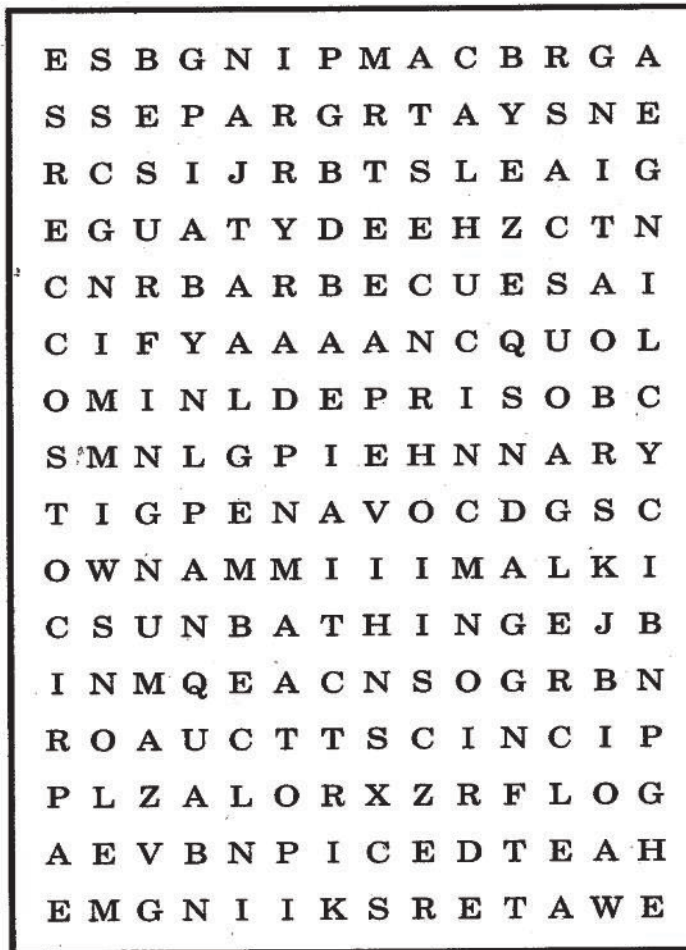
The American Red Cross Blood will hold a Blood Drive at the Berlin Senior Center on Tuesday, July 31st. For an appointment please call 1-800-GIVE-LIFE (1-800-448-3543). This event is sponsored by the Berlin Senior Center.



## THE JOYS OF SUMMER

Henry James wrote, "Summer afternoon; to me those have always been the two most beautiful words in the English language." And what better way to spend a summer afternoon than by solving this puzzle, filled with a variety of terms associated with summer. So, go ahead, enjoy the fruits of summer—some of which are not edible!

APRICOTS  
BADMINTON  
BARBECUES  
BASEBALL  
BEACH PARTIES  
BICYCLING  
BOATING  
CAMP  
CAMPING  
CROQUET  
FISHING  
GARDENING  
GOLF  
GRAPES  
ICE CREAM  
ICED TEA  
MELONS  
PEACHES  
PICNICS  
PLUMS  
SCUBA DIVING  
SOCCER  
SUNBATHING  
SURFING  
SWIMMING  
TENNIS  
VACATIONS  
WATER SKIING



## Senior Center Book Discussion

There will be **NO Book Discussion** during the summer months **June—July—August**. We will see you in the Fall! Make sure to check out the Library's Summer Reading program!

**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.

---

## 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, June 5th @ 1pm - The Post**

In this engaging docudrama set in 1971, the staff of the Washington Post face a historic dilemma: whether or not to publish the Pentagon Papers, a top-secret document that reveals the U.S. government knew for decades the Vietnam War was unwinnable. **Rated PG-13.**

### **Tuesday, June 12th @ 1pm—Battle of the Sexes**

The electrifying 1973 tennis match between current women's champion Billie Jean King and ex-men's champion Bobby Riggs was billed as the "Battle of the Sexes" and became the most-watched, televised sports event of all time. The match also sparked a global conversation on gender equality, spurring on the feminist movement. **Rated PG 13.**

---

## 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. This month on **Friday, June 29th we're off to Lenny and Joe's in Westbrook**. The senior bus will leave the senior center at 11:00am. Signups will be taken beginning at 9:00am on Wednesday, June 20th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 20th. If you went on last month's trip you will need to wait until 12noon to sign up.

### **SPECIALTY SHOPPING TRIP**

This month there will be two specialty shopping trips. The first is to **Walmart in Cromwell at 10:30AM on Wednesday, June 6th**. The second trip is to **Meriden Square or Target at 10:30AM on Wednesday, June 13th**. **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.