



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

JULY 2018

Greetings from the Director,

Summer is officially here. The summer months are a nice time to slow down. It's a time to enjoy the long days of sunlight, family picnics, fireworks, maybe even a ice cream cone from Dairy Queen or Pralines. Just remember to make it a healthy and safe summer. Use your sunscreen, keep hydrated and stay cool on those hot days.

Also a reminder Book Discussion, AARP, TED Talks and Commission for Aging do not meet during the summer months.

"My patriotic heart beats red, white, and blue". Unknown

"America was not built on fear. America was built on courage, on imagination, and an unbeatable determination to do the job at hand." Harry Truman

"One flag, one land, one heart, one hand, one nation evermore!"

Oliver Wendell Holmes

Happy 4th of July! Have a great summer !

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

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. Waiting List being taken.**

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 still 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 still 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 still being taken.**

August 14th Showtime at Delaney House—Lobster Feast with Jeff Barnhart's Riverside Ramblers—you are off to The Delaney House in Holyoke, MA. For a fabulous lobster feast. After lunch, sit back and enjoy the music of Jeff Barnhart's Riverside Ramblers. **Cost: \$99.00 Per Person. Itinerary subject to change and availability. Sign ups are still being taken.**

August 20-22nd Lake George and Saratoga—Spend a few days at the Georgian Lakeside Resort located right on Lake George. Enjoy time at the Saratoga Racetrack, the Adirondack Experience—The Museum on the Blue Mountain Lake, and a 2 hour cruise on the "Lac du Saint Sacrement" along with a short visit at the Saratoga Casino. **Cost: \$489.00 PP Double, \$692.00 PP Single, \$469.00 PP Triple. Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this tour.**

August 30th Westchester Broadway Theatre "Anything Goes"—You will watch a matinee performance of the show, **Anything Goes** after enjoying your choice of entrée upon arrival. **Anything Goes** is the winner of three 2011 Tony Awards, including Best Musical Revival, and considered one of the greatest Tap Dancing Musicals of all time. **Cost: \$105.00 Per Person. Itinerary subject to change and availability. Sign ups are still being taken.**

Check out the trips that will be showcased in July newsletter:

Sept 6th—9/11 Memorial and Museum

Sept 19th - The BIG E

Oct 17th -19th Lancaster, PA

October 24th—Broadway "Wicked" & "My Fair Lady"

Sept 12th The Best of Stockbridge, MA.

Oct 10th Oktoberfest @ Kruckers

Oct 18th Vermont Fall Foliage

Oct 25th Germanfest @ Williams Inn

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

Special Bingo Thursday, July 5th at 1:00PM

Karen Pliego, from Caregiver Homes in Wethersfield will be sponsoring this special Bingo on Thursday, July 5th 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.**

What is the difference between Generic and Name Brand Drugs?

Wednesday, July 11th, 2018 at 1:00PM

The discussion will compare and contrast generic and brand name drugs. Those who attend will better understand the similarities and differences between generic and brand name drugs, including pricing. The session will also offer advice on what seniors could do to be “drug smart”. Tips to promote medication safety include: keeping track of your medications, starting and stopping medications as directed, taking medications correctly, and storing and disposing medications properly. **Presented by Addolorata M. Ciccone, a Geriatric Clinical Pharmacist at Jefferson House. Sponsored by Jefferson House. Sign ups are now being taken.**

Special Bingo Thursday, July 12th at 1:00PM

Ledgecrest Convalescent will be sponsoring this special Bingo on Thursday, July 12th at 1:00pm. A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Mobility Works July 13th at 1:00PM

Michael Zablocki of Mobility Works of East Hartford will hold a mobility product presentation on Friday, July 13th at 1pm. There will be product brochures along with demonstrations of mobility scooters and power wheel chairs. There will also be a minivan that holds a turning valet seat and a scooter lift. **Sign ups are now being taken.**

A Balance & Fall Prevention Clinic @ Pilgrim Manor Wednesday, July 18th at 1:00 PM

Participants will be instructed on how to decrease fear of falling with balance strategies. We will also be conducting balance screenings on our Biodex Balance System to determine your overall fall risk potential. Clinic will be limited to 12 participants. Light refreshments will be served. Transportation will provided for by the Berlin Senior Center. **Sign ups are now being taken.**

Meet and Greet Pixie Friday, July 20th at 1:00PM

Come join us to hear the story about Stacy and her Service Dog Pixie. According to the ADA, a Service Animal is any dog which is specifically trained to perform tasks for a disabled individual that they would otherwise have difficulty completing on their own. Pixie is a Great Dane. This is a story that will warm your heart! **Sign ups are now being taken.**

Special Bingo Thursday, July 26th at 1:00PM

Newington Rapid Recovery Rehab Center will be sponsoring this special Bingo on Thursday, July 26th 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.**

American Red Cross Blood Drive Tuesday, July 31st from 1-6PM

The Red Cross Blood Drive will be held at the Berlin Senior Center on Tuesday, July 31st from 1:pm to 6pm. For an appointment please call 1-800-GIVE-LIFE (1-800-448-3543). This event is sponsored by the Berlin Senior Center.

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

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.

Po Ke No DROP IN—Every Tuesday afternoon at 1:00PM.

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 (2nd and 4th 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, July 12th and Friday, July 20th.** 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, July 3rd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, July 10th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, July 17th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, July 24th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, July 31st	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, July 31st 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 July 2nd.**

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** 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.**

July Menu 2018



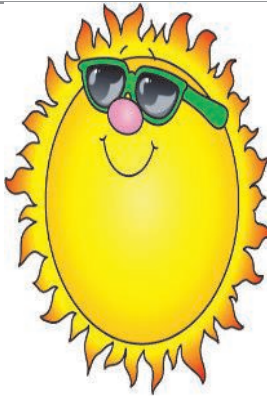


SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Roast Turkey 4oz Turkey Gravy 1/2 c Stuffing 1/2 c Spinach 1/2 c Cranberry Sauce 2 tbsp Dinner Roll 1 ea Plum 1 ea	3 Juice 4 oz Cheeseburger 4 oz Lettuce/ Tomato 1/2 c Baked Beans 1/2 c Corn on the Cob 1 ea Hamburger Roll 1 ea Italian Ice 1 ea	4 Happy Fourth of July! 	5 Juice 4 oz Crab Cakes 4 oz French Fries 1/2 c Broccoli 1/2 c Happy Birthday Bread 1 sl Birthday Cake 1 sl	6 Soup 6 oz Crackers 1 pkt Chef Salad 8 oz Dressing 1 pkt Bread 1 sl Orange 1 ea
9 Chicken Salad 4 oz Pasta Salad 8 oz Club Roll 1 sl Pineapple Chks 4 oz	10 Juice 4 oz Eggplant Rollatini 6 oz Sauce 1/4 c Ziti 1/2 c Green Beans 1/2 c Bread 1 sl Brownie 1 ea	11 Asian Chix Salad 12 oz Breadstick 1 ea Grapes 1/2 c	12 Salisbury Steak 4 oz Gravy 1/2 c Mash Potato 1/2 c Carrots 1/2 c Bread 1 sl Fruit Cocktail 1/2 c	13 Soup 6 oz Crackers 1 pkt Crab Sld Sndwch 4 oz Cuke/On Dill Sld 1/2 c Hot Dog Roll 1 ea Orange 1 ea
16 Juice 4 oz Pier 17 Fish 4 oz Mash Potato 1/2 c Veggies 1/2 c Tartar Sauce 1 pkt 1 Bread 1 sl Cookies 4 oz	17 Clam Chowder 6 oz Crackers 1 pkt Egg Salad 4 oz Cottage Cheese 1/2 c 4 Bean Salad 1/2 c Lettuce Bed 1 c Corn Muffin 1 ea Peaches 1/2 c	18 Asian Beef Strips 4 oz Sauce 1/4 c Rice 1/2 c Veggies 1/2 c Salad 1 c Dressing 1 pkt Bread 1 sl Pineapple Chks 1/2 c	19 Juice 4 oz Orange Chicken 4 oz Orange Sauce 1/4 c Noodles 1/2 c Veggies 1/2 c Bread 1 sl Tropical Fruit Cup 1/2 c	20 Juice 4 oz Pork 4 oz Gravy 1/8 c Herb Potatoes 1/2 c Squash Medley 1/2 c Dinner Roll 1 ea Watermelon 1/2 c
23 Eye of the Round 4 oz Sauce 1 tbsp Mash Potato 1/2 c Beets 1/2 c Bread 1 sl Pineapple Chunks 1/2 c	24 Juice 4 oz Prk Rib/Sauce 4 oz Corn 1/2 c Cole Slaw 1/2 c Corn Muffin 1 ea Ice Cream Cup 1 ea	25 Fish 4 oz Tartar Sauce 1 pkt Rice 1/2 c Corn on the Cob 1 ea Bread 1 sl Banana 1 ea	26 Juice 4 oz Philly Cheese Stk 4 oz Onions/ Peppers 1/2 c Pasta Salad 1/2 c Carrot Slaw 1/2 c Sub Roll 1 ea Peaches 1/2 c	27 Mac, Tuna, Pea Sld 8 oz Broc/ Red Pep Sld 1/2 c Dinner Roll 1 ea Fruit Salad 1/2 c
30 Soup Crackers 1 pkt Sausage 4 oz Onions & Peppers 1/2 c Pasta Spinach Sld 1/2 c Club Roll 1 ea Fruit Cocktail 1/2 c	31 Juice 4 oz Meatloaf 4 oz Gravy 1/4 c Mash Potato 1/2 c Peas & Carrots 1/2 c Bread 1 sl Pear 1 ea			

JULY 2018

Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am Coffee Hour 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback DI	3 8:30am Coffee Hour 9:45am Exercise 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No		5 8:30am Coffee Hour 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo	6 8:30am Coffee Hour 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
9 8:30am Coffee Hour 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback DI	10 8:30am Coffee Hour 9:45am Exercise 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No	11 8:30am Coffee Hour 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Cribbage DI 1pm Coloring 1pm Brand vs Generics V	12 8:30am Coffee Hour 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo	13 8:30am Coffee Hour 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Mobility Works 1pm Photography 1:15pm Mahjongg
16 8:30am Coffee Hour 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback DI	17 8:30am Coffee Hour 9:45am Exercise 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No	18 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Cribbage DI 1pm Coloring 1pm Fall Prevention @ Pilgrim Manor	19 8:30am Coffee Hour 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	20 8:30am Coffee Hour 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1pm Meet & Greet Pixie 1:15pm Mahjongg
23 8:30am Coffee Hour 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback DI	24 8:30am Coffee Hour 9:45am Exercise 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No	25 8:30am Coffee Hour 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Cribbage DI 1pm Coloring	26 8:30am Coffee Hour 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo	27 8:30am Coffee Hour 9:30am Yoga 11am LBunch Trip 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
30 8:30am Coffee Hour 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback DI	31 8:30am Coffee Hour 9:45am Exercise 10am "Free" Manicures 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No 1pm RED CROSS BLOOD DRIVE			

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.

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

AARP Chapter 3035 does not meet during the summer months of July and August.

COMMISSION FOR THE AGING MEETING

The CFA does not meet during the months of July and August.

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:

July 13th & 27th and August 10th and 24th

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>
5/31/18	James McNeil	Senior Center
6/06/18	Bob Brown	Senior Center
	James McNeil	Senior Center
6/11/18	Anonymous	Senior Center
6/19/18	Anonymous	Senior Center

We appreciate all donations received at the Center! This donations help us out tremendously!

TED Talks

Will be back in September.....

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.

Berlin-Peck Memorial Library Monthly Events

Summer Reading Program for Adults: July- August No codes, no passwords, no log-ins — just raffle tickets! Read, attend programs, and complete achievements to earn raffle tickets for any of our 9 prize baskets (\$65-\$273 value). Raffles will be held every week in July and August! Get a coupon for FREE Praline's Ice Cream just for signing up, and a FREE game at Callahan's Bowl-a-Rama with your first raffle ticket. Visit the Adult Reference Desk to get started.

Movie Matinee: Patriot's Day: Friday, July 6, 1:00 pm The story of the 2013 Boston Marathon bombing and the aftermath, which includes the city-wide manhunt to find the terrorists responsible. Starring Mark Wahlberg and J.K. Simmons. Rated R.

Movie Matinee: Breathe: Friday, July 13, 1:00 pm The inspiring true love story of Robin and Diana Cavendish, an adventurous couple who refuse to give up in the face of a devastating disease. Rated PG-13.

Make & Take: Painted Rocks: Thursday, July 19, 6:30 pm Painted rocks are so much fun -- add them to a garden for a touch of whimsy, leave in a park to brighten someone's day, or use in your decor. We'll provide the rocks, paints and ideas, you provide the creativity! Open to adults, teens, and children ages 8+ with an adult. Cancellation policy: Please be courteous. We purchase supplies for these Make & Take programs and they typically have a waiting list. If you need to cancel your registration, you must notify us prior to noon on the day of the event. Failure to do so will result in a \$5 charge.

Movie Matinee: LBJ: Friday, July 20, 1:00 pm LBJ aligns himself with Jack Kennedy, rises to the presidency, and deals with the civil rights struggles of the 60s. Starring Woody Harrelson. Rated R.

Open Sew: Saturday, July 21, 10:30—3:30 pm Join us for a day of sewing! Drop in and bring your hand sewing or your sewing machine and work on your projects while in the company of others. We will have an ironing station, a cutting station and power strips for you to use.

Paper Quilling Monday, July 23, 2:00 pm Quilling is an art form that uses strips of paper rolled, shaped, and glued together to create decorative designs. Learn the basics of paper quilling and how to make a simple flower. All supplies included. Registration required.

Cookbook Club Monday, July 23, 6:30 pm We are trying something new this summer! Please choose a library owned cookbook and make something within this month's theme. July's theme will be "Farmer's Market". Please choose something primarily made from items you might find at a farm stand or farmer's market.

Movie Matinee: All the Money in the World: Friday, July 27, 1:00 pm The story of the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather Jean Paul Getty to pay the ransom. Starring Michelle Williams, Christopher Plummer & Mark Wahlberg. Rated R.

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 - Friday at 12 PM. A suggested 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.

UNDER THE SUN

The sun is a huge, luminous star located in the center of our SOLAR SYSTEM. This glowing BALL of gases is about 93 million miles from the Earth. After you've located all the entries in the diagram below, the remaining letters will reveal a "sunny" saying.

ASTRONOMY	ORBIT	SOLAR ECLIPSE
ATMOSPHERE	POLE	SOLAR SYSTEM
AXIS	POWER	SOLSTICE
BALL	REVOLUTION	SURFACE
BRIGHTNESS	ROTATION	UNIVERSE

CORE
ENERGY
EQUATOR
EQUINOX
ERUPTION
FORCE
GRAVITY
HEAT
HELIUM
HYDROGEN
LIGHT
MAGNETIC (field)
MILKY WAY

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

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, July 10th @ 1pm "Beatriz to Dinner" Beatriz (Salma Hayek), an immigrant from a poor town in Mexico, has drawn on her innate kindness to build a career as a spiritual health practitioner in Los Angeles. Doug Strutt (John Lithgow) is a cutthroat, self-satisfied billionaire real estate developer. When these two opposites meet at a dinner party, their worlds collide and neither will ever be the same. Rated PG.

Tuesday, July 17th @ 1pm "I Can Only Imagine" Bart Millard endures years of abuse at the hands of his bitter father, and uses music to escape. Years later, Millard writes the widely popular Christian song "I Can Only Imagine," about how his faith helped repair his relationship with his dad. Based on a true story. **Rated PG.**

Tuesday, July 24th @ 1pm Disney's "A Wrinkle in Time" After her astrophysicist father goes missing, grieving 13-year-old Meg meets three astonishing supernatural beings who transport her through the universe to rescue her dad in this sumptuous, enchanting fantasy-film adaption of a beloved children's book. **Rated PG.**

Rated PG

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, July 27th 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, July 18th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 18th. 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 **Target or Home Goods** in Southington **at 10:30AM on Wednesday, July 11th**. The second trip is to **Westfarms Mall** in Farmington **at 10:30AM on Wednesday, July 25th**. **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.