



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

AUGUST 2018

Greetings from the Director,

Goodbye July! Hello August! Hope you are enjoying the summer.
Remember to stay cool and hydrated!

We have been fortunate again this summer to have town residents and local organizations donate their extra produce from their gardens to the Center. A **BIG THANK YOU** to Ralph Arena, Joe Wotjusik and family, a gentleman named Danny and Raising Berlin.

The Fall Setback Tournament will begin on Monday, Sept 10th at 1pm. If you would like to be a "sub" player or you have a team of two who would like to play please contact Jane or Tina at (860)828-7006.

A friendly reminder to scan your MYSenior Center keytag to be counted. By scanning you're helping us with attendance, better security, and better statistics. Remember better statistics helps us when applying for grants or more funding, more funding means more and better programs. If you are a Berlin Senior and do not have a keytag please pick up a Participant Contact Form at the Front Desk at the Center.

"One benefit of summer was that each day we had more light to read by" ~ Jeannette Walls

"Summertime is always the best of what might be" ~ Charles Bowden

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



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. Taking a wait list .

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—CANCELED BY GETAWAY

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.

Sept 6th—9/11 Memorial and Museum— Upon arrival , you will visit the 9/11 Memorial. The Memorial is a national tribute of remembrance and honor to nearly 3,000 people killed on Sept 11th in the terror attacks on the World Trade Center. You will then travel 7 stories underground to the newly opened 9/11 Museum. After the museum you will enjoy a late afternoon lunch at Carmine's. **Cost: \$117.00 Per Person.** Itinerary subject to change and availability. Sign ups are still being taken.

Sept 12th The Best of Stockbridge, MA.— You will travel to the Berkshire town of Stockbridge, MA. where you'll experience gilded-age style and splendor at the marvelous estate, renowned for its elegant gardens and rare Berkshire "Cottage". The 44-room "cottage" , Naumkeag serves as a summer retreat for three generations of Choates. Lunch will be at The Red Lion Inn. After lunch, we will travel a short distance to the home of The Norman Rockwell Museum. **Cost: \$137.00 Per Person.** Itinerary subject to change and availability. Sign ups are still being taken.

Sept 19th - The BIG E— The Big E, "New England's Great State Fair," is the premier event each Fall . Located in West Springfield, MA, it is ranked among the top fairs in the country. **Cost: \$55.00 Per Person.** Itinerary subject to change and availability. Sign ups are still being taken.

Oct 10th Oktoberfest @ Kruckers - Delight in an Oktoberfest Lunch with free beer, wine and soft drinks. Music. Dancing and Games. Come and enjoy the music, dancing, great food and drink at this celebration. **Cost: \$113.00 Per Person.** Itinerary subject to change and availability. Sign ups are still being taken.

Check out the trips that will be showcased in Sept. Newsletter:

Oct 17th -19th Lancaster, PA

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

Nov 7-9th—Two Nights in Atlantic City, NJ

Nov 14th -Twin River Casino Neil Diamond Tribute

Nov 30th - Christmas in CT

Oct 18th Vermont Fall Foliage

Oct 25th Germanfest @ Williams Inn

Nov 8th Westchester Theatre "Phantom"

Nov 16th Radio City Christmas Show

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

Interpersonal Boundaries Wednesday, Aug 8th at 1:00PM

We will discuss interpersonal boundaries and how to define them. Presented by LeaAnn Blanchard, Resident Service Coordinator, at The Orchards at Southington. Sponsored by The Orchards at Southington. **Sign up is now being taken.**



Special Bingo Thursday, Aug 9th at 1:00PM

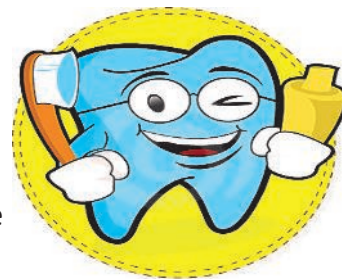
Ledgecrest Convalescent will be sponsoring this special Bingo on Thursday, Aug 9th at 1:00pm. A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Special Bingo Thursday, Aug 23rd 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.**

Dental Cleaning Clinics, Thursday, August 23rd and 30th from 8:45am-12:45pm

The Berlin Senior Center and the Central CT Health District are offering “free” dental cleaning clinics (For Adults Age 60 and Older) on Thursday, August 23rd and Thursday, August 30th from 8:45am to 12:45pm. To make an appointment please call the Senior Center at (860) 828-7006. Those participating must reside in the towns of Berlin, Newington, Rocky Hill, or Wethersfield. This program is sponsored in part by the Older Americans Act through the North Central Area Agency on Aging (NCAAA).



Some Upcoming Events for September—National Senior Center Month—

This year's theme is *Senior Centers: Building Momentum*

Benefits Checkup
Movement/Brain Connection
Cooking for One
Annual Senior Center Picnic
Reiki Healing
Book Discussion
Field Trips
TED Talks
And Many More Fun Activities!

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.

SETBACK DROP IN—Every Monday at 1:00PM. 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 it’s easy exercise. Stop in and check it out. If you are interested in joining the Friday group and have any questions please contact Tina or 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 Awilda Rodriguez, 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, August 9th and Friday, August 17th.** 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, Aug 7th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Aug 14th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Aug 21st	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Aug 28th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, August 28th 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 August 1st.**

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.**



CW Resources Senior Community Café

August Menu 2018

1% or Skim milk provided
Margarine available

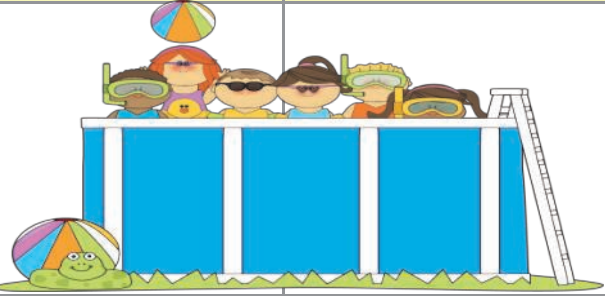
MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Scampi Linguini Broccoli with Red Pepper 12 Grain Bread Citrus Sections	2 Grape Juice Crab Cakes French Fries Broccoli  Oatmeal Bread Birthday Cake	3 Minestrone Soup Unsalted Crackers Chef Salad with LS Ham, LS Turkey, Cheese, Egg, Tomato, Cucumbers and Olives Ranch Dressing Pumpernickel Bread Fresh Orange
6 Chicken Salad with Celery Pasta Salad with Broccoli, Red Peppers, White Beans, Black Olives and Carrots Club Roll Pineapple Chunks	7 Grape Juice Eggplant Rolatini Marinara Sauce Ziti Green Beans 12 Grain Bread Brownie	8 Asian Chicken Salad with Chicken Strips, Mandarin Oranges, Sesame Seeds and Cucumbers Breadstick Grapes	9 Salisbury Steak LS Gravy Mashed Potato Carrots  Oat Bread Fruit Cocktail	10 Pea Soup Unsalted Crackers Crabmeat Salad Sandwich Cucumber Onion Dill Salad Hot Dog Roll Fresh Orange
13 Grape Juice Pier 17 Fish Mashed Potato Scandinavian Veggies Tartar Sauce 12 Grain Bread Chocolate Chip Cookies	14 N.E. Clam Chowder Unsalted Crackers Tuna Salad, Cottage Cheese, 4 Bean Salad Lettuce Bed Corn Muffin Peaches	15 Asian Beef Strips with Ginger Sauce Brown Rice Oriental Blend Veggies Garden Salad Italian Dressing Pumpernickel Bread Pineapple Chunks	16 Grape Juice Grilled Orange Chicken Orange Sauce Sesame Noodles Winter Blend Veggies 100% Whole Wheat Bread Tropical Fruit Cup	17 Grape Juice Slow Cooked Pork with Pan Gravy Roasted Herb Potatoes Squash Medley Dinner Roll Watermelon
20 Eye of the Round Horseradish Sauce Mashed Potato Beets  12 Grain Bread Pineapple Chunks	21 Apple Juice Pork Riblet BBQ Sauce Corn with Black Beans Cole Slaw Corn Muffin Ice Cream Cup	22 Baked Fish Tartar Sauce Buttered Rice with Peas and Mushrooms Corn on the Cob Rye Bread Banana	23 Cranberry Juice Philly Cheese Steak Onions and Peppers Tri-Color Pasta Salad Carrot Slaw Sub Roll Peaches	24 Macaroni, Tuna and Pea Salad Broccoli and Red Pepper Salad 100% W.W. Dinner Roll Fresh Fruit Salad
27 Potato Leek Soup Unsalted Crackers LS Italian Sausage (mild) Onions and Peppers Pasta Spinach Salad Club Roll Fruit Cocktail	28 Cranberry Juice Meatloaf with Onion Gravy Mashed Potato Peas and Carrots Multi Grain Bread Fresh Pear	29 Spaghetti with Sauce Turkey Meatballs Parmesan Cheese Broccoli Italian Bread Peaches	30 Apple Juice Hot Dogs Baked Beans Sauerkraut Mustard  Hot Dog Rolls Watermelon	31 Orange Juice Cod Fish with Butter Crumb Topping Broccoli Cheese Rice Green and Yellow Beans Rye Bread Lemon Merengue Pie

AUGUST 2018

Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30am Coffee Hour 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Cribbage DI 1pm Coloring	2 8:30am Coffee Hour 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	3 8:30am Coffee Hour 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
	6 8:30am Coffee Hour 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback DI	7 8:30am Coffee Hour 9:45am Exercise 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No	8 8:30am Coffee Hour 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Cribbage DI 1pm Coloring 1pm Interpersonal Boundaries	9 8:30am Coffee Hour 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo
13 8:30am Coffee Hour 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback DI	14 8:30am Coffee Hour NO EXERCISE 12pm Lunch 12:45pm B Pressure 1pm Po Ke No Republican Primary-Polling Site	15 8:30am Coffee Hr. 9:00am L Bunch S/U 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Cribbage DI 1pm Coloring	16 8:30am Coffee Hour 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	17 8:30am Coffee Hour 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
20 8:30am Coffee Hour 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback DI	21 8:30am Coffee Hour 9:45am Exercise 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No	22 8:30am Coffee Hour 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Cribbage DI 1pm Coloring	23 8:30am Coffee Hr. 8:45am Dental Clinic 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo	24 8:30am Coffee Hour 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
27 8:30am Coffee Hour 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback DI	28 8:30am Coffee Hour 9:45am Exercise 10am "Free" Manicures 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No	22 8:30am Coffee Hour 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Cribbage DI 1pm Coloring	30 8:30am Coffee Hr. 8:45am Dental Clinic 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	31 8:30am Coffee Hour 9:30am Yoga 11am LBunch Trip 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg

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

AARP Chapter 3035 does not meet during the month of August.

COMMISSION FOR THE AGING MEETING

The CFA does not meet during the month of 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:

August 10th and 24th & Sept 7th and Sept 21st

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>
6/28/18 to 7/23/18	(4) Anonymous	Senior Center
	(2)James McNeil	Senior Center
	Eileen Joseph	Senior Center
	Rose Wollman	In Memory of Mary Simcik
	The Lady Red Birds Red Hatters	In Memory of Mary Simcik
	Stephen & Donna Reynolds	In Memory of Mary Simcik
	Virginia Phillips	In Memory of Mary Simcik
	Maxine S. Carey	In Memory of Mary Simcik

We appreciate all donations received at the Center! These 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

Teen Tech Experts: Teens Helping Seniors: Mondays Seniors, do you need help with your mobile phone, iPad or tablet? Make an appointment with one of our teen "Tech Expert" volunteers. Contact the library for more information and to make an appointment. Appointments will be available most Mondays this summer. Call 860-828-7126.

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! Visit the Adult Reference Desk to get started.

Sit & Knit: Thursdays, August 2, and 16 at 6 pm, August 9, 23 and 30 at 1 pm Join local knitters for a relaxing time filled with knitting and good company!

Movie Matinee: Phantom Thread: Friday, August 3, 1 pm Set in 1950's London, Reynolds Woodcock is a renowned dressmaker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover. Starring Daniel Day-Lewis. **Rated R.**

Internet Safety Tips: Tuesday, August 7, 1:30 pm Learn how to protect yourself from common online scams and Malware. Presented by our Digital Services Librarian. Register.

Movie Matinee: Molly's Game: Friday, August 10, 1 pm The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game and became an FBI target. Rated R.

Great American Read: Monday, August 13, 1:30 pm Watch the first episode of PBS' Great American Read and then join in a short discussion. Refreshments will be served. From PBS: The Great American Read celebrates the power of reading, told through the prism of America's 100 best-loved novels (as chosen in a national survey). Register.

Veggie Tasting Party: Wednesday, August 15, 6 pm Bring a few of your favorite homegrown veggies to share and discuss. How it works: please bring 2-3 of each variety you would like to have tasted. Plates/rating cards will be provided. They will be cut up and you can sample any and all the vegetables you like. Didn't grow anything this year? No problem, you're still welcome to join in the tasting! We will also provide information on our seed library and answer any questions you might have. Seeds will be saved from vegetables brought in for the event and added to the seed library. Since seeds will be saved for the seed library, remember your favorites so you can request seeds from the library in the future! Register.

Movie Matinee: Their Finest: Friday, August 17, 1 pm A former secretary, newly appointed as a scriptwriter for propaganda films, joins the cast and crew of a major production while the Blitz rages around them. Rated R.

Open Sew: Saturday, August, 18 from 10:30-3:30 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.

Make & Take: Watercolor Sand Dollars: Thursday, August 23, 6:30 pm Bring the beauty of the shore into your home with these watercolor sand dollars. All supplies provided. Open to adults, teens, and children ages 10+ 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.** Sponsored by Friends of the Berlin-Peck Memorial Library.

Movie Matinee: Forever My Girl: Friday, August 24, 1 pm After being gone for a decade a country star returns home to the love he left behind. Rated PG.

Cookbook Club: Monday, August 27, 6:30 pm Please choose a library owned cookbook and make something within this month's theme: "Outdoor Picnic". Choose something you might bring to a picnic, whether a salad, a barbecued dish or an item of your choice. The library will provide plates, bowls and eating utensils. To register for any of the Library programs call 860-828-7126.

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 a 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".



peace.



love.



community.

ON THE PICNIC TABLE

Now that you're thinking about outdoor summer fun, it's time to get ready for a picnic. Nothing says summer like the aroma of food cooking outside on the grill. With the right salads and condiments, you've got a feast. *Bon appétit!*

BAKED (beans)	PICKLES	ROLLS
BROWNIES	POTATO (salad)	SODA
CHEESE	PRETZELS	TARTAR (sauce)
CHICKEN (salad)	RELISH	TOMATOES
CHIPS	RIBS	WATERMELON
CLAMS		
COLESLAW		
COOKIES		
CORN (on the cob)		
FISH (sandwiches)		
HAMBURGER		
HOT DOG		
ICED TEA		
KETCHUP		
LEMONADE		
LETTUCE		
MACARONI (salad)		
MAYONNAISE		
MUSTARD		
ONIONS		



Senior Center Book Discussion

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

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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, Aug 7th @ 1pm "Chappaquiddick" ~ On the island of Chappaquiddick, Senator Ted Kennedy drives his car into a lake, killing a young campaign strategist. His confidantes and his father attempt to use the power of their family's political dynasty to spin the story, avert scandal and protect Ted's presidential aspirations. Rated PG 13.

Tuesday, Aug 21st @ 1pm "Midnight Sun"

A sheltered girl named Katie has a rare disease that makes exposure to sunlight deadly. A chance encounter with her childhood crush, Charlie, leads to an unlikely summer romance that gets complicated when Katie finally reveals her medical condition. Rated PG 13.

Tuesday, Aug 28th @ 1pm "The Leisure Seekers"

A couple embark on a road trip in their twilight years, journeying from their home in Massachusetts to their literary idol Ernest Hemingway's house in the Florida Keys. This poignant drama follows them as they travel in a decrepit 1975 Winnebago. Rated R.



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, August 31st we're off to Bill's Seafood Restaurant in Old Saybrook.** The senior bus will leave the senior center at 11:00am. Signups will be taken beginning at 9:00am on Wednesday, August 15th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 15th. 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, August 15th.** The second trip is to **Westfarms Mall** in West Hartford **at 10:30AM on Wednesday, August 29th.** **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.