



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

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

SEPTEMBER 2018

Greetings from the Director,

September is National Senior Center Month, the National Institute of Senior Centers (NISC) encourages us to show our community that we are building momentum towards the future of aging. We are celebrating this by highlighting the theme ***Senior Centers: Building Momentum, Growing, Learning, Giving and Connecting.*** We invite you to join us for National Senior Center Month! Senior centers are the future of what aging can be. Innovative programs hosted at our senior centers can change the perception of aging, and create important community resources for aging expertise.

We have continued to be blessed with beautiful produce being dropped off at the Center during the month of August. Thank you Joe Wotjusik and family, a gentleman named Danny, Raising Berlin and Michelle Zuk and Girl Scout Troop 66480.

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 by Wednesday, September 5th.

"Autumn... the year's last, loveliest smile." - William Cullen Bryant

"Life starts all over again when it gets crisp in the fall." - F. Scott Fitzgerald

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. **Transportation Timely Tip:** In order to save time and fuel and in consideration of others, please remember to call and cancel a previously scheduled ride when you are not taking the bus. **For local bus routes, call CT Transit @ 800-704-3113 or check www.cttransit online for maps and fare information.**

Other Transportation...

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.

Senior Center Trips



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 seven 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. Taking a wait list.**

Sept 12th The Best of Stockbridge, MA.— Canceled by Getaway Tours

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.**

Oct 17th –19th Lancaster, PA - Travel to Lancaster, PA where you will stay at the Eden Resort. During our two day stay you will enjoy wonderful shows at the Dutch Apple Dinner Theater and the Sight & Sound's Millenium Theater. You be able to shop, dine and enjoy the beautiful scenery. **Cost: \$611.00 Single Per Person, \$495.00 Double Per Person and \$475.00 Triple Per Person. Itinerary subject to change and availability. Cancellation Insurance is Available and recommended for this tour. Taking a wait list.**

Oct 18th Vermont Fall Foliage - Come enjoy a day in the beautiful Green Mountain State. You will have lunch with a view at the Publyk House in Bennington, VT . After lunch you'll board the bus for the Lincoln Family Home at Hildene, considered to be the most important Lincoln site other than his home estate in Illinois. The Apple Barn and Country Bake Shop will be your last stop on your wonderful Vermont Getaway! **Cost: \$129.00 Per Person. Itinerary subject to change and availability. Sign ups are still being taken.**

Oct 24th—Broadway “Wicked” & “My Fair Lady” - You will enjoy lunch at the famous Italian restaurant Carmine's. Your meal will be served family style . After lunch, you will enjoy one of two shows offered. **Cost: \$259.00 Per Person. Itinerary subject to change and availability. Taking a waiting list.**

Oct 25th Germanfest @ Williams Inn - We're headed to The Williams Inn in Williamstown, MA for a Germanfest Celebration. The celebration features authentic cuisine prepared by the Inn's award-winning chef! Laugh and enjoy the interactive German-influenced entertainment in music and story and song! Our next stop is the famous Yankee Candle Company. **Cost: \$111.00 Per Person. Itinerary subject to change and availability. Sign ups are still being taken.**

Check out the trips that will showcased in October's Newsletter:

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

Nov 8th-Westchester Theatre “Phantom”

Nov 14th -Twin River Casino “Neil Diamond” Tribute

Nov 16th -Radio City Christmas Show

Nov 30th - Christmas in CT

Dec 6th-Log Cabin “Blue Christmas w/ Elvis”

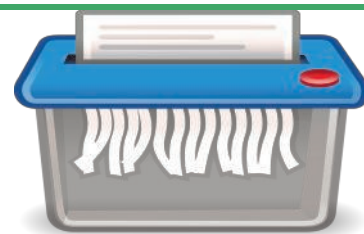
Dec 11th– Holiday Winter Celebration at Aqua Turf

Dec 18th-Westchester Theatre “The Edwards Twins” Holiday Show

Note: We have flyers on all the above trips. 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

Shred It Event ~ Friday, Sept 7th from 8:30-11:30AM ~The Shred It truck will be parked in the upper parking lot at the Senior Center. There is a 3 box limit. No businesses allowed. This event is sponsored with a generous donation from Acura Auto of Berlin and donations made to the Berlin Senior Center Agency Fund. No sign up necessary. **Keep your personal information secure! Don't take chances –SHRED!**



Benefits Check Up ~ Wednesday, September 12th 1:00PM

Stephanie Soucy, BSW and Saray Figueroa, Benefits Enrollment Center/ Community Choices Counselors from the North Central Area on Aging Agency will be working to help people on/or eligible for Medicare enroll in appropriate benefits. This trained staff uses a web-based tool to determine eligibility and apply for benefits free of charge. **Sign up begins Sept. 4th.**



Special Bingo Thursday, Sept 13th at 1:00PM

Ledgecrest Convalescent will be sponsoring this Special Bingo on Thursday, Sept 13th at 1:00pm. A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Learning on the Move: Movement/Brain Connection ~Sept 19th at ~1:00 p.m.

~ Movement can act like a wonder drug for the brain. Join us for an interactive discussion highlighting how movement and exercise enhances memory and brain function. After the discussion, there will be a short active demonstration of simple moves that you can do at home to enhance brain function. Presented by: Pilgrim Manor Health & Rehabilitation in Cromwell. **Sign up begins Sept. 4th.**



Special Bingo Thursday, Sept 20th at 1:00PM

Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Sept 20th 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.**



Annual Senior Center Picnic ~Friday, September 21st at 12:00 PM

This year's picnic will have a Brazilian/Hawaiian flare with Jose Paulo, our entertainer for the afternoon mesmerizing us with his voice and personality. He is native of Rio De Janeiro, Brazil and has sung all over the world.

Immediately after his performance enjoy a hamburger or hot dog with all the fixings. **Lunch is sponsored by Newington Rapid Recovery Rehab**

Center in Newington. The picnic is limited to 100 members. Sign up begins on Tuesday, Sept 4th. You may sign up for yourself and one other person.

Cooking for One ~ Wednesday, Sept 26th at 1:00PM

~ In the kitchen, cooking for one can seem lonely and confusing, why do all recipes feed so many people? We will share easy, healthy recipes sure to tempt your taste buds! Presented by Lou Roca, Director of Dining Services. Sponsored by Cedar Mountain Commons. **Sign ups begin Sept 4th.**

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 they 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

SCRABBLE DROP IN – Every Monday at

10:00AM. All level of players are welcome.

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

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.

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.

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. Awilda Rodriguez, Outreach and Support Worker, Catholic Charities will be 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, Sept 13th and Friday, Sept 21st.** 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, Sept 4th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Sept 11th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Sept 18th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Sept 25th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, Sept 25th 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 Sept 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** 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 10:00AM—12:00PM starting Sept 11th ~Reiki Healing is being offered at the Berlin Senior Center. Reiki is a gentle form of energy medicine which can improve overall health. Reiki is offered in 15 minute intervals and it is possible to sign up for multiple back to back sessions. Signs ups can be made either at the front desk or by calling the Berlin Senior Center at 860-828-7006. The cost is \$10 for a 15 Minute Chair Reiki with Reiki Master Holly Kevorkian. If you have any questions about Reiki or what to expect you may call Holly at (860) 803-5757.

September, 2018

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day Closed 	Cranberry Juice Country Fried Chicken Country Gravy Mashed Potato Italian Blend Veggies Italian Bread Mandarin Oranges	Grape Juice Roast Pork Applesauce Gravy Sesame Noodles Buttered Beets 100% W.W. Bread Birthday Cake	Pasta Fagioli Unsalted Crackers Chicken Breast Sandwich Lettuce and Tomato Sweet Potato Tots Cole Slaw Mayonnaise Sesame Bun Peaches	Parmesan Crusted Pollock Baked Potato Scandinavian Veggies Sour Cream Multi Grain Bread Baked Apples with Whipped Topping
Swedish Meatballs Wide Egg Noodles Peas and Carrots Pumpnickel Bread Citrus Selections	Cream of Broccoli Unsalted Crackers Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Dressing Corn Muffin Cinnamon Applesauce	Sliced Ham with Pineapple Glaze Mashed Potato Geneva Blend Veggies Rye Bread Tropical Fruit Cup	Cranberry Juice Lemon Pepper Fish Cheesy Rice Broccoli Pumpnickel Bread Chocolate Pudding	Apple Juice Sweet and Sour Chicken Thighs Sesame Noodles Oriental Blend Veggies Dinner Roll Brownie
Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies Rye Bread Fruit Cocktail	LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach Biscuit Fresh Fruit Salad	Orange Juice Baked Chicken Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing Italian Bread Cinnamon Applesauce	Cranberry Juice Veal Picatta Mashed Potato Winter Squash Dinner Roll Oatmeal Raisin Cookie	Grape Juice Turkey Tetrazzini Brown Rice California Blend Veggies Pumpnickel Bread Ice Cream Cup
Potato Leek Soup Unsalted Crackers Rib-B-Que Baked Beans Cole Slaw Cornbread Mandarin Oranges	Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies 100% Whole Wheat Warm Peach Cobbler with Topping	Homemade Meatloaf Onion Gravy Sweet Potato Peas Potato Bread Cantaloupe	Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Carrots Apple Pie	Codfish Cakes Steak Fries Tossed Spinach Salad Greek Dressing Broccoli Ketchup Multigrain Bread Tropical Fruit Cup



SEPTEMBER 2018

Events

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 LABOR DAY SENIOR CENTER CLOSED	4 8:30am Coffee Hour 9:45am Exercise 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No	5 8:30am Coffee Hour 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Cribbage DI 1pm Coloring	6 8:30am Coffee Hour 9am Swedish Weaving NO EXERCISE 12pm Lunch 1pm Bingo	7 8:30-11:30am Shred It Event 8:30am Coffee Hour 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
10 8:30am Coffee Hr. 10am AARP BD Mtg 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament Begins	11 8:30am Coffee Hour 9:45am Exercise 10-12pm Reiki Healing 12pm Lunch 12:45pm B Pressure 1pm Movie 1pm Po Ke No	12 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 1pm BenefitsCheck Up 1:30pm Book Club	13 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo	14 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
17 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback 7pm CFA Mtg	18 8:30am Coffee Hour 9:45am Exercise 12pm Lunch 12:45pm B Pressure 1pm Po Ke No 1:15pm AARP Meeting	19 8:30am Coffee Hour 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Cribbage DI 1pm Coloring 1pm Movement/Brain Connection	20 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo	21 8:30am Coffee Hr. 9:30am Yoga 12pm Annual Picnic NO Wii Bowl 1pm Photography 1:15pm Mahjongg
24 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback	25 8:30am Coffee Hour 9:45am Exercise 10am "Free" Manicures 12pm Lunch 12pm TED Talks 12:45pm B Pressure 1pm Movie 1pm Po Ke No	26 8:30am Coffee Hour 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Cribbage DI 1pm Coloring 1pm Cooking for One	27 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	28 8:30am Coffee Hr. 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 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 CT's Parks and Recreation System and is available only to CT 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 is to assist Berlin residents in need when family, neighbors, or friends cannot be contacted. It is offered to persons of limited mobility and social contacts. This program is intended to reduce need-less suffering and/or hardship on the part of sick or injured persons and to eliminate damage to property should forced entry otherwise be required. A form that is available at the Sr. Ctr. or Police Station need to filled out. 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, September 10, at the Senior Center. The monthly Chapter meeting will be held on Tuesday, September 18, at 1:15 pm, also at the Senior Center. Jack Healy, Berlin Town Manager will be our guest speaker. He will discuss the current state of our town. Ice cream sandwiches will be served. A Seniors Safe Driver Class, sponsored by AARP Chapter 3035, is scheduled for Tuesday, September 25, from 9:00 to 1:00 pm at the Berlin Community Center. This class provides a certificate which entitles a discount on car insurance premium. Pre-registration is required. Contact Barbara Dixon at 860-828-6295.

COMMISSION FOR THE AGING MEETING

Monday, September 17th @ 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:

Sept 14th & Sept 28th and Oct 12th & 26th

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>
7/26/18	Charles S. & Linda A. Mandel	In Memory of Mary Simcik
	Anne Wilchynsky	In Memory of Mary Simcik
7/27/18	James McNeil	Senior Center
8/3/18	Anonymous	Senior Center
8/7/18	Cathy Ohearn	In Memory of Mary Simcik
8/17/18	Anonymous	Senior Center

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

TED Talks

Tuesday, September 25th at 12 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 will begin on Tuesday, Sept 4th.

Berlin-Peck Memorial Library Monthly Events

Sit & Knit: Thursdays September 6, 20 @ 6 pm and September 13, 27 @ 1 pm ~Join local knitters for a relaxing time filled with knitting and good company!

Movie Matinee: Chappaquiddick: Friday, September 7 @ 1 pm Depicting Ted Kennedy's involvement in the fatal 1969 car accident that claims the life of a young campaign strategist. Rated PG-13.

Stock Club: Tuesday, September 11 @ 1:30 pm Join local investors to discuss stock market trends.

Open Sew: Saturday, September 15, 10:30 am-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. Register.

Teen Tech Experts: Tuesday afternoons beginning September 18 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.

Movie Matinee: Book Club: Friday, September 21 @ 1 pm Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club. Starring Diane Keaton, Jane Fonda, and Candice Bergen. Rated PG-13.

Cookbook Club: Monday, September 24 @ 6:30 pm Join our newest monthly book club, featuring cookbooks! Just pick a recipe from the specified book, make the dish on your own, and then gather for a feast. While you eat, you can discuss the cookbook, its recipes and the process of choosing what to make and how to make it. This month's cookbook will be *Gluten Free Made Simple* by Carol Field Dahlstrom. Please contact the library to register and obtain a copy of the book.

Do I really need this shot? Flu, Shingles, & Travel Immunizations: Tuesday, September 25 @ 6:30 pm Presented by Dr. Brown, Chief Medical Officer, Kathy's Urgent Care in Berlin. Dr. Brown will speak about vaccinations and the audience will be able to ask questions. Register: 860-828-7126.

Make & Take: Thursday, September 27 @ 6:30 pm Learn how to create a one-of-a-kind marbled mug using nail polish. Please bring a small or medium sized white ceramic mug. Registration Required.

Movie Matinee: 15:17 to Paris: Friday, September 28 @ 1 pm American Marines discover a terrorist plot on a Paris-bound train. Rated PG-13.

Saturday Book Club: The Space Between Us: Saturday, September 29 @ 10:30 am
Join us in a discussion of *The Space Between Us* by Thrity Umrigar. Contact the library for a copy of the book.

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 Noon. 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 ends 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.

PUZZLE**WHAT A DAY!**

P	R	V	O	Y	N	I	A	R	H	U	M	I	D
I	N	E	G	C	Y	G	G	O	F	L	F	N	C
Q	S	G	T	D	D	Z	P	B	A	R	I	O	R
O	U	T	N	T	P	E	R	C	O	P	L	Y	B
M	M	I	O	E	I	A	W	S	P	D	R	R	T
F	W	R	C	R	E	B	T	Y	A	D	I	E	S
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N	H	O	Y	D	B	Y	N	T	S	I	S	G	O
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CRISP
DAMP
DEWY
DRY
FAIR
FOGGY
FREEZING
FROSTY
GUSTY
HOT
HUMID
MILD
MISTY
MUGGY
NIPPY
OVERCAST
RAINY
SHOWERY
SLEETY
STORMY
SUNNY
WARM
WET
WINDY

AIRY
BALMY
BITTER
BLUSTERY
BRISK
CALM
CHILLY
CLEAR
CLOSE
CLOUDY
COLD
COOL

Senior Center Book Discussion

Sept 12th "This Is How It Always Is" ~Laurie Frankel

Oct 10th "Notorious RBG" ~ Irin Carmon & Shana Kaizhnik

Nov 7th "The Last Days of Café Leila" ~ Donia Bijan

Dec 5th Book Conversations ~ Share books you've read with group.

Copies of each title will be available at the Berlin-Peck Library. To reserve a copy of a book, visit our website at berlinpeck.org or contact the Reference Desk at 860-828-7126.

Movies



For the movie program, 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 or Jane. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***

Tuesday, Sept 4th @ 1pm “Overboard” ~ Spoiled Mexican heir Leonardo hires single mother Kate to clean his yacht but unjustly fires her. When he falls off his boat and wakes up with amnesia, Kate pretends to be Leonardo's wife to get payback by making him work for her. **Rated PG 13.**

Tuesday, Sept 11th @ 1pm “The Miracle Season” ~ After the tragic death of their school's star volleyball player Caroline "Line" Found, the remaining team players must band together to overcome their grief under the guidance of their tough-love coach in hopes of winning the state championship. **Rated PG.**

Tuesday, Sept 25th @ 1pm “Book Club” ~ Four lifelong friends' (Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen) lives are turned upside down to hilarious ends when their book club attempts to shake things up by tackling the infamous Fifty Shades of Grey. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter. Also starring Andy Garcia, Don Johnson, Craig T. Nelson, and Richard Dreyfuss, Book Club delivers laugh-out-loud, feel good fun! **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, September 28th 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, Sept. 12th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 12th. 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 Meriden Square in Meriden at 10:30AM on Wednesday, Sept. 12th.** The second trip is to **BIG LOTS or JoAnn's Fabric in Newington at 10:30AM on Wednesday, Sept. 26th.** **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.