



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

NOVEMBER 2018

Greetings from the Director,

This month is our annual Holiday Boutique which is held on Election Day, November 6th from 8:30am to 3:00pm. We will have some wonderful raffle baskets, lovely handmade items, puzzles, books and small tag sale items. We are accepting baked goods, gently used books and puzzles and small tag sale items. All items must be cleaned and gently used. Baked goods can be dropped off on Monday, Nov 5th and first thing Tuesday morning. We will also be selling homemade soups and sandwiches for lunch. All proceeds from this event go to the Senior Center.

The town will be holding two more public forums on the planning of a new Community/Senior Center. The first one is November 8th at 7pm at Berlin High School. The second one is November 13th at 1pm at the Berlin Senior Center. Please come out and share your thoughts on this project. Your voice is a very important tool so please use it.

Thank you again to all the following folks that brought us beautiful produce from June to October : Hannah Michalski, GS Troop 6840, Berger's Nurseries, a gentleman named Dan, Joe Wotusik & family, Ralph Arena, and Raising Berlin.

We will be providing transportation to any senior that needs a ride to the Veteran's Program at McGee Monday, November 12th at 7pm. Please contact the Center if you need a ride.

Tina



*Happy Thanksgiving!
To You And Your Family*

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



November 7th-9th Atlantic City – depart from your area with a breakfast stop on your own. Enjoy your stay at the Resorts Casino-Hotel, located on the Boardwalk for the next three days with dinner, entertainment and gambling.

Cost: \$249.00 PP Double, \$339.00 Single and \$239.00 PP Triple. Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this tour. **Sign ups are now being taken.**

November 8th Westchester Broadway Theatre “Phantom” – You will enjoy a matinee performance at the Westchester Broadway Theatre where lunch is included. You will receive a choice of entrée upon arrival. After lunch, sit back and relax as you watch the musical, Phantom. **Cost: \$105.00 Per Person.** Itinerary subject to change and availability. **We are taking a Wait List.**

November 14th Neil Diamond “Sweet Caroline” Tribute @ Twin River Casino – we’ll travel to the Twin River Casino, located in Lincoln, RI. Upon arrival you will receive your casino bonus package. Mid afternoon you will head over to the Casino Event Center for the Musical Tribute to Neil Diamond. **Cost: \$91.00 Per Person.** Itinerary subject to change and availability. **We are taking a Wait List.**

November 16th Radio City Christmas Spectacular “The Rockettes” – Upon arrival, enjoy lunch at the famous Italian restaurant Carmine’s. After lunch, we will depart for Radio City Music Hall where you will enjoy the 2018 Edition of the Radio City Christmas Spectacular, starring the world-famous Rockettes! **Cost: \$200.00 Per Person.** Itinerary subject to change and availability. **Sign ups are now being taken.**

November 17th -Basketball Hall of Fame 2018 Women’s Holiday Showcase—Depart from your area en route to Mohegan Sun Arena. Enjoy a game between the UCONN WOMEN’S HUSKIES and the VANDERBILT COMMODORES. Game Time is at 6pm. You arrive early so you may enjoy a meal and the game tables before the game. **COST: \$71.00 Per Person.** Itinerary subject to change and availability. **Sign ups are now being taken.**

November 30th Christmas in Connecticut – This morning our destination is Hartford, CT, where we’ll enjoy a day filled with Christmas activities. First stop will be the Wadsworth Atheneum, where you will enjoy their 45th Annual Holiday Tree Display. Lunch today will be at the Chowder Pot Restaurant. After lunch, we’ll visit the Mark Twain House. **Cost: \$105.00 Per Person.** Itinerary subject to change and availability. **Sign ups are now being taken.**

Dec 6th-Log Cabin “Blue Christmas w/ Elvis” - this morning we will depart from your area en route to The Log Cabin in Holyoke, MA. Enjoy a delicious lunch with a complimentary glass of wine or beer. After lunch, sit back, relax and enjoy the show. This Christmas celebration tribute to Elvis, Ray Guilloumet as “Ray of Elvis” will be a musical act you will long remember. Our last stop will be at Forest Park in Springfield, MA where the Bright Nights Festival is held. **Cost: \$101.00 Per Person.** Itinerary subject to change and availability. **Sign ups are now being taken.**

Dec 11th- Holiday Celebration @ Aqua Turf - Today you will enjoy a real Holiday Celebration! Lunch is served family style and will include Roast Turkey and Roast Beef with all the fixinings along with a complimentary glass of wine or beer with your meal. Then dance the afternoon to a fabulous band that plays holiday songs. **Cost: \$79.00 Per Person.** Itinerary subject to change and availability. **Sign ups are now being taken.**

Dec 18th-Westchester Theatre “The Edwards Twins” Holiday Show—You will watch a matinee performance at the Westchester Broadway Theatre, where lunch is included. You will receive a choice of entree upon arrival. After lunch, sit back and relax as you watch the show, The Edward Twins Holiday Show. Now is your chance to see Las Vegas’ number one impersonators of all time. **Cost: \$109.00 Per Person.** Itinerary subject to change and availability. **Sign ups are now being taken.**

Note: We have flyers on all the above trips. Trip rules are on the back of the flyer.

Monthly Activities



Special Bingo Thursday, Nov 8th at 1:00PM

Ledgecrest Convalescent will be sponsoring this Special Bingo on Thursday, Nov 8th at 1:00pm. A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Special "Turkey" Bingo Wednesday, Nov 21st at 1:00PM

Come join us for our Annual "Turkey" Bingo on Wednesday, Nov 21st at 1:00pm. Delicious Thanksgiving Pies will be raffled off at the break. Our regularly scheduled games will be played. **No sign up is necessary.**

Special Bingo Thursday, Nov 29th at 1:00PM

Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Nov 29th 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.**



Cold and Cough Medicine, Wednesday, Nov 7th at 1:00PM

What is safe? How do you take them? Have you ever had those questions or ones similar to those. This is the chance for you to ask your questions. Presented by Christina Polomoff, PharmD, BCACP, BCGP Clinical Pharmacist at Hartford Healthcare Integrated Care Partners and Assistant Clinical Professor at University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. **Sign ups are now being taken.**

Veterans Day Breakfast Friday, Nov 9th at 9:00AM

Calling all Veterans! The Senior Center will be hosting a breakfast in your honor to celebrate your service to our great country. **Breakfast is for veterans only. Sign ups are now being taken.**



Historical Society Story Share "Old Time Fun and Entertainment" Wednesday, Nov 14th at 1pm-3pm

The public is invited to take a nostalgic look back upon what we remember most when asked about having fun in Berlin. Do you remember fun times of family picnics - riding bikes - skating on frozen ponds - the Fire Departments' Carnival Yankee Peddler Days – block dances on Main Street - neighborhood baseball games - fishing local streams – hiking Mt. Lamentation – skiing in town or community theater? The event is free, open to the public, and refreshments will be served. We encourage you to bring pictures to be scanned for the museum's archive. **Sign ups are now being taken.**

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, Nov 8th and Friday, Nov 16th.** 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, Nov 6th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Nov 13th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Nov 20th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Nov 27th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, Nov 27th 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 Nov 5th.**

Reiki Healing Tuesdays 10:00AM—12:00PM ~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.

Open Enrollment for Medicare D ~Deadline: December 7th ~Any clients – new or returning who wishes to be screened should call Doug Truitt, Assistant Director of Community Services at the Town Hall to schedule an appointment. You may reach Doug at 860-828-7059. His hours at the Town Hall are Monday-Wednesday 8:30am to 4:30pm, Thursday 8:30am to 7:00pm and Friday 8:30am to 1:00pm.

INCLEMENT WEATHER –SENIOR CENTER CLOSING

Please listen to television stations WVIT NBC 30, WFSB 3 and WTIC 1080 AM for all Senior Center cancellations, delays and closings. When the Berlin Public Schools close due to snow we have no transportation, no meals and usually no classes. But as town employees we are expected report to work and keep the Center open. If unsure of a cancellation please call the Senior Center before leaving your home.



November Menu



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>Grape Juice Crab Cakes with White Sauce Mashed Potato Tuscany Vegetables Rye Bread</p>  <p>Birthday Cake</p>	<p>Chicken Pot Pie Brown Rice Green Beans</p> <p>Biscuit</p> <p>Peaches</p>
<p>5</p> <p>Grape Juice Sloppy Joe Roasted Potato Corn Niblets</p> <p>Grinder Roll</p> <p>Rice Pudding</p>	<p>6</p> <p>Eggplant Rolette with Meat Sauce Buttered Ziti Italian Blend Veggies</p> <p>Oatmeal Bread</p> <p>Tropical Fruit Cup</p>	<p>7</p> <p>Unbreaded Fish Filet with Lemon Butter Sauce Harvest Rice Stewed Tomatoes</p> <p>Multi Grain Bread</p> <p>Mandarin Oranges</p>	<p>8</p> <p>Hearty Vegetable Soup Unsalted Crackers Roast Beef Sandwich with Provolone French Fries  Three Bean Salad Mayonnaise Seeded Bun Brownie with Topping</p>	<p>9</p> <p>Chicken Patty with Country Gravy Whipped Mashed Potato String Beans with Mushrooms</p> <p>100% Whole Wheat</p> <p>Banana</p>
<p>12</p>  <p>Closed</p>	<p>13</p> <p>Apple Cider Roast Turkey with Giblet Gravy Stuffing Mashed Potato Butter Ginger Carrots Cranberry Sauce <i>Thanksgiving Special</i> Dinner Roll Pumpkin Pie with Whipped Topping</p>	<p>14</p> <p>Swedish Meatballs with Sour Cream Gravy Buttered Noodles Beets</p> <p>Rye Bread</p> <p>Fruit Cup</p>	<p>15</p> <p>Cranberry Juice Chicken Ala King over Wild Rice Oriental Blend Veggies</p> <p>Pumpernickel Bread</p> <p>Peaches</p>	<p>16</p> <p>Corn Chowder Unsalted Crackers Pier 17 Fish Tartar Sauce Mashed Sweet Potato Spinach</p> <p>Dinner Roll</p> <p>Citrus Sections</p>
<p>19</p> <p>Cranberry Juice Meatloaf Brown Gravy Garlic Mashed Potato Carrots and Green Beans</p> <p>Multigrain Bread Baked Pears with Topping</p>	<p>20</p> <p>Toscana Soup Unsalted Crackers Orange Chicken Buttered Rice Scandinavian Veggies</p> <p>Dinner Roll</p> <p>Fresh Apple</p>	<p>21</p> <p>Orange Juice Fish Sandwich Sweet Potato Tots Cole Slaw Tartar Sauce</p> <p>Hamburger Bun</p> <p>Tangerine</p>	<p>22</p> <p>Happy Thanksgiving!</p> 	<p>23</p>
<p>26</p> <p>Cream of Broccoli Unsalted Crackers Meatball Sub French Fries Mixed Veggies</p> <p>Sub Roll Fresh Orange</p>	<p>27</p> <p>Spaghetti with Chicken, Broccoli, Garlic, and Butter Parmesan Cheese Garden Salad Italian Dressing</p> <p>Garlic Bread Rice Pudding</p>	<p>28</p> <p>Cranberry Juice Hamburger Baked Beans Broccoli</p> <p>W.W. Hamburger Bun Cookies</p>	<p>29</p> <p>Sweet & Sour Vegetable Soup Unsalted Crackers Sweet & Sour Pork Fried Rice Oriental Vegetables Fortune Cookie Oatmeal Bread Pineapple</p>	<p>30</p> <p>Orange Juice Cheese Ravioli Tomato Sauce Florentine Italian Blend Veggies</p> <p>Breadstick Fresh Apple</p>

NOVEMBER 2018

Events

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA –BY APPT</p>	<p>2</p> <p>8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg</p>
<p>5</p> <p>8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback</p>	<p>6</p> <p>8:30am Coffee Hr. 8:30am Holiday Boutique 10-12pm Reiki Healing 12:45pm B Pressure NO CW Lunch NO Exercise NO Po-Ke-No VOTING-Polling Site</p>	<p>7 Z</p> <p>8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Cribbage DI 1pm Coloring 1pm Cold & Cough 1:30pm Book Club</p>	<p>8</p> <p>8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo Footcare—by appt</p>	<p>9</p> <p>8:30am Coffee Hr. 9am Veterans Breakfast 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg</p>
<p>12</p> <p>8:30am Coffee Hr. 10am Scrabble 10AM AARP BD 12pm Lunch 12:30pm Bridge 1pm Setback</p>	<p>13</p> <p>8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing 12pm Lunch 12:45pm B Pressure 1pm Po Ke No 1:00pm Movie</p>	<p>14</p> <p>8:30am Coffee Hr. 9:00am L Bunch SU 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Cribbage DI 1pm Coloring 1pm Story Share</p>	<p>15</p> <p>8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA –BY APPT</p>	<p>16</p> <p>8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg Footcare –by appt</p>
<p>19</p> <p>8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback 7pm CFA Meeting</p>	<p>20</p> <p>8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing 12pm Lunch 12:45pm B Pressure 1pm Po Ke No 1:15pm AARP MTG</p>	<p>21</p> <p>8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Cribbage DI 1pm Coloring 1pm Turkey Bingo</p>	<p>22</p> <p>Thanksgiving Holiday Senior Center Closed</p>	<p>23</p> <p>Thanksgiving Holiday Senior Center Closed</p>
<p>26</p> <p>8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback</p>	<p>27</p> <p>8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing 10am “Free” Manicures 12pm Lunch 12pm TED Talks 12:45pm B Pressure 1pm Movie</p>	<p>28</p> <p>8:30am Coffee Hour 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Cribbage DI 1pm Coloring</p>	<p>29</p> <p>8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA –BY APPT</p>	<p>30</p> <p>8:30am Coffee Hr. 9:30am Yoga 11:30am LBunch 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg</p>

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, November 12th at the Senior Center. The monthly Chapter meeting will be held at 1:15 pm on Tuesday, November 20th at the Senior Center. Members are reminded that we donate warm mittens, gloves, hats and scarves this month for the Salvation Army to give to needy children. A representative from Hunter Ambulance will be our speaker. A Seniors Safe Driver Class, sponsored by AARP Chapter 3035, is scheduled for Tuesday, November 27, from 9:00 to 1:00 pm at the Berlin Community Center. The class provides a certificate that entitles a discount on car insurance premium. Pre-registration is required. Contact Barbara Dixon at 860-828-6295.

COMMISSION FOR THE AGING MEETING

Monday, November 19th @ 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:

November 2nd, 16th and 30th and December 14th and 28th

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>
9/27/18	Anonymous	Senior Center
	Anonymous	Senior Center
10/9/18	Eileen Joseph	Senior Center
	Anonymous	Senior Center
	Anonymous	Senior Center
	James McNeil	Senior Center

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

TED Talks

Tuesday, November 27th 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 ups are now being taken.

Berlin-Peck Memorial Library Monthly Events

Sit & Knit: Thursday, November 1 & 15 @ 6pm, November 8 & 29 @ 1 pm

Movie Matinee: *Borg vs McEnroe*: Friday, November 2 @ 1 pm -The story of the 1980s tennis rivalry between Borg and the volatile McEnroe. Rated R.

Mary Todd Lincoln: Wife and Widow: Monday, November 5 @ 1:30 pm Sally Mummey portrays a lively, accurate, and well-researched Mrs. Lincoln. Sally's presentations appeal to audiences of all ages, as she remains in character throughout her performance. Refreshments and tea will be served. Register: 860-828-7126.

Senior Center Book Club: Wednesday, November 7 @ 1:30 pm -Join us for a discussion of the book, **The Last Days of Café Leila**. Contact the library for a copy of the book. Please note, this discussion takes place at the Berlin Senior Center, 33 Colonial Drive, Berlin.

Movie Matinee: *Leave No Trace*: Friday, November 9 @ 1pm -A man and his teenaged daughter, have lived off the grid for years in the Oregon forest. When their idyllic life is shattered, they set off on a harrowing journey back to their wild homeland. Rated PG.

Wine Glass Etching: Saturday, November 10 from 12:30-3:30 -Learn how to etch wine glasses using a simple process in this hands-on class. We will have a very small selection of various wine glasses available, but you are strongly encouraged to bring your own. Other type glasses may also be used. Register for a 30-minute time slot by calling 860-828-7126.

Autism and PANS/PANDAS: How to Improve Symptoms in Developmental Disorders without Pharmaceuticals: Monday, November 12 @ 6:30 pm Dr. Cait Strong of ProNatural Physicians Group in Berlin, was awarded the top Naturopathic Doctor in Connecticut by the reader's choice survey in Natural Nutmeg magazine last year. Her presentation provides parents of children with autism and PANS/PANDAS understanding of why these developmental disorders have occurred and key nutritional supplements that could help. Register.

Stock Club: Tuesday, November 13 @ 1:30 pm Join local investors to discuss stock market trends.

Make & Take Book Trees: Thursday, November 15 @ 6:30 pm Create beautiful holiday decor for your home! Please bring a hot glue gun. All other supplies provided. 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. Registration required.

Movie Matinee: *I Can Only Imagine*: Friday, November 16 @ 1 pm The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness. Rated PG.

Book Club: Saturday, November 17 @ 10:30 am This month: Read a biography or memoir of your own choice. Come discuss what you've read, what you've learned and whether you'd recommend it to the others! Register.

How to Take Better Holiday Photos: Monday, November 19 @ 6:30 pm

Award-winning photographer Lou Zucchi will provide tips and tricks for creating better holiday photos. Register.

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.

Energy Assistance Program

We will be taking appointments for Energy Assistance applications for those seniors who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE), NATURAL GAS & ELECTRICITY. Please call the Center to make your appointment.

The following documentation is needed: Copy your latest bank statement (**All Pages**) showing direct deposit of you 2018 check. Must be current or not more than one month old, Copy of your **latest 2018** pension check or bank statement (**All Pages**) showing direct deposit. Must be current or not more than one month old., **Assets-Proof of each account.** Must show current value (not interest earned) of all “liquid” accounts, such as bank books, check books, CD’s, money markets, IRA’s, stocks, bonds, etc. Your “liquid” assets-can not exceed \$12,000 (renters) or \$15,000 for (homeowners). If you are over the asset limit, the difference will be added to your income. **All pages of all assets will be required.**, Gas or Electric Bills are required for households whose primary heat is gas or electric. The name and address on the bill must match one member of the household who is applying for Energy Assistance, Social Security Numbers and dates of birth for each member of the household, Name, address and telephone number of landlord. **A Rent receipt is only required for people whose heat is included in their rent.**, Name and address of your oil vendor or other vendor of deliverable fuel (coal, propane, etc.). Check with vendor to be sure that they are participating in the State of CT Energy Assistance Program for the 2018/2019 heating season., Income must be shown for every member of the household. If employed-household member(s) must provide last four consecutive paystubs. Annual Income guidelines (**for households whose heat is not included in their rent**) are as follows:

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

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

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

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

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



peace.



love.



community.

INTO THE WOODS

With the weather becoming nicer, why not grab your *Official Word Search* and go for a stroll in the forest? Pick some BERRIES, sniff the FLOWERS, and find a secluded spot to sit and circle the words hidden in the diagram below.

BERRIES

PINE CONES

THICKET

BIRDS

RABBITS

TOADSTOOLS

BOWERS

SAPLINGS

TREES

BRAMBLES

SHRUBS

VINES

BRIARS

SQUIRRELS

WEEDS

BURRS

BUSHES

DEER

DENS

FERNS

FLOWERS

GLADE

GLEN

INSECTS

LEAVES

LICHEN

LOGS

MOSESSES

MUSHROOMS

NESTS

OWLS

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

Senior Center Book Discussion

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.***

November is Meryl Streep Fest

Tuesday, November 13th “Mama Mia” A woman grapples with running her mother's villa while also expecting her first child and worries that she won't be able to handle everything on her own, so she enlists two of her mother's friends for assurance, help and guidance. Along the way, she learns more about her mother's past and how faces a surprise visit from someone she's never met: her own grandmother. **Rated PG –13**

Tuesday, November 27th “The Iron Lady” Meryl Streep gives an OSCAR-winning performance as Margaret Thatcher in this surprising and intimate portrait of the first and only female Prime Minister of the United Kingdom. Smashing through the barriers of gender and class, Thatcher is arguably one of the 20th century's most influential women. THE IRON LADY weaves the intricacies of Thatcher's personal life with her policy decisions, focusing on the price that she paid for power. **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, November 30th we’re off to the Manor Inn in Milldale.** The senior bus will leave the senior center at 11:00am. Signups will be taken beginning at 9:00am on Wednesday, Nov 14th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 14th. 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 **Savers in Newington at 10:30AM on Wednesday, Nov 14th.** The second trip is to **Walmart in Cromwell at 10:30AM on Wednesday, Nov 21st.** **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.