



BERLIN SENIOR CENTER

## **Center Information**

33 Colonial Drive,  
Berlin, CT 06037

Phone # (860) 828-7006

Fax: (860) 828-7116

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

## **Staff**

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

## **Hours**

Monday..... 8:30pm-4:00pm  
Tuesday .....8:30pm-4:00pm  
Wednesday ..... 8:30pm-4:00pm  
Thursday..... 8:30pm-4:00pm  
Friday ..... 8:30pm-4:00pm

## **Membership (Ages 60+)**

Resident: No Cost

Non-Resident: \$36 Annually

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# BERLIN SENIOR CENTER LINES

DECEMBER 2018

## **Greetings from the Director,**

In the true spirit of this season, I would like to thank all the folks who helped with our Holiday Boutique—our bakers—Paul Dombrowolski, Barbara Ragozzino and Ginny Steele, our Senior Crafters—Sandy Bouffard, Roberta Lugli, Irene Williametz, Halina Dzierlatka, Barbara Gombotz and Irene Bijas, our raffle folks—Cathy Baran, Ginny Steele and Marion Marino, our kitchen help—Dee Brown, Arlene McGraw, Barbara Ragazzino and Dan Doyle, our set up folks—Marion Marino, Ginny Steele, Kay Murray and our senior crafters, our UpBeat students for working at the tables. This fundraiser would not have been possible without these people. All proceeds go to Senior Center programs/events and other local organizations, such Food Pantry, Hero Boxes, etc.

The Winners of the Holiday Boutique Raffles were Turkey Basket was Louise Baccaro, Christmas Basket was Sylvia Riley and Tart Warmer Basket was Cora Daigle. The Afghan Raffle Winner was Karen Gagnon.

The Senior Center staff appreciates the support and kind words you have given us throughout the year. We wish you and your families a Happy Holiday and a prosperous New Year.

**Tina**



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## Transportation

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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.**

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## Other Transportation...

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### **Transportation Resources Available in the Central CT Area:**

**Paratransit** - is designed to help individuals with disabilities of any age that are unable to navigate the city buses. ADA picks you up at your home, brings you to and from your destination To schedule an ADA trip, call (860)724-5340 and select 1. The reservation Department will provide you with your new Greater Hartford Transit District ADA ID number when you call. For information about the program, call 860-247-5329, Ext 3100 or visit the District's website at [www.hartfordtransit.org](http://www.hartfordtransit.org).

**Way to Go CT** - in Hartford helps inform senior citizens, veterans & people with disabilities in north central Connecticut with their available transportation options. They serve 37 towns in the Greater Hartford Area in Central Connecticut to help you navigate your transportation options. For more information please call 860-667-6207.

**The Medical Transportation Volunteer Program** – The Retired Senior Volunteer Program (RSVP) provides seniors in our area a method of access to **free**, reliable, non-emergency medical transportation. Seniors requesting rides for the first time will call the RSVP Office and provide initial client information. From that point forward when they need a ride, they will be in the system and can call with their specific ride information. If you have any questions or would like to request a ride please call (860)760-3088 or (860)760-3077.

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## Senior Center Trips



**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. Taking a waiting list.**

**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 fixings 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. Taking a waiting list.**

**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. Taking a waiting list.**

**Jan 13th -UCONN Women’s Basketball @ Gampel Pavilion**—Enjoy a game between our beloved UCONN Women as they take on the University of South Florida Women’s Bulls. Game time is 1:00PM. **Cost: \$60.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

**Jan 23rd-24th Mohegan Sun Overnite**—upon arrival you will receive your bonus packages and check into the hotel. The remainder of the day is yours to gamble, shop or relax by the magnificent swimming pool. It is truly the perfect way to escape from the cold winter! **Cost: \$168 PP Double, \$234.00 PP Single, \$158 PP Triple. Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this tour. Sign ups are now being taken.**

**Feb 21st-The 38th Annual CT Flower and Garden Show**—We will make a lunch stop at the Dakota’s Restaurant in Rocky Hill, CT. After lunch we will head over to the CT Convention Center in Hartford for the 38<sup>th</sup> Annual CT Flower & Garden Show. The boasts over 300 booths and 12,000 square feet of spectacular landscaped gardens, design, and horticulture competition. The Flower Show is sure to brighten your day and lift those winter doldrums. **Cost: \$89.00 per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

**March 10th -2019 AAC Women’s Basketball Tournament featuring UCONN Women’s Huskies**— Today enjoy a UConn Women’s Semi-Final American Athletic Conference (AAC) Tournament game, played against the winner of the tournament’s quarter-final game held the previous day. **Sign ups are now being taken.**

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



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## Monthly Activities

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### Special Bingo Thursday, Dec. 13th at 1:00PM

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

### “Jingle All the Way” Bingo, Dec 20th at 1:00PM

Our “Jingle All the Way” Bingo will be held on Thursday, December 20th at 1:00PM. We will be serving a special holiday refreshment at the break. Our regularly scheduled games will be played. **No sign up is necessary.** Come join in the fun....HO, HO, HO.

### Special Bingo Thursday, Dec 27th at 1:00PM

Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Dec. 27th 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.**

### Staying on Your Feet in Snow and Ice, Wednesday, Dec 5th at 1:00PM

There are a few basic things we can all do when we're out in ice and snow to prevent falls and injuries. Please join Quyntrin Adams Good Life Fitness Exercise Physiologist as she discusses ways to keep yourself safe this winter. Sponsored by Cedar Mountain Commons. **Sign ups are now being taken.**

**Senior Center Christmas Party, Tuesday, December 11th at Noon**—Begin the festivities with the CW Resources Holiday Luncheon. The menu for the day is Egg Nog, Stuffed Chicken w/ Gravy, Oven Roasted Potatoes, Baby Carrots with Peas, Dinner Roll and Cheesecake with Strawberries. Cost is \$2.50 for lunch. Sign up with Kitchen Staff for lunch between 10:30am-11:45am Monday –Friday or call (860) 670-8546 to make your reservation. Following lunch enjoy the music of Willie and Jan as they entertain you with your favorite Christmas songs. If you are not coming for lunch, there will be a sign up for the musical portion of the party at the front desk. You may sign yourself and one other person up. Limited to 100 people. **Sign up is now being taken.**



### Griswold Elementary School Concert, Wed, Dec 12th @ 9:00AM

The Griswold Choristers and 5<sup>th</sup> Grade Band of Griswold School are looking forward to visiting the Berlin Senior Center. The Choristers are 5<sup>th</sup> Graders who give up their recess once a week to rehearse as an ensemble and their conductor is Chris Fazzina. The 5<sup>th</sup> Grade Band is led by Alison Wilson and is made up of 5<sup>th</sup> Grade students who have a band lesson once a week and rehearse as a group each Thursday. These groups have performed at Hartford Wolfpack games, New Britain Bee's games and at our school's Winter and Spring Concerts. We look forward to sharing our music and holiday cheer with you on December 12th! **Sign up is now being taken.**



### New Year's Eve Celebration, Monday, December 31st at Noon

Come help us ring in the New Year –2019! We will toast to the New Year at noon and then we will enjoy a delicious lunch. Following lunch we will play some games of Bingo. You may sign up for yourself and one other person. This program is limited to 100 people. The luncheon is being provided by Newington Rapid Recovery Rehab Center. **Sign up begins Monday, December 10th.**

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## Weekly Classes

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### 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](http://www.town.berlin.ct.us)**

**Then go to the toolbar:**

**Government/Department/  
Senior Services/News Tab.**

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## Drop Ins

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**SCRABBLE DROP IN** – Every Monday at 10:00AM. All level of players are welcome.

**Po Ke No DROP IN**—Every Tuesday afternoon at 12:45PM

**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.

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## Health Services

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**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 (2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month, from 9am to 11am). This is a free service made available through a Marjorie Moore Grant. Call (860) 757-0845 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, Dec 13th and Friday, Dec 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.**

<b>Tuesday, Dec 4th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, Dec 11th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, Dec 18th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, Dec 25th</b>	<b>Senior Center Closed</b>	

**Ladies Free Manicures on Tuesday, Dec 18th 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 Dec 3rd.**

**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.





CW Resources Senior Community Café

# December Menu

1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Grape Juice Sloppy Joe Mashed Potato Corn Niblets</p> <p>Hamburger Bun</p> <p>Rice Pudding</p>	<p>4</p> <p>Eggplant Rolette with Meat Sauce Buttered Ziti Italian Blend Veggies</p> <p>Oatmeal Bread</p> <p>Tropical Fruit Salad</p>	<p>5</p> <p>Unbreaded Fish Filet with Lemon Butter Sauce Harvest Rice Stewed Tomatoes</p> <p>Multi Grain Bread</p> <p>Mandarin Oranges</p>	<p>6</p> <p>Hearty Vegetable Soup Unsalted Crackers Wrm R. Beef Sandwich Provolone Cheese French Fries Three Bean Salad Mayonnaise Seeded Bun</p> <p>Brownie with Topping</p>	<p>7</p> <p>Chicken Patty with Country Gravy Whipped Mashed Potato String Beans with Mushrooms</p> <p>100% Whole Wheat</p> <p>Banana</p>
<p>10</p> <p>Grape Juice Lasagna Rollette Primavera Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Vanilla Pudding</p>	<p>11</p> <p>Egg Nog Stuffed Chicken Chicken Gravy Oven Roasted Potatoes Baby Carrots with Peas <i>Christmas Special</i> Dinner Roll Cheesecake with Strawberries</p>	<p>12</p> <p>Swedish Meatballs with Sour Cream Gravy Buttered Noodles Beets</p> <p>Rye Bread</p> <p>Fruit Cup</p>	<p>13</p> <p>Cranberry Juice Chicken Ala King over Wild Rice Oriental Blend Veggies</p> <p>Pumpnickel Bread</p> <p>Peaches</p>	<p>14</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>17</p> <p>Cranberry Juice Meatloaf Brown Gravy Garlic Mashed Potato Carrots &amp; Green Beans</p> <p>Multigrain Bread Baked Pears with Topping</p>	<p>18</p> <p>Toscana Soup Unsalted Crackers Orange Chicken Buttered Rice Scandinavian Veggies</p> <p>Dinner Roll</p> <p>Fresh Apple</p>	<p>19</p> <p>Orange Juice Fish Sandwich Sweet Potato Tots Cole Slaw Tartar Sauce</p> <p>Hamburger Bun</p> <p>Tangerine</p>	<p>20</p> <p>Kielbasa Pierogies Sauerkraut Broccoli</p> <p>Rye Bread</p> <p>Tropical Fruit Cup</p>	<p>21</p> <p>Apple Juice Salisbury Steak with LS Beef Gravy Mashed Potato Peas</p> <p>Potato Bread</p> <p>Chocolate Chip Cookies</p>
<p>24</p> <p><b>Christmas Holiday Closed</b></p> 	<p>25</p> <p><b>Christmas Holiday Closed</b></p>	<p>26</p> <p>Hearty Vegetable Soup Unsalted Crackers Hamburger Baked Beans Broccoli</p> <p>Hamburger Bun</p> <p>Cookies</p>	<p>27</p> <p>Apple Cider Sliced Ham with Cherry Pineapple Glaze Mashed Sweet Potato Broccoli and Carrots <i>New Year's Special</i></p> <p>Dinner Roll</p> <p>Apple Cherry Crumble</p>	<p>28</p> <p>Orange Juice Cheese Ravioli Tomato Sauce Florentine Italian Blend Veggies</p> <p>Breadstick</p> <p>Fresh Apple</p>
<p>31</p> <p><b>NO CW LUNCH</b></p> <p><b>SENIOR CENTER NEW YEARS CELEBRATION</b></p>				

# DECEMBER 2018

# Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback	<b>4</b> 8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing 12:45pm B Pressure 12pm Lunch 12:45pm Po-Ke-No <b>1pm Movie— White Christmas</b>	<b>5</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring <b>1pm Stay on your Feet in Snow/Ice 1:30pm Book Club</b>	<b>6</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	<b>7</b> 8:30am Coffee Hr. <b>8:30am—Noon CASCP Conference</b> NO Yoga 12pm Lunch NO Wii Bowl 1pm Photography 1:15pm Mahjongg
<b>10</b> 8:30am Coffee Hr. 10am Scrabble 10AM AARP BD 12pm Lunch 12:30pm Bridge 1pm Setback Drop In	<b>11</b> 8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing <b>12pm CW Christmas Luncheon</b> 12:45pm B Pressure NO Po Ke No <b>1:00pm Christmas Music</b>	<b>12</b> 8:30am Coffee Hr. <b>9:00am Griswold Concert</b> 9:30am Leftovers 10am Knitters <b>10:30am Shopping</b> 12pm Lunch 1pm Cribbage DI 1pm Coloring	<b>13</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch <b>1pm Special Bingo Footcare –by appt</b>	<b>14</b> 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
<b>17</b> 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Drop In	<b>18</b> 8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No <b>1:15pm AARP MTG</b>	<b>19</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters <b>10:30am Shopping</b> 12pm Lunch 1pm Cribbage DI 1pm Coloring	<b>20</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch <b>1pm Jingle All the Way Bingo EA –BY APPT</b>	<b>21</b> 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg <b>Footcare –by appt</b>
<b>24</b>  <b>Christmas Holiday Senior Center Closed</b>	<b>25</b>  <b>Christmas Holiday Senior Center Closed</b>	<b>26</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Cribbage DI 1pm Coloring	<b>27</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch <b>1pm Special Bingo EA –BY APPT</b>	<b>28</b> 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
<b>31</b> 8:30am Coffee Hr. 10am Scrabble <b>12pm New Year's Eve Party</b> NO Bridge DI NO Setback DI				



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## General Information

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**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.

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## FYI (For Your Information)

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**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](http://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.

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## Monthly Meetings

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### AARP CHAPTER 3035

The Berlin AARP Board of Directors will meet at 10:00 am on Monday, December 10, at the Senior Center. The monthly Chapter meeting will be held at 1:15 pm on Tuesday, December 18, also at the Senior Center. The Holiday Program will be the Berlin High School Madrigal Singers.

### COMMISSION FOR THE AGING MEETING

Monday, January 28th @ 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:  
December 14th and 28th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

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## Donations

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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>
11/15/18	Holiday Boutique Proceeds	Senior Center
	Social Leftovers (aka Ceramic Class) Raffle	Senior Center
	Swedish Weaving Raffle - Ginny Steele	Senior Center
	Anonymous	Senior Center
	Anonymous	Senior Center
	Joe DeMaio	Senior Center
11/26/18	Acura Of Berlin	Shred It Event at Sr. Ctr.

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

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## TED Talks

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Due to the Christmas Holiday there will NO TED Talks in December .

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.

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## Berlin-Peck Memorial Library Monthly Events

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**Baubles & Bling Sale: Saturday, Dec. 1, 10 am - 3 pm** Join us for a gently-used jewelry sale. Most items will be priced between \$1 and \$10 and include brooches, necklaces, earrings and bracelets. Bring the kids to see items just for them or to purchase a holiday gift for mom or grandma! Proceeds will fund programs at the Berlin-Peck Memorial Library.

**Understanding New Tax Changes: Tuesday, Dec. 4 @ 6:30 pm** The Tax Cuts and Jobs Act (TCJA), signed into law in December, 2017, has dramatically changed many of the basic tax laws we have all become accustomed to. Not only have many of the laws changed, many of the basic forms, including the federal form 1040, have had major changes as well. Join Heidi Parchmann, MSPA, EA, to learn about many of the changes we will all encounter when we sit down to prepare our 2018 income tax returns.

**Make & Take: Book Trees (NEW DATE due to November snowstorm): Wednesday, Dec. 5 @ 6:30 pm** Create beautiful holiday decor for your home! Please bring a hot glue gun. All other supplies provided. Open to adults, teens and children ages 10+ with parent. This project requires a bit of patience, precise folding and use of the hot glue gun. Each registered patron will have supplies to make 1 book tree. **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.

**Sit & Knit: Thursday, Dec. 6 & 20 @ 6 pm and Dec. 13 & 27 @ 1 pm** Join local knitters for a relaxing time filled with knitting and good company!

**Cookbook Club: Cookie Swap: Monday, Dec. 10 @ 6:30 pm** Registration required. Bring 3-4 dozen cookies (please make only one kind of cookie), a container to bring cookies home and a copy of your recipe. Reserve a spot by registering here and then contact the reference desk with the type of cookie you will be making. We'll play some festive music and have some juice while snacking on a few cookies. The library owns many great cookie cookbooks and we encourage you to use a recipe from one of these books.

**Stock Club: Tuesday, Dec. 11 @ 1:30 PM** Join local investors to discuss stock market trends.

**Gift Wrapping Night: Drop In: Thursday, Dec. 13, 5:30 pm- 8 pm** Take advantage of our large room and long tables to get all your gift wrapping done in one night! Bring your gifts and wrapping supplies; we'll provide holiday music and some supplies (in case you forget yours). Our crafty crew will be there to teach you how to make a stunning bow\* or a hand-stamped gift tag. \*Please bring at least 1 spool of wire edged ribbon for each bow you'd like to make.

**Ninth Annual Gingerbread Contest: Friday, Dec. 14 through 21** Entries will be displayed throughout the week of December 17th. Patrons can vote for their overall favorite from December 17-December 20. Voting can be done in person at the library or online. See website for official participation rules.

**Movie Matinee: *Crazy Rich Asians*: Friday, Dec. 7 @ 1 pm**

**Movie Matinee: *Mamma Mia: Here We Go Again*: Friday, Dec. 14 @ 1 pm**

**Movie Matinee: *Christmas Train*: Friday, Dec. 21 @ 1 pm**

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## Nutrition

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### 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.



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## Community News

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### 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

### AARP Foundation Tax-Aide Tax Time Check-Up

The Tax Cuts and Jobs Act, (TCJA), passed in late 2017 made significant changes to the federal income tax. Nearly all taxpayers will be impacted by these changes. In addition to lowering tax rates, some of the changes in the law that affect individual taxpayers, like you and your family, include: Increasing the standard deduction, Suspending personal exemptions, Increasing the child tax credit, Adding a new credit for other dependents and Limiting or discontinuing certain deductions. **AARP Foundation Tax-Aide** is estimating that a significant number of **taxpayers who are expecting refunds may in fact end up owing money** when their 2018 tax return is prepared as a result of lower withholding throughout the year. If you are unsure or find yourself in this situation you are urged to visit the IRS Withholding Calculator @ <https://www.irs.gov/individuals/irs-withholding-calculator> to determine if you’re withholding is correct or if you need to make adjustments for the coming year. For more information on the Tax Cuts and Jobs Act and how it impacts you and your family, please refer to **IRS publication 5307, Tax Reform Basics for Individuals and Families** which can be found @ [www.irs.gov](http://www.irs.gov). In addition, we would like to remind taxpayers that may have been impacted by the new State of Connecticut withholding rules related to taxable pensions and annuities that went into effect on January 1<sup>st</sup>, 2018, that changes in withholding related to such payments and delays or failure to file a new CT-W4P **may have resulted in excess or unnecessary withholding that will require you to file a CT tax return** for this year even if you have not had to file in recent years. You must file a CT income tax return in order to receive a CT tax refund. Tax filing season is just around the corner. In January, contact your local AARP Foundation Tax-Aide site for an appointment.

# HAPPY NEW YEAR!

## PUZZLE

BALL DROP  
CHAMPAGNE  
DANCE  
DATE  
EVE  
FOOD  
FRIENDS  
FUN  
GAMES  
GUESTS  
HIGH-RISE  
HOME  
HORNS  
HOTEL  
HUGS  
KISSES  
MASKS  
MIDNIGHT  
MUSIC  
NEW YEAR  
NEW YORK  
CITY

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

NOISE

ROOFTOP

PARTY

SING

RESOLU-

STREAMERS

TIONS

TOAST

RING OUT

WISHES

## Senior Center Book Discussion

**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](http://berlinpeck.org) or contact the Reference Desk at 860-828-7126.

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## Movies

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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, December 4th— “White Christmas”** - This 1954 movie is the story of a successful song and dance team that becomes romantically involved with a sister act and team up to save the failing Vermont Inn of their former commanding general.



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## Specialty Trips

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**THERE IS NO LUNCH BUNCH TRIP IN DECEMBER.**



### **SPECIALTY SHOPPING TRIP**

This month there will be two specialty shopping trips. The first is to the **Christmas Tree Shops at 10:30AM on Wednesday, Dec 12th . This trip includes a stop for lunch at the Olive Garden.** The second trip is to **Whole Foods in West Hartford at 10:30AM on Wednesday, Dec 19th. 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.

**I ♥  
SHOPPING**