



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

JANUARY 2019

## **Greetings from the Director,**

**Happy New Year! The new year gives you a clean slate. A chance to make a commitment to making changes in your life. Whether you decide to have more fun or improve your health or to meet new people we can help you. Take a look through the newsletter—there are trips if you want to be adventurous, an exercise class if it's your health you're looking to improve, or coffee hour or lunch if you want to meet new people. The programs are low cost or no cost to you. It's close to home and you'll always meet wonderful people at the Center.**

**We will start taking appointments starting Jan 7th for the “free” Tax Aide program at the Senior Center which will be held on Thursdays, starting Feb 7th.**

**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



**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 7th—Sleigh Ride at Adams Farm**—We travel to the New England House in Brattleboro, Vermont. This restaurant focuses on keeping it fresh and local by supporting local farms. Our next destination is The Adams Farm in Southern Vermont. A sixth generation working family farm, it has been in existence since 1865. **Get ready for the sleigh ride of your lifetime! Cost: \$117.00 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. **Cost: TBA. Itinerary subject to change and availability. Sign ups are now being taken.**

**March 12th Westchester Broadway Theatre Rhythm of the Dance** - We travel to Elmsford, NY for a day of entertainment and fun. You will enjoy a matinee performance of *Rhythm of the Dance* after enjoying a delicious lunch. *Rhythm* is an inspiring epic, reliving the journey of the Irish Celts throughout. **Cost: \$115.00 per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

**March 19th St. Patrick's Celebration at the Aqua Turf**— Enjoy a real St. Patrick's Day Celebration! Lunch will include Corned Beef & Cabbage, Baked Scrod, and all the fixings, including dessert. You will receive a complimentary glass of wine or beer with your meal. After lunch, you'll be treated to live Irish entertainment with Padraig Allen and the Maclean Avenue Band. **Cost: \$82.00 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.**



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## Monthly Activities

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### Special Bingo Thursday, Jan. 10th at 1:00PM

Ledgecrest Convalescent will be sponsoring this Special Bingo on Thursday, Jan 10th at 1:00pm. A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

### Special Bingo Thursday, Jan 17th at 1:00PM

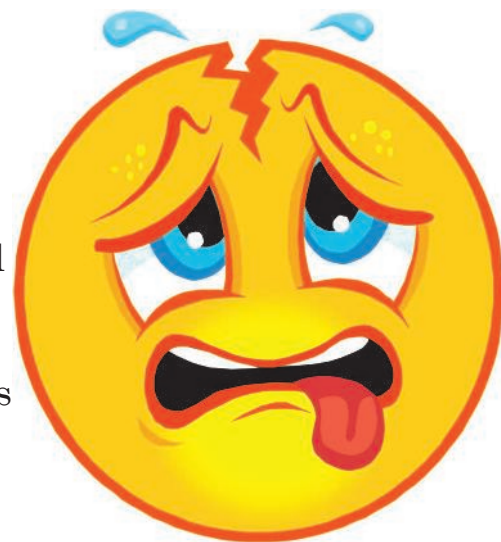
Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Jan 17th at 1:00pm. Special refreshments will be served and there will be prizes. Our regularly scheduled games will be played. **No sign up is necessary.**

### Do You Suffer from Headaches? Wednesday,

January 30th at 1:00PM-

Approximately 45 million Americans, or 1 in 6 people, complain about headaches each year. They can negatively impact your work, personal life and quality of life. Physical therapy can help to alleviate symptoms and provide education on how to lessen the frequency and intensity of the headaches. A physical therapist with Hartford Healthcare Rehabilitation Network, will discuss how therapy and manual medicine are key components to headache care at Hartford Healthcare. Presented by Matthew Kurimai, PT, Sponsored by Hartford

HealthCare Rehabilitation Presented by Matthew Kurimai, Physical Therapist. **Sign ups are being taken.**



### Casual Conversations with "Jack" Healy

Friday, January 11th @ 9am

and Thursday, January 24th at 12pm

Do have a question about the town that you would like to ask the Town Manager? Do you have ideas you like to share? Would you like to offer some positive comments about the town or maybe town staff you encountered? This is your chance to do so. Come join Jack for a cup of coffee or or buy or bring your lunch. Jack would love to meet and talk with you. **No sign up is necessary.**



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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, Jan 10th and Friday, Jan 18th.** 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, Jan 1st</b>	<b>Happy New Years</b>	<b>Senior Center Closed</b>
<b>Tuesday, Jan 8th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, Jan 15th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, Jan 22nd</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, Jan 29th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>

**Ladies Free Manicures on Tuesday, Jan 29th 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 Monday, Jan 7th.**

**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.

### **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

# JANUARY, 2019

1% or Skim milk provided  
Margarine available  
**\*High Salt**  
**+High Sugar**  
**++High Fat**



## MENU ITEMS SUBJECT TO CHANGE

## SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> </div>				
<div> <p>Shepherds Pie Mixed Vegetables</p> <p>Dinner Roll</p> <p>Peach Cup</p> </div>	<div> <p><b>CLOSED</b></p> <p>Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn</p> <p><b>Fajita Day</b></p> <p>Tortilla</p> <p>Apple</p> </div>	<div> <p>Orange Juice Lazy Man's Stuffed Peppers Brown Rice Broccoli</p> <p>Wheat Bread</p> <p>Pineapple Chunks</p> </div>	<div> <p>Pineapple Juice Eggplant Rolatini Ziti with Sauce Garden Salad Italian Dressing*</p> <p>Garlic Bread*</p> <p>Pudding</p> </div>	<div> <p>Vegetable Soup Unsalted Crackers White Fish Stew Harvest Rice Chuck Wagon Veggies</p> <p>Pumpernickel Bread</p> <p>Birthday Cake</p> </div>
<div> <p>Sweet and Sour Meatballs Sesame Noodles Oriental Blend Vegetables</p> <p>100% Whole Wheat</p> <p>Peaches</p> </div>	<div> <p>Pineapple Juice Roast Pork with Apples and Sauerkraut Harvest Rice Beets</p> <p>Rye Bread</p> <p>Peanut Butter Cookies</p> </div>	<div> <p>Cream of Broccoli Soup Unsalted Crackers Pier 17 Fish with Dill Sauce Buttered, Parslied Noodles Broccoli</p> <p>Rye Bread</p> <p>Banana</p> </div>	<div> <p>Grape Juice Roast Beef Beef Gravy Oven Roasted Potatoes Spinach</p> <p>12 Grain Bread</p> <p>Lemon Pudding</p> </div>	<div> <p>Apple Juice BBQ Pork Chop Stuffing Carrots</p> <p>Oatmeal Bread</p> <p>Ice Cream Cup</p> </div>
<div> <p>MARTIN LUTHER KING</p> <p><b>CLOSED</b></p> </div>	<div> <p><b>MLK Special Lunch</b></p> <p>Cranberry Juice Chicken Jambalaya Wild Rice Spinach with Sauteed Onions</p> <p>Corn Muffing</p> <p>Banana Parfait</p> </div>	<div> <p>Orange Juice Spaghetti with Meatballs Parmesan Cheese Romaine Salad Ranch Dressing</p> <p>Garlic Bread</p> <p>Pears</p> </div>	<div> <p>Pea Soup Unsalted Crackers Crabcake Steak Fries Cole Slaw Tartar Sauce</p> <p>Hamburger Bun</p> <p>Fresh Orange</p> </div>	<div> <p>Cranberry Juice Chicken Cacciatore Brown Rice Italian Blend Vegetables</p> <p>Italian Bread</p> <p>Pudding</p> </div>
<div> <p>Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli</p> <p>Oatmeal Bread</p> <p>Tapioca Pudding</p> </div>	<div> <p>Butternut Squash Soup Unsalted Crackers Philly Cheesesteak Onions and Peppers Tater Tots</p> <p>Sub Roll</p> <p>Fresh Orange</p> </div>	<div> <p>Italian Wedding Soup Unsalted Crackers Chicken Bruschetta Brown Rice Geneva Blend Veggies</p> <p>100% W.W. Bread</p> <p>Peaches</p> </div>	<div> <p>Meatloaf Onion Gravy Buttered Noodles Broccoli</p> <p>Rye Bread</p> <p>Pineapple Chunks</p> </div>	<div> <p>Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing</p> <p>Biscuit</p> <p>Oatmeal Raisin Cookies</p> </div>
<div> <p>Cranberry Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread</p> <p>Fruit Cup</p> </div>	<div> <p>Cranberry Juice</p> </div>	<div> <p>Apple Juice LS Roast Pork Sweet Potatoes Creamy Spinach</p> <p>100% Whole Wheat Oatmeal Raisin Crème Pie</p> </div>	<div> <p>Cranberry Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread</p> <p>Fruit Cup</p> </div>	<div> </div>

# JANUARY 2019

# Events

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>  <b>Senior Center Closed</b> <b>New Year's Day</b>	<b>2</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	<b>3</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA –BY APPT	<b>4</b> 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
<b>7</b> 8:30am Coffee Hr. 10am Scrabble 10am AARP BD 12pm Lunch 12:30pm Bridge 1pm Setback Tournament Begins	<b>8</b> 8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No	<b>9</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	<b>10</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo Footcare –by appt EA –BY APPT	<b>11</b> 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
<b>14</b> 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback	<b>15</b> 8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No <b>NO AARP MTG</b>	<b>16</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	<b>17</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA –BY APPT	<b>18</b> 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg Footcare –by appt
<b>21</b>  <b>Senior Center Closed</b> <b>MLK Birthday</b>	<b>22</b> 8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No	<b>23</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	<b>24</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA –BY APPT	<b>25</b> 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
<b>28</b> 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback 7pm CFA Meeting	<b>29</b> 8:30am Coffee Hr. 9:45am Exercise 10-12pm Reiki Healing 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No	<b>30</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Do you Suffer Headaches?	<b>31</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA –BY APPT	



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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, January 7th, at the Senior Center. There is no Chapter meeting in January.

### 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:

January 11th and 25th and February 8th and 22nd

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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>
11/28/18	Newington Baseball Association	Senior Center
	Photography Group	Senior Center
	(2) Anonymous	Senior Center
11/30/18	Photography	Senior Center
12/6/18	Anonymous	Senior Center
12/18/18	Anonymous	Senior Center

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

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## TED Talks

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### Tuesday, January 29th 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 now being taken.

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## Berlin-Peck Memorial Library Monthly Events

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**Wildlife and Connecticut's Changing Landscape: Thursday, Jan. 3 @ 6:30 pm**—This presentation will provide a brief natural history and address the current state of the wildlife in Connecticut. Sponsored by Berlin Land Trust. Register.

**Sit & Knit: Thursdays, January 3 & 17 @ 6 pm, January 10, 24 & 31 @ 1 pm** -Join local knitters for a relaxing time filled with knitting and good company!

**Movie Matinee: Black Klansman: Friday, Jan. 4 @ 1 pm** Based on actual events. Rated R. Movie length: 2 hours, 15 minutes. Movie released in 2018.

**Stock Club: Tuesday, Jan. 8 @ 1:30 pm** Join local investors to discuss stock market trends.

**Make & Take: Embellished Trays: Thursday, Jan. 10 @ 6:30 pm** Use our papers, buttons, ribbons and more to turn a plain tray into something unique! All materials provided. Registration required, cancellation policy applies.

**Movie Matinee: Leisure Seeker: Friday, Jan. 11 @ 1 pm** Rated R. Movie length: 1 hour, 52 minutes.

**Book Club: An American Marriage: Saturday, Jan. 12 @ 10:30 AM** Join us in discussing *An American Marriage* by Tayari Jones. Book description: Newlyweds Celestial and Roy, the living embodiment of the New South, are settling into the routine of their life together when Roy is sent to prison for a crime he didn't commit. An insightful look into the lives of people who are bound and separated by forces beyond their control.

**Bob Backlund: Monday, Jan. 14 @ 6:30 pm** WWE Hall of Famer Bob Backlund was a professional wrestling star for more than four decades. He has wrestled nearly every big name in the sport, including Hulk Hogan, Ric Flair, Bret "Hitman" Hart, "Rowdy" Roddy Piper, "Macho Man" Randy Savage, and Andre the Giant. He will be bringing copies of his book *Backlund: From All-American Boy to Professional Wrestling's World Champion* to sell and sign. Registration required.

**Movie Matinee: Imitation Game: Friday, Jan. 18 @ 1 pm** Rated PG-13. Movie length: 1 hour, 54 minutes. Movie released in 2014.

**American Red Cross Blood Drive: Tuesday, Jan. 22 from 11 am- 4 pm** Contact American Red Cross website to donate.

**Movie Matinee: Adrift: Friday, Jan. 25 @ 1 pm** Rated PG-13. Movie length: 1 hour, 36 minutes. Movie released in 2018.

**Author Anne K. Howard: Saturday, Jan. 26 @ 1 pm** Meet Anne K. Howard, author of *His Garden: Conversations with a Serial Killer*. In her book, Howard probes the complicated and conflicted mind of William Devin Howell--Connecticut's most prolific serial killer. Books will be sold (\$10 cash) and signed at the end of the event. Register.

**Breaking Bread author event with Martin Philip: Monday, Jan. 28 @ 6:30 pm**

Join us as Martin Philip, head bread baker of King Arthur Flour, presents *Breaking Bread: A Baker's Journey Home in 75 Recipes*. Yearning for creative connection, Martin Philip traded his finance career in New York City for an entry-level baker position at King Arthur Flour in rural Vermont. A true Renaissance man, the opera singer, banjo player, and passionate amateur baker worked his way up, eventually becoming head bread baker. Registration required.

**Make & Take Session 1- Art Tile Pendants: Thursday, Jan. 31 @ 6:30 pm** Details to come.

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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. **Contact the Senior Center starting Jan 7th to make your appointment .**

## COVERED IN CHOCOLATE

Below is a list of tasty treats which are all made even more tempting once covered in delectable chocolate.

ALMONDS

CASHEWS

CRANBERRIES

APRICOTS

CHERRIES

GRAHAM  
CRACKERS

BLUEBERRIES

COFFEE  
BEANS

GUMMY  
BEARS

CARAMEL  
APPLES

COOKIES

MACADAMIA NUTS

MARSHMALLOWS

PEANUTS

PISTACHIOS

POTATO  
CHIPS

PRETZELS

RAISINS

STRAWBERRIES

WAFERS

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

There will be no Book Club until March.

**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. 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".

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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, January 8th “Crazy Rich Asians”** - Chinese-American New Yorker Rachel travels to Singapore with her boyfriend Nick to attend his best friend's wedding only to discover he comes from one of Asia's most wealthy, prominent families. She must stand up to his judgemental mother, who wants nothing more than to break them up. **Rated PG 13.**

**Tuesday, January 22nd “Dog Days”** Five canine protagonists bring their human counterparts closer together in Los Angeles. This ensemble comedy follows the dog-influenced antics of a pair of rivaling newscasters, a barista, a dog walker, a vet, an ageing widower, a pizza delivery boy, the owner of a dog adoption business, and two sets of expectant parents . **Rated PG .**

**Friday, January 25th—“Book Club” Reshowing** - Four friends in a book club spice up their routine by reading Fifty Shades of Grey. With each of them in a different romantic situation, the women gather inspiration and tips for the bedroom and prove they can still do new things later in life. **Rated PG 13.**



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## Specialty Trips

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



### **SPECIALTY SHOPPING TRIP**

This month there will be two specialty shopping trips. The first is to the **Walmart at 10:30AM on Wednesday, Jan 9th** . The second trip is to **Cost Plus World Market in West Hartford at 10:30AM on Wednesday, Jan 23rd**. Visit your local World Market store for stylish rustic furniture, unique home decorations, gifts, area rugs, affordable window curtains, accent pillows, gourmet food and wine. What will you discover? **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**