



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

## **Table of Contents**

Transportation .....	3
Trips .....	4
Monthly Activities.....	5
Classes & Drop Ins.....	6
Health Services .....	7
Lunch Menu .....	8
Calendar.....	9
General & FYI Info .....	10
Meetings & TED Talks .....	11
BP Library & Nutrition .....	12
Community News.....	13
Puzzle .....	14
Movies & Specialty Trips .....	15

# BERLIN SENIOR CENTER LINES

MARCH 2019

## **Greetings from the Director,**

I know we are all hoping for Spring to get here quickly with all this ice and cold temperatures. Well, March 20th is the first day of spring. So we are almost there. Hopefully it will bring the warmer climate and the beautiful spring flowers.

Just a reminder—Energy Assistance applications are still being taken. If you are a deliverable fuel customer your deadline is March 15th. If you are an electric or gas customer you have until April 30th to apply.

“Free” Tax Aide will continue at the Center on Thursdays from 9AM to 3PM until April 11th. If you need an appointment for either programs please call Jane at the Center.

*Never iron a four-leaf clover, because you don't want to press your luck. ~ Unknown*

*May your pockets be heavy and your heart be light, may good luck pursue you each morning and night. ~ Irish Blessing*

*A good friend is like a four-leaf clover, hard to find and lucky to have. ~ Irish Proverb*

**Happy St. Patty's Day!**

*Tina*



---

## Transportation

---

The Senior Center Buses and Van may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:30pm. Service is curb to curb; therefore, riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such assistance. The driver may use his discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of passenger's mode of transportation must be able to be tied securely, both in the front and back of the unit. In the case of Scooters, the passenger must be able to transfer to a seat on the Senior Center vehicle.

**Bus Shopping & Schedule Information~ Reservations and cancellations call: (860) 828-7006.**

Please remember to have the address of the doctor and the time of appointment in front of you when calling to reserve a ride. You are responsible for having the correct information. **For your ride home from a scheduled appointment call: (860) 250-0510.**

We do medical appointments in Berlin and New Britain only. All medical appointments should be scheduled between 9:00am and 1:15pm. Reservations must be made at least 48 hours in advance. We do regular appointments in Berlin only. (Banks, pharmacies, post office, hair and nail salons and any town buildings). Reservations must be made at least 24 hours in advance.

All bus reservations must be made during our regular business hours, **8:30AM to 3:30PM**. All calls for rides home **MUST BE MADE BY 3:00 PM.** Cancellations can be taken at anytime. Voicemail is available after normal business hours. You are allowed two stops per day **except** when going to the grocery store.

**Our weekly grocery shopping schedule is Monday –Stop & Shop, Tuesday –Shop Rite and Wednesday –Stop & Shop** We can take up to a maximum of six (6) shoppers except when the Director approves for more than six. All riders should be ready one hour in advance of their scheduled appointment time. We are unable to provide transportation to and from medical procedures, Dialysis or discharges from the hospitals or other facilities. **You are not allowed any unscheduled stops unless the Senior Center Director has approved it.** \*This vehicle has been paid in part by a grant from the Federal Transit Administration-Section 5310 and therefore extends transportation services to disabled Berlin residents regardless of age. Please contact the Senior Center at (860) 828-7006 to request transportation. **Transportation Timely Tip:** In order to save time and fuel and in consideration of others, please remember to call and cancel a previously scheduled ride when you are not taking the bus. **For local bus routes, call CT Transit @ 800-704-3113 or check www.cttransit online for maps and fare information.**

---

## Other Transportation...

---

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

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

---

## Senior Center Trips



March 7th—Sleigh Ride at Adams Farm—CANCELLED

March 10th -2019 AAC Women's Basketball Tournament featuring UCONN Women's Huskies— Cost: \$99.00 per Person. Taking a waiting list.

March 12th Westchester Broadway Theatre Rhythm of the Dance - CANCELLED

March 19th St. Patrick's Celebration at the Aqua Turf— Cost: \$82.00 per Person

April 6th-12th Mosey Down to Myrtle Beach— Cost: \$1189.00 PP Double, \$1639.00 Single, \$1159.00 PP Triple

April 10th—Creative Cuisine at The Culinary Institute of America - Cost: \$130.00 per Person

April 17th—A Day at MGM Springfield—Cost: \$37.00 per Person

April 25th—Westchester Broadway Theatre “Newsies” - Cost: \$111.00 per Person

April 26-28th—Nantucket Daffodil Festival—Cost: \$591.00 per Person Double, \$736.00 Single, \$571.00 Triple.

May 1-3rd—The Sights, Sounds and Tastes of Lancaster—Cost: \$505.00 Per Person Double, Single \$621.00 and Triple \$485.00 Per Person

May 5th-Warner Theatre presents Mamma Mia! - Cost: \$105.00 Per Person

May 20th -Ace in the Hole—The Dean Martin Tribute Show—Cost: \$115.00 Per Person

May 23rd -Newport Playhouse & Cabaret “Clothes Encounters” - Cost: \$111.00 Per Person

May 29th -Broadway—Your Choice “Kiss Me Kate” or “ The Cher Show” - Cost: \$249.00 Per Person

May 29th -31st—South Coast Maine & Coves Tour—Cost: \$519.00 PP Double, \$619.00 Single, \$509.00 PP Triple

June 13th—Lobster Feast at Log Cabin—Cost: \$109.00 Per Person

June 16th—CT Sun vs Seattle Storm WNBA Basketball @ Mohegan Sun—Cost: \$55.00 Per Person

**Attention all Trip Goers:** We have trip flyers on above trips. The trip flyer has a complete description of trip along with trip rules. The flyers can be picked up at the Senior Center or located on the Town's Website. Please note that the itineraries are subject to change and availability. Cancellation Insurance is Available and Recommended for each of the overnight tours. We are accepting registration and payment on the above listed trips.

---

## Monthly Activities

---

### **Casual Talks with “Jack” Healy Thursday, March 7th @ 9am and Thursday, March 21st 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 buy or bring your lunch. Jack would love to meet and talk with you. **No sign up is necessary.**

### **St. Patty’s Day Celebration Friday, March 8th @ 12pm** - Newington Rapid Recovery

Rehab Center will be providing a traditional Irish lunch. After lunch, enjoy the music of the Kerry Brothers. ***The Kerry Boys*** are Mark James, originally from the county Kerry Ireland and Pierce Campbell, official State Troubadour 2007/08. These two dynamic and popular Connecticut Irish balladeers have been performing together for over 26 years. Their humorous, high-energy show will have you clapping and singing along in no time. **Sign up is now being taken. You may sign up yourself and one other person. Limited 100 people. If you sign up and are unable to attend please call the Center to cancel.**

**Cooking for One Tuesday, March 12th at 11:30am**—Chef Jeff Camputaro from The Village at Kensington Place in Meriden will present a cooking demo on how to cook for one. Lunch will be provided after demonstration. **Sign up is now being taken.**

**Hydration Program, Wednesday, March 13th @ 1pm** Laura Falt, Director of Business Development at Water’s Edge Center for Health & Rehabilitation in Middletown, will speak on the topic of hydration and its importance. She will discuss how to prevent and recognize when you’re dehydrated, foods that provide hydration, and other factors that affect hydration. Join her for an informational program and dessert & coffee! **Sign up is now being taken.**

**Special Bingo Thursday, March 14th at 1:00PM** Ledgecrest Convalescent will be sponsoring this Special Bingo on March 14th at 1:00pm. Special refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

**Special Bingo Thursday, March 21st at 1:00PM** Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, March 21st 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.**

**Board of Finance Meeting, Tuesday, March 26th at 1:30pm**—The Berlin Board of Finance has graciously agreed to hold their monthly meeting at the Senior Center during day time hours for those individuals unable to attend their evening meetings. They will be discussing the FY19/20 Budget. In order to properly plan for seating we ask that you please sign up. **Sign ups are now being taken.**

**Special Bingo Thursday, March 28th at 1:00PM** Enjoy a special refreshment during the break provided by Autumn Lake Healthcare in Cromwell. Enjoy an afternoon of bingo. Our regularly scheduled games will be played. **No sign up is necessary.**



---

## 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](http://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 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.

---

---

## 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 (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 Friday, March 15th and Thursday, March 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, March 5th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, March 12th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, March 19th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, March 26th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>

**Ladies Free Manicures on Tuesday, March 26th 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 walk-ins will be taken. **Sign up begins Monday, March 4th.**

**Reiki Healing Tuesdays 10:00AM—12:00PM** ~Reiki Master Holly Kevorkian will be back in the near future to continue this program. Return date is TBA.

**Dental Cleaning Clinics Wed, June 19th and Thursday, June 20th—** Those participating must be age 60 & over and reside in Berlin, Newington, Rocky Hill, or Wethersfield. Reservations must be made by appointment. Space is limited and residents will be accommodated on a first come, first served basis. This program is sponsored in part by the Older Americans Act through NCAAA. Donations are accepted for this service. We have a few spots left for the June Cleaning Clinics.

**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

\* High Sugar Content  
 \*\*High in Sodium Content  
 +Higher Fat Content  
 LS-Low Sodium



# March Menu 2019

1% or Skim milk provided  
 Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Corn Chowder            Unsalted Crackers            Seafood Salad**            Lettuce and Tomato            Pasta Primavera</p> <p>Hot Dog Roll</p> <p>Banana</p>
<p>4</p> <p>Orange Juice            Pulled Pork            Baked Beans            Coleslaw</p> <p>W.W. Hamburger Roll</p> <p>Applesauce</p>	<p>5</p> <p>Pineapple Juice            Sweet and Sour Grilled            Chicken Breast Au Jus            Mashed Potato            Ginger Baby Carrots  <b>HAPPY BIRTHDAY</b>            12 Grain Bread</p> <p>Birthday Cake*</p>	<p>6</p> <p>Stuffed Shells Alfredo            Broccoli            Garden Salad            Thousand Island+</p> <p>Italian Bread</p> <p>Pears</p>	<p>7</p> <p>Grape Juice            Beef Stew            Brown Rice            Green Beans</p> <p>W.W. Dinner Roll</p> <p>Tropical Fruit Cup</p>	<p>8</p> <p>LS Escarole Bean Soup            Unsalted Crackers            Eggplant Rolatini            Baked Ziti with Sauce            Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Brownie</p>
<p>11</p> <p>Sloppy Joe            Mashed Potato            Beets</p> <p>Hamburger Bun</p> <p>Pineapple Chunks</p>	<p>12</p> <p>Grape Juice            Stuffed Shells            Meat Sauce            Romaine Salad            Ranch Dressing</p> <p>Garlic Bread</p> <p>Fresh Apple</p>	<p>13</p> <p>Hearty Vegetable Soup            Unsalted Crackers            Cracked Pepper Turkey            Swiss Cheese            Macaroni Salad</p> <p>Hard Roll            Peach Cobbler            with Topping</p>	<p>14</p> <p>Cranberry Juice            Corned Beef            Cabbage            Boiled Potatoes            Carrots            Mustard</p> <p> Rye Bread</p> <p>St. Patty's Day Treat</p>	<p>15</p> <p>Baked Fish            with Potato Hash            Hot Buttered Peas</p> <p>Multigrain Bread</p> <p>Fresh Orange</p>
<p>18</p> <p>Hot Dog with            Sauerkraut            Baked Beans            Broccoli</p> <p>Hot Dog Roll</p> <p>Cinnamon Applesauce</p>	<p>19</p> <p>Apple Juice            Bruschetta Chicken            Mashed Potatoes            Spinach</p> <p>Pumpnickel Bread</p> <p>Pears</p>	<p>20</p> <p>Orange Juice            Cheeseburger            Lettuce and Tomato            Steak Fries            Corn with Peppers</p> <p>Hamburger Bun</p> <p>Oatmeal Cookies</p>	<p>21</p> <p>LS Chicken Vegetable            Unsalted Crackers            Lasagna Rolette            Meat Sauce            Garden Salad            Italian Dressing            Garlic Bread</p> <p>Fresh Apple</p>	<p>22</p> <p>Crab Cakes with            White Sauce            Rice Pilaf            Broccoli</p> <p>Rye Bread</p> <p>Citrus Sections</p>
<p>25</p> <p>Chicken Pot Pie with            Carrots, Celery            Diced Potatoes            Chopped Spinach</p> <p>Biscuit</p> <p>Tropical Fruit Cup</p>	<p>26</p> <p>Knockwurst            Apples and Sauerkraut            Pierogies            Broccoli</p> <p>Hot Dog Bun</p> <p>Pears</p>	<p>27</p> <p>Cranberry Juice            Turkey Tetrazinni            Brown Rice            Green Beans</p> <p>Dinner Roll</p> <p>Chocolate Chip Cookies</p>	<p>28</p> <p>Meatloaf            LS Beef Gravy            Baked Potato            Broccoli and Carrots</p> <p>Oatmeal Bread</p> <p>Banana</p>	<p>29</p> <p>Butter Crunch Fish            Fried Rice            Stir Fry Vegetables</p> <p>Multigrain Bread</p> <p>Pineapple Chunks</p>



# MARCH 2019

# Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament	<b>5</b> 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	<b>6</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	<b>7</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA –BY APPT Tax Aide –by appt	<b>1</b> 8:30am Coffee Hr. 9:30am Yoga 11:15am Wii w/ Friends 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
<b>11</b> 8:30am Coffee Hr. 10am AARP BD 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament	<b>12</b> 8:30am Coffee Hr. 10:00am Exercise 11:30am Cooking for One 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	<b>13</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Hydration Program	<b>14</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA –BY APPT Tax Aide –by appt	<b>15</b> 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg Footcare –by appt
<b>18</b> 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament 7pm CFA Meeting	<b>19</b> 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12pm TED Talks 12:45pm B Pressure 12:45pm Po Ke No 1:15pm AARP Mtg	<b>20</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	<b>21</b> 8:30am Coffee Hr. 9am <b>S. Weaving</b> 9:45am Exercise 12pm Lunch 12pm Casual Talks w/ Jack 1pm Special Bingo EA –by appt Footcare –by appt Tax Aide—by appt	<b>22</b> 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowling 1pm Photography 1:15pm Mahjongg
<b>25</b> 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament	<b>26</b> 8:30am Coffee Hr. 9:45am Exercise 10:00 “Free” Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:30PM Board of Fi- nance Meeting	<b>27</b> 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1:30PM Book Club	<b>28</b> 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA –by appt Tax Aide—by appt	<b>29</b> 8:30am Coffee Hr. 9:30am Yoga 11:30 LBunch Trip 12pm Lunch 12:45pm Wii Bowling 1pm Photography 1:15pm Mahjongg



---

## General Information

---

**Senior Center Lost and Found Box** ~Did you know there is a lost and found box at the Senior Center? It is located in the coat closet near the front desk.

**Save Your Box Tops and Campbell Labels** ~Labels for Education have been awarding free educational equipment to schools in exchange for proofs of purchase from the Campbell family of brands. It's an easy program where we can work together to help the schools in our community. Please save your Box Tops and labels and drop them off in the box in the multi-purpose room of the Center. We are now collecting for Willard Elementary School in Berlin.

**Free Balance Screening Certificates** ~ If anyone is interested in a FREE Balance Screening please contact the Senior Center. You will be given a certificate for this "free" screening. The screenings will take place at the Jerome Home in New Britain. **These certificates were given by the Central Connecticut Senior Health Services.**

**Berlin Food Pantry** ~ "When hunger stops, so will we". We continued to collect non-perishables for our local food pantry. There is a box located in the Senior Center front foyer for any donations. The Berlin Food Pantry is located at the Town Hall. If you are need of assistance from the food pantry, please contact Doug Truitt at (860) 828-7059.

**Parking Reminder** ~ Visitors to the Berlin Senior Center are asked to park in the upper parking lot. Handicapped spaces are available in the lower lot for those with a proper permit. Please make sure when you are parking in a handicap space that you do not park on the diagonally lined space next to it. Those spots are there specifically for visitors in wheelchairs. Any violator who has parked in spaces reserved for Percival Heights Housing residents will be towed away at their own expense.

**Computer for Public Use** ~There is a computer and printer located in the craft room that is available for seniors to use. Please check with staff to determine when the computer is available to use. The computer was purchase through funds donated from the Myrna Pauloz Berlin Senior Center Fund.

**CRIS Radio** ~ There is a pre-tuned radio located in the Center's library for audio access for the Blind or Print-Challenged. This radio provides access to the same printed material that friends and family enjoy through our high quality electronic audio recording service. This device provides timely access to news and current events, expands knowledge, promotes independence and self-sufficiency and enhances the quality of life. Please ask a staff member for help in using the radio. The donation was made possible through a grant from the North Central Area Agency on Aging.

---

## FYI (For Your Information)

---

**Legal Services** provided by the Senior Law Program of the Greater Hartford Legal Assistance Office in Hartford offers seniors, age 60 and older, free legal advice. They handle legal issues regarding: housing, government benefits, family law, nursing home rights, etc. They also prepare advance directives such as power of attorney and living wills for seniors who are unable to leave their home or who have urgent medical problems. **PRIORITY IS GIVEN TO SENIORS WHO HAVE THE GREATEST ECONOMIC AND SOCIAL NEED.** Please call their Hartford Office at 541-5003 for more information.

**The Consumer Law Project For Elders** is a project of the CT Legal Services, a non-profit law firm. They help seniors resolve consumer problems. People, age 60 and older, (of any income level) can call them if they have a consumer problem. Their phone number is 1-800-296-1467, Monday through Friday from 9:00 AM to 9:00 PM.

**The Connecticut Telemarketing Do Not Call List** is now part of the National Do Not Call Registry. If you have previously signed up for the Connecticut Do Not Call List, your registration has already been added. If you want to register for the first time, call 1-888-382-1222. You must call from each phone number you want to register. No written, faxed or emailed registration will be processed. Your cell phone number can now be released to telemarketing companies and you may receive sale calls. You will be charged for these calls. To prevent this, call the above number from your cell phone.

**Dial 211 Info line** is a partnership of the Connecticut United Ways and the State of Connecticut. It provides a single source for information about community services, referrals to human services and crisis intervention. It's toll free from anywhere in Connecticut and operates 24 hours a day, 365 days a year. Give it a try!

**Charter Oak Pass** provides access to the State of CT's Parks and Recreation System and is available only to CT residents, age 65 and older. There is NO CHARGE for this pass and is a life issue pass. Application forms are available here at the senior center or you may call the State Parks Department in Hartford at 424-3200.

**Free Cell phones:** If you are part of a government program such as energy assistance, SNAP, Medicaid, etc. you may qualify for a free cell phone through Assurance Wireless or Safelink. To see if you qualify for a free cell phone through Assurance Wireless call 1-800-395-2171. You can get more information on Safelink by visiting their website at [www.safelinkwireless.com](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.

---

## Monthly Meetings

---

### AARP CHAPTER 3035

The Berlin AARP Board of Directors will meet at 10:00 am on Monday, March 11, at the Senior Center. The monthly Chapter meeting will be held Tuesday, March 19, at 1:15 pm, also at the Senior Center. Entertainment will feature vocalist Gianpaolo DiGrazia, known to his fans as John Paul.

### COMMISSION FOR THE AGING MEETING

Monday, March 18th @ 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:

**March 8th and 22nd and April 5th and 19th**

---

## 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>
2/14/19	Timberlin Senior Golf Association	Senior Center
	Anonymous	Senior Center

**We appreciate all donations received at the Center!**

**These donations help us out tremendously!**

---

## TED Talks

---

**Tuesday, March 19th 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.

---

## Berlin-Peck Memorial Library Monthly Events

---

**Movie Matinee: *Dog Days*: Friday, March 1 @ 1 pm** Rated PG. Movie released in 2018.

**Book Tasting: Saturday, March 2<sup>nd</sup> @ 1:30 pm.** Sample books in various genres and come away with a wish list of titles. Refreshments provided. Registration required.

**Learn to Preserve Your Old Photos: Monday, March 4 @ 1:30 PM & Wed, March 27 @ 6:30 pm** Learn how the library's new photo, slide, and film negative scanner can help preserve old memories. Registration required.

**Teen Tech Experts: Wednesday afternoons in March** Seniors, do you need help with your mobile phone, iPad or tablet? Contact the library to make an appointment with one of our teen "Tech Expert" volunteers.

**Make & Take: Geode bath bombs: Thursday, March 7 @ 6:30 pm** Learn how to make bath bombs using essential oils and natural ingredients. All supplies provided. Registration required. Cancellation policy applies.

**Sit & Knit: Thursdays, February 7 & 21 @ 6 pm, March 14 & 28 @ 1 pm** Join local knitters for a relaxing time filled with knitting and good company!

**Movie Matinee: *Bookshop*: Friday, March 8 @ 1 pm** Rated PG. Movie released in 2017.

**Book Club: *Born a Crime*: Saturday, March 9 @ 10:30 AM** Join us in discussing *Born a Crime* by Trevor Noah. Contact library for a copy of the book.

**A Day in the Life of a Judge: Monday, March 11 @ 6:30 PM** CT Superior Court Judge, The Honorable Kevin J. Murphy will discuss the education, experience, appointment process to become a judge and his most interesting and difficult cases. Register.

**Stock Club: Tuesday, March 12 @ 1:30 pm** Join local investors to discuss stock market trends.

**PTSD Awareness: A First Responders Story: Wednesday, March 13 @ 6:30 pm** Trevor Clark-Zamoider will speak on his experiences with PTSD. With over two decades of working in EMS he was diagnosed with PTSD. Sponsored by The Berlin Commission for Persons with Disabilities.

**Movie Matinee: *A Star is Born*: Friday, March 15 @ 1 pm** Rated R. Movie released in 2018.

**The Merritt Parkway: History and Future of a National Treasure: Monday, March 18 @ 6:30 pm**

The story of the origin, construction and impact of this historic road. Presented by Wes Haynes, Executive Director of the Merritt Parkway Conservancy. Register.

**Movie Matinee: *Front Runner*: Friday, March 22 @ 1 pm** Rated R. Movie released in 2018.

**Cookbook Club: Monday, March 25 @ 6:30 pm** Borrow the book, make a recipe, and share it at the club! This month's book is *My Father's Daughter*.

**Hiking the Pacific Crest Trail: Tuesday, March 26 @ 6:30 pm** Join us as Anne O'Regan shares tales and photos of backpacking the Pacific Crest Trail in 2010. Anne wrote a book about her experiences and it will be available for purchase/signing at the event. Register.

**Movie Matinee: *Hector and the Search for Happiness*: Friday, March 29 @ 1 pm** Rated R. . Movie released in 2014.

**Tea with Abigail Adams: Saturday, March 30 @ 1 pm** As "Abigail Adams", Carol Bielefeld will present a lively portrait of one of the most fascinating and remarkable women in our nation's history. 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 2019 check. Must be current or not more than one month old, Copy of your **latest 2019** 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 to make your appointment .**

## HOT STUFF

Trying to keep warm while Old Man Winter is chillin' outside? Relax in front of a roaring FIRE with some BUFFALO WINGS, a bowl of CHILI sprinkled with CAYENNE PEPPER, and this puzzle containing things that are hot.

BLAZE	EMBER	GEYSER
BUFFALO WINGS	FIRE	HEARTH
CAYENNE	FLAME	HORSERADISH
CHILI	FORGE	HOT COALS
CURRY	FURNACE	HOT SPRING
		INCINERATOR

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

JALAPEÑO  
KILN  
LAVA  
MATCH  
MUSTARD  
OVEN  
PEPPER  
RADIATOR  
RANGE  
SALSA  
SPARK  
STEAM  
STOVE  
TABASCO  
TORCH

## Senior Center Book Discussion

March 27th—The Residence : Inside the Private World of the White House  
by Kate Anderson Brower

April 24th—Behold the Dreamers by Imbolo Mbue

May 29th –Everything I Never Told You by Celeste Ng

Contact the library for a copy of the book. This discussion will be held at the  
Berlin Senior Center.

---

## Movies

---



For the movie program, popcorn and a beverage will be available. There is no charge for the program and no reservations needed. Due to the length of movies and other circumstances there will be no previews. If you wish to recommend a movie, please leave it with either Carole or Jane. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***

**Tuesday, March 5th “I’ll See You in My Dreams”** -Carol (Blythe Danner) finds the everyday activities that have given her life structure – her regular bridge game, gardening, a glass of wine or two – have lost their luster. With the help of her three quirky girlfriends (June Squibb, Rhea Perlman, and Mary Kay Place), Carol decides to seek out new experiences and find love in places she never expected. Also starring Sam Elliot and Martin Starr, this is a vibrant and heartfelt film that critics are calling “elegant, funny and entirely engaging!”  
**RATED PG 13 (Movie not shown in February due to weather).**

**Tuesday, March 12th “Green Book”** - When Tony Lip a bouncer from an Italian American neighborhood in the Bronx, is hired to drive Dr Don Shirley, a world class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on The Green Book to guide them to the few establishments that were then safe for African Americans. Confronted with racism, danger as well as unexpected humanity and humor they are forced to set aside differences to survive and thrive on the journey of a lifetime. **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, March 29th we’re off to San Souci’s Restaurant in Meriden.** The senior bus will leave the senior center at 11:30am. Signups will be taken beginning at 9:00am on Wednesday, March 13th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 13th.

### **SPECIALTY SHOPPING TRIP**

This month there will be two specialty shopping trips. The first is to the **Walmart on Wed, March 13th.** The second trip is to **Target or Meriden Mall on Wed, March 27th.** **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

