



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,

Berlin, CT 06037

Phone # (860) 828-7006

Fax: (860) 828-7116

Email: tdoyle@town.berlin.ct.us

jasevigny@town.berlin.ct.us

Staff

Director Tina Doyle

Asst. Director Jane Sevigny

Hours

Monday..... 8:30pm-4:00pm

Tuesday8:30pm-4:00pm

Wednesday 8:30pm-4:00pm

Thursday..... 8:30pm-4:00pm

Friday 8:30pm-4:00pm

Membership (Ages 60+)

Resident: No Cost

Non-Resident: \$36 Annually

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BERLIN SENIOR CENTER LINES

APRIL 2019

Greetings from the Director,

Happy Spring! Spring is officially here! Those warmer temperatures are coming I can feel it. My mini daffodils have already bloomed. That's a sure sign of spring.

April 22nd is Earth Day! Remember Mother Earth needs our love!

This month we have our Energy Assistance and Tax Aide programs continuing. The Renters Rebate program begins this month. Please see in the newsletter new information regarding this program.

We have a lot different events happening this month—Town Council Meeting, Celebrate Spring with Music, Korean Cuisine Cooking Demonstration, Craft Class, Healthy Aging and our Volunteer Appreciation Breakfast. Hope you will join us!

"Some old-fashioned things like fresh air and sunshine are hard to beat." ~ Laura Ingalls Wilder

"Spring will come and so will happiness. Hold on. Life will get warmer." ~ Anita Krizzan

Tina



Transportation

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

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

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

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

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

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

Other Transportation...

Transportation Resources Available in the Central CT Area:

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

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

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

Senior Center Trips



April 6th-12th Mosey Down to Myrtle Beach— CANCELLED by GETAWAY

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

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

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

April 26-28th—Nantucket Daffodil Festival—CANCELLED by GETAWAY

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

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

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 PP

June 26th—The Intrepid Museum, NYC—Cost: \$120.00 Per Person

July 7th—The Boston Pops at Tanglewood—Cost: \$144.00 Per Person

July 11th—Coins & Claws—Cost: \$ 77.00 Per Person

July 16th—19th Niagara Falls—Cost: \$630.00 PP Double, \$849.00 Single, \$570.00 PP Triple

July 24th—CT Sun vs. New York Liberty WNBA Basketball—Cost: \$57.00 Per Person

July 25th—Essex Dinner Train & Riverboat—Cost: \$97.00 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.

Come travel with us! You are sure to meet new people, see great sights and have fun!

Monthly Activities

Town Council Meeting, Tuesday, April 2nd at 1:30pm— The Town Council has graciously agreed to hold their monthly meeting at the Senior Center to allow individuals better accessibility. This is a great opportunity that is being given to us. Here is your chance to hear this important information first hand and to use your voice if you choose. **Sign ups are now being taken to plan for the seating.**

Musical Spring Celebration Friday, April 5th at 1:00 PM— Come join in the celebration of spring with the sounds of David G as he entertains you with his voice and accordion. After the show we will enjoy some delicious dessert, coffee and tea. You may sign up yourself and one other. Sign up is now being taken.

Exercising for Healthy Aging Monday, April 8th at 10am — Our bodies change throughout the course of life—our daily activities and habits shape our physiology. Exercise can be used as a tool to help prevent and fight disease and age-related decline. Presented by Maquita Parker, exercise physiologist, Good Life Fitness. Sponsored by Jerome Home at Arbor Rose. **Sign ups now being taken.**

Timberlin Senior Men's Golfer Meetings Wednesday, April 10th at 1:00 PM –The Annual Membership meeting will be held on April 10th at 1pm. Sr. Golf Association members and prospective members, retired Berlin residents 60 years of age and over, are welcome to attend.

Casual Talks with “Jack” Healy Thursday, April 11th @ 9:30am and Thursday, April 18th 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.**

Special Bingo Thursday, April 11th at 1:00PM Ledgecrest Convalescent will be sponsoring this Special Bingo on April 11th at 1:00pm. Special refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Special “Jelly Bean” Bingo Thursday, April 18th at 1:00PM Newington Rapid Recovery Rehab Center and the Senior Center will be sponsoring this Special Bingo on Thursday, April 18th 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.**

Volunteer Appreciation Breakfast Wednesday, April 24th at 9:00AM National Volunteer Week is April 7th –13th. It is a time for us to honor our volunteers and recognize the irreplaceable impact of their time and energy all year round. We will be having a breakfast with coffee/tea and juice. Each volunteer will be recognized with a little token of appreciation. Senior Center Volunteers should sign up starting Wed, April 3rd.

Craft Class Wednesday, April 24th at 1:00 PM—Beata Blumes from Euro-American Connections and Homecare will be conducting this craft class. You will be making beautiful tissue flowers and a fleece pillow. A vase will be provided for flowers. This class is FREE. Please bring a pair of scissors. Sign will begin on Wed, April 3rd.

National Drug Take Back Day, Saturday, April 27th from 10-2pm National Take-Back Day is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs. Residents can drop off the unwanted drugs at upper parking lot of the Town Hall. The service is free and anonymous. Residents need only drive up the Town Hall driveway to drop the drugs into curbside box without getting out of their vehicle. The initiative seeks to prevent increased pill abuse, theft and environmental problems. An officer will be on site to answer any questions.

Weekly Classes

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY @

9:45 AM Getting ready to swing that golf club, work in the garden, or take that favorite walk? This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Enjoy a pressure free environment where everyone works at their own pace. Join us. Choose to be active and to age well. Please bring hand weights. **Cost: \$4.00 per class.**
Instructors are Annette Banulski, Vicki Griswold and Lorraine Jurgilewicz.

“The Social Leftovers”

EVERY WEDNESDAY 9:30AM –11:00AM

The Social Leftovers” Drop In is a very informal group. Members come to either socialize, do a craft, enjoy coffee hour, or work on what ever project they want. They would love for you to join them. No sign up necessary.

Yoga Class

EVERY FRIDAY @ 9:30 AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.

To Find Newsletter Online

Go To Town Website:

www.town.berlin.ct.us

Then go to the toolbar:

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

Drop Ins

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

Po Ke No DROP IN—Every Tuesday afternoon at 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 (2nd and 4th Wednesday of each month, from 9am to 11am). This is a free service made available through a Marjorie Moore Grant. Call (860) 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, April 11th and Monday, April 22nd.** Services are provided by Catherine Brennan, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$29.00.** Please **no diabetics.** Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse. Home visits are available at a cost of **\$50.00 per visit.** Her home phone number (in Wethersfield) is (860)513-1040.

Free Health Clinics The Berlin VNA will hold the following “FREE” health clinics at the Berlin Senior Center. All clinics are “free of charge” and no appointment is necessary. For more information, call the Berlin VNA at (860) 828-7030.

Tuesday, April 2nd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, April 9th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, April 16th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, April 23rd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, April 30th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, April 30th 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 Wed, April 3rd.**

REIKI HEALING AT SENIOR CENTER HAS BEEN DISCONTINUED AT THIS TIME.

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. **TAKING A WAIT LIST.**

CW Resources Senior Community Café

LS: Low Salt


1% or Skim milk provided
Margarine available

April, 2019

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Orange Juice Pulled Pork Baked Beans Coleslaw</p> <p>W.W. Hamburger Roll</p> <p>Applesauce</p>	<p>2</p> <p>Pineapple Juice Sweet and Sour Grilled Chicken Breast Mashed Potato Ginger Baby Carrots HAPPY BIRTHDAY 12 Grain Bread</p> <p>Birthday Cake*</p>	<p>3</p> <p>Stuffed Shells Broccoli Garden Salad Thousand Island+</p> <p>Italian Bread</p> <p>Pears</p>	<p>4</p> <p>Grape Juice Beef Stew Brown Rice Green Beans</p> <p>W.W. Dinner Roll</p> <p>Tropical Fruit Cup</p>	<p>5</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>8</p> <p>Sloppy Joe Mashed Potato Beets</p> <p>Hamburger Bun</p> <p>Pineapple Chunks</p>	<p>9</p> <p>Grape Juice Stuffed Shells Meat Sauce Romaine Salad Ranch Dressing</p> <p>Garlic Bread</p> <p>Fresh Apple</p>	<p>10</p> <p>Hearty Vegetable Soup Unsalted Crackers Cracked Pepper Turkey Swiss Cheese Macaroni Salad</p> <p>Hard Roll Peach Cobbler with Topping</p>	<p>11</p> <p>Apple Juice Garlic Baked Chicken with Spinach and Parmesan Cheesy Mushroom Rice Geneva Blend Veggies</p> <p>100% Whole Wheat</p> <p>Pudding Cup</p>	<p>12</p> <p>Baked Fish with Potato Hash Hot Buttered Peas</p> <p>Multigrain Bread</p> <p>Fresh Orange</p>
<p>15</p> <p>Hot Dog with Sauerkraut Baked Beans Broccoli</p> <p>Hot Dog Roll</p> <p>Cinnamon Applesauce</p>	<p>16</p> <p>Easter Special Apple Juice LS Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Peas and Pearl Onions</p> <p>Rudi Roll Easter Poke Cake with Topping </p>	<p>17</p> <p>Orange Juice Cheeseburger Lettuce and Tomato Steak Fries Corn with Peppers</p> <p>Hamburger Bun</p> <p>Oatmeal Cookies</p>	<p>18</p> <p>LS Chicken Vegetable Unsalted Crackers Lasagna Rolette Meat Sauce Garden Salad Italian Dressing Garlic Bread</p> <p>Fresh Apple</p>	<p>19</p> <p>Closed Good Friday</p> 
<p>22</p> <p>Chicken Pot Pie with Carrots, Celery Diced Potatoes Chopped Spinach</p> <p>Biscuit</p> <p>Tropical Fruit Cup</p>	<p>23</p> <p>Knockwurst Apples and Sauerkraut Pierogis Broccoli</p> <p>Hot Dog Bun</p> <p>Pears</p>	<p>24</p> <p>Cranberry Juice Turkey Tetrizzini Brown Rice Green Beans</p> <p>Dinner Roll</p> <p>Chocolate Chip Cookies</p>	<p>25</p> <p>Meatloaf LS Beef Gravy Baked Potato Broccoli and Carrots</p> <p>Oatmeal Bread</p> <p>Banana</p>	<p>26</p> <p>Butter Crunch Fish Fried Rice Stir Fry Vegetables</p> <p>Multigrain Bread</p> <p>Pineapple Chunks</p>
<p>29</p> <p>Open Faced Sliced Chicken with LS Chicken Gravy Stuffing Broccoli</p> <p>Potato Bread Angel Food Cake with Strawberries</p>	<p>30</p> <p>Grape Juice Ziti with Meatballs Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Banana</p>	<p>HAPPY EASTER</p> 		

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament	2 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:30pm Town Council Meeting	3 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	4 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA –BY APPT Tax Aide –by appt	5 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 1pm Spring Celebrate 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
8 8:30am Coffee Hr. 10am Scrabble 10am AARP BD 10am Healthy Aging 12pm Lunch 12:30pm Bridge 1pm Setback Tournament Tax Aide—by appt	9 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	10 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Timberlin Men's Golfers Mtg.	11 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA –BY APPT Tax Aide –by appt Footcare—by appt	12 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
15 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament	16 8:30am Coffee Hr. 10:00am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:15pm AARP Mtg	17 8am MGM Trip 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	18 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Talk w/ Jack 12pm Lunch 1pm Special “Jelly Bean” Bingo EA –BY APPT	19 Senior Center Closed Good Friday
22 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament Footcare—by appt	23 8:30am Coffee Hr. 9:45am Exercise 11:00am Korean Cuisine Demo 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No	24 8:30am Coffee Hr 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Craft Class 1:30pm Book Club	25 8:30am Coffee Hr. 9am S. Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA –by appt	26 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 12:45pm Wii Bowling 1pm Photography 1:15pm Mahjongg
29 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament	30 8:30am Coffee Hr. NO EXERCISE 10:00 “Free” Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No Polling Site—Budget Referendum			

General Information

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

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

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

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

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

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

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

FYI (For Your Information)

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

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

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

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

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

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

Key Keeper Program is to assist Berlin residents in need when family, neighbors, or friends cannot be contacted. It is offered to persons of limited mobility and social contacts. This program is intended to reduce need-less suffering and/or hardship on the part of sick or injured persons and to eliminate damage to property should forced entry otherwise be required. A form that is available at the Sr. Ctr. or Police Station need to filled out. You will take your key and form to the BPD.

Monthly Meetings

AARP CHAPTER 3035

The Berlin AARP Board of Directors will meet at 10:00 am on Monday, April 8th, at the Senior Center. The monthly Chapter meeting will be held at 1:15 pm on Tuesday, April 16th at the Senior Center. An Attorney from the Office of Paul Czepiga will be discussing Elder Law.

COMMISSION FOR THE AGING MEETING

Monday, May 20th @ 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:

April 5th and 19th and May 3rd, May 17th and May 31st

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

Donations

The Berlin Senior Center accepts monetary and item donations. Each month the Senior Center recognizes our donors. The monetary donations are deposited in our Senior Center Agency Fund with the Town's Finance Dept. The funds are used for programs/items needed at the Center. You may specify what you would like the donation used for, such as transportation, programs, food for an event, etc. If you have any other questions please contact Tina at 828-7006.

<u>Date</u>	<u>Donor's Name</u>	<u>Donation(Designated for)</u>
2/16/19	Eileen Josephs	Senior Center
	(3) Anonymous	Senior Center
3/5/19	Gail Frank, Rose Wollman	In Loving Memory of Ben
	& Emily Fearnley	Jakubowski
	(2) James McNeil	Senior Center
3/20/19	Anonymous	In loving Memory of Henry
		Brochetti 7th Year Anniversary

We appreciate all donations received at the Center!

These donations help us out tremendously!

Taste of Korea: Korean Cuisine, Full of Wisdom & Nature Cooking Demonstration

Tuesday, April 23rd 11:00 AM

There will be a demonstration of 4 Korean dishes. After the demonstration, a full Korean meal with traditional table setting in Bangjja, bronze ware will be served, and there will be a screening of a short film on Korean culture. Recipes will be available. **Korean Spirit & Culture Promotion Project (KSCPP)** is a 501(c)(3) non-profit organization that is dedicated to raising awareness of Korean history and culture. In appreciation for the United States' support for Korea during the Korean War and in the years that followed, since 2009, KSCPP has held over 1,800 presentations about the history and culture of Korea throughout the country. In order for the program to run we need 30 guaranteed people with a maximum of 60. Cost is \$3.00 Per Person paid at time of registration. Sign ups will begin on Wed, April 3rd.

Berlin-Peck Memorial Library Monthly Events

Census: Monday, April 1 from 11-1 The United States Census 2020 is hiring. Meet with a representative to learn more.

Sit & Knit: Thursdays, April 4 & 18 @ 6 pm, April 11 & 25 @ 1 pm Join local knitters for a relaxing time filled with knitting and good company!

Teen Tech Experts: Wednesday afternoons in April Do you need help with your mobile phone, iPad or tablet? Make an appointment with one of our teen “Tech Expert” volunteers.

Make & Take: Book Flowers: Thursday, April 4 @ 6:30 pm Learn how to make two different types of paper flowers - a rolled rose and a punched rose - out of book pages. Turn them into decorative pins, magnets or use as a simple decoration! Registration required. Cancellation policy applies.

Movie Matinee: Green Book: Friday, April 5 @ 1 pm Rated PG-13. Movie released in 2018.

Stock Club: Tuesday, April 9 @ 1:30 pm Join local investors to discuss stock market trends.

Movie Matinee: Instant Family: Friday, April 12 @ 1 pm Rated PG-13. Movie released in 2018.

New Britain Symphony Orchestra: Broadway Brass: Tuesday, April 16 @ 6:30 pm Register by calling 860-828-7126.

Attorney Dyke Spear Evaluates UFO Evidence: Monday, April 22 @ 6:30 pm As a spokesman and field investigator for the CT Chapter of Mutual UFO Network, Attorney Dyke Spear will give an insightful analysis of the UFO phenomenon. For the last 35 years, he has interacted, researched and conferenced with the leading UFO researchers in the world. Register.

Invasive Plants: Don't Let Them Take Over Your Property: Wednesday, April 24 @ 6:30 pm Presented by the Berlin Land Trust (*Land Stewardship Series*). Register.

History of the Kentucky Derby: Thursday, April 25 @ 6:30 pm Local Kentucky Derby enthusiast Susan Marchese will discuss the history of the Kentucky Derby and the many famous horses who have won the race. Register.

Movie Matinee: The Impossible: Friday, April 26 @ 1 pm Rated PG-13. Movie released in 2012.

Cookbook Club: Monday, April 29 @ 6:30 pm Use our new *World Food* database to find a recipe from your heritage. Make recipe and share with the group. Register.

“Spark Joy” with KonMari: Tuesday, April 30 @ 6:30 pm Participants will be introduced to the Japanese method of tidying up & decluttering their spaces to create greater joy in their life! Presenter Dr. Christine Thorn is a Certified KonMari Consultant. 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, Natural Gas, Electric and Heat Included in rent. The Income Guidelines are as follows: One Person Household – Income cannot exceed \$ 34,366 and Two Person Household – Income cannot exceed \$ 44,940. Appointments are every Thursday from 8:30am to 3:30pm. Please contact Jane at the Senior Center to verify eligibility requirements and documentation and to schedule your appointment. **The deadline to apply is May 1st, 2019.**

AARP Foundation Tax-Aide Tax Time Check-Up Free Tax Assistance thru AARP Tax Aide

This free program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 50 and older. To schedule an appt. with a certified Tax-Aide counselor and to find out what necessary documentation is needed for your appointment, call the Berlin Senior Center at 828-7006 or the Berlin. The Tax Assistance program ends on Thursday, April 11th.

State of CT Tax Relief Program (Renters Rebate)

The Renter's Rebate Program runs from April 1st to October 1st, 2019. You must have all your documentation available the day of your scheduled appointment. If not, you will have to be rescheduled at a later date.

1. Applicant must resided in CT for any one year period prior to filing application.
2. Claimant, or spouse if living together must have been 65 years of age by Dec 31, 2018 or be 50 years of age or older and the surviving spouse of a renter, who at the time of his death qualified and was entitled to tax relief.
3. Persons 18+ yrs old who are receiving Social Security Disability or Disability benefits.

Qualifying Income: Single—Not to exceed \$36,000 and for Married—Not to exceed \$43,900

Documentation Needed:

Evidence of payments for rent, utility (electricity, gas, water and fuel) and proof of all 2018 income.

- A. Rent receipts or canceled rent checks or payment history for entire 2018 year.
- B. Electric/Gas/Water/Fuel bills, canceled checks or payment histories from the utility companies for entire 2018 year.
- C. Social Security benefit statement for 2018 (SSA 1099)
- D. Bank interest statement and dividends (2018 1099s)
- E. Pension statement for (2018 1099s).
- F. Copy of 2018 Federal income tax return (1040), if filed must be presented.

Please note the change: Renters Rebate Applications will be taken at the Berlin Town Hall in the Social Services Dept. Appointments are necessary. Please call Jaymee Miller, the Town's Social Worker at (860)828-7007 to schedule your appointment.

EASTER TIME

Grab your Easter BONNETS and start decorating some EGGS — Easter time is here again. To get some ideas for your Easter celebration, solve the puzzle below, which features words associated with Easter. Then gather the FAMILY together for an EGG HUNT.

ANGELS

BUNNY

CROWN BREAD

BASKET

CANDLE

DAFFODILS

BONNETS

CHOCOLATE (bunny)

EGG HUNT

BRUNCH

CHURCH

EGGS

FAMILY

FEAST

HOT CROSS (buns)

JELLY (beans)

LAMB

LENT

LILIES

MARSHMALLOW
(chicks)

NEW CLOTHES

PARADE

ROLLING (eggs)

SPRING

SUNRISE (service)

TULIPS



Senior Center Book Discussion

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, April 9th at 1:00PM “Easter Parade” - This Irving Berlin's classic is about a night club performer who hires a naïve chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star. Showtime is 1 Hour and 47 minutes.



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, April 26th we're off to the Olive Garden Restaurant in West Hartford.** The senior bus will leave the senior center at 11:30am. Signups will be taken beginning at 9:00am on Wednesday, April 10th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 10th. If you went on last month's trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP

This month there will be two specialty shopping trips. The first is to the **Big Y's or CT Commons Plaza (Marshall's, AC Moore, Ulta, Charming Charlie and more) on Wed, April 10th.** The second trip is to **Walmart on Wed, April 24th .** **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

**I ♥
SHOPPING**