



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

MAY 2019

Greetings from the Director,

Every May, the Administration for Community Living (ACL) leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Let's celebrate older Americans and the communities of which they are a vital part of. Everyone benefits when everyone can participate. We encourage you to **CONNECT** by participating in the social activities and programs the Senior Center offers, **CREATE** a fitness plan that involves physical activity and maintaining a healthy diet and **CONTRIBUTE** by volunteering in fund raisers, food drives and community cleanups.

We encourage you to connect, create, and contribute for stronger and more diverse communities this May and throughout the year.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." ~ Mark Twain

Tina

OLDER
AMERICANS
MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

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



May 5th-Warner Theatre presents Mamma Mia! - CANCELED

May 20th -Ace in the Hole—The Dean Martin Tribute Show—CANCELED

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

May 29th -Broadway—Your Choice “Kiss Me Kate” or “ The Cher Show” - SOLD OUT

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

August 8th -Saratoga—Cost: \$77.00 Per Person

August 15th—Block Island—Cost: \$137.00 Per Person

August 21-23rd—Lake George & Saratoga—Cost: \$489.00 PP Double, \$692.00 PP Single and \$469.00 PP Triple

August 29th—Westchester Broadway Theatre “Mambo Italiano” - Cost: \$111.00 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

Coffee, Donuts and Berlin Police Dept., Thursday, May 2nd from 8:30am—11am ~ Come have a cup of coffee and a donut and get to know some of our local police officers. They'll be stopping to say hello! **No sign up is necessary.**

Casual Talks with “Jack” Healy Friday, May 3rd @ 9:30am and Thursday, May 16th at 11:30am 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.**

Memoirs Writing Workshop Wednesday, May 8th at 10:00 AM ~ Stories reflect our lives; we add chapters with experiences. L.M. Pampuro, author and writing instructor, will lead a group workshop to help get your life stories down on paper. **Sign up is now being taken.**

Special Bingo Thursday, May 9th at 1:00PM Ledgecrest Convalescent will be sponsoring this Special Bingo on May 9th at 1:00pm. Special refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Naturopathy & Healthy Aging, Wednesday, May 15th @ 1:00PM This program will focus on naturopathic medicine and how it can be used to prevent, manage and treat cardiovascular disease. Presented by Ken Kirk, physical therapist, Southington Care Center. *Sponsored by Southington Care Center.* **Sign is now being taken.**

Special Bingo Thursday, May 16th at 1:00PM Newington Rapid Recovery Rehab Center and the Senior Center will be sponsoring this Special Bingo on Thursday, May 16th 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.**

The Butler—Serving in the White House Wednesday, May 22nd @ 1:00 PM ~ Former White House butler Alan DeValerio will give you the inside details about all the preparations involved in White House entertaining. Not only will he relate his first-hand experiences with history, but he will pass on the stories from those people that he worked with (like Eugene Allen, on whom the movie “The Butler” was based) who have been taking care of our First Families ever since the Franklin Roosevelt administration! Alan will also display many of the White House artifacts (menus, programs, Christmas cards, personal photos, etc.) that he has collected over the years. And after the program his new book “A History of Entertainment in the Modern White House” will be available for purchase and signing. This is a presentation that you won't want to miss! **Sign up will begin on Monday, May 6th.**

Commission for Aging Spring Social—Thursday, May 23rd from 3:30-5:30PM ~ Come and enjoy the sounds of Airborne Jazz. After the music you'll enjoy a fabulous dinner provided by Newington Rapid Recovery Rehab Center. You may sign up yourself and one other person. **Sign up begins on Monday, May 6th.**

Home and Healthcare: What you need to know? - Friday, May 24th at 1:00PM ~ Laurie Stifel, Home Care Liaison from Companions & Homemakers, Inc. will explain what you need to know about home care. Come with your questions! **Sign up will begin on Monday, May 6th.**

Craft Class Wednesday, May 28th at 1:00 PM—Beata Blumes & Sylvia Kaczorek from Euro-American Connections and Homecare will be conducting this craft class. You will be making beautiful decorative bottle that can be used as a vase or just as is. This class is FREE. Please bring a pair of scissors. **Sign will begin on Monday, May 6th.**

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, May 9th and Friday, May 17th.** 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.

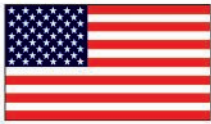
Free Health Clinics The Berlin VNA will hold the following “FREE” health clinics at the Berlin Senior Center. All clinics are “free of charge” and no appointment is necessary. For more information, call the Berlin VNA at (860) 828-7030.

Tuesday, May 7th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, May 14th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, May 21st	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, May 28th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, May 28th 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, May 6th.**

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

May, 2019





1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>LS Hearty Vegetable Soup Unsalted Crackers Hot Dogs Baked Beans Cole Slaw</p> <p>Hot Dog Roll</p> <p>Tropical Fruit Cup</p>	<p>2</p> <p>Orange Juice Open Faced Turkey Sandwich with Turkey Gravy Mashed Potatoes Peas and Carrots</p> <p>Oatmeal Bread</p> <p>Birthday Cake</p>	<p>3</p> <p>American Chop Suey with Elbow Macaroni, Beef, Onions, and Tomato Sauce Peas</p> <p>12 Grain Bread</p> <p>Citrus Sections</p>
<p>6</p> <p>Orange Juice Ziti with Meatballs Marinara Sauce Parmesan Cheese Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Pudding</p>	<p>7</p> <p>Cranberry Juice BBQ Ranch Chicken Confetti Rice Cauliflower</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>8</p> <p>Fish Fillet Potato Wedges Cole Slaw Tartar Sauce</p> <p>W.W. Hamburger Bun</p> <p>Mixed Fruit Cup</p>	<p>9</p> <p>Pork Loin with Pan Gravy Brown Rice Peas and Onions</p> <p>Rye Bread</p> <p>Fresh Tangerine</p>	<p>Mother's Day Special10</p> <p>Italian Wedding Soup Unsalted Crackers Broccoli and Cheese Quiche Potato Pancakes Vegetable Medley Dinner Roll</p> <p>Lemon Merengue Pie</p>
<p>13</p> <p>Veal Parmesan Linguini and Sauce Winter Blend Vegetables</p> <p>Oatmeal Bread</p> <p>Fresh Apple</p>	<p>14</p> <p>Pineapple Juice Meatloaf with Onion Gravy Mashed Potatoes Buttered Beets</p> <p>100% Whole Wheat</p> <p>Cookies</p>	<p>15</p> <p>Pork Riblette Au Gratin Potatoes Green Beans</p> <p>Pumpnickel Bread</p> <p>Cantaloupe</p>	<p>16</p> <p>Cranberry Juice Turkey Tetrazzini over Brown Rice Peas and Carrots</p> <p>Dinner Roll</p> <p>Pecan Spinwheel</p>	<p>17</p> <p>Grilled Chicken with Garlic Parmesan Sauce Penne Florentine Mixed Vegetables</p> <p>Italian Bread</p> <p>Peaches</p>
<p>20</p> <p>Glazed Pork Chop Scalloped Potatoes Italian Green Beans</p> <p>12 Grain Bread</p> <p>Fresh Peach</p>	<p>21</p> <p>Spaghetti with Meat Sauce Italian Blend Vegetables Romaine Salad Italian Dressing</p> <p>Garlic Bread</p> <p>Citrus Sections</p>	<p>22</p> <p>Apple Juice Chicken Fajita Onions and Peppers Mexican Rice Soupy Beans</p> <p>Tortilla</p> <p>Brownie</p>	<p>23</p> <p>Pineapple Orange Juice All Beef Hot Dog Onions, Ketchup, Mustard Potato Egg Salad Corn on the Cob</p> <p>Memorial Day Special Lunch Long Dog Roll</p> <p>Watermelon</p>	<p>24</p> <p>LS Cream of Mushroom Unsalted Crackers Pier 17 Fish Tartar Sauce Rice Pilaf Capri Blend Veggies</p> <p>Rye Bread</p> <p>Tropical Fruit Cup</p>
<p>27</p> <p>Memorial Day Closed</p> 	<p>28</p> <p>Orange Juice Bruschetta Chicken Linguini Italian Blend Vegetables</p> <p>Garlic Bread</p> <p>Cookies</p>	<p>29</p> <p>Hamburger Lettuce and Tomato Steak Fries Green Beans</p> <p>Hamburger Roll</p> <p>Peaches</p>	<p>30</p> <p>Cranberry Juice Crab Cakes Macaroni and Cheese Peas and Carrots</p> <p>W.W. Dinner Roll</p> <p>Ice Cream Sandwich</p>	<p>31</p> <p>Tomato Florentine Soup Unsalted Crackers Egg Salad with Celery Potato Salad Broccoli and Red Pepper Salad Pumpnickel Bread</p> <p>Fresh Pear</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY MOTHER'S DAY</p> 		<p>1 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI</p>	<p>2 8:30am Coffee Hr. 8:30am Coffee-Donut -Berlin Police Dept. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo</p>	<p>3 8:30am Coffee Hr. 9am Coffee w/Jack 9:30am Yoga 12pm Lunch 1pm Spring Celebrate 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg</p>
<p>6 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback</p>	<p>7 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie</p>	<p>8 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI</p>	<p>9 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo Footcare—by appt</p>	<p>10 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg</p>
<p>13 8:30am Coffee Hr. 10am Scrabble 10am AARP BD 12pm Lunch 12:30pm Bridge 1pm Setback</p>	<p>14 8:30am Coffee Hr. 10:00am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie</p>	<p>15 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI</p>	<p>16 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 11:30am Talk w/ Jack 12pm Lunch 1pm Special Bingo</p>	<p>17 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg Footcare—by appt</p>
<p>20 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 12pm Setback Banquet</p>	<p>21 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:15pm AARP Mtg</p>	<p>22 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm The Butler</p>	<p>23 8:30am Coffee Hr. 9am S. Weaving 9:45am Exercise 12pm Lunch 1pm Bingo 3:30-5:30pm CFA Spring Social</p>	<p>24 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowling 1pm Photography 1pm Home & Healthcare 1:15pm Mahjongg</p>
<p>27 Memorial Day Senior Center Closed</p> 	<p>28 8:30am Coffee Hr. 9:45am Exercise 10:00 "Free" Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Craft Class</p>	<p>29 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30 Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1:30pm Book Club</p>	<p>30 8:30am Coffee Hr. 9am S. Weaving 9:45am Exercise 12pm Lunch 1pm Bingo</p>	<p>31 8:30am Coffee Hr. 9:30am Yoga 11:30am LBunch 12pm Lunch 12:45pm Wii Bowling 1pm Photography 1:15pm Mahjongg</p>

General Information

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

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

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

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

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

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

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

FYI (For Your Information)

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

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

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

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

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

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

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

Monthly Meetings

AARP CHAPTER 3035

All members of the Berlin AARP Board of Directors are requested to be sure to attend the meeting on Monday, May 13, at 10:00 AM at the Senior Center. The monthly Chapter meeting is the Annual Banquet, at 12PM on Tuesday, May 21st, at the San Souci restaurant on the Berlin Turnpike. These two meetings will be the final meetings of the Berlin AARP Chapter. The final business report will be given at the Banquet. Members who wish to attend the Banquet and have not yet signed up can make their reservation with Anne Wilchynsky by calling her at 860-829-8086 to select their entrée and send payment to her which must be made before May 16th.

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:

May 3rd, May 17th and May 31st and June 14th & 28th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

Donations

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

<u>Date</u>	<u>Donor's Name</u>	<u>Donation(Designated for)</u>
4/5/19	James McNeil	Senior Center
	Anonymous	Senior Center
	Anonymous	Senior Center
	Eileen Joseph	Senior Center

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

BRAINHQ ONLINE SERVICES

BrainHQ™ Helping Adults – Think Faster, Focus Better, and Remember More

The Berlin-Peck Memorial Library and the Berlin Senior Center are teaming up to provide this online service Visit www.berlinpeck.org to access the site. BrainHQ is an online suite of 27 exercises with 840+ levels of training organized around the 6 core cognitive areas of Attention, Brain Speed, Memory, People Skills, Intelligence and Navigation. Exercises are delivered in short 2 minute or less segments, adapting speed and delivery to your performance. For further instructional information, contact the Berlin-Peck Memorial Library reference desk @ 860-828-7126.

Berlin-Peck Memorial Library Monthly Events

Walking Book Club: Wednesdays in May. Details to be announced soon.

Sit & Knit: Thursday, May 2 & 16 @ 6 pm, Thursday, May 9, 23 & 30 @ 1 pm

Spring Baubles & Bling Sale: Friday, May 3, 5 pm - 8 pm and Saturday, May 4th from 10 am- 2 pm

Gently used jewelry (most priced \$1 - \$10) and purses. Proceeds will fund programs at the library. CASH ONLY,

Keep Moving: Simple Steps to Relieve Pain: Monday, May 6 @ 6:30 pm. Learn small steps you can take to reduce and manage pain without drugs or surgery with Maggie Downie, author of *Keep Moving: Take Steps to Relieve Pain & Improve Your Life*. Books will be for sale after the event. Register.

Morocco Sahara Odyssey: A Travelogue: Tuesday, May 7 @ 6:30 pm. Presenter Marian Amodeo has been a world traveler for many years. Her trip to Morocco in 2017 was a stand-out among the places she's visited. Register.

Movie Matinee: If Beale Street Could Talk: Friday, May 10 @ 1 pm

Polish Folk-Art Workshop: Saturday, May 11, 1-3 pm. Join the Polish Genealogical Society of Connecticut & Northeast to learn how to make a Wycinanki (Polish paper cutout). Please bring scissors and a glue stick to the program. Paper will be supplied. Registration required.

CreativeBug Demo: Monday, May 13 @ 1:30 pm & Wednesday May 22 @ 6:30 pm. Creativebug.com has more than 1,000 award-winning art & craft video classes taught by design experts and artists. It is now FREE with your Berlin library card. Learn how to navigate the website by attending one of these sessions. Register.

Stock Club: Tuesday, May 14 @ 1:30 PM

Estate Planning: Tuesday, May 14 @ 6:30 pm. Paul Czepiga from Czepiga Daly Pope & Perri will discuss wills, trusts, POAs, healthcare directives and the basics of the probate process. Register.

Making Art from a Photograph: Wednesday, May 15 @ 6:30 pm. Learn how to draw a portrait from a photograph. Attendees should bring in a portrait photo they'd like to recreate and a photocopy of the photo for use when drawing the grid (8 x 10 photos preferred). Attendees are encouraged to bring a pencil and a ruler. Presented by artist Nick Frasco, instructor at Wethersfield Academy for the Arts. Registration required.

Movie Matinee: Welcome to Marwen: Friday, May 17 @ 1 pm

Saturday Book Club: Saturday, May 18 @10:30 am. Join us for a discussion of *Summer Wives* by Beatriz Williams.

Cookbook Club: Monday, May 20 @ 6:30 pm This month's title will be *Recipes from an Italian Summer*. Register.

Preventing Tick and Mosquito-Borne Diseases: Tuesday, May 21 @ 1:30 PM. Join the Central CT Health District for a discussion on some protective measures we can take to help us stay healthy this summer. Register.

Movie Matinee: The Wife: Friday, May 24 @ 1 pm

Movie Matinee: On the Basis of Sex (story of Ruth Bader Ginsburg) Friday, May 31 @ 1 pm

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.

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: R enters 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.

Central Connecticut Health District All-District Walking Competition for 2019

If there is a magic elixir for health, what would be most the important component? Arguably physical activity! Looking for some motivation to get more active? Or maybe you already exercise steadily? Either way, it is not too early to start thinking about the 2019 Walking Competition! Your participation in Central Connecticut Health District's Four-Town Walking Competition will help bring home the trophy to Berlin again! This six-week competition will be held from Sunday, April 28 through Saturday, June 8. Registration begins April 15. Pedometers will be provided on a first-come, first-serve basis. Tracking will be available thanks to Anthem Blue Cross Blue Shield via their "WalkerTracker" website. More information will be available on the Health District's website at www.CCTHD.org the first week of April – Public Health Week. For questions, please contact Lecia Paonessa at lpaoonessa@town.berlin.ct.us.

HOUSEPLANTS A TO Z

From AZALEA to ZEBRINA PENDULA, here's a bouquet of houseplants that will help you earn a green thumb from the comfort of your couch.

AZALEA

EARTH
STAR

IMPATIENS

BEGONIA

FICUS

JADE
PLANT

CACTUS

GERANIUM

KING'S
CROWN

DRACAENA

HYACINTH

LADY
PALM

MUSA

NATAL
PLUM

ORCHID

PILEA

QUEEN'S
TEARS

ROSE

SALVIA

TULIP

UMBRELLA
TREE

VALLOTA

WINTER
CHERRY

YUCCA

ZEBRINA
PENDULA

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

Senior Center Book Discussion

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, May 7th—A Dog's Way Home - Based on the beloved bestselling novel, A Dog's Way Home chronicles the heartwarming adventure of Bella (voiced by Bryce Dallas Howard), a devoted dog who embarks on an epic 400-mile journey home after she is separated from her beloved human. ***Rated PG***

Tuesday, May 14th—The Butler— As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society. ***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, May 31st we're off to the DiNovellis Restaurant in Rocky Hill.** The senior bus will leave the senior center at 11:30am. Signups will be taken beginning at 9:00am on Wednesday, May 16th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 16th. 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 **Target or Meriden Square on Wed, May 15th.** The second trip is to **Westfarms Mall on Wed, May 29th .** **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**