



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

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

JUNE 2019

Greetings from the Director,

Is your June calendar at the ready? There are 75 June holidays. I would say you know a few such as Flag Day, Father's Day, and Summer Solstice (1st Day of Summer) but there are a ton you probably have never heard of such as National Cheese Day, National Corn on the Cob Day and Hug Day and National Kissing Day. Phew! That's just a few. Definitely use those calendars to write down all the programs and classes we have scheduled this month at the BSC.

I have a member who is looking for other interested folks to join her in hiking and walking the area trails. If you are interested please let Jane or myself know.

Reminder— if you are a non-resident member your yearly dues are due July 1st. The yearly fee is \$36.00. Please give your payments to Jane. Any questions you have should be directed to Jane. Also if you would like to receive the monthly newsletter "Center Lines" via email please contact Jane at jasevigny@town.berlin.ct.us.

"I wonder what it would be like to live in a world where it was always June" ~ L.M. Montgonery

See you at the BSC!

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



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

Sept 18th—The BiG “E” - Cost: \$55.00 Per Person

Sept 30th—Oct 6th - Trains of New England— Cost: \$1719.00 PP Double, \$2319.00 Single and \$1669.00 PP Triple

Oct 10th—Friesians of Majesty Horse Farm—Cost: \$119.00 Per Person

Oct 15th—Naugatuck Valley Railroad & Mystery Destination—Cost: \$109.00 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

Strawberry Festival, Tuesday, June 4th at 1:00PM We'll start the afternoon off with great music from The Elderly Brothers. These two guys will make you laugh and get your feet a tapping. After the musical performance we will enjoy delicious strawberries with a biscuit and whipped cream. Coffee and tea will be served. **The program is limited to 100 people. You may sign up yourself and one other person. Sign up is now being taken.**

Author's Talk , Wednesday, June 5th at 1:00PM ~ L.M. Pampuro's imagination has been turned on since her youth. Today she is the author of six novels: Dancing With Faith, Maximum Mayhem, The Perfect Pitch, Passenger-the only game in town, Uncle Neddy's Funeral, and Maximum Trouble. Lynn a former resident of Berlin and graduate from Berlin High School. She is an Adjunct Professor at Middlesex Community College, Central CT State University & UCONN. **Sign up now being taken.**

Spin the Wheel with the Berlin VNA, Friday, June 7th at 1:00PM—Come learn about the Berlin Visiting Nurses Association and their services while playing Spin The Wheel. Free gifts for everyone. **Sign is now being taken.**

“NEW” Hi-Low Poker—Starting Monday, June 10th at 9:30AM— Looking for players with basic knowledge of poker. Rules will be discussed at first meeting. At least five players needed to play. **Sign ups now being taken.**

Berlin High School: Past and Present, Monday, June 10th at 1:00PM Members of the Berlin High School Chapter of Rho Kappa will present the culture, changes, and people of Berlin High School over its rich history. By highlighting current aspects of the school, as well as the evolution that has taken place over the years, this is also an opportunity for senior members of the Berlin community to share their memories of Berlin High School, ask questions of current students, and build relationships in an inter-generational effort to highlight our collective experiences. **Sign is now being taken.**

CRIS Radio Presentation, Wednesday, June 12th at 1:00PM -The CT Radio Information System, Inc. (CRIS) is a nonprofit 501(c)(3) radio-reading service that has been serving people who are blind or print-challenged for more than four decades. Listeners can hear CRIS Radio's 24/7 broadcasts of more than 70 newspapers and magazines several different ways, including online and on-demand. Join us to learn all about CRIS radio. We'll teach you how to navigate the technologies available to access CRIS radio and provide other resources available to your community . **Sign ups are now being taken.**

Special Bingo Thursday, June 13th at 1:00PM - Ledgecrest Convalescent will be sponsoring this Special Bingo on June 13th at 1:00pm. Special refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Building Better Bones and Joints, Tuesday, June 18th at 1:00PM— Presented by Maquita Sellers, exercise physiologist, GoodLife Fitness. *Sponsored by Arbor Rose at Jerome Home.* **Sign ups will begin on Monday, June 3rd.**

Special Bingo Thursday, June 20th at 1:00PM Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, June 20th 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.**

Craft Class Friday, June 28th at 1:00 PM—Beata Blumes & Sylvia Kaczorek from Euro-American Connections and Homecare will be conducting this craft class. Craft TBA. This class is FREE. Please bring a pair of scissors. **Sign will begin on Monday, June 3rd.**

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.

SETBACK DROP IN—Every Monday at 1:00PM. 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

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 Friday, June 14th and Thursday, June 20th.** 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, June 4th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, June 11th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, June 18th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, June 25th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

CCHD Vector Borne Disease Presentation, Wednesday, June 19th at 1:00PM—Luis Pantoja from the Central CT Health District will provide a broad overview of vector-borne (tick, mosquitoes and fleas) diseases. He will recommend personal protective measures to take to ensure your safety as we head into summer months. **Sign up will begin on Monday, June 3rd.**

Ladies Free Manicures on Tuesday, June 25th at 10:00AM - Tina Bradbury and Rosanna D'Anna 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, June 3rd.**

CRT Opioid Presentation, Tuesday, June 25th at 1:00PM—The Community Renewal Team along with the assistance of the RSVP Retired Senior Volunteer Program and Behavior Health Divisions will present this informative and educational presentation. Refreshments and "Free" Drug Disposal Kits will be provided. This program is sponsored through a grant from the North Central Area Agency on Aging. **Sign ups will begin on Monday, June 3rd.**

"NEW" Chair Massages Thursdays 8:30AM-12:30PM—Lori Cova LMT from Healing Hands Massage LLC in Berlin will be here **June 6th and 20th** offering 10 minutes and 15 minutes appointments for chair massages. An 10 minute appointment will cost \$8.00 and an 15 minute appointment will cost \$12.00. Lori is a medical Massage Therapist, License 007309. To make an appointment please call the Senior Center. Payments will be made to Lori directly at the time of your appointment. **Sign ups are now being taken.**







June 2019



MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  				
<p>Orange Juice 3</p> <p>Ziti with Meatballs Marinara Sauce Parmesan Cheese Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Pudding</p>	<p>Cranberry Juice 4</p> <p>BBQ Chicken Ranch Confetti Rice Cauliflower</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>Fish Fillet 5</p> <p>Potato Wedges Cole Slaw Tartar Sauce</p> <p>W.W. Hamburger Bun</p> <p>Mixed Fruit Cup</p>	<p>Pork Loin with 6</p> <p>Pan Gravy Brown Rice Peas and Onions</p> <p>Rye Bread</p> <p>Fresh Tangerine</p>	<p>Grape Juice 7</p> <p>Roast Beef Mushroom Gravy Mashed Potatoes Green Beans</p> <p>Dinner Roll</p> <p>Pudding</p>
<p>Veal Parmesan 10</p> <p>Linguini and Sauce Winter Blend Vegetables</p> <p>Oatmeal Bread</p> <p>Fresh Apple</p>	<p>Pineapple Juice 11</p> <p>Meatloaf with Onion Gravy Mashed Potatoes Buttered Beets</p> <p>100% Whole Wheat</p> <p>Cookies</p>	<p>Pork Riblette 12</p> <p>Au Gratin Potatoes Green Beans</p> <p>Pumpnickel Bread</p> <p>Cantaloupe</p>	<p>Cranberry Juice 13</p> <p>Turkey Tetrazzini over Brown Rice Peas & Carrots</p> <p>Dinner Roll</p> <p>Pecan Spinwheel</p>	<p>Father's Day Special 14</p> <p>Orange Juice Broccoli and Cheese Stuffed Chicken Breast Orzo with Pepper Broccoli</p> <p> 12 Grain Bread</p> <p>Strawberry Sundae</p>
<p>Glazed Pork Chop 17</p> <p>Scalloped Potatoes Italian Green Beans</p> <p>12 Grain Bread</p> <p>Fresh Peach</p>	<p>Spaghetti with 18</p> <p>Meat Sauce Italian Blend Vegetables Romaine Salad Italian Dressing</p> <p>Garlic Bread</p> <p>Citrus Sections</p>	<p>Apple Juice 19</p> <p>Chicken Fajita Onions and Peppers Mexican Rice Soupy Beans</p> <p>Tortilla</p> <p>Brownie</p>	<p>Cranberry Juice 20</p> <p>Philly Cheese Steak Onions and Peppers Tater Tots Coleslaw</p> <p>Sub Roll</p> <p>Applesauce</p>	<p>LS Cream of Mushroom 21</p> <p>Unsalted Crackers Pier 17 Fish Tartar Sauce Rice Pilaf Capri Blend Veggies Rye Bread</p> <p>Tropical Fruit Cup</p>
<p>Turkey Kielbasa 24</p> <p>Pierogies Red Cabbage</p> <p>Rye Bread</p> <p>Applesauce</p>	<p>Orange Juice 25</p> <p>Bruschetta Chicken Linguini Italian Blend Vegetables</p> <p>Garlic Bread</p> <p>Cookies</p>	<p>Hamburger 26</p> <p>Lettuce and Tomato Steak Fries Green Beans</p> <p>Hamburger Roll</p> <p>Peaches</p>	<p>Cranberry Juice 27</p> <p>Crab Cakes Macaroni and Cheese Peas and Carrots</p> <p>W.W. Dinner Roll</p> <p>Ice Cream Sandwich</p>	<p>LS Tomato Florentine 28</p> <p>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
3 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback D/I	4 8:30am Coffee Hr. 9:45am Exercise 11am Life Experience Bingo 12pm Lunch NO Po Ke No 1pm Strawberry Festival	5 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Author's Talk	6 8:30am Coffee Hr. 8:30am Chair Massages 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	7 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Spin the Wheel 1pm Photography 1:15pm Mahjongg
10 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback D/I 1pm BHS: Past and Present	11 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie 1pm Mental Health with Arts	12 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm CRIS Radio	13 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo	14 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg Footcare—by appt
17 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback D/I 7pm CFA Meeting	18 8:30am Coffee Hr. 10:00am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Building Better Bones and Joints 1pm Mindfulness and Meditation	19 8:30am Coffee Hr. 8:45am Dental Clinic 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Vector Borne Presentation	20 8:30am Coffee Hr. 8:30am Chair Massage 8:45am Dental Clinic 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo Footcare—by appt	21 8:30am Coffee Hr. 9:30am Yoga 11:00am LBunch Trip 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
24 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1:00PM Setback D/I	25 8:30am Coffee Hr. 9:45am Exercise 10am Free Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Opioid Presentation	26 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	27 8:30am Coffee Hr. 9am S. Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	28 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowling 1pm Photography 1pm Craft Class 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.

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

COMMISSION FOR THE AGING MEETING
Monday, June 17th @ 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:

June 14th & 28th and July 12th and July 26th and August 9th & 23rd

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>
5/7/19	Anonymous	Senior Center
5/29/19	James McNeil	Senior Center
	Bill Szetela	Senior Center

We appreciate all donations received at the Center!

These donations help us out tremendously!

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

BRAINHQ ONLINE SERVICES

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

A Brief History of Lamentation Mountain: Monday, June 3 @ 6:30 pm The Berlin Land Trust presentation by Raymond Archacki on the history of Lamentation Mountain. Land Trust members, as well as the public, are welcome to attend. Raymond will present a brief history of Lamentation Mountain and describe local efforts to protect this natural treasure to preserve its natural beauty for everyone. Light refreshments will be served. Register.

Walking Book Club: Wednesdays in June. See details on our website: www.berlinpeck.org. We will not be meeting on 6/12.

The Mineral Kingdom: Understanding Rocks, Minerals and Crystals: Tuesday, June 4 @ 6:30 pm Nancy Narjarian of the Lapidary & Mineral Society of Central Connecticut for a discussion and hands-on presentation about rocks, minerals and crystals. Participants will have an opportunity to view them in a florescent box and under a microscope during the program. Register.

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

Movie Matinee: Mary Poppins Returns: Friday, June 7 @ 1 pm

Hands-Only CPR and First Aid Training: Wednesday, June 12 @ 6 pm CPR can double or even triple a person's chance of survival. This class will be presented by Maria V. Martinez, RN, BSN, PH. Sponsored by Kensington-Berlin Rotary Club. Register.

Movie Matinee: Bohemian Rhapsody: Friday, June 14 @ 1 pm

Saturday Book Club: Saturday, June 15 @10:30 am. Join us for a discussion of *The Last Mrs. Parrish* by Liv Constantine. Contact the library to register and to get a copy of the book.

Summer Reading program for adults begins Monday, June 17 No codes, no passwords, no log-ins — just raffle tickets! Read, attend programs, and complete achievements to earn raffle tickets for any of a welcome prize baskets. Raffles will be held every week in July and August! Visit the Adult Reference Desk to get started.

Cyrillic Russian Alphabet Workshop: June 19 from 5:30-7:30 This hands-on, interactive workshop will help you learn to recognize and write all the letter symbols in the Cyrillic alphabet and learn the sounds each letter represents. Jonathan Shea, is professor at CCSU. Sponsored by Polish Genealogical Society of Connecticut & the Northeast and Jewish Genealogy Society of CT. Registration required.

Make & Take: Clay Leaf Bowl: Thursday, June 20 @ 6:30 pm Create a small clay bowl sculpted from and imprinted with a real leaf, perfect for display or holding jewelry or trinkets. Come back in to paint and seal your bowl on June 27th. All supplies provided. Registration required. Cancellation policy applies.

Movie Matinee: The Rider: Friday, June 21 @ 1 pm

Cookbook Club: Monday, June 24 @ 6:30 pm Join us for this fun twist on a book club. All cooks welcome! Borrow the book, make a recipe, and share it at the club! This month's title will be *How Not to Die Cookbook: 100 Recipes to Help Prevent and Reverse Disease* by Michael Gregor. Please contact the library for a copy of the book. Plates, cutlery, napkins and juice will be provided. Please bring in your own serving utensils and label your dish. Register.

Movie Matinee: Stan and Ollie: Friday, June 28 @ 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: 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.

Entertain Your Brain with Bay Path University Students

Tatiana Cvjetinovid and Joanne Puzio are Master Level Occupational Therapy students from Bay Path University fulfilling their Level I Mental Health Fieldwork requirements. They will be holding five activity sessions that emphasize mental health and wellness. These sessions will further enhance the leisure interests, mental and emotional well-being and mindful practices of participants. The remaining sessions are: **Tuesday, June 4th 11:00AM – 12:00PM “Life Experience Bingo”, Tuesday, June 11th – 1:00PM -2:00PM, “Mental Health with Arts”, Tuesday, June 18th – 1:00PM – 2:00PM “Mindfulness and Meditation”. Sign ups are now being taken.**

BATTER UP!

We're taking you out to the BALLPARK in Word Search style with this puzzle whose hidden words contain either "BALL" or "BAT." You can hit a home run by uncovering all 28 terms.

ACROBAT

BALLOON

BALLROOM

BALLAD

BALLOT

BASEBALL

BALLAST

BALLPARK

BASKETBALL

BALLET

BALLPOINT

BATCH

BATHROBE

BATHTUB

BATIK

BATON

BATTER

BATTLE

BIRDBATH

DEBATE

EIGHTBALL

FOOTBALL

MEATBALL

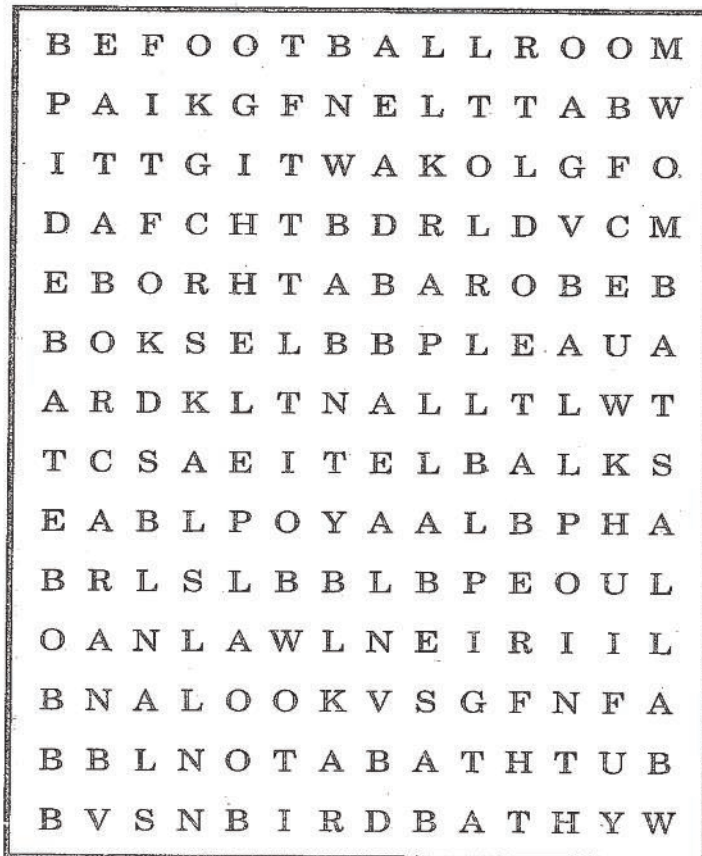
PINBALL

REBATE

SNOWBALL

VOLLEYBALL

WOMBAT



Senior Center Book Discussion

There will be NO BOOK DISCUSSION during the summer months June—July—August. We will see you in the Fall! Make sure to check out the Library's Summer Reading program.

Did you know that the Berlin Senior Center has a Lending Library? We have a nice selection of large print books, bestsellers and paperbacks. We use the "honor system". You can select up to two books at a time and keep them as long as you want.

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, June 11th at 1:00PM ~ The Upside—Two mischievous New Yorkers from opposite backgrounds bond as an ex-con is hired to be the caretaker for an affluent quadriplegic. The pair form an unlikely friendship while they show each other how to live life to the fullest in this winning dramedy. **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, June 21st we’re off to the Lenny & Joe’s in Westbrook.** The senior bus will leave the senior center at 11:00am. Signups will be taken beginning at 9:00am on Wednesday, June 12th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 12th. 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 **Walmart in Cromwell on Wed, June 19th.** The second trip is to **Marshall’s or AC Moore in Plainville on Wed, June 26th.** **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**