



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

JULY 2019

Greetings from the Director,

Happy Summer! It's time to enjoy the long days of sunlight, family picnics, fireworks and days at the beach. Just remember to make it a healthy and safe summer. Use your sunscreen and bug spray. Stay hydrated and cool on those hot days.

The Berlin Veterans Commission will sponsor a "Free Tribute to Our Veterans" outdoor concert featuring the 102nd CT Army National Guard Concert Band on Thursday, July 25th at 6:30PM. Concert will be held at Berlin Veteran Memorial Park.

Reminder— if you are a non-resident member your yearly dues are due. The yearly fee is \$36.00. Please give your payments to Jane. Any questions you have should be directed to Jane.

If you would like to receive the monthly newsletter "Center Lines" via email please contact Jane at jasevigny@town.berlin.ct.us.

"I love summertime more than anything else in the world. That is the only thing that gets me through the winter, knowing that summer is going to be there." ~ Jack McBrayer

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. *Exceptions allowable for non-curb to curb service pending approval from the Director.**

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



July 7th—The Boston Pops at Tanglewood—Canceled by Getaway

July 11th—Coins & Claws—Cost: \$ 77.00 Per Person. Taking a Wait List.

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. Taking a Wait List.

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. Taking a Wait List.

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

Oct 22nd—Oktoberfest at the Log Cabin—Cost: \$106.00 Per Person

Oct 23rd-25th—Dover Downs Hotel & Casino—Cost: \$299.00 PP Double, \$435.00 Single and \$289.00 PP Triple.

Oct 29th—A Spellbinding Day in Salem, MA—Cost: \$128.00 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



Bingo - Wednesday, July 3rd at 1:00PM—Our regularly weekly bingo game will be moved from Thursday, July 4th to Wednesday, July 3rd due to the 4th of July Holiday and the Senior Center being closed. Our regularly scheduled games will be played.

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

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

Lunch and Learn Tuesday, July 16th at 11:00 AM

Healthy Food Choices, Up Your Nutrition IQ. Participants will learn how to improve their nutrition with healthy choices one step at a time. Jennifer Mc Manus, RN with Atrinity Home Health will be the presenter. Lunch will be served. Sponsored by Autumn Lake Healthcare at Cromwell



Berlin Historical Society Story Share

Wednesday, July 17th at 1pm

**A series of round table discussions celebrating Berlin History
Berlin's Old House Survey – What do you remember?**

Berlin Peck Memorial Librarian, Cathy Nelson, may have retired from her career at the library, but has never stopped researching Berlin's history. She can often be seen at local programs where the topic is Berlin's past. Her most recent project is the updating and merging of three major historic house surveys into one resource. House history is one of the most frequent requests handled by Berlin Historical Society and by the History Room at the library. With assistance from Sallie Caliandri, Lorraine Stub, Catherine Bolduc and Pam Pethigal, the team is trying to determine what houses are still standing. They need your

help. The event is free, open to the public, and refreshments will be served. We encourage you to bring pictures of Berlin scenes, events and people to be scanned for the museum's archive. **Sign ups are now being taken.**



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

HI-LO Poker Drop In—Every Monday at 9:30AM. Must have basic knowledge of poker.

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

If you are interested in starting a new Drop In

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, July 12th and Thursday, July 18th.** Services are provided by Catherine Brennan, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$29.00.** Please **no diabetics**. Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse. Home visits are available at a cost of **\$50.00 per visit.** Her home phone number (in Wethersfield) is (860)513-1040.

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

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

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

“NEW” Chair Massages Thursdays 8:30AM-12:30PM — Lori Cova LMT from Healing Hands Massage LLC in Berlin will be here **July 3rd and July 18th** 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 Jane at the Senior Center. Payments will be made to Lori directly at the time of your appointment. **Sign ups are now being taken.**

July Menu 2019



SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Orange Juice Roast Turkey with Turkey Gravy Stuffing Spinach Cranberry Sauce Dinner Roll</p> <p>Fresh Plum</p>	<p>2</p> <p>Apple Juice Cheeseburger Lettuce and Tomato LS Baked Beans Corn on the Cob Ketchup Hamburger Roll</p> <p>Italian Ice</p>	<p>3</p> <p>Grape Juice Crab Cakes Cream Sauce French Fries Broccoli <i>Happy Birthday</i> Oatmeal Bread</p> <p>Birthday Cake</p>	<p>4</p> <p>Happy Fourth of July!</p> 	<p>5</p> <p>Minestrone Soup Unsalted Crackers Chef Salad with LS Ham, LS Turkey, Cheese, Egg, Tomato, Cucumbers and Olives Ranch Dressing Bakery Roll Fresh Orange</p>
<p>8</p> <p>Chicken Salad with Celery Pasta Salad with Broccoli, Red Peppers, White Beans, Black Olives and Carrots Hoagie</p> <p>Pineapple Chunks</p>	<p>9</p> <p>Grape Juice Eggplant Rolatini Marinara Sauce Ziti Green Beans 12 Grain Bread</p> <p>Brownie</p>	<p>10</p> <p>Asian Chicken Salad with Chicken Strips, Mandarin Oranges, Sesame Seeds and Cucumbers</p> <p>Breadstick</p> <p>Grapes</p>	<p>11</p> <p>Salisbury Steak LS Gravy Mashed Potato Carrots</p> <p>Rye Bread</p> <p>Fruit Cocktail</p>	<p>12</p> <p>Pea Soup Unsalted Crackers Crabmeat Salad Sandwich Cucumber Onion Dill Salad Hot Dog Roll</p> <p>Fresh Apple</p>
<p>15</p> <p>Grape Juice Pier 17 Fish Mashed Potato Scandinavian Veggies Tartar Sauce</p> <p>12 Grain Bread</p> <p>Chocolate Chip Cookies</p>	<p>16</p> <p>Stuffed Shells Meat Sauce Garden Salad Ranch Dressing</p> <p>Garlic Bread</p> <p>Pineapple Chunks</p>	<p>17</p> <p>N.E. Clam Chowder Unsalted Crackers Egg Salad, Cottage Cheese, 4 Bean Salad Lettuce Bed</p> <p>Corn Muffin</p> <p>Peaches</p>	<p>18</p> <p>Grape Juice Grilled Orange Chicken Orange Sauce Sesame Noodles Winter Blend Veggies</p> <p>100% Whole Wheat Bread</p> <p>Tropical Fruit Cup</p>	<p>19</p> <p>Orange Juice Slow Cooked Pork with Pan Gravy Roasted Herb Potatoes Squash Medley</p> <p>Dinner Roll</p> <p>Watermelon</p>
<p>22</p> <p>Eye of the Round Horseradish Sauce Mashed Potato Beets</p> <p>12 Grain Bread</p> <p>Pineapple Chunks</p>	<p>23</p> <p>Apple Juice Pork Riblet BBQ Sauce Corn with Black Beans Cole Slaw</p> <p>Corn Muffin Vanilla Chocolate Ice Cream Social</p>	<p>24</p> <p>Baked Fish Tartar Sauce Buttered Rice with Peas and Mushrooms Stewed Tomatoes</p> <p>Rye Bread</p> <p>Banana</p>	<p>25</p> <p>Cranberry Juice Philly Cheese Steak Onions and Peppers Tri-Color Pasta Salad Carrot Slaw</p> <p>Hoagie</p> <p>Peaches</p>	<p>26</p> <p>Macaroni, Tuna and Pea Salad Broccoli and Red Pepper Salad</p> <p>100% W.W. Dinner Roll</p> <p>Fresh Fruit Salad</p>
<p>29</p> <p>Potato Leek Soup Unsalted Crackers LS Italian Sausage (mild) Onions and Peppers Pasta Spinach Salad</p> <p>Club Roll</p> <p>Fruit Cocktail</p>	<p>30</p> <p>Cranberry Juice Meatloaf with Onion Gravy Mashed Potato Peas and Carrots</p> <p>Multi Grain Bread</p> <p>Fresh Pear</p>	<p>31</p> <p>Spaghetti and Turkey Meatballs Parmesan Cheese Broccoli</p> <p>Italian Bread</p> <p>Peaches</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback D/I	2 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	3 8:30am Coffee Hr. 8:30am– 10:30am Chair Massage 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Bingo 1pm Coloring 1pm Cribbage DI		5 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
8 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback D/I	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 10:30am Specialty Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	11 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo	12 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg Footcare—by appt
15 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback D/I	16 8:30am Coffee Hr. 10:00am Exercise 11am Lunch & Learn 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No	17 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Story Share	18 8:30am Coffee Hr. 8:30am Chair Massage 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo Footcare—by appt	19 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:15pm Mahjongg
22 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1:00PM Setback D/I	23 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	24 8:30am Coffee Hr 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	25 8:30am Coffee Hr. 9am S. Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	26 8:30am Coffee Hr. 9:30am Yoga 11am LBunch Trip 12pm Lunch 12:45pm Wii Bowling 1pm Photography 1:15pm Mahjongg
29 8:30am Coffee Hr. 10am Scrabble 12pm Lunch 12:30pm Bridge 1:00PM Setback D/I	30 8:30am Coffee Hr. 9:45am Exercise 10am Free Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Skin Cancer Presentation	31 8:30am Coffee Hr 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI		

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)

Greater Hartford Legal Aid (GHLA) Office provides free counseling and representation on many Elder Law Issues (Medicaid & other government programs, patients' rights, nursing home issues, etc. They are located at 999 Asylum Avenue, 3rd Floor, Hartford, CT 06105-2465 Phone: 860-541-5000, Fax: 860-541-5050 Email: ghla@ghla.org.

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.

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 needless 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, Sept 16th

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:

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>
5/30/19	Anonymous	Senior Center
	AARP Berlin Chapter 3035	Senior Center
	James McNeil	Senior Center
	(2) Anonymous	Senior Center
	Rose Wollman	Senior Center
6/13/19	James McNeil	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

Summer Reading Program for Adults: July and August No codes, no passwords, no log-ins — just raffle tickets! Read, attend programs, and complete challenges to earn raffle tickets for any of our prize baskets. Raffles will be held on Thursdays in July and August. Pick up your booklet at the Adult Reference Desk to get started.

Walking Book Club: Wednesdays, July 10, 17, 24, 31 @ 12:15 pm—Our Walking Book Club is similar to a regular book club, except we will take our meetings outside and walk while we discuss books. During the month of July, we will meet on Wednesdays at 12:15 pm at the entrance to Pistol Creek and will walk for about 1.2 miles. This month, we will meet and discuss a specific book as we read it throughout the month. Our July selection will be ***A Walk Across the Sun*** by Corban Addison. Please contact the library to obtain a copy of the book. In the event of inclement weather, we will notify you of a cancellation. Please be sure to include the best number/email in which to reach you.

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

Movie Matinee: *A Dog's Way Home*: Friday, July 12 @ 1 pm Movie description: A female dog travels four hundred miles in search of her owner throughout a Colorado wilderness. Rated PG.

Celebrate the 50th Anniversary of the Apollo 11 Moon Landing: Monday, July 15 @ 4 pm Join Us for a Live Webcast Event to Celebrate NASA's 50th Anniversary of Apollo 11's Historic Moon Landing! What was the sequence of this incredible mission? Where on the Moon did they land? And how did they return safely to Earth? Join us for a guided recreation of Apollo 11's journey to see how this mission was executed by crew members and mission control in Houston. Register. *Sponsored by The American Museum of Natural History and the STAR Library Network's NASA@ My Library program.*

Movie Matinee: *Finding Your Feet*: Friday, July 19 @ 1 pm On the eve of retirement a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate. Rated PG-13.

Saturday Book Club: Saturday, July 20 @ 10:30 am Join us for a discussion of ***Girls in the Garden*** by Lisa Jewell. Please contact the reference desk to reserve a copy of the book. Register.

Movie Matinee: *Overboard*: Friday, July 26 @ 1 pm Movie description: After a spoiled, wealthy yacht owner is thrown overboard and loses his memory, a mistreated employee convinces him that he is her working-class husband. Rated PG-13.

Cookbook Club: Monday, July 29 @ 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 book: ***Everyday Cook*** by Alton Brown. 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.

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.

Skin Cancer Presentation Tuesday, July 30, 1pm. Free

This presentation will cover prevention and sun safety guidelines, early detection and self exams. Presented by Tina Rodriguez, outreach educator. ***Sponsored by Hartford HealthCare Cancer Institute and Hartford HealthCare Senior Services.*** Sign up will begin on Monday, July 15th.

DINING OUT

Even if you love barbecuing, it's still nice to go out and let someone else do the cooking for a change. Before you treat yourself to a nice meal at your favorite RESTAURANT, place a circle around these terms about dining out. *Bon appétit!*

BOOTH
BREAD
BREAKFAST
BUSBOY
CASHIER
CHECK
COFFÉE
COOK
COURSE
CUISINE
DINNER
DISH
DRINK
ENTREE
FARE
FISH
HOSTESS
KITCHEN
LUNCH
MAITRE D'
MANAGER
MENU
MUSIC
NAPKIN
ORDER

PLATE
RESTAURANT
SALAD
SEAFOOD
SERVICE
SILVER

SOUP
SPECIAL
TABLE
TRAY
UNIFORM
WAITER



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, July 2nd– Dirty Dancing ~ A young woman falls for a dreamy dance instructor while spending the summer of 1963 at a Catskills resort with her family. **Rated PG 13**

Tuesday, July 9th–Second Act—An assistant manager with a stellar record but no college degree makes her unqualified for a big promotion. When a fake resume leads a big financial firm to hire her, it completely changes her life. She then sets out to prove to the world that street smarts matter just as much as, if not more than, degrees and titles. **Rated PG 13**

Tuesday, July 23rd– Instant Family—Idealistic couple Ellie and Pete find themselves overwhelmed when they open up their home to foster teenager Lizzy and her two younger siblings, Juan and Lita. With the help of fellow foster parents and agency workers, they learn to navigate the joys and pitfalls of parenting to become a modern family.

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, July 26th 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, July 17th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 17th. 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 **Christmas Tree Shoppe in Manchester with lunch at the Olive Garden on Wed, July 10th.** The second trip is to **Freihofer’s Bakery Outlet in Cromwell on Wed, July 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 answering machine.

