



BERLIN SENIOR CENTER

## **Center Information**

33 Colonial Drive,

Berlin, CT 06037

Phone # (860) 828-7006

Fax: (860) 828-7116

Email: [tdoyle@town.berlin.ct.us](mailto:tdoyle@town.berlin.ct.us)

[jasevigny@town.berlin.ct.us](mailto:jasevigny@town.berlin.ct.us)

## **Staff**

Director ..... Tina Doyle

Asst. Director .... Jane Sevigny

## **Hours**

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

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

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

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

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

## **Membership (Ages 60+)**

Resident: No Cost

Non-Resident: \$36 Annually

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# BERLIN SENIOR CENTER LINES

AUGUST 2019

Greetings from the Director,

**Hello August! Goodbye July! I hope you are enjoying yourselves by doing some fun summer things like outdoor concerts, a visit to the beach, eating an ice cream cone and possible getting away with family and friends. Remember to stay cool and hydrated in this hot weather.**

**We have been fortunate again this summer to have some local residents that have donated their extra produce from their gardens to the Center for us to hand out. A BIG Thank You to Ralph Arena, Joe Wotjusik and family, Danny and Berger Nurseries.**

*“August is like the Sunday of summer.”*

*“Summer is a state of mind.”*

*“It’s always summer somewhere.” ~ Lilly Pulitzer*

**See you at the BSC!**

**Tina**





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## Transportation

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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](http://www.cttransit) online for maps and fare information.

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## Other Transportation...

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

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

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

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

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## Senior Center Trips



August 8th—Saratoga—Cancelled by Getaway Tours

August 15th—Block Island—Cost: \$137.00 Per Person Taking a Wait List.

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

Nov 7th— Ace in the Hole—A Tribute to Glen Campbell and John Denver—Cost: \$115.00 Per Person

Nov 14th—Westchester Broadway Theatre—”An American in Paris” - Cost: \$111.00 Per Person

Nov 21st—Radio City Christmas Spectacular—Cost: \$206.00 Per Person

Dec 4th-6th The Miracle of Christmas @ Sight & Sound—Cost: \$477.00 Double, \$609.00 Single and \$457.00 Triple

**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!

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## Monthly Activities

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**Coffee with the “New” Interim Town Manager Thursday, August 1st, at 9:00AM**—Stop by and introduce yourself and welcome Arosha Jayawickrema our “new” Interim Town Manager. Mr. Jayawickrema is retired from the University of Hartford where he held several positions over many years. **No sign up is necessary.**

**How to Be Aware of Your Surroundings, Tuesday, August 6th at 1:00 PM** - **This presentation will help you learn how to** avoid slips, trips and falls. Presented by Maquita Sellers, exercise physiologist. *Sponsored by GoodLife Fitness.* **Sign up will begin on Thursday, August 1st.**

**Special Bingo Thursday, August 8th at 1:00PM**—Ledgecrest Convalescent will be sponsoring this Special Bingo on August 8th at 1:00pm. Special refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

**Camp “Tina” is happening starting Tuesday, Aug 13th through to Friday, Aug 16th.**

Come and join the Head Counselor Tina in some fun activities.

**Tuesday, Aug 13th at 11:00am** Bring a bag lunch and join the fun in making some decorative wine bottles. Dessert and beverages will be provided.

**Wednesday, Aug 14th at 1:00PM** Come and try out some “new” recipes. Counselor Tina will be teaching you how to make some delicious treats.

**Thursday, Aug 15th at 12:00 PM** Shopping and then Lunch at the Senior Center Carving Station and Special Bingo. Shopping trip is limited to 11 people.

**Friday, Aug 16th at 10:00AM** Come join us on a Mystery Field Trip. Will include a lunch stop. Trip is limited to 11 people.

**Special Bingo Thursday, August 15th at 1:00PM** ~Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, August 15th 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.**

**Carving Station at our Congregate Meal on Thursday, August 15th at 12:00PM**

Please make lunch reservation with CW Staff between 10:30am – 11:45am Monday - Friday  
Suggested Donation \$2.50 The menu is as follows: Grape Juice, Ham, Cherry Pineapple Sauce, Mashed Potatoes, Peas, Dinner Roll and Chocolate Cream Pie.

**Reminder: The Fall Setback Tournament will begin on Monday, Sept 9th @ 1pm.** If you would like to be a “sub” player or you have a team of two who would like to play please contact Jane at (860) 828-7006. She will forward your information on to the Setback Committee.

### **A Few of Our Upcoming Events for September—National Senior Center Month**

*Sept 5th—Oct 10th—Caregiver Course*

*Sept 6th—Shred It Event*

*Sept 11th—Memory Care*

*Sept 24th—Care One Security*

*Sept 25th—CRIS Radio*



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## Weekly Classes

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### Exercise for Wellness Class

**EVERY TUESDAY & THURSDAY @**

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

### “The Social Leftovers”

**EVERY WEDNESDAY 9:30AM –11:00AM**

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

### Yoga Class

**EVERY FRIDAY @ 9:30 AM**

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

## To Find Newsletter Online

**Go To Town Website:**

**[www.town.berlin.ct.us](http://www.town.berlin.ct.us)**

**Then go to the toolbar:**

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

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## Drop Ins

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**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.

**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.

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## Health Services

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**Catholic Charities Counseling Services Available At the Berlin Senior Center** ~Do you feel like you need to make some changes in your life but don't know how? Do you find yourself worrying a lot about everything or anything? If the answer is YES then make an appointment. Awilda Rodriguez, Outreach and Support Worker, Catholic Charities will be available to meet with you, connect, support, and provide you with referrals to the Catholic Charities Counseling Services (2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month, from 9am to 11am). This is a free service made available through a Marjorie Moore Grant. Call (860) 757-0845 to make an appointment.

**Footcare Program (By Appointment Only)** The Berlin Senior Center offers low cost foot care for seniors provided by a specially trained registered nurse. **This month's program is scheduled for Thursday, Aug 8th and Friday, Aug 16th.** Services are provided by Catherine Brennan, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. **\*Fee is \$29.00.** Please **no diabetics.** Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse. Home visits are available at a cost of **\$50.00 per visit.** Her home phone number (in Wethersfield) is (860)513-1040.

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

|                             |                           |                                 |
|-----------------------------|---------------------------|---------------------------------|
| <b>Tuesday, August 6th</b>  | <b>12:45 PM ~ 1:45 PM</b> | <b>Blood Pressure Screening</b> |
| <b>Tuesday, August 13th</b> | <b>12:45 PM ~ 1:45 PM</b> | <b>Blood Pressure Screening</b> |
| <b>Tuesday, August 20th</b> | <b>12:45 PM ~ 1:45 PM</b> | <b>Blood Pressure Screening</b> |
| <b>Tuesday, August 27th</b> | <b>12:45 PM ~ 1:45 PM</b> | <b>Blood Pressure Screening</b> |

**Ladies Free Manicures on Tuesday, August 27th 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, August 5th.**

### **The Dangers of Hot Weather for the Elderly** **Heat + Humidity = DANGER**

As we age, we gradually lost the ability to perspire and regulate our body temperature. This is why older people tend to over dress because they don't feel the heat the same way anymore. Older skin also thins and yields less protection from the sun. Several medications also interfere with one's ability to regulate the body's temperature.

#### **Tips for Staying Cool**

Wear Cool Clothing  
Use Air Conditioning—if you don't have air conditioning use room fans  
Do not engage in strenuous activity  
Eat light meals  
Take cool showers and baths  
Drink plenty of fluid  
Avoid the direct sun— stay indoors from 11:00 AM to 4:00 PM



# August Menu 2019

1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$2.50**

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
|   |    |    | 1<br>Grape Juice<br>Crab Cakes<br>Cream Sauce<br>French Fries<br>Broccoli<br><b>Happy Birthday</b><br>Oatmeal Bread<br><br>Birthday Cake   | 2<br>Minestrone Soup<br>Unsalted Crackers<br>Chef Salad with<br>LS Ham, LS Turkey,<br>Cheese, Egg, Tomato,<br>Cucumbers and Olives<br>Ranch Dressing<br>Pumpkin Bread<br><br>Fresh Orange |
| 5<br>Chicken Salad<br>with Celery<br>Pasta Salad with<br>Broccoli, Red Peppers,<br>White Beans, Black<br>Olives and Carrots<br><br>Club Roll<br><br>Pineapple Chunks                                   | 6<br>Grape Juice<br>Eggplant Roulade<br>Marinara Sauce<br>Ziti<br>Green Beans<br><br>12 Grain Bread<br><br>Brownie                    | 7<br>Asian Chicken Salad<br>with Chicken Strips,<br>Mandarin Oranges,<br>Sesame Seeds and<br>Cucumbers<br><br>Breadstick<br><br>Grapes      | 8<br>Salisbury Steak<br>LS Gravy<br>Mashed Potato<br>Carrots<br><br>Rye Bread<br><br>Fruit Cocktail           | 9<br>Pea Soup<br>Unsalted Crackers<br>Crabmeat Salad<br>Sandwich<br>Cucumber Onion<br>Dill Salad<br><br>Hot Dog Roll<br><br>Fresh Orange  |
| 12<br>Grape Juice<br>Pier 17 Fish<br>Mashed Potato<br>Scandinavian Veggies<br>Tartar Sauce<br><br>12 Grain Bread<br><br>Chocolate Chip Cookies   | 13<br>Stuffed Shells<br>Meat Sauce<br>Garden Salad<br>Ranch Dressing<br><br>Garlic Bread<br><br>Pineapple Chunks                      | 14<br>N.E. Clam Chowder<br>Unsalted Crackers<br>Egg Salad, Cottage<br>Cheese, 4 Bean Salad<br>Lettuce Bed<br><br>Corn Muffin<br><br>Peaches | 15<br>Grape Juice<br>Grilled Orange Chicken<br>Orange Sauce<br>Sesame Noodles<br>Winter Blend Veggies<br><br>100% Whole Wheat Bread<br><br>Tropical Fruit Cup                                    | 16<br>Orange Juice<br>Slow Cooked Pork<br>with Pan Gravy<br>Roasted Herb Potatoes<br>Squash Medley<br><br>Dinner Roll<br><br>Watermelon   |
| 19<br>Eye of the Round<br>Horseradish Sauce<br>Mashed Potato<br>Beets<br><br>12 Grain Bread<br><br>Pineapple Chunks | 20<br>Apple Juice<br>Pork Riblet<br>BBQ Sauce<br>Corn with Black Beans<br>Cole Slaw<br><br>Corn Muffin<br><br>Ice Cream Cup           | 21<br>Baked Fish<br>Tartar Sauce<br>Buttered Rice with Peas<br>and Mushrooms<br>Stewed Tomatoes<br><br>Rye Bread<br><br>Banana              | 22<br>Cranberry Juice<br>Philly Cheese Steak<br>Onions and Peppers<br>Tri-Color Pasta Salad<br>Carrot Slaw<br><br>Sub Roll<br><br>Peaches  | 23<br>Macaroni, Tuna<br>and Pea Salad<br>Broccoli and Red<br>Pepper Salad<br><br>100% W.W. Dinner Roll<br><br>Fresh Fruit Salad   |
| 26<br>Potato Leek Soup<br>Unsalted Crackers<br>LS Italian Sausage (mild)<br>Onions and Peppers<br>Pasta Spinach Salad<br><br>Club Roll<br><br>Fruit Cocktail   | 27<br>Cranberry Juice<br>Meatloaf with<br>Onion Gravy<br>Mashed Potato<br>Peas and Carrots<br><br>Multi Grain Bread<br><br>Fresh Pear | 28<br>Spaghetti with Sauce<br>Turkey Meatballs<br>Parmesan Cheese<br>Broccoli<br><br>Italian Bread<br><br>Peaches                           | 29<br>Apple Juice<br>Hot Dogs<br>Baked Beans<br>Sauerkraut<br>Mustard<br><br>Hot Dog Rolls<br><br>Watermelon | 30<br>Orange Juice<br>Cod Fish with<br>Butter Crumb Topping<br>Broccoli Cheese Rice<br>Green and Yellow Beans<br><br>Rye Bread<br><br>Lemon Merengue Pie                                  |



| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
|                                |    |    | 1<br>8:30am Coffee Hr.<br>9am Swedish Weaving<br>9am Visit with TM<br>9:45am Exercise<br>12pm Lunch<br>1pm Bingo                                | 2<br>8:30am Coffee Hr.<br>9:30am Yoga<br>12pm Lunch<br>12:45pm Wii Bowl<br>1pm Photography   |
| 5<br>8:30am Coffee Hr.<br>9am Hi-Lo Poker<br>10am Scrabble<br>12pm Lunch<br>12:30pm Bridge<br>1pm Setback D/I  | 6<br>8:30am Coffee Hr.<br>9:45am Exercise<br>12pm Lunch<br>12:45pm B Pressure<br>12:45pm Po Ke No<br>1pm How to be Aware of Your Surroundings | 7<br>8:30am Coffee Hr.<br>9:30am Leftovers<br>10am Knitters<br>10:30am Shopping<br>12pm Lunch<br>1pm Coloring<br>1pm Cribbage DI                          | 8<br>8:30am Coffee Hr.<br>9am Swedish Weaving<br>9:45am Exercise<br>12pm Lunch<br>1pm Special Bingo<br>Footcare—by appt                         | 9<br>8:30am Coffee Hr.<br>9:30am Yoga<br>12pm Lunch<br>12:45pm Wii Bowl<br>1pm Photography   |
| 12<br>8:30am Coffee Hr.<br>9am Hi-Lo Poker<br>10am Scrabble<br>12pm Lunch<br>12:30pm Bridge<br>1pm Setback D/I | 13<br>8:30am Coffee Hr.<br>9:45am Exercise<br><b>11am Camp Tina</b><br>12pm Lunch<br>12:45pm B Pressure<br>12:45pm Po Ke No<br>1pm Movie      | 14<br>8:30am Coffee Hr.<br>9am C. Charities<br>9:30am Leftovers<br>10am Knitters<br>12pm Lunch<br>1pm Coloring<br>1pm Cribbage DI<br><b>1pm Camp Tina</b> | 15<br>8:30am Coffee Hr.<br>9am Swedish Weaving<br>9:45am Exercise<br><b>10am Camp Tina</b><br>12pm Lunch - Carving Station<br>1pm Special Bingo | 16<br>8:30am Coffee Hr.<br>9:30am Yoga<br><b>10am Camp Tina</b><br>12pm Lunch<br>12:45pm Wii Bowl<br>1pm Photography<br><br>Footcare—by appt |
| 19<br>8:30am Coffee Hr.<br>9am Hi-Lo Poker<br>10am Scrabble<br>12pm Lunch<br>12:30pm Bridge<br>1PM Setback D/I | 20<br>8:30am Coffee Hr.<br>9:45am Exercise<br>12pm Lunch<br>12:45pm B Pressure<br>12:45pm Po Ke No<br>1pm Movie                               | 21<br>8:30am Coffee Hr.<br>9:30am Leftovers<br>10am Knitters<br>10:30am Shopping<br>12pm Lunch<br>1pm Coloring<br>1pm Cribbage DI                         | 22<br>8:30am Coffee Hr.<br>9am Swedish Weaving<br>9:45am Exercise<br>12pm Lunch<br>1pm Bingo  | 23<br>8:30am Coffee Hr.<br>9:30am Yoga<br>12pm Lunch<br>12:45pm Wii Bowling<br>1pm Photography   |
| 26<br>8:30am Coffee Hr.<br>9am Hi-Lo Poker<br>10am Scrabble<br>12pm Lunch<br>12:30pm Bridge<br>1PM Setback D/I | 27<br>8:30am Coffee Hr.<br>9:45am Exercise<br>10am Free Manicures<br>12pm Lunch<br>12:45pm B Pressure<br>12:45pm Po Ke No<br>1pm Movie        | 28<br>8:30am Coffee Hr.<br>9am C. Charities<br>9:30am Leftovers<br>10am Knitters<br>12pm Lunch<br>1pm Coloring<br>1pm Cribbage DI                         | 29<br>8:30am Coffee Hr.<br>9am Swedish Weaving<br>9:45am Exercise<br>12pm Lunch<br>1pm Bingo  | 30<br>8:30am Coffee Hr.<br>9:30am Yoga<br>11am LBunch Trip<br>12pm Lunch<br>12:45pm Wii Bowling<br>1pm Photography                           |

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## General Information

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**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.

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## FYI (For Your Information)

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**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](mailto: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](http://www.safelinkwireless.com).

**Key Keeper Program** is to assist Berlin residents in need when family, neighbors, or friends cannot be contacted. It is offered to persons of limited mobility and social contacts. This program is intended to reduce 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.

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## Monthly Meetings

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### 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:**

**August 9th & 23rd and Sept 6th and 20th**

**PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED**

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## Donations

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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> |
|-------------|-------------------------|---------------------------------|
| 6/20/19     | Anonymous               | Senior Center                   |
|             | Photography Group       | Senior Center                   |
|             | Nancy Karoll            | Senior Center                   |
| 6/26/19     | Anonymous               | Senior Center                   |
|             | Dixon Family            | In Memory of Barbara Dixon      |
|             | Lady Red Birds Red Hats | In Memory of Barbara Dixon      |
| 7/9/19      | James McNeil            | Senior Center                   |
| 7/19/19     | (2)James McNeil         | Senior Center                   |
|             | Anonymous               | Senior Center                   |

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

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## BRAINHQ ONLINE SERVICES

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**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](http://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.**

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## Berlin-Peck Memorial Library Monthly Events

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**Summer Reading Program for Adults: 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 August. Pick up your booklet at the Adult Reference Desk to get started.

**Make & Take Galaxy Notebooks: Thursday, August 1 @ 6:30** Turn a plain composition notebook into an astronomical wonder! All supplies provided. Register. Cancellation policy applies.

**Sit & Knit: Thursday, August 1 & 15 @ 6 pm, August 8, 22, 29 @ 1 pm**

**Movie Matinee: *Isn't it Romantic*: Friday, August 2 @ 1 pm**

**Monday Matinee: Gosford Park: Monday, August 5 @ 1pm** Every Monday in August. Get ready for the Downton Abbey movie release in September by revisiting the themes and time periods that started it all. **Movie description:** Drama set at the country estate of Sir William McCordle in 1932, showing the lives of upstairs guests and downstairs servants at a hunting party weekend when one of the group is murdered. Rated R. **Walking Book Club: Wednesdays, August 7, 21, 28 @ 9:15 am**

**Movie Matinee: *The Mule*: Friday, August 9 @ 1 pm**

**Monday Matinee: *Atonement*: Monday, August 12 @ 1pm** Fledgling writer Briony Tallis, as a thirteen-year-old, irrevocably changes the course of several lives when she accuses her older sister's lover of a crime he did not commit. Rated R.

**Mike Shalin Discusses 40 Years of the Red Sox: Monday, August 12 @ 6:30 pm** Mike Shalin has been in the business for more than 40 years, covering all four of the major sports for United Press International, The New York Post, Boston Herald and Sports XChange. He has been a Baseball Hall of Fame voter since 1989 and an official scorer at Fenway Park since 2003. He will be talking about The Hometown Team, his latest book, done with photographer Steve Babineau and will have that book and his other title for sale. Register. **Movie Matinee: *Five Feet Apart*: Friday, August 16 @ 1 pm**

**Saturday Book Club: Saturday, August 17 @ 10:30 am** Join us for a discussion of *The Sun Does Shine* by Anthony Ray Hinton. Please contact the reference desk to reserve a copy of the book. Register.

**Monday Matinee: *Howards End*: Monday, August 19 @ 1pm** Margaret and Helen Schlegel are sisters from a well-educated European family. A series of events brings them into a relationship with the very English Wilcox family. Rated PG. **Adult Summer Reading Wrap-Up Party: Thursday, August 22 @ 6:30 pm** Join us for an ice cream social in celebration. All participants are invited. During this program, we will also announce the summer's top readers and pull our last prize drawing. To qualify for the last drawing of the summer (2 tickets to the Big E, \$25 gift card to First & Last in Plainville, \$25 gift card from Wood-N-Tap, free yogurt from Sweet Frog and 2 tickets to AMC Theaters in Plainville) you must read 5+ books and return your yellow booklet before August 22nd. Register.

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## Nutrition

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### 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.



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## Community News

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### 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.

### Dementia and Caregiving Series

**Every Thursday, from Sept 5th through Oct 3rd 2:00pm to 3:30pm**  
**at the Berlin Senior Center**

This series will focus on the person while understanding the disease progression. If you are caring for someone with dementia and want to improve communication, learn how to recognize the respond to common behaviors, please join us for this 5 week educational program:

**Week 1: Overview of Dementia**

**Week 2: Basics of Good Communication and Understanding Behaviors**

**Week 3: Safety in the Environment and How to Structure a Day with Activities**

**Week 4: Taking Care of the Caregiver and Care Options**

**Week 5: Legal and Financial**

Presented by Patty O'Brian, CDP, and Michelle Wyman, LSW, CDP Dementia Specialist for Hartford Health Care Center for Healthy Aging.

**Sign ups will begin Wednesday, August 7th.**

## MAN'S BEST FRIEND

Diamonds may be fit for girls, but for man (and woman), a loyal and lovable CANINE is the choice COMPANION.

BARK

BLACK

BREED

BROWN

BUILD

CANINE

COMMAND

COMPANION

CREAM

COAT

CURLY

EARS

EXERCISE

FEET

FETCH

GRAY

GROOMING

HAIR

HEAD

HIND LEGS

INTELLIGENT

LEASH

MUZZLE

NAME

OBEDIENCE  
SCHOOL

PEDIGREE

PLAY

PUPPY

SIZE

STRAIGHT

TAIL

TRAIN

WALK

WHITE

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

## Senior Center Book Discussion

There will be NO BOOK DISCUSSION during the month of 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.



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## Movies

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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, August 13th ~ Five Feet Apart** ~ Teenagers Stella and Will spend most of their lives in the hospital due to their diagnosis of cystic fibrosis. Their high risk of infection means they must stay six feet apart from each other. Despite the mandated distance, the pair support one another. They eventually fall in love and try to reclaim one foot of the space between them, staying five feet apart instead. **Rated PG 13**

**Tuesday, August 20th ~ Breakthrough** ~ After a 14-year-old falls into a frozen Missouri lake, his adoptive parents refuse to give up hope on their son, lying unconscious in a hospital bed. The boy's mother prays intensely and inspires others to pray for him too, as she asks God for a miracle in this true story. **Rated PG**

**Tuesday, August 27th ~ The Best of Enemies** ~ Based on the true story of a reluctant partnership between civil rights activist Ann Atwater and C.P. Ellis, the leader of the Ku Klux Klan, who came together to discuss the issue of racial desegregation of schools in 1971 Durham, North Carolina, which eventually lead to surprising outcomes for them and the entire community. **Rated PG 13**



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## Specialty Trips

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### **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, August 30th we're off to Bill's Seafood Restaurant in Westbrook.** The senior bus will leave the senior center at 11:00am. Signups will be taken beginning at 9:00am on Wednesday, August 14th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 14th. 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 Wednesday, August 7th.** The second trip is to **Target or Meriden Mall in Meriden on Wednesday, August 21st. 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.

