



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

SEPTEMBER 2019

Greetings from the Director,

National Senior Center Month is celebrated every year in September. The 2019 Theme is : **Senior Centers: The Key to Aging Well!** It's a wonderful opportunity to not only honor **all senior centers**, but also to highlight the amazing work that is being done in our communities. To show our pride I have put together a list of six reasons we love our Center.

1. **Helpful Resources** ~ Our senior center is full of information and resources pertaining to all aspects of aging.
2. **Diverse Programs and Classes** ~We offer a wide range of classes, workshops, and special lectures. We have daily programs that focus on art, card games, board games, Exercise, and knitting. We offer educational discussions and seminars regarding many different and current topics.
3. **Health and Wellness** ~ We are dedicated to helping our members stay healthy and active by offering regular exercise classes that focus on strength, balance, and flexibility as well as informative lectures on nutrition and healthy eating. We hold flu clinics, blood pressure screenings, dental cleaning clinics, and other health screenings. We advocate for taking care of one's mental health. We offer referrals for free counseling and hold programs on how best to cope with stress and anxiety.
4. **Special Events and Parties** ~We love to gather our members together to socialize and celebrate. We host fun parties throughout the year to celebrate the holidays and other occasions. Each celebration features music, dancing, singing, delicious food, fun, and games.
5. **Exciting Trips** ~Every month, we like to take our members outside of the center and explore a new destination. We offer day-trips to fun attractions in CT as well as to see Broadway shows. We plan monthly specialty shopping and lunch trips. **"Oh, The Places We Go!"**
6. **The People** ~ We have met wonderful people at our Center and you can too! New friendships can have a major impact on your health and wellbeing. Studies show that older adults with a rich social life are likely to live longer. **Remember good friends are good for your health!**

See ya 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)539-6233.

***Please Note: This is a “new” phone number for RSVP.**

Senior Center Trips



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 11th—“NEW” MGM Springfield Casino– Cost: \$37.00 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—Canceled by Getaway Tours

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 20th—Radio City Christmas Spectacular—Cost: \$206.00 Per Person (Please Note Date Change)

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

Dec 5th—Christmas in Newport—Cost: \$120.00 Per Person

Dec 10th—Holiday Winter Wishes @ the Aqua Turf—Cost: \$82.00 Per Person

Dec 19th—Westchester Broadway Theatre “It Happened One Christmas Eve” - Cost: \$111.00 Per Person

Attention all Trip Goers: We have trip flyers on above trips. The trip flyer has a complete description of trip along with trip rules. The flyers can be picked up at the Senior Center or located on the Town’s Website. Please note that the itineraries are subject to change and availability. Cancellation Insurance is Available and Recommended for each of the overnight tours. We are accepting registration and payment on the above listed trips. Come travel with us! You are sure to meet new people, see great sights and have fun!

Monthly Activities

Dementia and Caregiving Series—Every Thursday, from Sept 5th through Oct 3rd 2:00pm to 3:30pm at the Berlin Senior Center - Are you caring for someone with dementia? Do you want to know more about the progression of the disease and good communication tips? This is a five week program. Presented by Patty O'Brian, CDP, and Michelle Wyman, LSW, CDP, dementia specialists, Hartford Healthcare Center for Healthy Aging. **Sign up is now being taken.**

Shred It Event, Friday, Sept 6th from 8:30am to 11:30am. The Shred It Truck will be parked in the upper parking lot at the Senior Center. There is a 3 box limit. No businesses allowed. This event is for Berlin seniors only. It is **FREE!** This event is sponsored by Bankers Life, Roger Moss, Agent and with donations made to the Berlin Senior Center Agency Fund. No sign up necessary. Keep your personal information secure! Don't take chances-SHRED!

Reminder: The Fall Setback Tournament will begin on Monday, Sept 9th @ 1PM If you would like to be a "sub" player please contact Jane at (860) 828-7006. She will forward your information on to the Setback Committee.

Benefits of Assisted Living and Memory Care, Wednesday, Sept 11th at 1:00PM Frank Rende, Community Sales Director at Atria of Farmington will be coming to the Center on Wednesday, 9/11 at 1:00 pm for a presentation on "The Benefits of Assisted Living & Memory Care". Frank and the Director of Memory Care Victoria Liberator will be speaking. **Sign ups are now being taken.**

Special Bingo Thursday, Sept 12th at 1:00PM—Ledgestrest Convalescent will be sponsoring this Special Bingo on Sept. 12th at 1:00PM. Special refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Senior Center Annual Picnic, Tuesday, Sept 17th at 12:00PM—Come join us for lunch and musical entertainment. Enjoy a hamburger or hot dog, chips, cold salad and dessert. Immediately following lunch enjoy the music of Brittany and Jenna. These two young ladies perform music from the 30's and 90's, Broadway tunes, Disney and current cover songs. You may sign up for yourself and one other person. **Limit to 100 people. Sign up will begin on Wednesday, Sept 4th.**

Special Bingo Thursday, Sept 19th at 1:00PM ~Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Sept 19th 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.**

Care One Security, Tuesday, Sept 24th at 1:00PM—We have a new partner, Care One Security, that is coming in to discuss home safety and fall prevention in and around the house. They have an informative presentation, some fun raffle prizes and useful items to give away. **Sign up will begin on Wednesday, Sept 4th.**

CRIS Radio, Wednesday, Sept 25th at 1:00PM - Connecticut Radio Information System (CRIS Radio) will be conducting information sessions at the Center on Sept 25th at 1:00PM about its free, broadcast service for individuals who are blind or unable to read due to low vision, a medical condition or other disability, thanks to a grant award by the North Central Area Agency on Aging (NCAAA). **Sign up will begin on Wednesday, Sept 4th.**

Oral Health for Seniors, Friday, Sept 27th at 1:00PM—Come hear about the importance of Dental Health from Alexa Kolbig, DMD and Becky Oldman, CDA. Light refreshments served. Gift bags will be handed out. A Healthy Smile is Always in Style! **Sign up will begin on Wednesday, Sept 4th.**

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

Senior 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.

Health Services

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

Footcare Program (By Appointment Only) The Berlin Senior Center offers low cost foot care for seniors provided by a specially trained registered nurse. **This month's program is scheduled for Thursday, Sept 12th.** 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, Sept 3rd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Sept 10th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Sept 17th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Sept 24th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

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 are now being taken.**

Ladies Free Manicures on Tuesday, Sept 24th 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 Wednesday, Sept 4th.**

CW Resources Community Café
September, 2019

1% or Skim milk provided
Margarine available





MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Closed</p> 	<p>3</p> <p>Cranberry Juice Country Fried Chicken Country Gravy Mashed Potato Green Beans with Mushrooms</p> <p>12 Grain Bread</p> <p>Rice Raisin Pudding</p>	<p>4</p> <p>Grape Juice Roast Pork Cranberry Gravy Sesame Noodles Buttered Beets</p> <p>100% W.W. Bread</p> <p>Birthday Cake</p>	<p>5</p> <p>Pasta Fagioli Unsalted Crackers Chicken Breast Sandwich Lettuce and Tomato Tator Tots Cole Slaw Mayonnaise Sesame Bun</p> <p>Peaches</p>	<p>6</p> <p>Parmesan Crusted Pollock Seasoned Roasted Potatoes Scandinavian Veggies Sour Cream</p> <p>Multi Grain Bread Baked Apples with Whipped Topping</p>
<p>9</p> <p>Swedish Meatballs Low Salt Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread</p> <p>Pear Cup</p>	<p>10</p> <p>Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Dressing</p> <p>Corn Muffin</p> <p>Cinnamon Applesauce</p>	<p>11</p> <p>Sliced Ham with Pineapple Glaze Mashed Potato Geneva Blend Veggies</p> <p>Rye Bread</p> <p>Banana</p>	<p>12</p> <p>Apple Juice Catfish Cheesy Rice Broccoli</p> <p>Wheat Bread</p> <p>Chocolate Pudding</p>	<p>13</p> <p>Wonton Soup Unsalted Crackers Chicken Fried Rice Oriental Blend Vegetables</p> <p>Egg Roll</p> <p>Pineapple Cup</p>
<p>16</p> <p>Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies</p> <p>Rye Bread</p> <p>Fruit Cocktail</p>	<p>17</p> <p>Senior Center Annual Picnic</p> <p>NO CW LUNCH</p>	<p>18</p> <p>Orange Juice Baked Chicken Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>19</p> <p>Cranberry Juice Veal Picatta Mashed Potato Buttered Dill Carrots</p> <p>Dinner Roll</p> <p>Oatmeal Raisin Cookie</p>	<p>20</p> <p>Grape Juice Turkey Tetrazzini Brown Rice California Blend Veggies</p> <p>Pumpnickel Bread</p> <p>Ice Cream Cup</p>
<p>23</p> <p>Lazy Stuffed Peppers Mashed Potato Buttered Corn Niblets</p> <p>Italian Bread</p> <p>Mandarin Oranges</p>	<p>24</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>25</p> <p>Homemade Meatloaf Onion Gravy Sweet Potato Peas</p> <p>Roll</p> <p>Cantaloupe</p>	<p>26</p> <p><u>CARVING STATION</u> Roast Turkey Turkey Gravy Mashed Potatoes Peas & Carrots Cranberry Sauce Dinner Roll Pineapple Juice Chef's Choice Dessert</p>	<p>27</p> <p>Codfish Cakes Steak Fries Green Beans</p> <p>Oatmeal Bread</p> <p>Tropical Fruit Cup</p>
<p>30</p> <p>Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots</p> <p>Italian Bread</p> <p>Pudding</p>	  			

SEPTEMBER 2019

Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY SENIOR CENTER CLOSED	3 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	4 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	5 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo 2pm Caregiver Series	6 8:30am Coffee Hr. 8:30-11:30am Shred It Event 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography
9 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament Begins	10 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	11 8:30am Coffee Hr. 9am CCharities 9am LBunch S/U 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Memory Care	12 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo Footcare—by appt 2pm Caregiver Series	13 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography
16 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback 7pm CFA Meeting	17 8:30am Coffee Hr. 9:45am Exercise 12:00pm Sr Ctr Picnic 12:45pm B Pressure NO Po Ke No NO CW Lunch	18 8:30am Coffee Hr. 9am C. Charities 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1:30pm Book Club	19 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo 2pm Caregiver Series	20 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography
23 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1PM Setback	24 8:30am Coffee Hr. 9:45am Exercise 10am “Free” Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Care One Security	25 8:30am Coffee Hr 9am C. Charities 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm CRIS Radio	26 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch-Carving Station 1pm Bingo 2pm Caregiver Series	27 8:30am Coffee Hr. 9:30amYoga 11am LBunch Trip 12pm Lunch 12:45pm Wii Bowling 1pm Photography 1pm Oral Health for Seniors
30 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1PM Setback				

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:

Sept 6th and 20th and Oct 4th and 18th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

REMINDER

The Berlin Town Council will be holding
their October Meeting
at the Berlin Senior Center
on **Tuesday, October 1st at 1:30PM.**

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>
8/5/19	Anonymous	Senior Center
8/15/19	James McNeil	Senior Center
8/23/19	James McNeil	Senior Center

A new **Kindness Fund** has been established at the Senior Center through the Town's Finance Dept. to assist seniors who might need help purchasing basic need items, for example personal hygiene items.

8/5/19	Anonymous	Kindness Fund
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We appreciate all donations received at the Center! These donations help us out tremendously!

Director's Monthly Update

We have been notified by the Berlin Lions Club that the cost for **seniors** getting into the Berlin Fair **(Friday, Sept. 13th—Sunday, Sept 15th)** has been increased to \$8.00 this year. This decision was voted on by the membership. We will start scheduling **Energy Assistance appointments** on **Monday, September 16th.** The first day of appointments will be **Thursday, October 17th** at 9:00am. Please contact Jane Sevigny at (860)828-7006 to schedule your appointment. And finally we are blessed with wonderful, generous residents who continue to drop off delicious fresh produce from their gardens. A **BIG THANK YOU** to Joe Wotjusik and family, Lisa Salamon and her daughter, Terri-Ann Therrien, Hanna Michalski, Liz Rugens, Dan Doyle and Roger Moss.

Berlin-Peck Memorial Library Monthly Events

Read Local. Shop Local. The Berlin-Peck Memorial Library is partnering with participating local businesses to encourage more of our citizens to get a library card with this new initiative. During the month of September, participating businesses agree to offer a discount, gift, or complimentary service to customers who show their Berlin-Peck Library card when they visit their establishment. Visit the library for more details.

Walking Book Club: Wednesdays, September 4, 11, 18, 25 @ 9 am This month, we'll meet on Wednesdays at 9 am at Pistol Creek and will walk for about 1.2 miles. We will discuss *You Think it, I'll Say it* by Sittenfeld. Please contact the library to obtain a copy of the book. Register.

Sit & Knit: Thursday, September 5, 19 @ 6 pm, September 12, 28 @ 1 pm

Movie Matinee: The Puzzle: Friday, September 6 @ 1 pm **Stock Club: Tuesday, September 10 @ 1:30 pm**
The Bear Reality: Wednesday, September 11 @ 6:30 pm Felicia Ortner, a Connecticut Master Wildlife Conservationist and a bear enthusiast, will provide education and facts about bears and help dispel myths and common misunderstandings. Felicia has been studying about bears for over 30 years. Register.

Bats: Their Lives and Lore: Monday, September 16 @ 6:30 pm Master Wildlife Conservationist Maureen Heidtmann will offer an overview of bats, with an emphasis on our local species. The presentation will cover the persisting myths and misconceptions about these fascinating creatures, the many roles bats play to ensure a healthy planet, and the perils bats face in their struggle for survival. One or two non-releasable bat associates will accompany Maureen to help with the presentation. Register.

Urban Dental Myths Debunked: Wednesday, September 18 @ 6:30 pm Can you really whiten your teeth with charcoal? Do baby teeth really matter? Does soda strip the enamel off teeth? If I don't have tooth pain, how can I have an infection? Can wisdom teeth removal really cause death? These myths and questions answered along with so much more! Come join us to learn the real story about oral health. Presented by Dr. Mike Maroon of Advanced Dental Berlin. Register.

Movie Matinee: Poms: Friday, September 20 @ 1 pm

Saturday Book Club: Saturday, September 21 @ 10:30 am Join us for a discussion of *The Lilac Girls* by Martha Hall Kelly. Please contact the reference desk to reserve a copy of the book. Register.

The Grotesque 10: Amazing Architectural Sculptures from Ten American Colleges and Universities: Tuesday, September 24 @ 6:30 pm Author and photographer, Mathew Duman traveled to 10 universities around the country exploring the grotesques and gargoyles roosting on their academic buildings. He has collected his findings in his new book and presents a selection of them in this illustrated lecture. Register.

Arts and Crafts Swap: Saturday, September 28 (drop-off on September 27) Would you like to try a new craft but don't want to empty your bank account to do it? Do you have arts and craft supplies that you no longer need? Join us for our Arts and Crafts Swap! Crafting supplies may be dropped off at the library on Friday, September 27th from 1 – 4:30 pm. Those who donate items for the swap on Friday will receive tickets to the EARLY BIRD shopping hours on Saturday, September 28th from 10 – 11 am. The swap is open to the public from 11 – 1. Please visit our website for further details.

Cookbook Club: Monday, September 30 @ 6:30 pm Join us for this fun twist on a book club. All cooks welcome! This month, the group will be cooking a recipe with the ingredient buttermilk. 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 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.

AARP Defensive Driving Course

On Tuesday, September 24th, 2019, AARP Driver Safety is offering its Smart Driver Course at The Berlin Community Center, 230 Kensington Road (Room 2, lower level). The classroom fee is \$15 for AARP members and \$20 for non-members. **Connecticut residents 60 and older, by law, qualify for a minimum 5% automobile liability insurance discount for at least two years by completing the course.** Many insurance companies don't have an age limit and may extend the discount to younger policyholders. Check with your insurance provider. **Please call 860-431-0897 and leave a message to register. You will receive a reminder call a few days before the class.**

Carving Station at our Congregate Meal Thursday, September 26th @ 12:00 PM

Please make lunch reservation with CW Staff between 10:30am – 11:45am Monday - Friday
Suggested Donation \$2.50 The menu is as follows: Roast Turkey, Turkey Gravy, Mashed Potatoes, Peas & Carrots, Cranberry Sauce, Dinner Roll, Pineapple Juice, Chef's Choice Dessert.

IT'S ONLY A GAME

ANAGRAMS
BACCARAT
BACK-
GAMMON
BRIDGE
CRIBBAGE
CRICKET
CROQUET
DICE
DOMINOES
EUCHRE
GOLF
HEARTS
JACKS
KENO
LACROSSE
MUMBLETY-

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

PEG
OLD MAID
PING-PONG
POKER
POLO

POOL
QUOITS
ROULETTE
RUMMY
SCRABBLE

SHUFFLE-
BOARD
SOCCER
SOLITAIRE
SQUASH

Senior Center Book Discussion

Wednesday, September 18 @ 1:30 pm

Join us at the Berlin Senior Center for a discussion of the book, *The Chilbury Ladies' Choir*, by Jennifer Ryan. Please contact the library for a copy of the book. Register.

The Senior Center Library is looking for donations of gently used books. No religious books will be accepted. Please drop off your donation at the front desk.

CW Resources Community Café
September, 2019

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Closed</p> 	<p>3</p> <p>Cranberry Juice Country Fried Chicken Country Gravy Mashed Potato Green Beans with Mushrooms</p> <p>12 Grain Bread Rice Raisin Pudding</p>	<p>4</p> <p>Grape Juice Roast Pork Cranberry Gravy Sesame Noodles Buttered Beets</p> <p>100% W.W. Bread Birthday Cake</p>	<p>5</p> <p>Pasta Fagioli Unsalted Crackers Chicken Breast Sandwich Lettuce and Tomato Tator Tots Cole Slaw Mayonnaise Sesame Bun</p> <p>Peaches</p>	<p>6</p> <p>Parmesan Crusted Pollock Seasoned Roasted Potato Scandinavian Veggies Sour Cream</p> <p>Multi Grain Bread Baked Apples with Whipped Topping</p>
<p>9</p> <p>Swedish Meatballs Low Salt Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread Pear Cup</p>	<p>10</p> <p>Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Dressing</p> <p>Corn Muffin Cinnamon Applesauce</p>	<p>11</p> <p>Sliced Ham with Pineapple Glaze Mashed Potato Geneva Blend Veggies</p> <p>Rye Bread Banana</p>	<p>12</p> <p>Apple Juice Catfish Cheesy Rice Broccoli</p> <p>Wheat Bread Chocolate Pudding</p>	<p>13</p> <p>Wonton Soup Unsalted Crackers Chicken Fried Rice Oriental Blend Vegetables</p> <p>Egg Roll Pineapple Cup</p>
<p>16</p> <p>Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies</p> <p>Rye Bread Fruit Cocktail</p>	<p>17</p> <p>Senior Center Annual Picnic NO CW LUNCH</p>	<p>18</p> <p>Orange Juice Baked Chicken Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread Cinnamon Applesauce</p>	<p>19</p> <p>Cranberry Juice Veal Picatta Mashed Potato Buttered Dill Carrots</p> <p>Dinner Roll Oatmeal Raisin Cookie</p>	<p>20</p> <p>Grape Juice Turkey Tetrizzini Brown Rice California Blend Veggies</p> <p>Pumpnickel Bread Ice Cream Cup</p>
<p>23</p> <p>Lazy Stuffed Peppers Mashed Potato Buttered Corn Niblets</p> <p>Italian Bread Mandarin Oranges</p>	<p>24</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>25</p> <p>Homemade Meatloaf Onion Gravy Sweet Potato Peas</p> <p>Roll Cantaloupe</p>	<p>26</p> <p>CARVING STATION Roast Turkey Turkey Gravy Mashed Potatoes Peas & Carrots Cranberry Sauce Dinner Roll Pineapple Juice Chef's Choice Dessert</p>	<p>27</p> <p>Codfish Cakes Steak Fries Green Beans</p> <p>Oatmeal Bread Tropical Fruit Cup</p>
<p>30</p> <p>Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots</p> <p>Italian Bread Pudding</p>	  			

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, September 3rd at 1:00PM– POMS ~ After moving to a retirement community, a woman is inspired to relive her high school days and start a cheerleading team with the fellow residents. The team takes off, but a shocking secret about the captain threatens to derail their training in this comedy film. **Rated PG 13**

Tuesday, September 10th at 1:00PM—A Dog's Journey ~ Bailey is a dog that has grown old through the years who makes a promise to his owner that he will find and protect his granddaughter no matter what. As Bailey's soul jumps through multiple lives, he always finds his way to her as she goes through the highs and lows of life. **Rated PG.**



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, Sept 27th 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, Sept 11th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 11th. 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 **Marshall's in Cromwell on Wednesday, Sept 11th.** The second trip is to **Christmas Tree Shoppe in Manchester on Wednesday, Sept 25th.** There will be no stop for lunch on this trip. **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.

