



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

OCTOBER 2019

Greetings from the Director,

Happy Autumn! The cool weather is almost here. I noticed the leaves are starting to change to those vibrant fall colors.

Absentee ballots can be obtained by calling the Registrar of Voters at (860)828-7020 or by contacting the Town Clerk's Office at (860) 828-7038. You will receive an application which needs to be filled out before the ballot is mailed to you.

Looking for volunteers to organize and build our Senior Center Scarecrow entry for the Town's Annual Scarecrow contest. Please contact Jane or Cheryl if interested. Entries have to be in place by Sunday, October 13th.

"Autumn... the year's last, loveliest smile." - William Cullen Bryant

"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all." - Stanley Horowitz

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:

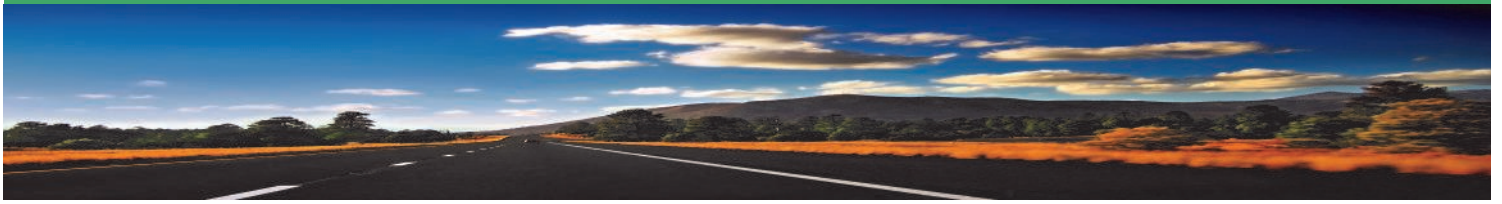
Paratransit - is designed to help individuals with disabilities of any age that are unable to navigate the city buses. ADA picks you up at your home, brings you to and from your destination To schedule an ADA trip, call (860)724-5340 and select 1. The reservation Department will provide you with your 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



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

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

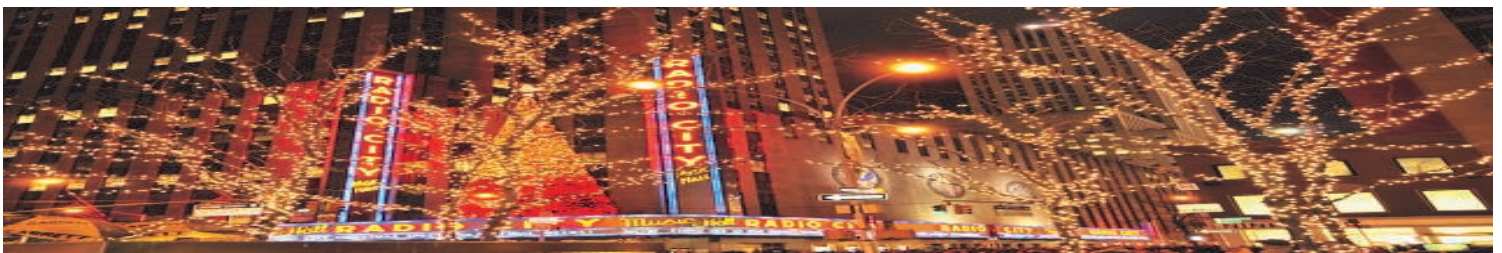
Dec 5th—Christmas in Newport—Cost: \$120.00 Per Person

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

“NEW” Dec 22nd—UCONN Huskies vs Oklahoma Sooners—Cost: \$74.00 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

Town Council Meeting, Tuesday, October 1st at 1:30pm— The Town Council has graciously agreed to hold their monthly meeting at the Senior Center to allow individuals better accessibility. This is a great opportunity that is being given to us. Here is your chance to hear this important information first hand and to use your voice if you choose. **No sign up is necessary.**

Timberlin Senior Mens' Golfers Meeting—Wednesday, October 2nd at 1:00PM—This meeting is being held for all members in the multipurpose room at the Berlin Senior Center. The election of officers will be held. No sign up is necessary.

Special Bingo Thursday, October 10th at 1:00PM—Ledgecrest Convalescent will be sponsoring this Special Bingo on Oct. 10th at 1:00PM. Special refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Special Bingo Thursday, October 17th at 1:00PM ~Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Oct 17th 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.**

Commission for Fall Social—Thursday, October 24th at 4:00PM—Come celebrate with our Commission for Aging at our Annual Fall Social on Thursday, Oct 24th at 4:00PM. We start the evening with the music of JC/DC Duo. After this wonderful musical performance a delicious dinner will be served. Dinner is sponsored by Newington Rapid Recovery Rehab Center. The Social is limited to 100 people. You may sign up for yourself and one other person. Transportation will be provided for this evening program. Please call the Center to make bus reservation. Sponsored by the Commission for the Aging Town of Berlin. **Sign up will begin on Monday, Oct 7th.**

Snack and Learn -Cold Weather Safety Tips for Seniors —Tuesday, October 29th at 1:00PM ~ Older adults can lose body heat faster than when they were young. Falls increase during cold weather and how to prevent them. More than half of hypothermia-related deaths were of people over the age of 65. **Sponsored by Berlin VNA. Sign up will begin on Monday, Oct 7th.**

Kensington Nursery School Halloween Parade—Wednesday, October 30th at 9:30AM ~ The students at the Kensington Nursery School will be at the Senior Center on Wednesday, October 30th at 9:30AM in their Halloween costumes. We hope you will come to enjoy their costumes and their “spooky” songs. **No sign up necessary.**

Halloween Bingo, Thursday, October 31st at 1:00PM ~ Come and celebrate Halloween at Bingo. Wear a costume and be entered to win a prize! Halloween treats will be given out at break. Our regularly scheduled games will be played. **No sign up necessary.**



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 9:00AM. 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, October 10th and Friday, October 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, Oct 1st	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Oct 8th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Oct 15th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Oct 22nd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Oct 29th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Central CT Health District Flu Clinic at the Berlin Community Center on the following days:
October 10th 9:00am—12:00pm and October 23rd 2:30pm-6pm

ABCD of Medicare—Wednesday, October 9th at 1:00PM ~ Questions about Medicare? Confused by the seemingly endless choices and options? Turning 65 soon or already on Medicare? Have a loved one on Medicare that you want to help? Then this is the presentation for you. The topics to be covered will include: Medicare basics, updates and changes, differences between Medicare Advantage and Medicare Supplemental Plans and when are you eligible to enroll. Sponsored by Roger Moss, Bankers Life Medicare Specialist. Prize Drawing will be held. Refreshments will be served. **Sign up is now being taken.**

FLU Clinic @ Berlin Senior Center, Friday, October 18th from 9:00AM—11:00AM ~ Protect yourself from the flu. This onsite clinic is being sponsored by Stop and Shop Pharmacy. Please bring your ID and Insurance Cards with you. Any questions contact Ellie Rodriguez, Pharm.D at (860)594-7123. **Sign up is not necessary.**

Ladies Free Manicures on Tuesday, Oct 29th 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 craftroom at the Berlin Senior Center. Please call the center to schedule an appointment. No walkins will be taken. **Sign up begins Wednesday, Oct 2nd.**



October Menu

1% or Skim milk provided
Margarine available


MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</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>2</p> <p>Grape Juice Roast Pork Cranberry Gravy Sesame Noodles Buttered Beets</p> <p>100% W.W. Bread</p> <p>Birthday Cake</p>	<p>3</p> <p>Pasta Fagioli Unsalted Crackers Chicken Breast Sandwich Lettuce and Tomato Tator Tots Cole Slaw Mayonnaise Sesame Bun</p> <p>Peaches</p>	<p>4</p> <p>Parmesan Crusted Pollock Seasoned Roasted Potato Scandinavian Veggies Sour Cream</p> <p>Multi Grain Bread Baked Apples with Whipped Topping</p>
<p>7</p> <p>Swedish Meatballs Low Salt Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread</p> <p>Citrus Selections</p>	<p>8</p> <p>Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Dressing</p> <p>Corn Muffin</p> <p>Cinnamon Applesauce</p>	<p>9</p> <p>Sliced Ham with Pineapple Glaze Mashed Potato Geneva Blend Veggies</p> <p>Rye Bread</p> <p>Banana</p>	<p>10</p> <p>Apple Juice Catfish Cheesy Rice Broccoli</p> <p>Wheat Bread</p> <p>Chocolate Pudding</p>	<p>11</p> <p>Wonton Soup Unsalted Crackers Chicken Fried Rice Oriental Blend Vegetables</p> <p>Egg Roll</p> <p>Pineapple Cup</p>
<p>14</p> <p>NO CW LUNCH SENIOR CENTER CLOSED</p> <p>COLUMBUS DAY</p>	<p>15</p> <p>Grape Juice Turkey Tetrazzini Brown Rice California Blend Beggies</p> <p>Pumpnickel Bread</p> <p>Ice Cream Cup</p>	<p>16</p> <p>Orange Juice Baked Chicken Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>17</p> <p>CARVING STATION</p> <p>Roast Beef Mushroom Gravy Seasoned Red Potatoes Green Beans Cranberry Sauce Dinner Roll Cranberry Juice Apple Pie</p>	<p>18</p> <p>LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach</p> <p>Biscuit</p> <p>Pears</p>
<p>21</p> <p>Lazy Stuffed Peppers Mashed Potato Buttered Corn Nibbles</p> <p>Italian Bread</p> <p>Mandarin Oranges</p>	<p>22</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>23</p> <p>Homemade Meatloaf Onion Gravy Sweet Potato Peas</p> <p>Roll</p> <p>Cantaloupe</p>	<p>24</p> <p>Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Carrots</p> <p>Apple Pie</p>	<p>25</p> <p>Codfish Cakes Steak Fries Green Beans</p> <p>Oatmeal Bread</p> <p>Tropical Fruit Cup</p>
<p>28</p> <p>Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots</p> <p>Italian Bread</p> <p>Pudding</p>	<p>29</p> <p>Corn Chowder Unsalted Crackers Fajita Chicken Strips Spanish Rice Pintos and Black Eyed Peas Tortilla</p> <p>Pears</p>	<p>30</p> <p>Beef Stroganoff Buttered Noodles Mixed Vegetables</p> <p>Dinner Roll</p> <p>Mandarin Oranges</p>	<p>31</p> <p>Aching Apple Juice Spine-chilling Spaghetti Monster Meatballs Gangly Garden Salad Italian Devilish Dressing</p> <p>Ghastly Garlic Bread</p> <p>Tricky Treat</p>	<p>HAPPY HALLOWEEN</p> 

OCTOBER 2019

Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:30pm Town Council Mtg	2 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Timberlin Sr. Mens' Golf Mtg.	3 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	4 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography
	7 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback	8 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	9 8:30am Coffee Hr. 9am CCharities 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm ABCD of Medicare	10 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo Footcare—by appt
14 Berlin Senior Ctr. Closed Columbus Day Holiday	15 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	16 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	17 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch— Carving Station 1pm Special Bingo	18 8:30am Coffee Hr. 9-11am Flu Clinic 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography
21 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback	22 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	23 8:30am Coffee Hr 9am C. Charities 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1:30pm Book Club	24 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch-Carving Station 1pm Bingo 4pm CFA Fall Social	25 8:30am Coffee Hr. 9:30am Yoga 11:30am LBunch Trip 12pm Lunch 12:45pm Wii Bowling 1pm Photography
28 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1PM Setback	29 8:30am Coffee Hr. 9:45am Exercise 10am "Free" Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Snack & Learn-Cold Weather Safety	30 8:30am Coffee Hr. 9:30am KNS Halloween Parade 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	31 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Halloween Bingo	

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, November 18th @ 7pm

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:

Oct 4th and 18th and Nov 1st, 15th and 29th

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>
8/29/19	Roger Moss, Bankers Life Agent	Sr Ctr Shred IT Event
9/5/19	(2) Anonymous	Senior Center
9/10/19	(2)James McNeil	Senior Center
	James McDermott	Sr Ctr Shred IT Event
	Margaret Bishop	Sr Ctr Shred IT Event
	Linda Williams	Sr Ctr Shred IT Event
9/20/19	Photography Group	Senior Center
	Paula Alkas	Sr Ctr Shred It

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.

8/15/19	(2)James McNeil	Kindness Fund
9/20/19	Anonymous	Kindness Fund

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

Director's Monthly Update

We continued to be blessed with wonderful, generous residents who continue to drop off delicious fresh produce from their gardens. A **BIG THANK YOU** to Lisa Salamon and her daughter, Terri-Ann Therrien, Hanna Michalski, Berger's Nursery. And lastly, a Senior Center member has a year old toaster oven that she is looking to find it a good home. If you are interested please let me know.

Berlin-Peck Memorial Library Monthly Events

Shoreline Ringers-Educational Program on Handbells: Tuesday, Oct. 1, 6:30 pm Come and learn about the art of handbell ringing with the Shoreline Ringers. Shoreline Ringers, Inc. is a community handbell choir formed in September 2006. The group strives to educate audiences in the beauty of handbells. This presentation will review the history of bells, a variety of techniques, a few performance pieces and encourage audience participation. Register. **Walking Book Club: Every Wednesday in October** Our Walking Book Club is similar to a regular book club, except we will take our meetings outside and walk while we discuss books. It will be a fun, social outing, but at the same time offering the mental and physical activity essential to a healthy brain. October's book and location will be announced soon. 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: Thursdays, October 3 & 17 @ 6 pm, and Thursdays October 10, 24, and 31 @ 1 pm** **The Bobcat: Connecticut's Secretive Wild Cat: Thursday, Oct. 3, 6:30 pm** This program will be presented by Paul Colburn, Master Wildlife Conservationist. He will discuss bobcat natural history, habitat, diet, behavior, reproduction, and current research efforts. He will also share bobcat artifacts with the audience. Register. **Movie Matinee: The Public: Friday, Oct. 4, 1 pm** **Movie Matinee: Old Man and the Gun: Friday, Oct. 11, 1 pm** **Movie Matinee: Rocketman: Friday, Oct. 18, 1 pm** **Movie Matinee: All is True: Friday, Oct. 25, 1 pm** **Coffee & Books: Monday, Oct. 7, 1:30 pm** Join us for informal book talks on the first Monday of each month. Get reading recommendations from a librarian, learn about the most anticipated upcoming releases and share information about the books you are currently reading. Hot drinks and light snacks will be provided. Register. **ABCDs of Medicare: Monday, Oct. 7, 6:30 pm** Questions about Medicare? Confused by the seemingly endless choices and options? Turning 65 soon or already on Medicare? Have a loved one on Medicare who you want to help? Then this is the class for you. The topics to be covered will include: Medicare basics, updates and changes, differences between Medicare Advantage and Medicare Supplemental Plans and when are you eligible to enroll. Register. **Stock Club: Tuesday, Oct. 8, 1:30 PM** **The Basics: Memory Loss, Dementia and Alzheimer's: Tuesday, Oct. 8, 6:30 pm** Presented by Dianne Davis, RN, MSN Outreach and Education Coordinator, Yale Alzheimer's Disease Center. Join Dianne Davis for an hour presentation on the difference between normal aging and dementia. She will define dementia, including its various causes, and discusses the diagnosis and treatment of Alzheimer's disease. Register. **American Red Cross Blood Drive: Wednesday, Oct. 9, 11 am-4 pm** **Pet Therapy 101: Wednesday, Oct. 9, 6:30 pm** Have you considered becoming a registered Pet Therapy team? Join Ryder and his owner Karen Pagliaro as they share tips on how you and your pet can achieve this goal. Register. **Tell Your Story Workshop: Tuesday, Oct. 15, 6:30 pm** Stories reflect our lives; we add chapters with experiences. L.M. Pampuro, author and writing instructor, will lead a group workshop to help get your life stories down on paper. Please bring a pen and note paper.. Handouts will be provided. Register. **Make and Take: Bad Art Night: Thursday, Oct. 17, 6 pm** Embrace your inner Velvet Elvis and join us for an evening of truly horrifying art! Let your lack of creativity run wild as we compete to make the Very Worst Art. Absolutely NO good art allowed, so if your crafting experiments belong in a slideshow of Pinterest Fails or if you just want to have some fun, this is the program for you! We'll end with a bad art exhibition and voting, with prizes for the worst art! Open to Adults, Teens, and Children 10+ with an adult. Register. **Book Club: Saturday, Oct. 19, 10:30 am** Join us for a book discussion of *I Liked My Life* by Abby Fabiaschi. Please contact the library for a copy of the book. Book description: A husband and teen daughter are challenged to redefine their understandings of family when a devoted wife and mother commits suicide and begins meddling from beyond the grave. Register. **Stone Native American Artifacts from the CT River: Tuesday, Oct. 22, 6:30 pm** Native Americans have inhabited Connecticut since the end of the Ice Age when the glaciers melted. Stone artifacts help us understand the life and culture before the arrival of colonists from Paleolithic times to Woodland period of permanent settlements. The Institute of American Indian Studies has a large collection of Connecticut artifacts collected by archeologists and amateurs. Some of these artifacts will be available at this talk for you to see and discuss. This program will be presented by Nancy Najarian. Register. **Opioid Addiction: What You Need to Know: Wednesday, Oct. 23, 6:30 pm** The evening begins with the performance of *Suddenly*, a short but powerful play by Ellen Davis Sullivan that describes a couple's grief, bitterness and anger as they write an obituary for their daughter. Then hear presentations by Luis Pantoja, Health Educator at Central Connecticut Health District, and Jessica Collins, Regional Director of Behavioral Health at Hospital of Central CT and oversees the H.O.P.E. (Heroin/Opioid Prevention & Education) Initiative. Register. **Concert: Terri & Rob Duo: Saturday, Oct. 26, 1 pm** Join us for a free concert and celebrate our library's 30th anniversary. Terri and Rob (Vocalists/Guitarists) play originals and covers, spanning 60's-present. The originals are introspective and social conscious in nature, with influences of folk, country and jazz. Register. **Cookbook Club: Monday, Oct. 28, 6:30 pm** Join us for this fun twist on a book club. All cooks welcome! Borrow a cookbook, make a recipe, and share it at the club! This month we will all be having a chili cookoff. Plates, cutlery, napkins and juice will be provided. Please bring in your own serving utensils and label your dish.

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

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.

Energy Assistance Program

We will be taking appointments for Energy Assistance applications for those seniors who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE). Our first day of appointments is October 17th from 8:30am to 3:00pm. Annual Income guidelines (for households whose heat is not included in their rent) are as follows:

One Person Household – Income cannot exceed \$ 36,171

Two Person Household – Income cannot exceed \$ 47,300

Please call Jane at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment. We will take applications for Electric and Gas customers starting in November.

Open Enrollment for Medicare D October 15th to December 7th

Open enrollment for Medicare part D is from October 15th to December 7th. Please contact Doug Truitt, Assistant Director of Community Services at Town Hall to schedule an appointment. You may reach Doug @ 860-828-7059. His hours @ Town Hall are Monday– Wednesday 8:30am to 4:30pm, Thursday 8:30am to 7:00pm and Friday, 8:30am—1:00pm.

Carving Station at our Congregate Meal Thursday, October 17th @ 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 Beef, Mushroom Gravy, Seasoned Red Potatoes, Green Beans, Cranberry Sauce, Dinner Roll, Cranberry Juice and Apple Pie.

AARP Defensive Driving Course

On Tuesday, October 29th, 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**

HOT STUFF

BLAZE a trail through the diagram to discover 31 things that are hot, hot, hot!

BLAZE	PEPPER	SPARK
BUFFALO WINGS	RADIATOR	STEAM
CAYENNE	RANGE	STOVE
CHILI	SALSA	TABASCO
CURRY	SAND	TORCH
EMBER		
FIRE		
FLAME		
FURNACE		
GEYSER		
HEARTH		
HORSERADISH		
HOT COALS		
HOT SPRING		
INCINERATOR		
JALAPEÑO		
KILN		
LAVA		
MATCH		
MUSTARD		
OVEN		



Senior Center Book Discussion

Senior Center Book Club: Wednesday, Oct. 23, 1:30 pm

Join us at the Berlin Senior Center for a discussion of the book, *A Woman in Business*, by Virginia Hale. 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.

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, October 8th at 1:00PM- “Going in Style”

Three elderly friends and retired steelworkers are outraged to learn that their pension fund has been raided by a shady corporation. Soon, they decide to rob one of the corporation's banks to get their money back in this rousing crime comedy. **Rated PG 13**

Tuesday, October 15th at 1:00PM- “The Biggest Little Farm”

Director John Chester, his wife Molly and their dog Todd attempt to turn 200 acres of land outside Los Angeles into a sustainable farm. The couple document their quest to work in harmony with the land as well as ward off pests, predators and wildfires to protect their crops and animals.

Rated PG

Tuesday, October 22nd at 1:00PM - “Aladdin”

A street rat pursues the princess of Agrabah with the help of a powerful genie who can grant him three wishes and his pet monkey. His primary opponent is a malevolent sorcerer who serves as the city's grand vizier and the chief advisor to the Sultan. **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, October 25th we’re off to Eastside Restaurant in New Britain.** The senior bus will leave the senior center at 11:30am. Signups will be taken beginning at 9:00am on Wednesday, Oct 16th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 16th. If you went on last month’s trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP

This month there will be two specialty shopping trips. The first is to **Walmart in Cromwell on Wednesday, Oct 9th.** The second trip is to **Meriden Square or Target in Meriden on Wed Oct 23rd.** **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.

