



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

NOVEMBER 2019

Greetings from the Director,

This month is our annual Holiday Boutique which is held on Election Day, November 5th from 8:30am to 3:00pm. We will have some wonderful raffle baskets, lovely handmade items, puzzles, books & small tag sale items. We will be selling home-made soups and sandwiches for lunch. I hope you will come and support us. Proceeds go to the Senior Center.

The Center will be celebrating our Veterans on Monday, Nov 11th at 9:00am with a breakfast. **The breakfast is for veterans only. Please make sure you sign up.** We will also be providing transportation to any senior that needs a ride to the Veteran's Program at Berlin High School on Monday, Nov 11th at 7:00PM. Please contact the Center if you need a ride. **Reminder:** There is no CW Lunch on Monday, Nov 11th. Their offices are closed. The Center will be serving pizza, salad & dessert. Cost is \$3.00 and you will need to sign up with Cheryl by Friday, Nov 8th.

Please note: The Senior Center is open on Veteran's Day, but closed on Thanksgiving, Nov 28th & Friday, Nov 29th. The staff at the Center would like to wish you and your families a Happy Thanksgiving!

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...

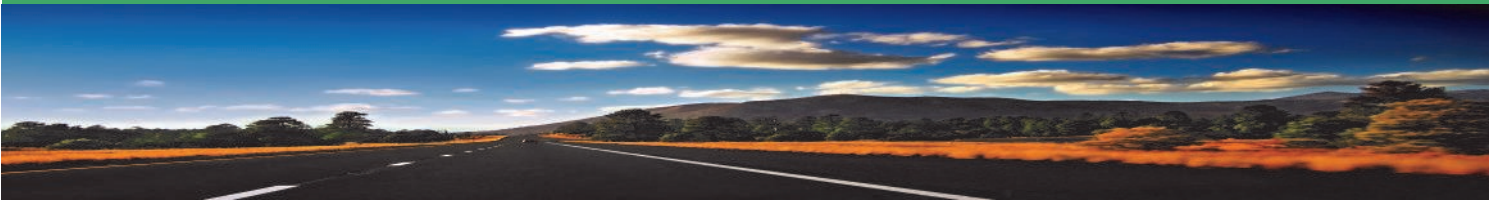
Transportation Resources Available in the Central CT Area:

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



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

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

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 WAIT LIST

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

Veteran's Day Breakfast—Monday, Nov 11th @ 9:00AM - The Senior Center is inviting all Berlin Veterans to a breakfast being held in their honor on Monday, Nov 11th @ 9:00 am. **Sign up will begin on Monday, Nov 4th.**

Downton Abbey Style: Influences on Fashion Program, Tuesday, November 12th at 1:00PM— Susan J. Jerome, the Collections Manager at the University of Rhode Island Historic Textile and Costume Collection is presenting this program on the Downton Abbey style and its influences on fashion. She will explore the social, technological, and political developments of the early 20th Century as reflected in the notable evolution of women's and men's clothing. The presentation will look back at what was fashionable, or not, as a way of understanding why people wore what they did. There will be a question and discussion period. **Sign up will begin on Monday, Nov 4th.** **CALLING ALL DOWNTON ABBEY FANS!**

Sensory Activity Blanket Project, Wednesday, Nov 13th at 1:00PM— The Senior Center is working with Euro-American Connections staff to create sensory activity blankets for individuals with Alzheimer's. We are looking for senior volunteers to help with this project. We will be making only a portion of the blanket. Volunteers will also be making something for themselves to take home. Delicious refreshments will be served. **Come help out! We need your help! Sign up will begin on Monday, Nov 4th.**

Special Bingo Thursday, November 14th at 1:00PM—Ledgecrest Convalescent will be sponsoring this Special Bingo on Nov. 14th at 1:00PM. Special refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Lunch and Learn—Medicare and You, Friday, Nov 15th at 12:00PM— Come and enjoy a "free" lunch and learn about the different parts of Medicare, your Medicare options and how to get the most out of Medicare. The menu for the program is pizza, salad and dessert. This program is sponsored by Roger Moss, Bankers Life Agent. **Sign up will begin on Monday, Nov 4th.**

History for Fun Series—Tuesday, Nov 19th at 1:00PM— This 6 part series is a collection of presentations on some of the more interesting historic events within our country. Mr. Joseph Ouellete, a Ellington Historical Society member will present the first of the series—"Rosie the Riveter" on Tuesday, Nov 19th at 1pm. Rosie was a cultural icon of World War II, representing the women who worked in factories and other businesses replacing the male workers who were serving in the military. **Sign up will begin on Monday, November 4th.**

Town Manager Lunch Time Visit- Thursday, Nov 21st from 11:30-12:30PM— Our Interim Town Manager Aroscha Jayawickrema will be visiting the Center for Lunch. If you haven't had the pleasure of meeting him this is a perfect time to do so. Come and chat with him about the town, the Senior Center or yourself. **No sign up is necessary.**

Special Bingo Thursday, November 21st at 1:00PM ~Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Nov 21st 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.**

"Friendsgiving" Celebration—Wednesday, Nov 27th at 12:00PM— "Friendsgiving" is defined as a Thanksgiving celebration with one's friend as opposed to one's family. The Senior Center will be hosting its first ever Friendsgiving. Lunch will be served at Noon followed with music from our wonderful friends the Elderly Brothers. You may sign up yourself and one other person. Limited to 100. **Sign up will begin on Monday, Nov 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 9:00AM. 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, November 14th and Friday, November 22nd.** 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, Nov 5th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Nov 12th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Nov 19th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Nov 26th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, Nov 26th 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 Monday, Nov 4th.**

Healthy Brain Series, Nov 19th, and 26th, Dec 3rd at 11:00am—This three part series offers tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. **Session 1: Maintain good nutrition for optimal brain health, Session 2: Importance of mental and physical exercise and sleep for optimum brain health, Session 3: Managing stress and learning the benefit of being social and having a purpose for a healthy brain.** Presented by Patty O'Brian, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. **Sign up will begin on Monday, November 4th.**

Berlin Food Pantry is looking for volunteers to work at Thursdays' Food Distribution at the Town Hall. There is no lifting just handing out the bags of food from 4-5:00PM to the clients. If you have any questions or are willing to help out please contact Ann Gamelin at (860)828-6700.

INCLEMENT WEATHER –SENIOR CENTER CLOSING Please listen to television stations WVIT NBC 30, WFSB 3 and WTIC 1080 AM for all Senior Center cancellations, delays and closings. When the Berlin Public Schools close due to snow we have no transportation, no meals and usually no classes. But as town employees we are expected report to work and keep the Center open. If unsure of a cancellation please call the Senior Center before leaving your home.

CW Resources Senior Community Café

November Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE			SUGGESTED DONATION	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <div>Chicken Pot Pie Brown Rice Green Beans</div> <div>Biscuit</div> <div>Peaches</div>
<div>4</div> <div>Grape Juice Sloppy Joe Mashed Potato Corn Niblets</div> <div>Hamburger Roll</div> <div>Rice Pudding</div>	<div>5</div> <div>NO CW Lunch</div> <div>Holiday Boutique Lunch</div> <div>Soup, Ham & Pickle, Egg Salad, Chips Coffee/Tea Soda</div> <div>Prices Vary</div>	<div>6</div> <div>Unbreaded Fish Filet with Lemon Butter Sauce Harvest Rice Stewed Tomatoes</div> <div>Multi Grain Bread</div> <div>Mandarin Oranges</div>	<div>7</div> <div>Stuffed Pepper Soup Unsalted Crackers Sliced Turkey Swiss Cheese Lettuce and Tomato Tater Tots Grinder Roll</div> <div>Banana</div>	<div>8</div> <div>Special Dessert Pineapple Juice Chicken Patty with Country Gravy Whipped Mashed Potato String Beans with Mushrooms 100% Whole Wheat</div> <div>Brownie with Topping</div>
<div>11</div> <div>The Senior Center will be serving Lunch Pizza, Salad, Dessert Coffee/Tea Please see Cheryl to sign up and pay \$3.00 per person</div>	<div>12</div> <div>Grape Juice Crab Cakes with White Sauce Mashed Potatoes Tuscany Vegetables</div> <div>Rye Bread</div> <div>Birthday Cake</div>	<div>13</div> <div>Swedish Meatballs with Sour Cream Gravy Buttered Noodles Mixed Vegetables</div> <div>Assorted Rolls</div> <div>Fruit Cup</div>	<div>14</div> <div>Cranberry Juice Chicken Ala King over Wild Rice Oriental Blend Veggies</div> <div>Pumpernickel Bread</div> <div>Peaches</div>	<div>15</div> <div>Corn Chowder Unsalted Crackers Pier 17 Fish Tartar Sauce Mashed Sweet Potato Spinach Dinner Roll</div> <div>Citrus Sections</div>
<div>18</div> <div>Cranberry Juice Meatloaf Brown Gravy Garlic Mashed Potato Carrots and Green Beans</div> <div>Multigrain Bread Baked Pears with Topping</div>	<div>19</div> <div>Orange Chicken Buttered Rice Scandinavian Veggies</div> <div>Dinner Roll</div> <div>Fresh Apple</div>	<div>20</div> <div>Butternut Squash Soup Unsalted Crackers Fish Sandwich Sweet Potato Tots Cole Slaw Tartar Sauce</div> <div>Hamburger Bun</div> <div>Tangerine</div>	<div>21</div> <div>Cranberry Juice Hamburger Baked Beans Broccoli</div> <div>W.W. Hamburger</div> <div>Cookies</div>	<div>22</div> <div>Grape Juice Salisbury Steak LS Beef Gravy Buttered Noodles Peas</div> <div>Potato Bread</div> <div>Chocolate Chip Cookies</div>
<div>25</div> <div>Meatball Sub with Mozzarella French Fries Mixed Veggies</div> <div>Sub Roll</div> <div>Fresh Orange</div>	<div>26</div> <div>Chicken Cacciatore Yellow Rice Garden Salad Italian Dressing</div> <div>Garlic Bread</div> <div>Rice Pudding</div>	<div>27</div> <div>Sr. Ctr. Friendsgiving</div> <div>Apple Cider Roast Turkey with Giblet Gravy Stuffing Mashed Potato Butter Ginger Carrots Cranberry Sauce Dinner Roll Pumpkin Pie with Whipped Topping</div>	<div>28</div> <div><i>Happy Thanksgiving!</i></div>	<div>29</div> <div>  </div>

NOVEMBER 2019

Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography
4 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback	5 8:30-3pm Holiday Boutique 8:30am Coffee Hr. NO Exercise NO CW Lunch 12:45pm B Pressure 12:45pm Po Ke No VOTING- POLLING SITE	6 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	7 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA-by appt	8 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 11am Wii Bowlers Field Trip 1pm Photography
11 9am Veteran's Breakfast 9:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Pizza Lunch 12:30pm Bridge 1pm Setback NO CW LUNCH	12 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Downton Abbey Program	13 8:30am Coffee Hr. 9am CCharities 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Sensory Activity Blanket Project	14 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo FC—by appt	15 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 12pm Lunch & Learn 12:45pm Wii Bowl 1pm Photography
18 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback 7pm CFA Mtg	19 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm History for Fun Series	20 8:30am Coffee Hr 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	21 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 11:30-12:30pm Town Manager's Visit 12pm Lunch 1pm Special Bingo	22 8:30am Coffee Hr. 9:30amYoga 11:30am LBunch Trip 12pm Lunch 12:45pm Wii Bowling 1pm Photography FC- by appt
25 8:30am Coffee Hr. 9am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback	26 8:30am Coffee Hr. 9:45am Exercise 10am "Free" Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	27 8:30am Coffee Hr. 9am C. Charities 9:30am Leftovers 10am Knitters 12pm Friendsgiving 1pm Coloring 1pm Cribbage DI	28 Thanksgiving Holiday Senior Center Closed	29 Thanksgiving Holiday Senior Center Closed

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:

Nov 1st, 15th and 29th and Dec 13th and 27th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

Senior Center Holiday Boutique

Tuesday, Nov 5th from 8:30AM to 3:00PM

We are accepting baked goods, gently used books and puzzles and small tag sale items for the boutique. All items must be cleaned and gently used. Baked goods can be dropped off on **Monday, November 4th** and first thing Tuesday morning. All other items can be dropped prior to that date. All proceeds from this event go to the Senior Center.

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>
10/1/2019	Anonymous	Berlin Senior Center
10/24/20 19	Jane Skinner	Berlin 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.

10/1/2019	James McNeil	Kindness Fund
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We appreciate all donations received at the Center! These donations help us out tremendously!

Director's Monthly Update

INCLEMENT WEATHER –SENIOR CENTER CLOSING Please listen to television stations WVIT NBC 30, WFSB 3 and WTIC 1080 AM for all Senior Center cancellations, delays and closings. When the Berlin Public Schools close due to snow we have no transportation, no meals and usually no classes. But as town employees we are expected report to work and keep the Center open. If unsure of a cancellation please call the Senior Center before leaving your home.

Berlin-Peck Memorial Library Monthly Events

Movie Matinee: Yesterday: Friday, Nov. 1 @ 1 pm A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed. Rated PG-13 **The Kiss of Sweet Scottish Rain: A Walk Across Scotland: Saturday, Nov. 2 @ 1 pm** Rob McWilliams, Connecticut author and newspaper columnist, will talk about the walk across Scotland that inspired his book, *The Kiss of Sweet Scottish Rain*. The presentation, fully illustrated with photographs from the trek, will also discuss Scotland's history, nature, & cultural background. A Q&A session will follow and the opportunity to purchase signed copies of the book. Register. **Coffee & Books: Monday, Nov. 4 @ 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. This month, we will meet at Cafe Busy Bean on Main Street in Berlin. **Local Author Book Launch: F.R. Rivers: Monday, Nov. 4 @ 6:30 pm** Join Berlin author, F.R. Rivers for his debut book launch. Mr. Rivers will read an excerpt from his book and will discuss the motivations for his storyline and the writing process, in general. Register. Books will be available for purchase/signing at the event. Register. **Sit and Knit: Thursdays, Nov. 7 & 21 @ 6 pm, Nov. 14 @ 1 pm** Join local knitters for knitting and good company. **Make and Take: Alcohol Ink Ornaments: Thursday, Nov. 7 @ 6:30 pm** Create two unique ornaments for your tree this holiday season or to give as gifts. Register. Cancellation policy applies. **Movie Matinee: Late Night: Friday, Nov. 8 @ 1 pm** A late night talk show host suspects that she may soon lose her long-running show. Rated R. **Saturday Book Club: Saturday, Nov. 9 @ 10:30 am** Join us for a book discussion of *The Dinner List*, by Rebecca Serle. Please contact the library for a copy of the book. Register. **Arlington National Cemetery: Its History: Saturday, Nov. 9 @ 1 pm** Cynthia Parzych, author of the book, *Arlington National Cemetery: Trace the Path of America's Heritage*, presents the backstory of this iconic spot and highlights some of the stories of the interesting people who lived and were buried in there. Books will be for sale at the event. Register. **Stock Club: Tuesday, Nov. 12 @ 1:30 pm** Discuss investment trends with local investors. **Movie Matinee: Ben is Back: Friday, Nov. 15 @ 1 pm** A drug addicted teenage boy shows up unexpectedly at his family's home on Christmas Eve. Rated R. **Connecticut 169 Club: Book Talk and Signing: Saturday, Nov. 16 @ 1 pm** Join us for a book talk and signing by author and historian Marty Podskoch. His new book, *The Connecticut 169 Club: Your Passport and Guide to Exploring Connecticut*, encourages travelers to visit all of the towns and villages of our beautiful and unique state. Register. **New Britain Symphony Orchestra: Jazz Quartet: Monday, Nov. 18 @ 6:30 pm** Join New Britain Symphony Orchestra's Jazz Quartet for a free mini concert at the library. Sponsored by New Britain Symphony Orchestra and the Marjorie Moore Charitable Foundation. Register. **Movie Matinee: Tomorrow Man: Friday, Nov. 22 @ 1 pm** Ed Hemsler spends his life preparing for a disaster that may never come. Ronnie Meisner spends her life shopping for things she may never use. These two people will try to find love. Rated PG-13. **Kensington Garden Club: Christmas Boutique: Saturday, Nov. 30 from 10 am-2 pm** Back by Popular Demand! Stop by and get your beautiful Christmas decorations and treats! **Decorative Bow Making: Monday, Dec. 2 @ 6:30 pm** Learn to create beautiful big bows to decorate wreaths, presents or even a brand-new car! Please bring your own ribbon to this class. To create one bow, you'll need at least 3 yards of a 2" - 4" wired edge ribbon. 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

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 are taking appointments for Energy Assistance applications for those seniors who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE), GAS and ELECTRIC. Appointments are on Thursdays 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 and to schedule your appointment .

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.

AARP Defensive Driving Course

On Tuesday, November 26th, 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.**

Veterans Day Program

The Berlin Public Schools cordially invite you to attend a Veterans Day Program on Monday, November 11th at 7:00pm at Berlin High School Auditorium, 139 Patterson Way.

Parents, students, staff and community members are welcome to attend the program. Transportation is available for seniors wishing to attend. Please contact Tina Doyle at 860-828-7006 for arrangements. Special seating arrangements are available by calling 860-828-6581

THE BIG CRUNCH

These 22 foods all share one tumultuous trait: They make a lot of noise when you eat them! Snack on some CELERY or polish off a PICKLE as you locate all of these crunchy foods in the jumble of letters.

APPLE

BREAD
STICK

CRACKER

BEAN
SPROUT

CARROT

CROUTON

DRY CEREAL

BRAZIL NUT

CELERY

GRANOLA

PEANUT
BRITTLE

PECAN

PICKLE

POPCORN

POTATO
CHIP

PRETZEL

RADISH

SUNFLOWER
SEED

TACO

TOAST

WALNUT

WATER
CHESTNUT

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

Senior Center Book Club: Wednesday, Dec 4th @ 1:30 pm

Join us at the Berlin Senior Center for a discussion of the book, *Forty Autumns* by Nina Willner
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, November 26th at 1:00PM—Grumpy Old Men—On-screen dueling duo Jack Lemmon and Walter Matthau go for broke in this comedy about a pair of crotchety neighbors. Their differences only deepen when a siren played by Ann-Margret moves to town, sending the former friends into a tailspin on Thanksgiving Day when they both see her on a date with someone else entirely. PG 13



Specialty Trips

LUNCH BUNCH” TRIP



Each month the senior center organizes a “lunch bunch” trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This trip is limited to 12 people. This month on **Friday, November 22nd we’re off to the Manor Inn in Milldale.** The senior bus will leave the senior center at 11:30am. Signups will be taken beginning at 9:00am on Wednesday, Nov 13th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 13th. 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 **Westside Market in Rocky Hill on Wednesday, Nov 13th.** The second trip is to **Walmart in Cromwell on Wednesday, Nov 20th.** **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.

