



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

DECEMBER 2019

Greetings from the Director,

The Staff at the Berlin Senior Center would like to wish everyone a Happy Holiday and a Prosperous New Year to each and everyone of you. We hope that 2020 will be a year filled with prosperity, good friends and good health.

A BIG THANK YOU to all who supported our Holiday Boutique on November 5th. I would like to thank all the folks who helped with the boutique ~ Set Up ~ Ginny Steele and Marion Marino ~ Our Bakers ~ Paul Dobrowolski, Dan Doyle, Ginny Steele, Ann Wilchynsky & Arlene McGraw ~ Kitchen Help ~ Joe Kozalka, Bob Brown, Dan Doyle & our UpBeat students ~ Boutique Workers ~ Ginny Steele, Cathy Baran, Marion Marino, Arlene McGraw, Elaine LaValle and the UpBeat students. Thank you to the ladies from our Swedish Weaving Group and our Social Leftovers group for donating the proceeds from their raffle to the Senior Center.

Christmas isn't a season. It's a feeling. ~ Edna Ferber

My idea of Christmas whether old-fashioned or modern, is very simple: loving others. ~ Bob Hope



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...

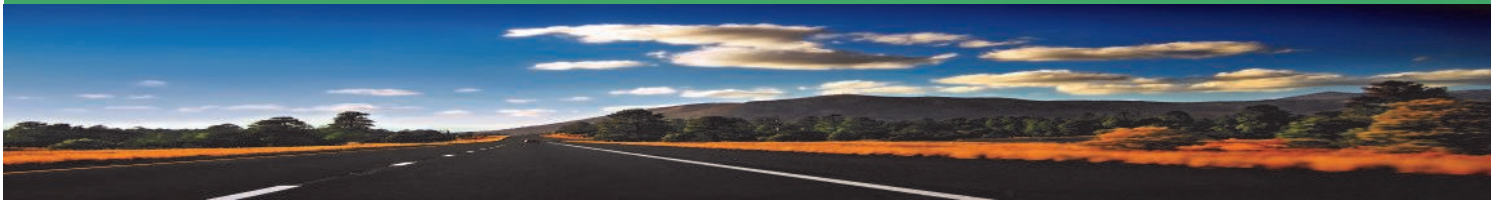
Transportation Resources Available in the Central CT Area:

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



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

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 WAIT LIST

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

Be on the Look Out for the 2020 Trips!

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



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

Special “Jingle All the Way” Bingo Thursday, December 19th at 1:00PM ~ Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Dec 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.** Come join in the fun....HO, HO, HO !

History for Fun Series—Tuesday, Dec 17th (Rescheduled from 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, Dec 17th 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, Dec 2nd.**



An Afternoon of Music with Rob Zappulla Wed, Dec 11th at 1:00PM
Come start the holiday season with the joyful sounds Rob Zappulla. Rob is a very talented trumpeter and singer and has performed with many well known bands. He is a local boy whose come home to entertain us. Following the music you will be treated to a delicious dessert with coffee or tea. **Limited to 100 people.** You may sign up yourself and **one other member.** **Sign up begins on Monday, Dec 2nd.**

Griswold School Carolers and Band, December 13th at 9:30AM ~ The Griswold Choristers and 5th Grade Band of Griswold School are looking forward to visiting the Berlin Senior Center again. The Choristers are 5th Graders who give up their recess once a week to rehearse as an ensemble and their conductor is Chris Fazzina. The 5th Grade Band is led by Alison Wilson and is made up of 5th Grade students who have a band lesson once a week and rehearse as a group every Thursday. They look forward to sharing their music and holiday cheer with you on December 13th. **Sign up begins on Monday, Dec 2nd.**

Town Manager Coffee Hour Visit- Thursday, Dec 12th from 8:30-9:30AM— Our Interim Town Manager Aroscha Jayawickrema will be visiting the Center during coffee hour. 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.**

New Year's Eve Celebration, Tuesday, December 31st at Noon ~ Come help us ring in the New Year—2020! We will toast to the New Year at noon and then we will enjoy the delicious CW Resources Lunch of Ham, Sweet Potato, Broccoli & Carrots and Boston Crème Pie. You may sign up yourself and **one other member.** **Limited to 100 people.** Following lunch we will play Bingo. Prizes will be awarded. **Lunch and Bingo prizes are provided by the Senior Center.**

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 10:00AM. 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, December 12th and Friday, December 20th.** 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, Dec 3rd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Dec 10th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Dec 17th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Dec 24th	Senior Center Closed	Christmas Holiday
Tuesday, Dec 31st	12:45 PM ~1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, Dec 31st 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 craft room at the Berlin Senior Center. Please call the center to schedule an appointment. No walkins will be taken. **Sign up begins Monday, Dec 2nd.**

Healthy Brain Series ~ Dec 3rd, Dec 10th and 17th at 11:00am—This five part series continues to offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. **Session 3: Managing stress and learning the benefit of being social and having a purpose for a healthy brain, Session 4: Sleep and Session 5: Gratitude.** Presented by Patty O'Brian, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. **You are still welcome to join us for the final three sessions.**


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

December Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grape Juice Breaded Pork Chop Seasoned Whole Potatoes Buttered Beets Wheat Bread Pudding Cup	3 Eggplant Rolette Buttered Ziti Italian Blend Veggies Oatmeal Bread Tropical Fruit Salad	4 Unbreaded Fish Filet with Lemon Butter Sauce Harvest Rice Stewed Tomatoes Multi Grain Bread Mandarin Oranges	5 Hearty Vegetable Soup Unsalted Crackers Roast Beef Sandwich Provolone Cheese Tater Tots Three Bean Salad Mayonnaise Seeded Bun Banana	6 Pineapple Juice Chicken Patty with Country Gravy Whipped Mashed Potato String Beans with Mushrooms 100% Whole Wheat Brownie with Topping
9 Grape Juice Lasagna Rollette Primavera Sauce Italian Blend Veggies Garlic Bread Vanilla Pudding	10 Grape Juice Crab Cakes with White Sauce Mashed Potatoes Tuscany Vegetables Rye Bread Birthday Cake	11 Swedish Meatballs with Sour Cream Gravy Buttered Noodles Mixed Vegetables Assorted Roll Fruit Cup	12 Cranberry Juice Chicken Ala King over Wild Rice Oriental Blend Veggies Pumpernickel Bread Peaches	13 Corn Chowder Unsalted Crackers Pier 17 Fish Tartar Sauce Mashed Sweet Potato Spinach Dinner Roll Citrus Sections
16 Cranberry Juice Meatloaf Brown Gravy Garlic Mashed Potato Carrots and Green Beans Multigrain Bread Baked Pears with Topping	17 Orange Chicken Buttered Rice Scandinavian Veggies Dinner Roll Fresh Apple	18 Butternut Squash Soup Unsalted Crackers Fish Sandwich Sweet Potato Tots Cole Slaw Tartar Sauce Hamburger Bun Tangerine	19 Egg Nog Stuffed Chicken Chicken Gravy Oven Roasted Potatoes Baby Carrots with Peas Christmas Special  Cheesecake with Strawberries	20 Grape Juice Salisbury Steak with LS Beef Gravy Buttered Noodles Peas Potato Bread Chocolate Chip Cookies
23 Meatball Sub with Mozzarella French Fries Mixed Veggies Sub Roll Fresh Orange	24 CLOSED 	25 CLOSED 	26 Sweet and Sour Pork Fried Rice Oriental Blend Veggies Dinner Roll Pineapple Chunks	27 Toscana Soup Unsalted Crackers Cheese Ravioli Tomato Sauce Florentine Italian Blend Veggies Breadstick Fresh Apple
30 Chicken Strips with Peppers and Onions Rice Mixed Vegetables Whole Wheat Bread Pears	31 Apple Cider Sliced Ham with Cherry Pineapple Glaze Mashed Sweet Potato Broccoli and Carrots New Year's Special Dinner Roll Boston Cream Pie			

DECEMBER 2019				Events
Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback	3 8:30am Coffee Hr. 9:45am Exercise 11am Healthy Brain Series 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie	4 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	5 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	6 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography
9 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Drop In	10 8:30am Coffee Hr. 9:45am Exercise 11am Healthy Brain Series 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie	11 8:30am Coffee Hr. 9am CCharities 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm An Afternoon w/Rob Zappulla	12 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA-by appt FC—by appt	13 8:30am Coffee Hr. 9:30am Griswold Elementary Concert 12pm Lunch 11am Wii Bowl 1pm Photography NO YOGA
16 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Drop In	17 8:30am Coffee Hr. 9:45am Exercise 11am Healthy Brain Series 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Fun History Series “Rosie the Riveter”	18 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	19 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 10-1pm Good Cause Gifts 12pm Lunch 1pm Special “Jolly All the Way” Bingo EA-by appt	20 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography FC— by appt
23 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Drop In	24 Senior Center Closed Christmas Holiday	25 Senior Center Closed Christmas Holiday	26 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo	27 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowling 1pm Photography
30 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Drop In	31 8:30am Coffee Hr. 9:00am Exercise 10am “Free” Manicures 12pm New Years Eve Celebration 12:45pm B Pressure No Po Ke No			

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, January 20th @ 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:

Dec 13th and 27th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

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.

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>
11/26/19	James McNeil	Berlin Senior Center
	Swedish Weaving/Social Leftover Groups	Berlin Senior Center
	Holiday Boutique Proceeds	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.

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

Director's Monthly Update

Our Community Partner ~ Newington Rapid Recovery Rehab Center located at 240 Church St, Newington will be hosting their Annual Festival of Wreaths Wine Tasting Event on Wednesday, December 4th from 5:00-8:00PM. Tickets are \$10.00. Contact: Roseanna D'Anna at (860) 878-1351 or email: Liaison@NRRRC.com. Come see beautifully decorated wreaths from local businesses and volunteers. Enjoy appetizers, wine and cordials. All proceeds from event benefit Rotary Charities.

The Berlin Senior Center will be decorating three wreaths for this event.

*Complimentary tickets for seniors from Senior Centers are Available.

Berlin-Peck Memorial Library Monthly Events

Decorative Bow Making: Monday, Dec. 2 @ 6:30 pm Learn to create beautiful big bows for the holidays! 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.

Make and Take: Glittered Snowflakes: Thursday, Dec. 5 @ 4:30 pm or 6:30 pm (Choose time slot) Create some sparkly snowflakes and add shine to your winter decor! All supplies provided. Open to Adults, Teens and Kids Age, 10+ with an adult. Register. Cancellation policy applies.

Baubles & Bling: Thursday, Dec. 5, 5 pm-8 pm and Saturday, Dec. 7 from 10 am-2 pm Join us for a sale of gently used necklaces, bracelets, earrings, and brooches, most priced \$1 to \$10. We are now also selling previously owned designer purses! Proceeds will fund programs at the library. CASH ONLY, PLEASE. **This year the sale will be on Thursday, 12/5 from 5-8 pm (\$5 admission) and also on Saturday, 12/7 (free admission) from 10 am-2 pm.** On Saturday, from 1 pm-2 pm, all items on the \$1, \$3 and \$5 tables will be 50% off. There are no sale hours on Friday. Sponsored by Trustees & Friends of the Berlin-Peck Memorial Library.

Sit & Knit: Thursday, Dec. 5, 12, 26 @ 1:00 pm and Dec. 19 @ 6 pm Join local knitters for a relaxing time filled with knitting and good company!

Stock Club: Tuesday, Dec. 10 @ 1:30 PM Discuss investment trends with local investors.

The Strategic Significance of the Japanese Attack on Pearl Harbor: Tuesday, Dec. 10 @ 6:30 pm Why did the Japanese attack a sleeping U.S. Pacific Fleet at Hawaii? Historian Mark Albertson explores this question in this informative talk. Mark Albertson is an historical research editor at Army Aviation magazine; and historian for the Army Aviation Association of America. Sponsored by Friends of the Berlin-Peck Memorial Library. Register.

10th Annual Gingerbread House Contest Drop off begins Friday, Dec. 13, displayed the week of Dec. 16th. Visit library website for details.

Movie Matinee: The Best of Enemies: Friday, Dec. 13 @ 1 pm Rated PG-13. Movie length: 2 hours, 13 minutes. Movie released in 2019.

Cookbook Club: Cookie Swap: Tuesday, Dec. 17 @ 6:30 pm Contact library for details. Register.

Movie Matinee: Christmas Truce: Friday, Dec. 20 @ 1 pm Movie length: 1 hour, 35 minutes.

Friends of Berlin Animal Control Bake Sale & Bazaar: Saturday, Dec. 21 from 10 am - 2 pm Dog and cat gift items for sale. Great raffle prizes. Photos with Santa (pet photos outside). All proceeds go to the Friends of Berlin Animal Control.

Movie Matinee: Overcomer: Friday, Dec. 27 @ 1 pm Rated PG. Movie length: 1 hour, 59 minutes. Movie released in 2019.

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 .

Emergency Kit Checklist



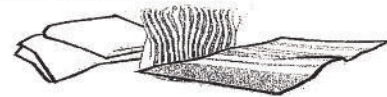
**3 days of nonperishable / non-cook food
water (1 gal. per day per person), medication**



flashlight, battery operated radio, extra batteries



first aid kit, cash, cell phone and charger



**ID cards, information: (Dr., meds, allergies), family / friends
contacts, toothbrush / toothpaste, blanket and washcloth**



clothes and baby or pet supplies if you need them

DISASTER PREPAREDNESS: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster. It is a starting point, as individual needs vary depending upon circumstances.
For additional information, visit: www.Ready.gov

Region 1, SOS Secrets of Survivors

HAPPY NEW YEAR!

PUZZLE

BALL DROP
CHAMPAGNE
DANCE
DATE
EVE
FOOD
FRIENDS
FUN
GAMES
GUESTS
HIGH-RISE
HOME
HORNS
HOTEL
HUGS
KISSES
MASKS

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

MIDNIGHT

NOISE

ROOFTOP

MUSIC

PARTY

SING

NEW YEAR

RESOLU-

STREAMERS

NEW YORK

TIONS

TOAST

CITY

RING OUT

WISHES

Senior Center Book Discussion

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: A Family's Story of Courage and Survival on Both Sides of the Berlin Wall*, by Nina Willner. Please contact the library for a copy of the book.

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, December 3rd at 1:00pm ~ Miracle on 34th Street ~When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing.

Tuesday, December 10th at 1:00pm ~ White Christmas ~A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.



Specialty Trips

LUNCH BUNCH" TRIP 

THERE IS NO LUNCH BUNCH IN DECEMBER

SPECIALTY SHOPPING TRIP 

This month there will be **three specialty shopping trips** because of the holiday season. The first is to **Meriden Mall or Target in Meriden on Wed, Dec 4th at 10:30am.** The second trip is to **Walmart in Cromwell on Wed, Dec 11th at 10:30am.** And the final trip is to the Christmas Tree Shoppe with a stop for lunch at the Olive Garden in Manchester on Wed, Dec 18th at 10:30am. **We need a minimum of 3 riders for each 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.