



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

MARCH 2020

Greetings from the Director,

*May your pockets be heavy and your heart be light,
may good luck pursue you each morning and night.
Irish Blessing*

Spring begins on March 19th. Yay! I know I am looking forward to the beautiful spring flowers, warmer climate and our days filled with longer daylight.

Energy Assistance applications are still being taken for deliverable fuel up until March 13th. Electric and gas customers you have until April 30th to apply. "Free" Tax Aide will continue at the Center on Thursdays until April 9th.

The Finance Board will be having the annual budget hearing again here at the Senior Center on Tuesday, March 31st at 1pm. Please let you neighbors, friends and family know.

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. **Riders should not leave their confirmed appointment locations to wander to other destinations in the area. If you choose to ignore our rules you will be suspended from the bus service.**

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...

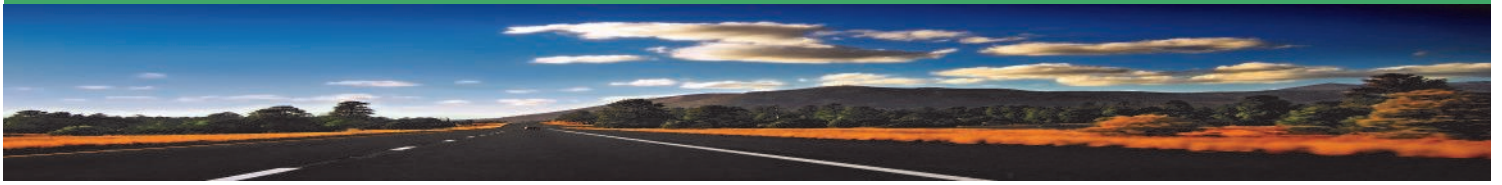
Transportation Resources Available in the Central CT Area:

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



March 8th 2020 American Athletic Conference Women's Basketball Tournament— Come out and support your favorite female basketball players! Includes ticket to AAC Semi-Final Game featuring UCONN, Food Voucher and Casino Bonus, transportation and Driver's Gratuity. **Cost: \$99.00 Per Person. Itinerary subject to change and availability. Wait List.**

March 11th St. Patrick's Celebration at Gavin's Resort— you will be en route to the Catskill region of New York. You will be served a complete and a very special Irish luncheon is included at Gavin's Golden Hill Resort. Gavin's St. Patrick's Day Show is one of the finest in the U.S. **Cost: \$100.00 Per Person. Itinerary subject to change and availability. Wait List.**

March 17th St. Patrick's at the Aqua Turf— Enjoy a real St. Patrick's Day Lunch of Corned Beef & Cabbage, Baked Scrod, and all the fixings, including dessert. You will receive a complimentary glass of wine or beer . After lunch, you'll be treated to live Irish entertainment. Padraig Allen and The McLean Avenue Band have a distinctive sound that mixes Irish Celtic folklore and the rock pop Celtic music of today. **Cost: \$86.00 Per Person. Itinerary subject to change and availability. Wait List.**

April 8th MGM-Springfield— You will receive a casino bonus (TBA). You will be able to enjoy a leisurely lunch and a day of gaming at your own pace. Join us for a day of fun. Hopefully, your pockets will be overflowing with winnings on the bus ride home! **Cost: \$39.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

April 18th –25th Historic South—Savannah, GA & Charleston, SC— Spent 7 days in beautiful Savannah, Georgia and Charleston, South Carolina. Please pick up a flyer which will give you the full details of this trip. **Cost: \$1745.00 PP Double, \$2185.00 Single and \$1685.00 PP Triple. Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this tour. Sign ups are now being taken.**

April 23rd—Westchester Broadway Theatre “All Shook Up” - You will enjoy a matinee performance at the Westchester Broadway Theatre where lunch is included. You will receive a choice of entrée upon arrival. The musical, *All Shook Up*, a musical comedy built around a number of songs made famous by Elvis Presley. **Cost: \$119.00 Per Person. Itinerary subject to change and availability. Cancellation Insurance is available and recommend for this tour. Sign ups are now being taken.**

May 3rd—Warner Theatre presents The Producers **Cost: \$119.00 Per Person**

May 13th—MOMA (Museum of Modern Art) **Cost: \$117.00 Per Person**

Attention all Trip Goers: We have trip flyers on all 2020 trips at the Senior Center. The trip flyer has a complete description of trip along with trip rules. 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

Coin Program—Tuesday, March 10th at 1:00 PM—Blair Soucy has been collecting coins for over 50 years and is a professional coin dealer. He is also the President of the Litchfield County Coin Club and Vice President of the Bristol, CT Coin Club. He is also an American Numismatic Association life member. Blair will talk about the hobby of coin collecting, the U.S. Mint, the gold and silver bullion market and provide a general overview of coin and currency collecting. You are encouraged to bring any coins or currency for Blair to look at. **Sign up is now being taken.**

St. Patrick's Day Celebration—Wednesday, March 11th at 12:00 PM—Come join us at our Annual St. Patty's Day Celebration. Our Community Partner, Newington Rapid Recovery Rehab Center will be providing a traditional Irish lunch. After lunch, you will enjoy the music of Dan Ringrose. A hometown boy with a golden voice! Dan is known around Connecticut for his Irish ballads and Gaelic songs. Sign up is now being taken. **You may sign up yourself and one other person. Limited to 100 people. If you sign up and are unable to attend please call the Center to cancel.**

Town Manager Coffee Hour Visit– Thursday, March 12th from 9:00- 9:30AM—Our “new” Town Manager Arosha 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.**

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

Craft Class—Friday, March 13th at 1:00PM—Beata and Sylvia from Euro-American Connections in Berlin will be sponsoring this class. You will be making a beautiful Easter decoration. Please bring a pair of scissors. Refreshments will be served. **Sign up is now being taken.**

Rockin Berlin—Tuesday, March 17th at 1:00PM—

Rockin Berlin CT! A great way to show your creative side while brightening someone's day. Please join in on the fun by painting rocks for us to hide around our community. The instructor for this program is Lori Dyer. Supplies will be provided for you. Refreshments will be served. **Sign up is now being taken.**

Special Bingo Thursday, March 19th at 1:00 PM

Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, March 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.**

Berlin VNA Nutrition—Diet and Health Wednesday, March 25th at 1:00PM

Staff from the Berlin VNA will be here to present this program on nutrition along with a card making event. You will learn how to read labels and what does it all mean. You will take home some homemade cards that you can give to your friends and family. **Sign up is now being taken.**

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, March 12th and Friday, March 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, March 3rd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, March 10th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, March 17th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, March 24th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, March 31st	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, March 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**

Dental Cleaning Clinics for Adults 60 yrs. and Older

Berlin Senior Center

June 17th & 18th from 8:45am to 12:45pm

To make an appointment, please call the Senior Center at (860)828-7006. Those participating *must* reside in the towns of Berlin, Newington, Rocky Hill, or Wethersfield. Donations are graciously accepted. This program is sponsored by Central CT Health District and the Berlin Senior Center.

CW Resources Senior Community Café

* High Sugar Content
 **High in Sodium Content
 +Higher Fat Content
 LS-Low Sodium



March, 2020

1% or Skim milk provided
 Margarine available
**Call (860)670-8546 for
 Lunch Reservation**



MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hot Dog Baked Beans Red Cabbage Hot Dog Roll Fruit Cocktail	3 Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Mashed Potato Ginger Baby Carrots HAPPY BIRTHDAY 12 Grain Bread Birthday Cake*	4 Stuffed Shells Alfredo Broccoli Garden Salad Thousand Island+ Italian Bread Pears	5 Grape Juice Beef Stew over Brown Rice Green Beans Dinner Roll Tropical Fruit Cup	6 LS Escarole Bean Soup Unsalted Crackers Eggplant Rolatini Baked Ziti with Sauce Italian Blend Veggies Garlic Bread Brownie
9 Sloppy Joe Mashed Potato Corn Hamburger Bun Pineapple Chunks	10 Grape Juice Stuffed Shells Meat Sauce Romaine Salad Ranch Dressing Garlic Bread Stick Fresh Apple	11 Senior Center St. Patrick's Day Celebration NO CW LUNCH	12 Apple Juice Garlic Baked Chicken with Spinach & Parmesan Cheesy Mushroom Rice Geneva Blend Vegetables 100% Whole Wheat Pudding Cup	13 Baked Fish with Potato Hash Hot Buttered Peas Multigrain Bread Fresh Orange
16 Salisbury Steak Scalloped Potatoes Carrots Dinner Roll Cinnamon Applesauce	17 St. Patrick's Day Cranberry Juice Corned Beef Cabbage Boiled Potatoes Carrots Mustard  Rye Bread St. Patty's Day Treat	18 Orange Juice Cheeseburger Lettuce and Tomato Steak Fries Corn with Peppers Hamburger Bun Oatmeal Cookies	19 Orange Juice BBQ Pork Baked Beans Coleslaw Hamburger Roll Applesauce	20 Crab Cakes with White Sauce Rice Pilaf Broccoli Rye Bread Citrus Sections
23 Chicken Marsala Mashed Potato Spinach Wheat Bread Tropical Fruit Cup	24 Knockwurst Apples and Sauerkraut Pierogis Broccoli Hot Dog Bun Pears	25 Cranberry Juice Turkey Tetrazzini Buttered Noodles Green Beans Dinner Roll Chocolate Chip Cookies	26 Meatloaf LS Beef Gravy Baked Potato Broccoli and Carrots Oatmeal Bread Banana	27 Butter Crunch Fish Fried Rice Stir Fry Vegetables Multigrain Bread Pineapple Chunks
30 Mild Coconut Curry Chicken Jasmine Rice Stir Fry Veggie Blend Angel Food Cake with Strawberries	31 Grape Juice Ziti with Meatballs Italian Blend Veggies Garlic Bread Oatmeal Cream Pie			

MARCH 2020

Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament	3 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1pm Movie	4 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	5 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA-by appt Tax Aide –by appt	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 12pm Matter of Balance Class 12:30pm Bridge 1pm Setback Tournament	10 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Coin Program	11 8:30am Coffee Hr. 9am CCharities 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm St Patrick's Day Celebration 1pm Coloring 1pm Cribbage DI No CW Lunch	12 8:30am Coffee Hr. 9am Coffee w/ Town Manager 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA-by appt FC—by appt Tax Aide—by appt	13 8:30am Coffee Hr. 9:30AM Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1pm Craft Class
16 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament 7pm CFA Meeting	17 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Rockin Berlin	18 8:30am Coffee Hr. 9am LBunch Sign Up 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI 1:30pm Book Club	19 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA-by appt Tax Aide—by appt	20 8:30am Coffee Hr. 9:30amYoga 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 Tournament	24 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie	25 8:30am Coffee Hr. 9am CCharities 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Berlin VNA Nutrition Program	26 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA-by appt Tax Aide—by appt	27 8:30am Coffee Hr. 9:30amYoga 11:30am Lunch Bunch 12pm Lunch 12:45pm Wii Bowl 1pm Photography
30 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament	31 8:30am Coffee Hr. 9:45am Exercise 10am “Free” Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Town’s Budget Hearing			

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, March 16th @ 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:

March 6th and 20th & April 3rd & 17th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

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>
2/14/2020	Anonymous	Senior Center
2/11/2020	James McNeil	Senior Center
2/5/2020	Nancy Karoll	Transportation at Center
	Eileen Joseph	Senior Center
	James McNeil	Senior Center

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

Director's Monthly Update

We appreciate all donations received at the Center!

These donations help us out tremendously!



Berlin-Peck Memorial Library Monthly Events

Coffee and Books: Monday, Mar. 2 @ 1:30 PM Meeting this month at The Avenue in Berlin (958 Farmington Ave). Register. **Mindfulness & Breathing Workshop: Tuesday, Mar. 3 @ 6:30pm** Presented by yoga instructor Liz Hall. Register. **Sit & Knit: Thursday, Mar. 5 & 19 @ 6 pm, Mar. 12 & 26 @ 1 pm . Make and Take: Flexible "Glass" Sculptures: Thursday, Mar. 5 @ 6:30 pm & Thursday, Mar. 12 @ 6:30 pm** Join us to create unique sculpture pieces that will be used as a permanent display in the library. In session 1, we'll use wire and paint to create the sculptures. In session 2 (March 12), we'll form and combine the sculptures into 3 dimensional pieces for display. Please bring a paint smock or other covering for session 1. All other supplies provided. Attendance at both sessions is preferred but not required. Cancellation policy applies. **Movie Matinee: Luce: Friday, Mar. 6 @ 1 pm. Stock Club: Tuesday, Mar. 10 @ 1:30 PM Cooking for Diabetes: Tuesday, Mar. 10 @ 6:30 pm** This class is full. Contact the library to be put on the waiting list. **Dementia and Palliative Care: Wednesday, Mar. 11 @ 6:30 pm** Learn about palliative care and its purpose in the face of aging and dementia. Presenter Anne Kenny, MD, is the author of *Making Tough Decisions about End-of-Life Care in Dementia*, is a Professor of Medicine with specialty training and board certification in Geriatric Medicine, and Palliative and Hospice care. **Movie Matinee: Knives Out: Friday, Mar. 13 @ 1 pm Saturday Book Club: Saturday, Mar. 14 @ 10:30 am** Join us for a discussion of *Something Missing*, by Matthew Dicks. Please contact the library for a copy of the book. Register. **Dementia Caregiver Support Group: Monday, Mar. 16 @ 1 pm** Build a support system with people who understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia. RSVP to Patty O'Brian, 860-628-3833. **Learn to use Weiss Financial Ratings Database: Monday, Mar. 16 @ 1:30 PM** Our library subscribes to Weiss Financial Ratings Database. Learn how to navigate this site and get the most of the database. Register. **IV Vitamin Therapy/ Boosting the Immune System for Energy & Well-Being: Monday, Mar. 16 @ 6:30 pm** (Rescheduled from February). Presenter Aericka Khongdy will discuss the basics of IV Nutrient therapy, as well as the benefits and outcomes. Presented by ProNatural Physicians Group, Berlin. Register. **Book Tasting for Adults: Saturday, Mar. 21 @ 1 pm** Sample several books in a short period of time and come away with a wish list of titles. Refreshments will be served. Limited seating. Registration is required. **Connecticut Wine Trail: Tuesday, Mar. 24 @ 6:30 pm** Michelle Griffis will discuss her experiences writing for the CT Wine Trail. She will provide tips on visiting the wineries, information on winery events, the Passport Program and a virtual tour of the CT Wine Trail's website. Register. Sponsored by Friends of the Berlin-Peck Memorial Library. **Movie Matinee: Motherless Brooklyn: Friday, Mar. 27 @ 1 pm. Cookbook Club: Monday, Mar. 30 @ 6:30 pm** Join us for this fun twist on a book club. All cooks welcome!

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 .

AARP Tax-Aide

A free program, provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 50 and older. It's free, it's easy.

Here's all you need to do:

If married, both spouses must be present. Both signatures are required as well as photo identification. Taxes are completed in one session, so taxpayers must bring with them all documentation necessary to complete their return:

Complete copy of last year's 2018 tax return. Regardless of where it was prepared.

Social Security or Individual Taxpayer ID numbers for all household members

A personal check showing bank account and routing numbers (if direct deposit/withdrawal is requested).

All documents that relate to deductible expenses.

All 2019 income tax forms that have been received. This includes but may not be limited to:

- * SSA-1099, Social Security Benefit Statement
- * 1099-R forms for pension, IRA and annuity
- * 1099 forms, (1099-INT, 1099-DIV, 1099-B, 1099-MISC)
- * W-2, Wage and Tax Statement forms
- * W-2G, Certain Gambling Winner forms

Documentation showing original cost of assets sold during 2019

Health Insurance: Is no longer required, but anyone who purchased Health Insurance through the Health Exchange must bring in form 1095-A.

Starting this tax season, WHEN SCHOOL IS CANCELLED, WE WILL BE CLOSED. Early or late dismissals, please call to confirm. We will attempt to schedule additional days if necessary to accommodate tax payers whose appointments were cancelled.

To schedule an appointment with a certified Tax-Aide counselor or to obtain information, call the Berlin Senior Center at 828-7006 or the Berlin-Peck Memorial Library at 828-7125.

Ah, those were the days ... filling out COLLEGE APPLICATIONS, napping during STUDY HALL, and asking your crush to the PROM — and to think that was only ten years ago! Well, it was if you graduated in 2002.

BELL

COURSES

GRADES

CLASS
RINGFOOTBALL
GAME

GRADUATION

HOMECOMING

COLLEGE
APPLICATIONS

FRIENDS

HOMEWORK

LUNCH

MEMORIES

PEP RALLY

PRINCIPAL

PROM

SCHEDULE

SOCIAL

SPORTS

STANDARDIZED
TESTS

STUDY HALL

TEACHER

VALEDICTORIAN

YEARBOOK

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

Senior Center Book Discussion

Senior Center Book Club: Wednesday, Mar. 18 @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *The Immortalists* by Chloe Benjamin. Please contact the library for a copy of the book.

The Senior Center Library is always looking for donations of gently used books. No religious books will be accepted. Large Print Books are greatly appreciated. Please drop off your donation at the front desk. We ask when returning books to our library to please put in basket. Do not put back on shelves. Thank you!

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, March 3rd at 1:00pm ~ Ford vs Ferrari—In the 1960s, Ferrari is an untouchable figure in racing. With Enzo Ferrari ardently chasing after excellence, the company is irrefutably the best there is. Ford's Henry Ford II wants in on the success, and so he journeys to Italy to propose a merger with the automobile giant. His plan, however, is met with ridicule. With a hurt ego, he enlists the help of car designer Carroll Shelby and driver Ken Miles to build a car that would defeat Ferrari at the 1966 24 Hours of Le Mans. **Rated PG 13.**

Tuesday, March 24th at 1:00pm— A Beautiful Day in the Neighborhood -

Lloyd Vogel is tasked with creating a profile of Fred Rogers, the creator and star of the successful children's program Mister Rogers' Neighborhood. He dutifully goes to the studio where his subject is filming his show, and soon enough, he is sitting down with him, asking him probing questions. However, Fred seems to have a different plan in mind. The interviewee suddenly becomes the interviewer, and he starts to help the writer sent for him in unexpected ways. **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 **March 27th, 2020** we're off to San Souci Restaurant in Meriden. The senior bus will leave the senior center at 11:30am. Signups will be taken beginning at 9:00am on Wednesday, March 18th. Telephone signups will be taken after 12 Noon on the 18th.

SPECIALTY SHOPPING TRIP

This month there will be **two specialty shopping trips this month.** The first is to **Walmart in Cromwell on Wed, March 11th at 10:30am.** The second trip is to **Westfarms Mall on Wed, March 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.

