

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

#### Membership (Ages 60+)

Resident: No Cost Non-Resident: \$36 Annually

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# BERLIN SENIOR CENTER LINES

# Winter 2020/2021

#### Greetings from the Director,

It definitely has been a tough year for all of us. Who would of thought that when we shut our doors on March 16th that we would be closed for almost a year! We re-opened on Oct 19th for one on one services such as Footcare, Blood Pressure Screening, Energy Assistance and Library browsing. But with the uptick in Covid cases the Berlin VNA and our Footcare service. Pedi-Care LLC, has suspended their services until further notice. Our transportation services resumed on Sept 2nd for grocery shopping and medicals appointments. Recently we added pharmacies for prescription pick up, banks and the post office. Since we couldn't have our regularly scheduled programs and events at the Center we decided to find other ways to serve you. During the past 39 weeks we have offered various virtual classes/programs/events, served a number of folks with our drive thru events, we have delivered hundreds of masks and other supplies like toilet paper, Lysol wipes/spray, food, large print books/puzzles, Happy Camper Bags, etc. Our volunteer, Carolyn continues to make her weekly calls to some of our members. Cheryl has sent approximately 525 Birthday Cards out since May, Jane has answered hundreds of calls regarding a plethora of subject matters and I have done a ROBO call each week for the last 39 weeks. It pains us to have our doors locked, but your health and safety (and the safety of the staff) remains our first priority. We will continue to offer the services we are currently providing until we are advised otherwise. Until then, we are HERE and you can call us! Wishing you and yours a happy and healthy season!! Stay home, Stay safe!

Tína



# **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.

#### "New" Bus Schedule—Effective September 2nd, 2020

Due to the pandemic our transportation guidelines have changed. Transportation Services are available for medical appointments, grocery shopping, pharmacies for prescription pick ups only, banks, post office and town buildings. There is limited spaces available each day because we are allowed only so many riders on the bus. We require 24 hour notice for grocery shopping, pharmacies, banks and post office reservations. We require 48 hour notice for medical appointment reservations. We accept bus reservations at least a week in advance. Bus reservations must be made during regular business hours. They should not be left on Center's voicemail.

#### **Grocery Shopping Reservations are as follows:**

Monday—Stop and Shop in Berlin—2 spots for each time slot—9am and 11am Tuesday—Shop Rite in Cromwell— 2 spots for each time slot—9am and 11am Wednesday—Stop and Shop in Berlin—2 spots for each time slot—9am and 11am

#### Medical appointments are as follows:

Monday through Friday—2 spots per hour from 9am to 1pm

Before getting on the bus you will have your temperature taken. If you have a temperature above 99.4 you will not be allowed to ride the bus. You must wear a mask the entire time you are on the bus. Each rider is required to sign the town's Covid waiver at their initial ride. If you have any questions regarding the changes to transportation please contact the Center.

# 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-<u>6233.</u> \*Please Note: This is a "new" phone number for RSVP.

# Famous Composers

DIRECTIONS: Find and circle the famous composers' last names in the grid. Look for them in all directions including backwards and diagonally.

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BACH, Johann Sebastian (1685-1750)

BARTOK, Bela (1881-1945)

BEETHOVEN, Ludwig van (1770-1827)

BERLIOZ, Hector (1803-1869)

BERNSTEIN, Leonard (1918-1990)

BRAHMS, Johannes (1833-1897)

CHOPIN, Frédéric (1810-1849)

DEBUSSY, Claude (1862-1918)

GERSHWIN, George (1898-1937)

HANDEL, George Frideric (1685-1759)

HAYDN, Joseph (1732-1809)

LISZT, Franz (1811-1886)

MENDELSSOHN, Felix (1809-1847)

MOZART, Wolfgang Amadeus (1756-1791)

RAVEL, Maurice (1875-1937)

SCHUBERT, Franz (1797-1828)

SCHUMANN, Robert (1810-1856)

STRAUSS, Richard (1864-1949)

STRAVINSKY, Igor (1882-1971)

TCHAIKOVSKY, Pyotr Ilyich (1840-1893)

WAGNER, Richard (1813-1883)

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# **Monthly Activities**

# Berlin Senior Center's Holiday Drive Thru Events

To start off the holiday season we will be holding four drive thru events.

Come join in the festivities!

Wednesday, Dec 9th at 10:30am -Ugly Sweater or Decorate Your Car-We are asking you to wear your ugly holiday sweater or decorate your car with the holiday spirit. Everyone who either wears a sweater or decorates their car will receive a small holiday gift. EVENT ALREADY HAPPENED!

Wednesday, December 16th at 11:00am - Holiday Luncheon ~ Come pick up a boxed lunch to enjoy in the comfort of your home. A raffle will be held. The names of all participants will be put in a hat and pulled prior to the event. If your name is selected you will receive your prize when picking up your lunch. **EVENT IS FULL!** 

Wednesday, December 23rd at 11:00am ~ Hot Cocoa and Cookies - We will be giving out special holiday cups with the fixings for hot chocolate along with a goodie bag of Christmas cookies. Yum! SIGN UPS ARE STILL BEING TAKEN.

Thursday, December 31\* at 10:30am ~ New Year's Eve Celebration ~ Come pick up a boxed lunch to enjoy at Noon for your early New Year's Eve celebration! SIGN UPS ARE STILL BEING TAKEN.

Please call the Center to sign up for the last two events. We will ask you to wear your mask and stay in your cars when picking up. We will hand items to you through your window. If you do not drive please contact the Center to arrange for a delivery.

# **Weekly Classes**

Yoga Class (Virtual) **EVERY FRIDAY @ 9:30 AM -11:00AM** Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax.

Unwind, Relax, Let Go Class (Virtual) EVERY FRIDAY @ 11:15 -12:15pm Join Certified Yoga Teacher, Liz Hall. A time devoted to relaxation and rejuvenation. We will start with fundamental approaches to compose a tranquil body and mind to enhance the relaxation process which will include a 25 minute Deep Relaxation and a 10 minute meditation.

\*Liz Hall is a Kripalu Certified Yoga Teacher, teaching full-time for more than 21 years in Central Connecticut including the Berlin Senior Center.

To Register & Receive Zoom Link: Call Senior Center only between 8:30 - 4 pm @ 860-828-7006

Or Email: tdoyle@town.berlin.ct.us

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**

# ALL DROP INS HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE.

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.

# CHRISTMAS SONGS AND CAROLS WORD GAME FOR DECEMBER 2020

# FILL IN THE BLANKS TO IDENTIFY THE HOLIDAY SONGS

Rockin' Around the	Tree
	the Red-Nosed Reindeer
14	is Coming to Town
	to Look a Lot Like Christmas
	the Halls with Boughs of Holly
God Rest Ye	
Hark! The	
It's the Most	
A Holly,	
	the Snowman
Have	a Merry Little Christmas
Feliz	
	(Is My Two Front Teeth)
	We Have Heard on High
I'll Be	
It Came Upon a	M-3-77
	Wonderland
O Holy	
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Joy to the	
0	All Ye Faithful
O Little Town of	
Silent	
The	Noel
The Holly and the	<del></del>
I Saw	
The Little	Boy
We Three	of Orient Are
Silver	
	Doby.
Blue	

Jo Anne Harrison-Becker -Therapeutic Recreation Services © October 2020 - All rights reserved

## **General Information**

<u>Senior Center Lost and Found Box</u> ~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.

<u>Free Balance Screening Certificates</u> ~ 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.

<u>Computer for Public Use</u> ~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.

# **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.

<u>Dial 211 Info line</u> 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!

<u>Charter Oak Pass</u> 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.

<u>Free Cell phones:</u> 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.

# **Community News**

#### **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.

#### COMMISSION FOR THE AGING MEETING Monday, January 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: January 8th & 23rd

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED



# Santa's workshop

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Blitzen	cookie	seasons	gingerbread	Jack Frost
Donner	blizzard	greetings	hot chocolate	snowman
Cupid	evergreen	shopping	sleigh	package
Comet	parade	ornaments	presents	ice skates
Vixen	spirit	occasion	love	elf
Prancer	snowy	snowflake	Christmas	eggnog
Dancer	tradition	Xmas	Santa Claus	angel
Dasher	togetherness	Christmas carol	tinsel	1000-1
Rudolph	vacation	nice	reindeer	
decorations		naughty	candy cane	



# Hot Artichoke Dip

#### Ingredients

1/2 cup mayonnaise

1/2 cup sour cream

1 cup grated Parmesan cheese

1 (14 ounce) can artichoke hearts, drained

1/2 cup minced red onion

#### Directions

Mix all ingredients together, place into baking pan, bake at 375 for 30 minutes!

If you like, you can add a 1/2 cup of drained spinach.

Serve hot with celery, toasted bread or crackers.





# Barbecue Chicken Wings

#### Ingredients

3 lbs. chicken wings

1 c. Campbell's consume soup

¼ c. chili sauce

¼ c. honey

¼ c. soya sauce

1 garlic clove pressed or powder

2 dashes of Worcestershire sauce

Dash of Tabasco sauce

#### Directions

Mix ingredients together.

Pour over wings (single layer in the Pyrex dish) the night before.

Bake at 450 degrees for ½ hour.

Turn temperature down to 350 degrees for one hour.





# Cranberry-Pineapple Mold

#### Ingredients

1 can 20 oz crushed pineapple (drain and save all the juice)

1 package 6 oz Jello (I like Black Cherry but I have also made it with strawberry)

1 Cup Water

1 can whole berry cranberry sauce

3 Tablespoons lemon juice

2 Cups sour cream

1/2 cup chopped nuts

#### Directions

Drain pineapple, save juice, add to jello and water. Boil until dissolved.

Remove from heat and Cool.

Blend in cranberries, add lemon juice. Fold in pineapple, nuts and sour cream.

Pour into mold. I usually make this the day before I plan to use it.





# Swedish Sugar Cookies

# Ingredients

- 1 cup margarine
- 1 cup powdered sugar
- 2 teaspoons vanilla
- 2 tablespoons beaten egg
- 2 1/4 cups sifted flour

#### Directions

Preheat oven to 350 degrees.

Combine all ingredients.

Roll out thin (about 1/16 - 1/8 inch), using powdered sugar to keep dough from sticking to rolling pin or surface. Cut in shapes.

Bake for approximately 7 minutes.

Decorating Suggestion: We use cream cheese frosting and decorate circle cookies as wreaths.





# Forgotten Cookies

#### Ingredients

2 egg whites

1/2 tsp. cream of tartar

3/4 cup sugar

1/2 tsp. vanilla

1 1/2 cups semi-sweet chocolate chips

Pinch of salt

#### Directions

Heat oven @ 375 degrees for at least 15 min.

Beat egg whites until frothy.

Add salt and cream of tartar. Beat until stiff. Continue beating while adding sugar, 1 tbsp. at a time. Add vanilla and beat until glossy. Add chips.

Drop by spoonfuls on greased cookie sheets. Just as you put the cookies in the oven, turn off the heat. Let stay in oven overnight. Do not open oven for at least 5 hours.

Variations: substitute peppermint flavoring for vanilla; use 2-3 drops of red or green food coloring, if desired.





# Bachelor Button Cookies

#### Ingredients

- 1 cup margarine
- 1 cup sugar
- 2 Tbsp. milk
- 1 Tbsp. vanilla
- 2 1/2 cup all-purpose flour
- 3/4 cup chopped maraschino cherries
- 1/2 cup chopped walnuts
- 3/4 cup coconut

#### Directions

Preheat oven to 375.

Cream margarine and sugar.

Beat in vanilla, milk, cherries, walnuts, and coconut.

Mix in flour.

Roll into 1" balls.

Place on ungreased cookie sheet or line with parchment

paper.

Bake for 12 mins.





# Quick Hanukkah Rugelach

#### Ingredients

1 can Pillsbury frozen Crescent Roll Fruit butter or spread, any flavor Mini chocolate baking chips

#### Directions

Open can & lay out the pastry sheet on parchment paper with a little flour on it

Cut out the triangles

Spread fruit butter (almond, apricot, prune, apple)

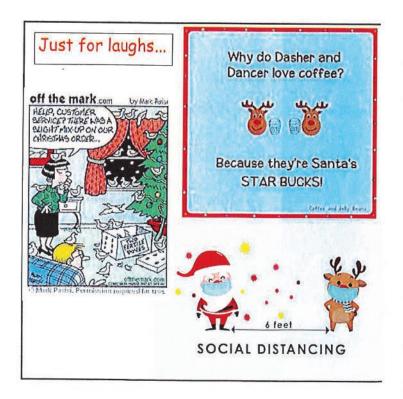
Sprinkle with chocolate chips

Bake @360 oven for 12 min each side

Dust with powdered sugar









# Why should I be active?

- Being active may help you live longer and protect you from developing serious health problems, such as type 2 diabetes, heart disease, stroke, and certain types of cancer.
- Regular physical activity is linked to many health benefits,
   such as
- Lower blood pressure and blood glucose, or blood sugar
- · Healthy bones, muscles, and joints
- · A strong heart and lungs
- Better sleep at night and improved mood

# Developing Gratitude

There are a number of exercises that can increase your sense of gratitude in each of these areas. They take just a few minutes a day and can have a life-changing effect:

- Begin each day with a two-minute gratitude session. Find a quiet space of two minutes, close your eyes if possible, and bring to mind the things and people in your life you are grateful for. Remind yourself that they are gifts, because none of this is owed to you.
- Create a short affirmation concerning the gifts you have received. Use this on a daily basis to remind yourself that even though you have worked and planned for what you have, life could have turned out differently.
- Use a daily gratitude journal. Make it special by purchasing an inexpensive journal you can use just for this purpose. Every day write at least five things that you are grateful for. Your entries can be short or long; it doesn't matter. To begin, make a commitment to do this for at least two weeks, and then work to develop it into a lifelong habit. The key to doing this is to never repeat an entry. Each new entry has to be different. You will find that this helps you to begin to pay attention to many of the small gifts that come into your life.
- Focus on the fact that gratitude can turn difficulties into gifts, and use this truth each time you are faced with a challenge in life.

# 1960s Trivia Questions

Movies from the 60s's

- 1. Which film won the Oscar for Best Picture in 1960?
- 2. Which actor won the Oscar for Best Actor for his role in the 1962 film *To Kill a Mockingbird*?
- 3. Which film was the highest grossing release of 1963, yet still lost money because it was one of the most expensive films ever made?
- 4. Who played the role of Norman Bates in the 1960 horror movie, *Psycho?*
- 5. What was the name of Butch Cassidy's gang in *Butch Cassidy and the Sundance Kid*?
- 6. What type of airplane appears in Dr. Strangelove?
- 7. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?
- 8. What famous actor starred in *Lilies of the* Field and Guess Who's Coming to Dinner?
- 9. Easy Rider starred Peter Fonda, Jack Nicholson and Dennis Hopper. Which one directed the movie?
- 10. What 1968 movie co-starred a computer named H A 1?

#### Answers:

10. 2001: A Space Odyssey

9. Dennis Hopper

8. Sidney Poitier

7. Mary Poppins

5. Hole in the Wall Cang 6. Boeing B-52

4. Anthony Perkins

3. Cleopatra

2. Gregory Peck

1. The Apartment