



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

Staff

Director Tina Doyle

Asst. Director..Victoria Hellberg

Staff.....Cheryl Schlichting,

Donna Gianoni

Drivers Joe LaVallee

Tom Chesery & Tom Zigmont

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

CFA Commission Members:

Barbara Gombotz—Chairperson

Juliet Benjamin-Com. Secretary

Frank Slogeris

Lois Ustanowski

Kay Murray

Ann Gamelin

BERLIN SENIOR CENTER LINES

MAY & JUNE 2021

Greetings from the Director,

In tough times, communities find strength in people-and people find strength in their communities. In the past year, we've seen this time and again in Berlin as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger.

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength" which recognizes the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

I would like to thank everyone for their patience. This has been a difficult journey for all of us. With the steady progress of the vaccine administration, we are hopeful that our reopening is in the not so distant future. We will continue to work with state and town officials to develop policies and procedures for a safe reopening plan that aligns with our Central CT Health District recommendations. We will use the Town's Website, Facebook, press releases, emails and our ROBO calls to alert members of our re-opening.

I would like to thank the CCHD staff for working with us to get our older adults vaccinated. We held 8 clinics at the Senior Center administering approximately 260 vaccines. Between the tedious job of scheduling appointments and the actual clinics they ran very smoothly. A big part of that is how well the CCHD staff, the Emergency Management Coordinator Matt Odishoo and the Senior Center staff worked together. Kudos! Job well done!

Please remember those who gave their lives for our freedom this Memorial Day. The Sr. Center will be closed on May 31st.

Tina

**OLDER
AMERICANS
MONTH**



COMMUNITIES OF STRENGTH: MAY 2021

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 help. 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. * The Town of Berlin applied for a cash grant for the purchase of a wheelchair accessible vehicle under the Section 5310 program that is administered by the Connecticut Department of Transportation (CTDOT). The money is allocated to CTDOT through the Federal Transit Administration. CTDOT and the Regional Council of Governments throughout the state review the applications and award the grants per region. The program is 80% federally funded with a 20% local match. The Town of Berlin is very pleased to have received such grant to be able to transport our seniors and disabled.

Daily Bus Schedule-

Monday and Wednesday—Stop-n- Shop 9am & 11am

All other appointments & errands between 9am and 2:15pm

Tuesday- Shop Rite-Cromwell 9am & 11am

All other appointments & errands between 9am & 2:15pm

Thursday- All appointments & errands between 9am & 2:15pm

Kohl's 1:30pm (Last Thursday of the month)

Friday – Ocean State Job Lot 10am & Walmart 1:30pm

Food Share 12pm (Alternating weeks with OS Job Lot & Walmart)

All other appointments & errands between 9am and 2:15pm

Transportation Services is available for medical appointments, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping. There is limited spaces available each day because we are allowed 3 riders on the bus at a time. We require 24 hour notice for grocery shopping, pharmacies, banks, etc. 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. Reservations left on the Center's voicemail will not be accepted. 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 please contact the Senior Center.

Other Transportation Resources

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. **DISCLAIMER:** The Berlin Senior Ctr. does not have anything to do with the above mentioned transportation programs. If you have any issues with these organizations, you must deal with that provider directly.

Drive Thru Events



May 21st Memorial Day Picnic

Come and get a hot dog and chips to
celebrate Memorial Day early.

Hotdogs purchased from Fireman Al's Hot Dogs Food Truck
You have until May 17th to sign up.

June 4th Strawberry Shortcake Day

Enjoy a delicious dish of strawberries,
biscuit and whipped cream.

Sign up begins Monday, May 17th and you have until
June 1st to sign up.

June 18th Donuts for Dad's Day

Celebrate Father's Day with a delicious donut.

Sign up begins Monday, May 17th and you have until
June 15th to sign up.

Shred It Event ~ June 25th from 8:30-10:30AM ~

The Shred It truck will be parked in the upper parking lot at the Senior Center.

There is a 3 box limit. No businesses allowed. This event is sponsored with
donations made to the Berlin Senior Center Agency Fund. No sign up necessary.

Keep your personal information secure! Don't take chances -SHRED!

July 16th Root Beer Floats (Also known as a Brown Cow)

Enjoy the nostalgic memories of sitting with your family at a ice cream shop and
enjoying a delicious treat.

You will receive the fixings for a Root Beer Float.

Sign up begins on June 21st and you have until
July 12th to sign up.

July 30th

The Rock n Roll Ice Cream Truck will be making
a stop at the Berlin Senior Center.

Come out and enjoy a "free" ice cream on us.

Sign up begins on July 12th and you have until
July 26th to sign up.

Pop Up Tent Events



We borrowed this great idea—"Pop Up Tent" Events from another Senior Center. The events will be held in front of the senior center on the grass area by the walkway. Pre-registration is required and is on a first come first serve basis. Space is limited to 6 people per class. Each person will be allowed to sign up for only 2 classes so that everyone gets a chance to participate. If the demand is high for any of these events we will offer both a morning and afternoon class. We will evaluate each class and make adjustments as we go. Classes will be rescheduled due to inclement weather. Sign up starts Friday, May 14th.

Black Top Banter~ Wednesday, June 2nd @ 9:30 AM

Come and join us for a little chat in the upper parking lot. Please bring a chair and if you would like to bring a beverage to enjoy while engaging in some lively banter with other seniors and maybe even the Senior Center Director.

Brain Flex ~ Wednesday, June 9th @ 9:30 AM

Sharpen and exercise your mind, think and laugh as we do puzzles, solve mysteries and do trivia. These activities will help stimulate your memory and keep your brain sharp.

Let's Rock the Berlin Senior Center with Kindness~ Wednesday, June 16th @ 9:30 AM

Come and create Kindness rocks for our "new" Kindness Rock Garden. Rocks and paint markers will be provided to create your rocks. Once they are dried we will place them in our front beds at the Center. We will use them to inspire others. You may make one to give as a gift.

Repotting Your House Plants~ Wednesday, June 23rd @ 9:30 AM

We will supply the potting soil, you bring the plant and a larger pot. Together we will learn the proper technique and tips to repot like a pro.

Chair Meditation and Journaling ~ Friday, May 28th at 1:30PM

Liz Hall, our Yoga and Unwind & Relaxation Instructor will be leading this class. Come and do 15 minutes of chair meditation followed by some journaling. A journal and pen will be provided. There are many benefits of journaling. Some of the benefits are ~ reduces stress, helps manage depression and anxiety, helps prioritize fears and concerns, helps reduce pain and improves depression.

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.



Footcare Program (By Appointment Only) Is Back!

The Berlin Senior Center will start to offer low cost foot care for seniors provided by a specially trained registered nurse. May's program is scheduled for Thursday, May 27th from 9:00 AM to 3:30PM. 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.

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. Coming Back Soon!

"New" Walking Club

Enjoy the outdoors with a little pep in your step!

Now that the nice weather has arrived, we would like to try again to start up a Berlin Senior Center Walking Club! Cheryl Schlichting, from our Staff will be leading the group. Walks will be scheduled every other Thursday at 10:00AM. We will start on Thursday, June 3rd. You will be asked to meet Cheryl at the chosen spot. For June we will start at Veterans Park which is a easy stroll. Later in the upcoming months you will meet at different parks and trails in Berlin. We will try to rate each park or trail beforehand so folks can determine if a specific walk is too difficult or too easy for them. As always you can walk for as long or as far as you like. Please wear proper foot attire and bring a water bottle to stay hydrated. Pre-registration is required.

General Information

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

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.

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!

Free Masks The Center has free masks available for Berlin seniors who may need one-while supplies last.

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.

National Elder Fraud Hotline

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline. 1-833- FRAUD-11 or 1-833-372-8311. Every day, 6am to 11pm, Eastern Time. English/Espanol and other languages are available. This hotline is a free resource created by the U.S. Department of Justice (DOJ), Office for Victims of Crime for people to report fraud against anyone age 60 or older.

General Information

CT AARP Virtual Programs

Register at:

<https://states.aarp.org/onnecticut/events-ct>

One Day University Lecture Series,

Presented by AARP

The Real Stories Behind Famous Photographs

Wednesday, May 19, 2021 at 6:30PM

Virtual Mondays with Mark Twain in May: Mark

Twain, World Traveler: May 24, 2021 at 12PM

The life and times and travel of Samuel Clemens

Central CT State University Scholars

for Life! Speaking Series

Please visit <https://ce.ccsu.edu/life-leisure/> to register, and for the most up to date list of virtual classes.

The Office of the Healthcare Advocate (OHA)

The OHA focuses on assisting consumers in making informed decisions when selecting a health plan; assisting consumers to resolve problems with their health insurance plans and tracking trends of issues/problems, which may require administrative or legislative intervention, or advocacy with industry, the public, or other stakeholders.

You can contact OHA for assistance with inquiries involving :

- *Healthcare insurance enrollment, coverage or billing questions
- *claim denials or pre-authorization issues
- *explanations regarding a healthcare benefit, program or coverage
- *an assessment of the healthcare plans offered in CT
- *your rights and responsibilities as a healthcare plan member
- *referral and pre-authorization procedures required by
- *your healthcare plan your healthcare plan's internal and external appeals processes

Toll-free number: 1-866-466-4446

Email: Healthcare.advocate@ct.gov

Fax: (860) 331-2499

COMMISSION FOR THE AGING MEETING

Monday, May 17th @ 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:

May 14th and May 28th and June 11th and 25th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

Berlin's Memorial Day Parade and Ceremony

Under the guidance of the Berlin Veterans Commission, the people of the Town of Berlin will observe Memorial Day with a parade and ceremony on Saturday, May 29th, 2021, with a rain date of Monday, May 31st, 2021. The parade will start at St. Paul's Church on Peck Street at 9:00AM.

The parade will go down Farmington Avenue turning left on Massirio Drive, passing the Berlin Veterans of Foreign Wars Post 10732, then a left onto Veterans Way and end at the Berlin Veterans Memorial Park. In case of rain, the ceremony portion will be held indoors at the Berlin VFW 10732, located on Massirio Drive at 9:00 AM on Monday, May 31st.

Flag Day

Monday, June 14th

If you need to retire an American Flag you may drop it off into the box at the American Legion located on Porter Pass. The box is painted red, white and blue. It is located on the side facing Stop -n -Shop. Usually on Flag Day, members of the Legion properly retire the flags that have been dropped off.

Please drop your flags off before June 14th.

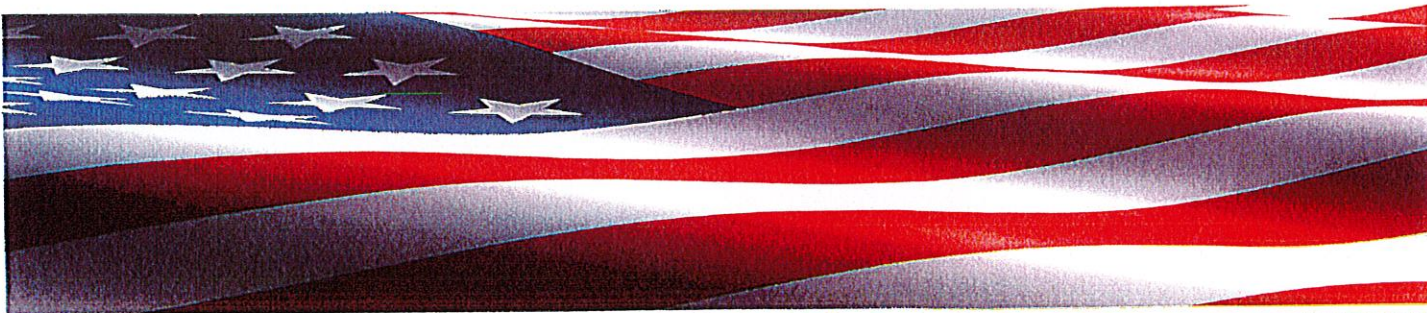
CT Virtual Senior Center

May 21st 1-2:30PM Via ZOOM Celebrate Older Americans Month
featuring Cindy Eastman author of Flip-Flops After 50

June 25th 1-2:30PM Via ZOOM Juneteenth - Celebrate Freedom
Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States

Email: tdoyle@town.berlin.ct.us to get registration link.

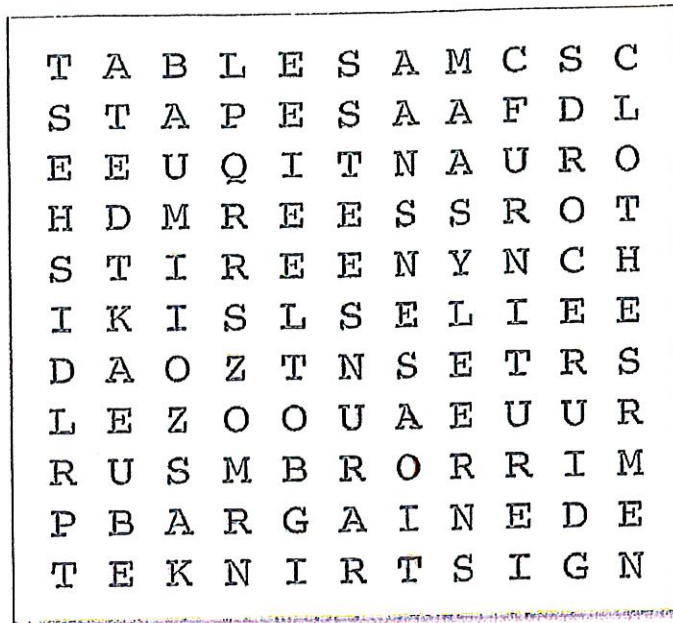
Sponsored by CASC, CT Healthy Living Collective, AARP CT



Yard Sale

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Unscramble the remaining letters to complete the proverb about yard sales.

ANTIQUE
BARGAIN
BOOKS
CANE
CLOTHES
DISHES
DRESSER
FURNITURE
MATERIAL
MIRROR
MONEY
OUTSIDE
PUZZLES
RECORDS
REEL
SIGN
TABLES
TAPES
TRINKET



One man's trash is another





It's Back!

2020 and 2021 has been a year of thinking outside the box for us. We wanted to bring back one of your favorite things—BINGO. So we are going to try to do

“Parking Lot” Bingo.

Our first attempt at this will be on Thursday, May 27th at 1pm. It will be limited to 40 people.

You will need to preregister for the event. You will be asked to park your car in a spot in the upper parking lot. You may stay in your car or if you choose to bring a lawn chair you may sit outside of your car. We ask that you bring your own marker and something sturdy to put under your card so you can mark it. There will be no money exchanged. You will be given 5 paper cards one for each game. Prizes will be awarded for those that bingo.

For those that do not drive but would like to participate we will plan a separate bingo for you outside in front of the Center on another day as long as the interest is there.

We ask that you please be patient with us as this is new for us too!

You may start signing up on Friday, May 14th.

The event will be postpone if we have inclement weather.

Special Notes from Seniors

These are just a few of the many beautiful messages of thanks, love & support we have received over this past year from our members & residents.

♥ We truly appreciate your kinds words and support!

Just a note to say “Thank You” for our activities, meals and uplifting dialogue ~ Sharon

Thank you so much for all that you do for us seniors ~ Vera

You’re doing a great job! ~ Ruth

Please know that your efforts and patience are genuinely appreciated! ~ Vinnie & Grace

We appreciate all your help with getting our vaccine ~ Diane & Stephen

Thank you for the beautiful Birthday card. It was such a nice surprise ! ~ Geneva

Thank you for all you have done for our Center. I appreciate all you are doing to make our lives a little better ~ Rose

A million thanks for the masks and your kindness to us. Please extend our appreciation to the staff at the Senior Center ~ Ray & Carolyn

Town Department News

Social Services Department

The Renter's Rebate Program is now open. Application period is from April 1 to October 1, 2021. This program is for elderly and disabled individuals with a qualifying income that can not exceed \$37,600 for unmarried or \$45,800 for married or other. Please contact Jaymee Miller at Berlin Department of Social and Youth Services for more information on how to apply at 860-828-7007.

Berlin Peck Memorial Library

Library Hours: Monday-Thursday 10-8, Friday 10-5. Special senior hours: Wednesday and Friday from 9 am-10 am. Beginning June 5, the library will be also be open from 10-4 on Saturdays!

Puzzle exchange: Visit the library for a free puzzle! Puzzle donations are accepted, but not required.

The Berlin-Peck Memorial Library will offer a **Adult Summer Reading program** for adults starting in mid June and going through August. The more you read, the more prizes you can win! Contact the library for details beginning in June.

The library offers both **online and outdoor programs for adults**. Contact the library at 860-828-7126 for more details or to subscribe to our newsletter.

Berlin Police Department News

Community Relations Team - Community members interested in starting a neighborhood watch or becoming a watch captain should contact us at crimewatch@berlinpd.org. Upon receipt an officer assigned to your area will contact you. Also if you meet any of our CRO's in person they will be happy to address any questions you have about crime prevention or starting a neighborhood watch.

What is the Special Needs Registry? The Special Needs Registry is a completely voluntary program which allows Berlin residents to make police, fire and EMS aware of any special needs or disabilities they may have in case of emergency. The information on the registry is only used for emergency purposes and is only shared with emergency responders. The Registry is a helpful tool that allows police, fire and EMS to better serve you in times of need. For example, should there be a need to evacuate a neighborhood, emergency services will be aware of your needs. Or, should you call 9-1-1 for an emergency, the emergency dispatchers will be better able to assist you. The BPD has changed the form so you can either call Tammy Wright at 860-828-7176 and leave a message if she doesn't answer, or you can email BPD at specialneedsregistry@berlinpd.org and ask for a new form. The forms will go out shortly for those that are already on the list and for those that are new to requesting a form.

Berlin Police Dept. Drug Collection Box - If you have any old prescriptions and over the counter medicines that you need to get rid of the safest way to do so is by bringing them to the Berlin PD Drug Collection Box at the Berlin Police Dept. which is located by the Berlin Town Hall. They ask No Aerosol, No Needles and No Liquids. The Berlin PD will then bring them to an incinerator to be destroyed. If you have any questions please call the BPD at 860-828-7080.

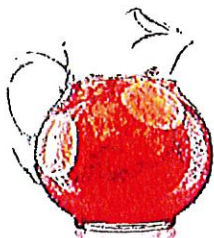
Phone Scams - The Berlin Police Department would like to remind you to beware of various common phone scams. Many of these scammers call about an overdue Eversource or other utility bill or some even disguise their voice and claim to be a grandchild or family member in trouble and in need of money. All the scams have the same common goal and that is to get you to send money *immediately*. The caller will have some detailed information about you that they got from the internet making you believe that they do have some legitimate connection to you. They will coach you on how to wire money or buy gift cards or other money cards in order to pay right away to prevent something bad from happening or having your power shut off. **DON'T FALL FOR IT!** Don't give them any personal information at all and don't attempt to pay a debt to anyone using gift cards, prepaid money cards or Western Union. Once you spend that money, police are seldom able to get it back. Remember, you can always call police if you are uncertain.



Mixed-Up Hot or Cold

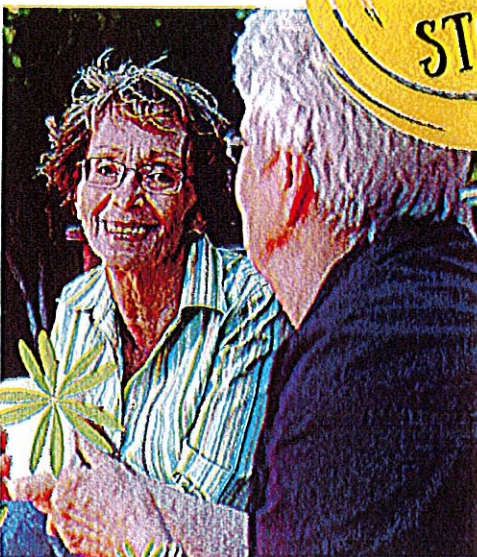
Unscramble the letters to reveal things that are either hot or cold.

1. TCARCI _____
2. GRAEIFRTREOR _____
3. PESPPER _____
4. MGWINISM OOPL _____
5. LGCAEISR _____
6. ICREPFEAL _____
7. AEPTTO _____
8. SLEPIOCP _____
9. DIEC TAE _____
10. UNNSHSEI _____
11. EEBRACUB _____
12. DTERSE _____
13. ZREEFRE _____
14. CFEFOE _____
15. IOOGL _____
16. ATTSREO _____
17. IRA OCDTRENOIIN _____
18. LMONAEDE _____





WHAT'S
YOUR
STORY?



CT Virtual Senior Center

CELEBRATE OLDER AMERICANS MONTH

MAY 21ST


1 - 2:30PM

VIA ZOOM

Featuring Cindy Eastman author of
Flip-Flops After 50:

And Other Thoughts on Aging I Remembered to Write Down.

Cindy will share excerpts from her book and discuss the phenomenology of writing. We will breakout into smaller groups and use writing prompts to practice finding *your* writing voice to celebrate your story!

 CT Healthy Living
COLLECTIVE



AARP Real Possibilities
Connecticut

Register Here



Insects Word Scramble

All of the scrambled words below are names of insects you have probably heard about. Can you put the letters in the right order to spell the 19 different insect names correctly?

OUTMQISO	
BTLTEUYFR	
MTHO	
LEEBET	
CCIDAA	
ELYFSRHO	
PAWS	
ITKSC GBU	
AYGPRNI NMATSI	
EBE	
ALFE	
LNFOAYGRD	
AGDBLYU	
PSESHRA GPOR	
EIRETTM	
COOCHRKAC	
NAT	
RIEKCTC	
YLF	

