



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.....Beth Hrubiec,

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

FEBRUARY 2022

* The Senior Center will be closed on Monday, February 21 in observance of Presidents' Day

* A public forum on Affordable Housing will take place on Thursday, February 10 at 1:00 PM at The Senior Center.

* Housing Plan Surveys are available at the Senior Center or can be completed online: <https://www.surveymonkey.com/r/BerlinAHP>

* BINGO, Setback, and Congregate Meals are postponed until further notice.

* N95 Masks are available at the Senior Center—limit to 4 per household



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 4 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 up to a week in advance. Bus reservations must be made during regular business hours. Reservations left on the Center's voicemail **will not be accepted.** Please make sure that you are ready one hour before your bus reservation time. The driver should not have to wait for you. You must wear a mask the entire time you are on the bus. 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.

Special Events

History for Fun ~ PT Barnum—The Prince of Humbugs

Wednesday, February 9 at 1:00 PM ~ Joe “The History Guy” is back for his History For Fun Series! Join us for his talk on PT Barnum. The time... 1810...He was born in Bethel, Connecticut. This was an age of "marvelous wonders" and many home grown entrepreneurs selling "snake oil" to the gullible or anyone willing to part with a nickel. He truly was an American showman, businessman, entertainer, promoter of hoaxes, founded the Circus as we know it today, author, publisher politician philanthropist and the first show business millionaire. He left a great legacy. Don't miss this one. **Sign up begins Tuesday, February 1.**



Remembering G. Fox & Co.— Presented by The CT Historical Society

Wednesday, February 16th at 1:00 PM

In the 1950s, just about every major city had a landmark department store. In Connecticut, it was G. Fox & Co. in Hartford! This presentation will bring you back in time to Fox's heyday, as we go from floor to floor and recall departments ranging from accessories on the “street” floor, to designer dresses on 6, and ending at Toyland on 11. You'll also learn about Beatrice Fox Auerbach, the remarkable woman who made every visit to Fox's special and set the standard for customer service. We promise to stir pleasant memories of date nut bread in the Connecticut Room, back-to-school shopping, and the wonderful Christmas season at G. Fox & Co.! **Sign up begins Tuesday, February 1.**

Legacy Work & Celebration of Life

Wednesday, February 23 at 1:00 PM

Deb Lobb will discuss reflection & ideas to celebrate your own life while still living, how you want to be celebrated & how to remember those who have passed. **Sign up begins Tuesday, February 1.**

Facebook 101

Friday, February 25 at 1:00 PM ~ Victoria will walk you through all the basics of Facebook. You do not already need an account to attend this class. Questions are welcome and encouraged! **Sign up begins Tuesday, February 1.**



Monthly Activities

Tech Help ~ Mondays 1 PM to 3 PM By Appointment~Do you have an electronic device that you are having trouble with, or want to learn how you can get more use out of it? Victoria, our Assistant Director, is here to answer your questions about your laptop, smart phone, tablet, and/or kindle! **Please call to set up an appointment and come ready with questions.**

Cardio Drumming ~ Mondays 10am & 10:45am & Wednesdays at 10:00 AM ~ There is still room in our Monday morning classes! This exercise will get your whole body moving and will pump you up. The best part is that it requires no skill, and you can go at your own pace. Join us for some fun and see what it's all about!
****Our Wednesday Morning Class is now FULL—please call to be put on the waitlist. If you are interested in joining a Monday morning class please call the Center to sign up.**

***Rescheduled* Tree Painting Class ~ Friday, February 18 at 1:00 PM ~** You will be given step by step instructions to paint a beautiful tree depicting all four seasons. No experience required! Lisa Salamon will be leading the class. All supplies will be provided. **Sign up begins Tuesday, February 1st.**

LGBT Moveable Senior Center via Zoom, Come Out and Connect!
Monday, February 28 at 12:00 PM

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Our January topic will be “A Renewed You in 2022” Held on **Monday, February 28 from 3:00—4:00 PM.**

Register by February 22. [Click Here To Register](#)



Another Way To Get Our Newsletter “Center Lines” !

Follow these steps :

1. Go to www.parishesonline.com
2. Under “Church Name” type in “Berlin Senior Center” and enter our zip code (06037)
3. Click on Berlin Senior Center
4. Click Subscribe
5. Enter your email, first name, and last name, and click Subscribe
6. You will get a confirmation email and are all set to receive the newsletter!

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 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.

Yoga Class (Virtual and In-Person)

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. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.

Unwind, Relax , Let Go Class

(Virtual and In-Person)

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. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.**

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

CRAFTY KNITTERS - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? Come join the group.

MAHJONGG - Every Wednesday morning at 10:00 AM. All levels of players are welcome.

CRIBBAGE DROP IN - Every Wednesday afternoon at 1:00 PM. All level of players are welcome.

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.

SWEDISH WEAVING –Every Thursday @ 9:30AM. 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.

BINGO—Every Thursday @ 1:00PM.

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 1:00 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 Victoria.

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.

NEWCOMERS ARE ALWAYS WELCOME

If you are interested in starting a new Drop In please see Tina.

Health Services

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, February 10th & 24th.**

Services are provided by Jessica Semmens, 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, February 1	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, February 8	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, February 15	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, February 22	10:30 AM ~ 11:30 AM	Blood Pressure Screening

AARP Tax-Aide in Berlin

The AARP Tax-Aide Program will be available this upcoming tax season at both the Berlin Senior Center and the Berlin-Peck Memorial Library. As in past years, **appointments will be required**. New this year, **Taxpayers will need to obtain and complete the intake booklet PRIOR to their scheduled appointment**. The booklet will be available at both the Senior Center and Library, or can be printed directly from the IRS website at [irs.gov/pub/irs-pdf/f13614c.pdf](https://www.irs.gov/pub/irs-pdf/f13614c.pdf). Appointments will be available **Thursdays at the Senior Center starting Feb. 3rd and Tuesday afternoons at the Library**. An appointment will be required for each tax year to be completed. So, taxpayer needing both 2020 and 2021 returns, will need to schedule 2 appointments. We will begin scheduling on January 10th, so **please do not call for an appointment before then**. Berlin Senior Center: (860) 828-7006 or Berlin-Peck Memorial Library: (860)828-7125. We're glad to be open again in Berlin and looking forward to seeing our clients!

SAVE THE DATE

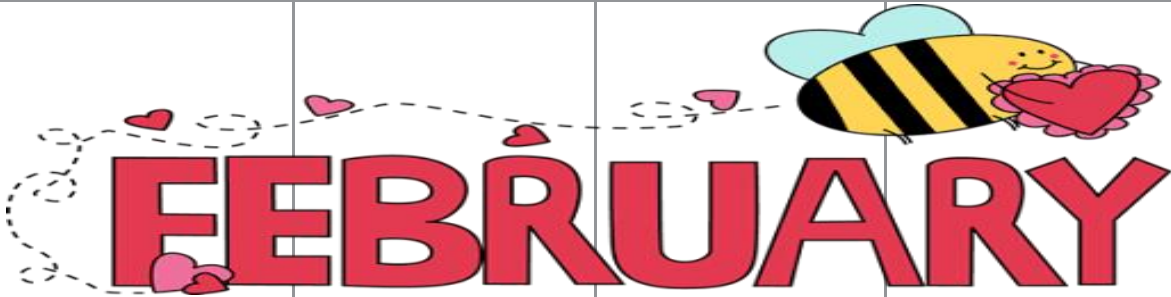


The Berlin Senior Center will be hosting a forum on Thursday, February 10th at 1:00PM about the Town's Affordable Housing Plan.

More information will be available soon.

FEBRUARY 2022

Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No	2 8:30am Coffee Hour 10 am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta	3 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise EA by appt only Tax Aide by appt only	4 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 12:00pm Foodshare 1pm Wii Bowl 1pm Photography
7 8:30am Coffee 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12:30pm Bridge 1-3pm Tech Help (by appointment)	8 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1pm Movie (Mulan)	9 8:30am Coffee Hour 10 am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm PT Barnum	10 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 1pm Affordable Housing forum EA—by appt only FC—by appt only	11 8:30am Coffee 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 1pm Wii Bowl 1pm Photography 1:30 pm Walmart
14 8:30am Coffee Hour 9:30am Special Shop 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12:30pm Bridge 1-3pm Tech Help (by appointment)	15 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No	16 8:30am Coffee 10 am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Remembering GFox & Co	17 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise EA by appt only	18 8:30am Coffee 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 12:00pm Foodshare 1pm Wii Bowl 1pm Photography 1pm Craft Class
21 <i>Senior Center is closed in observance of Presidents' Day</i>	22 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1pm Movie (Vicky and her Mystery)	23 8:30am Coffee Hour 10 am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Legacy Work & Celebration of Life	24 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise EA by appt only FC by appt only	25 8:30am Coffee 9:30am Yoga 10 am Ocean State 11:15 am Unwind, Relax, and Let Go 1pm Wii Bowl 1pm Photography 1pm Facebook 101 1:30 pm Walmart
28 8:30am Coffee 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12 LGBT MSC 12:30pm Bridge 1-3pm Tech Help				

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 CT. 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.

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, overage 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

HHC Alzheimer's and Dementia Caregiver Virtual Support Group

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, and stages of the disease, family dynamics and safety issues.

First Tuesday of the month at 10 AM

Third Monday of the month at 1 PM

Last Monday of the month at 10:30 AM

Second Wednesday of the month at 6:30 PM

REGISTRATION REQUIRED: Call 1.855.HHC.

HERE (1.855.442.4373) or go to

HartfordHealthCare.org/VirtualClasses

After you register, you'll receive an email with easy instructions on joining the virtual class.

Monthly Meetings

COMMISSION FOR THE AGING MEETING NEXT MEETING: MONDAY, MARCH 21ST

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:

February 4th & 18th

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.



thank you for
your kindness

"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver."

-Barbara de Angelis

Berlin-Peck Memorial Library Monthly Events

AARP Tax Aide: Tuesday afternoons in the library: BY APPOINTMENT ONLY. Call 860-828-7126.

Spice It Up! Tarragon (pickup begins Wednesday, February 9). This month's kit includes a sample of tarragon, information sheets, and a few recipes to try. Place a hold on a kit beginning 2/1.

Take and Make: Mini Clay Pot Snowman. Place a hold beginning 2/1. Pickup begins 2/10.

The First Ladies of the United States (online program) Tuesday, Feb. 1 @ 6:30 pm. Learn about the WOMEN who stood beside our famous presidents. Presented by Mariann Millard, Licensed Washington, DC Guide, and International Tour Director.

Sit & Knit: Thursdays in February. Visit library calendar for dates/times: www.berlinpeck.org

Matthew Dicks Author Talk (online program) Monday, Feb. 7 @ 6:30 pm. Join local author Mathew Dicks for a fun and engaging night.

10 Minutes to Save the Planet (online program) Wednesday, Feb. 9 @ 6:30 pm. Join Susan Quincy from the Kellogg Environmental Center (CT DEEP) for a one-hour program about steps individuals can take to reduce carbon emissions.

Saturday Book Club Saturday, Feb. 12 @ 10:30 am Please join us in a discussion of *Eternal* by Lisa Scottoline. Please contact the library to obtain a copy of the book.

Microsoft Office Basics – Word (online program) Tuesday, Feb. 15 @ 2 pm. Learn how to create and edit a document.

Commemorating Black History Month: The Life of Hattie Carthan (online program) Tuesday, Feb. 15 @ 6:30 pm Come learn about the pioneering urban gardener and environmentalist, Hattie Carthan.

Owls of Connecticut Wednesday, Feb. 16, 6:30 pm. Jay Kaplan, Director of Roaring Brook Nature Center in Canton, will present a program on the owls of Connecticut. Sponsored by Berlin Land Trust (www.berlinlandtrust.org).

It Happened Last Year in Real Estate (online program) Thursday, Feb. 17, 6:30 pm. Join local real estate agent Cathy Rossini Lapierre and Home Inspector Louis Nero to hear about the real estate market during the pandemic. They will talk about their predictions for the upcoming spring season and how you can prepare and navigate as a buyer or seller.

Dementia Caregivers Support Group (online) Monday, February 21 @ 1 pm. A safe place for caregivers, family, and friends of persons with dementia. Join us to share practical information, feelings, needs and concerns. Sponsored and hosted by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association. RSVP to Patty O'Brian: 203-859-1992. Join the Zoom meeting: <https://hartfordhealthcare.zoom.us/j/98719138494>

Microsoft Office Basics – PowerPoint (online program) Tuesday, Feb. 22 @ 2 pm. Learn how to create a digital presentation

Health and Wellness with Dr. Nicole Klughers – Immune Support (online program) Tuesday, Feb. 22, 6 pm. Join Naturopathic physician, Dr. Klughers, as she discusses immune support and natural ways to boost our immune systems.

Make a Simple Website with HTML (online program) Thursday, Feb. 24 @ 6:30 pm. A one-hour crash course on basic HTML.

Courageous Conversations: Saturday, February 26 @ 10:30 am. Join us for an open, respectful conversation about Health Care. All backgrounds and viewpoints are welcome in the discussion. Each participant is asked to read an article on the topic prior to the discussion. Please visit or contact the library to get this information and read more about the program series here.

Lilacs in Bethlehem (online program) Monday, Feb. 28 @ 6:30 pm. The Bellamy-Ferriday House & Garden, Caroline Ferriday and the True Story of Lilac Girls.

Nutrition

Coffee Hour



The Senior Center has an informal “coffee hour” available Monday through Friday from 8:30 AM to 10:00 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/TEA ON FRIDAYS FROM 8:30 AM TO 10:00 AM.

Berlin Senior Community Café – Congregate Meals

Lunch is served Monday - Friday at Noon. A suggested donation of \$2.50 per person is requested. At this time to order a meal please call the Senior Center 860-828-7006 between 10:30 AM - 12:00 PM only. 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 Center of your lunch cancellation.

Town Department News

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.

Berlin Senior Services **Energy Assistance Program**

We will be taking appointments for Energy Assistance applications for those seniors **60yrs and older** who heat with **DELIVERABLE FUEL (OIL, KEROSENE & PROPANE)**. For residents under 60 years of age you must contact New Opportunities of Greater Meriden directly to schedule an appointment. Annual Income guidelines (for households whose heat is not included in their rent) are as follows:

One Person Household – Income cannot exceed \$ 37,645

Two Person Household – Income cannot exceed \$ 49,228

No Liquid Asset Test

Please call Victoria at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment. We are taking deliverable fuel, electric and gas customers at this time. Please call the Senior Center to schedule an appointment.

Berlin Affordable Housing Committee Notice

The State of CT created a new statute that all CT Municipalities must create an Affordable Housing Plan every 5 years. Berlin has until July 2022 to adopt a plan. **The survey is available at the senior center and can also be returned to the senior center after it is completed.** It is very important that you fill out the survey. If you have questions you can call Ann Gamelin at 860-828-6700.



Valentine's Day



ARROW
CANDY
CARD
CHOCOLATE
CUPID
FEBRUARY

FLOWERS
GIFT
HEART
HOLIDAY
HUGS
LOVE

MAILBOX
PINK
POEM
RED
SWEETHEART
VALENTINE



CRAYONSANDCRAVINGS.COM

Movies

For the movie program, popcorn and water will be served. There is no charge for the program. 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 Tina or Victoria. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***

Tuesday, February 8 ~ Mulan ~ When the Emperor of China issues a decree that one man per family must serve in the Imperial Army to defend the country from Northern invaders, Hua Mulan, the eldest daughter of an honored warrior, steps in to take the place of her ailing father. Masquerading as a man, Hua Jun, she is tested every step of the way and must harness her inner-strength and embrace her true potential. It is an epic journey that will transform her into an honored warrior and earn her the respect of a grateful nation...and a proud father. **Rated PG-13.**

Tuesday, February 22 ~ Vicky and Her Mystery ~ After her mom's death, a heartbroken girl and her dad settle in wild, beautiful Cantal. Can a special creature help her heal? Inspired by a true story. **Rated PG.**



Specialty Trips

LUNCH BUNCH" TRIP

There will be no Lunch Bunch during the winter months.

We will resume in the spring!

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to **Target on the Berlin Turnpike on Monday, February 14.** We need a minimum of 3 riders for the trip to go. The bus driver will start picking up at 9:30AM. The driver will decide as to how much shopping time will be allowed. Please call the center at (860) 828-7006 at least 24 hours in advance to make your reservation. Please do not leave any reservations on the answering machine.