



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

APRIL 2022

Greetings from the Director:

It's great to be back! I've missed you! I missed all the fun and smiling faces. A BIG Thank you to my wonderful staff—Victoria, Beth, Joe, Tommy and Tom for stepping up and handling everything. You and I are lucky to have them.

Friendly reminder to arrive early enough to BINGO to have time to purchase cards and find a seat before the first number is called. Bingo starts at 1pm sharp.

There is no Exercise Class on Tuesday, April 26 due to the Center is polling site for the town's budget referendum.

The Center will be closed on Friday, April 15 for the Good Friday Holiday.

Happy Easter!

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 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



Spring Fling Celebration! Tuesday, April 12 at 1:00 PM

Spring is in the air and what better way to celebrate the season of hope and new beginnings than with our friends at The Senior Center! Please join us on **Tuesday, April 12 at 1:00 PM** for an afternoon full of entertainment and fun with Christine Clooney. Christine will transport you to music from the jazz greats, she swings like Ella, has the soul of Sarah Vaughan and the impeccable timing of Rosemary Clooney. Her voice is ageless, sultry, deep and exhilarating. After her performance, a spring time dessert will be served. **Sign up anytime.**

History for Fun Series ~ Katherine Hepburn

Wednesday, April 13 at 1:00 PM ~ Joe "The History Guy" is back! This month he will be talking about Katherine Hepburn, who was an American actress of film, stage, and television. Hepburn's career as a Hollywood leading lady spanned more than 60 years. Known for her headstrong independence and spirited personality, she cultivated a screen persona that matched this public image, and regularly played strong-willed, sophisticated woman. This is a classic! **Sign up begins Friday, April 1.**



Volunteer Appreciation Luncheon

Wednesday, April 20 at 12:00 PM

National Volunteer Week is April 24-30. It is a time for us to honor our volunteers and recognize the irreplaceable impact of their time and energy all year round. We will be having a luncheon on **Wednesday, April 20 at 12:00 PM** followed by an "Everyday Mindfulness" presentation by Jo Anne Harrison-Becker, MS (Gerontology) at **1:00 PM**. Each volunteer will be recognized with a little token of appreciation. **Senior Volunteers should sign up starting Friday, April 1.**



White House Memories with Alan DeValerio, Former White House Butler ~

Wednesday, April 27 at 1:00 PM ~ Former White House butler Alan DeValerio is coming to Connecticut!! He's going to give you the inside details about all the preparations involved in White House entertaining.

Not only will he relate his first-hand experiences with history, but he will pass on the stories from those people that he worked with (like Eugene Allen, on whom the movie "The Butler" was based) who have been taking care of our First Families ever since the Franklin Roosevelt administration! Alan will also display many of the White House artifacts (menus, programs, personal photos, etc.) that he has collected over the years. And after the program his new book "A History of Entertainment in the Modern White House" will be available for purchase and signing. This is a presentation that you won't want to miss! **Sign up begins Friday, April 1.**

Wellness Secrets Every Senior Should Know ~

Friday, April 29 at 1 pm ~

As we age, our bodies begin to diminish in function and vitality. What if there was a way to reduce the rate at which our body functions diminish with age? Come and find out how to boost your Brain, Boost your Gut and Boost your Immune system. Presented by Dr. Martin Opoku Gyamfi, MD,ND, CSCM of ProNatural Wellness Group/Homecare. **Sign up begins Friday, April 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.**



Craft Class ~ Easter Gnomes. Sign up has begun!

Friday, April 1 at 2:30 PM ~ The Berlin VNA is coming back in April another fun craft! Marlo and Edyta will show you how to make an adorable Easter Gnome for you to take home. All supplies included.

Special Bingo~

Thursday April 14 at 1:00 PM ~

HAS Retirement Planning will be sponsoring a Special BINGO on **Thursday, April 14 at 1:00 PM**. They will be providing special treats for intermission and there will be raffles. Our regularly scheduled games will be played. No sign up is necessary.

***NEW!* Line Dancing with Joel Sylvestro**

Friday, April 22 at 1:00 PM

Did you know that International Dance Day is in April?! Let's celebrate with a dance class! Joel Sylvestro, Berlin native, will be teaching a Line Dancing class on **Friday, April 22 at 1:00 PM** Joel is a part of "The Dancing Duo" and is known across New England for his gentleman charm, expert dance skills and musicality, his sense of humor, and his "joie de vivre". You may know him as the owner of Joel's Kensington Hair Styling. This class will include country western and ballroom line dancing. **Sign up begins Friday, April 1.**

LGBT Moveable Senior Center via Zoom, Come Out and Connect!

Thursday, April 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. Held on the 4th Thursday of the month at Noon. Pre-registration is required. Our April conversation starter: Tell us a short story. It can be funny, inspirational, a favorite memory, a learning experience, about a person, place or event – your choice. Storytellers and good listeners welcome!

Register here: <https://hipaa.jotform.com/211896400311144>



Senior Center Book Discussion

Senior Center Book Club: Wednesday, April 20 @ 1:30 PM Join us at the Berlin Senior Center for a discussion of Hidden Figures by Margot Lee Shetterly . Please contact the library for a copy.

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!

Weekly Classes

Cardio Drumming ~

Mondays and Wednesdays at 10am & 10:45am

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! **FREE.**

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.**

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.**

CANASTA DROP IN—Every Wednesday afternoon at 1:00 PM.

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, April 28.** 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 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, April 5	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, April 12	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, April 19	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, April 26	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club Will Resume April 7!



Enjoy the outdoors with a little pep in your step! Cheryl Schlichting, retired Senior Center Program Coordinator, will be leading the group. Walks will be scheduled every **Thursday at 10:00 AM**. You will be asked to meet Cheryl at the chosen spot. 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.

Harford Healthcare Bereavement Support Workshop

An 8-week program providing professional and peer support through the Wolfson Palliative Care Program. Two options (choose one): **IN PERSON:** @ Hospital of Central Connecticut, New Britain Campus. Starts **Thursday, April 7 from 3:30—5:00 PM** **or** **VIRTUAL** via Zoom: Starts **Wednesday, April 6 from 5:00—6:30 PM**. There is no fee to participate. Space is limited. To register, visit Hartfordhealthcare.org/virtualclasses **or** call 1-855-442-4373. After registering you will be contacted by the group leader to confirm interest and eligibility.

AARP Tax-Aide in Berlin

The AARP Tax-Aide Program is available this upcoming tax season at both the Berlin Senior Center and the Berlin-Peck Memorial Library. **Appointments are required. You 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.** Appointments are available **Thursdays at the Senior Center and Tuesday afternoons at the Library.** Contact Sr Ctr or Library for appointment.

Spring Fling Celebration!



Spring is in the air and what better way to celebrate the season of hope and new beginnings than with our friends at The Senior Center! Please join us for an afternoon full of entertainment and fun with Christine Clooney. Christine will transport you to music from the jazz greats, she swings like Ella, has the soul of Sarah Vaughan and the impeccable timing of Rosemary Clooney. Her voice is ageless, sultry, deep and exhilarating. After her performance, a spring time dessert will be served.

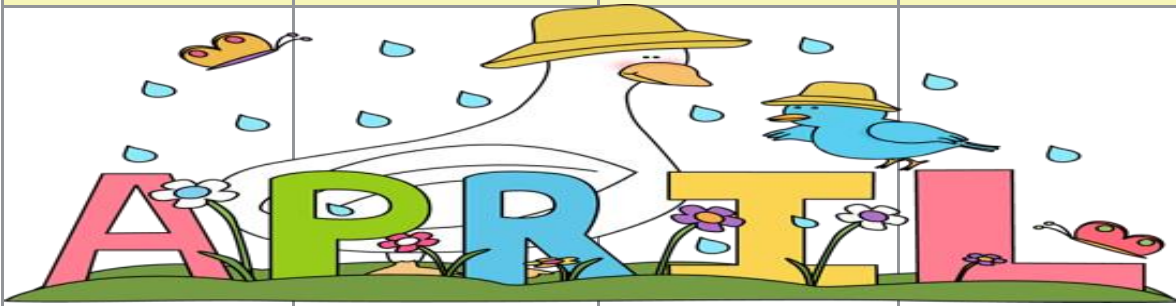
Sign up anytime.

Where: Senior Center

When: Tuesday, April 12

Time: 1:00 PM



APRIL 2022				Events
Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 12:00pm Foodshare 1pm Wii Bowl 1pm Photography 1pm Craft Class
4 8:30am Coffee 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment)	5 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No	6 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta	7 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 1pm BINGO EA—by appt only Tax Aide by appt only	8 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
11 8:30am Coffee Hour 9:30am Special Shop 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment)	12 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1:00pm Spring Fling!	13 8:30am Coffee 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm History for Fun—Katherine Hepburn	14 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 1pm Special BINGO EA by appt only Tax Aide by appt only	15 SENIOR CENTER IS CLOSED FOR GOOD FRIDAY
18 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment)	19 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1pm Movie “The Blindside”	20 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Book Club 1 pm Volunteer Appreciation Lunch	21 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 1pm BINGO EA by appt only	22 8:30am Coffee 9:30am Yoga 10 am Ocean State 11:15 am Unwind, Relax, and Let Go 1pm Wii Bowl 1pm Photography 1pm Line Dancing 1:30 pm Walmart
25 8:30am Coffee 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Bridge 1pm Setback 1-3pm Tech Help (by appt)	26 8:30am Coffee Hour NO EXERCISE 10:30am B Pressure 12:45pm Po Ke No Budget Referendum Polling Site	27 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm White House Memories	28 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12:30pm LGBT MSC 1pm BINGO 1:30pm Kohl’s EA by appt only FC by appt only	29 8:30am Coffee 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 11:30am Lunch Bunch 12:00pm Foodshare 1pm Wii Bowl 1pm Photography 1 pm Wellness Secrets
8 Berlin Senior Center				

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, MAY 16TH

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:

April 1 and 29

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.

Donor's Name

Senior Center:

- James McNeil
- Paul Dobrowolski
- Anonymous
- In Memory Of Elvina Pucci - Janet A. Battaglia

During the past 2 years of the pandemic many seniors and town residents have been very generous by making donations to the Senior Center to help us stay connected to you through our many events. This is just a partial list of our donors. I will continue with the remaining donors names next month.



~Tina~

Berlin-Peck Memorial Library Monthly Events

Please call the Berlin-Peck Memorial Library to register for the following events: 828-7125

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

Spice It Up! Spice to be announced. Place hold beginning 4/1.

Sit & Knit: Thursdays in April. Join local knitters for a relaxing time!

Movie Matinee: Friday, April 1 @ 1 pm: *A Beautiful Day in the Neighborhood*. Reservation required.

The Big Count – Finding Your Relatives in the 1950 Census (online program) Monday, Apr. 4 @ 6:30 pm.

Planting for Pollinators with Xerces Society (online program) Tuesday, Apr. 5, 6:30 pm.

Movie Matinee: Friday, April 8 @ 1pm: *Respect*, starring Jennifer Hudson. Reservation required.

Frugal Living (online program) Monday, Apr. 11 @ 6:30 pm. Learn how to find savings for your everyday expenses. Presented by the Wethersfield Library.

New Britain Symphony Orchestra: Mini Concert (Beatles String Quartet) Tuesday, Apr. 12 @ 6:30 pm. Reservation required.

Saturday Book Club Saturday, April 16 @ 10:30 am. Join us for a discussion of *The One Hundred Years of Lenni and Margot* by Marianne Cronin. Contact the library to obtain a copy of the book.

Dementia Caregivers Support Group (online) Monday, April 18 @ 1 pm. 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>

Breathwork (online program) Monday, Apr. 18 @ 6:30 pm. Various breath patterns can help with anxiety, depression, developing a stronger immune system, and working through trauma.

A virtual trip to the UK (online program) Wednesday, Apr. 20 @ 6:30 pm. Explore the destinations that you've read about or seen on the screen: London's Highclere Castle (Downton Abbey), Beatrix Potter's Cotswolds, Jane Austen's Bath, the stunning sights of Outlander's Scotland.

Fascial Fitness (online program) Thursday, Apr. 21 @ 6:30 pm. In this 45-minute presentation, presenter, Maggie Downie, demonstrate gentle movements to activate and feel your fascia.

Movie Matinee: Friday, April 22 at 1 pm: *King Richard* starring Will Smith. **Registration required.**

Courageous Conversations: Gun Policy: Saturday, April 23 @ 10:30 am. Join us for an open, respectful discussion of gun policy in America. All backgrounds and viewpoints are welcome! Participants are asked to read/view this month's background resources prior to the conversation. Registration required.

Meteorologist Eric Fisher (online program) Monday, Apr. 25 @ 6:30 pm. Join us for an interesting and engaging evening with Eric Fisher, Chief Meteorologist at Boston's WBZ-TV.

Health and Wellness with Dr. Nicole Klughers: Sleep and Sleep Apnea (online program)

Tuesday, Apr. 26 @ 6 pm. Join Naturopathic physician, Dr. Nicole Klughers for a talk on sleep and sleep apnea.

Movie Matinee: Friday, April 29 @ 1 pm: *Belfast*, starring Judi Dench. Registration required.

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



Police Department News

National Drug Take Back Day, Saturday, April 30 from 10am-2pm

National Take-Back Day is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs. Residents can drop off the unwanted drugs at the upper parking lot of the Town Hall. This service is free and anonymous. Residents need only to drive up the Town Hall driveway to drop the drugs into curbside box without getting out of their vehicle. The initiative seeks to prevent increased pill abuse, theft and environmental problems. An officer will be onsite to answer any questions. For more information on Proper Disposal of Unneeded Medication, visit: <https://portal.ct.gov/DCP/Prescription-Monitoring-Program/Proper-Disposal-of-Prescription-Drugs>

Social Services

Berlin Social and Youth Services

We will take applications for the Renter's Rebate Program beginning May 2, 2022. Renter's Rebate is for Renters 65 years and older; 50 years + for surviving eligible spouse; or 18 years old with 100% permanent disability. Must have 1 year residency. Income eligibility is \$46,400 and less for married couples and \$38,100 and less for single individuals. The program runs through October 1, 2022. Documentation needed for the application process includes income from 2021, rent receipts from 2021, and utility payment history from 2021. Please call 860-828-7007 to schedule an appointment or for more information.

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.

Spring Word Search



SPRING

Word Search



Search for the twelve Spring themed words below.

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

APRIL
BIRDS
BLOOM
BUNNY

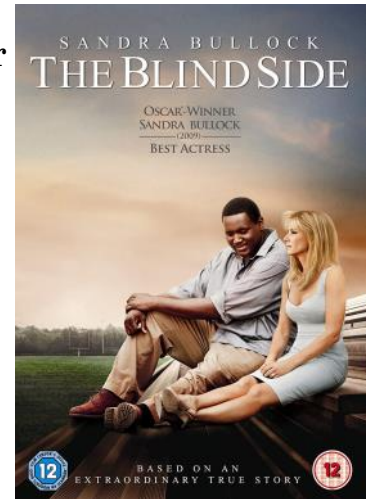
BUTTERFLY
FLOWERS
GARDEN
MAY

RAINBOW
SPRING
SUNSHINE
WARM

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, April 19 at 1:00 PM “The Blindside” Michael Oher (Quinton Aaron), a homeless teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw), take him in. The Tuohys eventually become Michael's legal guardians, transforming both his life and theirs. Michael's tremendous size and protective instincts make him a formidable force on the gridiron, and with help from his new family and devoted tutor, he realizes his potential as a student and football player. Based on a true story. **Rated PG-13.**



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 month will be to **Olive Garden in West Hartford on Friday, April 29 at 11:30 AM. We are limited to 12 people. Sign up begins on Wednesday, April 6th. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 6th. If you went on last month’s trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to **Homegoods in Southington on Monday, April 11. 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.