



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
Program Coordinator...Tammy DeWolf
Staff.....Beth Hrubiec,
Donna Gianoni
Drivers Joe LaVallee
Tom Chesery, Tom Zigmont & Ed Alicea

Hours

Monday..... 8:30am-4:00pm
Tuesday8:30am-4:00pm
Wednesday 8:30am-4:00pm
Thursday..... 8:30am-4:00pm
Friday 8:30am-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

NOVEMBER 2022

Greetings from the Director:

On Thursday, Nov 3rd from 8:30am to noon, the Senior Center will be hosting the CT Association of Senior Center Personnel Annual Winter Conference. There will be no coffee hour and exercise that day. Bingo will begin at 1:30pm.

Tuesday, Nov 8th is Election Day! Please remember that we only have 3 polling sites in Berlin now ~ Griswold, Willard and Hubbard School. This year we will be offering rides to the polls for those individuals who do not drive. Please call the Center to make a reservation.

The Center will be celebrating our Veterans on Friday, November 11th at 8:30am with a breakfast. The breakfast is for veterans only. Please make sure you sign up.

Adjust your clocks Saturday night, November 5th! Daylight Saving Time ends on **Sunday, November 6th, 2022**, at 2:00 A.M. At this time, we “fall back” one hour.

Please note: The Senior Center is open on Veteran’s Day, but closed on Thanksgiving & Friday, Nov 24th & Nov 25th. The staff at the Center would like to wish you and your families a Happy Thanksgiving!

A hero is someone who has given his or her life to something bigger than oneself. ~Joseph Campbell~

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. Personal modes 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

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Kensington, CT 06037

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CONTACT ME Bill Humphreys

bhumphreys@lpicommunities.com • (800) 477-4574 x6634

 **United Healthcare**

Michael Castro
Licensed Sales Agent

106 Scenic Dr., Berlin, CT 06037

860-539-2302 - mscastroinsurance@gmail.com
www.myuhcagent.com/michael.castro



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Berlin VNA



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Transportation Cont'd

Transportation Services are available for medical appts, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping. 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 the hours of 8:30am—3pm. Please remember to have the address of the doctor and time of appointment in front of you when calling to reserve a ride. 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. All calls for rides home must be made by 3:00pm. Lastly, you are allowed two stops per day except when going to the grocery store. If you have any questions please contact the Center.

Other Transportation Resources

Way to Go CT - 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 860-568-4442.**

The Medical Transportation Volunteer Program – The Retired Senior Volunteer Program (RSVP) provides seniors in our area 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.

Energy Assistance

Energy Assistance Program We are currently taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE). We will start taking applications for Electric and Gas customers starting late November. Appointments are scheduled from 9-3pm on Thursdays at The Berlin Senior Center. Those residents under the age of 60 yrs old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Annual Income guidelines (for households whose heat is not included in their rent) are:

One Person Household – Income cannot exceed \$ 39,761

Two Person Household – Income cannot exceed \$ 51,996

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.

- Bank statements needed to prove SSD/SSI/Social security benefits or child support.
- 1099 or Stub is required for Pension.
- For Deliverable Fuel customers: Electric bill is needed.
- For Electric/Gas customers: Gas and Electric bill are needed
- Household will be required to document their income from either the previous thirty days or four consecutive weeks anytime in the last three months prior to the date of application.

Special Events

Lunch and Learn: Prevention and Treatment of Diabetes and Heart Disease

Tuesday, November 15 at 12:00 PM

Dr. David Silver of Trinity Health in Rocky Hill, in collaboration with Mapleview Health and Rehab, will giving a presentation on the prevention and treatment of diabetes and heart disease on **Tuesday, November 15 at 12:00 PM**. A bagged lunch of a turkey sandwich, chips, a cookie, and bottled water will be provided. There will be a Q&A after the presentation. **Please register by Wednesday, November 9th** if you would like to receive a bagged lunch. Sign up begins **Tuesday, November 1st**.

Genealogy with Jen! (3-part Series)

Wednesdays, November 16, 30, and December 14 at 1:00 PM

From antique heirlooms to cutting-edge science, there is something for everyone who is interested in family history. Jennifer Zinck, President of the Connecticut Professional Genealogists, will be here for a 3-part series on **Wednesdays, November 16, 30, and December 14 at 1:00 PM** to share her expertise. Learn about records and places that provide clues to your ancestors, the easiest way to find those resources, and what to do once you've found them. Discover how science unites with history to help break down brick walls and find family using DNA research. Grow your family tree through a variety of online resources that will be introduced. This series is designed for both beginner and intermediate experience levels. Participants may attend one or all sessions. Program is sponsored by John Stillman from Aetna/CVS. **Sign up begins Tuesday, November 1st**.

Session 1: Getting Started in Genealogy (November 16)

Session 2: DNA & Your Family Tree (November 30)

Session 3: Using Online Genealogy Resources (December 14)

An Afternoon of Music

Tuesday, November 22 at 1:00 PM

Come and listen to the sounds of Bill Benson a folk singer/songwriter from Collinsville on **Tuesday, November 22 at 1:00 PM**. He is the winner of the Northwest Idol competition. After Bill's performance, delicious pie will be served with coffee and hot tea. **Sign up begins Tuesday, November 1st**.

Create Your Own Charcuterie Board

Wednesday, November 23rd at 10:30 AM

In the French tradition, charcuterie (pronounced "shahr-ku-tuh-ree") is the art of preparing and assembling cured meats and meat products. On **Wednesday, November 23rd at 10:30 AM**, our very own Tammy DeWolf will be showing you how to create the perfect platter to impress your family on Thanksgiving! **Cost is \$10, payable at sign up, and includes everything you need. Space is limited. Sign up begins Tuesday, November 1st.**

Coming in December:

Holiday Party

Monday, December 12 at 1:00 PM

Celebrate the Holidays with us on **Monday, December 12 at 1:00 PM!** Jennifer Disapio of *That's Heavenly Entertainment* will be giving us a lively, energetic, and interactive show that is sure to bring smiles, laughs and great memories! **Sign up begins Thursday, December 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.**

Special Bingo! Thursday, November 17th at 1PM

Ledgecrest will be sponsoring on **Thursday, November 17th at 1:00 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

Special “Turkey Bingo” ~ Wednesday, November 23rd at 1:00PM!

Come join us for our annual Thanksgiving bingo! Delicious Thanksgiving Day pies will be raffled off at the break. Regularly scheduled games will be played. No sign up is necessary.

Craft Class ~ Framed Ornament Wreath

Friday, November 18th at 1:00 PM

Euro American Connections of Berlin will be here on **Friday, November 18th at 1:00 PM** to show you how to make framed ornament wreaths! Just in time for the holiday season. **Sign up begins Tuesday, November 1st.**

AARP Foundation Tax-Aide is Looking for Volunteers

Do you think you could have fun preparing taxes for seniors? Would you like to join a really great group of people helping others? If so, we may have an opportunity for you! AARP Foundation Tax-Aide provides free tax preparation services to seniors of low to moderate income. We are looking for compassionate and friendly people to join our volunteer team. Prior tax preparation experience is helpful, but not required. You don't need to be an accountant or tax professional. Our volunteers come from a variety of backgrounds, and we'll provide the training and support to help you develop new skills. If you're interested or want more information, please visit www.aarpfoundation.org/taxaide or leave your contact information with the Berlin Library (860)828-7125, or Berlin Senior Center (860)828-7006, and a local Tax-Aide volunteer will follow-up with you. We need new volunteers to continue to serve our community and it's a great way to spend 1-2 days a week during the dreary winter months. Once tax season is over, so is the time commitment!

Polling places in the Town of Berlin have changed. To find out your voting location, go to: <https://wheretovotect.com/towns/berlin> or see Tina or Victoria if you do not have a smart phone or a computer.

Senior Center Book Discussion

Senior Center Book Club: Wednesday, November 16th@ 1:30 PM Join us at the Berlin Senior Center for a discussion of *From Scratch* by Tembi Locke. 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 them in the basket. Do not put back on shelves. Thank you!

Weekly Classes

Intermediate Cardio Drumming ~ Mondays and Wednesdays from 10-10:45am
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.**
***Class will start at 9:30 AM on Wednesday, November 23rd**

***NEW! *High-Level Cardio Drumming ~ Mondays from 11am—12pm**
This hour-long class is for people who are looking for a more fast-paced cardio drumming exercise than our intermediate class. There will be faster and more intricate movements. **FREE.**

Exercise for Wellness Class EVERY TUESDAY & THURSDAY @ 9:45 AM 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. 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.**
*** No Class Thursday, November 3rd**

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.



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.
***No Photography Group November 11th**

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, November 10th.** 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 \$30.00.** 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 phone number is (860) 268-7698.

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, November 1	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 8	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 15	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 22	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 29	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club



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.

Manage Menopause Naturally and Feel Better Later in Life Webinar

National Council on Aging

Tuesday, November 15th at 1:00 PM

- Do you feel your body is letting you down?
- Do you feel old before your time?
- Do you have aches and pains that stop you from enjoying life?
- Do you feel super forgetful?

Manage your menopause and post-menopause symptoms and reclaim your well-being without resorting to hormones. **Tuesday, November 15 at 1:00 PM.**

Register here:

<https://connect.ncoa.org/products/manage-menopause-naturally-and-feel-better-later-in-life>

***If there is enough interest, we will show this webinar live at The Senior Center. Sign up at the front desk if you are interested.**

Congregate Meals

Call Doretha
To Order: 860-921-4320

CW Solutions Senior Community Café

November

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Eggplant Parmesan Buttered Ziti Italian Blend Oatmeal Bread Tangerine</p>	<p>2</p> <p>Unbreaded Fish Filet Lemon Butter Sauce Harvest Rice Stewed Tomatoes Multi Grain Bread Pineapple Chunks</p>	<p>3</p> <p>Grape Juice Sloppy Joe Mashed Potatoes Corn Niblets Hamburger Roll Brownie with Topping</p>	<p>4</p> <p>Stuffed Pepper Soup Unsalted Crackers Sliced Turkey Swiss Cheese Lettuce and Tomato Tator Tots Banana Sub Roll</p>
<p>7</p> <p>Lasagna Rollette Primavera White Sauce Mixed Vegetables Garlic Bread Pineapple Chunks</p>	<p>8</p> <p>Swedish Meatballs Sour Cream Gravy Buttered Noodles Italian Blend Vegetables Assorted Rolls Fruit Cup</p>	<p>9</p> <p>Corn Chowder Unsalted Crackers Fresh Pork Loin Sweet Potato Chunks Tuscany Vegetables Rye Bread Birthday Cake</p>	<p>10</p> <p>Pinapple Orange Juice Chicken Ala King over Wild Rice Oriental Vegetables 12 Grain Bread Peaches</p>	<p>11</p> <p style="text-align: center;">Closed</p> 
<p>14</p> <p>Grape Juice Vegetable Chili Brown Rice Corn Bread Chocolate Chip Cookies</p>	<p>15</p> <p>Cheese Ravioli Marinara Green Beans Italian Bread Tropical Fruit Cup</p>	<p>16</p> <p>Apple Cider Roast Turkey with Giblet Gravy Stuffing Mashed Potato Butter Ginger Baby Carrots Cranberry Sauce Dinner Roll Pumpkin Delight</p>	<p>17</p> <p>Butternut Squash Soup Unsalted Crackers Fish Sandwich Sweet Potato Tots Cole Slaw Hamburger Bun Banana</p>	<p>18</p> <p>Open Faced Roast Beef Sandwich w/ LS Beef Gravy Garlic Mashed Potatoes Brussel Sprouts Oatmeal Bread Baked Pears with Topping</p>
<p>21</p> <p>Meatballs Mozzarella French Fries Mixed Vegetables Sub Roll Orange</p>	<p>22</p> <p>Orange Juice Chicken Cacciatore Buttered Shells Carrots Garlic Bread Rice pudding</p>	<p>23</p> <p>Toscana Soup Unsalted Crackers Crumb Topped Fish Rice Pilaf Spinach and Tomato Bread Stick Fresh Apple</p>	<p>24</p> <p style="text-align: center;">CLOSED</p> 	<p>25</p> <p style="text-align: center;">CLOSED</p>
<p>28</p> <p>Chicken Fajitas with Peppers and Onions Yellow Rice Black Beans w/Diced Tomato Whole Wheat Tortilla Pears</p>	<p>29</p> <p>Grape Juice Breaded Pork Chop Seasoned Whole Potatoes Butternut Squash Wheat Bread Banana Pudding</p>	<p>30</p> <p>Turkey Stew with Turkey, Potato, Peas, and Carrots Brown Rice Brussel Sprouts Biscuit Peaches</p>		

NOVEMBER 2022

Events

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>1 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>2 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>3 9:30 am Swedish Weaving 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>4 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm Lunch 1pm Photography 1pm Wii Bowl 1:30 pm Walmart</p>
<p>7 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drum 11:00am High Level Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Tmt. 1-3pm Tech Help (by appointment)</p>	<p>8 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie <i>Blonde</i></p>	<p>9 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>10 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO Footcare (by apt)</p>	<p>11 8:30am Coffee Hr 8:30 am Veteran's Day Breakfast 9:30am Yoga 11:30am Lunch Bunch 12:00pm Foodshare 12pm Lunch 1pm Wii Bowl</p>
<p>14 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 11:00am High Level Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Tmt. 1-3pm Tech Help</p>	<p>15 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12pm Diabetes and Heart Disease Lunch & Learn 12:45pm Po Ke No 1pm Manage Menopause</p>	<p>16 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10:00am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Genealogy Class 1:30pm Book Club</p>	<p>17 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special BINGO</p>	<p>18 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Craft Class 1:30 pm Walmart</p>
<p>21 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 11:00am High Level Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Tmt. 1-3pm Tech Help (by appointment)</p>	<p>22 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Afternoon of Music</p>	<p>23 8:30am Coffee Hr 9:30am Cardio Drumming 10am Knitters 10 am Mahjongg 10:30am DIY Charcuterie Boards 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Turkey BINGO</p>	<p>24</p>	<p>25</p>
<p>28 8:30am Coffee Hr 10:00am Poker 10:00am Scrabble 10:00am Cardio Drum 11:00am High Level Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Tmt. 1-3pm Tech Help</p>	<p>29 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>30 8:30am Coffee Hr 9:30am Special Shop 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Genealogy</p>	<p>Senior Center Closed</p>  <p>November</p> 	

General Information

Berlin Food Pantry ~ “When hunger stops, so will we”. We continue 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

***UPDATE* Re: CT State Parks and Forests**

Passport Parking fees are now eliminated at Connecticut State Parks for those with Connecticut registered vehicles. To make this possible, **an increase in registration fees was passed by the General Assembly**. It is \$5 per year, which means \$10 for the customary two-year registration renewal for all non-commercial motor vehicles. Seniors 65+ with a one-year registration renewal will have only an additional \$5 fee each year. For more info, visit: <https://portal.ct.gov/DEEP/State-Parks/Passport-to-the-Parks>

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!

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, NOVEMBER 21ST AT 5:00 PM

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 meetings.

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:**

November 11th

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

In Memory of Nell Misteri

Marion Marino
Ginny Steele
Cathy Baran

James McNeil (multiple donations)

Cythnia Peterson

Anonymous (2)

Anonymous

Paul Dobrowolski (2)

Linda Huck

Greg Miller -Nutmeg Spice Company—Raffle Basket –Open House

Berlin Business Connections—Floral Arrangement & 3 Raffle Baskets– Open House

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.



Berlin-Peck Memorial Library Monthly Events

Spice Kit: Spice It Up! Ginger. While supplies last. Place holds beginning 11/1. Pickup begins on 11/16.

Sit & Knit: Thursday, Nov. 3, 17 @ 6:00 pm and Thursday, Nov. 10 @ 1:00 pm.

The Healthy Brain Series: The Blue Zones: Lessons for Living Longer: Thursday, Nov 3 @ 6:30 pm.

Presented by a Certified Dementia Specialist from Hartford Healthcare Center for Healthy Aging. Register.

Movie Matinee: *Lost City*: Friday, Nov 4 @ 1:00 pm. Rated PG-13. Runtime: 92 min. 2022. Starring Sandra Bullock and Channing Tatum.

Get Connected to Your Family: Monday, Nov. 7 @ 6:30 pm. Local Genealogist and author, Thomas Kemp, will help patrons take photos of special family documents such as pictures, family bibles, etc. and upload them to FamilySearch. Registration required.

Paint Night: Tuesday, Nov. 8 @ 6:30 pm: Learn to paint a 'Leafy Waterfall' image with Lindsey's Craft Studio! This activity is great for beginner painters or those with no experience. All supplies and instruction will be provided during this one-hour painting session. Supplies provided. Cancellation policy applies. Registration required.

Extreme Weather and Emergency Preparedness (Online Program) Thursday, Nov. 10 @ 10:30 am. Presented by Lisa Coakley, RN, MSN and Betty Murphy, Health Educator. Sponsored by Central Connecticut Health District.

Register to receive Zoom link.

Make & Take: Bow Making: Thursday, Nov. 10 @ 6:30 pm. Learn to create beautiful bows! Some seasonal ribbons will be provided, but encourage you to bring your own to make more than one bow. Register.

Movie Matinee: *Where the Crawdads Sing*: Friday, Nov 11 @ 1 pm. PG-13. Runtime: 2h 5m.

Courageous Conversations: Mental Health: Sat., Nov 12 @ 10:30 am. America's mental health crisis has been all over the news recently. How should we address the growing problem of mental illness and support those who need it? Join us to discuss and evaluate various options for addressing this issue as we connect with others through conversation. Visit berlinpeck.org for reading material. Registration required.

Cut the Cord (Online Program) Monday, Nov. 14 @ 6:30 pm. Instead of overpaying for a massive selection of channels you never watch, discover how easy it is to choose the services you want using your existing internet connection. In this session we discuss services, equipment, and how to save money! Sponsored/presented by Wethersfield Library.

War and Peace and Winslow Homer: The Civil War and Its Aftermath (Online Program) Tuesday, Nov. 15 @ 6:30 pm. One of America's most celebrated artists, Winslow Homer, was on the front lines of the Civil War documenting battles and moments of quiet contemplation in scenes that have come to define the conflict. Homer's paintings after the war show a beautiful, if uneasy, peace in America. Presented by Art Historian, Jane Oneail.

Movie Matinee: *Top Gun: Maverick*. Friday, Nov 18 @ 1:00 pm. PG-13. Runtime: 2h 10m.

Saturday Book Club: Saturday, Nov 19 @ 10:30 am. Join us for a discussion of *The Reading List* by Sara Nisha Adams. Please contact the library for a copy of the book.

Dementia Caregiver Support Group: Mon., Nov 21 @ 1 pm. This event will now be offered as hybrid: join in-person or online. RSVP Patty O'Brian, CDP, Dementia Specialist, Hartford HealthCare Center for Healthy Aging: 203-859-1992. Sponsored by Hartford HealthCare Center for Healthy Aging & Alzheimer's Association.

New Britain Symphony Orchestra Mini Concert: Tuesday, Nov. 22 @ 6:30 pm. Join the New Britain Symphony Orchestra for a Woodwind Quintet concert. 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. **To order a meal please either call Doretha 860-921-4320 or sign up in-person in the Big Room.** 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

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 Ofc. Cathy Griffin or Dispatcher Tom Farr and leave a message if they don'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 Social and Youth Services

Energy Assistance Program We are currently taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE). We will start taking applications for Electric and Gas customers starting late November. Appointments are scheduled from 9-3pm on Thursdays at The Berlin Senior Center. Those residents under the age of 60 yrs old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Annual Income guidelines (for households whose heat is not included in their rent) are:

One Person Household – Income cannot exceed \$ 39,761

Two Person Household – Income cannot exceed \$ 51,996

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.

- Bank statements needed to prove SSD/SSI/Social security benefits or child support.
- 1099 or Stub is required for Pension.
- For Deliverable Fuel customers: Electric bill is needed.
- For Electric/Gas customers: Gas and Electric bill are needed
- Household will be required to document their income from either the previous thirty days or four consecutive weeks anytime in the last three months prior to the date of application.

Thanksgiving

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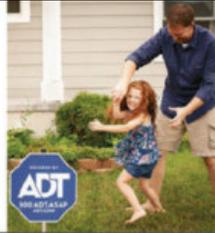
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Movies

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, November 8 at 1:00 PM ~ Blonde (2022)

From director Andrew Dominik, and based on the bestselling novel by Joyce Carol Oates, 'Blonde' boldly reimagines the life of one of Hollywood's most enduring icons, Marilyn Monroe. From her volatile childhood as Norma Jeane, through her rise to stardom and romantic entanglements, 'Blonde' blurs the lines of fact and fiction to explore the widening split between her public and private selves. **Rated NC-17**



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 we are going back to **The Cracker Barrel in East Windsor on Friday, November 11th.** **The bus will leave the Senior Center at 11:30 AM.** **This month’s trip is for those who were on the October Lunch Bunch wait list.** **To be put on the wait list, in person sign up begins on Wednesday, November 9th at 9:00 AM.** **You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 9th.

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to **Stew Leonard’s in Newington on Wednesday, November 30th.** **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.