



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

FEBRUARY 2023

Message from the Director,

February is "American Heart " Month " and Valentine's Day. So take good care of those hearts! Remember to keep spreading the love and kindness!

Tax Aide begins on Feb 9th from 9am to 2:30pm at the Sr. Center. It will run every Thursday until April 13th. Appointments are necessary. You must pick up a packet to fill out prior to your appointment.

With flu season upon us, I ask you to please stay home if you are sick. Remember the flu virus goes wherever you go when you are infected. Stay home and check with your healthcare provider when needed.

The one thing we can never get enough of is love. And the one thing we never give enough is love. ~ Henry Miller

*"There are never enough I Love You's." – Lenny Bruce,
Comedian*

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

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 **Carolyn Audett Smith, Owner**
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860-828-4730

BRLNMEM@aol.com
www.BerlinMemorialFuneralHome.com

JOHN'S HAIR DESIGN, LLC

928 Farmington Ave.
Kensington, CT 06037

Michelle Fetterman, Owner
860-828-8786

Closed Mondays
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CONTACT ME Spiro Maniotis

smaniotis@4LPi.com • (800) 950-9952 x2401

 **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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8607887110
1195 Farmington Ave. Berlin, CT 06037

Berlin VNA



Your Local Homecare Agency

240 Kensington Road,
Ph: 860-828-7030
www.town.berlin.ct.us
Our Goal is to keep you Home!

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Transportation Continued...

Transportation Services is 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 - 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 860-568-4442.**

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.

Energy Assistance

Energy Assistance Program We are taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE), Electric, and Gas. 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.
- 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

Trivia with Rho Kappa ~ Wednesday, February 1st at 1:00 PM

Members of the Berlin High School Chapter of Rho Kappa, a national social studies honor society, will present a trivia event for senior members of the Berlin community. Emphasizing history, entertainment, music, and sports, among other topics, trivia questions will focus on multiple decades all the way to contemporary times. Join us for an afternoon of friendly competition and community connection on **Wednesday, February 1st at 1:00 PM. Sign up has begun.**

Musical Bingo: Valentine's Edition

Wednesday, February 8th at 1:00 PM

Musical BINGO is back! It's the season of love, so we are going to be playing famous love songs! Come and listen and see what songs you recognize. Make sure you mark your card if the title is on there. Winners will win a special prize. **Sign up begins Wednesday, February 1st.**

Valentine's Day Party with Claire Taylor

Tuesday, February 14th at 1:00 PM

Love will be in the air at the Senior Center on **Tuesday, February 14th at 1:00 PM!** We will be celebrating Valentine's Day with friends that have become family. Claire Taylor, professional opera singer, will be singing beautiful love ballads for us. After her performance, enjoy a delicious Valentine treat. **Sign up begins on Wednesday, February 1st.**



"Bully!" Theodore Roosevelt

Friday, February 17th at 1:00 PM

"Bully" as in Hurrah! In light of Presidents' Day, we are going to learn all about Theodore Roosevelt. He was the 26th president of the United States (1901–09) and a writer, naturalist, and soldier. He expanded the powers of the presidency and of the federal government to support public interest in conflicts between big business and labor and increased the U.S. role in world politics. Teddy was high energy. Say, wasn't he involved with a certain bear in 1902? Come and explore with Joe The History Guy on **Friday, February 17th at 1:00 PM. Sign up begins Wednesday, February 1st.**

Get To Know Your Library

Monday, February 27th at 10:30 AM

Join us for a tour and open house of the Berlin Peck Memorial Library. There will be a presentation beforehand about online resources. Did you know you can get NYT and Wall Street Journal online? Find out about their ongoing and upcoming events. Learn about their personalized reading service, and receive help in picking out books you might like! There will be giveaways! **Sign up begins on Wednesday, February 1st.**

Coming Next Month

Cutting The Cord From Cable

Friday, March 10th at 1:00 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 an internet connection. In this session Elizabeth Morin, librarian and DIYer, will discuss with you the basics of getting connected, services, equipment, and how to save money! She has presented Cut the Cord for many groups, and loves helping people learn new things and save money! Questions are welcomed during the presentation. **Sign up begins Wednesday, February 1st.**

Tai chi with Jennifer ~

Mondays March 20, 27, April 3 and 10 at 10:00 AM at The Berlin Community Center.

Join this 4 week series to experience the benefits of Tai Chi – a gentle Chinese martial art that supports balance, flexibility, range of motion and calm strength. During this series, you will be guided by Jennifer Hirschberg-Wise, OTR/L, CLT, Founder of Radiant Journey LLC, Occupational Therapy & Integrative Wellness who is skilled in modifying the practice to allow safe and comfortable access to the form. The practice can be completed seated or standing.

This class will take place at the Berlin Community Center, located at 230 Kensington Road. There is a minimum of 15 students required to run this class. Cost: \$5 per person per class payable at sign up. Sign up beginning Tuesday, January 3rd.

Monthly Activities

BUS TRIP:

St. Patrick's Day Celebration At The Aquaturf!
Featuring: The McLean Avenue Band & Irish Step Dancers

Tuesday, March 14th



Padraig Allen and The McLean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of pop, rock, and folk songs, intertwined with traditional Irish toons and upbeat melodies. Includes a Family Style Dinner of Corned Beef & Cabbage / Baked Scrod, A Glass of Beer or Wine, a Door Prize Ticket, and The Show. **Cost is \$55. The bus will leave at 10:30 AM and will return approx. 4:00 PM. Sign up begins on Wednesday, February 1st at 9:00 AM. You must pay at the time of sign up. You may sign up yourself and one other person.**



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.**

Ladies' Free Manicures ~ Wednesday, February 8th from 9—12pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins will be taken. **Sign up begins Wednesday, February 1st.**



Special BINGO! Thursday, February 9th at 1:30 PM

MediMike, a CT Licensed Insurance Broker, will be sponsoring our BINGO on **Thursday, February 9th at 1:30 PM**. He will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

Craft Class ~ Friday, February 10th at 1:00 PM— Euro-American Connections of Berlin will be leading a fun Valentine's Day Craft on **Friday, February 10th at 1:00 PM. Sign up begins Wednesday, February 1st.**

Special BINGO! Thursday, February 16th at 1:30 PM

Ledgecrest will be sponsoring on **Thursday, February 16th at 1:30 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

Senior Center Book Discussion

Will resume in March!

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

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.**

*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.

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

With love



Drop Ins

SENIOR POKER DROP IN—Every Monday at 10:00AM. Must have basic knowledge of poker.

SCRABBLE DROP IN – Every Monday at 11:00AM. 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—Every Wednesday afternoon at 1:00 PM. All level s 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.

***NEW TIME* BINGO**—Every Thursday @ 1:30PM.

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 *WILL RESUME APRIL 7* –

Meets Fridays @ 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 or Victoria.

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 9th & 23rd.** 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, February 7	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, February 14	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, February 21	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, February 28	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club

Walking Club will resume in the Spring!

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. Appointments will be available Thursdays at the Senior Center and Tuesday afternoons at the Library. Like last year, Taxpayers will need to pick-up and complete the intake booklet PRIOR to their scheduled appointment. Booklets can be obtained from either the Senior Center or the Library. A separate appointment will be required for each tax year to be completed. We will begin scheduling January 9th, so please do not call for an appointment before then. Berlin Senior Center: (860) 828-7006, Berlin-Peck Memorial Library: (860)828-7125. We're glad to be open again this tax season and look forward to seeing our clients!

Inclement Weather-Senior Center Status

The Center does not close when the schools close due to inclement weather. The only thing that follows the school delays or closings is our transportation. We post all cancellations and closings on Channel 3 and 30 and on WTIC 1080. You can always call the Center if you have any questions about the Center being closed or programs/classes being canceled.

Congregate Meals

CW Solutions Senior Community Café



To Order Call Doretha
860-921-4320

February, 2023

1% milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> <div>Soup 6 oz. Crackers 1 pkt Fish 4 oz. Dill Sauce 1/4 c Noodles 1/2 c Broccoli 1/2 c W. W. Roll 1 ea. Banana 1 ea.</div>	<div>2</div> <div>Pot Roast 4 oz. LS Gravy 1/4 c Potatoes 1/2 c Spinach 1/2 c  Bread 1 sl. B-Cake 1 sl.</div>	<div>3</div> <div>Pork Chop 4 oz. Swt Potato 1/2 c Brussel Sprts 1/2 c Bread 1 sl. Ice Crm Cup 1 ea.</div>
<div>6</div> <div>Sweet & Sour Meatballs 4 oz. Noodles 1/2 c Veggies 1/2 c W. W. Bread 1 sl. Citrus Sctns 1/2 c</div>	<div>7</div> <div>Soup 6 oz. Crackers 1 pkt Crabcake 4 oz. Stk Fries 4 oz. Tomato/Zuchini 1/2 c Tartar Sauce 1 pkt. Hambger Bun 1 ea. Orange 1 ea.</div>	<div>8</div> <div>Juice 4 oz. Spaghetti 4 oz. Meat Sauce 4 oz. Parm Cheese 2 tbsp. Salad 1 c Dressing 1 pkt. Garlic Bread 1 ea. Pears 1/2 c</div>	<div>9</div> <div>Juice 4 oz. Pork 4 oz. Apple/ Sauerkrat 1/4 c Potatoes 1/2 c Carrots 1/2 c Bread 1 sl. Cookies 2 ea.</div>	<div>10</div> <div>Juice 4 oz. Chix Cacciatore 4 oz. Rice 1/2 c Veggies 1/2 c Bread 1 sl. Pudding 1/2 c</div>
<div>13</div> <div>Juice 4 oz. Lasagna 6 oz. Peas 1/2 c Bread 1 sl Pudding 1/2 c</div>	<div>14</div> <div>Valentine Special Juice 4 oz. Brocli and Chesse Quiche 4 oz. Swt Potatoes 1/2 c Spinach 1/2 c  Dinner Roll 1 ea. Valentine Treat 1 ea.</div>	<div>15</div> <div>Lazy Man's Stuff Peppers 8 oz. Broccoli 1/2 c Bread 1 sl Brownie 1 ea.</div>	<div>16</div> <div>Meatloaf 4 oz. Gravy 1/4 c Noodles 1/2 c Brussel Sprts 1/2 c Bread 1 sl. Trop. Fruit Cup 1/2 c</div>	<div>17</div> <div>Special Dessert Juice 4 oz. Trky Pot Pie 8 oz. Salad 1 c Dressing 1 pkt Biscuit 1 ea. Apple Pie 1 sl</div>
<div>20</div> <div>PRESIDENTS DAY </div>	<div>21</div> <div>Beef and Bean Chili Mac 8 oz. Veggies 1/2 c Corn Bread 1 ea. Orange 1 ea.</div>	<div>22</div> <div>Ash Wednesday Veg Bean Burger 4 oz. Swt Potatoes 1/2 c Spinach 1/2 c W. W. Bun 1 ea. Applesauce 1/2 c</div>	<div>23</div> <div>Turkey 4 oz. Sandwich with LS Gravy 1/4 c Mash Potato 1/2 c Carrots 1/2 c Bread 1 sl. Trop. Fruit Cup 1/2 c</div>	<div>24</div> <div>Winter Picnic Chicken 4 oz. Potato Sld 1/2 c Red Cabbage 1/2 c Hamburger Bun 1 ea. Ambrosia 1/2 c</div>
<div>27</div> <div>Kielbasa 4 oz. w/Sauerkraut 1 tbsp Pierogis 4 oz. Carrots 1/2 c Bread 1 sl Tangerine 1 ea.</div>	<div>28</div> <div>Chicken Strips 4 oz. with Red Pepper Noodles 1/2 c Veggies 1/2 c Bread 1 sl Trop. Fruit Cup 1/2 c</div>	<div></div>		

HAPPY
Valentine's
DAY

FEBRUARY 2023				Events
Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Trivia	2 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO	3 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl
6 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help	7 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie	8 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Music BINGO Free Manicures (by apt)	9 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO Footcare (by appt) Tax Aide (by appt)	10 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 1pm Wii Bowl 1pm Craft Class 1:30 pm Walmart
13 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help	14 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Valentine's Day Party	15 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	16 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO Tax Aide (by appt)	17 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1pm History For Fun—Teddy Roosevelt
20 The Senior Center is Closed Presidents' Day	21 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie	22 8:30am Coffee Hr 9:30am Special Shop 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	23 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO Footcare (by apt) Tax Aide (by appt)	24 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 1pm Wii Bowl 1:30 pm Walmart
27 8:30am Coffee Hr. 10am Poker 10am Cardio 10am Get To Know Your Library 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Setback 1pm Bridge 1-3pm Tech Help	28 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No			

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

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, MARCH 20TH 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:

February 3rd & 17th

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

Paul Dobrowolski

Anonymous

Bill Grant

James McNeil



Berlin-Peck Memorial Library Monthly Events

Register at www.berlinpeck.org

Sit & Knit: Thursday, Feb. 2, 16 @ 6 pm, Feb. 9, 23 @ 1 pm

Movie Matinee: Movie Matinee: Tár Fri, Feb. 3, 1 pm. Lydia Tár, widely considered one of the greatest living composer-conductors. Starring Cate Blanchett. Rated R. 2h 38m.

Courageous Conversations: Tips and Tricks: Sat, Feb. 4, 10:30 am. How do you respond when a friend or family member starts talking about an issue, and their opinion is the exact opposite of yours? Drawing from research and experience, we'll teach you how to engage in conversation, how to keep things respectful, and why it matters. This course is for everyone, beginners and experienced conversationalists alike. Register.

An Introduction to Active Dreaming (online program). Mon, Feb. 6, 6:30 pm. The dreamer is the only authority on the meaning of their dreams. Have your dream journal and your imagination handy. Register.

Movie Matinee: The Banshees of Inisherin: Fri, Feb. 10, 1 pm. Two lifelong friends find themselves at an impasse when one abruptly ends their relationship, with alarming consequences. Rated R. 1h 54m.

History of the Connecticut Landscape: From Floating Rocks to Volcanoes, Dinosaurs, and Ice Mon, Feb. 13, 6:30 pm. Presented by Dr. Jeff Holcombe. Sponsored by Berlin Land Trust.

Make & Take: Coffee Filter Wreaths: Thurs, Feb. 16, 6:30 pm. Create an easy, beautiful wreath. Please bring a hot glue gun if you have it. Registration required.

Movie Matinee: She Said: Fri, Feb. 17, 1 pm. NY Times reporters break a story that shattered decades of silence around the topic of sexual assault in Hollywood. Rated R. 2h 9m.

Saturday Book Club: Sat, Feb. 18, 10:30 am. Join us for a discussion of *The Violin Conspiracy* by Brendan Slocumb. Contact the library for a copy of the book.

Dementia Caregiver Support Group (Online) Mon, Feb. 20, 1 pm. Because the library is closed for the holiday, this event will be on Zoom only. RSVP to Patty O'Brian: 203-859-1992.

Beat the Winter Blues: Thurs, Feb. 23, 6:30 pm. Learn coping mechanisms for winter blues and Seasonal affective disorder. Presented by therapists from East Berlin's Well Life Therapy and sponsored by the library and social services ("Anchored in Wellness series). Register.

Movie Matinee: Armageddon Time: Fri, Feb. 24, 1 pm. A deeply personal coming-of-age story about the strength of family and the generational pursuit of the American Dream. 1h 54m.

Beyond the Amistad: Black History at the Connecticut Historical Society: Sat, Feb. 25, 1 pm. Join the CHS in exploring the Black experience in Connecticut's history through artifacts and photos. Register.

Get to Know Your Library: Mon, Feb. 27, 10:30 am. Join us for a fun open house and tour to learn about what the library has to offer senior citizens. Refreshments will be served.

Cookbook Club: Mon, Feb. 27, 6:30 pm. Pick a recipe from *Baking with Dorie* by Dorie Greenspan, make the dish on your own, and then gather for a feast.

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 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.

- 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.

Valentine's Day

Find the words on the list in the word search below!

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

ARROWS
CUPID
FUN
HEARTS
LOVE
RED
SHARE

CANDY
FLOWERS
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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, February 7th ~ Dog Gone (2023) Based on the true story of a father and son who repair their fractured relationship during a forced hike of the Appalachian trail to find their beloved lost dog.

Tuesday, February 21st ~ The Butler (2013) After leaving the South as a young man and finding employment at an elite hotel in Washington, D.C., Cecil Gaines (Forest Whitaker) gets the opportunity of a lifetime when he is hired as a butler at the White House. Over the course of three decades, Cecil has a front-row seat to history and the inner workings of the Oval Office. However, his commitment to his "First Family" leads to tension at home, alienating his wife (Oprah Winfrey) and causing conflict with his anti-establishment son. **Rated PG-13**



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 in Newington on Wednesday, February 22nd**. 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. We will start taking reservations up to a week in advance. Please call the center at (860) 828-7006 by 3:00 PM by Tuesday, January 24th to make your reservation. Please **do not** leave any reservations on the answering machine.