



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,
Berlin, CT 06037
Phone # (860) 828-7006
Fax: (860) 828-7116
Email: tdoyle@town.berlin.ct.us

Staff

Director Tina Doyle
Asst. Director..Victoria Hellberg
Staff.....Cheryl Schlichting,
Donna Gianoni
Drivers Joe LaVallee
Tom Chesery & Tom Zigmont

Hours

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

Membership (Ages 60+)

Resident: No Cost
Non-Resident: \$36 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson
Juliet Benjamin-Com. Secretary
Frank Slogeris
Lois Ustanowski
Kay Murray
Ann Gamelin

BERLIN SENIOR CENTER LINES

NOVEMBER 2021

Greetings from the Director,

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

We will also be providing transportation to any senior that needs a ride to the Veteran’s Program at Berlin High School on Thursday, Nov 11th at 7:00PM. Please contact the Center if you need a ride.

Please note: The Senior Center is open on Veteran’s Day, but closed on Thanksgiving & Friday, Nov 26th. The staff at the Center would like to wish you and your families a Happy Thanksgiving!

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.** 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

Craft Class ~ Ornament Making

Friday, November 5th, 12th, and 19th at 1:00 PM

The first class will be lead by Beata and Sylvia from Euro-Connections. The other two will be lead by Lisa (one of our seniors). Each week a different ornament will be made. You will make two ornaments—one to take home and one to put on the tree at the Senior Center. **Sign up begins on Monday, Nov 1st.**

Historical Society Story Share

Wednesday, November 10th at 1:00 PM

Over time the Berlin Historical Society has amassed an amazing collection of vintage postcards depicting how Berlin looked long ago. Join us on a nostalgic trip back in time as they share the best images from their archive and give you an opportunity to share what you remember. If you have pictures to share for the archive, we can scan them at the event. Space is limited to 75 people. **Sign up is now being taken.**

Learn About Food-Drug Interactions

Friday, November 12th at 1:30 PM

Come learn about the most prominent food-drug interactions. Different foods we eat can affect how drugs are processed in the body. Keep yourself safe by learning what to avoid and how to mitigate any reactions. Presentation given by UCONN's Dr. Sean Jeffery, Pharm.D., BCGP, FASCP, AGSF. **Sign up will begin Monday, Nov 1st.**

Are Your Ducks in a Row?

Tuesday, November 16th at 1:00 PM

Join Deb Lobb, RHIA, CHC, CTR, CHP, EOLD as she discusses things to consider regarding physical, emotional, mental, spiritual, and financial peace of mind as we age. She will specifically touch upon planning for the predictable and unpredictable. **Sign up will begin Monday, Nov 1st.**

LGBT Moveable Senior Center via Zoom

Come Out and Connect!

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Held on **Thursday, November 18 at 12:00 PM**. Pre-registration is required. *Bringing your own lunch optional!*

Empowering You Through the Probate Process

Tuesday, November 30th at 1:00 PM

Amanda Gilbert-Largent, Attorney with Wiley Etter Doyon, LLC is back to give us an introduction/guide through the steps of the probate process, and the precautions that can be taken to give family members the peace of mind they deserve during such a difficult time. **Sign up will begin Monday, Nov 1st.**

Monthly Activities

Attention Aging Mastery Program Students

The Wednesday, November 10th class will be held at 11:00 AM.

**There will be no Coffee Hour or Exercise Class on Election Day:
Tuesday, November 2nd.**

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 new 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.**

Chair Volleyball ~

Friday, November 5 & 19 at 1:00 PM

Chair volleyball is a very fun game that requires no experience or skills. We will be playing with a beach ball and the only rule is: you must stay in your CHAIR! Come on down for some friendly competition and laughs. **Please remember to sign up.**

Special “Turkey Bingo” ~

Wednesday, November 24th 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.

Cardio Drumming ~

Monday, November 1st, 8th, 15th, 22nd & 29th at 10:00 AM — You’re probably asking yourself: what is cardio drumming?! It is the latest exercise craze that is very simple and requires no skill! This exercise will get your whole body moving and will pump you up. The best part is that you can go at your own pace. Join us for some fun and see what it’s all about! **If you are interested in joining the class please contact Tina or Victoria.**

AARP CT Virtual Programs

Visit <https://states.aarp.org/connecticut/events-ct> to view all of their events

We want to hear from you!

What games and activities would you like to see at the center?

Call us or see Tina or Victoria with your suggestions

Weekly Classes

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY @

9:45 AM Getting ready to swing that golf club, work in the garden, or take that favorite walk? This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Enjoy a pressure free environment where everyone works at their own pace. Join us. Choose to be active and to age well. Please bring hand weights. **Cost: \$4.00 per class.** Instructors are Vicki Griswold and Lorraine Jurgilewicz.

“The Social Leftovers”

EVERY WEDNESDAY 9:30AM –11:00AM

The Social Leftovers” Drop In is a very informal group. Members come to either socialize, do a craft, enjoy coffee hour, or work on what ever project they want. They would love for you to join them.

Yoga Class (Virtual and In-Person)

EVERY FRIDAY @ 9:30 AM –11:00AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.

Unwind, Relax , Let Go Class

(Virtual and In-Person)

EVERY FRIDAY @ 11:15 –12:15pm

Join Certified Yoga Teacher, Liz Hall. A time devoted to relaxation and rejuvenation. We will start with fundamental approaches to compose a tranquil body and mind to enhance the relaxation process which will include a 25 minute Deep Relaxation and a 10 minute meditation. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.**

Drop Ins

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

SCRABBLE DROP IN – Every Monday at 10:00AM. All level of players are welcome.

Po Ke No DROP IN—Every Tuesday afternoon at 12:45PM

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

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

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

COLORING for STRESS RELIEF ~ Every Wednesdays at 1:00PM Coloring for adults has become a popular stress –reduction trend and a great way to relax. We will supply the coloring sheets and colored pencils.

SWEDISH WEAVING –Every Thursday @ 9:30AM. This craft is also known as “huck” weaving . Create a unique blanket, pillow, table runner, etc. A list of supplies is available at the Center. Help is available.

BINGO—Every Thursday @ 1:00PM.

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 1:00 PM to join us for some “interactive” bowling in our multi-purpose room. It’s fun and it’s easy exercise. Stop in and check it out. If you are interested in joining the Friday group and have any questions please contact Tina or Victoria.

PHOTOGRAPHY – Every Friday afternoon @ 1:00 PM. Come and join our informal group of beginners to experienced photographers for camera and photography questions and discussions. Any kind of camera is welcome, whether its film, digital or slides. The group discusses camera features, subject, lighting, composition, as well as alterations on a computer.

NEWCOMERS ARE ALWAYS WELCOME

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

Health Services

Footcare Program (By Appointment Only)

The Berlin Senior Center offers low cost foot care for seniors provided by a specially trained registered nurse. **This month's program is scheduled for Thursday, November 11.** Services are provided by Catherine Brennan, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$29.00.** Please **no diabetics**. Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse. Home visits are available at a cost of **\$50.00 per visit.** Her home phone number (in Wethersfield) is (860)513-1040.

Free Health Clinics

The **Berlin VNA** will hold the following **"FREE" health clinics** at the Berlin Senior Center. All clinics are "free of charge" and no appointment is necessary. For more information, call the **Berlin VNA** at **(860) 828-7030**.

Tuesday, November 9th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 16th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 23rd	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 30th	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.**

COVID-19 Vaccine Clinic

Berlin Peck Memorial Library~ Delaney Room: 234 Kensington Rd, Berlin
Thursday, Nov. 11, 1 pm - 4:30 pm.

Pre-registration is not needed. All walk-in. Last patient seen 15 minutes prior to close of clinic to allow proper break-down times. We will be offering Pfizer and Moderna first and second doses, as well as boosters (see below for details). For those receiving dose 1, we will work each patient to schedule them for their second dose. For those receiving boosters, they will need to present their vaccination card with record of receiving doses 1 & 2, vaccine administration date and lot number (information below on how to obtain lost cards). Minors must have guardian present. Will be completed electronically at time of registration. Please request patients bring their vaccination cards to the clinic so our team can document any historical vaccines administered. If vaccine card has been lost, please obtain record through the following methods: Obtain via Hartford HealthCare's MyChart Plus patient portal. Log into MyChart Plus. Questions? Call Hartford HealthCare's Community Care Center at 860-972-8100.

Daylight Savings Time Tips

1. Check Your Fire Alarms and Carbon Monoxide Detectors Take 10 minutes and test the fire and carbon monoxide detectors around your home, replacing the batteries as needed. To make the task easier, prep by getting the step stools or ladders you'll need, and consider grabbing a set of headphones in case you accidentally trigger the alarm in the process.

2. Flip Your Mattress You've probably heard before that the start and end of Daylight Saving Time is the time to flip or rotate your mattress. While some consider this advice outdated, depending upon the type of mattress you own, it's still a good way to extend its life. If you have a newer mattress made with memory foam, it may not need a full flip, but you can give it a 180-degree rotation. If you have a classic spring mattress, consider sticking with the full flip-and-rotate so that all sides of the mattress wear evenly. While you're at it, go ahead and clean your mattress.

3. Clean Your Coffee Machine If you have a Keurig, follow our Keurig cleaning guide. And for a traditional drip coffee maker, watch this step-by-step video. With more sunlight in the morning and better-tasting coffee, your morning routine is about to improve.

4. Clean Your Furnace Filters (and AC Vents, Too) As your home switches from blasting the AC to cranking up the thermostat, now's a great time to check on both your air conditioner and your furnace. After cleaning the furnace filter, follow our tips for dusting the heating vents and radiators. Typically, it's best to check your air conditioner in the spring before the hot weather starts, but if you haven't inspected yours in a while, follow our air conditioner maintenance tips so the unit will be ready to go in the spring.

5. Clean Out the Dryer Vent According to the U.S. Fire Administration, about 2,900 clothes dryer fires are reported each year, with more of these fires occurring in the fall and winter months, and peaking in January. To prevent a fire, clean out your dryer vent ductwork this weekend, then be sure to clean out the lint filter every time you use the dryer.

6. Take Stock of Your Medicine Cabinet Typically, this is the time of year when we recommend getting ready for cold and flu season. Toss out (safely, of course) any meds that are expired. Then, stock up on the basics, as well as tissues and vapor rub. This year, in particular, check if your local drugstore or health clinic is offering flu shots (they're often free or available for a small fee).

7. Clean the Gutters Once the leaves have fallen off the trees but before it gets too cold outside is the ideal time to clean out the gutters. In the months ahead, icicles serve as the telltale sign that the gutters haven't been cleaned, and while icicles may look cute, those clogged gutters could cause water to pool, potentially damaging the foundation of your home. If you don't want to do the dirty work yourself, here's everything you need to know before you hire a pro.


Senior Center Book Discussion

Senior Center Book Club: Wednesday, November 3rd @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *Educated* by Tara Westover. Please contact the library for a copy of the book.

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!

NOVEMBER 2021

Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am—Coffee Hour 10:00am—Poker 10:00am—Scrabble 10:00am Cardio Drumming 12:30pm—Bridge 1 pm—Setback 1-3pm—Tech Help (by appointment)	2 10:30am—B Pressure 12:45pm—Po Ke No NO COFFEE HOUR NO EXERCISE Election—Voting @ Senior Center Polling Site	3 8:30am—Coffee Hour 9:30 am—Left Overs 10am—Knitters 10 am—Mahjongg 1pm—Coloring 1pm—Cribbage 1pm—Canasta 1pm—Aging Mastery 1:30pm—Book Club	4 8:30am—Coffee Hour 9:30 am— Swedish Weaving 9:45am—Exercise 10am—Walking Club 1pm—Bingo EA—by appt only	5 8:30am—Coffee Hour 9:30am—Yoga 10am—Ocean State 11:15 am—Unwind, Relax, and Let Go 1pm Craft Class 1pm—Wii Bowl 1pm—Photography 1pm—Chair Volleyball 1:30pm—Walmart
8 8:30am—Coffee Hour 10:00am—Poker 10:00am—Scrabble 10am—Cardio Drumming 12:30pm—Bridge 1 pm—Setback 1-3pm—Tech Help (by appointment)	9 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No 1pm—Movie	10 8:30am—Coffee Hour 9:30 am—Left Overs 10am—Knitters 10 am—Mahjongg 11am Aging Mastery 1pm—Coloring 1pm—Cribbage 1pm—Canasta 1pm—Historical Society Story Share	11 8:30am—Coffee Hour 9:30 am— Swedish Weaving 9:45am—Exercise 10am—Walking Club 1pm—Bingo EA—by appt only Footcare—appt only	12 8:30am—Coffee Hour 9:30am—Yoga 11:15 am—Unwind, Relax, and Let Go 12:30pm—Foodshare 1pm Craft Class 1pm—Wii Bowl 1pm—Photography 1:30pm—Food/Drug Interactions
15 8:30am—Coffee 10:00am—Poker 10:00am—Scrabble 10:00am Cardio Drumming 10:30am Shopping 12:30pm—Bridge 1 pm—Setback 1-3pm—Tech Help (by appointment) 7pm—CFA Meeting	16 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No 1pm—Are Your Ducks In A Row?	17 8:30am—Coffee Hour 9:30 am—Left Overs 10am—Knitters 10 am—Mahjongg 1pm —Aging Mastery 1pm—Coloring 1pm—Cribbage 1pm—Canasta	18 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club 1pm—Bingo EA—by appt only	19 8:30am—Coffee 9:30am—Yoga 10am—Ocean State 11:15 am—Unwind, Relax, and Let Go 11:30am LBunch 1pm Craft Class 1pm—Wii Bowl 1pm—Photography 1pm—Chair Volleyball 1:30pm—Walmart
22 8:30am—Coffee Hour 10:00am—Poker 10:00am—Scrabble 10am—Cardio Drumming 12:30pm—Bridge 1 pm—Setback 1-3pm—Tech Help (by appointment)	23 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No 1pm—Movie	24 8:30am—Coffee Hour 9:30am Left Overs 10am—Knitters 10 am—Mahjongg 1pm —Coloring 1pm—Cribbage 1pm—Canasta 1pm—TURKEY BINGO	Senior Center Closed for the holiday. Happy Thanksgiving!	
29 8:30am—Coffee 10:00am—Poker 10:00am—Scrabble 10:00am Cardio Drumming 12:30pm—Bridge 1 pm—Setback 1-3pm—Tech Help (by appointment)	30 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No 1pm Empowering Loved Ones Through Planning			

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

Emergency Rental Assistance

Acting through the Department of Housing (DOH), the State of Connecticut is developing the UniteCT Program. This \$235 million program will provide rental and electricity payment assistance to qualified Connecticut households financially impacted by the COVID-19 pandemic. The intention of UniteCT is to help stabilize Connecticut's Rental Housing Market. Visit <https://portal.ct.gov/DOH/DOH/Programs/UniteCT> for more information and to apply.



Monthly Meetings

COMMISSION FOR THE AGING MEETING

NEXT MEETING: NOVEMBER 15th

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:

November 12th, Dec 10th and 24th

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(10)
Stephen & Diane Osakowicz
Ruthann Provencal
James & Phyllis Norton
Anonymous
Paul Dombrowski
Donations for next Shred It Event

In Memory of Kurt Scheer:

Sharon Reckert

In Memory of Robert Bell:

Margaret F. Barberic John & Kathleen Pagini
Corrine & Paul Fahey Carrie & Steven Cichowski
Derek S. Petroka

During the past 15 months 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

Visit the library in November to view the Kensington Garden Club's Veteran's Tree.

Most library programs are still being held online. To make special arrangements to view the program on a screen in the library, call Carrie at 860-828-7126.

Senior Center Book Club: Wednesday, Nov. 3rd @ 1:30 pm. Join us for a discussion of *Educated* by Tara Westover. This discussion will take place at the Berlin Senior Center, 33 Colonial Drive. Contact the library for a copy of the book.

Stress Management: A Proactive Approach (Online): Wednesday, Nov. 3 @ 6:30 pm. Learn strategies that will provide solutions for optimal stress management. Presenter Jill Patterson, RDN is an award-winning registered dietitian nutritionist and certified fitness instructor.

Sit & Knit: Thursdays (visit berlinpeck.org for dates and times) Join local knitters for knitting and good conversation.

Cheddar Scones (Online): Tuesday, Nov. 9 @ 6:30 pm. Learn to make cheddar scones. Presented by Food Explorers. Sponsored by a partnership between Berlin-Peck Memorial Library, Wethersfield Library and Lucy Robbins Welles Library.

Spice It Up! Sage (Pickup begins Wednesday, November 10). Try out a new spice each month! This month's kit includes a sample of sage, information sheets, and a few recipes to try.

Glitter Ornaments (In-Person program or Take-Home Kit): Thursday, November 11 @ 6:30 pm. Create 2 glittery ornaments (that won't shed their shine on your floor!) to add some sparkle to your holiday decor. There are a limited number of seats; once seats are filled, you may join the waiting list. If you're on the waiting list and want to make sure you get a kit, you may also place a hold on a take-home kit.

Saturday Book Club: Saturday, Nov. 13 @ 10:30 am. Join us for a discussion of *Little Fires Everywhere* by Celeste Ng. Please contact the library for a copy of the book.

Dementia Caregiver Support Group (Online): Monday, Nov. 15 @ 1 pm. A safe place for caregivers, family, and friends of persons with dementia. RSVP to Patty O'Brian: 203-859-1992. Join the Zoom meeting: <https://hartfordhealthcare.zoom.us/j/98719138494>

Cut the Cord (Online) Monday, Nov. 15 @ 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! Presented by the Wethersfield Library.

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 ON FRIDAYS FROM 9:00 AM TO 11:00 AM.

(NOT YET RESUMED) 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, stop in & see CW Site Manager (after 10:30 AM) or call them at (860) 670-8546 between 10:30 AM - 12:00 PM only. When leaving a voice mail please give your name, day and date you would like lunch. 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 kitchen of your lunch cancellation.

Town Department News

Berlin Police Department News

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

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

Berlin Police Dept. Drug Collection Box

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

Berlin Social Services

Open Enrollment for Medicare D ~ October 15th to December 7th Open enrollment for Medicare part D is from October 15th to December 7th. Please contact Doug Truitt, Assistant Director of Community Services at Town Hall to schedule an appointment. You may reach Doug @ 860-828-7059. His hours @ Town Hall are Monday– Wednesday 8:30am to 4:30pm, Thursday 8:30am to 7:00pm and Friday, 8:30am—1:00pm.

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)**. Those residents under the age of 60 yrs old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Our first day of appointments is October 21st from 9:00am to 3:00pm. 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

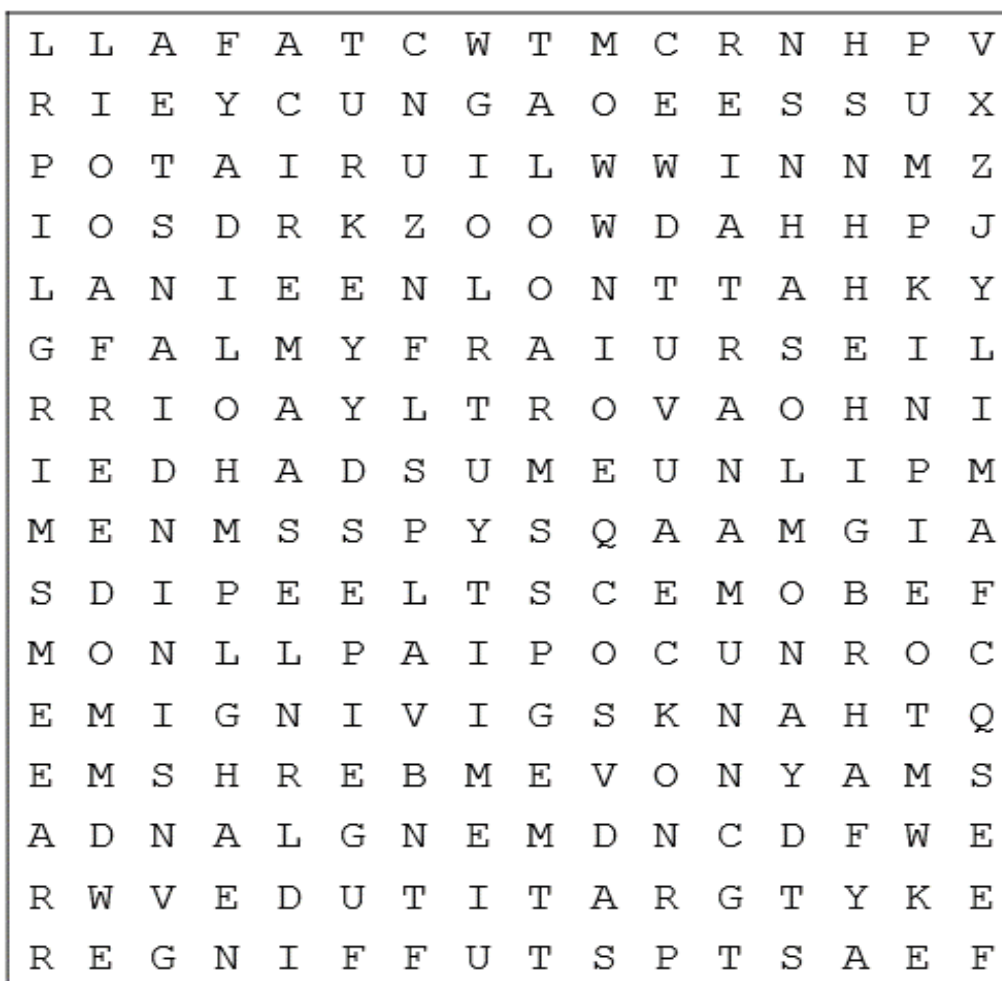
Please call Victoria at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment We will start taking applications for Electric and Gas customers starting late November.

Thanksgiving Word Search



Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



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 9th ~ Lost Husband ~ Based on the novel by bestselling author Katherine Center, the story centers on a woman attempting to put her life back together after the death of her husband, as she moves with her children into her estranged Aunt's goat farm in Central Texas, meeting and matching wills with the ranch's resident cowboy. **Rated PG 13**

Tuesday, November 23rd ~ Disney's Cruella ~ This live-action feature film is about the rebellious early days of one of cinema's most notorious – and notoriously fashionable – villains, the legendary Cruella de Vil. Set during the 1970s punk rock revolution in London, the story follows a clever and creative young grifter named Estella, who is determined to become a successful designer. After Estella befriends a pair of young thieves who appreciate her appetite for mischief, the three build a life for themselves on the London streets. Before long, Estella's flair for fashion catches the eye of the Baroness von Hellman, a devastatingly chic and terrifyingly haute fashion legend. But their relationship sets in motion a course of events and revelations that will cause Estella to embrace her wicked side and become the raucous, fashionable and revenge-bent Cruella. **Warning: Some flashing-lights scenes in this film may affect photosensitive viewers.**



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 trip is limited to 12 people. This month on **Friday, November 19th we're off to the Manor Inn in Milldale.** The senior bus will leave the senior center at 11:30am. Signups will be taken beginning at 9:00am on Wednesday, Nov 10th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 10th. 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 Stew Leonard's in Newington on **Monday, November 15th.** **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.