



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](mailto:tdoyle@town.berlin.ct.us)

### **Staff**

Director ..... Tina Doyle

Asst. Director..Victoria Hellberg

Staff.....Beth Hrubiec,

Donna Gianoni

Drivers ..... Joe LaVallee

Tom Chesery & Tom Zigmont

### **Hours**

Monday..... 8:30pm-4:00pm

Tuesday .....8:30pm-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

DECEMBER 2021

Greetings from the Director,

In the true spirit of the season, I would like to thank all of our extraordinary **VOLUNTEERS** that have so generously given of their time through these difficult times to make things easier for us.

**Coffee Hour**—Kathy Brousseau, Elaine LaValle, Hugh Pierce and Denise Roberge

**Front Desk**—Roberta Lugli, Gail Krause & Doug Frazier

**Bingo**—Lois Ustanowski, Ginny Steele, Marion Marino, Charlotte Bosso, Hanna Michalski, Paul Dombrowski, Audrey Zelek, Donna Reynolds, Sheila Ronewicz and Halina Dzierlatka.

**Po-Ke-No**—Elaine LaValle & Arlene McGraw

**Setback** - Elaine LaValle, Arlene McGraw, Nancy Swanson, Eleanor Bouchard, Pat Niezgorski, Helen Sheppard, Janet Robinson

**Craft Class**—Lisa Salamon

**Knitters Group**—Sandy Bouffard, Roberta Lugli

**Library**—Kay Murray

**Greeting Cards Sorting**—Cheryl Schlichting

**Birthday Card Brigade**—Cheryl Schlichting

**Walking Club**—Cheryl Schlichting

**Wii Bowling**—Mickey Welles

**Panera Distribution**—Ginny Steele

**GAB Squad**—Carolyn Bosso

The Staff at the Berlin Senior Center would like to wish everyone a Happy Holiday and a Prosperous New Year to each and everyone of you. We hope that 2022 will be a year filled with prosperity, good friends and good health.

*Tina*



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## Transportation

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The Senior Center Buses and Van may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:30pm. \*Service is curb to curb; therefore, riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such help. The driver may use his discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of passenger's mode of transportation must be able to be tied securely, both in the front and back of the unit. In the case of Scooters, the passenger must be able to transfer to a seat on the Senior Center vehicle. \*Exceptions allowable for non-curb to curb service pending approval from the Director. \* The Town of Berlin applied for a cash grant for the purchase of a wheelchair accessible vehicle under the Section 5310 program that is administered by the Connecticut Department of Transportation (CTDOT). The money is allocated to CTDOT through the Federal Transit Administration. CTDOT and the Regional Council of Governments throughout the state review the applications and award the grants per region. The program is 80% federally funded with a 20% local match. The Town of Berlin is very pleased to have received such grant to be able to transport our seniors and disabled.

### **Daily Bus Schedule**

**Monday and Wednesday**—Stop-n- Shop 9am & 11am

All other appointments & errands between 9am and 2:15pm

**Tuesday**- Shop Rite-Cromwell 9am & 11am

All other appointments & errands between 9am & 2:15pm

**Thursday**- All appointments & errands between 9am & 2:15pm

Kohl's 1:30pm (Last Thursday of the month)

**Friday** – Ocean State Job Lot 10am & Walmart 1:30pm

Food Share 12pm (Alternating weeks with OS Job Lot & Walmart)

All other appointments & errands between 9am and 2:15pm

Transportation Services is available for medical appointments, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping, There is limited spaces available each day because we are allowed 4 riders on the bus at a time. We require **24 hour notice** for grocery shopping, pharmacies, banks, etc. We require **48 hour notice** for medical appointment reservations. We accept bus reservations up to a week in advance. Bus reservations must be made during regular business hours. Reservations left on the Center's voicemail **will not be accepted.** Please make sure that you are ready one hour before your bus reservation time. The driver should not have to wait for you. You must wear a mask the entire time you are on the bus. If you have any questions please contact the Senior Center.

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## Other Transportation Resources

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**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.

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## Special Events

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### Winter Fall Safety & Holiday Gnomes Craft

**Friday, December 10 at 1:00 PM**

The Berlin VNA will be coming to talk about Winter Fall Safety followed by a fun holiday craft! After the talk, Marlo Matassa will show you how to make a Gnome ornament for your tree or as a gift. All supplies included. **Sign up begins December 1st.**



### Growing Older Can Bring New Purpose

**Tuesday, December 14 at 11:00 AM**

You will learn about: Physical changes and what we can do, mental changes and how to combat them and how to continue to live an active and engaging life. Q&A with the speaker will follow. Presented **virtually** by Evan Gross, exercise physiologist, GoodLife Fitness at the Center. Sponsored by Hartford HealthCare & GoodLife Fitness. **Sign up begins December 1st.**

### Holiday Celebration

**Tuesday, December 14 at 12:30 PM**

Join us for a boxed lunch of pizza, salad and holiday cookies. Coffee & Tea will be served. After lunch we will enjoy some holiday songs performed by Connecticut-born singer and songwriter Dan Ringrose. He is well known for his love of Celtic music but overtime has absorbed the music of many of our great troubadours. **Sign up begins December 1st.**

### History for Fun Series ~ The Golden Years of Comedy

**Wednesday, December 22 at 1:00 PM**

Joe "The History Guy" is bringing his History For Fun Series to the Berlin Senior Center, starting with his talk that will have you laughing. Join us for *The Golden Years of Comedy* on Wednesday, December 22 at 1:00 PM. If you have fond memories of "Lucy and the Chocolate Factory", Carol Burnett and her amazing cast. Jonathan Winters, Foster Brooks and Abbott and Costello's "Who's on First"...It's still very funny. If you like to laugh...Bring a friend. **Sign up begins on December 1st.**

### Christmas Traditions Around The World

**Tuesday, December 22 at 11:30 AM**

Join Victoria for her informal yet informative talk about various Christmas Traditions around the world! You'll learn about Iceland's Yule Lads, which country hides brooms on Christmas Eve, and where KFC has become a quirky new traditional meal on the holiday! Your welcome to bring your lunch. A holiday treat will be served. Stay to watch Hallmark Movie at 1pm. **Sign up begins on December 1st.**



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

**Wednesday, December 29 at 1:00 PM**

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

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## Monthly Activities

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### 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.**



### Chair Volleyball ~ Friday, December 3 & 17 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.**

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

#### Thursday, December 16 at 12:00 PM

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour...Holiday Edition. The Joys and challenges of going home for the holidays. Share your memories, stories, and traditions. Held on

**Thursday, December 16 at 12:00 PM.** Pre-registration is required. *Bringing your own lunch optional!* Visit <https://cthealthyliving.org/events/msc-holiday/> to register



**Special Bingo ~ Thursday, December 16 at 1:00PM** ~ Merciful Homecare Services of East Hartford will be sponsoring this special BINGO on Thursday, December 16 at 1:00pm. They will be providing refreshments for the break. Our regularly scheduled games will be played. **No sign up is necessary.**



### Special "Jingle All The Way" Bingo ~ Thursday, December 23 at 1:00 PM—

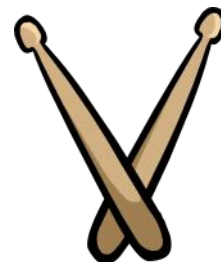
Brookdale Chatfield of West Hartford will be sponsoring this special BINGO on Thursday, December 23 at 1:00pm. Special goodies will be served and there will be prizes. Our regularly scheduled games will be played. **No sign up is necessary.**

Come join in on the fun..

**.HO, HO HO!**

### Cardio Drumming ~ \*Newly Added Day and Time!!

**Mondays 10am & 10:45am & Wednesdays at 10:00 AM** - This class has become so popular that we've added an extra day and class time to accommodate all of the interest! If you haven't joined us yet, there is room for you! 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! **If you are interested in joining the class please call the Center to sign up.**





## 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.

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## Health Services

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### 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, December 9th.** 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. **Please note that Cathy Brennan, our Footcare Nurse for the last 27 years with the Berlin Center will be retiring. Please come stop in to see her on her last day, Dec 9th to wish her well!**

### 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, December 7	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, December 14	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, December 21	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, December 28	NO 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.**

### AARP Tax-Aide in Berlin

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

# CW Resources Senior Community Café



CW Resources Senior Community Café

## JANUARY, 2022

1% or Skim milk provided  
Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Shepherds Pie Mixed Vegetables</p> <p>Dinner Roll</p> <p>Peach Cup</p>	<p>4</p> <p>Apple Juice Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn <b>Happy Birthday</b> Tortilla</p> <p>Birthday Cake</p>	<p>5</p> <p>Mushroom Barley Soup Unsalted Crackers Butter Crumb Fish with Dill Sauce Buttered, Parslied Noodles Broccoli Rye Bread</p> <p>Banana</p>	<p>6</p> <p>Roast Beef Beef Gravy Oven Roasted Potatoes Spinach</p> <p>12 Grain Bread</p> <p>Lemon Pudding</p>	<p>7</p> <p>Cream of Broccoli Soup Unsalted Crackers BBQ Pork Chop Sweet Potato Brussel Sprouts</p> <p>Oatmeal Bread</p> <p>Ice Cream Cup</p>
<p>10</p> <p>Sweet and Sour Meatballs Sesame Noodles Oriental Blend Vegetables</p> <p>100% Whole Wheat</p> <p>Citrus Sections</p>	<p>11</p> <p>Split Pea Soup Unsalted Crackers Crabcake Steak Fries Tomato and Zucchini Tartar Sauce</p> <p>Hamburger Bun</p> <p>Fresh Orange</p>	<p>12</p> <p>Orange Juice Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing</p> <p>Garlic Bread</p> <p>Pears</p>	<p>13</p> <p>Pineapple Juice Roast Pork with Apples and Sauerkraut Harvest Rice Beets</p> <p>Rye Bread</p> <p>Peanut Butter Cookies</p>	<p>14</p> <p>Cranberry Juice Chicken Cacciatore Brown Rice Italian Blend Vegetables</p> <p>Italian Bread</p> <p>Pudding</p>
<p>17</p>  <p><b>CLOSED</b></p>	<p>18</p> <p>Black Bean Soup Unsalted Crackers Pier 17 Fish Waffle Fries Cole Slaw Tartar Sauce</p> <p>Multigrain Bread</p> <p>Brownie</p>	<p>19</p> <p>Lazy Man's Stuffed Peppers Brown Rice Broccoli</p> <p>Wheat Bread</p> <p>Pineapple Chunks</p>	<p>20</p> <p>Meatloaf Onion Gravy Buttered Noodles Brussel Sprouts</p> <p>Rye Bread</p> <p>Tropical Fruit Cup</p>	<p>21</p> <p>Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing</p> <p>Biscuit</p> <p>Oatmeal Raisin Cookies</p>
<p>24</p> <p>Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli</p> <p>Oatmeal Bread</p> <p>Tapioca Pudding</p>	<p>25</p> <p>Beef and Bean Chili Mac Meadow Blend Veggies</p> <p>Corn Bread</p> <p>Fresh Orange</p>	<p>26</p> <p>Apple Juice Roast Pork LS Pork Gravy Sweet Potatoes Creamy Spinach</p> <p>100% Whole Wheat Chocolate Chip Cookies</p>	<p>27</p> <p>Grape Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread</p> <p>Fruit Cup</p>	<p>28</p> <p>Cheeseburger Sweet Potato Tots Lettuce and Tomato Braised Red Cabbage</p> <p>Hamburger Roll</p> <p>Fruited Jell-O</p>
<p>31</p> <p>LS Turkey Kielbasa Sauerkraut Pierogis Spinach</p> <p>Rye Bread</p> <p>Tangerine</p>	<p><b>A HAPPY NEW YEAR</b></p> 			



NOVEMBER 2021				Events
Monday	Tuesday	Wednesday	Thursday	Friday
				
		<b>1</b> 8:30am—Coffee Hour 9:30 am—Left Overs 10/10:45am—Cardio Drumming 10am—Knitters 10 am—Mahjongg 1pm—Coloring 1pm—Cribbage 1pm—Canasta	<b>2</b> 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club 1pm—Bingo	<b>3</b> 8:30am—Coffee Hour 9:30am—Yoga 10am—Ocean State 11:15 am—Unwind, Relax, and Let Go 1pm—Wii Bowl 1pm—Photography 1pm—Chair Volleyball 1pm Craft Class 1:30pm—Walmart
<b>6</b> 8:30am—Coffee 10:00am—Poker 10:00am—Scrabble 10/10:45am—Cardio Drumming 12:30pm—Bridge 1 pm—Setback 1-3pm—Tech Help (by appointment) 7pm CFA Mtg	<b>7</b> <b>No Senior Center Programs Due to Vaccine Clinic</b>	<b>8</b> <b>No Senior Center Programs Due to Vaccine Clinic</b>	<b>9</b> 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club 1pm—Bingo Footcare—appt only	<b>10</b> 8:30am—Coffee 9:30am—Yoga 11:15 am—Unwind, Relax, and Let Go 12:00pm—Foodshare 1pm—Winter Fall Safety & Craft 1pm—Wii Bowl 1pm—Photography
<b>13</b> 8:30am—Coffee 9:30am—Specialty Shopping 10:00am—Poker 10:00am—Scrabble 10/10:45am—Cardio Drumming 12:30pm—Bridge 1 pm—Setback 1-3pm—Tech Help (by appointment)	<b>14</b> 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 11:00 am—Growing Older Can Bring New Purpose 12:45pm—Po Ke No 12:30pm—Holiday Celebration	<b>15</b> 8:30am—Coffee Hour 9:30 am—Left Overs 10/10:45am—Cardio Drumming 10am—Knitters 10 am—Mahjongg 11:30am AMP 1pm—Coloring 1pm—Cribbage 1pm—Canasta	<b>16</b> 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club 1pm—Special Bingo	<b>17</b> 8:30am—Coffee 9:30am—Yoga 10am—Ocean State 11:15 am—Unwind, Relax, and Let Go 1pm—Wii Bowl 1pm—Photography 1pm—Chair Volleyball 1:30pm—Walmart
<b>20</b> 8:30am—Coffee Hour 10:00am—Poker 10:00am—Scrabble 10/10:45am—Cardio Drumming 12:30pm—Bridge 1 pm—Setback 1-3pm—Tech Help (by appointment)	<b>21</b> 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 11:30am Christmas Traditions 12:45pm—Po Ke No 1pm—Hallmark Movie	<b>22</b> 8:30am—Coffee Hour 9:30am—Left Overs 10/10:45am—Cardio Drumming 10am—Knitters 10 am—Mahjongg 1pm—Coloring 1pm—Cribbage 1pm—Canasta 1pm—History 4 Fun	<b>23</b> 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club 1pm—“Jingle All The Way” Bingo	<b>24</b> <b>Senior Center Closed for the Christmas Holiday</b>
<b>27</b> <b>Senior Center is Closed for the Christmas Holiday</b>	<b>28</b> 8:30am—Coffee Hour 9:45am—Exercise 12:45pm—Po Ke No 1pm—Movie “Respect”  <b><u>NO BP Screening</u></b>	<b>29</b> 8:30am—Coffee Hour 9:30am Left Overs 10/10:45am—Cardio Drumming 10am—Knitters 10 am—Mahjongg 1pm—Remembering G.Fox & Co. 1pm—Coloring 1pm—Cribbage 1pm—Canasta	<b>30</b> 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club 1pm—Bingo	<b>31</b> <b>Senior Center Closed for the New Year’s Holiday</b>



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## General Information

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**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](mailto: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](mailto: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.



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## Monthly Meetings

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### **COMMISSION FOR THE AGING MEETING**

#### **NEXT MEETING: DECEMBER 6th**

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:**

**Dec 10th and 24th**

**PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED**

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## Donations

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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)  
Sylvia Naples ~ Shred It Event  
John & Catherine Fosgrau  
Maureen & Michael Karavolis  
Eileen Joseph

#### **In Memory of Robert Bell:**

Debra Karambay  
Dena & David Tompkins  
Arthur C Potter Jr  
Michael C. DeVito  
Teamsters Local Union No. 251  
Enoch & Marjorie Brown

#### **In Memory of Barbara Brochetti**

Mary Mengual

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~



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## Berlin-Peck Memorial Library Monthly Events

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**12<sup>th</sup> Annual Gingerbread House Contest:** The library will once again celebrate the season with their annual Gingerbread House Contest. Drop off your creation between 12/11 (Sat) and 12/15 (Wed). Voting (online and in-person) will take place between 12/16 (Thurs) and 12/20 (Mon). The winner will be announced 12/21. Categories will be as follows:

Gingerbread (individuals, groups, businesses, clubs, etc.)

Children's Gingerbread (individuals or groups age 10 and younger)

**Sit & Knit: Thursdays in December. Visit library calendar for dates/times: [www.berlinpeck.org](http://www.berlinpeck.org)**

Join local knitters for a relaxing time filled with knitting and good company!

**Make and Take: Snowy Candle Jars: Thursday, Dec. 2, 6:30 pm**

There are a limited number of seats; once seats are filled, you may join the waiting list. If you're on the waiting list or prefer to craft at home, you may also place a hold on a take-home kit.

**Chocolate Peppermint Cupcakes (online program): Tuesday, Dec. 7, 6:30 pm**

Join Katie Shepard from Food Explorers and learn how to make Chocolate Peppermint Cupcakes. Shopping lists will be provided before the program as well as the recipe after the program.

**Senior Center Book Club: Wednesday, Dec. 8, 1:30 PM**

Join us for a discussion of *A Redbird Christmas* by Fannie Flagg. This discussion will take place at the Berlin Senior Center, 33 Colonial Drive. Contact the library for a copy of the book.

**The Importance of Wetlands (online program): Wednesday, Dec. 8, 6:30 pm**

Seventy percent of Connecticut's wetlands have been destroyed since colonial days. Learn about the various types of wetlands in Connecticut, their importance to our ecosystem, and how we can preserve our remaining wetlands or mimic their functions in our gardens. Sponsored by Berlin Land Trust.

**Saturday Morning Book Club: Saturday, Dec. 11, 10:30 am**

Join us for a discussion of *One Day in December* by Josie Silver. Please contact the library for a copy of the book.

**Holiday Music Favorites - The Most Wonderful Time of Year! (online program): Monday, Dec. 13, 7 pm**

Discover the story behind some of your holiday favorites while we learn why they truly are the most wonderful songs of the year. Join Dan Lupo of A to G Music for some live musical fun and holiday song trivia.

**Movie Matinee: Friday, Dec. 17, 1 pm**

Showing *Last Christmas*, starring Emma Thompson. To ensure social distancing, attendees must register for this program. Masks must be worn during the movie matinee. Rated PG-13. Movie length: 1 hour, 43 minutes. Movie released in 2019.

**Dementia Caregiver Support Group (virtual): Monday, Dec. 20, 1 pm**

A safe place for caregivers, family, and friends of persons with dementia. Join us to share practical information, feelings, needs and concerns. Sponsored and hosted by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association. RSVP to Patty O'Brian: 203-859-1992. Join the Zoom meeting: <https://hartfordhealthcare.zoom.us/>

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## Nutrition

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### 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.

### Berlin Senior Community Café – Congregate Meals will resume on Jan 3rd.

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



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## Town Department News

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### 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](mailto: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](mailto: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.

## Winter Word Search



### Winter Wordsearch



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

WINTER  
SNOWFLAKE  
SNOWMAN  
ICICLE  
SPRUCE  
HOLLY  
CARDINAL  
FROZEN  
BRRR  
CHILLY  
SLED  
GLOVES  
HAT  
SKATE  
SKI  
TOBOGGAN  
COCOA  
SHOVEL  
MITTENS

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## Movies

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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, December 21 @ 1pm ~ Hallmark Christmas Movie Matinee ~** There's nothing like watching a feel-good Hallmark Christmas Movie right before the holidays! We will be serving hot chocolate during this movie and a special holiday treat.

**Tuesday, December 28 @ 1pm ~ RESPECT ~** Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul. **Rated PG-13.**



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## Specialty Trips

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### **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. **There will be no Lunch Bunch during the winter months. We will resume in the spring!** The senior bus will leave the senior center at 11:30am. You may sign up for yourself and one other person. If you went on the 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 West Side Market in Rocky Hill on **Monday, December 13th.** **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.