



BERLIN SENIOR CENTER

Center Information

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

Staff

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

Hours

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

Membership (Ages 60+)

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

CFA Commission Members:

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

BERLIN SENIOR CENTER LINES

MAY 2022

Greetings from the Director:

Each May, the Administration for Community Living (ACL) leads our nations celebration of Older Americans Month (OAM).

The 2022 theme is ***Age My Way***, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. We're going to be discussing how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.

In celebration of Older Americans Month, we have a number of different programs scheduled for this month. We have History For Fun—The Life & Times of Elvis Presley, Advance Directives presentation by Greater Hartford Legal Aid, Makeup Tips From A Certified Celebrity Makeup Artist, Joby Rogers, Commission for Aging Spring Social, Balance Without Fear presentation by Radiant Journey, Occupational Therapy & Integrative Wellness. Complete descriptions of each program is in the newsletter. Sign up for each of this programs start Monday, May 2nd. If you have any questions please do not hesitate to call the Senior Center.

You are never tooold to set another goal or to dream a new dream.
~C. S. Lewis ~

Tina

OLDER
AMERICANS
MONTH



AGE MY WAY: MAY 2022

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Berlin Senior Center, Berlin, CT

06-5282

Transportation

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

Daily Bus Schedule

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

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

Tuesday- Shop Rite-Cromwell 9am & 11am

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

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

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

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

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

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

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

Other Transportation Resources

Way to Go CT - in Hartford helps inform senior citizens, veterans & people with disabilities in north central Connecticut with their available transportation options. They serve 37 towns in the Greater Hartford Area in Central Connecticut to help you navigate your transportation options. For more information please call 860-667-6207.

The Medical Transportation Volunteer Program – The Retired Senior Volunteer Program (RSVP) provides seniors in our area a method of access to **free**, reliable, non-emergency medical transportation. Seniors requesting rides for the first time will call the RSVP Office and provide initial client information. From that point forward when they need a ride, they will be in the system and can call with their specific ride information. **If you have any questions or would like to request a ride please call (860)539-6233.** *Please Note: This is a “new” phone number for RSVP. **DISCLAIMER:** The Berlin Senior Ctr. does not have anything to do with the above mentioned transportation programs. If you have any issues with these organizations, you must deal with that provider directly.

Special Events

History For Fun—The Life & Times of Elvis Presley

Wednesday, May 11th at 1:00 PM A glimpse into the personal life and times of Elvis Aaron Presley, an American singer and actor, regarded as one of the most significant cultural icons of the 20th century.... Come explore his life and his legacy. **Sign up begins Monday, May 2nd.**

Advance Directives—Wednesday, May 18th at 1:00 PM Shirley Pripstein of Greater Hartford Legal Aid will be here on **Wednesday, May 18 at 1:00 PM** to discuss advance directives: (1) Power of Attorney; (2) Health Care Directives, consisting of Living Will, Nomination of Person to be appointed as conservator if necessary, and appointment of Health Care Representative; and (3) Death Instructions. There will be time for questions. **Sign up begins Monday, May 2nd.**

Makeup Tips From Certified Celebrity Makeup Artist, Joby Rogers! ~

Friday May 20th at 1:00 PM ~ We will be holding a **FREE** makeup class on **Friday, May 20 at 1:00 PM** with Joby Rogers, Professional Certified Celebrity Makeup Artist! He has over 30 years experience working as a Makeup Educator in several Academies & Schools throughout New England and the Tri-State Area. His Makeup Artistry has appeared in Forbes Magazine, Billboard, The New York Post, Marie Claire and on the Cover of Rolling Stone Magazine, among other printed and Social Media publications!! Joby is also a World-Renowned Michael Jackson Tribute Artist who's makeup skills exhibited a striking resemblance to Jackson prompting Jackson to personally select Joby as an "Official Substitute" in a signed statement. **You are encouraged to bring your own make up and accessories. Sign up begins Monday, May 2nd.**

Hearing Loss Presentation Followed by FREE Hearing Assessments!

Wednesday, May 25 at 1:00 PM

Nova Hearing will provide a light and fun conversation about hearing loss. We will cover a wide range of topics to Who is affected, the causes, and how it effects every age group. Along with topics on anatomy of the ear, the brain affects and how hearing loss allows other illnesses to persist such as balance and depression. Sam Johnston will bring his 40 years of experience to share his stories, answer your questions and tell you what the experts are doing to help! (Free hearing Assessments to follow presentation.. **Sign up begins Monday, May 2nd.**

Commission for Aging Spring Social

Thursday, May 26th from 3:30—5:30 PM ~ It's been a few years since our CFA's last spring social, so we are going to make up for the lost time! Come and enjoy a performance by Noah Lis, a previous contestant on NBC's *The Voice* who was on Blake Shelton's Team! After the music you'll enjoy a fabulous dinner of pizza, salad and dessert. **Sign up begins Monday, May 2nd.**

Balance Without Fear

Friday, May 27 at 1:00 PM ~ Have no fear! A safe and steady balanced – focus class is here! Guided by a Rehabilitation professional, you will learn more about how to regain stability and control over movements that require you to weight shift and explore movements, inside and outside your comfort zone. This class will be a blend of simple progressions, inspired by T'ai Chi, Yoga, developmental movement patterns and more. This class is accessible to all and will include static and dynamic balance positions and can include sitting and standing and possibly positions on the floor, depending on participant's comfort level. Poses will be demonstrated and modified for safety and access. All you have to gain is confidence and a new respect for balance! Led by Jennifer Hirschberg-Wise, owner and founder of Radiant Journey, Occupational Therapy & Integrative Wellness. **Sign up begins Monday, May 2nd.**

Monthly Activities

Tech Help ~

Mondays 1 PM to 3 PM By Appointment ~ Do you have an electronic device that you are having trouble with, or want to learn how you can get more use out of it? Victoria, our Assistant Director, is here to answer your questions about your laptop, smart phone, tablet, and/or kindle! **Please call to set up an appointment and come ready with questions.**



Craft Class

Friday, May 13th at 1:00 PM~

Beata Blumes & Sylvia Kaczorek from Euro-American Connections and Homecare will be conducting this craft class. You will be making gorgeous 3-D Floral Arrangement on Canvases. This class is FREE. All supplies will be provided. **Sign up begins Monday, May 2nd.**

Special Bingo~

Thursday, May 26th at 1:00 PM ~

The Berlin Peck Memorial Library will be sponsoring a **Special BINGO** on **Thursday, May 26th at 1:00 PM**. They will be passing out library card applications and will also provide prizes. Our regularly scheduled games will be played. No sign up is necessary.

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

Thursday, May 26th at 12:00 PM~

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Held on the 4th Thursday of the month at Noon. Pre-registration is required. Call the senior center to register.



Line Dancing with Joel Sylvestro — *STARTING IN JUNE*

Fridays at 1:00 PM

You guys loved Joel's Line Dancing Class, so we are going to make it a weekly class! Classes will take place every **Friday at 1:00 PM beginning Friday, June 3rd**. Joel is a part of "The Dancing Duo" and is known across New England for his gentleman charm, expert dance skills and musicality, his sense of humor, and his "joie de vivre". This class will include country western and ballroom line dancing. **Register anytime; there is limited space!**



Senior Center Book Discussion

Senior Center Book Club: Wednesday, May 18th @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *Bluest Eye* by *Toni Morrison*. Please contact the library for a copy.

The Senior Center Library is always looking for donations of gently used books.

No religious books will be accepted. Large Print Books are greatly appreciated. Please drop off your donation at the front desk. We ask when returning books to our library to please put in basket. Do not put back on shelves. Thank you!

Weekly Classes

Cardio Drumming ~

Mondays and Wednesdays at 10am & 10:45am

This exercise will get your whole body moving and will pump you up. The best part is that it requires no skill, and you can go at your own pace. Join us for some fun and see what it's all about! **FREE.**

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY @

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

Yoga Class (Virtual and In-Person)

EVERY FRIDAY @ 9:30 AM –11:00AM

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

Unwind, Relax , Let Go Class

(Virtual and In-Person)

EVERY FRIDAY @ 11:15 –12:15pm

Join Certified Yoga Teacher, Liz Hall. A time devoted to relaxation and rejuvenation. We will start with fundamental approaches to compose a tranquil body and mind to enhance the relaxation process which will include a 25 minute Deep Relaxation and a 10 minute meditation.

Space is limited for in-person class. Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.**

Drop Ins

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

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

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

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

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

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

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, May 12th & 26th.** Services are provided by Jessica Semmens, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$29.00.** Please **no diabetics**. Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse.

Home visits are available at a cost of **\$50.00 per visit**. Her home phone number (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, May 3 | 10:30 AM ~ 11:30 AM | Blood Pressure Screening |
| Tuesday, May 10 | 10:30 AM ~ 11:30 AM | Blood Pressure Screening |
| Tuesday, May 17 | 10:30 AM ~ 11:30 AM | Blood Pressure Screening |
| Tuesday, May 24 | 10:30 AM ~ 11:30 AM | Blood Pressure Screening |
| Tuesday, May 31 | 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.

Four-Town Walking Competition

Ready to prove that your town is the CCHD Four-Town walking champ? Your chance to do so begins on May 1 when the Four-Town Walking Competition kicks off! Registration has begun. Register here: <https://cchd4town.walkertracker.com/> Thanks to Anthem, participants will log their steps from May 1-31 using Walker Tracker. Every step that you log not only helps your hometown but also helps your body, mind, and spirit. **Join in the fun...each Wednesday throughout the competition will have a special theme:**

May 4th - Funky/Derby Hat Day

May 11th - Crazy Socks Day

May 18th - Color Your Cause (e.g., Pink for Breast Cancer, Purple for Substance Use Recovery/ Alzheimer's, Red for Heart Health etc.)

May 25th - Walk with a Friend Day (2 or 4-legged)



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Congregate Meals



CW Solutions Community Café

May, 2022

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| <p>2</p> <p>Orange Juice Ziti with Meatballs in Marinara Sauce Italian Blend Veggies Parmesan Cheese</p> <p>Breadstick</p> <p>Pudding</p> | <p>3</p> <p>BBQ Ranch Chicken Confetti Rice Cauliflower</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p> | <p>4</p> <p>Cream of Mushroom Unsalted Crackers Fish Fillet Potato Wedges Cole Slaw Tartar Sauce WW Hamburger Roll</p> <p>Tropical Fruit Cup</p> | <p>5</p> <p>Cinco de Mayo Apple Juice Chicken Fajita with Onions and Peppers Mexican Rice Soupy Beans</p> <p> Tortilla</p> <p>Brownie</p> | <p>6</p> <p>Mother's Day Special Italian Wedding Soup Unsalted Crackers Broccoli and Cheese Quiche Potato Pancakes Vegetable Medley Dinner Roll Angel Food Cake with Strawberries and Cream</p> <p></p> |
| <p>9</p> <p>Veal Parmesan Linguini and Sauce Winter Blend Veggies</p> <p>Oatmeal Bread</p> <p>Fresh Apple</p> | <p>10</p> <p>Vegetable Soup Unsalted Crackers Pork Riblette Sweet Potatoes Green Beans</p> <p>Rye Bread</p> <p>Cantaloupe Wedge</p> | <p>11</p> <p>Pineapple Juice Meatloaf with Onion Gravy Mashed Potato Beets with Dill and Garlic</p> <p>100% Whole Wheat</p> <p>Chocolate Chip Cookies</p> | <p>12</p> <p>Cranberry Juice Turkey Tetrazzini Brown Rice Brussel Sprouts</p> <p>Dinner Roll</p> <p>Pecan Spinwheel</p> | <p>13</p> <p>Grilled Chicken with Garlic Parmesan Sauce Penne Florentine Broccoli</p> <p>Italian Bread</p> <p>Peaches</p> |
| <p>16</p> <p>Vegetable Lasagna with Cream Sauce Zucchini</p> <p></p> <p>12 Grain Bread</p> <p>Fresh Orange</p> | <p>17</p> <p>Spaghetti with Meat Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Citrus Sections</p> | <p>18</p> <p>Pork Loin with Pan Gravy Brown Rice Peas and Onions</p> <p>Rye Bread</p> <p>Tropical Fruit Cup</p> | <p>19</p> <p>Cranberry Juice Philly Cheesesteak Onions and Peppers Tater Tots Cole Slaw</p> <p>Sub Roll</p> <p>Applesauce</p> | <p>20</p> <p>Pier 17 Fish Fillet Brown Rice Capri Blend Veggies Tartar Sauce</p> <p>Rye Bread</p> <p>Pineapple Chunks</p> |
| <p>23</p> <p>Turkey Kielbasa Pierogis Red Cabbage</p> <p>Rye Bread</p> <p>Applesauce</p> | <p>24</p> <p>Orange Juice Bruschetta Chicken Penne Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Short Bread Cookies</p> | <p>25</p> <p>Baked Potato Bar Chili Baked Potato Cheese Broccoli Sour Cream</p> <p></p> <p>Corn Muffin</p> <p>Fruited Yogurt</p> | <p>26</p> <p>Cranberry Juice Crab Cakes Rice Pilaf Brussel Sprouts</p> <p>WW Dinner Roll</p> <p>Ice Cream Sandwich</p> | <p>27</p> <p>Memorial Day Lunch Pineapple Orange Juice Hamburger Lettuce and Tomato Potato Egg Salad Corn on the Cob Mustard, Ketchup</p> <p></p> <p>Hamburger Roll Watermelon</p> |
| <p>30</p> <p>Closed</p> <p></p> | <p>31</p> <p>Orange Juice Sliced Turkey Rice Summer Squash</p> <p>Oatmeal Bread</p> <p>Birthday Cake</p> | <p></p> | <p></p> | |

| MAY 2022 | | | | Events |
|---|--|--|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment) | 3 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No | 4 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta | 5 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO | 6 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 12pm Lunch 1pm Wii Bowl 1pm Photography 1:30 pm Walmart |
| 9 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment) | 10 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No | 11 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm History: Elvis 1pm Coloring 1pm Cribbage 1pm Canasta | 12 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO Footcare (by apt) | 13 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 11:30am Lunch Bunch 12:00pm Foodshare 12pm Lunch 1pm Craft Class 1pm Wii Bowl 1pm Photography |
| 16 8:30am Coffee Hour 9:00am Special Shop 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment) CFA Meeting | 17 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie: Marry Me | 18 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Advance Directives 1:30pm Book Club | 19 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO | 20 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Makeup Tips 1:30 pm Walmart |
| 23 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment) | 24 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No | 25 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Hearing Loss | 26 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special BINGO 1:30pm Kohl's 3:30pm CFA Spring Social Footcare (by apt) | 27 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 12:00pm Foodshare 12pm Lunch 1pm Balance Without Fear 1pm Wii Bowl 1pm Photography |
| 30 Senior Center is Closed in Observance of Memorial Day | 31 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No |  | | |
| 8 Berlin Senior Center | | | | |

General Information

Berlin Food Pantry ~ “When hunger stops, so will we”. We continued to collect non-perishables for our local food pantry. There is a box located in the Senior Center front foyer for any donations. The Berlin Food Pantry is located at the Town Hall. If you are need of assistance from the food pantry, please contact Doug Truitt at (860) 828-7059

Charter Oak Pass provides access to the State of CT's Parks and Recreation System and is available only to CT residents, age 65 and older. There is NO CHARGE for this pass and is a life issue pass. Application forms are available here at the senior center or you may call the State Parks Department in Hartford at 424-3200.

Consumer Law Project For Elders is a project of the CT Legal Services, a non-profit law firm. They help seniors resolve consumer problems. People, age 60 and older, (of any income level) can call them if they have a consumer problem. Their phone number is 1-800-296-1467, Monday through Friday from 9:00 AM to 9:00 PM.

Dial 211 Info line is a partnership of the Connecticut United Ways and the State of CT. It provides a single source for information about community services, referrals to human services and crisis intervention. It's toll free from anywhere in Connecticut and operates 24 hours a day, 365 days a year. Give it a try!

Free Masks The Center has free masks available for Berlin seniors who may need one-while supplies last.

Greater Hartford Legal Aid (GHLA) Office provides free counseling and representation on many Elder Law Issues (Medicaid & other government programs, patients' rights, nursing home issues, etc. They are located at 999 Asylum Avenue, 3rd Floor, Hartford, CT 06105-2465 Phone: 860-541-5000, Fax: 860-541-5050 Email: ghla@ghla.org.

National Elder Fraud Hotline

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline. **1-833- FRAUD-11 or 1-833-372-8311. Every day, 6am to 11pm, Eastern Time. English/Espanol and other languages are available.** This hotline is a free resource created by the U.S. Department of Justice (DOJ), Office for Victims of Crime for people to report fraud against anyone age 60 or older.

The Office of the Healthcare Advocate (OHA)

The OHA focuses on assisting consumers in making informed decisions when selecting a health plan; assisting consumers to resolve problems with their health insurance plans and tracking trends of issues/problems, which may require administrative or legislative intervention, or advocacy with industry, the public, or other stakeholders.

You can contact OHA for assistance with inquiries involving :

- *Healthcare insurance enrollment, overage or billing questions
- *claim denials or pre-authorization issues
- *explanations regarding a healthcare benefit, program or coverage
- *an assessment of the healthcare plans offered in CT
- *your rights and responsibilities as a healthcare plan member
- *referral and pre-authorization procedures required by
- *your healthcare plan your healthcare plan's internal and external appeals processes

Toll-free number: 1-866-466-4446

Email: Healthcare.advocate@ct.gov

Fax: (860) 331-2499

HHC Alzheimer's and Dementia Caregiver Virtual Support Group

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, and stages of the disease, family dynamics and safety issues.

First Tuesday of the month at 10 AM

Third Monday of the month at 1 PM

Last Monday of the month at 10:30 AM

Second Wednesday of the month at 6:30 PM

REGISTRATION REQUIRED: Call 1.855.HHC.

HERE (1.855.442.4373) or go to

HartfordHealthCare.org/VirtualClasses

After you register, you'll receive an email with easy instructions on joining the virtual class.

Monthly Meetings

COMMISSION FOR THE AGING MEETING **NEXT MEETING: MONDAY, MAY 16TH**

The Commission for the Aging meets six times a year at the Berlin Senior Center. They study the needs of seniors in town. They also analyze the services that are provided by the community, both public and private agencies, and make their recommendations to the Town Council. Berlin residents are invited to any of the meeting.

MOBILE FOODSHARE
at Sacred Heart Church, 48 Cottage Street, East Berlin
Bus Transportation is available if needed.
PLEASE NOTE TIME CHANGE: Every other Friday 12:00 to 12:30 PM
for the following dates:

May 13th & 27th

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 (5)

Anonymous

In Memory of Ann Hale—Nina Pae

Anonymous

Mary Polocko

Paul Dombrowski

Sharen Lewis

Anonymous

For Transportation—Cynthia Peterson

Anonymous

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



Berlin-Peck Memorial Library Monthly Events

Please call the Berlin-Peck Memorial Library to register for the following programs:
860-828-7125

Spice It Up! May's spice will be Greek Seasoning. Place hold beginning 5/1.

Sit & Knit: Thursdays in April. Visit library calendar for dates/times: www.berlinpeck.org.

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

Decoupaged Jewelry Holders: Thursday, May 5 @ 6:30 pm. Create a jewelry holder perfectly matched to your decor. Please bring a hammer. All other supplies provided. Open to adults, teens and children age 10+ with an adult. Registration required. Cancellation policy applies.

Insects & Their Amazingosity! Tuesday, May 10 @ 6:30 pm. This presentation will give us some insight into the remarkable adaptations that insects have developed in order to survive. Presenter is John Himmelman. Registration required.

Forensic Science (online program) Thursday, May 12, 6:30 pm. For years we have all been exposed to forensic science through TV and movies; but how much of what we are fed by pop culture is true? Join Professor Lisa Dadio, Assistant Dean of the Department of Forensic Science at the University of New Haven as she discusses her experiences in the field.

Earth's History: The Fossil Timeline: Monday, May 16 @ 6:30 pm. Nancy Najarian, Bob Reynolds and Al Peret of the Lapidary & Mineral Society of Central Connecticut will discuss meteorites and fossils of different evolutionary times. Registration required.

Dementia Caregivers Support Group (online) Monday, May 16 @ 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/j/98719138494>

Book Club: Saturday, May 21 @ 10:30. Read a memoir or biography of your choice and discuss it with the group. Title suggestions available, if needed. Registration required.

Introduction to Qi Gong: Tuesday, May 24 @ 6:30 pm. Qi Through guided breathing and specific poses, participants can decrease stress, obtain focus, and invite clarity into their lives. Instructor Toby Henst is a Certified Qi Gong instructor and Manager of Center for Higher Living.

LGBTQ Awareness: Tuesday, May 31 @ 6:30 PM. Danielle Morisse-Corsetti, LCSW, has devoted her professional life to becoming an empowerment focused therapist and community educator in the community. As we head into LGBTQ Pride Month, Danielle will facilitate a presentation at the Berlin-Peck Memorial Library on LGBTQ awareness, acceptance and allyship.

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 call Emily at 860-538-0921. You must order your meal by Wednesday at 12pm for the following week.** 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 News



Personal Safety Tips to Thwart Purse Snatchings

Fortunately, purse snatchings remain a relatively rare crime that we experience in Berlin. They do, however, occur from time to time and it is wise to be prepared. Shopping plazas, malls, grocery stores and walking trails are common areas that thieves may try to take advantage of people that appear to be easy targets.

Looking people in the eye as you approach lets them know you are alert and noticing who is around you. Being aware of who is in the area and what they are doing lets everyone know you are aware of your surroundings. Having your keys out and ready reduces fumbling at your car door and lets you get inside quickly.

Don't turn your back on your purse and keep it closed while shopping but please remember that it's just an item and don't risk your safety by fighting over it.

Tips to Remember:

1. **Be Alert:** Look people in the eye as you approach by instead of looking down or away.
2. **Be Aware:** Look for people loitering or sitting in running cars nearby.
3. **Be Prepared:** Have your car keys in your hand before you approach your car.

Social Services

Berlin Social and Youth Services

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



Memorial Day Word Search



Memorial Day

Last Monday in May



AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS

FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
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EURO-AMERICANSM
CONNECTIONS & HOMECARE

ART CLASS FOR SENIORS AT THE BERLIN SENIOR CENTER



RSVP BY:
4/20/2022
Eva J

Friday May 13
1.00pm -
2.00pm

Join us for food, fun and a good time,
while we create art with our Seniors at
the Berlin Senior Center. This calming
event has become a tradition since we
started this at our location in Berlin on
Valentines day in 2019.

WE PROVIDE FULL LIVE - IN
AND HOURLY CARE.

SERVICES INCLUDE:

CLEANING
CHORES
COOKING
ACTIVITIES

860-829-0208

Thrive Locally

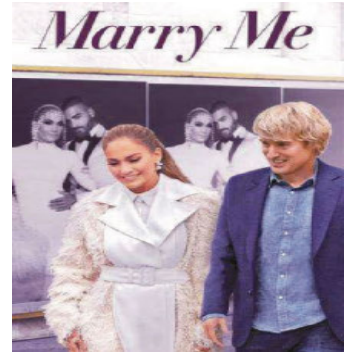


Movies

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, May 17 at 1:00 PM ~ Marry Me (2022)

A betrayed pop star (Jennifer Lopez), slated to marry her pop star fiancé (Maluma) on stage, instead marries a stranger from the audience - a high school math teacher (Owen Wilson). Against the odds, their sham relationship develops into something real but can their love survive the limelight?



Specialty Trips

LUNCH BUNCH” TRIP



Each month the senior center organizes a “lunch bunch” trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This month will be to **DiNovellis Restaurant in Rocky Hill on Friday, May 13th. We are limited to 12 people. Sign up begins on Wednesday, May 3rd. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 6th. If you went on last month’s trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to **Bimbo Bakery in Cromwell on Monday, May 16. We need a minimum of 3 riders for the trip to go. The bus driver will get the group there by 9 am.** 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.