



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 &
Ed Alicea

Hours

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

Membership (Ages 60+)

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

CFA Commission Members:

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

BERLIN SENIOR CENTER LINES

SEPTEMBER 2022

Greetings from the Director,

Every September each year, we celebrate National Senior Center Month. **The theme for this year 2022 is “Strengthening Community Connections”.** This is a time for us to show that Senior Centers are vital to the health and well-being of our community. We provide countless hours of support and encouragement to our older residents, and we have become integral to health care delivery in our community by providing COVID-19 guidance, vaccine education, and vaccinations to our participants.

Senior Centers have evolved since their beginning in the 1940s, but the mission has remained: to be local, trusted place in the community that connects people to programs, services, and opportunities they need to age well. Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment. This September, come join us as we celebrate “Strengthening Community Connections.”

“Age is not lost youth but a new stage of opportunity and growth”
~Betty Friedan~

Tina



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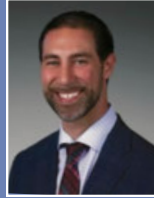
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Berlin Senior Center, Berlin, CT

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 appts, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping. We require **24 hour notice** for grocery shopping, pharmacies, banks, etc. We require **48 hour notice** for medical appointment reservations. We accept bus reservations up to a week in advance. Bus reservations must be made during the hours of 8:30am—3pm. Please remember to have the address of the doctor and time of appointment in front of you when calling to reserve a ride. Reservations left on the Center's voicemail **will not be accepted**. Please make sure that you are ready one hour before your bus reservation time. The driver should not have to wait for you. All calls for rides home must be made by 3:00pm. Lastly, you are allowed two stops per day except when going to the grocery store. If you have any questions please contact the Center.

Other Transportation Resources

Way to Go CT - in Hartford helps inform senior citizens, veterans & people with disabilities in north central Connecticut with their available transportation options. They serve 37 towns in the Greater Hartford Area in Central Connecticut to help you navigate your transportation options. **For more information please call 860-568-4442.**

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

Special Events

The Fall Setback Tournament will begin on Monday, September 12 @ 1pm. If you would like to be a “sub” player or you have a team of two who would like to play please contact Tina or Victoria at 860-828-7006.



Cupcake Decorating Class with Mimi’s Cake School ~ FULL!

Friday, September 16 at 1:00 PM



Come and decorate cupcakes with the colors of fall with Mimi’s Cake School on **Friday, September 16 at 1:00 PM!** In this class you will learn fun decorating techniques and tips to create beautiful cupcakes. Each student will be decorating 1 dozen cupcakes to take home (with container) and a free gift. All supplies will be provided. **Cost is \$5, payable on the day of the program. Class is full. Call to be put on the wait list.**

Lunch & Learn: The A, B, C, & D’s of Medicare ~

Wednesday, September 21 at 12:00 PM ~

Please join C. Roger Moss, a licensed insurance agent who is a Berlin resident for over 20 years, for an educational seminar addressing how Medicare works and the changes coming in 2023. Are you or someone you know: On a Medicare Supplement (Medigap) Plan? Curious about the Safe Discharge laws? On a Medicare Advantage Plan? Looking to Potentially Lower Your Healthcare Premiums? Wondering what the BIGGEST gap in Medicare really is? Confused about the “Observation” crisis? Then join us at the Berlin Senior Center on **Wednesday, September 21st at 12:00 PM** to learn from your local Medicare specialists! Beverages, pizza, salad and dessert will be served to those who **pre-register by September 19th, 2022**, followed by the presentation. **Registration begins Thursday, September 1.**

Senior Shred It Event ~

Friday, September 23 from 8:00 AM—12:00 PM~ We will be having a FREE Shred It Event for Berlin Seniors on **Friday, September 23 from 8:00 AM—12:00 PM** in the upper parking lot of the Senior Center. Limit is 3 boxes, NO businesses. No registration necessary.

New Opportunities of Greater Meriden Presentation

Wednesday, September 28th at 1:00 PM

Looking for ways to stretch your budget! Might need a little bit of extra help! Come hear from New Opportunities of Greater Meriden, a social action agency about rental assistance, applying for SNAP, budgeting, navigating Eversource programs pantry shopping. Know someone who needs children’s diapers, Adult Depends; they have the answer. **Registration begins Thursday, September 1.**

Berlin Senior Center’s FIRST Open House!!!

Saturday, September 24th from 8:00 AM—12:00 PM

We invite you, your family, and friends to the Berlin Senior Center’s first Open House on **Saturday, September 24th from 8am to 12pm. We will be showcasing all the Senior Center has to offer our residents.** We will be serving a continental breakfast from **8 am—10 am** sponsored by

Euro-American Connections of Berlin and the Senior Center. During the breakfast there will be demonstrations of our various active programs in the big room! **At 10:00am**, we will be sharing with you many of our other Senior Center activities. A few of our community partners will be joining us and showcasing their services and facilities. You may even take a ride on our senior bus! You won’t want to miss out on the fun, food, raffles, and prizes! No need to register, just come by!

Be sure to bring your family, and friends!



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.**



2 Special Bingo! Thursday, September 15 & 22 at 1:00 PM ~

Our very own Crafty Knitters will be sponsoring on **Thursday, September 15 at 1:00 PM**. They will be providing prizes and a treat for intermission. Ledgecrest will be sponsoring on **Thursday, September 22 at 1:00 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

STAY SAFE—AND SAVE—WITH THE AARP SMART DRIVER COURSE

Thursday, Sept 15th from 9:00 AM—1:00 PM at The Community Center

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details). **Take the AARP Smart Driver course at The Berlin Community Center on Thursday, September 15 from 9:00 AM—1:00 PM.** The classroom course costs **\$20 for AARP members and \$25 for non-members**, payable by check on the day of the course. Space is limited, so register now by calling the Senior Center: 860-828-7006.



Homeowner Assistance Fund Program

Connecticut has been awarded approximately \$123 million from the U.S. Department of the Treasury's Homeowner Assistance Fund ("HAF") program. The HAF Program in the State of CT is known as MyHomeCT and is being administered by the Connecticut Housing Finance Authority (CHFA). The goal of MyHomeCT is to provide assistance to eligible CT homeowners who have experienced a COVID-19 related financial hardship. The assistance is meant to cure and/or prevent mortgage and housing related delinquencies and foreclosure. Visit: www.chfa.org/MyHomeCT to learn more and to apply. If you need help with your application, you may call 877-894-4111 or visit one of the MyHomeCT Resource Centers for help with your application. The list of resource centers can be found on the website.

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

Senior Center Book Discussion

Senior Center Book Club: Wednesday, September 7 @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *The Paris Library* by Janet S. Charles. 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

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 This class works your body head to toe.

We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Join us. Choose to be active and to age well. Please bring hand weights. **Cost: \$4.00 per class. Instructors are Vicki Griswold and Lorraine Jurgilewicz.**

Yoga Class (Virtual and In-Person)

EVERY FRIDAY @ 9:30 AM -11:00AM

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



Drop Ins

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

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

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

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

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

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

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

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

BINGO—Every Thursday @ 1:00PM.

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

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

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, September 15 & 29.** Services are provided by Jessica Semmens, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$30.00.** Please **no diabetics.** Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse.

Home visits are available at a cost of **\$50.00 per visit.** Her phone number is (860) 268-7698.

Free Health Clinics

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

Tuesday, September 6	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, September 13	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, September 20	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, September 27	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.

LiveWell Active Living Toolkit

These workshops are offered telephonically. The toolkit can be sent directly to participants at **no cost** and includes all learning materials necessary. Six weekly meetings with a trained Live Well leader enhances the experience and can help to alleviate social isolation especially during the COVID-19 pandemic. Participants must be willing to share their name, address, and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call. Telephonic: Calls are approximately **one hour** in length and take place conference-call style to 4-6 participants. Participants will learn about a variety of tools to manage their conditions including: *Health Eating, Exercise, Goal Setting, Stress Management, Self-Advocacy.*

Contact Carley Taft, Regional Coordinator: carley.taft@ncaaact.org or 860-724-6443 ext. 224 for more information or to register.

Live Well with Chronic Conditions Workshop: 9/8 at 2:00 PM & 10/4 at 11:00 Am

Live Well with Chronic Pain Workshop: 9/19 at 3:00 PM and 10/13 at 11:00 AM

Live Well With Diabetes Workshop: 10/7 at 11:00 AM

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September, 2022

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MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Grape Juice Roast Pork Cranberry Gravy Buttered Noodles Buttered Beets</p> <p>100% Whole Wheat Baked Apples with Whipped Topping</p>	<p>2</p> <p>Orange Pineapple Juice Pier 17 Fish Seasoned, Roasted Potatoes Scandinavian Veggies Tarter Sauce</p> <p>Multi Grain Bread Birthday Cake</p>
<p>5</p> <p>Labor Day Closed</p> 	<p>6</p> <p>Sliced Ham Pineapple Glaze Sweet Potatoes Geneva Blend Veggies</p> <p>Rye Bread Pineapple Cup</p>	<p>7</p> <p>Cranberry Juice Southern Grilled Chicken Salad with Tomatoes, Black Beans, and Corn Ranch Dressing</p> <p>Corn Muffin Chocolate Pudding</p>	<p>8</p> <p>Cranberry Juice Broiled Fish Cheesy Rice Broccoli</p> <p>Wheat Bread Banana</p>	<p>9</p> <p>Swedish Meatballs with LS Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread Tropical Fruit Cup</p>
<p>12</p> <p>Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies</p> <p>Rye Bread Fruit Cocktail</p>	<p>13</p> <p>Orange Juice Baked Veal Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread Oatmeal Raisin Cream Pie</p>	<p>14</p> <p>LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach</p> <p>Biscuit Pear Cup</p>	<p>15</p> <p>Chicken Picatta Linguini Brussel Sprouts</p> <p>Dinner Roll Cinnamon Applesauce</p>	<p>16</p> <p>Grape Juice Turkey Divan Brown Rice California Blend Veggies</p> <p>Whole Wheat Roll Ice Cream Cup</p>
<p>19</p> <p>Lazy Stuffed Cabbage (Beef/Pork Mix) Mashed Potatoes Meadow Blend Veggies</p> <p>Italian Bread Plum</p>	<p>20</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>21</p> <p>Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Carrots</p> <p>Apple Pie</p>	<p>22</p> <p>BBQ Meatloaf BBQ Glaze Sweet Potato Peas</p> <p>Roll Cantaloupe</p>	<p>23</p> <p>Minestrone Soup Unsalted Crackers Codfish Cakes Steak Fries Broccoli Ketchup Tartar Sauce Oatmeal Bread</p> <p>Tropical Fruit Cup</p>
<p>26</p> <p>Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots</p> <p>Italian Bread Rice Pudding</p>	<p>27</p> <p>Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers and Onions Spanish Rice Pintos & Black Eyed Peas Tortilla Pears</p>	<p>28</p> <p>Orange Juice Spaghetti and Turkey Meatballs Garden Salad Italian Dressing</p> <p>Garlic Bread Fresh Apple</p>	<p>29</p> <p>Beef Stroganoff Buttered Noodles Mixed Vegetables</p> <p>12 Grain Bread Mandarin Oranges</p>	<p>30</p> <p>Roast Turkey Turkey Gravy Mashed Potatoes Brussel Sprouts Cranberry Sauce</p> <p>Dinner Roll Oatmeal Cookies</p>

SEPTEMBER 2022

Events

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>5</p> <p>The Senior Center is Closed in Observance of Labor Day</p>	<p>6 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>7 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Book Club</p>	<p>8 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO</p>	<p>9 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm Lunch 1pm Wii Bowl 1pm Photography 1:30 pm Walmart</p>
<p>12 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help (by appointment)</p>	<p>13 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie (The Age of Adaline)</p>	<p>14 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10:00am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>15 8:30am Coffee Hr 9am AARP Smart Driver Class 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special BINGO Footcare (by apt)</p>	<p>16 8:30am Coffee Hr 9:30am Yoga 12:00pm Foodshare 12pm Lunch 1pm Cupcake Decorating Class 1pm Wii Bowl 1pm Photography</p>
<p>19 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help (by appointment) CFA Meeting</p>	<p>20 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>21 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 12pm Lunch & Learn 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>22 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special BINGO</p>	<p>23 8am Shred It Event 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 12:00pm Foodshare 12pm Lunch 1pm Wii Bowl 1pm Photography 1:30 pm Walmart OPEN HOUSE TOMORROW! 8-12</p>
<p>26 8:30am Coffee Hr 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help (by appointment)</p>	<p>27 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>28 8:30am Coffee 9:30am Special Shop 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm New Opportunities 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>29 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO Footcare (by apt)</p>	<p>30 8:30am Coffee Hr 9:30am Yoga 11:00am Lunch Bunch 12:00pm Foodshare 12pm Lunch 1pm Wii Bowl 1pm Photography</p>

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

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

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

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

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

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

National Elder Fraud Hotline

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

The Office of the Healthcare Advocate (OHA)

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

You can contact OHA for assistance with inquiries involving :

- *Healthcare insurance enrollment, overage or billing questions
 - *claim denials or pre-authorization issues
 - *explanations regarding a healthcare benefit, program or coverage
 - *an assessment of the healthcare plans offered in CT
 - *your rights and responsibilities as a healthcare plan member
 - *referral and pre-authorization procedures required by
 - *your healthcare plan your healthcare plan's internal and external appeals processes
- Toll-free number: 1-866-466-4446**
Email: Healthcare.advocate@ct.gov
Fax: (860) 331-2499

HHC Alzheimer's and Dementia Caregiver Virtual Support Group

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

First Tuesday of the month at 10 AM
Third Monday of the month at 1 PM
Last Monday of the month at 10:30 AM
Second Wednesday of the month at 6:30 PM

REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses
After you register, you'll receive an email with easy instructions on joining the virtual class.

Monthly Meetings

COMMISSION FOR THE AGING MEETING
NEXT MEETING: MONDAY, SEPTEMBER 19th

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:

September 2, 16, and 30

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 Mc Neil (2)

Paul Dobrowolski

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

Spice Kit: Spice It Up! Charnushka (Nigella seed). While supplies last. Place hold beginning 9/1. Pickup of spice and recipes begins on Wednesday, September 14.

Sit & Knit: Thursday, Sept 1, 15 @ 6:00 pm and Thursday, Sept 8, 22,29 @ 1:00 pm.

Movie Matinee: Let Him Go: Fri, Sept 2 @ 1:00 pm.

Movie Matinee: Downton Abbey: A New Era: Friday, Sept 9 @ 1:00 pm. Rated PG. 2 hr., 5 min.

Saturday Book Club (Meet at Provision State Coffee on Farmington Ave) Saturday, Sept 10 @ 10:30 am. Join us for a discussion of *The Uncommon Reader* by Bennett. Please contact the library for a copy of the book.

Courageous Conversations: Abortion: Getting Beyond the Labels: Sat., Sept 10 @ 10:30 am Labels like "Pro-Life" and "Pro-Choice" place us in opposition to one another and often ignore the complexities of this difficult topic. Our conversation will explore the values, individual rights, and social context around this difficult topic. **The Most Misunderstood Benefit: Social Security and You (online only)**

Wednesday, Sept 14 @ 6:30 pm Robert Rodriguez, SSA Public Affairs Specialist, will provide an educational overview of the "most misunderstood" benefit that all workers and retirees have!

Bear Talk: Thursday, Sept 15 @ 6:30 pm Master Conservationist Paul Colburn will present a program on co-existing with bears. Sponsored by Berlin Animal Control.

Movie Matinee: Finding You Friday, Sept 16 @ 1 pm. Rated PG. 1h 59m.

Dementia Caregiver Support Group: Mon., Sept 19 @1 pm. This event will now be offered as hybrid: both in-person and online. RSVP Patty O'Brian, CDP, Dementia Specialist, Hartford HealthCare Center for Healthy Aging: 203-859-1992. **Recycling in Connecticut: Wednesday, Sept 21 @ 6:30 pm.** Sherill Baldwin, from the CT DEEP, will give an overview of sustainable materials management in CT, the current waste crisis, and recycling tips.

Make and Take: Literary Pumpkins: Thursday, Sept 22 @ 6:30 pm. Details to be announced.

Movie Matinee: Fatherhood. Friday, Sept 23 @ 1:00 pm.

Journaling 101: Monday, Sept 26 @ 6:30 pm. Explore the benefits of journaling, different ways to journal, and tips for creating a journaling experience that is just right for you! **Unique Eats and Eateries of Connecticut: Wednesday, Sept 28 @ 6:30 pm.** Come learn the best places to get lobster tails, steamed cheeseburgers, and more with author Mike Urban.

Keep Moving: Simple Steps to Relieve Pain (online program) Thursday, Sept 29 @ 6:30 pm. Come learn small steps you can take to reduce and manage pain without drugs or surgery with Maggie Downie, author of *Keep Moving: Take Steps to Relieve Pain & Improve Your Life*.

Movie Matinee: Nomadland. Friday, Sept 30 @ 1 pm.

Library of Things: Did you know the library lends board games, an outdoor movie projector/screen and lawn games, such as bocce, cornhole, pickleball racquets/balls, ring toss and more?

Register at www.berlinpeck.org

Nutrition

Coffee Hour



The Senior Center has an informal "coffee hour" available Monday through Friday from 8:30 AM to 10:00 AM! Enjoy a fresh cup of coffee and/or tea for only 25 cent per cup! So drop by and chat with "old friends" and make new ones! Complimentary pastry is also available for those who buy a cup of coffee/tea. ENJOY A "FREE" CUP OF COFFEE/TEA ON FRIDAYS FROM 8:30 AM TO 10:00 AM.

Berlin Senior Community Café – Congregate Meals

Lunch is served Monday - Friday at Noon. A suggested donation of \$2.50 per person is requested. **To order a meal please either call Doretha 860-921-4320 or sign up in-person in the Big Room.** If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

Berlin Social and Youth Services

We will take applications for the Renter's Rebate Program beginning May 2, 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 1, 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.



Summer Word Search

Labor Day

word search

Words may be horizontal, vertical
and diagonal.



WEEKEND
COMMUNITY
AMERICAN
OFFICE

LABOR
SEPTEMBER
TRAVEL
WORK

BARBECUE
DAY
PROFESSION
MONDAY

EMPLOYMENT
HOLIDAY
BREAK
PARTY



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Movies

For the movie program, popcorn and water will be served. There is no charge for the program. Due to the length of movies and other circumstances there will be no previews. If you wish to recommend a movie, please leave it with either Tina or Victoria. *Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.*



Tuesday, September 13 at 1:00 PM ~ The Age of Adaline (2015)

Adaline Bowman (Blake Lively) has miraculously remained a youthful 29 years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic philanthropist named Ellis Jones (Michiel Huisman) reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever. Rated PG-13.



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 **San Souci’s in Meriden on Friday, September 30th.** **The bus will leave the Senior Center at 11:00 AM. We are limited to 12 people. Sign up begins on Wednesday, September 14th. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 14th. 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 **Target in Newington on Wednesday, September 28.** **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.