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
Contact Bill Humphreys to place an ad today! 
bhumphreys@lpicommunities.com 
or (800) 477-4574 x6634
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 21th 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!**
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.**

### 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 levels 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.
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.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Service</th>
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<tr>
<td>Tuesday, September 6</td>
<td>10:30 AM ~ 11:30 AM</td>
<td>Blood Pressure Screening</td>
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<td>Tuesday, September 13</td>
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<td>Tuesday, September 20</td>
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<td>Tuesday, September 27</td>
<td>10:30 AM ~ 11:30 AM</td>
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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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Health Services

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**The New Us = The New You**

TOURS DAILY

ASK FOR WEBER

- English, Italian, Polish & Spanish speaking staff
- Private Rooms Available
- Non-smoking/smoking units
- Safe and ample parking

www.grandviewtfnh.com  •  85 Grand St • New Britain

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Berlin Senior Center | 6
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td><strong>Labor Day Closed</strong></td>
<td>Sliced Ham Pineapple Glaze Sweet Potatoes Geneva Blend Veggies</td>
<td>Cranberry Juice Southern Grilled Chicken Salad with Tomatoes, Black Beans, and Corn Ranch Dressing</td>
<td>Cranberry Juice Broiled Fish Cheesy Rice Broccoli</td>
<td>Orange Pineapple Juice Pier 17 Fish Seasoned, Roasted Potatoes Scandinavian Veggies Tarter Sauce</td>
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<tr>
<td>Rye Bread</td>
<td>Pineapple Cup</td>
<td>Corn Muffin</td>
<td>Wheat Bread</td>
<td>Multi Grain Bread Birthday Cake</td>
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<td>Fruit Cocktail</td>
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<td>Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies</td>
<td>Orange Juice Baked Veal Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</td>
<td>LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach</td>
<td>Chicken Picatta Linguini Brussel Sprouts</td>
<td>Swedish Meatballs with LS Gravy Wide Egg Noodles Peas and Carrots</td>
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<td>Rye Bread</td>
<td>Italian Bread Oatmeal Raisin Cream Pie</td>
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<td>Lazy Stuffed Cabbage (Beef/Pork Mix) Mashed Potatoes Meadow Blend Veggies</td>
<td>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</td>
<td>Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Carrots</td>
<td>BBQ Meatloaf BBQ Glaze Sweet Potato Peas</td>
<td>Grape Juice Turkey Divan Brown Rice California Blend Veggies</td>
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<td>Italian Bread</td>
<td>100% Whole Wheat Warm Peach Cobbler with Topping</td>
<td>Apple Pie</td>
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<td>Whole Wheat Roll Ice Cream Cup</td>
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<td>Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots</td>
<td>Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers and Onions Spanish Rice Pinto’s &amp; Black Eyed Peas Tortilla</td>
<td>Orange Juice Spaghetti and Meatballs Garden Salad Italian Dressing</td>
<td>Beef Stroganoff Buttered Noodles Mixed Vegetables</td>
<td>Roast Turkey Turkey Gravy Mashed Potatoes Brussel Sprouts Cranberry Sauce</td>
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<td>Italian Bread</td>
<td>Rice Pudding</td>
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<td>Mandarin Oranges</td>
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12:45pm Po Ke No | 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 | 8 8:30am Coffee Hr  
9:30 am Swedish Weaving  
9:45am Exercise  
10am Walking Club  
12pm Lunch  
1pm BINGO | 2 8:30am Coffee Hr  
9:30am Swedish Weaving  
9:45am Exercise  
10am Walking Club  
12pm Lunch  
1pm Photography  
1pm Wii Bowl |
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The Senior Center is Closed in Observance of Labor Day | 6 8:30am Coffee Hr  
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9am AARP Smart Driver Class  
9:30 am Swedish Weaving  
9:45am Exercise  
10am Walking Club  
12pm Lunch  
1pm Special BINGO  
Footcare (by apt) | 9 8:30am Coffee Hr  
9:30am Yoga  
10:00am Ocean State  
12pm Lunch  
1pm Wii Bowl  
1pm Photography  
1:30 pm Walmart |
| 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) | 13 8:30am Coffee Hr  
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12pm Lunch  
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9:30am Yoga  
12:00pm Foodshare  
12pm Lunch  
1pm Cupcake Decorating Class  
1pm Wii Bowl  
1pm Photography |
| 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 | 20 8:30am Coffee Hr  
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10 am Mahjongg  
12pm Lunch  
12pm Lunch & Learn  
1pm Coloring  
1pm Cribbage  
1pm Canasta | 22 8:30am Coffee Hr  
9:30 am Swedish Weaving  
9:45am Exercise  
10am Walking Club  
12pm Lunch  
1pm Special BINGO | 23 8:30am Coffee Hour  
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 |
| 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) | 27 8:30am Coffee Hr  
9:45am Exercise  
10:30am B Pressure  
12pm Lunch  
12:45pm Po Ke No | 28 8:30am Coffee Hr  
9:30am Special Shop  
10:00am Cardio Drumming  
10am Knitters  
10 am Mahjongg  
12pm Lunch  
1pm New Opportunities  
1pm Coloring  
1pm Cribbage  
1pm Canasta | 29 8:30am Coffee Hr  
9:30 am Swedish Weaving  
9:45am Exercise  
10am Walking Club  
12pm Lunch  
1pm BINGO  
Footcare (by apt) | 30 8:30am Coffee Hr  
9:30am Yoga  
11:00am Lunch Bunch  
12:00pm Foodshare  
12pm Lunch  
1pm Wii Bowl  
1pm Photography |
**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](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’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.
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! Charushka (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

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.
Labor Day word search

Words may be horizontal, vertical and diagonal.

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

WEEKEND
COMMUNITY
AMERICAN
OFFICE
LABOR
SEPTEMBER
TRAVEL
WORK
BARBECUE
DAY
PROFESSION
MONDAY
EMPLOYMENT
HOLIDAY
BREAK
PARTY
FINDING THE BEST MEDICARE INSURANCE OPTIONS AVAILABLE TO YOU!

We understand that Medicare insurance can be confusing. One of our main goals while working with our individual clients is to help them understand what choices fit their particular Medicare insurance needs and how we can help manage any issues that arise. We are available and will gladly assist you throughout this process.

800-378-2585

710 Main Street, Suite 10, Plantsville, CT 06479 | www. BeaconMedicare.com
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.