



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  
Program Coordinator...Tammy DeWolf  
Staff.....Beth Hrubiec,  
Donna Gianoni  
Drivers ..... Joe LaVallee  
Tom Chesery, Tom Zigmont &  
Ed Alicea

**Hours**

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

DECEMBER 2022

**Greetings from the Director,**

The Staff at the Berlin Senior Center would like to wish everyone a Happy Holiday and a Prosperous New Year. We hope that 2023 will be a year filled with prosperity, good friends and good health.

The Senior Center staff appreciates the support and kind words you have given us throughout the year. To our volunteers ~ even though you're not in the spotlight, you are the backbone of the Senior Center. Please know that we could not do this without your hard work. We are forever thankful for the time you have given us. You have made an unforgettable difference.

*"Everyone can experience the joy and blessing of generosity; because everyone has something to give." — Jan Grace*

*"It's easy to forget that life is the greatest gift of all." — Karli Perrin, "The Gift"*

*"The best gifts aren't bought from the store...the best is gifts of kindness given from the heart."*

Tina



# Transportation

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

## Daily Bus Schedule

**Monday and Wednesday**—Stop-n- Shop 9am & 11am  
 All other appointments & errands between 9am and 2:15pm  
**Tuesday**- Shop Rite-Cromwell 9am & 11am  
 All other appointments & errands between 9am & 2:15pm  
**Thursday**- All appointments & errands between 9am & 2:15pm  
 Kohl's 1:30pm (Last Thursday of the month)  
**Friday** – Ocean State Job Lot 10am & Walmart 1:30pm  
 Food Share 12pm (Alternating weeks with OS Job Lot & Walmart)  
 All other appointments & errands between 9am and 2:15pm

 <p style="text-align: center;">Meriden, CT 06451  <b>(203) 235-5716</b>  <a href="http://www.thebradleyhome.org">www.thebradleyhome.org</a></p>	<p style="text-align: center;">We're here for you.</p> <p style="text-align: center;">Residential Living • Assisted Living          Memory Support • Skilled Care          Rehabilitation Services</p> <p style="text-align: center;"><b>covenant living</b>          of CROMWELL</p> <p style="text-align: center;">Cromwell, CT • <a href="http://CovLivingCromwell.org">CovLivingCromwell.org</a></p>	<p style="text-align: center;"><i>Caring Service with a Gentle Hand</i></p> <p style="text-align: center;"><b>Berlin Memorial</b>          Funeral Home Inc.</p> <div style="display: flex; align-items: center;">  <div style="font-size: small;"> <p><b>Carolyn Audett Smith, Owner</b>              96 Main St., Kensington, CT  <b>860-828-4730</b></p> <p>BRLNMEM@aol.com  <a href="http://www.BerlinMemorialFuneralHome.com">www.BerlinMemorialFuneralHome.com</a></p> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 80%;"> <p style="font-size: large; font-weight: bold;">JOHN'S HAIR DESIGN, LLC</p> <p style="font-size: small;">928 Farmington Ave.              Kensington, CT 06037</p> <p style="font-weight: bold;">Michelle Fetterman, Owner</p> <p style="font-size: large; font-weight: bold;">860-828-8786</p> <p style="font-size: small;">Closed Mondays              Gift Cards Available</p> </div>  </div>
<p style="font-size: large; font-weight: bold;">LET'S GROW YOUR BUSINESS</p> <p style="font-size: large; font-weight: bold;">Advertise in our Newsletter!</p> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin: 10px 0;"> <p style="font-weight: bold; color: teal;">CONTACT ME Bill Humphreys</p> </div> <p style="font-weight: bold; color: teal;">bhumphreys@lpicommunities.com • (800) 477-4574 x6634</p>		<div style="display: flex; align-items: center;">  <div style="text-align: center;"> <p style="font-size: large; font-weight: bold;">United Healthcare</p> <p style="font-weight: bold; color: blue;">Michael Castro</p> <p style="font-weight: bold; color: blue;">Licensed Sales Agent</p> <p style="font-size: small;">106 Scenic Dr., Berlin, CT 06037</p> <p style="font-weight: bold; color: blue;">860-539-2302 - <a href="mailto:mscastroinsurance@gmail.com">mscastroinsurance@gmail.com</a></p> <p style="font-weight: bold; color: blue;">www.myuhcagent.com/michael.castro</p> </div> </div>	
<div style="display: flex;"> <div style="width: 30%; text-align: center;">  </div> <div style="width: 70%; text-align: center;">  <p style="font-size: small;">36 Years of real estate experience              selling over 2000 homes</p> <p style="font-weight: bold; color: blue;">Cell 860-995-9665</p> <p style="font-weight: bold; color: blue;">Mary Jean Agostini</p> <p style="font-size: x-small;">mj@mjagostini.com              www.mjagostini.com              8607887110              1195 Farmington Ave. Berlin, Ct 06037</p> </div> </div>	<div style="text-align: center;"> <p style="font-size: large; font-weight: bold; color: blue;">Berlin VNA</p>  <p style="font-weight: bold; color: red;">Your Local Homecare Agency</p> <p style="font-size: small;">240 Kensington Road,              Ph: 860-828-7030  <a href="http://www.town.berlin.ct.us">www.town.berlin.ct.us</a>              Our Goal is to keep you Home!</p> </div>		<div style="text-align: center;"> <p style="font-size: large; font-weight: bold; color: red;">From The Heart Home Care LLC</p> <p style="font-weight: bold; color: red;">PCA - HOMEMAKER - COMPANION</p> <p style="font-size: x-small;">From The Heart Home Care LLC is dedicated to offering a superior home based care experience for your loved ones who want to remain home. We offer PCAs, Homemakers, Companions and Live-Ins.</p> <div style="border: 1px solid black; padding: 2px; display: inline-block; font-size: x-small; font-weight: bold;">             Hourly • Daily • Overnight • 24 hr live-ins • Accepting title 19              ALSO WORKS WITH STATE OF CONNECTICUT         </div> <p style="font-weight: bold; color: green;">860-882-4623 <a href="http://www.FromTheHeartHomeCare.org">www.FromTheHeartHomeCare.org</a></p> <p style="font-size: x-small;">300 New Britain Rd., Suite 1B, Berlin, CT • Reg. Number HCA. 0000796</p> </div>

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## Transportation Continued...

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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.

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## Other Transportation Resources

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

**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.

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## Energy Assistance

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**Energy Assistance Program** We are taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE). We will start taking applications for Electric and Gas customers starting late November. Appointments are scheduled from 9-3pm on Thursdays at The Berlin Senior Center. Those residents under the age of 60 yrs old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Annual Income guidelines (for households whose heat is not included in their rent) are:

One Person Household – Income cannot exceed \$ 39,761

Two Person Household – Income cannot exceed \$ 51,996

No Liquid Asset Test

Please call Victoria at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment. - Bank statements needed to prove SSD/SSI/Social security benefits or child support. - 1099 or Stub is required for Pension. - Household will be required to document their income from either the previous thirty days or four consecutive weeks anytime in the last three months prior to the date of application.

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## Special Events

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### Craft Class: Beach Stone Snowmen

Friday, December 9th at 1:00 PM ~

Gary McPhee, owner of Someday Seaglass in Middletown, will be showing you how to make a snowman ornament out of beach stones! You can either make a standing or hanging ornament. All supplies are provided. This class is FREE! **Sign up beginning Thursday, December 1st. Limited to 15 people.**



### Holiday Party

Monday, December 12th at 1:00 PM

Celebrate the Holidays with us on **Monday, December 12th at 1:00 PM!**

Jennifer Disapio of *That's Heavenly Entertainment* will be giving us a lively, energetic, and interactive show that is sure to bring smiles, laughs and great memories! Refreshments will be served. **Sign up begins Thursday, December 1st. Limited to 100 people.**

### Genealogy with Jen: Using Online Genealogy Resources

Wednesday, December 14th at 1:00 PM

From antique heirlooms to cutting-edge science, there is something for everyone who is interested in family history. This is the last part of Jennifer Zinck, President of the Connecticut Professional Genealogists' three-part series. Learn about records and places that provide clues to your ancestors, the easiest way to find those resources, and what to do once you've found them. Discover how science unites with history to help break down brick walls and find family using DNA research. Grow your family tree through a variety of online resources that will be introduced. This series is designed for both beginner and intermediate experience levels. **You may participate in this session even if you did not attend the first two. Sign up anytime.**



### Bow Making Class

Friday, December 16th at 1:00 PM

Lisa Salamon will leading this class on how to make the perfect bow for your holiday gifts on **Friday, December 16th at 1:00 PM!** You may supply your own ribbon—3 yards needed (wired preferred). However we have ribbon for you to use as well. **Sign up begins Thursday, December 1st. Limited to 15 people.**

### Holiday Dessert Charcuterie Board Class

Wednesday, December 21st at 1:30 PM

Our very own Tammy DeWolf is leading another charcuterie board class, this time, with desserts! Impress your family with a beautiful arrangement of sweets for your holiday gathering. **Cost is \$10, payable at sign up. Cash please. Sign up beginning Thursday, December 1st. Limited to 15 people.**



### New Year's Eve Celebration

Friday, December 30th at Noon ~

Come help us ring in the New Year—2023! We will toast to the New Year at noon and then we will enjoy a delicious lunch of pizza, salad, dessert, and coffee/tea. You may sign up yourself and one other member. When you sign up for this program you will be signing up for the meal as well. **Limited to 100 people. Sign up starts Thursday, Dec 1st and ends Monday, Dec 26th.**



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## Monthly Activities

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

**\*There will be NO Tech Help on Monday, December 12th & 19th.**

### **Special Bingo! Thursday, December 15th at 1PM**

Ledgecrest will be sponsoring on **Thursday, December 15th at 1:00 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

### **Holiday Musical BINGO**

#### **Monday, December 19th at 1:00 PM**

Join us for this fun, musical twist on our favorite senior center game on **Monday, December 19th at 1:00 PM**. We will be playing clips from a variety of popular holiday songs. Make sure to mark your card if it has the title of the song that plays! Winners will win fun prizes. **FREE! Sign up begins Thursday, December 1st.**



### **Special “Jingle All The Way” Bingo ~**

#### **Thursday, December 22 at 1:00 PM—**

Aetna Medicare Solutions will be sponsoring this special BINGO on **Thursday, December 22nd at 1:00pm**. Special goodies will be served and there will be prizes. Our regularly scheduled games will be played. No sign up is necessary. **Anyone who wears an ugly Christmas Sweater will win a prize!** Come join in on the fun.. .HO, HO HO!

### **AARP Foundation Tax-Aide is Looking for Volunteers**

Do you think you could have fun preparing taxes for seniors? Would you like to join a really great group of people helping others? If so, we may have an opportunity for you! AARP Foundation Tax-Aide provides free tax preparation services to primarily seniors of low to moderate income. We are looking for compassionate and friendly people to join our volunteer team. Prior tax preparation experience is helpful, but not required. You don't need to be an accountant or tax professional. Our volunteers come from a variety of backgrounds, and we'll provide the training and support to help you develop new skills. If you're interested or want more information, please visit [www.aarpfoundation.org/taxaide](http://www.aarpfoundation.org/taxaide) or leave your contact information with the Berlin Library (860)828-7125, or Berlin Senior Center (860)828-7006, and a local Tax-Aide volunteer will follow-up with you. We need new volunteers to continue to serve our community and it's a great way to spend 1-2 days a week during the dreary winter months. Once tax season is over, so is the time commitment!

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## Senior Center Book Discussion

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**Senior Center Book Club: Wednesday, December 14th @ 1:30 PM** Join us at the Senior Center for a discussion of *Christmas by the Book* by Anne Marie Ryan. 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

### Intermediate Cardio Drumming ~

Mondays and Wednesdays from 10-10:45am

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.**

### \*NEW! \*High-Level Cardio Drumming ~

Mondays from 11am—12pm

This hour-long class is for people who are looking for a more fast-paced cardio drumming exercise than our intermediate class. There will be faster and more intricate movements. **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 11:00AM. 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** – Fridays, December 2 & 16 @ 1:00 PM. Come and join our informal group of beginners to experienced photographers for camera and

photography questions and discussions. Any kind of camera is welcome, whether its film, digital or slides. The group discusses camera features, subject, lighting, composition, as well as alterations on a computer.

### **NEWCOMERS ARE ALWAYS WELCOME**

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

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## Health Services

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### Footcare Program (By Appointment Only)

The Berlin Senior Center offers low cost foot care for seniors provided by a specially trained registered nurse. **This month's program is scheduled for Thursday, December 8th & 22nd.** 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.**

<b>Tuesday, December 6th</b>	<b>10:30 AM ~ 11:30 AM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, December 13th</b>	<b>10:30 AM ~ 11:30 AM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, December 20th</b>	<b>10:30 AM ~ 11:30 AM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, December 27th</b>	<b>10:30 AM ~ 11:30 AM</b>	<b>Blood Pressure Screening</b>



### Walking Club

**Walking Club will resume in the spring!**

### AARP Tax-Aide in Berlin

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

# Congregate Meals

CW Resources Senior Community Café

Please call to order:  
860-921-4320

## December Menu

1% or Skim milk provided  
Margarine available

MENU ITEMS SUBJECT TO CHANGE			SUGGESTED DONATION	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="font-size: 1.2em; color: green;">Happy Holidays</p>			<p>1</p> <p>Grape Juice Sloppy Joe Mashed Potato Corn Niblets</p>  <p>Hamourger Roll</p> <p>Brownie with Topping</p>	<p>2</p> <p>Stuffed Pepper Soup Unsalted Crackers Sliced Turkey Swiss Cheese Lettuce and Tomato Tater Tots</p> <p>Sub Roll</p> <p>Banana</p>
<p>5</p> <p>Lasagna Rolette Primavera White Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Pineapple Chunks</p>	<p>6</p> <p>Swedish Meatballs Sour Cream Gravy Buttered Noodles Italian Blend Veggies</p>  <p>Assorted Rolls</p> <p>Fruit Cup</p>	<p>7</p> <p>Pineapple Orange Juice Chicken Ala King over Wild Rice Oriental Blend Veggies</p> <p>12 Grain Bread</p> <p>Peaches</p>	<p>8</p> <p>Corn Chowder Unsalted Crackers Fresh Pork Loin Sweet Potato Chunks Tuscany Veggies</p> <p>Rye Bread</p> <p>Birthday Cake</p>	<p>9</p> <p>Potato Crunch Fish Mashed Sweet Potato Spinach Tartar Sauce</p> <p>Dinner Roll</p> <p>Citrus Sections</p>
<p>12</p> <p>Grape Juice Vegetable Chili Brown Rice</p> <p>Corn Bread</p> <p>Chocolate Chip Cookie</p>	<p>13</p> <p>Cheese Ravioli with Marinara Sauce Green Beans</p> <p>Italian Bread</p> <p>Tropical Fruit Cup</p>	<p>14</p> <p>Pineapple Orange Juice Beef Stew with Beef, Potato, Carrots, Green Beans, Corn, and Onion</p> <p>Dinner Roll</p> <p>Pecan Sandies</p>	<p>15</p> <p>Butternut Squash Soup Unsalted Crackers Fish Sandwich Sweet Potato Tots Cole Slaw Tartar Sauce</p> <p>Hamburger Bun</p> <p>Banana</p>	<p><b>Christmas Special</b> 16</p> <p>Egg Nog Roast Turkey with LS Turkey Gravy Oven Roasted Baby Red Potatoes Baby Carrots with Peas</p>  <p>Dinner Roll</p> <p>Apple Cinnamon Cake with Whipped Topping</p>
<p>19</p> <p>Meatball Sub with Mozzarella French Fries Mixed Veggies</p>  <p>Sub Roll</p> <p>Fresh Orange</p>	<p>20</p> <p>Orange Juice Chicken Cacciatore Buttered Shells Carrots</p> <p>Garlic Bread</p> <p>Rice Pudding</p>	<p>21</p> <p>Toscana Soup Unsalted Crackers Crumb Topped Fish Rice Pilaf Spinach and Tomato</p> <p>Bread Stick</p> <p>Fresh Apple</p>	<p>22</p> <p>Sweet and Sour Pork Sesame Noodles Oriental Blend Veggies</p> <p>Dinner Roll</p> <p>Pineapple Chunks</p>	<p>23</p> <p><b>No Lunch Senior Center Is Closed</b></p>
<p>26</p> <p><b>Merry Christmas</b></p> 	<p>27</p> <p>Grape Juice Breaded Pork Chop Seasoned, Whole Potatoes Green Beans</p> <p>Wheat Bread</p> <p>Banana Pudding</p>	<p>28</p> <p>Turkey Stew Brown Rice Brussel Sprouts</p>  <p>Biscuit</p> <p>Peaches</p>	<p>29</p> <p><b>New Year's Special</b></p> <p>Apple Cider Sliced Ham with Cherry Pineapple Sauce Mashed Sweet Potato Broccoli and Carrots</p> <p>Dinner Roll</p> <p>Boston Cream Pie</p>	<p>30</p> <p><b>No CW Lunch Senior Center New Year's Eve Party</b></p>

# DECEMBER 2022

# Events

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>5</b> 8:30am Coffee Hr. 10:00am Poker 10:00am Cardio Drum 11:00am High Level Cardio Drumming 11:00am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment)</p>	<p><b>6</b> 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p><b>7</b> 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p><b>1</b> 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO</p>	<p><b>2</b> 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm Lunch 1pm Photography 1pm Wii Bowl 1:30 pm Walmart</p>
<p><b>12</b> 8:30am Coffee Hr. 10:00am Poker 10:00am Cardio Drumming 11:00am High Level Cardio Drumming 11:00am Scrabble 12pm Lunch 1pm Bridge 1pm Holiday Party</p>	<p><b>13</b> 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p><b>14</b> 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10:00am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Genealogy Class 1:30pm Book Club</p>	<p><b>15</b> 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special BINGO</p>	<p><b>16</b> 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Bow Making Class 1:30 pm Walmart</p>
<p><b>19</b> 8:30am Coffee Hr. 10:00am Poker 10:00am Cardio Drumming 11:00am High Level Cardio Drumming 11:00am Scrabble 12pm Lunch 1pm Bridge 1pm Holiday Musical BINGO</p>	<p><b>20</b> 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie: Dolly Parton's Christmas on the Square</p>	<p><b>21</b> 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30 pm Charcuterie Board Class</p>	<p><b>22</b> 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Jingle All The Way BINGO Footcare (by apt)</p>	<p><b>23</b>  <b>Senior Center is Closed Happy Holidays!</b></p>
<p><b>26</b>  <b>Senior Center is Closed Happy Holidays!</b></p>	<p><b>27</b> 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p><b>28</b> 8:30am Coffee Hr 9:30am Special Shop 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p><b>29</b> 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO</p>	<p><b>30</b> 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm New Year's Eve Party 1pm Wii Bowl 1:30 pm Walmart  <b>No CW Lunch</b></p>

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## General Information

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

**\*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](mailto:ghla@ghla.org).

**National Elder Fraud Hotline**

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

**The Office of the Healthcare Advocate (OHA)**

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

You can contact OHA for assistance with inquiries involving :

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

**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](http://HartfordHealthCare.org/VirtualClasses)**  
*After you register, you'll receive an email with easy instructions on joining the virtual class.*

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## Monthly Meetings

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### COMMISSION FOR THE AGING MEETING

NEXT MEETING: MONDAY, JANUARY 23 AT 5:00 PM

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 meetings.

### MOBILE FOODSHARE

at Sacred Heart Church, 48 Cottage Street, East Berlin

Bus Transportation is available if needed (except for 12/23).

PLEASE NOTE TIME CHANGE: Every other Friday 12:00 to 12:30 PM  
for the following dates:

**December 9 & 23rd**

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

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## Donations

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The Berlin Senior Center accepts monetary and item donations. Each month the Senior Center recognizes our donors. The monetary donations are deposited in our Senior Center Agency Fund with the Town's Finance Dept. The funds are used for programs/items needed at the Center. You may specify what you would like the donation used for, such as transportation, programs, food for an event, etc. If you have any other questions please contact Tina at 828-7006.

### Donor's Name



**Cynthia Peterson**

**James McNeil**

**Paul Dombrowski**



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## Berlin-Peck Memorial Library Monthly Events

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**Gingerbread House Contest and Display:** December 17-23. Visit website for details.

**Spice Kit: Spice It Up! Anise.** While supplies last. Place holds beginning 12/1. Pickup of spice and recipes begins on 12/14.

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

**Holiday Décor Swap: Saturday, Dec. 3 from 11 am -1 pm** (drop-off Friday, Dec. 2, 1 pm - 4:30 pm). Looking to give some of your holiday décor a new home. Those who donate items on Friday from 1 -4:30 pm will receive a ticket which allows them to attend the EARLY BIRD shopping hours for the swap on Saturday from 10-11 am. Friday will be a drop-off only day, no swapping will be permitted. Visit library website for more details.

**A Night of Hygge: Monday, Dec. 5 @ 6:30 pm.** The Holiday season can be a joyous yet stressful time for many. Join us for a night of Hygge and learn how to create a warm, cozy atmosphere to help boost your well-being throughout the winter. Enjoy a hot chocolate station, treats, make a giant paper snowflake, and a candle to bring home. Feel free to wear your comfiest clothes! This event is sponsored by a partnership between the Berlin-Peck Memorial Library and Berlin Social Services (Anchored in Wellness series). Registration required.

**Make & Take: Shampoo Bars and Homemade Soap: Thursday, Dec. 8 @ 6:30 pm.** Learn about the benefits of natural shampoo bars and soaps and make a simple shampoo bar and a Lemon Poppy Seed Soap using all natural ingredients. All supplies provided. To allow for dry time, patrons will need to return to pick up the finished soap. Registration required. Cancellation policy applies.

**Movie Matinee: *Love the Coopers*: Friday, Dec. 9 @ 1 pm.** Rated PG-13. 1 hour, 47 minutes. Starring Diane Keaton.

**Owls of Connecticut: Monday, Dec. 12 @ 6:30 pm.** Presented by Jay Kaplan, Director of Roaring Brook Nature Center. Register.

**Senior Center Book Club: Wednesday, Dec. 14 @ 1:30 pm.** Join us at the Berlin Senior Center for a discussion of *Love and Saffron* by Kim Fay. Contact the library for a copy of the book.

**Movie Matinee: *The Family Stone*: Friday, Dec. 16 @ 1 pm.** PG-13. Runtime: 1hour, 43 minutes.

**Saturday Book Club: Saturday, Dec. 17 @ 10:30 am.** Join us for a discussion of *Small Things Like These* by Claire Keegan. Please contact the library for a copy of the book.

**Dementia Caregiver Support Group: Monday, Dec. 19 @1 pm.** This event will now be offered as hybrid: join in-person or online. RSVP Patty O'Brian, CDP, Dementia Specialist, Hartford HealthCare Center for Healthy Aging: 203-859-1992. Sponsored by Hartford HealthCare Center for Healthy Aging & Alzheimer's Association.

Register for all events at [www.berlinpeck.org](http://www.berlinpeck.org)

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## Nutrition

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### Coffee Hour



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

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## Town Department News

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### Berlin Police Department

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

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

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

### Berlin Social and Youth Services

**Energy Assistance Program** We are taking appointments for Energy Assistance applications for those seniors 60 yrs. and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE). We will start taking applications for Electric and Gas customers starting late November. Appointments are scheduled from 9-3pm on Thursdays at The Berlin Senior Center. Those residents under the age of 60 yrs. old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Annual Income guidelines (for households whose heat is not included in their rent) are:

One Person Household – Income cannot exceed \$ 39,761

Two Person Household – Income cannot exceed \$ 51,996

No Liquid Asset Test

Please call Victoria at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment. - Bank statements needed to prove SSD/SSI/Social security benefits or child support.

- 1099 or Stub is required for Pension.

- Household will be required to document their income from either the previous thirty days or four consecutive weeks anytime in the last three months prior to the date of application.

## Word Search



# Winter Word Search

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

hotchocolate

blizzard

icicle

snow

Winter



snowflake

skating

boots

icy

cold



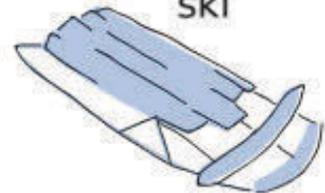
snowball

snowman

chilly

toboggan

plow



freezing

shovel

scarf

mittens

ski



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## Movies

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For the movie program, popcorn and water will be served. There is no charge for the program.

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

### Tuesday, December 20th at 1:00 PM ~ Dolly Parton's Christmas on the Square

An embittered scrooge of a woman plans to sell her small town, regardless of the consequences to the people who live there. However, a kindhearted angel arrives and shows her what would happen before she mends her ways and redeems herself.



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## Specialty Trips

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### LUNCH BUNCH" TRIP

There will be no Lunch Bunch during the winter months.  
We will resume in the spring!

### SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to **West Side Market in Rocky Hill on Wednesday, December 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. We will start taking reservations up to a week in advance. Please call the center at (860) 828-7006 by 3:00 PM by Tuesday December 27 to make your reservation.

Please do not leave any reservations on the answering machine.