



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
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

JANUARY 2023

Greetings from the Director:

Happy New Year! The new year gives you a clean slate. A chance to make a commitment to making changes in your life. Whether you decide to have more fun or improve your health or to meet new people we can help you. Take a look through the newsletter—an exercise class if it's your health you're looking to improve, or coffee hour or lunch if you want to meet new people or educational seminar. The programs are low cost or no cost to you. It's close to home and you'll always meet wonderful people at our Center.

The Senior Center will be closed Monday, January 2nd for the New Year's Holiday and Monday, January 16th for Martin Luther King Day.

INCLEMENT WEATHER –SENIOR CENTER CLOSING

Please listen to television stations WVIT NBC 30, WFSB 3 and WTIC 1080 AM for all Senior Center cancellations, delays and closings. When the Berlin Public Schools close due to snow we have **no** transportation, **no** meals and usually **no** classes. But as town employees we are expected report to work and keep the Center open. If unsure of a cancellation please call the Senior Center before leaving your home.

May the new year bless you with health, wealth, and happiness.

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

Quality Living  Affordable Price
The Bradley Home
and Pavilion
Meriden, CT 06451
(203) 235-5716
www.thebradleyhome.org

We're here for you.
Residential Living • Assisted Living
Memory Support • Skilled Care
Rehabilitation Services

Cromwell, CT • CovLivingCromwell.org

Caring Service with a Gentle Hand
Berlin Memorial
Funeral Home Inc.
 Carolyn Audett Smith, Owner
96 Main St., Kensington, CT
860-828-4730
BRLNMEM@aol.com
www.BerlinMemorialFuneralHome.com

JOHN'S HAIR
DESIGN, LLC
928 Farmington Ave.
Kensington, CT 06037
Michelle Fetterman, Owner
860-828-8786
Closed Mondays
Gift Cards Available

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!
CONTACT ME Bill Humphreys
bhumphreys@lpicommunities.com • (800) 477-4574 x6634


Michael Castro
Licensed Sales Agent
106 Scenic Dr., Berlin, CT 06037
860-539-2302 - mscastroinsurance@gmail.com
www.myuhcagent.com/michael.castro

RE/MAX
RE/MAX RIGHT CHOICE

MJ AGOSTINI
REAL ESTATE
36 Years of real estate experience
selling over 2000 homes
Cell 860-995-9665
Mary Jean Agostini
mj@mjagostini.com
www.mjagostini.com
8607887110
1195 Farmington Ave. Berlin, Ct 06037

Berlin VNA

Your Local Homecare Agency
240 Kensington Road,
Ph: 860-828-7030
www.town.berlin.ct.us
Our Goal is to keep you Home!

From The Heart Home Care LLC
PCA - HOMEMAKER - COMPANION
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.
 **Hourly • Daily • Overnight • 24 hr live-ins • Accepting title 19**
ALSO WORKS WITH STATE OF CONNECTICUT
860-882-4623 www.FromTheHeartHomeCare.org
300 New Britain Rd., Suite 1B, Berlin, CT • Reg. Number HCA. 0000796

Transportation Continued...

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.

Energy Assistance

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), Electric, and Gas. 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.

Special Events

“Beat the Winter Blues” Party ~ Friday, January 13th at 1:00 PM

Come beat those winter blues with some lively music and fun eats with us on **Friday, January 13th at 1:00 PM!** The Willie and Jan Band will be here to entertain us; they are versatile and experienced entertainers who perform a wide variety of music, including popular songs from the 50s, 60s and 70s, Country, Folk, Rock ‘n Roll, as well as Willie’s originals and selections from the American Songbook. They both sing and play guitar and are popular for their well crafted harmonies. **Sign up begins Tuesday, January 3rd.**

Lunch & Learns!

Learn About: Saint Francis Hospital LifeLine ~ Wednesday, January 18th at 12:00 PM

Peter Maxwell of St. Francis Hospital and Medical Center will be here on **Wednesday, Jan 18th at 12:00 PM** to tell you about their Lifeline Program, located on the Mount Sinai Campus. They are a 24 hour monitoring site that provides assistance anytime of the day or night, giving their subscribers and their families assurance that help will be there if and when it is needed. A simple push of a button connects the subscriber with trained personnel who will identify their needs and dispatch the appropriate help. Pizza will be served. Please sign up by **Monday, January 16th if you would like lunch. Sign up begins Tuesday, January 3rd.**

Learn About: Seasonal Affective Disorder ~ Wednesday, January 25th at 12:00 PM

Feeling SAD and don't know why? Seasonal Affective Disorder, commonly known as *SAD*, is more than just the "Winter Blues." SAD is a real type of depression that is associated with the change of seasons. Heather Hitchcock, Community Education Manager for Bristol Behavioral Health, will discuss causes, preventative measures for, signs and symptoms of, and available treatments for SAD on **Wednesday, January 25th at 12:00 PM.** A bagged lunch of either a turkey or tuna sandwich, chips, a cookie, and bottled water will be provided. Please indicate which sandwich you'd like at sign up. Sponsored by Maple View Health and Rehab. **Sign up beginning Tuesday, January 3rd. If you would like a bagged lunch, please sign up by Friday, January 20th.**

Trivia with Rho Kappa ~ Wednesday, February 1st at 1:00 PM

Members of the Berlin High School Chapter of Rho Kappa, a national social studies honor society, will present a trivia event for senior members of the Berlin community. Emphasizing history, entertainment, music, and sports, among other topics, trivia questions will focus on multiple decades all the way to contemporary times. Join us for an afternoon of friendly competition and community connection on **Wednesday, February 1st at 1:00 PM. Sign up begins Tuesday, January 3rd.**

Coming Up...

Tai chi with Jennifer ~

Mondays March 20, 27, April 3 and 10 at 10:00 AM at The Berlin Community Center.

Join this 4 week series to experience the benefits of Tai Chi – a gentle Chinese martial art that supports balance, flexibility, range of motion and calm strength. During this series, you will be guided by Jennifer Hirschberg-Wise, OTR/L, CLT, Founder of Radiant Journey LLC, Occupational Therapy & Integrative Wellness who is skilled in modifying the practice to allow safe and comfortable access to the form. The practice can be completed seated or standing.

This class will take place at the Berlin Community Center, located at 230 Kensington Road. There is a minimum of 15 students required to run this class. Cost: \$5 per person per class payable at sign up. Sign up beginning Tuesday, January 3rd.

Monthly Activities



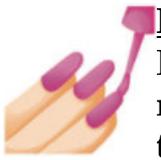
Tech Help ~ Mondays 1 PM to 3 PM By Appointment ~ Do you have an electronic device that you are having trouble with, or want to learn how you can get more use out of it? Victoria, our Assistant Director, is here to answer your questions about your laptop, smart phone, tablet, and/or kindle!

Please call to set up an appointment and come ready with questions.

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

Special Bingo! Thursday, January 19th at 1PM

Ledgecrest will be sponsoring on **Thursday, January 19th at 1:00 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.



Ladies Free Manicures ~ Wednesday, January 11th from 9—12pm -

Rosanna D'Anna from Amberwoods of Farmington will be back to give "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins will be taken. **Sign up begins**

Tuesday, January 3rd.

Suspension of Bus Fares Statewide Continues Through March 31, 2023

The Connecticut Department of Transportation (CTDOT) announced that all public transit buses will be fare-free across Connecticut through March 31, 2023. A previous policy signed by Governor Lamont made buses fare free from April 1, 2022 through June 30, 2022, but that was extended to December 1st in a budget passed by the legislature and signed by the Governor on May 9, 2022. The legislature held a special session on November 28, 2022 which passed a bill to continue the fare free program, this bill was signed by the Governor on November 29th, 2022. Free services include all CTtransit local buses statewide, CTtransit Express and CTfastrak services. ADA Paratransit is also fare free statewide through March 31, 2023.

Get free at-home COVID-19 tests this winter

Every U.S. household is eligible to order **4 free at-home** COVID-19 tests. Visit www.covid.gov/tests to order free at-home tests. Need help placing an order for your at-home tests?

Senior Center Book Discussion

Will resume in March!

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!

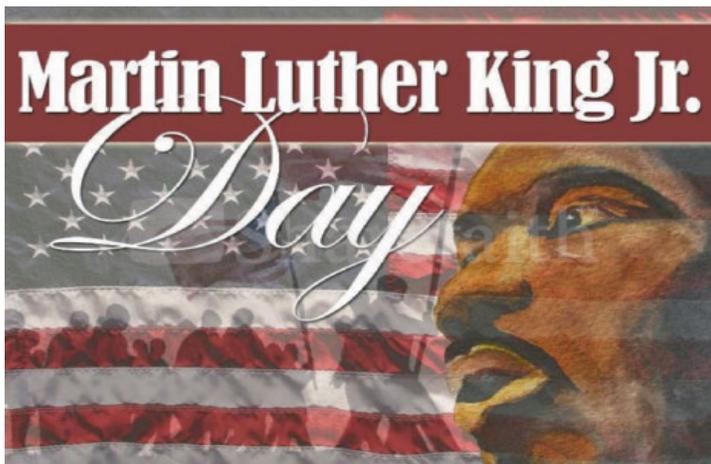
Weekly Classes

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.

***NEW TIME* BINGO**—Every Thursday @ 1:30PM.

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 January 6 and 20th @ 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, January 12th and 26th.** Services are provided by Jessica Semmens, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$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, January 3	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, January 10	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, January 17	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, January 24	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, January 31	10:30 AM ~ 11:30 AM	Blood Pressure Screening

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. Appointments will be available Thursdays at the Senior Center and Tuesday afternoons at the Library. Like last year, Taxpayers will need to pick-up and complete the intake booklet PRIOR to their scheduled appointment. Booklets can be obtained from either the Senior Center or the Library. A separate appointment will be required for each tax year to be completed. We will begin scheduling January 9th, so please do not call for an appointment before then. Berlin Senior Center: (860) 828-7006, Berlin-Peck Memorial Library: (860)828-7125.

We're glad to be open again this tax season and look forward to seeing our clients!

Congregate Meals



CW Solutions Senior Community Café

1% or Skim milk provided
Margarine available

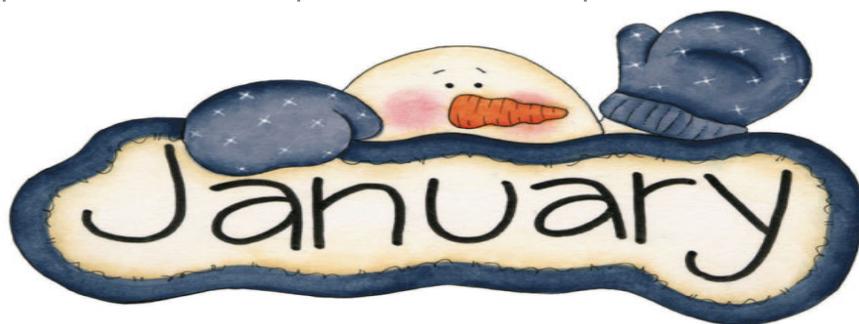
JANUARY, 2023

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NEW YEAR'S HOLIDAY CLOSED ²</p>	<p>Apple Juice Chicken Fajita with Peppers and Onions Yellow Rice Fiesta Corn with Black Beans Whole Wheat Tortilla Lemon Pudding ³</p>	<p>Mushroom Barley Soup Unsalted Crackers Butter Crumb Fish with Dill Sauce Buttered, Parslied Noodles Brussel Sprouts Whole Wheat Roll Banana ⁴</p>	<p>Pot Roas with LS Beef Gravy Oven Roasted Potatoes Spinach Happy Birthday 12 Grain Bread Birthday Cake ⁵</p>	<p>BBQ Pork Chop Sweet Potato Grear Beans Oatmeal Bread Ice Cream Cup ⁶</p>
<p>Sweet and Sour Meatballs Sesame Noodles Oriental Blend Vegetables 100% Whole Wheat Citrus Sections ⁹</p>	<p>Split Pea Soup Unsalted Crackers Crabcake Steak Fries Tomato and Zucchini Tartar Sauce Hamburger Bun Fresh Orange ¹⁰</p>	<p>Orange Juice Spaghetti with Plant Based Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing Garlic Bread Banana ¹¹</p>	<p>Pineapple Juice Roast Pork with Apples and Sauerkraut Seasoned Oven Potatoes Carrots Rye Bread Peanut Butter Cookies ¹²</p>	<p>MLK Day Special ¹³ Grape Juice Chicken Jambalaya Wild Rice Spinach with Sauteed Onions Corn Muffin Banana Cream Pie</p>
<p> CLOSED ¹⁶</p>	<p>Black Bean Soup Unsalted Crackers Pier 17 Fish Waffle Fries Cole Slaw Tartar Sauce Multigrain Bread Pineapple Chunks ¹⁷</p>	<p>Lazy Man's Stuffed Peppers with Brown Rice Broccoli Wheat Bread Brownie ¹⁸</p>	<p>Meatloaf with Onion Gravy Buttered Noodles Brussel Sprouts Rye Bread Tropical Fruit Cup ¹⁹</p>	<p>Orange Juice Turkey Pot Pie Garden Salad French Dressing Biscuit Oatmeal Raisin Cookies ²⁰</p>
<p>Orange Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli Oatmeal Bread Tapioca Pudding ²³</p>	<p>Beef and Bean Chili Mac Meadow Blend Veggies Corn Bread Fresh Orange ²⁴</p>	<p>Cream of Broccoli Soup Unsalted Crackers Veggie Bean Burger Sweet Potatoes Creamy Spinach 100% Whole Wheat Bun Applesauce ²⁵</p>	<p>Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread Tropical Fruit Cup ²⁶</p>	<p>Winter Picnic ²⁷ BBQ Chicken Potato Salad Braised Red Cabbage Dinner Roll Ambrosia</p>
<p>LS Turkey Kielbasa with Sauerkraut Pierogis Carrots Rye Bread Tangerine ³⁰</p>	<p>Cramy Chicken Strips with Red Peppers Egg Noodles Mixed Vegetables Oatmeal Bread Tropical Fruit Cup ³¹</p>	<p>A HAPPY NEW YEAR</p>		

JANUARY 2023

Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Center Closed</p> 	<p>3 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>4 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>5 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO</p>	<p>6 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12:00pm Foodshare 1pm Photography 1pm Wii Bowl</p>
<p>9 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 Tournament Begins 1-3pm Tech Help</p>	<p>10 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie</p>	<p>11 8:30am Coffee Hr 9am Ladies Free Manicures (by appt) 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>12 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO Footcare (by appt)</p>	<p>13 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm Lunch 1pm Wii Bowl 1pm Beat the Winter Blues Party 1:30 pm Walmart NO Photography</p>
<p>16 Senior Center Closed for Martin Luther King Jr. Day</p>	<p>17 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>18 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10:00am Cardio Drumming 12pm Lunch 12pm Lunch & Learn 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>19 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO</p>	<p>20 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12:00pm Foodshare 1pm Wii Bowl 1pm Photography</p>
<p>23 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 Setback 1-3pm Tech Help 5pm CFA meeting</p>	<p>24 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie</p>	<p>25 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>26 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO Footcare (by apt)</p>	<p>27 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm Lunch 1pm Wii Bowl NO Photography 1:30 pm Walmart</p>
<p>30 8:30am Coffee Hr. 10:00am Poker 10:00am Cardio 11:00am High Level Cardio Drumming 11:00am Scrabble 12pm Lunch 1pm Setback 1pm Bridge 1-3pm Tech Help</p>	<p>31 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</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

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, coverage 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, 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:

January 6th & 20th

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

James McNeil

Paul Dombrowolski

Bill Szetela



Berlin-Peck Memorial Library Monthly Events

Sit & Knit: Thursday, Jan. 5, 19 @ 6 pm and Thursday, Jan. 12, 26 @ 1 pm.

Movie Matinee: The Soloist: Friday, Jan. 6 @ 1 pm. PG-13. 1hour 57 minutes.

Organizing and Decluttering: Monday, Jan. 9 @ 6:30 pm. Amy Fredericksen, Professional Organizer, and owner of “All About Organizing” will share tips and ideas on how to declutter/organize your home for optimal mental and physical wellbeing. Register. This program is part of the Anchored in Wellness series from Berlin Social Services and the Berlin-Peck Memorial Library.

Meditation for People Who Can't Meditate (Online Program) Wednesday, Jan. 11 @ 6:30 pm. In this 45-minute workshop, Maggie Downie of Personal Euphoria, will explore many types of meditation--from tools to quiet the mind, mantra meditation, breathing techniques, imagery and even moving meditations- to broaden your relaxation toolkit. Register.

Communicating with your Primary Care Provider (Online Program) Thursday, Jan. 12 @ 10:30 am. Presented by the Central CT Health District .

Movie Matinee: Ticket to Paradise: Friday, Jan. 13@ 1 pm. PG-13. 1hour 44 minutes.

Book Discussion with Berlin Police Department: Tuesday, Jan. 17 @ 6:30 pm. Join Officer Aimee Krzykowski and Librarian Carrie Tyszka for a new quarterly book discussion series. January's discussion will be the book, *At the Edge of the Haight*, by Katherine Seligman. Contact the library for a copy of the book.

Make & Take: DIY Cat Toys: Thursday, Jan. 19 @ 6:30 pm. Make 3 different cat toys (a rattle ball, wand toy, and fabric spider) for a furry feline in your life or donate to Berlin Animal Control/FOBAC. All supplies provided. Register. Cancellation policy applies.

Movie Matinee: Strong Fathers, Strong Daughters: Friday, Jan. 20 @ 1 pm. TV-PG. 1 hour 34 minutes.

Saturday Book Club: Saturday, Jan. 21 @ 10:30 am. Join us for a discussion of *Migrations* by Charlotte McConaghy. Register.

The Value of Old and Rare Books with Ken Gloss (Online Program) Monday, Jan. 23 @ 6:30 pm.

Kenneth Gloss, rare book specialist and proprietor of Boston's Brattle Book Shop, will discuss the value of old and rare books. He will show some of his favorite finds and explain how he appraises books and manuscripts. Following the talk, Ken will give free verbal appraisals of books participants have submitted beforehand.

The Unknown Schubert (Online Program) Tuesday, Jan. 24, 6:30 pm. Today Franz Peter Schubert is one of the most celebrated names in music history. This was not the case during his lifetime. Music historian Jeffrey Engel will detail the long history of Schubert's ascent and play excerpts from several of his compositions.

Movie Matinee: Coach Carter : Friday, Jan. 27 @ 1 pm. Rated PG-13. 2 hours 16 minutes.

Ancestors Road Show: Saturday, Jan. 28, 10:30 am- 2:30 pm. If you are stumped on your family research, sign up for a free session with the experts. The CT Professional Genealogists Council will be providing one-on-one consultations to lead you in the right direction and help you uncover your ancestral history. 25-minute time slots are available. To register for a time slot and receive a preliminary questionnaire, call 860-828-7126.

Cookbook Club: Monday, Jan. 30 @ 6:30 pm. Pick a recipe from *Smitten Kitchen Keepers*, make the dish on your own, and then gather for a feast. While you eat, you can discuss the cookbook, its recipes, etc. Visit the library in January to view the cookbook/pick a recipe.

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.

Town Department News

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. 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 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.

Happy New Year!



AULD LANG SYNE

BABY

BALL

BALLOONS

CALENDAR

CELEBRATION

CHAMPAGNE

CLOCK

CONFETTI

COUNTDOWN

DANCING

DECEMBER

EVE

FATHER TIME

FIRECRACKER

FIRST

FLUTE

GAMES

GOWN

HAPPY

HAT

HOURGLASS

INVITATION

JANUARY

KISS

MIDNIGHT

MUSIC

NOISE MAKER

PARTY

RESOLUTION

SPARKLER

STREAMER

TIMES SQUARE

TOAST

TRADITION

TUXEDO

VOW

YEAR



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.

YOUR GUIDING LIGHT TO
MEDICARE COVERAGE SOLUTIONS

Call Today for Your Review!
800-378-2585

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

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502



The New Us = The New You

**TOURS DAILY
ASK FOR WENDY**



860-223-3617

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

Short Term Rehab · Long Term Care · Memory Care

www.grandviewrehab.com

55 Grand St · New Britain

Across the street from HOCC



**Our Mission Is To Bring
Purpose, Meaning and Joy
to the life of others**

We are donating 1 hour art craft
classes to provide:

- Socialization
- Mental Engagement
- Coordination Activities
- Fun Interactions

Don't miss a chance to enjoy these
awesome **FREE** classes and our sweet
delicious Polish treats!



Please contact us for more information!

beata@homecare4u.com, (860) 829 - 0208

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



THRIVE LOCALLY

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Berlin Senior Center, Berlin, CT

06-5282

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, January 10th at 1:00 PM ~ Matilda The Musical

An adaptation of the Tony and Olivier award-winning musical. Matilda tells the story of an extraordinary girl who, armed with a sharp mind and a vivid imagination, dares to take a stand to change her story with miraculous results.

Tuesday, January 24th at 1:00 PM ~What We Leave Behind

After a lifetime of bus rides to the US to visit his children, Julián quietly starts building a house in rural Mexico. In filming his work, his granddaughter crafts a personal and poetic love letter to him and his homeland.



Specialty Trips

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 **HomeGoods in Southington** on **Wednesday, January 25th**. 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, January 24th to make your reservation. Please **do not** leave any reservations on the answering machine.