



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

MARCH 2023

Greetings from the Director,

I know we are all hoping for Spring to get here quickly before we get anymore snow. We were so lucky to have such a wild winter. March 20th is the first day of spring. So we are almost there. Hopefully it will bring the warmer climate and the beautiful spring flowers.

Just a reminder—Energy Assistance applications are still being taken. You have until April 30th to apply. .

"Free" Tax Aide will continue at the Center on Thursdays from 9AM to 2:30PM until April 13th or when all our appointments are full. If you need an appointment for either programs please call the Center.

We have a member who is looking to start a Backgammon Drop In group. If anyone is interested in joining this group please contact myself or Victoria.

"May you always have...

Walls for the winds,

A roof for the rain,

Tea beside the fire,

Laughter to cheer you,

Those you love near you And all your heart might desire."

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

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 **Carolyn Audett Smith, Owner**
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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
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CONTACT ME Spiro Maniotis

smaniotis@4LPi.com • (800) 950-9952 x2401

 **United Healthcare**

Michael Castro
Licensed Sales Agent

106 Scenic Dr., Berlin, CT 06037

860-539-2302 - mcastroinsurance@gmail.com
www.myuhcagent.com/michael.castro

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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!

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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

Cutting The Cord From Cable

Friday, March 10th at 1:00 PM

Instead of overpaying for a massive selection of channels you never watch, discover how easy it is to choose the services you want using an internet connection. In this session Elizabeth Morin, librarian, will discuss with you the basics of getting connected, services, equipment, and how to save money! She has presented Cut the Cord for many groups! Questions are welcomed during the presentation. **Sign up has begun.**

Coin Program

Tuesday, March 14th at 1:00 PM

Blair Soucy has been collecting coins for over 50 years and is a professional coin dealer. He is also the President of the Litchfield County Coin Club and Vice President of the Bristol, CT Coin Club. He is also an American Numismatic Association life member. Blair is coming back to the Center on **Tuesday, March 14th at 1:00 PM** to talk about the hobby of coin collecting, the U.S. Mint, the gold and silver bullion market and provide a general overview of coin and currency collecting. You are encouraged to bring any coins or currency for Blair to look at. **Sign up begins Wednesday, March 1st.**

Scam Awareness

Wednesday, March 15th at 1:00 PM

K9 Officer Brandon Lagueux #258, Training Officer and Community Relations Coordinator will be here on **Wednesday, March 15th at 1:00 PM** to discuss scams. Specifically he will be making you aware of current scams that the Berlin PD have investigated recently. **Sign up begins Wednesday, March 1st.**

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.** Cost: \$5 per person per class payable at sign up. **Sign up is still being taken.**

St. Patrick's Day Celebration with Tom Callihan

Tuesday, March 21 at 1:00 PM

Join us on **Tuesday, March 21 at 1:00 PM** for a St. Patrick's Day Celebration! We will be entertained by Tom Callinan of Crackerbarrel Entertainments, Connecticut's first Official State Troubadour, who will be performing an array of Irish melodies. After his performance, you will enjoy delicious refreshments. **Sign up begins Wednesday, March 1st.**

John's Scuba Diving Adventures

There is more to John Silliman than being a licensed agent for Aetna. Outside of his day job helping folks better understand their Medicare options, he lives an adventurous life! He will be here on **Wednesday, March 29th at 1:00 PM** to share with you exciting stories and photos from his scuba diving adventures over the years. You won't want to miss this! **Sign up begins Wednesday, March 1st.**

Healthy Brain Series

Fridays, April 7th, May 19th, and June 30th at 1:00 PM

Presented by **Patty O'Brian, Dementia Specialist** with Hartford Healthcare Center for Healthy Aging
April 7th ~ Brain Health: What Can I do?

This presentation aims to provide a foundation for educating individuals about brain health, including ways to promote healthy aging and reduce potential threats to brain health.

Sign up begins Wednesday, March 1st.

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 schedule an appointment and come ready with questions.**

Ladies' Free Manicures ~ Wednesday, March 8th from 9—12pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "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 Wednesday, March 1st.**



Special BINGO! Thursday, March 16th at 1:30 PM

Ledgecrest will be sponsoring on **Thursday, March 16th at 1:30 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

Craft Class ~ Friday, March 17th at 1:00 PM— Rosanna D'Anna from Amberwoods of Farmington will be leading a fun craft on **Friday, March 17th at 1:00 PM**. **Sign up begins Wednesday, March 1st.**

Special BINGO! Thursday, March 23rd at 1:30 PM

Amberwoods of Farmington will be sponsoring on **Thursday, March 23rd at 1:30 PM**. They will be providing prizes and a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

Bridging the Digital Divide

A collaboration between the Department of Aging & Disability Services (ADS) - State Unit on Aging & the CT Tech Act Project (CTTAP). This 2-year pilot program allows them to have a full-time *Digital Divide Coordinator (DDC)* at two of their community Assistive Technology Centers (aka "AT" Partner agencies): the NEAT Center at Oak Hill & UCP of Eastern CT. Their goal is to help bridge the digital divide by providing one-on-one or group services to adults with disabilities (18 and older) and aging adults (60 and older).

Read More Here:www.CTtechact.com/bridging-divide

Medicare and Medicaid Now Fully Cover Preventive Vaccines
Click here to read more

Senior Center Book Discussion

Senior Center Book Club: Wednesday, March 8th @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *Dutch House* by Ann Patchett. 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



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.

CANASTA—Every Wednesday afternoon at 1:00 PM. All level s 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 *WILL RESUME APRIL 7* –

Meets Fridays @ 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 or Victoria.

Health Services

Footcare Program (By Appointment Only)

We are still in the process of trying to find a footcare nurse. We will let you know once we have someone to replace our previous footcare nurse.

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, March 7	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, March 14	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, March 21	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, March 28	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. Please call Berlin Senior Center: (860) 828-7006 to schedule an appointment. We're glad to be open again this tax season and look forward to seeing our clients!

Inclement Weather-Senior Center Status

The Center does not close when the schools close due to inclement weather. The only thing that follows the school delays or closings is our transportation. We post all cancellations and closings on Channel 3 and 30 and on WTIC 1080. You can always call the Center if you have any questions about the Center being closed or programs/classes being canceled.



Congregate Meals

CW Solutions Senior Community Café

Call Doretha To Order
860-921-4320



March Menu, 2023



1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$ 2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Want to join us for lunch? Come on in or Give us a call at Our Café Manager is available Monday through Friday from 10:00am to 1:00pm. All reservations must be made 2 business days in advance by 10:30 am. Monday? Register for Wednesday Tuesday? Register for Thursday Wednesday? Register for Friday Thursday? Register for Monday and Tuesday</p>				
<p>6 Oven Roasted Sliced Turkey with LS Turkey Gravy Stuffing Carrots Cranberry Sauce Multi Grain Bread Tangerine</p>	<p>7 Stuffed Shells Florentine Sauce Romaine Salad Italian Dressing Garlic Bread Applesauce</p>	<p>8 Eggplant Ziti Broccoli Garlic Bread Fresh Pear</p>	<p>2 Orange Juice Beef Stew over Brown Rice Green Beans W.W. Dinner Roll Cookies</p>	<p>3 NE Clam Chowder Oyster Crackers Fish Sweet Potato Fries Spinach and Kale Rye Bread Brownie</p>
<p>13 BBQ Pork Riblet with BBQ Sauce Baked Beans Coleslaw Hamburger Roll Applesauce</p>	<p>14 Bruschetta Chicken Buttered Shells Brussel Sprouts 12 Grain Bread Pear Cup</p>	<p>15 Mushroom Barley Soup Unsalted Crackers Salisbury Steak Mashed Potatoes Peas and Pearl Onions Dinner Roll Banana</p>	<p>16 Pineapple Juice Sloppy Joe Mashed Potato Corn Hamburger Bun Pineapple Chunks</p>	<p>10 Tomato Florentine Soup Unsalted Crackers Macaroni and Cheese Brussel Sprouts Whole Wheat Roll Chocolate Chip Cookies</p>
<p>20 Chicken Marsala Buttered Shells Sautéed Spinach and Garlic Wheat Bread Citrus Sections</p>	<p>21 Cheeseburger Tater Tots Mixed Vegetables W.W. Hamburger Bun Mango Salad</p>	<p>22 Homemade Meatloaf with LS Beef Gravy Baked Potato Capri Blend Veggies Dinner Roll Banana</p>	<p>23 Pineapple Orange Juice Turkey Dumpling Stew Green Beans Biscuit Chocolate Chip Cookies</p>	<p>17 St. Patrick's Day Grape Juice Corned Beef Cabbage Carrots and Potatoes Mustard  Rye Bread St. Patrick's Poke Cake</p>
<p>27 Knockwurst with Apples and Sauerkraut Potato Pancake Broccoli Hot Dog Bun Sliced Pears with Whipped Topping</p>	<p>28 Shells with Meatsauce Italian Blend Veggies Garlic Bread Applesauce</p>	<p>29 Mild Coconut Curry Chicken Jasmine Rice Green Beans Naan Bread Fresh Orange</p>	<p>30 Grape Juice Sweet and Sour Pork Loin Fried Rice Stir Fry Veggies Fortune Cookie Roll Angel Food Cake with Strawberries</p>	<p>24 Cream of Broccoli and Cheese Soup Unsalted Crackers Butter Crunch Fish Fried Rice Stir Fry Veggies Multigrain Bread Pineapple Chunks</p>
				<p>31 Potato Leek Soup Unsalted Crackers Seafood Salad Lettuce and Tomato Pasta Primavera Hot Dog Roll Banana</p>

MARCH 2023				Events
Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	2 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO Tax Aide (by appt)	3 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl
6 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help	7 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie	8 8:30am Coffee Hr 9am Free Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Book Club	9 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch Tax Aide (by appt) 1:30pm BINGO	10 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 1pm Wii Bowl 1:00pm Cutting The Cord from Cable 1:30 pm Walmart
13 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help	14 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Coin Program	15 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Scam Awareness	16 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO Tax Aide (by appt)	17 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1pm Craft Class
20 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 10am Tai Chi 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help 5pm CFA meeting	21 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm St. Patrick's Day Celebration	22 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	23 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO Tax Aide (by appt)	24 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 1pm Wii Bowl 1:30 pm Walmart
27 8:30am Coffee Hr. 10am Poker 10am Cardio 10am Tai Chi 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Setback 1pm Bridge 1-3pm Tech Help	28 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie	29 8:30am Coffee Hr 9:30am Special Shop 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm John's Scuba Diving Adventures	30 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO Footcare (by apt) Tax Aide (by appt)	31 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl

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

HHC Alzheimer's and Dementia Caregiver Virtual Support Group

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

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

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

Monthly Meetings

COMMISSION FOR THE AGING MEETING
NEXT MEETING: MONDAY, MARCH 20TH 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.

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

March 3rd, 17th & 31st

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 Dobrowolski

Joan & Ruth Bentley

Diane & Gerald Kramer

(In Memory of Dee Knopf)



Berlin-Peck Memorial Library Monthly Events

Sit & Knit: Thursday, Mar. 2, 16 @ 6 pm, Mar. 9, 23, 30 @ 1 pm.

Courageous Conversations: Tips & Tricks: Thurs., Mar. 2 @ 6:30 pm. How do you respond when a someone starts talking about an issue, and their opinion is the exact opposite of yours? Learn how to engage in conversation, how to keep things respectful, and discuss why it matters.

Houseplants 101. Saturday, Mar. 4 @ 1pm. Stephanie Lutz from Fair Weather Growers will provide tips to help your houseplants throughout the year. This will be an interactive program: bring your questions!

Make and Take: Yarn Art: Thursday, Mar. 9 @ 6:30 pm. Learn the basics of yarn painting and create a simple piece of art. Register. Cancellation policy applies.

Courageous Conversations: Book Challenges: Sat., Mar. 11 @ 10:30 am. Though instances of book banning have always been a part of our history, there has been a significant increase in book challenges and removals from both school and public library collections in the past year. Join us for an open, respectful conversation about how we might balance parents' desires to protect their children, students' first amendment rights, the general public's right to information, and a library's obligation to provide a wide range of experiences and viewpoints. Please read the recommended articles before attending. Library staff will facilitate the conversations and ensure that all participants can share in the discussion.

Succession of Bloom in your Pollinator Garden: Thursday, Mar. 16 @ 7 pm. Presented by Nancy DuBrule-Clemente. Sponsored by Kensington Garden Club in partnership with the Berlin Land Trust.

Dementia Caregiver Support Group: Monday, Mar. 20 @ 1 pm. This event will be offered as hybrid: either in-person or online. RSVP to Patty O'Brian: 203-859-1992.

Breathwork: Monday, Mar. 20 @ 6:30 pm. Learn the practice of intentional breathing. These various breath patterns can help with anxiety, depression, developing a stronger immune system, and working through trauma. Presenter Charleen Miele will demonstrate several breath patterns and then guide participants in a short, breathwork practice.

Writing Effective Resumes and Cover Letters: Tuesday, Mar. 21 @ 6:30 pm. Are you looking to make a good impression with your resume and cover letter? Join Peter Bennett, Director of Career Services at Quinebaug Valley Community College, to learn how to craft a compelling resume and cover letter.

Reader's Retreat: Saturday, Mar. 25 @ 1 pm. Socialize with other readers in the community and get a sneak peek at the most anticipated new releases coming out this year! Refreshments will be served.

Cookbook Club: Monday, Mar. 27 @ 6:30 pm. Pick a recipe from *Cook This Book* by Molly Baz, make the dish on your own, and then gather for a feast.

Keys to a Successful Job Search Process: Monday, Mar. 28 @ 6:30 pm. Are you looking for a new job, but feeling overwhelmed by the job search process? Join Peter Bennett, Director of Career Services at Quinebaug Valley Community College, to learn the fundamentals of a successful job search.

Coming in April: a four week learn to knit class and a program on beekeeping!

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.

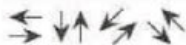
Word Search

St. Patrick's Day

Word Search Puzzle

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

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND





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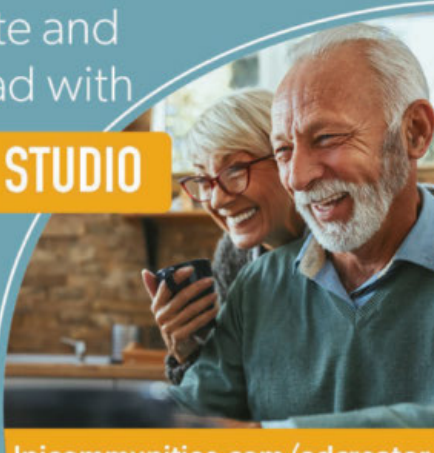
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Movies

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

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

Tuesday, March 7th ~ Leap Year (2010) ~ A chance encounter with a dashing Irish innkeeper upends an American woman's carefully planned trip to Dublin to propose to her boyfriend on February 29th. **Rated PG**

Tuesday, March 28 ~ Circle of Friends (1995) ~ At university in Dublin in 1957, awkward Benny (Minnie Driver) is introduced to handsome Jack (Chris O'Donnell), the son of a doctor who is unsure about following the family business. While Benny and Jack fall in love, Benny's old friend Nan (Saffron Burrows) is less fortunate. Nan wants to raise herself from her lower-class roots with a marriage, but her chosen man impregnates and abandons her. All three must grapple with conflicts between their physical desires and religious upbringings. **Rated PG-13**



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 **Boscov’s in Meriden on Wednesday, March 29th**. 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.