



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,
Berlin, CT 06037
Phone # (860) 828-7006
Fax: (860) 828-7116
Email: tdoyle@berlinct.gov

Staff

Director Tina Doyle
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen
Dinda
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
Kay Murray
Ann Gamelin
Roger Moss

BERLIN SENIOR CENTER LINES

NOVEMBER 2023

Greetings from the Director,

Tuesday, Nov 7th is Election Day! Please remember that we only have 3 polling sites in Berlin now ~ Griswold, Willard and Hubbard School. This year we will be offering rides to the polls for those individuals who do not drive. Please call the Center to make a reservation.

The Center will be celebrating our Veterans on Friday, November 10th at 8:30am with a breakfast. The breakfast is for veterans only. Please make sure you sign up.

Adjust your clocks Saturday night, November 4th! Daylight Saving Time ends on **Sunday, November 5th, 2023**, at 2:00 A.M. At this time, we “fall back” one hour.

Please note: The Senior Center is closed on Thanksgiving & Friday, Nov 23rd & Nov 24th. The staff at the Center would like to wish you and your families a Happy Thanksgiving!

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

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 860-58-4442.**

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 will be taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE) starting October 2nd. **The first day of appointments is Thursday, October 19th from 9-3pm.** Those residents under the age of 60 yrs old 60 please contact New Opportunities directly to set up an energy appointment at 203-235-0278. 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. We will start taking applications for Electric and Gas customers starting late November.

- 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

***RESCHEDULED* Aging Gracefully**

Wednesday, November 8th at 1:00 PM

Come to Learn how to “Age Gracefully” on **Wednesday, November 8th at 1:00 PM**. A doctor from Roba Physical Therapy will be here to discuss a variety of topics centered on aging. Sign up has already begun.

What is Diabetes?

Friday, November 10th at 1:00 PM

Lilian Swan, a nurse from Hartford Healthcare, will be here to discuss types of diabetes, what are risk factors for developing diabetes, and how to prevent and treat diabetes. She will also discuss resources that are available for managing diabetes. **Sign up begins Wednesday, November 1st.**

Identity Theft Workshop

Tuesday, November 14th at 1:00 PM

In this workshop, participants will: Learn how to identify the signs of identity theft and fraud, Examine different types of identity theft and fraud, Identify strategies to protect themselves from identity theft and fraud, Learn how to protect their data using safe habits. Presented by specialists at M&T bank. **Sign up begins Wednesday, November 1st.**

An Afternoon of Music

Wednesday, November 15th at 1:00 PM

Join us for an afternoon of entertainment by Paul Shlien, pianist and vocalist on **Wednesday, November 15th at 1:00 PM**. He plays popular oldies rock, movie hits, American classics and cotemporary classics. After Paul’s performance, enjoy some delicious pie. **Sign up begins Wednesday, November 1st.**

The A,B,C,D’s of Medicare

Wednesday, November 29th at 1:00 PM

Questions about Medicare? Confused by the seemingly endless choices and options? Turning 65 soon or already on Medicare? Have a loved one on Medicare who you want to help? Then this is the class for you. Presented by C. Roger Moss a licensed agent with Bankers Life and Berlin Resident for over 25 years. The topics to be covered will include: Medicare basics, updates and changes, differences between Medicare Advantage and Medicare Supplemental Plans and when you are eligible to enroll, and more. At the end of the session he will answer questions. **Sign up anytime.**

Trip to the Aqua Turf:

Holiday Classics with Downtown 6 Band!

Tuesday, December 12th

Featuring a sing-a-long from The Glamour Girls & Santa George & Mrs. Claus! This will be an afternoon filled with food, fun and music designed to get you in the Holiday Spirit! **Cost is \$52 per person. The bus will depart the center at 10:30 am and will return approximately 4:00 PM. Sign up begins Wednesday, November 1st. Payment is due at the time of registration.**

Monthly Activities

Tech Help ~ Tech help at the Senior Center is currently paused. The Berlin Peck Memorial Library can be used as a resource for help with your phone, tablet, laptop, etc. You may stop in for help or if it is a more complex issue please call to make an appointment: 860-828-7125.

Senior Center / Community Center Forum

Wednesday, November 1st at 1:00 PM

The Mayor will be at The Senior Center to speak about the proposed new Senior/Community Center. He will answer any questions residents might have. Now is the time to come out and voice your opinion! We encourage everyone to attend. **No sign up required.**

Ladies' Free Manicures ~ Wednesday, November 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. **Sign up are now being taken.**

Holiday Craft Class ~ Friday, November 17th at 1:00 PM

Our very own Lisa Salamon will be leading a holiday craft class **on Friday, November 17th at 1:00 PM. Sign up begins Wednesday, November 1st.**

Special BINGO! Thursday, November 9th at 1:30 PM

Our crafty knitting ladies will be sponsoring on **Thursday, November 9th at 1:30 PM.** They will be providing ice cream sandwiches for intermission. Our regularly scheduled games will be played. No sign up necessary.

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

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

Special "Turkey Bingo" ~ Wednesday, November 22nd at 1:00PM!

Come join us for our annual Thanksgiving bingo! Delicious Thanksgiving Day pies will be raffled off at the break. Regularly scheduled games will be played. No sign up is necessary.

Senior Center Book Discussion

Senior Center Book Club: Wednesday, November 8th @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *In Falling Snow* by Mary-Rose MacColl.

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.**

High-Intensity 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

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.

BINGO—Every Thursday @ 1:30PM.

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 12:45 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 – Meets the 1st and 3rd Friday of the month @ 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)

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 Wednesdays**

November 8th and 29th Services are provided by Carol Raza, 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.

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. The Berlin VNA is open for business. For more information about services please call the Berlin VNA at (860) 828-7030.

Tuesday, November 7th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 14th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 21st	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, November 28th	10:30 AM ~ 11:30 AM	Blood Pressure Screening

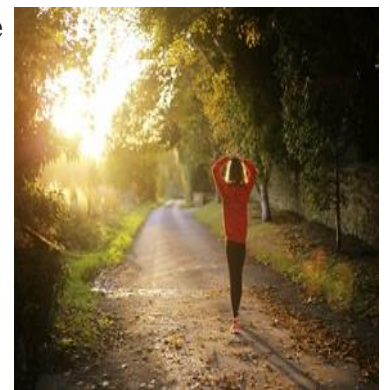
FREE Hearing Screenings!

Wednesday, November 29th from 1:00—3:00 PM

A specialist from Bristol Hearing aids will be here on **Wednesday, November 29th** providing FREE hearing screenings. Limited appointments available. **Sign up begins Wednesday, November 1st.**

Walking Club

Enjoy the outdoors with a little pep in your step! Walks will be scheduled every **Thursday at 10:00 AM**. You will be asked to meet at the chosen spot. You will meet at different parks and trails in and around Berlin. We will try to rate each park or trail beforehand so folks can determine if a specific walk is too difficult or too easy for them. As always you can walk for as long or as far as you like. Please wear proper foot attire and bring a water bottle to stay hydrated. Pre-registration is required.



Congregate Meals

RW Solutions Senior Community Café

To Order Call Doretha
860-921-4320








November Menu



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fish Filet Lemon Butter Sauce White Rice Spinach Multi Grain Bread Pineapple Chunks	2 Homemade Meatloaf with LS Brown Gravy Garlic Mashed Potatoes Carrots White Bread Birthday Cake	3 Vegetable Soup Unsalted Crackers Chicken Fricassee Sweet Potatoes Green Beans Whole Wheat Bread Orange
	6 Lasagna Rolette Meat Sauce Winter Blend Veggies Garlic Bread Mixed Fruit	7 Swedish Meatballs with Sour Cream Gravy Egg Noodles Scandinavian Blend Vegetables Wheat Roll Pineapple	8 Chicken and Dumplings Green Beans Mini Biscuit Mandarin Oranges	9 Veteran's Day Special Corn Chowder Unsalted Crackers Roast Pork with Pork Gravy Au Gratin Potatoes Brussel Sprouts 12 Grain Bread Warm Apple Crisp with Whipped Topping
13 Vegetable Chili with Shredded Cheese Brown Rice Cauliflower  Corn Muffin Applesauce	14 Taco Tuesday Taco Mix with Ground Beef Yellow Rice Fiesta Corn Shredded Lettuce Shredded Cheese Sour Cream and Salsa Tortilla Chips Pineapple Chunks	15 Thanksgiving Special Apple Cider Roast Turkey with Giblet Gravy Apple Stuffing Mashed Potato Butter Ginger Carrots Cranberry Sauce Dinner Roll  Pumpkin Pie	16 Fish Sandwich Sweet Potato Tots Cole Slaw Hamburger Bun Banana	17 Hamburger Potato Wedges Kale and Spinach WW Hamburger Roll Fruited Yogurt
20 Penne and Meatballs Italian Blend Veggies Garlic Bread Spiced Pears	21 Chicken Divan Mashed Potatoes Green Beans Mini Biscuits Tropical Fruit	22 Toscana Soup Unsalted Crackers Chicken Keilbasa Pierogies Cooked Cabbage Rye Bread Fresh Fruit	23 24 	
27 Shepard's Pie with a Side of Gravy Green Beans Multi Grain Bread Peaches	28 Mongolian Pork Chopette White Rice Stir Fried Veggies Whole Wheat Bread Fresh Pear	29 Grape Juice Chicken Stew with Black Beans & Diced Tomatoes Tuscan Blend Veggies Mini Biscuit Cookies	30 Tossed Salad French Dressing Salmon with Stuffing Dill Sauce Rice Florentine Peas & Carrots Oatmeal Bread Clementine	

The RW Solutions Senior Nutrition Program funded under Title III of the Older Americans Act through the Southwestern Southwestern Connecticut Area Agency on Aging

NOVEMBER 2023

Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Senior/Comm. Center Forum	2 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO Energy Asst. (by apt)	3 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1:30 pm Walmart
6 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback	7 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie Election Day!	8 8:30am Coffee Hr 9am Ladies Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Age Gracefully 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Book Club Footcare (by apt)	9 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO Energy Asst. (by apt)	10 8:30am Vet's Day Breakfast 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1pm Diabetes
13 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback	14 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Identity Theft Workshop	15 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Afternoon of Music	16 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO Energy Asst. (by apt)	17 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 11:30am Lunch Bunch 12pm Lunch 12:45pm Wii Bowl 1pm Photography 1pm Craft Class 1:30 pm Walmart
20 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tourn., 5pm CFA Meeting	21 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie	22 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Turkey BINGO		
27 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback	28 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	29 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30pm Special Shop 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Hearing Screens 1pm ABCD's of Medicare	30 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO Energy Asst. (by apt)	

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, NOVEMBER 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:

November 10th

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

Anonymous

Paul Dobrowolski

Stop & Shop Community Bag Program

Eileen Joseph

Proceeds from Sr. Ctr. Celebration Raffle

Joan & Ralph Borriello

Anonymous-Sponsorship of Shredded Event

In Memory of Lois Ustanowski

Dennis & Catherine Gavelek

Marilyn Vanty



Berlin-Peck Memorial Library Monthly Events

To register for online events, call 860-828-7126 or visit berlinpeck.org/events.

Behind the Bench: A Conversation with Two Superior Court Judges: Wednesday, November 1, 6:30 pm. Two CT Superior Court Judges will speak about how the courts work and how they impact our daily lives; their background; and the importance of the rule of law. Register.

Sit & Knit: Thursday, November 2 + 16, 6:00 pm and Thursday, November 9 + 30, 1:00 pm. Join us for knitting and good company.

Community Conversation: Imagine the Library (Online). Saturday, November 4 — 10:30 am to 11:30 am. Join us to provide ideas and feedback on the library. Register.

Makeup For The 50+ Crowd: Monday, November 6, 5:00–7:30 pm. REGISTRATION REQUIRED. Learn how to create a makeup style that compliments you!

The Last Full Measure of Devotion: Honoring Our Vets: Tuesday, November 7, 6:30 pm. Learn about the ways veterans have been recognized for their service, and how that recognition has changed over time. Register.

Happy Hips and Low Back: Wednesday, November 8, 6:30 pm. Learn exercises you can do yourself to help keep your hips and back healthy and strong so you can walk, run, golf, sit and generally be more comfortable in your own body. Register.

Sporting Events That Changed America: Monday, November 13, 6:30 pm. A fun, thought-provoking event for sports fans and history buffs! Register.

Book Discussion with the Berlin Police Department. Tuesday, November 14, 6:30 pm. Join Officer Aimee Krzykowski and Librarian Carrie Tyszka to discuss Craig & Fred: A Marine, a Stray Dog, and How they Rescued Each Other by Craig Grossi. Register.

Saturday Book Club: Saturday, November 18, 10:30 am. Join us for a discussion of I'm Glad My Mom Died by Jennette McCurdy. Contact the library for a copy of the book.

Adult Dementia Caregiver: Support Group. Monday, November 20, 1:00 pm. Join us to share practical info, feelings, needs and concerns. RSVP to Patty: 203-859-1992

New Britain Symphony Orchestra: Music Of The March. Tuesday, November 21, 6:30 pm. Featuring familiar marches by composers of every music genre, from Beethoven to Williams. Register.

Lawyers in Libraries: Free Legal Help Monday, November 27. 5:30 pm / 6:30 pm. REGISTRATION REQUIRED. Get free legal advice, including landlord/tenant, immigration law, family law, employment, consumer rights, personal injury.

Cookbook Club: Monday, November 27, 6:30 pm. This month's cookbook is Boards: Stylish Spreads for Casual Gatherings by Elle Simone Scott and Steve Klise from America's Test Kitchen. To participate, please register and let us know which dish you will bring. Then bring in your dish for a fun potluck! Register.

Coping with Holiday Stress: Tuesday, November 28, 6:30 pm. Prepare for the upcoming holiday season by learning stress management techniques, boundary setting, and effective communication. Register.

Make and Take: Coffee Filter Trees. Thursday, November 30, 6:30 pm. Create a beautiful winter scene out of simple supplies. **Registration required.**

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 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 at least 2 days before by 10 am (Monday and Tuesday meals need to be reserved by Thursday before by 10am) .** If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

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.

Thanksgiving Day

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

COLONY
CORNUCOPIA
CRANBERRIES
FALL
FAMILY
FEAST
GOBBLE
GRATITUDE
GRAVY
HARVEST
HOLIDAY
MAIZE
MAYFLOWER
MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
THURSDAY
TURKEY
WAMPANOAG
YAMS

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



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, November 7th at 1:00 PM ~ The Wiz (1978) ~ A shy Harlem schoolteacher makes an epic journey through a magical version of New York City in this musical inspired by "The Wonderful Wizard of Oz." Starring: Diana Ross, Michael Jackson, Nipsey Russell. **Rated G.**

Tuesday, November 21st at 1:00 PM ~ Hustle (2022) When a down-on-his-luck basketball scout finds a potential superstar in Spain, he sets out to prove they both have what it takes to make it in the NBA. Starring: Adam Sandler, Juancho Hernangómez, Queen Latifah **Rated R.**



Specialty Trips

“LUNCH BUNCH” TRIP

Each month the senior center organizes a “lunch bunch” trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This month will be to **Skyline Restaurant in Windsor Locks on Friday, November 17th.** The bus will leave the Senior Center at **11:30 AM.** We are limited to 12 people. **Sign up begins on Wednesday, November 1st.** You may sign up yourself and one other. Telephone signups will be taken after 12 Noon on the 1st.

If you went on last month’s trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP *NEW TIME*

Our Specialty Shopping Trip this month is to **Bimbo’s Bakery in Cromwell on Wednesday, November 29th.** We need a minimum of 3 riders for the trip to go. The bus driver will **start picking up at 12:30 PM.** The driver will decide as to how much 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 . Please **do not** leave any reservations on the answering machine.