



BERLIN SENIOR CENTER

BERLIN SENIOR CENTER LINES

June 2024

Center Information

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

Staff

Director Tina Doyle
Assistant Director. Sami Wnek
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen
Dinda, Kathy Moss
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
Kay Murray
Ann Gamelin
Roger Moss
Gerri Russell

Greetings from the Director,

Happy June! We have some wonderful programs scheduled for this month. Take a look and give us a call to sign up for the ones that interest you.

Happy Father's Day to all the Dads out there. We will be celebrating you with a Hot Dog Roast and Yard Games on Friday, June 7th at 11:30am. You don't want to miss it. Please call the Senior Center to sign up.

Donations Welcome! The Senior Center accepts monetary and item donations. The monetary donations are deposited into the Sr. Ctr. Agency Fund with the Town's Finance Dept. **A BIG Thank You to following donors:** Paul Dobrowolski (2), Cynthia Peterson (2), Stop & Shop Bloomin 4 Good Program, In Memory of Lois Ustanowski—Ann Gamelin & Audrey Zelek, (3) Anonymous, Elizabeth Goodrich, Joan Borriello, Timberlin Senior Mens Golf Association.

A BIG Thank You to our Monday & Tuesday Lunch Sponsors: (3) Anonymous, Vicki Griswold, Peter and Marcie Clarke, Jack Fazzino, Joseph L. & Denise B. Roberts, Arlene McGraw, Rose Rivera, Beve & Jerry Ruggiero, Ryan Malloy (Community Clippings) and In Memory of Chuck Warner—Cathy Lapollo, Chris & Sue Simeone, Larry & Terri Noyes & Family and Dan & Tina Doyle.

“Dads are the most ordinary men turned by love into heroes, adventurers, storytellers, and life long friends.”

Tina



Transportation

Senior Center Buses may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:00pm. *Service is curb to curb: Riders that require assistance getting to or from the curb should be accompanied by a companion who can provide such help. Driver may use their discretion to determine whether or not transportation will be provided in the event that safety is a factor. Personal modes of transportation must be able to be secured, both in the front and back of the unit. In the case of Scooters, passengers must be able to transfer to a seat on the bus. *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 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 2:00pm

Tuesday- Shop Rite-Cromwell 9am & 12pm

All other appointments & errands between 9am & 2:00pm

Thursday- All appointments & errands between 9am & 2:00pm

Kohl's 1:30pm (Last Thursday of the month)

Friday – Ocean State Job Lot 10am & Walmart 1:30pm

Food Share 12pm (Alternating weeks with Ocean State Job Lot & Walmart)

All other appointments & errands between 9am and 2:00pm

Regular Transportation Services are available for grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping in Berlin only.

24 business hours notice required.

Medical Appointment Transportation Services are available for appointments within our bus territory. **48 business hours notice required.** 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 doctor's address and time of appointment ready when calling to reserve a ride.

Reservations left on the Center's voicemail **will not be accepted.**

Please make sure that you are ready 1 hour before your bus reservation time. Drivers should not have to wait. **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.

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.** **DISCLAIMER:** Berlin Senior Ctr. is not affiliated with the above mentioned transportation program. If you have any issue with these organization, you must deal with the provider directly.

MOBILE FOODSHARE : **Friday, June 7th & 21st 12:00 PM** at Sacred Heart Church, 48 Cottage Street, East Berlin. Bus Transportation is available. **NO IDENTIFICATION OR PAPERWORK NEEDED**

LUNCH BUNCH TRIP ~ Each month the we organize a "lunch bunch" trip with the transportation provided by the Sr. Ctr. bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This month will be to **Lenny & Joe's on Friday, June 28th**. The bus will leave the Sr. Ctr. at **11:00AM**. Trip limited to 12 people. **Sign up begins on Wed, June 12th**. You may sign up yourself and one other. Telephone signups are taken after 12 Noon. If went on last month's trip you will need to wait until 12 Noon to sign up.

Services

Footcare Program (By Appointment Only) ~ The Berlin Senior Center offers low cost foot care for seniors provided by specially trained registered nurse, 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 860-828-7006 to schedule your appointment. **This month's program is scheduled for Tuesday, June 18th.**

Ladies' Free Manicures ~ **Wednesday, June 12th from 9:30- 12:30pm** - 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 will start on Wednesday, June 5th.**

Blood Pressure Screenings ~ The Berlin VNA will hold **FREE** Blood Pressure Screenings every Tuesday in June from 10:30-11:30 AM at the Berlin Senior Center in the Health Room. All clinics are "free of charge" and no appointment is necessary.

Catholic Charities Counseling Services ~ **Available at BSC on Wednesday, June 5th and Wednesday June 26th from 9am –12pm** If you find yourself needing some extra support, or someone to talk to, then make an appointment at 860-757-0845 with Leonilda Velez, Outreach and Support Worker with Catholic Charities. This is a free service.

General Information

Berlin Police Dept Senior Center Hours ~ **Thursday, June 20th from 9:00-11:00am**

Berlin Police Officer Maegen Musanti will be joining us at the Center once a month to meet and talk with folks. Stop in and say hello. No sign up necessary.

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. **Toll-free number: 1-866-466-4446 Email: Healthcare.advocate@ct.gov**

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.

Please Note: On Thursday, June 6th the Senior Center will be closing at 11:30am for a town staff appreciation event. There will be no lunch and transportation will end at 11:00am.

There will be **NO BINGO**. Bingo has been rescheduled to Wednesday, June 5th at 1:30pm.

Senior Center Activities & Event

Scam Safety ~ Tuesday, June, 4th at 1:00pm. Stay one step ahead of the bad guys by learning tips on how to stay safe from scams that are targeted at older adults. Presented by representatives from Bank of America. Please sign up at the front desk or by calling 860-828-7006.

Father's Day Hot Dog Roast & Yard Games ~ Friday, June 7th from 11:30-1:30pm. We are so grateful for dads and all that they do to enrich our lives. Dads, you are invited to a fun luncheon complete with hot dog roast w/ all the fixins, yard games, and a root beer float to top it all off! Please sign up at the front desk.

Al Ruggiero Presents- "Pearls from Carol" Book Talk ~ Monday, June 10th at 1:00pm. The book opens with a beautiful short essay about the emotions tied to the human experience like grief, love, and peace. Carol then walks us through the small aggravations and joys of life through her humorous lens- finding meaning in even the smallest of actions. When Carol passed, her loving husband, Albert, compiled her essays, her pearls of wit and wisdom, into "Pearls with Carol". Join us for a talk with Author Carol Ruggiero's husband Albert. Please sign up at the front desk or by calling 860-828-7006.

Advanced Planning Seminar ~ Tuesday June 11th at 1:00. In life we plan for weddings, children's education and retirement, as well as the "what ifs"; accidents and medical issues.. but few plan for the inevitable. When you preplan your final arrangements, you not only ensure a memorial exactly as you envision it, but also help ease the emotional and financial burdens of those closest to you. A representative from New Britain Memorial and Donald D. Sagarino Funeral Home, will offer a brief presentation regarding the many benefits of planning ahead. Bring any questions and/or curiosities along with you, as we explore together the advantages that preplanning offers. Please sign up at the front desk or by calling 860-828-7006.

Italian Class w/ Maria ~ Wednesday, June 12th at 1:00 Back by popular demand, this class combines basic Italian language with interesting Italian culture. Please sign up at the front desk.

Strawberry Shortcake Festival ~ Friday, June 14th from 1pm-3pm. Strawberry shortcake is a summer tradition! Join us this afternoon for the sweet treat along with music by Willie and Jan. A fun time is sure to ensue. Please sign up at the front desk or by calling 860-828-7006.

Medicare Fraud Presentation ~ Tuesday, June 18th from 1-2pm. Come learn about Preventing, Detecting, and Reporting Medicare Fraud, Errors, and Abuse. The presentation will give an overview of Medicare and the Senior Medicare Program and is provided by the Agency on Aging of South Central CT. Please sign up at the front desk or by calling 860-828-7006.

Low Vision Management ~ Monday, June 24th at 1:00pm Christian Pisani, Licensed agent along with Mark Beninson from the Lions Club will be providing us with an informative session about how to successfully manage low vision. Please sign up at the front desk or by calling 860-828-7006.

Specialty Shopping Trip ~ This month we are visiting the Westfarms Mall on Wednesday, June 26th. We can accommodate 6 shoppers on a first come 1st serve basis. Please sign up at the front desk or by calling 860-828-7006. Sign up begins Tuesday, June 18th.

Walking Club ~ Come and get a little exercise while making new friends. The BCS walking club meets every Thursday at 10:00, weather permitting at the location posted on the monthly calendar. Make sure to wear comfortable shoes and bring water to drink. No sign up necessary. Just drop in! See you there!

Aquaturf Trip "Celebrate Italia," Tuesday, July 9th 11:00am-3:30pm. Aaron Caruso & the Sam Vinci Band are back by popular demand! Come join us for some great food and music as your favorite Italian hits are brought to life. The menu consists of meatballs & sausage or chicken parmigiana. Sign up ends on June 10th for the July 9th program and is 1st come 1st serve. Payment of \$54 is due at the time of sign up.

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 at 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.

Daily Coffee Hour

Join us for 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.**

Drop Ins

SENIOR POKER DROP IN—Every Monday at 10:00AM. Must have basic knowledge of poker.

SETBACK DROP IN—Every Monday at 1:00PM. All level of players are welcome.

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 at 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 at 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 Sami.

NEWCOMERS ARE ALWAYS WELCOME If you are interested in starting a new Drop In please see Tina or Sami

Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Wednesday - Friday at Noon. A suggested donation of \$3.00 per person is requested. There is a cap of 10 people/day. 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. If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation. Monday and Tuesday meals are temporarily provide by the Senior Center and are ordered from local restaurants. Please sign up with the receptionist at least 2 days ahead. The cost is \$5/meal and is due at the time of sign up. Meals are non-refundable.

RW Solutions Senior Community Café



June, 2024



MENU ITEMS SUBJECT TO CHANGE					Suggested Donation \$3.00				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7	10	11	12	13	14
<u>Senior Center Lunches</u> Please see Front Desk Receptionist For Menu	<u>Senior Center Lunches</u> Please see Front Desk Receptionist For Menu	Orange Juice Omelet with Cheese, Peppers and Onions French Toast Sticks Birthday Cake	No RW Lunch Senior Center Closed at 11:30am	Escarole Bean Soup Unsalted Crackers Potato Pollock with Red Sauce Confetti Rice Broccoli Wheat Roll Fresh Fruit	<u>Senior Center Lunches</u> Please see Front Desk Receptionist For Menu	<u>Senior Center Lunches</u> Please see Front Desk Receptionist For Menu	Tossed Salad Ranch Dressing Lasagna with Meat Sauce Italian Blend Veggies Garlic Bread Pudding with Topping	BBQ Pork Loin Macaroni and Cheese Carrots Corn Bread Tropical Fruit	Fathers Day Special Orange Juice Roast Beef with Horseradish Sauce Loaded Potatoes Broccoli 12 Grain Bread Boston Cream Pie
17	18	19	20	21	24	25	26	27	28
<u>Senior Center Lunches</u> Please see Front Desk Receptionist For Menu	<u>Senior Center Lunches</u> Please see Front Desk Receptionist For Menu	Juneteenth No RW Lunch Senior Center Closed for Juneteenth	Sliced Turkey with LS Turkey Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Fresh Fruit	Taste of the Caribbean Grilled Chicken with Tropical Salsa Rice and Black Beans Cinnamon Glazed Carrots White Bread Coconut Rice Pudding	<u>Senior Center Lunches</u> Please see Front Desk Receptionist For Menu	<u>Senior Center Lunches</u> Please see Front Desk Receptionist For Menu	Tomato Florentine Soup Unsalted Crackers BBQ Grilled Chicken Breast Lemon Orzo Mixed Veggies Whole Wheat Roll Clementine	Pork with Creamy Garlic Sauce Whole Baked Potato California Blend Veggies Sour Cream Wheat Roll Oreos	Egg Salad German Potato Salad Carrot Raisin Salad Hot Dog Roll Jell-O with Topping

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 12pm Setback Tournament & Banquet</p>	<p>4 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Bank of America Scam Safety</p>	<p>5 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm BINGO</p>	<p>6 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise Center Closes at 11:30 for Employee Recognition Luncheon. NO LUNCH Transportation only until 11:00am</p>	<p>7 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 11:30 Father's Day Weenie Roast and Yard Games 12pm Foodshare No Wii Bowling</p>
<p>10 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1:00pm "Pearls From Carol" Book Talk with Albert Ruggiero 1:00 Setback Drop-in</p>	<p>11 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Advanced Planning Seminar</p>	<p>12 8:30am Coffee Hr 9:30am Free Manicures by appt. 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1:00pm Italian Class 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Sewing Club</p>	<p>13 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Veteran's Park 12pm Lunch 1:30pm Bingo</p>	<p>14 Flag Day 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 1:00 Strawberry Shortcake Festival w/ Music by Willie & Jan 1:30 pm Walmart No Wii Bowling</p>
<p>17 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1:00 Setback Drop-in</p>	<p>18 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Medicare Fraud Presentation Footcare-by Appt.</p>	<p>19 Juneteenth Senior Center Closed</p> 	<p>20 1st Day Summer 8:30am Coffee Hr 9am-11am BPD Visit with Officer Maegan 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Timberlin 12pm Lunch 1:30pm Bingo</p>	<p>21 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>24 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1:00 Setback Drop-in 1:00 Low Vision Management</p>	<p>25 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>26 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30 Specialty Shopping West farms Mall 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>27 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Pistol Creek 12pm Lunch 1:30pm Bingo</p>	<p>28 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 11:00 Lunch Bunch Lenny & Joe's 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>