



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
Ass't Director...Sami Wnek, CTRS
Staff.....Beth Hrubiec,
Donna Gianoni, Mary EllenDinda,
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
Frank Slogeris
Kay Murray
Ann Gamelin
Roger Moss

BERLIN SENIOR CENTER LINES

August 2024

Greetings from the Director,

Hello August! Goodbye July! I hope you are enjoying all the wonderful summer activities ~ an outdoor summer concert, a visit to the beach, eating an ice cream cone and maybe a dip in a pool! Remember to stay cool and hydrated on those hot days.

We have been fortunate again this summer to have some local residents that have donated their extra produce from their gardens to the Center to give out to senior residents. A BIG thank you to Joe Wotjusik and family, Berger Nurseries and Joe P. from New Britain.

TRIPS ARE BACK!!!

Sign up for our bus trip to **Spooky Salem at the Witch Museum on October 23rd**. The tour includes motor coach, Tour Director, Admission to the Salem Witch Museum, Free time and all gratuities. The cost is \$134 and is due at time of sign up. Please make checks payable to "Tours of Distinction."

"August is like the Sunday of summer."

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
Last Wednesday of the month-Specialty Shopping at 12:30pm

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

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

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 July 5th & 19th 12:00 PM at Sacred Heart Church, 48 Cottage Street, East Berlin. Bus Transportation is available. **NO IDENTIFICATION OR PAPERWORK NEEDED**



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 Wednesday August 28th.

Ladies' Free Manicures ~ Wednesday, August 14th from 9:30am-12:30pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room. Please call the center to schedule an appointment. No walk-ins.

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

Catholic Charities Counseling Services ~ Available at BSC Wednesday, August 7th and 21st 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.

Berlin Police Dept Senior Center Hours ~Thursday, August 22nd 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.

General Information

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 AM to 9 PM.

Donations Welcome: 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. A BIG Thank you to Paul Dobrowolski for his continuous donations. It is very much appreciated!

Senior Center Activities & Event

Hearing Aide Screening/Program with Bristol Hearing Aids LLC ~ Friday, August 2nd from 10am-1pm. We have nine 20 minute spots available for hearing aide test from 10am-1pm. Appointments are first come, first serve. Please sign up at the front desk or by calling 860-828-7006.

Scam/Fraud Prevention ~ Tuesday, August 6th ~ 1:00 pm Carol from Bank of America will provide tips and pointers on how older adults can stay safe from fraud, bank scams, identity theft and data breaches. Please sign up at the front desk of call 860-828-7006.

The Home Aides Presentation ~ Tuesday August 13th at 1:00 pm Luiselle from The Home Aides will present their services specializing in live-in care, 24-hour care and hourly homemaker and companion care services designed to keep seniors safe at home. Please sign up at the front desk of call 860-828-7006.

Good Life Fitness Presentation ~Wednesday, August 14th at 10:45 am. An exercise physiologist from the Good Life Fitness Program through Hartford Healthcare will talk about the importance of exercise as seniors age and also have a mini exercise lesson to teach us what exercises we can do at home. Dress comfortably in clothes you can move in and bring water to stay hydrated. Please sign up at the front desk or call 860-828-7006.

Rock Painting Craft with Lisa ~ Friday August 23rd at 1:00 pm. Rock painting has become a popular and fun way to spread positivity throughout the community. Whether you chose to give your rock as a gift, hide it for someone who needs a positive message to find or keep it for yourself you're guaranteed to have fun with this creative artform. Join us for a casual get together where we will learn the basics. Please sign up at the front desk of call 860-828-7006.

Ice-Cream Social ~ I scream! You scream! We all scream for ice-cream!!! Join us for an ice cream social on Tuesday, August 27th at 1:00 pm sponsored by Atria Senior Living. This is a free event. Please sign up at the front desk or by calling 869-828-7006.

Specialty Shopping Trip to Meriden Square Mall~ 12:30 pm on Wednesday, August 28th. Please sign up at the front desk or by calling 869-828-7006. Space is limited.

Shake, Rattle & Roll Dueling Pianos Show at the Aqua Turf~ Tuesday, September 10th 11:00 am-3:30 pm. Two top piano entertainers will take the stage for an epic battle! Mixing music, comedy, and audience interaction in a singalong, laugh-along, dance-along show you'll never forget! The menu consists of roast beef and chicken française. Sign up ends on August 9th for the September 10th program and is 1st come 1st serve. Payment of \$54 is due at the time of sign up. Everyone will meet at the Senior Center and we will all take the bus together at 10:00 am. Please sign up at the front desk.



Pour Painting w/DMaria~ Friday, September 6th at 1:00pm. Sign up early for this creative class in September. There are 6 slots available and the cost is \$15 due at time of sign up. The cost was \$30 but the Center will subsidize half with funds from the Myrna Paulosz Berlin Senior Center Fund. Please sign up at the front desk.

Reminder: The Fall Setback Tournament will begin on Monday, Sept 9th @ 1pm. If you would like to be a "sub" player or you have a team of two who would like to play please contact us at (860) 828-7006.

Lunch Bunch Trip~ Each month the senior center organizes a "lunch bunch" trip with the transportation provided by the senior center bus. Participant's pay \$1.00 for their ride plus the cost of their own meal. This month's trip will be to **"Lenny and Joe's Seafood Restaurant" in Westbrook on Friday, August 30th.** The bus will leave the Senior Center at **11:00am**. We are limited to 12 people. **Sign up begins on Friday, August 23rd at 9am in person. You may sign up yourself and one other. Telephone signups will be taken after 12 noon on the 23rd.** If you went on last month's trip you will need to wait until 12 noon to sign up.

Weekly Classes

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.**

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.**

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. Please check with your doctor before participating in any exercise regimen. **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.

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!

Balance Class~Roba Physical therapy will be offering a Monthly balance class. This month's date is August 28th at 1:00pm. **Cost: \$4.00 per class.** Dress comfortably in clothes you can move in and bring water to stay hydrated.

Drop Ins

SCRABBLE DROP IN – Every Monday at 11:00AM. All level of players are welcome.

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.

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 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.



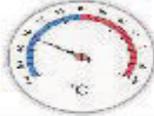
RW SOLUTIONS COMMUNITY CAFÉ

August, 2024

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Do you know the 4 steps of Food Safety? If not, watch the calendar in the upcoming months for a visit from our dietitian to learn all about keeping your food safe. Please sign up ahead of time. All attendees get a free refrigerator thermometer!</p>  			<p>1 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms  Whole Wheat Bread Yogurt</p>	<p>2 Escarole Bean Soup Unsalted Crackers Potato Pollock Confetti Rice Broccoli Tartar Sauce Wheat Roll Fresh Fruit</p>
<p>5 Senior Center Lunches Please see Front Desk Receptionist For Menu</p>	<p>6 Senior Center Lunches Please see Front Desk Receptionist For Menu</p>	<p>7 Tossed Salad Ranch Dressing Lasagna with Meat Sauce Garlic Green Beans Happy Birthday Garlic Bread Birthday Cake</p>	<p>8 BBQ Pork loin Macaroni and Cheese Carrots Cobread Tropical Fruit</p>	<p>9 Vegetable Barley Soup Unsalted Crackers Turkey and Swiss Sandwich Ziti Broccoli Salad Fresh Tomato Salad Bulky Roll Chocolate Chip Cookies</p>
<p>12 Senior Center Lunches Please see Front Desk Receptionist For Menu</p>	<p>13 Senior Center Lunches Please see Front Desk Receptionist For Menu</p>	<p>14 Grilled Chicken Teriyaki Sweet Potatoes Oriental Blend Veggies  White Bread Jell-O</p>	<p>15 Sliced Turkey with LS Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Fresh Fruit</p>	<p>16 Taste of Mexico Fajita Chicken Mexican Rice Corn and Red Pepper  Tortilla Sugar Cookie</p>
<p>19 Senior Center Lunches Please see Front Desk Receptionist For Menu</p>	<p>20 Senior Center Lunches Please see Front Desk Receptionist For Menu</p>	<p>21 Tomato Florentine Soup Unsalted Crackers Grilled BBQ Chicken Breast Lemon Orzo Mixed Veggies Cobread Clementine</p>	<p>22 Pork with Creamy Garlic Sauce Baked Potato California Blend Veggies Sour Cream Wheat Bread Oreos</p>	<p>23 Egg Salad Potato Salad Carrot Raisin Salad Hot Dog Roll Jell-O with Topping</p>
<p>26 Senior Center Lunches Please see Front Desk Receptionist For Menu</p>	<p>27 Senior Center Lunches Please see Front Desk Receptionist For Menu</p>	<p>28 Labor Day Special Hot Dog Waffle Fries Broccoli Slaw  Hot Dog Bun Popsicle</p>	<p>29 Chicken Noodle Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies White Bread Cookie</p>	<p>30 Fish Taco Yellow Rice Cilantro Lime Coleslaw  Flour Tortilla Strawberry Shortcake with Topping</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 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>2 8:30am Coffee Hr 9:30am Yoga 10-1 Hearing Aide Screening w/ Bristol Hearing Aides by appt 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>5 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Drop-In</p>	<p>6 8:30am Coffee Hr 9:45am Exercise 10:30am Blood Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Scam/Fraud Prevention w/ Bank of America</p>	<p>7 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>8 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club: Pistol Creek 12pm Lunch 1:30pm Bingo</p>	<p>9 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>12 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Drop-In</p>	<p>13 8:30am Coffee Hr 9:45am Exercise 10:30am Blood Pressure 12pm Lunch 12:45pm Po Ke No 1:00 The Home Aides Presentation</p>	<p>14 8:30am Coffee Hr 9:30am FREE Manicures 10am Cardio Drum 10am Knitters 10 am Mahjongg 10:45 Good Life Fitness Program 12pm Lunch 1pm Canasta 1:00 Sewing Club</p>	<p>15 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club: Walnut Hill 12pm Lunch 1:30pm Special BINGO-sponsored by Ledgercrest</p>	<p>16 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>19 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Drop-In</p>	<p>20 8:30am Coffee Hr 9:45am Exercise 10:30am Blood Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>21 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>22 8:30am Coffee 9am-11am BPD Visit w/Officer Maegan 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club: Timberlin 12pm Lunch 1:30pm Bingo</p>	<p>23 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:00 Rock Painting w/ Lisa 1:30 pm Walmart</p>
<p>26 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Drop-In</p>	<p>27 8:30am Coffee Hr 9:45am Exercise 10:30am Blood Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Ice-Cream Social sponsored by Atria Senior Living</p>	<p>28 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30 Specialty Shopping-Meriden Square Mall 1pm Coloring/ Cribbage/Canasta 1:00 Balance Class Footcare- by Appt.</p>	<p>29 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club: Veteran's Park 12pm Lunch 1:30pm Bingo 1:30 Kohl's</p>	<p>30 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 11:00 Lunch Bunch: Lenny & Joe's 12:45pm Wii Bowl</p>