



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
 jasevigny@town.berlin.ct.us

Staff

Director Tina Doyle
 Asst. Director Jane Sevigny

Hours

Monday..... 8:30pm-4:00pm
 Tuesday8:30pm-4:00pm
 Wednesday 8:30pm-4:00pm
 Thursday..... 8:30pm-4:00pm
 Friday 8:30pm-4:00pm

Membership (Ages 60+)

Resident: No Cost
 Non-Resident: \$36 Annually

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BERLIN SENIOR CENTER LINES

JANUARY 2020

Greetings from the Director,
Happy New Year! A new year! A clean slate! I believe everything is possible at the beginning of a new year. Take a look at the many classes and programs we have to offer. Make a commitment to yourself by improving your health with an exercise class, being adventurous by taking a trip, or being more social by joining us for lunch or trying a new activity. Or just stop in to say hello and have a nice cup of coffee. We love visitors!

Reminder— We will start taking Tax Aide appointments on Monday, January 13th for the “Free” Tax Aide program that will begin on Thursday, February 6th at 9:00am.

Attention: All Berlin Veterans or widows of a Berlin Veteran if you are in need of any type of assistance or help please contact me at the Senior Center.

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and a talk beside the fire: it is the time for home.”

Please stay safe, warm and healthy this winter.

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 assistance. 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.

Bus Shopping & Schedule Information~ Reservations and cancellations call: (860) 828-7006.

Please remember to have the address of the doctor and the time of appointment in front of you when calling to reserve a ride. You are responsible for having the correct information. **For your ride home from a scheduled appointment call: (860) 250-0510.** We do medical appointments in Berlin and New Britain only. All medical appointments should be scheduled between 9:00am and 1:15pm. Reservations must be made at least 48 hours in advance. We do regular appointments in Berlin only. (Banks, pharmacies, post office, hair and nail salons and any town buildings). Reservations must be made at least 24 hours in advance.

All bus reservations must be made during our regular business hours, **8:30AM to 3:30PM.** All calls for rides home **MUST BE MADE BY 3:00 PM.** Cancellations can be taken at anytime. Voicemail is available after normal business hours. You are allowed two stops per day **except** when going to the grocery store.

Our weekly grocery shopping schedule is Monday –Stop & Shop, Tuesday –Shop Rite and Wednesday –Stop & Shop We can take up to a maximum of six (6) shoppers except when the Director approves for more than six. All riders should be ready one hour in advance of their scheduled appointment time. We are unable to provide transportation to and from medical procedures, Dialysis or discharges from the hospitals or other facilities. **You are not allowed any unscheduled stops unless the Senior Center Director has approved it.** *This vehicle has been paid in part by a grant from the Federal Transit Administration-Section 5310 and therefore extends transportation services to disabled Berlin residents regardless of age. Please contact the Senior Center at (860) 828-7006 to request transportation. **Transportation Timely Tip:** In order to save time and fuel and in consideration of others, please remember to call and cancel a previously scheduled ride when you are not taking the bus. For local bus routes, call CT Transit @ 800-704-3113 or check www.cttransit online for maps and fare information.

Other Transportation...

Transportation Resources Available in the Central CT Area:

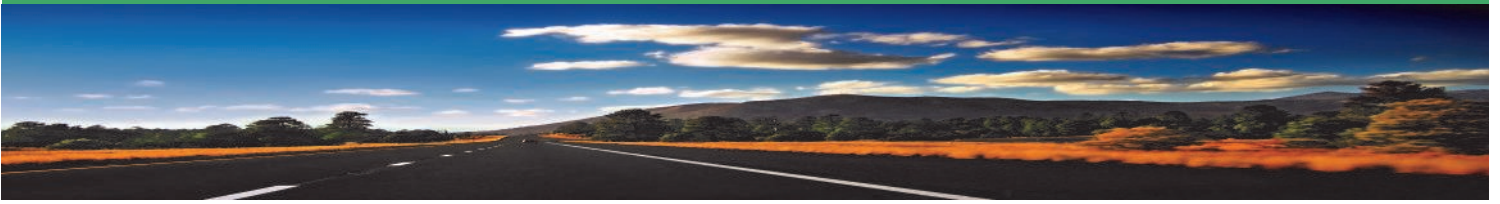
Paratransit - is designed to help individuals with disabilities of any age that are unable to navigate the city buses. ADA picks you up at your home, brings you to and from your destination To schedule an ADA trip, call (860)724-5340 and select 1. The reservation Department will provide you with your new Greater Hartford Transit District ADA ID number when you call. For information about the program, call 860-247-5329, Ext 3100 or visit the District's website at www.hartfordtransit.org.

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 860-667-6207.

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.**

Senior Center Trips



Jan 29th-30th Mohegan Sun Overnite— upon arrival you will receive your bonus package and check into the hotel. The remainder of the day is yours to gamble, shop or relax by the magnificent swimming pool. It is truly the perfect way to escape from the cold winter! **Cost: \$169.00 PP Double, \$234.00 PP Single and \$159.00 Triple Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this trip. Sign up is now being taken.**

February 22nd The 39th Annual Southeastern CT Home & Garden Show at Mohegan Sun The show offers a diverse array of home and garden products and services by local, state and national vendors, each presenting innovative and imaginative displays. You will also receive a casino bonus and meal ticket, so feel free to leave the show at any time to try your luck. The show is sure to brighten your day and lift those winter doldrums. **Cost: \$59.00 Per Person. Itinerary subject to change and availability. Sign up is now being taken.**

March 11th St. Patrick's Celebration at Gavin's Resort— you will be en route to the Catskill region of New York. You will be served a complete and a very special Irish luncheon is included at Gavin's Golden Hill Resort. Gavin's St. Patrick's Day Show is one of the finest in the U.S. **Cost: \$100.00 Per Person. Itinerary subject to change and availability. Sign up is now being taken.**

March 17th St. Patrick's at the Aqua Turf— You will enjoy a real St. Patrick's Day Celebration! Lunch will include Corned Beef & Cabbage, Baked Scrod, and all the fixings, including dessert. You will also receive a complimentary glass of wine or beer with your meal. After lunch, you'll be treated to live Irish entertainment. Padraig Allen and The McLean Avenue Band have a distinctive sound that mixes Irish Celtic folklore and the rock pop Celtic music of today. **Cost: \$86.00 Per Person. Itinerary subject to change and availability. Sign up is now being taken.**

March 25th Broadway— **"West Side Story" or "TINA: The Tina Turner Musical"** - Depart from your area en route to "The Great White Way" - Broadway! Upon arrival, everyone will enjoy lunch at the famous Italian restaurant, Carmine's. Your meal will be served family style. The platters of food will include Pasta Bolognese, Penne ala Vodka, and Chicken Marsala served complete with all the trimmings, including dessert. After lunch, you will enjoy one of two shows offered. **Cost: \$264.00 Per Person for West Side Story or Tina. Itinerary subject to change and availability.**

April 8th MGM-Springfield— Upon arrival, you will receive a casino bonus (TBA). You will be able to enjoy a leisurely lunch and a day of gaming at your own pace. Join us for a day of fun. Hopefully, your pockets will be overflowing with winnings on the bus ride home! **Cost: \$39.00 Per Person. Itinerary subject to change and availability.**

Attention all Trip Goers: We have trip flyers on above trips. The trip flyer has a complete description of trip along with trip rules. The flyers can be picked up at the Senior Center or located on the Town's Website. Please note that the itineraries are subject to change and availability. Cancellation Insurance is Available and Recommended for each of the overnight tours. We are accepting registration and payment on the above listed trips. Come travel with us! You are sure to meet new people, see great sights and have fun!

Monthly Activities



Special Bingo ~ Thursday, Jan 9th at 1:00PM—
Ledgecrest Convalescent will be sponsoring this Special Bingo on Jan 9th at 1:00PM. Special refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Special Bingo Thursday, January 23rd at 1:00PM
Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Jan 23rd at 1:00pm. Special refreshments will be served and there will be prizes. Our regularly scheduled games will be played. **No sign up is necessary.**

**An Afternoon of Music with Rob Zappulla Wed,
Jan 22nd at 1:00PM**

Come start the New Year with the joyful sounds Rob Zappulla. Rob is a very talented trumpeter and singer and has performed with many well known bands. He is a local boy whose come home to entertain us.

Following the music you will be treated to a delicious dessert with coffee or tea. **Limited to 100 people.**

You may sign up yourself and one other member.

Sign up begins on Monday, Jan 6th.



**Town Manager Coffee Hour Visit– Thursday, January 9th
from 8:30- 9:30AM—** Our Interim Town Manager Arosha Jayawickrema will be visiting the Center during coffee hour. If you haven't had the pleasure of meeting him this is a perfect time to do so. Come and chat with him about the town. the Senior Center or yourself. **No sign up is necessary.**

**Spring Session of Setback Tournament begins on Monday,
January 6th at 1:00PM.** If you are interested in being a substitute, please contact the Senior Center.



Weekly Classes

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY @

9:45 AM Getting ready to swing that golf club, work in the garden, or take that favorite walk? 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. Enjoy a pressure free environment where everyone works at their own pace. Join us. Choose to be active and to age well. Please bring hand weights. **Cost: \$4.00 per class.** **Instructors are Annette Banulski, Vicki Griswold and Lorraine Jurgilewicz.**

“The Social Leftovers”

EVERY WEDNESDAY 9:30AM –11:00AM

The Social Leftovers” Drop In is a very informal group. Members come to either socialize, do a craft, enjoy coffee hour, or work on what ever project they want. They would love for you to join them. No sign up necessary.

Yoga Class

EVERY FRIDAY @ 9:30 AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.

To Find Newsletter Online

Go To Town Website:

www.town.berlin.ct.us

Then go to the toolbar:

**Government/Department/
Senior Services/News Tab.**

Drop Ins

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

SCRABBLE DROP IN– Every Monday at 10:00AM. All level of players are welcome.

Po Ke No DROP IN—Every Tuesday afternoon at 12:45PM

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.

CRAFTY KNITTERS - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? Come join the group.

CRIBBAGE DROP IN - Every Wednesday afternoon at 1:00 PM. All level of players are welcome.

SWEDISH WEAVING –Every Thursday @ 9:00AM. 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.

MAHJONGG - Every Friday afternoon at 1:15 PM. All levels of players are welcome.

PHOTOGRAPHY – Every Friday afternoon @ 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.

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 Jane.

NEWCOMERS ARE ALWAYS WELCOME

If you are interested in starting a new Drop In please see Tina.

Health Services

Catholic Charities Counseling Services Available At the Berlin Senior Center ~Do you feel like you need to make some changes in your life but don't know how? Do you find yourself worrying a lot about everything or anything? If the answer is YES then make an appointment. Awilda Rodriguez, Outreach and Support Worker, Catholic Charities will be available to meet with you, connect, support, and provide you with referrals to the Catholic Charities Counseling Services (2nd and 4th Wednesday of each month, from 9am to 11am). This is a free service made available through a Marjorie Moore Grant. Call (860) 757-0845 to make an appointment.

Footcare Program (By Appointment Only) The Berlin Senior Center offers low cost foot care for seniors provided by a specially trained registered nurse. **This month's program is scheduled for Thursday, January 9th and Friday, January 17th .** Services are provided by Catherine Brennan, 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 \$29.00.** Please **no diabetics.** Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse. Home visits are available at a cost of **\$50.00 per visit.** Her home phone number (in Wethersfield) is (860)513-1040.

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, Jan 7th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Jan 14th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Jan 21st	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Jan 28th	12:45 PM ~1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, Jan 28th at 10:00AM - Tina Bradbury and Rosanna D'Anna from Newington Rapid Recovery Rehabilitation Center in Newington will be back to give "free" manicures in the craft room at the Berlin Senior Center. Please call the center to schedule an appointment. No walkins will be taken. **Sign up begins**

INCLEMENT WEATHER –SENIOR CENTER CLOSING

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



CW Resources Senior Community Café

JANUARY, 2020

1% or Skim milk provided
 Margarine available
 *High Salt
 +High Sugar
 ++High Fat



MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED 	2 Pineapple Juice Eggplant Rolatini Ziti with Sauce Garden Salad Italian Dressing* Garlic Bread* Pudding	3 Vegetable Soup Unsalted Crackers White Fish Stew Harvest Rice Chuck Wagon Veggies Pumpemickel Bread Birthday Cake
6 Shepherds Pie Mixed Vegetables Dinner Roll Peach Cup	7 Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn Fajita Day Tortilla Apple	8 Cream of Broccoli Soup Unsalted Crackers Pier 17 Fish with Dill Sauce Buttered, Parslied Noodles Broccoli Rye Bread Banana	9 Grape Juice Roast Beef Beef Gravy Oven Roasted Potatoes Spinach 12 Grain Bread Lemon Pudding	10 Apple Juice BBQ Pork Chop Stuffing Carrots Oatmeal Bread Ice Cream Cup
13 Sweet and Sour Meatballs Sesame Noodles Oriental Blend Vegetables 100% Whole Wheat Peaches	14 Pineapple Juice Roast Pork with Apples and Sauerkraut Harvest Rice Beets Rye Bread Peanut Butter Cookies	15 Orange Juice Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing Garlic Bread Pears	16 Pea Soup Unsalted Crackers Crabcake Steak Fries Cole Slaw Tartar Sauce Hamburger Bun Fresh Orange	17 Cranberry Juice Chicken Cacciatore Brown Rice Italian Blend Vegetables Italian Bread Pudding
20 CLOSED	21 Cranberry Juice Chicken Jambalaya Wild Rice Spinach with Sauteed Onions Corn Muffin Banana Parfait	22 Lazy Man's Stuffed Peppers Brown Rice Broccoli Wheat Bread Pineapple Chunks	23 Meatloaf Onion Gravy Buttered Noodles Broccoli Rye Bread Tropical Fruit Cup	24 Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing Biscuit Oatmeal Raisin Cookies
27 Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli Oatmeal Bread Tapioca Pudding	28 French Onion Soup Unsalted Crackers Philly Cheesesteak Onions and Peppers Tater Tots Sub Roll Fresh Orange	29 Apple Juice LS Roast Pork LS Pork Gravy Sweet Potatoes Creamy Spinach 100% Whole Wheat Oatmeal Raisin Crème Pie	30 Cranberry Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread Fruit Cup	31 Hot Dog Baked Beans Braised Red Cabbage Hot Dog Roll Fruit Cocktail

JANUARY 2020

Events

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Happy New Year! Senior Center Closed</p>	<p>2 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 11am Healthy Brain 12pm Lunch 1pm Bingo EA-by appt</p>	<p>3 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography</p>
<p>6 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament</p>	<p>7 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie</p>	<p>8 8:30am Coffee Hr. 9am CCharities 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI</p>	<p>9 8:30am Coffee Hr. 9am Coffee w/ Town Manager 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA-by appt FC—by appt</p>	<p>10 8:30am Coffee Hr. 9:30AM Yoga 12pm Lunch 11am Wii Bowl 1pm Photography</p>
<p>13 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament</p>	<p>14 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie</p>	<p>15 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI</p>	<p>16 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA-by appt</p>	<p>17 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography FC— by appt</p>
<p>20 Martin Luther King's Birthday Senior Center Closed</p>	<p>21 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie</p>	<p>22 8:30am Coffee Hr. 9am CCharities 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm An Afternoon w/ Rob Zappulla</p>	<p>23 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA-by appt</p>	<p>24 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 12:45pm Wii Bowling 1pm Photography</p>
<p>27 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament</p>	<p>28 8:30am Coffee Hr. 9:45am Exercise 10am "Free" Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie</p>	<p>29 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI</p>	<p>30 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA-by appt</p>	<p>31 8 :30am Coffee Hr. 9:30amYoga 12pm Lunch 12:45pm Wii Bowling 1pm Photography</p>

General Information

Senior Center Lost and Found Box ~Did you know there is a lost and found box at the Senior Center? It is located in the coat closet near the front desk.

Save Your Box Tops and Campbell Labels ~Labels for Education have been awarding free educational equipment to schools in exchange for proofs of purchase from the Campbell family of brands. It's an easy program where we can work together to help the schools in our community. Please save your Box Tops and labels and drop them off in the box in the multi-purpose room of the Center. We are now collecting for Willard Elementary School in Berlin.

Free Balance Screening Certificates ~ If anyone is interested in a FREE Balance Screening please contact the Senior Center. You will be given a certificate for this "free" screening. The screenings will take place at the Jerome Home in New Britain. **These certificates were given by the Central Connecticut Senior Health Services.**

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.

Parking Reminder ~ Visitors to the Berlin Senior Center are asked to park in the upper parking lot. Handicapped spaces are available in the lower lot for those with a proper permit. Please make sure when you are parking in a handicap space that you do not park on the diagonally lined space next to it. Those spots are there specifically for visitors in wheelchairs. Any violator who has parked in spaces reserved for Percival Heights Housing residents will be towed away at their own expense.

Computer for Public Use ~There is a computer and printer located in the craft room that is available for seniors to use. Please check with staff to determine when the computer is available to use. The computer was purchase through funds donated from the Myrna Pauloz Berlin Senior Center Fund.

CRIS Radio ~ There is a pre-tuned radio located in the Center's library for audio access for the Blind or Print-Challenged. This radio provides access to the same printed material that friends and family enjoy through our high quality electronic audio recording service. This device provides timely access to news and current events, expands knowledge, promotes independence and self-sufficiency and enhances the quality of life. Please ask a staff member for help in using the radio. The donation was made possible through a grant from the North Central Area Agency on Aging.

FYI (For Your Information)

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.

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 Connecticut. 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!

Charter Oak Pass provides access to the State of CT's Parks and Recreation System and is available only to CT residents, age 65 and older. There is NO CHARGE for this pass and is a life issue pass. Application forms are available here at the senior center or you may call the State Parks Department in Hartford at 424-3200.

Free Cell phones: If you are part of a government program such as energy assistance, SNAP, Medicaid, etc. you may qualify for a free cell phone through Assurance Wireless or Safelink. To see if you qualify for a free cell phone through Assurance Wireless call 1-800-395-2171. You can get more information on Safelink by visiting their website at www.safelinkwireless.com.

Key Keeper Program is to assist Berlin residents in need when family, neighbors, or friends cannot be contacted. It is offered to persons of limited mobility and social contacts. This program is intended to reduce needless suffering and/or hardship on the part of sick or injured persons and to eliminate damage to property should forced entry otherwise be required. A form that is available at the Sr. Ctr. or Police Station need to filled out. You will take your key and form to the BPD.

Monthly Meetings

COMMISSION FOR THE AGING MEETING

Monday, January 27th @ 7pm

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 meeting.

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:

Jan 10th and Jan 24th

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.

<u>Date</u>	<u>Donor's Name</u>	<u>Donation(Designated for)</u>
12/6/19	James McNeil	Berlin Senior Center
	Anonymous	Berlin Senior Center
	Anonymous	Berlin Senior Center

A new **Kindness Fund** has been established at the Senior Center through the Town's Finance Dept. to assist seniors who might need help purchasing basic need items, for example personal hygiene items.

We appreciate all donations received at the Center! These donations help us out tremendously!

Director's Monthly Update

The Berlin VFW Post 10372 will be hosting a Life Line Screening on Monday, January 20, 2020. Lifeline Screenings go beyond regular checkups to look inside your arteries for signs of plaque build up. There are 3 ways to register: Call Toll Free: 1-866-229-0469, Online: www.lifelinescreening.com/communitycircle or Text: the word circle to 797979. Getting screened is simple! Painless, non-invasive, keep your clothes on.

Berlin-Peck Memorial Library Monthly Events

Sit & Knit: Thursdays, January 2 and 16 @ 6 pm, and Thursdays, January 9, 23, 30 @ 1 pm Join local knitters for a relaxing time filled with knitting and good company!

Movie Matinee: *The Art of Racing in the Rain*: Friday, January 3 @ 1 pm Rated PG. Movie length: 1 hour, 49 minutes. Movie released in 2019.

Coffee and Books: Monday, Jan. 6 @ 1:30 PM Join us at the Cafe Busy Bean on Main Street to talk about books and learn about some of the most anticipated releases for 2020. Register.

Sleep Disorders and Homeopathy: Wednesday, Jan. 8 @ 6:30 pm Jared Coggins, of ProNatural Physicians Group in Berlin, will discuss the foundational principals of homeopathy and how they can be so effective in treating various types of sleep disorders. Register.

Make and Take: Pulled String Art Cards: Thursday, Jan. 9 @ 6:30 pm Learn how to create pulled string art and make 4 notecards in your choice of colors. Cancellation policy applies. Register.

Movie Matinee: *Downton Abbey*: Friday, Jan. 10 @ 1 pm Rated PG. Movie length: 2 hours, 2 minutes. Movie released in 2019.

Stock Club: Tuesday, Jan. 14 @ 1:30 pm Discuss investment trends with local investors.

Healthy Baking: Tuesday, Jan. 14 @ 6:30 pm Learn how to make some healthy, delicious treats with the Registered Dietitian from the ShopRite of Cromwell! This will be a hands-on class, guaranteed to leave you full of new knowledge...and food! Registration required.

Movie Matinee: *The Peanut Butter Falcon*: Friday, Jan. 17 @ 1 pm Rated PG-13. Movie length: 1 hour, 37 minutes. Movie released in 2019.

Book Club: Saturday, Jan. 18 @ 10:30 am Join us for a discussion of *Where'd You Go, Bernadette*, by Maria Semple. Register.

Movie Matinee: *Where'd You Go, Bernadette*: Friday, Jan. 24 @ 1 pm Movie length: 1 hour, 49 minutes. Movie released in 2019.

Cookbook Club: Monday, Jan. 27 @ 6:30 pm This month's theme will be soups and stews. Please contact the library with your recipe. Plates, cutlery, napkins and juice will be provided. Please bring in your own serving utensils and label your dish. Register.

What To Do With Your DNA Test Results?: Tuesday, Jan. 28 @ 6:30 pm Make the most of our DNA ancestry test results. Learn strategies for identifying those unknown matches and discovering new ancestral information using test company tools and other tactics. Presented by Nora Galvin. Register.

Diabetes Reversal in 3 Months: Wednesday, Jan. 29 @ 6:30 pm Dr. Martin Opoku, from ProNatural Physicians Group in Berlin, will discuss a new diabetes treatment plan that goes beyond the same old ineffective approach of solely avoiding sugars. Register.

Movie Matinee: *The Farewell*: Friday, Jan. 31 @ 1 pm Rated PG. Movie released in 2019.

Nutrition

Coffee Hour



The Senior Center has an informal "coffee hour" available Monday through Friday from 9:00 AM to 11:00 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 ON FRIDAYS FROM 9:00 AM TO 11:00 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, stop in & see CW Site Manager (after 10:30 AM) or call them at (860) 670-8546 between 10:30 AM - 12:00 PM only. When leaving a voice mail please give your name, day and date you would like lunch. You must order your meal at least 24 hours in advance. If you cannot make lunch because of an illness or an emergency please make sure you notify the kitchen of your lunch

Community News

Prints for Sale

If you are interested in prints of any of the photographs located on the wall at the Center please see Jane or Tina. The Senior Center Photography Club will be happy to make prints for you. The prices are as follows: **5 x 7 = \$5.00, 8 x 10 = \$10.00 and 11 x 14 = whatever it costs to print** The Photography Club has graciously agreed to donate all proceeds from the sale of these prints to the Berlin Senior Center. Thank you ladies and gentleman for those donations.

Energy Assistance Program

We are taking appointments for Energy Assistance applications for those seniors who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE), GAS and ELECTRIC. Appointments are on Thursdays from 8:30am to 3:00pm. Annual Income guidelines (for households whose heat is not included in their rent) are as follows:

One Person Household – Income cannot exceed \$ 36,171

Two Person Household – Income cannot exceed \$ 47,300

Please call Jane at 828-7006 with any questions you may have regarding eligibility requirements and documentation and to schedule your appointment .

AARP Tax-Aide

A free program, provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 50 and older. It's free, it's easy.

Here's all you need to do:

If married, both spouses must be present. Both signatures are required as well as photo identification. Taxes are completed in one session, so taxpayers must bring with them all documentation necessary to complete their return:

Complete copy of last year's 2018 tax return. Regardless of where it was prepared.

Social Security or Individual Taxpayer ID numbers for all household members

A personal check showing bank account and routing numbers (if direct deposit/withdrawal is requested).

All documents that relate to deductible expenses.

All 2019 income tax forms that have been received. This includes but may not be limited to:

- * SSA-1099, Social Security Benefit Statement
- * 1099-R forms for pension, IRA and annuity
- * 1099 forms, (1099-INT, 1099-DIV, 1099-B, 1099-MISC)
- * W-2, Wage and Tax Statement forms
- * W-2G, Certain Gambling Winner forms

Documentation showing original cost of assets sold during 2019

Health Insurance: Is no longer required, but anyone who purchased Health Insurance through the Health Exchange must bring in form 1095-A.

Starting this tax season, WHEN SCHOOL IS CANCELLED, WE WILL BE CLOSED. Early or late dismissals, please call to confirm. We will attempt to schedule additional days if necessary to accommodate tax payers whose appointments were cancelled.

To schedule an appointment with a certified Tax-Aide counselor or to obtain information, call the Berlin Senior Center at 828-7006 or the Berlin-Peck Memorial Library at 828-7125. The Berlin Senior Center will be taking appointments as of Monday, January 13th.

PUZZLE**IT'S MAGIC!**

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

GUESS
HOAX
HOOPS
HYPNOTIZE
ILLUSION
LEVITATE
MUSIC
PERFORM
POCKET
PROP
ROUTINE
SCARF
STAGE
SWAMI
SWORD
TALENT
TENSE
TRICK
TUBES
VANISH
WAND
WONDER

ACTS

COINS

APPLAUSE

DECEPTION

ASSISTANT

DEFT

AUDIENCE

DISAPPEAR

AWED

FOOLED

Senior Center Book Discussion

There is no Book Club until March

The Senior Center Library is looking for donations of gently used books. No religious books will be accepted. Please drop off your donation at the front desk.

Movies

For the movie program, popcorn and a beverage will be available. There is no charge for the program and no reservations needed. 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 Carole or Jane. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***

Tuesday, January 7th at 1:00pm ~ Overcomer- Forced to take a new job, a high school basketball coach reluctantly agrees to coach cross-country, discovering an incredible talent in an unlikely troubled runner. With his outlook changing, John agrees to start training her for the biggest race of her life yet. **Rated PG**

Tuesday, January 14th at 1:00pm ~ Judy- Set in late 1968 and early 1969, the movie portrays Judy Garland hustling in Swinging London after she successfully secures a five-week engagement in Talk of the Town. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, Sidney Luft, in court for custody of their children. Despite this period of her life being tumultuous, Garland is able to find love once again -- this time in the arms of Mickey Deans. **Rated PG**

Tuesday, January 21st at 1:00pm ~ The Art of Racing in the Rain—A dog named Enzo wants to be reincarnated into a human. The dog reflects on his life and relationship with a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to successfully navigate everyday life. **Rated PG.**

Tuesday, January 28th at 1:00pm ~ Yesterday-A bus accident knocks out aspiring singer-songwriter Jack Malik. Upon waking up, he discovers that he's living in a world where The Beatles never existed. As a result, he's able to pass off their songs as his own. **Rated PG –13**

Specialty Trips

LUNCH BUNCH” TRIP



THERE IS NO LUNCH BUNCH IN DECEMBER



SPECIALTY SHOPPING TRIP

This month there will be **two specialty shopping trips this month.** The first is to **Marshall’s in Plainville on Wed, Jan 15th at 10:30am.** **The second trip is to Walmart in Cromwell on Wed, Jan 29th at 10:30am.** **We need a minimum of 3 riders for each 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. Please call the center at (860) 828-7006 at least 24 hours in advance to make your reservation.