



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

FEBRUARY 2020

Greetings from the Director,

Happy February! Well, we have been very fortunate with that powdery stuff. Let's keep our fingers crossed that Punxsutawney Phil seeing his shadow will bring us that early spring.

The "free" Tax Aide program starts Thursday, Feb 6th and runs until Thursday, April 9th. Please call Jane to schedule your appointment. Please take a look at the Community News page of the newsletter to find out what necessary documentation is needed.

We have a Matter of Balance Class starting on Monday, Feb 10th . The class will run on for 4 weeks and will be held on Mondays and Fridays from 12-2pm. Please call the Center to sign up.

The one thing we can never get enough of is love. And the one thing we never give enough is love. ~ Henry Miller

To live a life fulfilled, reflect on the things you have with gratitude~ Jaren Davis

Happy Valentine's Day!

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:

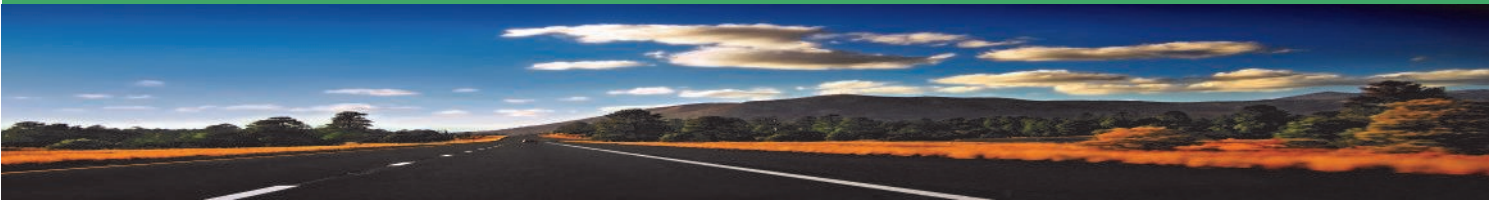
Paratransit - is designed to help individuals with disabilities of any age that are unable to navigate the city buses. ADA picks you up at your home, brings you to and from your destination To schedule an ADA trip, call (860)724-5340 and select 1. The reservation Department will provide you with your 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



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 receive a casino bonus and meal ticket. 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 now being taken.**

March 8th 2020 American Athletic Conference Women's Basketball Tournament— Come out and support your favorite female basketball players! Includes ticket to AAC Semi-Final Game featuring UCONN, Food Voucher and Casino Bonus, transportation and Driver's Gratuity. Cost: \$99.00 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— Enjoy a real St. Patrick's Day Lunch of Corned Beef & Cabbage, Baked Scrod, and all the fixings, including dessert. You will receive a complimentary glass of wine or beer. After lunch, you'll be treated to live Irish entertainment. Pdraig 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" - This trip is full.

April 8th MGM-Springfield— 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.**

April 18th -25th Historic South—Savannah, GA & Charleston, SC— Spent 7 days in beautiful Savannah, Georgia and Charleston, South Carolina. Please pick up a flyer which will give you the full details of this trip. **Cost: \$1745.00 PP Double, \$2185.00 Single and \$1685.00 PP Triple. Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this tour.**

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. 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

A Matter of Balance– Mondays & Fridays

February 10th to March 9th from 12PM to 2PM—Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. **Classes are held twice a week for 4 weeks for 2 hours each. Space is limited. Sign ups are now being taken.**



Special "Sweetheart" Bingo ~ Thursday, Feb 13th at 1:00PM—Ledgecrest Convalescent will be sponsoring this Special Bingo on Feb 13th at 1:00PM. A special "Valentine" refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Special Bingo Thursday, Feb 20th at 1:00PM

Newington Rapid Recovery Rehab Center will be sponsoring this Special Bingo on Thursday, Feb 20th 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.**

Valentine's Celebration

Wednesday, February 19th at 1:00PM

Come join us as we celebrate this month of love! Start the afternoon with the beautiful music of Willie and Jan. This dynamic duo has wowed us with their past performances. A delicious dessert will be served following the program. This program is limited to 100 people. You may sign up yourself and one other person.

Sign ups are now being taken.



Town Manager Coffee Hour Visit– Thursday, February 13th 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.**



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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, Feb 13th and Friday, Feb 21st** . 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, Feb 4th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Feb 11th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Feb 18th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Feb 25th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures on Tuesday, Feb 25th 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**

Dental Cleaning Clinics for Adults 60 yrs. and Older

Berlin Senior Center

February 19th and 20th from 8:45am to 12:45pm

To make an appointment, please call the Senior Center at (860)828-7006. Those participating *must* reside in the towns of Berlin, Newington, Rocky Hill, or Wethersfield. Donations are graciously accepted. This program is sponsored by Central CT Health District and the Berlin Senior Center.

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.

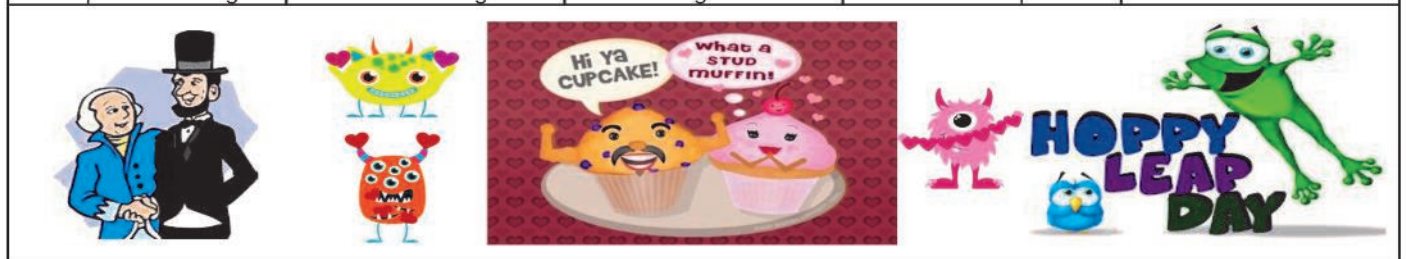


February, 2020

MENU ITEMS SUBJECT TO CHANGE




SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Shepherds Pie Mixed Vegetables  Dinner Roll Birthday Cake	4 Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn Fajita Day Tortilla Apple	5 Navy Bean Soup Unsalted Crackers Pier 17 Fish with Dill Sauce Buttered, Parslied Noodles Broccoli Rye Bread Banana	6 Grape Juice Roast Beef Beef Gravy Oven Roasted Potatoes Spinach 12 Grain Bread Lemon Pudding	7 Apple Juice BBQ Pork Chop Stuffing Carrots Oatmeal Bread Ice Cream Cup
10 Sweet & Sour Meatballs Sesame Noodles Oriental Blend Veggies 100% Whole Wheat Peaches	11 Pineapple Juice Roast Pork Apples and Sauerkraut Harvest Rice Beets Rye Bread Peanut Butter Cookies	12 Orange Juice Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing Garlic Bread Pears	13 Chicken Cordon Bleu Sweet Potatoes Buttered Peas  Dinner Roll Valentine Treat	14 Pea Soup Unsalted Crackers Crabcake Steak Fries Cole Slaw Tartar Sauce Hamburger Bun Fresh Orange
17 	18 Special Dessert Cranberry Juice Pier 17 Fish Waffle Fries Cole Slaw Tartar Sauce Multigrain Bread Apple Pie	19 Carving Station Grape Juice Roast Turkey Breast Turkey Gravy Mashed Potatoes Stuffing Peas & Carrots Cranberry Sauce Apple Pie	20 Meatloaf Onion Gravy Buttered Noodles Peas & Carrots Rye Bread Tropical Fruit Cup	21 Orange Juice Turkey Pot Pie Rice Garden Salad French Dressing* Biscuit Oatmeal Raisin Cookies
24 Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli Oatmeal Bread Tapioca Pudding	25 French Onion Soup Unsalted Crackers Philly Cheesesteak Onions and Peppers Tater Tots Sub Roll Fresh Orange	26 Apple Juice Buttery Fish Sweet Potatoes Creamy Spinach 100% Whole Wheat Lemon Meringue Pie	27 Grape Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread Fruit Cup	28 Hot Dog Baked Beans Braised Red Cabbage Hot Dog Roll Fruit Cocktail



FEBRUARY 2020

Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12:30pm Bridge 1pm Setback Tournament	4 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No	5 8:30am Coffee Hr. 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI	6 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA-by appt Tax Aide –by appt	7 8:30am Coffee Hr. 9:30am Yoga 12pm Lunch 12:45pm Wii Bowl 1pm Photography
10 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12pm Matter of Balance Class 12:30pm Bridge 1pm Setback Tournament	11 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie	12 8:30am Coffee Hr. 9am CCharities 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	13 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 Tax Aide—by appt	14 8:30am Coffee Hr. 9:30AM Yoga 12pm Lunch 12pm Matter of Balance Class 11am Wii Bowl 1pm Photography
17 President's Day Senior Center Closed	18 8:30am Coffee Hr. 9:45am Exercise 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie	19 8:30am Coffee Hr. 8:45am Dental Clinic 9:30am Leftovers 10am Knitters 12pm Lunch 1pm Coloring 1pm Cribbage DI 1pm Valentine Celebration	20 8:30am Coffee Hr. 8:45am Dental Clinic 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Special Bingo EA-by appt Tax Aide—by appt	21 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 12pm Matter of Balance Class 12:45pm Wii Bowl 1pm Photography FC– by appt
24 8:30am Coffee Hr. 10am Senior Poker 10am Scrabble 12pm Lunch 12pm Matter of Balance Class 12:30pm Bridge 1pm Setback Tournament	25 8:30am Coffee Hr. 9:45am Exercise 10am “Free” Manicures 12pm Lunch 12:45pm B Pressure 12:45pm Po Ke No 1:00pm Movie	26 8:30am Coffee Hr. 9am CCharities 9:30am Leftovers 10am Knitters 10:30am Shopping 12pm Lunch 1pm Coloring 1pm Cribbage DI	27 8:30am Coffee Hr. 9am Swedish Weaving 9:45am Exercise 12pm Lunch 1pm Bingo EA-by appt Tax Aide—by appt	28 8:30am Coffee Hr. 9:30amYoga 12pm Lunch 12pm Matter of Balance Class 12:45pm Wii Bowl 1pm Photography
				
<h2>Happy Valentine's Day!</h2>				

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, March 16th @ 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:

Feb 7th and 21st & March 6th and 20th

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>
1/2/2020	Anonymous	Berlin Senior Center
	Jane Skinner	Berlin Senior Center
	Rose Wollman	Berlin Senior Center
	James McNeil	Berlin Senior Center
	Mickey Welles	In Memory of Barbara Dixon
	Raffle Proceeds From Donated Quilt made by Charlotte Bedient	Berlin Senior Center
1/13/2020	James McNeil	Berlin Senior Center
1/22/2020	James McNeil	Berlin Senior Center
1/23/2020	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.

12/27/2019 **Town Holiday Raffle** **Berlin Kindness Fund**

Director's Monthly Update



We appreciate all donations received at the Center!



These donations help us out tremendously!

Berlin-Peck Memorial Library Monthly Events

Books & Coffee: Monday, Feb. 3 @ 1:30 pm Join us at The Avenue (958 Farmington Ave in Berlin) for an informal book talk. Register. **AARP Tax Aide (By Appointment Only) Tuesday afternoons in the library February through April.** **Eliminate the Sugar Craving: Wednesday, Feb. 5 @ 6:30 pm** Join Certified Health Coach Marcia Witter for this health and wellness workshop and learn to eliminate sugary cravings. Register. **Make and Take: Book Safes: Thursday, Feb. 6 @ 6 pm** Registration required. Cancellation policy applies. **Sit & Knit: Every Thursday** Join local knitters for a relaxing time filled with knitting and good company! **Movie Matinee: Blinded by the Light: Friday, Feb. 7 @ 1 pm** Rated PG-13. **ID Fraud and Scam Workshop: Monday, Feb. 10 @ 1:30 PM** Learn to prevent identity theft, frauds and scams. Presenter Mike Saveneilli has been in the credit industry for 48 years and has an extensive professional background in personal security and credit reporting. Sponsored by Friends of the Berlin-Peck Memorial Library. Register. **Stock Club: Tuesday, Feb. 11 @ 1:30 PM** Discuss investment trends with local investors. **Heart Healthy Cooking: Tuesday, Feb. 11 @ 6:30 pm** Get hands on and cook some delicious dishes guaranteed to help your heart thrive with the dietitian from the ShopRite of Cromwell. Registration required. Cancellation policy applies. **IV Vitamin Therapy/Boosting the Immune System for Energy & Well-Being: Wednesday, Feb. 12 @ 6:30 pm.** Presented by ProNatural Physicians Group, Berlin. Register. **Movie Matinee: Time Traveler's Wife: Friday, Feb. 14 @ 1 pm** Rated PG-13. **Around the World in 80 Gardens: Saturday, Feb. 15 @ 1 pm** Beginning in the lush gardens of the pacific, through South America and Europe to South East Asia and Australia, presenter, Dr. Benfield, will show garden enthusiasts and laymen alike the different and unique gardens and floral kingdoms of the world. Dr Richard W. Benfield is Emeritus Professor of Geography at CCSU. Sponsored by Friends of the Berlin-Peck Memorial Library. Register. **Scanning Your Photos and Home Movies: Wednesday, Feb. 19 @ 6:30 pm OR Monday, Feb. 24 @ 1:30 pm** Learn how to transfer your VHS videos, photos, and photo negatives to your computer for easy storage, viewing, and sharing. Register. **Movie Matinee: Brian Banks: Friday, Feb. 21 @ 1 pm** Rated PG-13. Movie released in 2018. **Saturday Book Club: Saturday, Feb. 22 @ 10:30 am** Join us for a discussion of *Before We Were Yours*, by Lisa Wingate. Please contact the library for a copy of the book. Register. **Cookbook Club: Monday, Feb. 24 @ 6:30 pm** Join us for this fun twist on a book club. All cooks welcome! Borrow a cookbook, make a recipe, and share it at the club! Please contact the library with your recipe. **Berlin VNA: Nutrition, Diet and Your Health: Wednesday, Feb. 26 @ 1:30 PM** This program is sponsored and presented by the Berlin VNA. Learn how to read and understand nutrition labels. Register. **Gratitude: Wednesday, Feb. 26 @ 6:30 pm** Presented by ProNatural Physicians Group, Berlin. Register. **Movie Matinee: Judy: Friday, Feb. 28 @ 1 pm** Rated PG-13. Movie released in 2019. **Hip Hop Hamilton and the Rest of America's Founding Fathers: Saturday, Feb. 29 @ 1 pm** Join author Stephen Spignesi as he presents a fascinating new program about the men who created America. Books will be available for sale and signing. Register.

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.

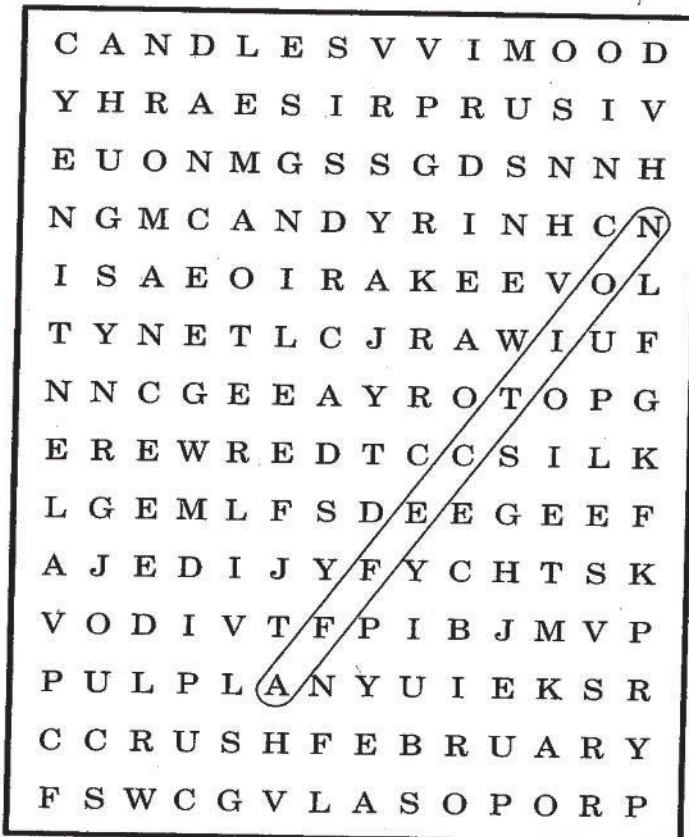
Starting this tax season, WHEN SCHOOL IS CANCELLED, WE WILL BE CLOSED. Early or late dismissals, please call to confirm. We will attempt to schedule additional days if necessary to accommodate tax payers whose appointments were cancelled.

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.

HEART'S AFIRE

Welcome, solvers! It's FEBRUARY, the month of ROMANCE. This puzzle is our VALENTINE to you, filled with CANDY, FLOWERS, HUGS, and kisses. We've circled AFFECTION to start you off; now it's your turn to get in the holiday MOOD by finding all 28 entries related to Valentine's Day!

AFFECTION	COUPLES	DINNER
CANDLES	CRUSH	FEBRUARY
CANDY	CUDDLE	FEELINGS
CARD	CUPID	FLOWERS
CHOCOLATE	DANCE	HEARTS



HUGS
 JEWELRY
 KISS
 LOVE
 MOOD
 POEM
 PROPOSAL
 ROMANCE
 ROSES
 SENTIMENT
 SURPRISE
 TEDDY BEAR
 VALENTINE

Senior Center Book Discussion

There is No Book Club until March

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.

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, February 11th 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, February 18th at 1:00pm ~ Playing with Fire—When firefighter Jake Carson (and his team rescue three siblings in the path of a wildfire, they quickly realize that no amount of training could have prepared them for their most challenging job yet – babysitting. While trying to locate the children’s parents, the firefighters have their lives, jobs and even their fire station turned upside down and learn that kids – much like fires – are wild and full of surprises. Hilarious and heartwarming, discover this must-see family comedy. **Rated PG**



Tuesday, February 25th at 1:00pm—Harriet—The incredible true story of one of America's greatest heroes, Harriet Tubman. From her escape from slavery to the dangerous missions she led, setting free hundreds of slaves through the Underground Railroad. **Rated PG -13.**

Specialty Trips

LUNCH BUNCH” TRIP



THERE IS NO LUNCH BUNCH IN FEBRUARY

SPECIALTY SHOPPING TRIP



This month there will be **two specialty shopping trips this month.** The first is to **Walmart in Cromwell on Wed, Feb 12th at 10:30am.** The second trip is to **Target in Newington on Wed, Feb 26th 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. Please do not leave any reservations on the answering machine.