



BERLIN SENIOR CENTER

BERLIN SENIOR CENTER LINES

MARCH 2024

Center Information

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

Staff

Director ~ Tina Doyle
Assistant Director ~Sami Wnek
Staff ~Beth Hrubiec, Donna
Gianoni, Mary Ellen Dinda,
Kathy Moss
Drivers ~ Joe LaVallee
Tom Chesery, Tom Zigmont &
Ed Alicea

Hours

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

Membership (Ages 60+)

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

CFA Commission Members:

Barbara Gombotz—Chairperson
Juliet Benjamin-Com. Secretary
Frank Slogeris
Kay Murray
Ann Gamelin
Roger Moss

Greetings from the Director,

Happy March! You will notice that our newsletter is much smaller this month. We have had to shrink our content down because we do not have enough advertisers to cover the cost of publishing our larger size newsletter . We have had to remove quite a bit of stuff from the content. One of the items was the puzzle which I know is a fan favorite. Hopefully, once we are able to increase our advertisers we can bring back the puzzle and other content. If you are a business owner or have a family or a friend that owns a business that you think would possibly advertise in our newsletter please let me know and I will put them in touch with our LPI Ad Sales Representative.

- **Commission for the Aging Meeting**
Next Meeting: Monday, March 18th at 5:00pm
Berlin residents are invited to any of the meetings.
- **Donations Welcome!** The Berlin Senior Center accepts monetary and item donations. The monetary donations are deposited in to Senior Center Agency Fund with the Town's Finance Dept. If you have any other questions please contact Tina at 828-7006. **Thank you Paul Dobrowolski, and 3 Anonymous donors. Your donation is much appreciated!**
Happy St. Patty's Day and Happy Easter!

Tina



**Don't forget to change your
clocks!
Spring ahead one hour.
Daylight Savings Time
begins on Sunday
March 10th.**

Transportation

The Senior Center Buses and Van may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:30pm. *Service is curb to curb; therefore, riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such help. The driver may use his discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of passenger's mode of transportation must be able to be tied securely, both in the front and back of the unit. In the case of Scooters, the passenger must be able to transfer to a seat on the Senior Center vehicle. *Exceptions allowable for non-curb to curb service pending approval from the Director. * The Town of Berlin applied for a cash grant for the purchase of a wheelchair accessible vehicle under the Section 5310 program that is administered by the Connecticut Department of Transportation (CTDOT). The money is allocated to CTDOT through the Federal Transit Administration. CTDOT and the Regional Council of Governments throughout the state review the applications and award the grants per region. The program is 80% federally funded with a 20% local match. The Town of Berlin is very pleased to have received such grant to be able to transport our seniors and disabled.

Daily Bus Schedule

Monday and Wednesday—Stop-n- Shop 9am & 11am

All other appointments & errands between 9am and 2:15pm

Tuesday- Shop Rite-Cromwell 9am & 11am

All other appointments & errands between 9am & 2:15pm

Thursday- All appointments & errands between 9am & 2:15pm

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

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

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

All other appointments & errands between 9am and 2:15pm

Transportation Services is available for medical appts, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping. We require **24 hour notice** for grocery shopping, pharmacies, banks, etc. We require **48 hour notice** for medical appointment reservations. We accept bus reservations up to a week in advance. Bus reservations must be made during the hours of 8:30am—3pm. Please remember to have the address of the doctor and time of appointment in front of you when calling to reserve a ride. Reservations left on the Center's voicemail **will not be accepted.** Please make sure that you are ready one hour before your bus reservation time. The driver should not have to wait for you. All calls for rides home must be made by 3:00pm. Lastly, you are allowed two stops per day except when going to the grocery store. If you have any questions please contact the Center.

Other Transportation Sources:

Way to Go CT - in Hartford helps inform senior citizens, veterans & people with disabilities in north central Connecticut with their available transportation options. They serve 37 towns in the Greater Hartford Area in Central Connecticut to help you navigate your transportation options. **For more information please call 860-58-4442.**

The Medical Transportation Volunteer Program – The Retired Senior Volunteer Program (RSVP) provides seniors in our area a method of access to **free**, reliable, non-emergency medical transportation. Seniors requesting rides for the first time will call the RSVP Office and provide initial client information. From that point forward when they need a ride, they will be in the system and can call with their specific ride information. **If you have any questions or would like to request a ride please call (860)539-6233.** *Please Note: This is a “new” phone number for RSVP. **DISCLAIMER:** The Berlin Senior Ctr. does not have anything to do with the above mentioned transportation programs. If you have any issues with these organizations, you must deal with that provider directly.

Services

AARP Tax-Aide in Berlin ~ The AARP Tax-Aide Program continues to offer free tax aide appointments on Thursdays from 9:00-2:30pm at the Senior Center. Appointments are necessary.

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 Wednesday, March 13th. Services are provided by Carol Raza, RN, include general assessment of the feet/lower extremities, trimming/filing, cleaning toenails, reducing of corns/calluses, massaging, lotioning/ powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$30.00.** Please **no diabetics.**

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

Energy Assistance Program ~New Opportunities of Greater Meriden is taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with deliverable fuel, electric, natural gas, and heat included. Please call New Opportunities of Greater Meriden at 203-639-5060 ext 403 or 410 to set up your appointment.

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 Robin Evans at (860) 828-7059 or Jaymee Miller at (860) 828-7007.

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

Catholic Charities Counseling Services Wednesdays, March 13th & 27th 9am –12pm

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 at 860-757-0845 with Leonilda Velez, Outreach and Support Worker with Catholic Charities. She will be available to meet with you, connect, support, and provide you with resources you might need. This is a free service.

Mobile Foodshare: Friday March 1st and 15th from 12:00 to 12:30 PM Sacred Heart Church, 48 Cottage Street, East Berlin. Bus Transportation is available if needed. NO IDENTIFICATION OR PAPERWORK NEEDED.

General Information

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 9:00AM-9:00PM.

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 Fax: (860) 331-2499**

Senior Center Activities & Event

Ladies' Free Manicures ~ Wednesday, March 13th from 9 to 12pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins. **Sign up will start on Friday March 1st**. Call the front desk at 860-828-7006.

Berlin Police Dept Senior Center Hours ~Thursday, March 14th 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.

Visit with Transition Academy Friends ~ Friday, March 15th at 10:00am

It's time for our annual visit with our friends from BHS Transition Academy. We're looking for 10 seniors to attend. The day will start with some painting and lunch will follow. The Senior Bus will provide transportation. **Sign up will be on Friday, March 1st.**

Celebrate World Down Syndrome Day~Friday, March 15th at 12:45pm -1:30pm

A class of BHS students and staff will making a community outing to the Senior Center to celebrate World Down Syndrome Day, which is March 22nd by decorating cookies with Senior Center members. We are looking for 15 seniors to meet and work with our students decorating cookies. **Sign up begins on Friday, March 1st.**

St. Patty's Celebration ~ Wednesday, March 20th at 1:00PM Acoustic Troubadours -Chris Gates-Wnuk on guitar/ vocals, Steve Wnuk on fiddle/bass, & Mark Giorgetti on guitar/ vocals. They play the music of the 50's, 60's and 70's with a focus on popular hits we can all sing along with. We will be celebrating St. Patrick's Day with some Irish fiddle tunes. Wear your green and come celebrate with us. **This program is sponsored by Civility of Newington. Refreshments will be served. Sign up begins on Friday, March 1st.**

Special Bingo ~ Thursday, March 21st at 1:00PM—Ledgecrest Convalescent will be sponsoring this special bingo on Thursday, March 21st at 1:00PM. A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Bling Bling Bingo ~ Wednesday, March 27th at 1:00PM ~ Come join for some games of bingo. We will be giving out are brand new jewelry as prizes. We thank the generous resident who donated the jewelry. **FREE. No sign up necessary. Refreshments will be served**

Senior Center Book Club Wednesday, March 27th at 1:30pm ~Join us at the Senior Center for a discussion of The Radcliffe Ladies' Reading Club by Julia Bryan Thomas. **Contact the library for a copy of the book.** A heart-wrenching, inspiring, extraordinary love letter to books set against the backdrop of one of the most pivotal periods in American history. The Radcliffe Ladies' Reading Club explores how women forge their own paths, regardless of what society expects of them, and illuminates the importance of literature and the vital conversations it sparks. **No sign up necessary.**

Weekly Classes

Intermediate Cardio Drumming ~ Mondays and Wednesdays from 10-10:45am

This exercise will get your whole body moving and will pump you up. The best part is that it requires no skill, and you can go at your own pace. Join us for some fun and see what it's all about! **FREE.**

High-Intensity Cardio Drumming ~ Mondays from 11am—12pm

This hour-long class is for people who are looking for a more fast-paced cardio drumming exercise than our intermediate class. There will be faster and more intricate movements. **FREE.**

Exercise for Wellness Class EVERY TUESDAY & THURSDAY @

9:45 AM This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Join us. Choose to be active and to age well. Please bring hand weights. **Cost: \$4.00 per class. Instructors are Vicki Griswold and Lorraine Jurgilewicz.**

Yoga Class (Virtual and In-Person) EVERY FRIDAY @ 9:30 AM –11:00AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.



Daily Coffee Hour

The Senior Center has an informal “coffee hour” available Monday through Friday from 8:30 AM to 10:00 AM! Enjoy a fresh cup of coffee and/or tea for only 25 cent per cup! So drop by and chat with “old friends” and make new ones! Complimentary pastry is also available for those who buy a cup of coffee/tea. **ENJOY A “FREE” CUP OF COFFEE/TEA ON FRIDAYS FROM 8:30 AM TO 10:00 AM.**

Drop Ins

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

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

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

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

MAHJONGG - Every Wednesday morning at 10:00 AM. All levels of players are welcome.

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

CANASTA—Every Wednesday afternoon at 1:00 PM. All level s of players are welcome.

COLORING for STRESS RELIEF ~ Every Wednesdays at 1:00PM Coloring for adults has become a popular stress –reduction trend and a great way to relax. We will supply the coloring sheets and colored pencils.

SWEDISH WEAVING –Every Thursday @ 9:30AM. This craft is also known as “huck” weaving . Create a unique blanket, pillow, table runner, etc. A list of supplies is available at the Center. Help is available.

BINGO—Every Thursday @ 1:30PM.

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 12:45 PM to join us for some “interactive” bowling in our multi-purpose room. It's fun and it's easy exercise. Stop in and check it out. If you are interested in joining the Friday group and have any questions please contact Tina or Sami.

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

Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served Monday - Friday at Noon. A suggested donation of \$3.00 per person is requested. **To order a meal please either call Doretha 860-921-4320 or sign up in-person in the Big Room at least 2 days before by 10 am (Monday and Tuesday meals need to be reserved by Thursday before by 10am)** . If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

RW Solutions Senior Community Café



March Menu, 2024

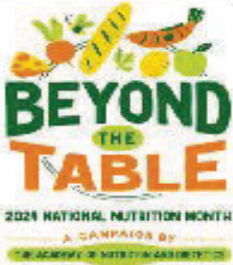






1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

Suggested Donation \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BEYOND THE TABLE <small>2024 NATIONAL NUTRITION MONTH A CAMPAIGN by THE ACADEMY OF NUTRITION AND DIETETICS</small>	March is National Nutrition Month, The Academy of Nutrition and Dietetics urges everyone to "Go Beyond the Table." The Focus of the month is to encourage individuals to be mindful about the impact daily nutrition choices can have on a personal well-being and the environment - both now and in the future.		 HAPPY EASTER 	1 Tossed Salad Potato Pollock Confetti Rice Broccoli Tartar Sauce French Dressing Oatmeal Bread Pudding
4 Breaded Chicken Patty Sweet and Sour Sauce Sweet Potatoes California Blend Veggies White Bread Oreos	5 Taco Tuesday Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Shredded Lettuce Sour Cream Tortilla Chips Pineapple	6 Beef Burgundy Butternut Squash with Cinnamon Kale and Spinach Wheat Roll Yogurt	7 Tomato Florentine Soup Unsalted Crackers LS Turkey Sandwich Tater Tots Warm Green Bean, Bacon, and Onion Salad Kaiser Roll Mandarin Oranges	8 Veggie Chili with Shredded Cheese Brown Rice Cauliflower Cornbread Applesauce
11 Penne and Meatballs with Spaghetti Sauce Italian Blend Veggies Garlic Bread Spiced Pears	12 Diced Chicken Divan Mashed Potato Green Beans Biscuit Tropical Fruit	13 St. Patrick's Day Grape Juice Corned Beef Cabbage and Carrots Boiled Potatoes Mustard  Rye Bread St. Patrick's Poke Cake	14 Cheeseburger Seasoned Wedge Potatoes Brussel Sprouts Hamburger Roll Oatmeal Cream Cookie	15 Minestrone Soup Unsalted Crackers Crab Cakes Brown Rice Pilaf California Blend Veggies Whole Wheat Bread Clementine
18 Apple Juice Salisbury Steak LS Gravy Egg Noodles Spinach Multigrain Bread Peaches	19 Pork Chopette with Apple Gravy White Rice Oriental Blend Veggies Whole Wheat Bread Pears	20 Southern Chicken Stew Meadow Blend Veggies Biscuit Banana	21 Butternut Squash Soup Unsalted Crackers Pot Roast with LS Gravy 1/2 Baked Potato Winter Blend Veggies Rye Bread Birthday Cake	22 Romaine Salad Stuffed Salmon with Dill Sauce Rice Florentine Peas and Carrots Ranch Dressing Oatnut Bread Fresh Orange
25 Chicken Parmesan Shells and Tomato Sauce Broccoli Garlic Bread Peaches	26 Taco Mix Casserole Taco Mix over Sweet Potato Fries Fiesta Corn Shredded Lettuce Shredded Cheese Sour Cream Citrus Sections	27 Easter Special Apple Juice LS Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Peas and Pearl Onions Rudi Roll Easter Poke Cake with Whipped Topping	28 Roast Turkey with LS Turkey Gravy Mashed Potato Green Beans Whole Wheat Bread Cookies	29 Good Friday Closed 

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

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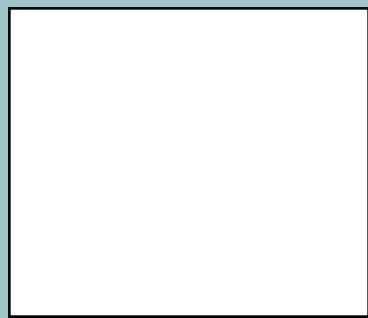
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MARCH 2024

Events

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>4 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>5 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>6 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>7 8:30am Coffee Hr 9am Tax Aide-appt 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo</p>	<p>8 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>11 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>12 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>13 8:30am Coffee Hr 9am FREE Manicures 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Canasta 1pm Coloring 1pm Cribbage Footcare-by appt</p>	<p>14 8:30am Coffee Hr 9-11am BPD Visit 9am Tax Aide- appt 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO</p>	<p>15 8:30am Coffee Hr 9:30am Yoga 10:00am Visit w/ BHS Transition Academy 12pm Lunch 12:45pm Celebrate World Down Syndrome Day 12pm Foodshare 12:45pm Wii Bowl</p>
<p>18 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>19 1st Day of Spring 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>20 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm St. Patty's Day Celebration</p>	<p>21 8:30am Coffee 9am Tax Aide-appt 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special Bingo</p>	<p>22 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>25 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>26 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>27 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Bling Bling Bingo 1:30pm Book Club</p>	<p>28 8:30am Coffee Hr 9am Tax Aide- appt 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo</p>	