



BERLIN SENIOR CENTER

BERLIN SENIOR CENTER LINES

April 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 Spring! This month we have a few new, interesting programs scheduled for you. I hope you'll come join us!

- The Senior Center is looking for donations of gently used teacups and saucers for an upcoming program. Please leave them with our receptionist.
- **Timberlin Senior Men's Golf League Annual Meeting:** Will be held April 3rd at 1:00 PM –Sr. Golf Association members and prospective members, retired Berlin residents 60 years of age and over, are welcome to attend.
- **April's Specialty Shopping Trip** will be to Boscov's in Meriden on Wednesday, April 17th at 12:30pm. Minimum of 3 riders needed. Sign up should be done a week before.
- The **Town Manager Arosha Jayawickrema** will be visiting the Center during coffee hour on April 10th at 9am. No sign up needed.
- Our **Friends from the BHS Transition Academy** will be visiting us for an afternoon of Wii bowling and lunch with us on Friday, April 26 at 11am. Limited to 10. Sign up begins April 1st.

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 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 & 12am

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.

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

MOBILE FOODSHARE : Friday April 12th & 26th 12:00 M at Sacred Heart Church, 48 Cottage Street, East Berlin. Bus Transportation is available. **NO IDENTIFICATION OR PAPERWORK NEEDED**
LUNCH BUNCH” TRIP ~ Each month the senior center organizes a “lunch bunch” trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This month will be to **Olive Garden on Friday, April 26th**. The bus will leave the Senior Center at **11:30 AM**. We are limited to 12 people. **Sign up begins on Wednesday, April 17th**. You may sign up yourself and one other. Telephone signups will be taken after 12 Noon on the 17th.

Services

Footcare Program (By Appointment Only) The Berlin Senior Center offers low cost foot care for seniors provided by specially trained registered nurse, Carol Raza, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$30.00.** Please **no diabetics**. Call the senior center at 860-828-7006 to schedule your appointment. **This month's program is scheduled for Wednesday, April 10th.**

Ladies' Free Manicures ~ Wednesday, April 10th from 9:30am to 12:30pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins. **Sign up will start on Monday April 1st.**

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

Catholic Charities Counseling Services Available At the Berlin Senior Center

Wednesdays, April 3rd & 17th 9am –12pm If you find yourself needing some extra support or someone to talk to, then make an appointment at 860-757-0845 with Leonilda Velez, Outreach and Support Worker with Catholic Charities. This is a free service.

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 electric, natural gas, and heat included until May 31st. Please call New Opportunities of Greater Meriden at 203-639-5060 ext 403 or 410 to set up your appointment.

Tech Help ~ Tuesdays 1 PM to 3 PM By Appointment ~ Do you have an electronic device that you are having trouble with, or want to learn how you can get more use out of it? Rich Dinda, our volunteer tech expert will be here to answer your questions about your laptop, smart phone, tablet, etc. **Please call to schedule an appointment and come ready with questions. Appointments are 30 minutes long.**

Berlin Police Dept Senior Center Hours ~Thursday, April 18th from 9:00-11:00am Berlin Police Officer Maegen Musanti will be joining us at the Center once a month to meet and talk with folks. Stop in and say hello. No sign up necessary

General Information

The Office of the Healthcare Advocate (OHA) The OHA focuses on assisting consumers in making informed decisions when selecting a health plan; assisting consumers to resolve problems with their health insurance plans and tracking trends of issues/problems, which may require administrative or legislative intervention, or advocacy with industry, the public, or other stakeholders. **Toll-free number: 1-866-466-4446 Email: healthcare.advocate@ct.gov Fax: (860) 331-2499**

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. .

Senior Center Activities & Event

Tips for Flourishing with Dr Wendy Hurwitz, MD. Tuesday, April 16th @1PM ~ Come learn tips and skills to augment flourishing, thriving, and enhance well-being, including tips, tools, and techniques for increasing happiness. A graduate of Yale University School of Medicine, Dr. Wendy Hurwitz is a nationally recognized expert on stress. A former medical researcher for ABC News, Dr. Hurwitz is an expert in two fields: Mind/Body Medicine and Energy Medicine. She has a forthcoming book on stress. Dr. Hurwitz has provided training for AT&T, Unilever, Lowe Worldwide, the FDNY, and has been an invited guest speaker at the United Nations. **Sign up begins April 1st.**

Celebration of Life for Lois Ustanowski ~ Wednesday, April 17th at Noon

Our friend, Lois was our front desk receptionist at the Center from 1997 to 2009. After retiring she became a volunteer. Lois helped at our Holiday Boutique, making her famous Han & Pickle and Egg Salad, she helped with set ups for our entertainment programs and was our money person for Bingo. Where ever help was needed Lois was always willing to help. The Senior Center was a big part of her life that is why she preplanned a party for after her passing, so that friends and family could celebrate her. Please join us for all of Lois's favorite things.



Sign up begins April 1st.

Volunteer Luncheon ~Friday, April 19th at Noon ~ We will be honoring our wonderful volunteers with a luncheon and entertainment provided by Roger Moss. Each volunteer will receive an invite. Please remember to RSVP if you plan to attend.

AARP Defensive Driving Class ~ We are offering an AARP Defensive Driving Class at the **Berlin Community Center, 230 Kensington Rd, Room 1**. The class will be held on **Tuesday, April 23rd from 9am-1pm**. The cost is \$20 for AARP members or \$25 for nonmembers, payable at the time of the class by cash or check. Those 60 or over qualify for a 5% discount on their liability insurance per the State of CT. Attendees are expected to remain the full 4 hours. **Please call the Senior Center to register. Limited to 20 participants.**

Lunch and Learn with Tina ~ Tuesday, April 23rd at Noon ~ Come have lunch with Tina and learn about what's happening at the Senior Center. **Sign up begins April 1st.**

Fraud Prevention Workshop with Lejla Radoncic from M&T Bank, **Wednesday, April 24th @ 1pm**. Limit of 8 participants. **Sign up begins April 1st.**

Central CT Health District "Walk this May"! ~ The four town Walking Competition sign up and information session will be held on **Tuesday, April 30th at 10:45 AM**. Track your activity and represent our town in a friendly competition between Berlin, Newington, Rocky Hill and Wethersfield, from May 1st-May31st. **Sign up begins April 1st.**

Jeff the Plant Guy Tuesday April 30th at 10am ~ In honor of Earth Day and Arbor Day come get your hands in the dirt, have some laughs and learn about "Plants that clean the air." Jeff The Plant Guy, will put his unique perspective on *what ever plant he talks about*. Simple ways to keep your plant alive and flourishing. Jeff will take questions. You might learn a thing or two on how to keep your indoor plants flourishing. **Sign up begins April 1st.**

Walking Club will start back up on **Thursdays in April at 10:00 am**. We will meet in the parking lot of local parks that are announced in the calendar. Be sure to wear loose fitting clothes, comfortable shoes and bring water to stay hydrated. Drop in and walk with a friend!

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.**

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.

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, Cynthia Peterson and Stop & Shop Bloomin 4 Good Program.** Your donation is much appreciated!



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 10:00AM. 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 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.

Special Bingo~Thursday, Apr 11th @ 1:30 PM—BHS Interact Club will be sponsoring this special bingo. A goodie bag will be given out. Our regularly scheduled games will be played. **No sign up is necessary.**

Special Bingo~Thursday, Apr 18th @ 1:30 PM—Ledgecrest Convalescent will be sponsoring this special bingo. A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

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.

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

LS: Low Salt

1% or Skim milk provided
Margarine available

April, 2024

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Crab Cakes Brown Rice Pilaf Summer Blend Veggies Tartar Sauce White Bread Yogurt	2 Chicken Parmesan Penne with Sauce Brussel Sprouts Garlic Bread Pears	3 Cobb Salad with Chicken, Egg, Bacon, Cheese, Croutons Ranch Dressing Beets Whole Wheat Bread Pineapple	4 BBQ Pork Riblette Au Gratin Potatoes California Blend Veggies Corn Muffin Fresh Fruit	5 Sausage and Cheese Quiche Steak Fries Broccoli and Red Pepper Biscuit Brownie
8 Grilled Chicken Breast Buttered Ziti with Marsala Sauce Italian Blend Veggies Whole Wheat Roll Peaches	9 American Chop Suey Peas and Carrots Garlic Bread Tropical Fruit Cup	10 Orange Juice Blueberry Baked French Toast Sausage Links Pineapple Maple Syrup Birthday Cake	11 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans & Mushrooms Whole Wheat Bread Yogurt	12 Escarole Bean Soup Unsalted Crackers Salmon with Latino Salmon Sauce Confetti Rice Broccoli Wheat Roll Fresh Fruit
15 Salisbury Steak Herbed Couscous Mixed Veggies Rye Bread Clementine	16 Breaded Pollack Waffle Fries Scanidinavian Veggies Tartar Sauce Multigrain Bread Mango Pineapple	17 Tossed Salad Lasagna with Meat Sauce Italian Blend Veggies Italian Dressing Garlic Bread Pudding	18 BBQ Pork Loin Macaroni and Cheese Carrots Corn Bread Tropical Fruit	19 Corn Chowder Unsalted Crackers Turkey and Swiss Sandwich Fresh Tomato Salad Bulky Roll Ice Cream
22 Italian Meatball Sub Potato Wedges Spinach Sub Roll Tropical Fruit	23 Taco Tuesday Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Shredded Lettuce Sour Cream Tortilla Chips Pineapple	24 Grilled Teriyaki Chicken Sweet Potatoes Oriental Blend Veggies White Bread Yogurt	25 Sliced Turkey with LS Turkey Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Fresh Fruit	26 Chicken Souvlaki with Tzatziki Sauce French Fries Greek Salad Pita Mandarin Oranges
29 Chicken Tetrazzini White Rice Broccoli and Red Pepper Multigrain Bread Applesauce	30 Breaded Fish Sandwich Potato Wedges Buttered Carrots with Dill Hamburger Bun Tropical Fruit	<p><i>April is the beginning of herb season in CT! Decrease your salt intake.</i></p>  <p><i>Flavor foods with fresh herbs like basil, chives, cilantro, parsley, tarragon and more!</i></p>		

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact with 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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APRIL 2024

Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <u>April Fools Day</u></p> <p>8:30am Coffee Hr. 10am Poker 10am Cardio Drum 10am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>2 830am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Tech Help-by appt</p>	<p>3 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:00pm Timberlin Senior Men's Golf Meeting</p>	<p>4 8:30am Coffee Hr 9am Tax Aide-appt 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Timberlin 12pm Lunch 1:30pm Bingo</p>	<p>5 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>8 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 10am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>9 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Tech Help -by appt</p>	<p>10 8:30am Coffee Hr- 9:00am Visit Town Manager 9:30am Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring / Cribbage/Canasta Footcare-by appt</p>	<p>11 8:30am Coffee Hr 9am Tax Aide-appt 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Veteran's Park 12pm Lunch 1:30pm "Special" Bingo</p>	<p>12 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>15 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 10am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>16 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Tips for Flourishing w/ Dr Hurwitz 1pm Tech Help-by appt</p>	<p>17 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 12:00pm Lois's Celebration of Life 12:30pm Specialty Shopping 1pm Canasta</p>	<p>18 8:30 Coffee Hr 9-11 Visit w/ BPD 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Pistol Creek 12pm Lunch 1:30pm "Special" Bingo</p>	<p>19 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12pm Volunteer Appreciation Luncheon NO Wii Bowl 1:30 pm Walmart</p>
<p>22 <u>Earth Day</u></p> <p>8:30am Coffee Hr. 10am Poker 10am Cardio Drum 10am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>23</p> <p>8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Tech Help -by appt</p>	<p>24 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:00 Fraud Prevention Wkshp</p>	<p>25 8:30am Coffee 9:30 am Swedish Weaving 10:00 Walking Club Walnut Hill Park 9:45am Exercise 12pm Lunch 1:30pm Bingo</p>	<p>26 <u>Arbor Day</u></p> <p>8:30am Coffee Hr 9:30am Yoga 11am Transition Academy Visit 11:30 Lunch Bunch-Olive Garden 12pm Foodshare 12pm Lunch 12:45pm Wii Bowl</p>
<p>29 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 10am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>30 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 10:00am Jeff the Plant Guy 10:45am CCHD "Walk this May " 12pm Lunch 12:45pm Po Ke No 1pm Tech Help -appt</p>			
<p>8 Berlin Senior Center</p>				