



BERLIN SENIOR CENTER

Center Information

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

Staff

Director Tina Doyle
Ass't Director...Sami Wnek, CTRS
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen Din-
da, Kathy Moss
Drivers Joe LaVallee
Tom Chesery, Tom Zigmont & Ed
Alicea

Hours

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

Membership (Ages 60+)

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

CFA Commission Members:

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

BERLIN SENIOR CENTER LINES

September 2024

Greetings from the Director,

September is National Senior Center Month! This year's theme is "Powered by Connection." We are offering lots of special programs this month such as meet and greets with Attorney General Tong and Representatives Veach and Fazzino to make sure we stay connected in the world of politics. We will also have opportunities to connect with each other over creative activities like pour painting, and music appreciation class with David Stein, as well as musical Entertainment with the Elderly brothers! We look forward to connecting with you this month!

Please Note: Due to the Berlin Fair utilizing our bus-drivers we have to limit rides on Friday, September 13th. On That day, the Senior bus will only be available from 9am to noon. All riders must be back from their appointments by 12:00pm at the latest. Thank You!

This is the 75th Anniversary of the Berlin Fair. It will be held on Thursday, Sept 12th, Friday, Sept 13th, Saturday, Sept 14th and Sunday, Sept 15th. This event is a big fundraiser for many local organizations and churches so if you're able to get there don't forget to come and show your support for our community.

Tina



Transportation

Senior Center Buses may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:00pm. *Service is curbside to curbside: Riders that require assistance getting to or from the curbside should be accompanied by a companion who can provide such help. Driver may use their discretion to determine whether or not transportation will be provided in the event that safety is a factor. Personal modes of transportation must be able to be secured, both in the front and back of the unit. In the case of Scooters, passengers must be able to transfer to a seat on the bus. *Exceptions allowable for non-curbside to curbside service pending approval from the Director. * The Town of Berlin applied for a cash grant for the purchase of a wheelchair accessible vehicle under the Section 5310 program that is administered by the Connecticut Department of Transportation (CTDOT). The money is allocated to CTDOT through the Federal Transit Administration. CTDOT and the Regional Council of Governments throughout the state review applications and award the grants per region. The program is 80% federally funded with a 20% local match. The Town of Berlin is very pleased to have received such grant to be able to transport our seniors and disabled. Please note that due to increased usage, effective September 1st, 2024 Berlin Senior Center will be able to offer 1 ride per rider per day to and from a single location.

Daily Bus Schedule

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

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

All other appointments & errands between 9am and 2:00pm

Tuesday- Shop Rite-Cromwell 9am & 12pm

All other appointments & errands between 9am & 2:00pm

Thursday- All appointments & errands between 9am & 2:00pm

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

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

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

All other appointments & errands between 9am and 2:00pm

Regular Transportation Services are available for grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping in Berlin only.

24 business hours notice required.

Medical Appointment Transportation Services are available for appointments within our bus territory. 48 business hours notice required. We accept bus reservations up to a week in advance.

Bus reservations must be made during the hours of 8:30am-3pm.

Please remember to have doctor's address and time of appointment ready when calling to reserve a ride.

Reservations left on the Center's voicemail **will not be accepted.**

Please make sure that you are ready 1 hour before your bus reservation time. Drivers should not have to wait. **All calls for rides home must be made by 3:00pm.**

Lastly, you are allowed two stops per day except when going to the grocery store.

If you have any questions please contact the Center.

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

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

Services

Footcare Program (By Appointment Only) ~ The Berlin Senior Center offers low cost foot care for seniors provided by specially trained registered nurse, Carol Raza, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$30.00.** Please **no diabetics.** Call the senior center at 860-828-7006 to schedule your appointment. **This month's program is scheduled for Wednesday, September 11th.**

Ladies' Free Manicures ~ Wednesday, September 11th. from 9:30- 12:30pm - 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.

Blood Pressure Screenings ~ The Berlin VNA will hold **FREE** Blood Pressure Screenings every Tuesday in May from 10:30-11:30 AM in the Health Room. No appointment necessary.

Catholic Charities Counseling Services ~ Available at BSC Wednesday, September 4th & 18th 9am –12pm If you find yourself needing some extra support, or someone to talk to, then make an appointment at 860-757-0845 with Leonilda Velez, Outreach and Support Worker with Catholic Charities. This is a free service.

Berlin Police Dept Senior Center Hours ~Thursday, September 19th from 9-11am - Officer Maegen Musanti joins us once a month to meet and talk with folks. Stop in and say hello. No sign up

General Information

The Office of the Healthcare Advocate (OHA)

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

CT State Parks and Forests Passport Parking fees are now eliminated at Connecticut State Parks for those with Connecticut registered vehicles. To make this possible, **an increase in registration fees was passed by the General Assembly.** It is \$5 per year, which means \$10 for the customary two-year registration renewal for all non-commercial motor vehicles. Seniors 65+ with a one-year registration renewal will have only an additional \$5 fee each year. For more info, visit: <https://portal.ct.gov/DEEP/State-Parks/Passport-to-the-Parks>

Consumer Law Project For Elders is a project of the CT Legal Services, a non-profit law firm. They help seniors resolve consumer problems. People, age 60 and older, (of any income level) can call them if they have a consumer problem. Their phone number is 1-800-296-1467, Monday through Friday from 9:00 AM to 9:00 PM.

Lunch Bunch Trip ~ Each month the senior center organizes a "lunch bunch" trip with the transportation provided by the senior center bus. Participant's pay \$1.00 for their ride plus the cost of their own meal. This month's trip will be to **"Cracker Barrel" in Enfield on Friday, September 27th.** The bus will leave the Senior Center at **11:00am.** We are limited to 12 people. **Sign up begins on Friday, September 13th at 9am in person.** You may sign up yourself and one other. Telephone signups will be taken after 12 noon on the 13th. If you went on last month's trip you will need to wait until 12 noon to sign up.

Senior Center Activities & Event

Pour Painting with DMaria, Friday, September 6th at 1:00 ~ Diane Godin from DMaria Creations will be teaching a hands-on painting class using an extremely fun technique called “Pour Painting”. In this class you will select paint colors and pour them onto a canvas. Diane will demonstrate various techniques for moving and blending the colors and will provide you with individual guidance as you create your own unique abstract painting. All materials will be provided. Come and join us for an hour of fun and creation! What will you see in your painting? We have room for 6 participants. The cost was \$30 but the Center will subsidize half with funds from the Myrna Paulosz Berlin Senior Center Fund so each participant will be responsible for paying \$15 at the time of sign up. Please sign up at the front desk or by calling 80-828-7006.

Meet and Greet with Attorney General Tong, Tuesday, September 10th at 1:00pm~Join us for a meet and greet with our Attorney General. He will be presenting on elder justice issues which can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect, and exploitation. Please sign up at the front desk or by calling 80-828-7006.

Senior Center Book Club ~ Wednesday, September 11th at 1:30pm Join us at the Center for a discussion of “Lessons in Chemistry” by Bonnie Garmus. Please contact the library for a copy.

“We Believe” Presentation by Oak Street Health, Friday, September 13th at 1:00pm ~ Meet the Oak Street Health team and learn more about how Oak Street Health can help keep you healthy and living life more fully. Light refreshments will be served . Please sign up at the front desk or call 860-828-7006.

Music by “The Elderly Brothers,” Tuesday, September 17th at 1:00pm ~ Long-time popular solo artists, T-Bone Stankus and Brian Gillie have teamed up as the Elderly Brothers, serving up mint-condition “oldies” rock ‘n’ roll with pitch-perfect harmonies and soulful improvisations as fresh as the originals. No sleepwalk down memory lane with these guys. Their radiant renditions and audience interaction are unsurpassed. Enjoy the **solid groove** and the upbeat, move-it-or-lose-it, ‘50s and ‘60s bandstand repertoire that has made each of them such talented, innovative and celebrated performers. Light refreshments will be served. Please sign up at the front desk or by calling 860-828-7006.

September’s Specialty Shopping -Target in Meriden, on Wednesday, September 18th at 12:30pm~ We can accommodate 12 shoppers and need a minimum of 3. Please sign up at the front desk or by calling 860-828-7006.

CT Legislative Representatives Veach and Fazzino, Friday, September 20th at 1:00pm ~ You are invited to come learn what is currently going on in the legislature in regards to aging with our Representatives, Donna Veach and Jack Fazzino. Please sign up at the front desk or by calling 860-828-7006.

Ways of Listening: Music Appreciation with David Stein, Tuesday, September 24th at 1:00pm ~ Each program focuses on one masterpiece of classical music, and they have been received with great enthusiasm by audiences made up of neophytes and connoisseurs alike. The program combines video and music clips with live illustrations of the music at the piano. The aim is toward deeper appreciation of the beauty of the music with enhanced understanding of how it works, with no prior knowledge required. Please sign up at the front desk or by calling 860-828-7006.

Balance Class, Wednesday, September 25th at 1:00pm ~ Join Grace from Roba Physical Therapy as she leads us through exercises for balance. **The cost is \$4 per class**. There is no need to sign up ahead. You can drop in and pay at the door. Please wear comfortable clothes, sneakers, and bring water to stay hydrated.

Library Card Sign Up ~ Thursday, September 26th from 10am-1:30 pm. Carrie from Berlin Peck Memorial Library will be at the Senior Center to help residents renew or sign up for a library card. Stop in before bingo to see her and sign up.

Halloween Craft with Euro-American Homecare, Friday, September 27th at 1:00pm ~ Beata from Euro-American Homecare will be leading the group through a fun and seasonal Halloween craft. All materials will be provided. We have room for 12 participants and sign up is first come, first serve. Please sign up at the front desk or by calling 860-828-7006.

Weekly Classes

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

Intermediate Cardio Drumming ~ **Mondays and Wednesdays from 10-10:45am**
This exercise will get your whole body moving and will pump you up. The best part is that it requires no skill, and you can go at your own pace. Join us for some fun and see what it’s all about! **FREE.**

Exercise for Wellness Class ~ **EVERY TUESDAY & THURSDAY @ 9:45 AM**
This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Join us. Choose to be active and to age well. Please bring hand weights. Please check with your doctor before participating in any exercise regimen. **Cost: \$4.00 per class. Instructors are Vicki Griswold and Lorraine Jurgilewicz.**

Yoga Class (Virtual and In-Person) ~ **EVERY FRIDAY @ 9:30 AM –11:00AM**
Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.

Walking Club ~ Come and get a little exercise while making new friends. The BCS walking club meets every Thursday at 10:00, weather permitting at the location posted on the monthly calendar. Make sure to wear comfortable shoes and bring water to drink. No sign up necessary. Just drop in! See you there!

Setback Subs Wanted ~ Looking for **reliable** subs for setback which is held every Monday at 1pm. Please contact the center at 860-828-7006 to be added to the sub list.

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 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 Sami or Tina.



Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Wednesday - Friday at Noon. A suggested donation of \$3.00 per person is requested. There is a cap of 10 people/day. To order a meal please either call Doretha 860-921-4320 or sign up in-person in the Big Room at least 2 days before by 10 am. If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation. Monday and Tuesday meals are temporarily provide by the Senior Center and are ordered from local restaurants. Please sign up with the receptionist at least 2 days ahead. The cost is \$5/meal and is due at the time of sign up. Meals are non-refundable.

RW SOLUTIONS SENIOR COMMUNITY CAFÉ

September, 2024

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION \$3.00 -		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day Closed 	3 Senior Center Lunches Please See Front Desk Receptionist For Menu	4 Riblette Butred Noodles Broccoli Cucumber Salad Wheat Bread Pears	5 Vegetable Barley Unsalted Crackers Pot Roast with LS Gravy Baked Potato Meadow Blend Veggies Rye Bread Brownie	6 Macaroni and Cheese Stewed Tomatoes  Oat Nut Cantaloupe
9	10	11	12	13
Senior Center Lunches Please See Front Desk Receptionist For Menu	Senior Center Lunches Please See Front Desk Receptionist For Menu	Breaded Chicken Breast with Honey Glaze Red Bliss Potatoes Summer Blend Veggies  Whole Wheat Bread Birthday Cake	Ham with Pineapple Sauce Sweet Potatoes Brussel Sprouts White Bread Applesauce	Breaded Pork Chop with Country Gravy Corn and Black Beans Spinach and Kale Combread Peaches
16	17	18	19	20
Senior Center Lunches Please See Front Desk Receptionist For Menu	Senior Center Lunches Please See Front Desk Receptionist For Menu	Cobb Salad with Chicken, Bacon, Egg Beets Ranch Dressing Whole Wheat Bread Pineapple	BBQ Ribette Au Gratin Potatoes California Blend Veggies  Combread Oreos	Sausage and Cheese Quiche Steak Fries Broccoli and Red Peppers Whole Wheat Bread Banana
23	24	25	26	27
Senior Center Lunches Please See Front Desk Receptionist For Menu	Senior Center Lunches Please See Front Desk Receptionist For Menu	Orange Juice Cheese Omelet Spinach French Toast Sticks Jell-O with Topping	Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans and Mushrooms Whole Wheat Bread Yogurt	Escarole Bean Unsalted Crackers Potato Pollock Confetti Rice Broccoli Tartar Sauce Wheat Roll
30				
Senior Center Lunches Please See Front Desk Receptionist For Menu				

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SEPTEMBER 2024

Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>Labor Day</u></p> 	<p>3 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>4 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1:00 Coloring 1pm Cribbage 1pm Canasta</p>	<p>5 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Timberlin 12pm Lunch 1:30pm Bingo</p>	<p>6 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:00 Pour Painting with DMaria 1:30 pm Walmart</p>
<p>9 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament Starts</p>	<p>10 8:30am Coffee Hr 9:45am Exercise 10:00 Shake, Rattle & Roll Show-Aquaturf 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Meet and Greet w/Attorney General Tong</p>	<p>11 8:30am Coffee Hr 9:30am FREE Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Cribbage 1pm Canasta 1:00 Sewing Club Footcare-by appt 1:30 Book Club</p>	<p>12 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Veteran's Park 12pm Lunch 1:30pm Bingo</p>	<p>13 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1:00 We Believe Presentation by Oak Street Health</p>
<p>16 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>17 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Musical Entertainment w/ the Elderly Bros</p>	<p>18 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 12:30 Specialty Shopping trip toTarget 1pm Canasta 1pm Cribbage</p>	<p>19 8:30 Coffee Hr 9-11 Officer Maegan Visit 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club Pistol Creek 12pm Lunch 1:30pm Special BINGO</p>	<p>20 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch NO Wii Bowl 1:30 Guest Speakers Representatives Veach and Fazzino 1:30 pm Walmart</p>
<p>23 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>24 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Ways of Listening Music Appreciation with David Stein</p>	<p>25 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Cribbage 1pm Canasta 1:00 Balance Class w/ Roba Physical Therapy</p>	<p>26 8:30am Coffee 9:30 am Swedish Weaving 10:00 Walking Club Walnut Hill Park 9:45am Exercise 10-1:30 Library Card Sign Up 12pm Lunch 1:30pm Bingo</p>	<p>27 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 11:30 Lunch Bunch-Bill's Seafood 12:45pm Wii Bowl 1:00 Halloween Craft with Euro-American Homecare</p>
<p>30 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p style="text-align: center;">Don't forget to sign up for Spooky Salem bus trip~ There's still time to sign up for our bus trip to Spooky Salem at the Witch Museum on October 23rd. The tour includes motor coach, Tour Director, Admission to the Salem Witch Museum, Free time and all gratuities. The cost is \$134 and is due at time of sign up. Please make checks payable to "Tours of Distinction."</p>			