



BERLIN SENIOR CENTER

BERLIN SENIOR CENTER LINES

November 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
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: \$48 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson
Mary Ellen Dinda Com. Secretary
Kay Murray
Ann Gamelin
Roger Moss
Gerri Russell

Greetings from the Director,

November is definitely a busy month! On Sunday, Nov 3rd at 2AM local time we have daylight savings time. Get ready to “fall back” and gain an extra hour of sleep. If you haven’t already done early voting yet you can vote on Tuesday, Nov 5th from 6am to 8pm at the three polling sites in town. We will be transporting folks during the day to the three polling sites if a ride is needed. We will be going to Hubbard School at 9:30am, Willard School at 10:30am and Griswold School at 11:30am. Please call the Center to schedule your ride.

The Center will be celebrating our Veterans on Monday, November 11th at 8:30am with a breakfast. This breakfast is for veterans only. Please call the Center to sign up and thank you for our freedoms and your service.

We will also be providing transportation to any senior that needs a ride to the Veteran’s Program at McGee Middle School on Thursday, Nov 7th 6-7:30pm. Please contact the Sr. Center if you need a ride. Please note: The Senior Center is open on Veteran’s Day, but closed on Thanksgiving & Friday, Nov 29th.

The staff at the Center would like to wish you and your families a Happy Thanksgiving!

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 curb to curb: Riders that require assistance getting to or from the curb 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-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 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 Berlin Senior Center can accommodate 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 (minimum of 3 passengers)

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 Nov 8th & 22nd 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. **There will be no Footcare service in November.**

Ladies' Free Manicures ~ **Wednesday, November 6th 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 November from 10:30-11:30 AM in the Health Room. No appointment necessary.

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 on Thursdays. Please call the Sr. Ctr. to schedule your appt. We will go over what documentation is needed at the time you are making your appointment.

Berlin Police Dept Senior Center Hours ~ **Thursday, November 21st 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 necessary.

Open Enrollment for Medicare Part D October 15th to December 7th. Any clients—new or returning who wishes to be screened should call either the Berlin Social Services Dept. 860-828-7059 or the Senior Center 860-828-7006 to schedule an appointment.

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 9AM to 9:00 PM

Special "Turkey Bingo" ~ Wednesday, November 27th at 1:30. Come join us for our annual Thanksgiving bingo! Delicious Thanksgiving Day pies will be raffled off at the break. Regularly scheduled games will be played. No sign up is necessary.

Senior Center Activities & Event

Please sign up for the following Programs at the front desk or by calling 860-828-7006:

Story Share on William Sloper and the Sinking of the Titanic ~Tuesday, November 5th at 1pm

Did he wear women's clothes to escape and what about the fence? Join us for this educational and interesting program presented by Cathy Nelson from the Berlin Historical Society. Coffee and light refreshments will be provided.

The ABC & D 's of Medicare Lunch and Learn ~ Friday November 8th at 12:00pm. This is an educational seminar addressing how Medicare works and the changes coming in 2025. It will be presented by Roger Moss, a licensed insurance agent from Banker's Life. Beverages, pizza, salad and dessert will be served to those who pre-register.

Musical Entertainment with Paul Schlien ~Tuesday, November 12th at 1:00. Paul Shlien delivers an energetic piano/vocal performance, captivating audiences across Connecticut with a versatile mix of 50s & 60s pop, Broadway classics, Sinatra, Elvis, and timeless sing-along tunes. His engaging style makes every show unforgettable. Light refreshments will be served.

Cider Sips and Autumn Tips ~ Wednesday, November 13th. We have 15 spots between 10am and 12pm available for manicures and light fall refreshments. Come have your nails paint for the festive fall season. Brought to us by Jessica Carlone from the Orchards.

Peabody Museum Trip ~ Friday, November 15th. We have 11 spots for a trip to the Peabody Museum. Sign up will begin on Monday November 4th at 8:30am by phone and will be 1st come, 1st serve. There will be a waiting list in case of cancellations. Museum entrance is free. Please pack a bag lunch. Some food items may be available for purchase and we will be assigned a 20 minute lunch slot in the dining area. Participants will meet at the Senior Center at 10:15am and the bus will be leaving at 10:30. Our visit will be self lead and will be roughly from 11am-2pm.

Coin Program with Blair Soucy ~ Tuesday, November 19th at 1:00pm Blair has been collecting coins for over 50 years and is a professional coin dealer. He is an American Numismatic Association life member. His program talks about the state of the hobby today, the US mint and it's products, the gold and silver bullion market and provides an overview of coin collecting. You can bring any coins or currency for Blair to look at and give you an idea of value and rarity.

Fall Safety Class ~Wednesday, November 20th at 10:45am. Mitch from Good Life Physical Therapy will provide informative tips on how to stay safe from falls. Please wear comfortable clothes and sneakers.

Specialty Shopping- Lyman Apple Barrel Market~ Wednesday, November 20th at 12:30pm

Celebrate the fall season with a shopping trip to Lyman's Apple Barrel Store to buy seasonal favorites like apple cider donuts, maple syrup and of course, Lyman's famous apple pies! We can accommodate 11 shoppers and need a minimum of 3. Please sign up at the front desk or by calling 860-828-7006.

Balance Class, Wednesday, November 20th at 1:00pm ~ Join Grace from Roba PT 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.

Medicare Education Session and Bagels ~Tuesday November 26th at 9am This is another opportunity to learn about changes to Medicare beginning in 2025 presented by Mike Andrews, of MediMike Insurance.

10 Tips to Manage Holiday Stress w/ Dr Wendy Horowitz ~ Tuesday, November 26th at 1:00pm

Stress happens to all of us. Up to 90% of all visits to the doctor's office are stress-related, according to Harvard. Stress can be considered as much a risk factor for disease as smoking. Why can two people be in the same situation and respond to stress differently? Can going through stressful times without stress be a learned skill? Whatever your age or situation, this presentation will provide 10 tips to manage stress. Everyone will learn a technique to minimize stress and maximize vitality.

Savory Charcuterie Class ~Wednesday, November 27th at 10:00AM. Come learn how to create a magnificent charcuterie board to share with family and friends this holiday season.

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 as well as complimentary pastry. So drop by and chat with “old friends” and make new ones!

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.

Senior Book Club ~ November 6th at 1:30pm in the library at Berlin Senior Center. This month’s book is **Year of Magical Thinking by Joan Didion** and is available to borrow at Berlin Peck Memorial Library

Lunch Bunch: Cracker Barrel~ Each month we organizes a “lunch bunch” trip with transportation provided by the senior center bus. Participants pay \$1 for their ride plus the cost of their own meal. This month’s trip will be to the **Cracker Barrel in East Windsor on Friday, November 22th at 11:00AM.** Sign up begins on **Wed, Nov, 6th at 9am** in person. You may sign up yourself and 1 other. Telephone sign ups will be taken after 12 noon on the 6th. If you went on last month’s trip you will need to wait until 12 noon to sign up.

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.

Special Bingo ~ Thursday, November 14th at 1:30PM—Ledgestrest 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. 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 or Sami.

Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions 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. 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



November Menu



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE				SUGGESTED DONATION \$3.00	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				Pot Roast with LS Gravy Baked Potato Peas and Pearl Onions Dinner Roll Fruited Yogurt	1
4	5	6	7	8	
Fish Filet Herbed Couscous Zucchini and Tomato Rye Bread Tropical Fruit	Swedish Meatballs Buttered Egg Noodles Meadow Blend Veggies Dinner Roll Clementine	Orange Juice Mexican Casserole Brown Rice Oatnut Bread Birthday Cake	Tossed Green Salad Italian Dressing Spaghetti with Meat Sauce Italian Blend Veggies Garlic Bread Pineapple Mango Mix	Vegetable Soup Unsalted Crackers Garlic Buttered Pork Loin Macaroni and Cheese Brussel Sprouts White Bread Fruited Yogurt	
11	12	13	14	15	
Ravioli with LS Cream Sauce Italian Peas Wheat Bread Mandarins	Sweet and Sour Diced Chicken Brown Rice Oriental Blend Veggies Fortune Cookie Multigrain Bread Pineapple	Shepard's Pie Butternut Squash Oatnut Bread Yogurt	Cream of Broccoli Unsalted Crackers Pork Tenderloin with Apple Gravy Mashed Potatoes Harvard Beets Multigrain Bread Banana	Turkey Sweet Potato Skillet Steamed Cabbage Wheat Bread Pudding	
18	19	20	21	22	
Chicken Marsala Buttered Noodles Brussel Sprouts Wheat Bread Cookies	Fish Taco Black Bean Mango Salad Cilantro Lime Coleslaw Flour Tortilla Peaches	<i>Thanksgiving Special</i> Roast Turkey with LS Turkey Gravy Mashed Cinnamon Sweet Potatoes Green Bean Almondine Cranberry Sauce Dinner Roll Pumpkin Pie with Whipped Topping	Chicken Tarragon Brown Rice Broccoli White Bread Fruit Cup	Lazy Man Stuffed Peppers Corn Rye Bread Clementine	
25	26	27	28	29	
Chili Baked Potato Cauliflower Wheat Bread Nilla Wafers	Pineapple Chicken Stir-Fry White Rice Hawaiian Roll Tropical Fruit	Tossed Salad French Dressing Stuffed Shells with Marinara Sauce Spinach Garlic Bread Clementine			

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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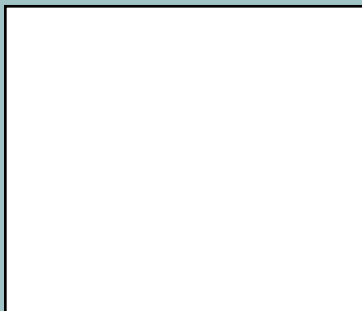
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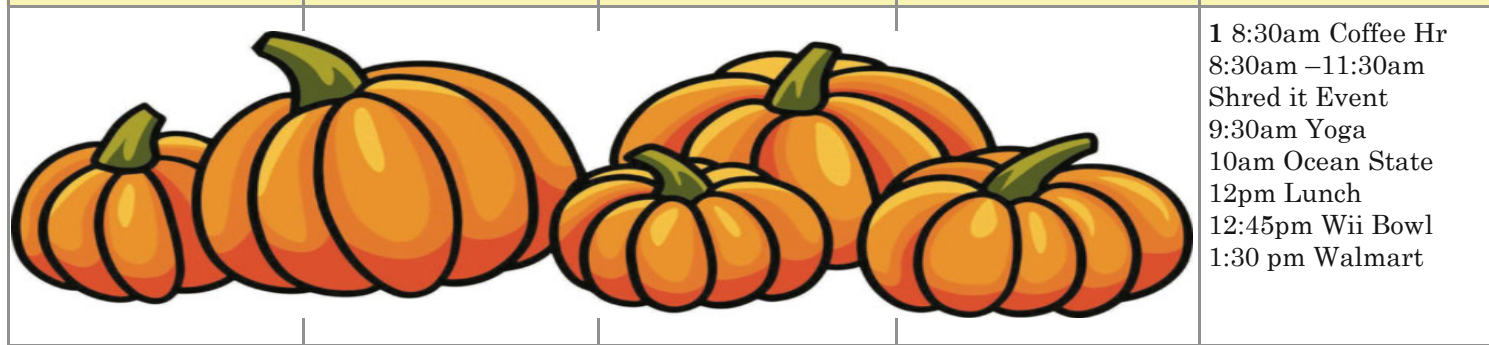
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Monday	Tuesday	Wednesday	Thursday	Friday
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				<p>1 8:30am Coffee Hr 8:30am –11:30am Shred it Event 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>4 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45 pm Setback Tournament 1pm Bridge</p>	<p>5 ELECTION DAY 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Story Share–Titanic</p>	<p>6 8:30am Coffee Hr 9:30am FREE Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Cribbage 1pm Canasta 1:30 Book Club</p>	<p>7 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>8 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12:00 ABC & D’s of Medicare Lunch and Learn 12pm Foodshare 12:45pm Wii Bowl</p>
<p>11 VETERAN’S DAY 8:30am Coffee Hr. 8:30 Veteran’s Day Breakfast 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45 pm Setback Tournament 1pm Bridge</p>	<p>12 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Musical Entertainment w/ Paul Schlien</p>	<p>13 8:30am Coffee Hr 10-12pm Cider Sips & Autumn Tips 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Canasta 1pm Cribbage 1pm Sewing Club</p>	<p>14 8:30 Coffee Hr 9:30 am Swedish Weave 9:45am Exercise 10:00 Walking Club Pistol Creek 12pm Lunch 1:30pm Special BINGO by Ledgecrest</p>	<p>15 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 11-2pm Peabody Museum Trip 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>18 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45 pm Setback Tournament 1pm Bridge</p>	<p>19 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Coin Program with Blair Soucy</p>	<p>20 8:30am Coffee Hr 10am Cardio Drum 10:45 Fall Safety Class w/ Mitch 10am Knitters 10am Mahjongg 12pm Lunch 12:30 pm Specialty: Lyman Apple Barrel Market 1pm Cribbage 1pm Canasta 1pm Balance Class</p>	<p>21 8:30am Coffee 9-11am BPD Visit 9:30 am Swedish Weaving 10:00 Walking Club Walnut Hill Park 9:45am Exercise 12pm Lunch 1:30pm Bingo</p>	<p>22 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 11am Lunch Bunch – Cracker Barrel 12:45pm Wii Bowl 1:00 BHA Update</p>
<p>25 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45 pm Setback Tournament 1pm Bridge</p>	<p>26 8:30am Coffee Hr 9am Medicare Edu & Breakfast 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 10 Tips to Manage Holiday Stress</p>	<p>27 8:30am Coffee Hr 10:00AM Savory Charcuterie Class 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:30pm Turkey Bingo</p>		