



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
Asst Director...Sami Wnek, CTRS
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: \$48 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson
Commission Secretary
Kay Murray
Ann Gamelin
Roger Moss
Gerri Russell

BERLIN SENIOR CENTER LINES

January 2025

Greetings from the Director,

Happy New Year! I hope everyone enjoyed the holidays! We are looking forward to 2025! We're excited to start the New Year here at the Senior Center with some fantastic classes, special programs, and super events – all to stimulate your mind & soul & body! Come see what it's all about. There's bound to be something for you! On a final note, 2025 is the 40th Anniversary of the Senior Center being in its current location. We will definitely be celebrating this milestone throughout the year. I hope you will be able to join us!

As always, we thank you so much for being a part of our senior center family! We love having you here and we enjoy spending time with you! Please stay safe, warm and healthy this winter. If you're looking for a place to stay warm and get out of the winter weather, you can always come inside the senior center. We love visitors!

Our Spring Session of Setback begins January 6th. If you are interested in being a substitute, please contact the Senior Center.

Next month, we will be offering Tax Aide Appointments once again. The **AARP Tax Aide program** will be sending volunteers to help us file your taxes. Each Thursday from **February 6th to April 10th we will have appointment from 9am-2:30 pm. You may sign up starting on Wednesday, Jan 15th by calling the front desk at 860-828-7006.**

The Senior Center will be closed Wednesday, January 1st for the New Year's Holiday and Monday, January 20th for Martin Luther King Day.

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: Please call 860-250-0510 for return ride no later than 3pm

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. If you have any questions please contact the Center.

For all return rides, please call the Senior Center at 860-250-0510.

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, January 3rd, 17th & 31st 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, January 15th.**

Ladies' Free Manicures ~ Wednesday, January 8th 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 from 10:30-11:30 AM in the Health Room. No appointment necessary.

Berlin Police Dept Senior Center Hours ~Thursday, January 16th 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.

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.

General Information

COMMISSION FOR THE AGING MEETING

NEXT MEETING: MONDAY, JANUARY 27th AT 5:00 PM

The Commission for the Aging meets six times a year at the Berlin Senior Center. They study the needs of seniors in town. They also analyze the services that are provided by the community, both public and private agencies, and make their recommendations to the Town Council. Berlin residents are invited to any of the meetings.

Inclement Weather Policy Reminder

As we enter the winter season, it's a good time to review our Inclement Weather Policy to ensure everyone's safety:

- **2-Hour School Delays:** When Berlin Public Schools announce a 2-hour delay, our transportation services will begin at **10:30 AM**. Drivers will not leave the yard before this time.
- **Early School Closures:** If Berlin Public Schools close early, transportation services will stop for the day.
- **Full-Day School Closures:** On days when Berlin Public Schools close due to snow, **transportation services will not operate.**

For updates on cancellations or delays of classes, meals, and programs at the Senior Center, please tune in to **WTIV NBC 30** or **WFSB 3**.

Please note that Senior Center staff are town employees and are expected to report to work, so the Center will remain open even during inclement weather. If you are unsure about a cancellation, we encourage you to **call the Senior Center** before leaving your home.

Stay safe this winter, and don't hesitate to reach out with any questions or concerns!

Senior Center Activities & Event

Unless otherwise noted, please sign up for the following activities at the front desk or by calling 860-828-7006:

Story Share: The Original Berlin Fair—Tuesday, January 7th at 1pm ~ Come learn the history and origin of our little town's biggest attraction presented by Cathy Nelson from the Berlin Historical Society.

Bus Presentation—Wednesday, January 8th at 11am. CTrides will provide an overview of its program, highlighting its free benefits, and share details about the “511” bus route. CTtransit will address specific questions regarding bus routes, passes, and mobile apps.

- **Transit App:** Plan and track your bus trips with ease.
- **Berlin, New Britain, and Meriden Bus Routes:** Detailed schedules and route information.
- **Free 10-Trip Bus Pass:** A valuable resource for new riders.
- **Emergency Ride Home Program:** Offering commuters peace of mind in case of unexpected situations.

Dr Roba Physical Therapy Seminar - Tuesday, January 14th at 1pm ~Dr Roba will be here to give a talk on balance training, fall prevention, and aging gracefully with a lot of practical tips and a 20-minute Q&A so you can ask questions and receive feedback. It will be a great end-of-year wrap-up to help everyone start the new year feeling confident and steady on their feet!

Special Bingo—Thursday, January 16th at 1:00PM~Ledgecrest Convalescent will be sponsoring this special bingo on **Thursday, January 16th at 1:00PM**. A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Flu Shot Drop-in Clinic: Friday, January 17th from 10am-12noon ~ If you haven't gotten your flu shot yet, the Central Connecticut Health District will be hosting a drop in flu clinic right at the Senior Center. No need to sign up. Just stop by and be sure to bring your Medicare and insurance card.

Music by the Troubadour & Little John—Tuesday, Jan 21st at 1pm ~ Frank and John do a lively show with music from the 30s to the 60s with hits such as the Everly Brothers, Elvis, and Simon & Garfunkel. They also do tv theme songs and classic commercials. They are a great combination of harmonized singing and a touch of comedy. This show is sure to keep you on your toes and entertained. Light refreshments will be served.

Balance Class—Wednesday, January 22nd at 1pm ~ Join Grace from Roba PT as she leads us through exercises for balance. **The cost is \$4/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.

Lunch Bunch: Hop Haus - Friday, January 24th at 11:30am ~ Each month we organize 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 Hop Haus in Berlin **on Friday, January 24th at 11:30 am.** Sign up begins on **Wed, Jan 8th at 9am** in person. You may sign up yourself and 1 other.

Telephone sign ups will be taken after 12 noon on the 8th. If you went on last month's trip you will need to wait until 12 noon to sign up.

Best Bites of Berlin Taste Test—Tuesday, January 28th at 1pm ~ Please join us to taste, judge and vote on our favorite foods from local Berlin Restaurants. We will be sampling delicious bites from places such as Mimo's Restaurant, Sadie's Sunrise Café, Sliceworks, Joey B's, etc. to see which one rises to the top and wins the coveted title of “Berlin's Best Bite.”

Specialty Shopping~ Wednesday, December 29th at 12:30pm **Our specialty shopping trip will be to Family Dollar/Dollar Tree store in Berlin.** We can accommodate 12 shoppers and need a minimum of 3. 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 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 prior knowledge 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 ~ There will be no Senior Book Club in January or February. We will resume in March.

Happy
New Year

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 levels 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 at 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 at 1:30PM. Cost is \$1 for the first card and 50 cents for each additional card.

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



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. To order a meal please call Doretha at 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

1% or Skim milk provided
Margarine available

January, 2025

MENU ITEMS SUBJECT TO CHANGE					SUGGESTED DONATION \$3.00-\$5.00																			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY															
																								
					1					2					3									
					Closed					Fish Filet Brown Rice Pilaf California Blend Veggies Rye Bread Banana					Tomato Florentine Soup Unsalted Crackers Pot Roast with LS Gravy Mashed Potatoes Brussel Sprouts Oatnut Bread Yogurt									
8					7					8					9					10				
Diced Chicken and Broccoli Casserole Buttered Carrots Wheat Bread Fresh Orange					Crispy Fish Sandwich Sweet Potato Wedges Cole Slaw Hamburger Roll Pears					Shepard's Pie Green Beans and Mushrooms Corn Muffin Oatmeal Bar					Corn Chowder Unsalted Crackers Pork Loin Baked Beans Broccoli Wheat Bread Applesauce					Grape Juice Tuscan White Bean Pasta Spinach Wheat Bread Pudding				
13					14					15					16					17				
Orange Juice Pier 17 Fish Lemon Orzo Buttered Peas Wheat Dinner Roll Fresh Fruit					Taco Mix Yellow Rice Fiesta Corn Shredded Lettuce Shredded Cheese Sour Cream, Salsa Tortilla Chips Pineapple					Chicken Parmesan Penne Pasta Italian Blend Veggies Dinner Roll Chocolate Chip Cookies					Sloppy Joe Sweet Potato Fries Brussel Sprouts Hot Dog Roll Fruit Cup					MLK Day Dessert Chicken Noodle Soup Unsalted Crackers Ravioli with Cream Sauce Broccoli and Red Pepper Wheat Bread MLK Special Dessert				
20					21					22					23					24				
 <p style="text-align: center;">CLOSED</p>					Fish Taco Corn and Red Pepper Salad Cilantro Lime Cole Slaw Tortilla Pineapple					Diced Chicken Alfredo Buttered Egg Noodles Broccoli  Oat Bread Birthday Cake					Hearty Vegetable Soup Unsalted Crackers Pork Riblet Mashed Sweet Potatoes Vegetable White Bread Fresh Fruit					Homemade Meatloaf with LS Gravy Red Bliss Potatoes Brussel Spouts White Dinner Roll Pudding				
27					28					29					30					31				
Diced Grilled Chicken Confetti Rice Peppers and Onions Shredded Cheese Sour Cream and Salsa Tortilla Animal Crackers					Roast Pork Macaroni and Cheese Meadow Blend Veggies Wheat Bread Mandarin Oranges					Cream of Broccoli Unsalted Crackers Fish Filet Herbed Couscous Buttered Carrots Wheat Roll Tropical Fruit					Hamburger Lettuce and Tomato Sweet Potatoes Meadow Blend Veggies Hamburger Roll Mandarin Oranges					Tossed Salad Dressing Spaghetti with LS Meat Sauce Italian Blend Veggies Multigrain Bread Pudding				

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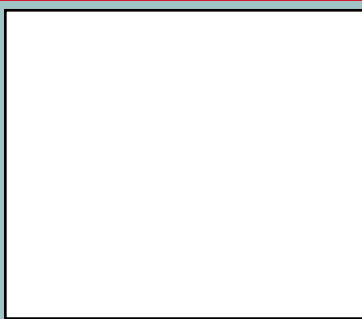
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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Senior Center Closed 	2 8:30am Coffee Hr 9:30am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	3 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl
6 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Spring Session Starts 1pm Bridge	7 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Story Share: The Original Berlin Fair	8 8:30am Coffee Hr 9:30am FREE Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 11:00am Bus Pres. 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:00pm Sewing Club	9 8:30am Coffee Hr 9:30am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	10 8:30am Coffee Hr 9am Casino Trip Leaves 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30pm Walmart
13 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	14 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Dr Roba's Physical Therapy Seminar	15 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Canasta 1pm Cribbage Footcare-by appt	16 8:30am Coffee Hr 9-11am Officer Maegan Visit 9:30am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO	17 8:30am Coffee Hr 9:30am Yoga 10-12 Flu Shot Drop-in Clinic 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl
20 Senior Center Closed for Martin Luther King Day	21 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Music by the Troubadour & Little John	22 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:00pm Balance Class w/ Roba Physical Therapy	23 8:30am Coffee 9:30am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	24 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 11:30am Lunch Bunch-Hop Haus 12:45pm Wii Bowl 1:30pm Walmart
27 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	28 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Best Bites of Berlin	29 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30 Specialty Shopping Family Dollar/Dollar Tree 1pm Coloring 1pm Canasta 1pm Cribbage	30 8:30am Coffee 9:30am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo 1:30pm Kohl's	31 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl