



BERLIN SENIOR CENTER LINES

February 2025

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 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
Ann Gamelin
Roger Moss
Gerri Russell

Greetings from the Director,

February is “American Heart” Month and Valentine’s Day. So take good care of those hearts! Remember to keep spreading kindness and love. It’s also time for our friend Punxsutawney Phil to pop out his head to see if he see his shadow or not. Fingers crossed he sees his shadow.

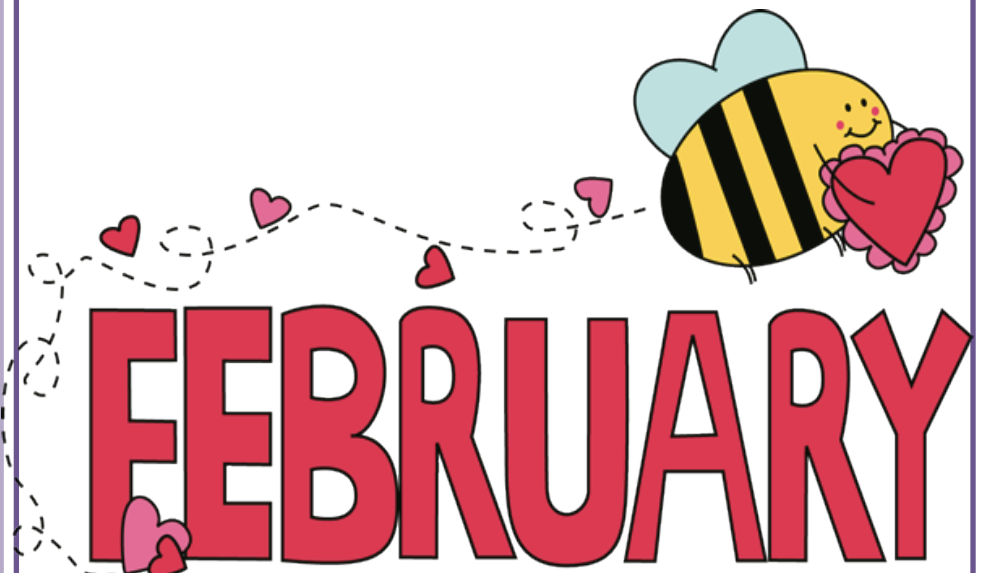
The “free” AARP Tax Aide program starts on Thursday, February 13th. Please call the center at 860-828-7006 to set up an appointment to have your taxes done. Appointments will be available on Thursdays from February 13-April 10th from 9am—2:30pm by appointment.

With flu season upon us, I ask that you please stay home if you are sick. Remember the flu virus goes wherever you go when you are infected. Stay home and check with your healthcare provider when needed.

The one thing we can never get enough of is love. And the one thing we never give enough is love. ~ Henry Miller

There are never enough I Love You’s ~ Lenny Bruce

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.

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 Feb 14th & 28th 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, February 12th.**

Ladies' Free Manicures ~ Wednesday, February 12th 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, February 20rd 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.

Donations

Donations Welcome: The Berlin Senior Center accepts monetary and item donations. Each month the Senior Center recognizes our donors. The monetary donations are deposited in our Senior Center Agency Fund with the Town's Finance Dept. The funds are used for programs/items needed at the Center.

Arlene McGraw

Elizabeth Goodrich

Julie Erickson

(4)Paul Dobrowolski

(2) Cynthia Peterson—Transportation

National Council on Aging (NCOA)

In Memory od Donald P. Geschimsky

CT State Police Union

Charles & Lecia Paonessa

Kern & Kern, LLC

Berlin Lions Club

Irene Hillstrand

CT State Police CU

Thomas & Carol Loiselle

Berlin Republican Town Committtee

White Sand Beach Association

Edmund Kozlowski-**Memory of D. Geschimsky**

(5) Anonymous

Jonathan Banas

JoAnn Simon (Shred it Event)

Anonymous (Shred it Event)

Jane Skinner (Shred it Event)

Gerri Russell

In Memory of Carolyn Bosso

AnnMarie Swanson

In Memory of Liz Rugens

Wendy Brown

Elizabeth Padden

Louis & Lori Harris



Senior Center Activities & Event

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

The Color Of Emotion Art Class – Tuesday, February 4th at 1pm ~ Learn how to draw the human body, then paint and discuss the colors associated with different feelings. Taught by local artist, Dan Valuk. This class can accommodate up to 12 participants. All materials provided.

Bingo Called and sponsored by “Medi– Mike”: Thursday, February 6th at 1:30pm Licensed Insurance Broker, Michael Andrews will be calling bingo and providing a snack for us. No sign up necessary.

Valentine Card Making w/ Lisa - Friday, February 7th at 1pm ~ Come make that special someone in your life a handcrafted Valentine. This is a casual class which will be taught by local artist, Lisa Salamon. This class can accommodate up to 15 participants. All materials provided.

Valentine’s Music with Undercover Agents -Tuesday, February 11th at 1pm. Ray and Lynn, The Undercover Agents, will perform the beautiful lyrics and harmonies of ballads and upbeat tunes for this Valentine celebration! A large band accompaniment with two live guitars suits this vocal duo to a T. Be sure to bring your dancing shoes!

Valentine’s Craft with Beata from Euro-American Homecare- Friday, February 14th at 1pm. Beata from Euro-American Homecare will be leading the group through a fun and seasonal Valentine’s Day Craft. All materials will be provided. We have room for 12 participants and sign up is first come, first serve.

Chocolate Taste Test: Tuesday, February 18th at 1pm ~ You are invited to put your taste buds to the test in sampling, discussing and voting for your favorite type of chocolate. We will sample different types from white chocolate to dark chocolate and learn a little bit about the history of this Valentine’s Favorite along with how it is made. This class can accommodate up to 24 participants.

Balance Class-Wednesday, February 19th 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.

Hungerford Nature Center Animal Program -Tuesday, February 25th at 1pm ~ There are so many different types of love and one that is universal is the love of our animal friends. Join Jason from Hungerford Nature Center as he brings some different types of cuddly animal pals for us to meet and interact with.

Specialty Shopping - Pepperidge Farm Outlet in Bloomfield, CT: Wednesday, February 26th at 12:30pm ~ Come stock up on your favorites such as goldfish, Pepperidge Farm Bread and Milano cookies. Wednesday is Senior Day! We can accommodate 12 shoppers and need a minimum of 3 in order for the trip to go.

Lunch Bunch: Sadie’s Sunrise Cafe ~ 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 **Sadie’s Sunrise Cafe on Friday, February 28th at 11:30 am.** Sign up begins on Wed, February 12th 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.

UPCOMING BUS TRIP: Boston Duck Tour-May 20th. Tours of Distinction tour includes admission to the New England Aquarium, Lunch at Maggiano’s, Boston Duck Tour, round-trip motor-coach, tour director and gratuities are included. If interested please bring a check for \$179 made out to “Tours of Distinction” to the Senior Center. Space is limited.

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 experience 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.



Drop Ins

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

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 Wednesday 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. Cost is \$1 for first card and 50 cents for each additional card.

Special Bingo ~ Every 3rd Thursday: February 20th at 1:30PM. Ledgecrest Convalescent will be sponsoring this special bingo A special refreshment will be served. Our regularly scheduled games will be played. **No sign up 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.

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 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

February, 2025

1% milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chili Mac Cauliflower	Grilled Chicken Breast Au Gratin Potatoes Broccoli	Stuffed Shells LS Marinara Sauce Spinach	Fish Filet Brown Rice Pilaf California Blend Veggies	Tomato Florentine Soup LS Crackers Pot Roast LS Gravy Mashed Potatoes Brussel Sprouts Oatnut Bread
Wheat Bread	White Bread	Whole Wheat Bread	Rye Bread	
Nilla Wafers	Fruit Cup	Pineapple	Banana	Yogurt
10	11	12	13	14
Diced Chicken Broccoli Casserole Buttered Carrots	Fish Filet Sweet Potato Wedges Coleslaw	Shepherd's Pie Green Beans & Mushrooms	Corn Chowder LS Crackers Pork Loin Baked Beans Broccoli	Grape Juice Tuscan White Bean Pasta Spinach Multigrain Bread
Wheat Bread	Hamburger Roll	Corn Muffin	Wheat Bread	
Fresh Orange	Pears	Oatmeal Bar	Applesauce	Pudding
17	18	19	20	21
Orange Juice Fish Filet Lemon Orzo Buttered Peas	Taco Mix Yellow Rice Fiesta Corn Shredded Lettuce Shredded Cheese Sour Cream/Salsa	Chicken Parmesan Penne Pasta Italian Blend Veg	Sloppy Joe Sweet Potato Fries Brussel Sprouts	Chicken Noodle Soup LS Crackers Ravioli LS Cream Sauce Broccoli & Red Pepper
Wheat Dinner Roll	Tortilla Chips	Dinner Roll	Hotdog Roll	Wheat Bread
Apple Pie	Pineapple	Choc Chip Cookie	Fruit Cup	Fresh Fruit
24	25	26	27	28
	Fish Filet Corn Red Pepper Salad Cilantro Lime Coleslaw	Diced Chicken Alfredo Buttered Egg Noodles Broccoli 	Hearty Veggie Soup LS Crackers Pork Riblet Mashed Sweet Potato Cauliflower and Red Pepper White Bread	Homemade Meatloaf LS Gravy Red Bliss Potatoes Brussel Spouts
	Tortilla	Oatnut Bread		Dinner Roll
	Pineapple	Birthday Cake	Fresh Fruit	Pudding

February 2nd - Did he see his shadow?



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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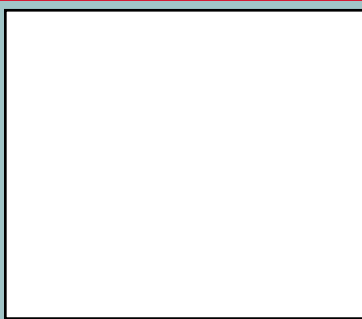
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FEBRUARY 2025

Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	4 8:30am Coffee Hr 9:45am Exercise 10:30am BP Screen 12pm Lunch 12:45pm Po Ke No 1:00 The Color Of Emotion Art Class	5 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	6 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo w/ Medi Mike EA –by appt	7 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart 1:00pm Valentine Card Making w/ Lisa
10 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	11 8:30am Coffee Hr 9:45am Exercise 10:30am BP Screen 12pm Lunch 12:45pm Po Ke No 1pm Valentine’s Music Event	12 8:30am Coffee Hr 9:30am FREE Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Sewing Club Footcare-by appt	13 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo EA—by appt Tax Aide-by Appt	14 Valentine’s Day 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1:00 Valentine’s Craft with Beata from Euro-American Homecare 
	18 8:30am Coffee Hr 9:45am Exercise 10:30am Blood Pressure Screen 12pm Lunch 12:45pm Po Ke No 1:00pm Chocolate Taste Test	19 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Canasta 1pm Cribbage 1:00pm Balance Class	20 8:30 Coffee Hr 9-11 BPD Visit 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO EA—by appt Tax Aide-by appt	21 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart
24 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	25 8:30am Coffee Hr 9:45am Exercise 10:30am BP Screen 12pm Lunch 12:45pm Po Ke No 1:00 Hungerford Nature Center Animal Program	26 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30 Specialty Shop Pepperidge Farm Outlet 1pm Coloring 1pm Cribbage 1pm Canasta 1:00pm Balance Class	27 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo 1:30 Kohl’s EA-by appt Tax Aide-by appt	28 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 11:30 Lunch Bunch – Sadie’s Sunrise Cafe 12:45pm Wii Bowl