



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 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
Mary Ellen Dinda-Com. Secretary
Ann Gamelin
Roger Moss
Gerri Russell
Arlene Greco

BERLIN SENIOR CENTER LINES



March 2025

Greetings from the Director,

I know we are all hoping for Spring to get here quickly with all this ice and cold temperatures. Well, March 20th is the first day of spring. So we are almost there. Hopefully it will bring the warmer climate and the beautiful spring flowers.

Just a reminder—Energy Assistance applications are still being taken. If you are a deliverable fuel customer your deadline is May 31st. If you are an electric or gas customer you have until May 31st to apply.

“Free” Tax Aide will continue at the Center on Thursdays from 9AM to 2:30PM until April 10th. If you need an appointment for either programs please call the Center.

Never iron a four-leaf clover, because you don't want to press your luck. ~ Unknown

May your pockets be heavy and your heart be light, may good luck pursue you each morning and night. ~ Irish Blessing

Happy St. Patty's 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.**

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, March 14th and 28th at 12:00 PM at Sacred Heart Church, 48 Cottage Street, East Berlin. Bus Transportation is available. **NO ID OR PAPERWORK NEEDED**

Lunch Bunch: Joey B's-Friday, March 28th at 11:30am~ This month's "lunch bunch" trip with to Joey B's on Friday, March 28th at 11:30am. Participants pay \$1 for their ride plus the cost of their own meal. Sign up begins on Wed, March 12th at 9am in person. You may sign up yourself and 1 other. Phone sign ups will be taken after 12 noon on the 12th. If you went on last month's trip you will need to wait until 12 noon to sign up

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, March 12th.**

Ladies' Free Manicures ~ Wednesday, March 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, March 13th 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 needed.

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.

Programs and Trips

Coming Soon! Walk* This May! Central Connecticut Health District's Four-Town Walking Challenge ~What is Walk this May? It is a four-town walking program/competition for those who live or work in the towns of Berlin, Newington, Rocky Hill, and Wethersfield. When does it take place? Sign-Up: Begins April 1, 2025 sign-up with this link:

<https://chd4town.walkertracker.com/login> or on CCHD's website.



Pickleball: Starts Monday, March 3rd ~The senior center has partnered with Vale Co-op (510 Four Rod Rd.) so that seniors will be able to use their beautiful new gymnasium to play pickleball. To find out more or sign up please scan the QR Code on the flyer at the Senior Center.

Upcoming Bus Trip: Boston Duck Tour-May 20th ~ Sign up for a spot on this fun trip which includes admission to the New England Aquarium, lunch at Maggiano's, Boston Duck Tour, and round-trip motor-Coach, with tour director and all gratuities included! If interested, please bring a check for \$179 made out to "Tours of Distinction" to the Senior Center.

Students at Transitions Academy, on Friday, April 4th at 10:30am will be applying their life skills to host our 3rd Annual luncheon and paint class for 10 seniors. Since it is so early in the month of April, we will be starting sign ups on Friday March 14th. Call the center to register.

Senior Center Activities & Event

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

“Expressions” Watercolor Class: Monday, March 10th at 1pm ~ Taught by local artist, Dan Valuk. This class can accommodate up to 8 participants. All materials provided.

Article 5 of the Constitution-March 11th at 1pm~ Why Executive Orders Don’t Work

Guest Speaker **Lisa Jolley, grassroots coordinator for the Convention of States in CT.** She will address rapid fire Executive Orders are making sweeping changes in our country. Good or bad, these orders are only temporary until the next Administration takes power. The only way to stop this ping-pong game and create permanent change that agrees with most Americans is through an Article V Convention of States. With this tool, we – the voters -- can participate in the process and restore power to the citizens as intended by our Founding Fathers. Learn more about this growing movement. Refreshments will be served.

St Patrick’s Day Music with Willie and Jan Band-Wednesday, March 12th at 1pm ~ Join us in the “wearing of the green” and come celebrate the luck of the Irish with a musical performance by Wille and Jan. We will also be serving “Shamrock Shakes.”

Pie Day Celebration and “Waitress” Movie Viewing- Friday March 14th at 1pm ~ Today is “Pi Day” which celebrates the mathematical sign for Pi (3.14). We will be serving some delicious slices of pie and we will show the movie “Waitress.” The movie is about an unhappily married women named Jenna who is squirreling away money, and hoping to win a pie-baking contest so, with the prize money, she’ll have enough cash to leave her husband Earl.

State Prescription Update w/ Comptroller Sean Scanlon- Tuesday, March 18th at 1pm ~ The State Comptroller is coming to the Senior Center to teach us about updates to the State prescription partnership with ArrayRX and other topics that might be of interest to older adults. Come be part of the conversation!

Balance Class-Wednesday, March 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.

The Book Club will meet March 12th at 1:30 in the library at Berlin Senior Center ~ This month’s book is “Great Divide” by Cristina Henriquez and is available to borrow at Berlin Peck Memorial Library.

Berlin Police Dog Visit- Friday, March 21st at 1pm ~ March is K-9 Veteran’s Month so in honor of that we will be having a very special visit from Berlin’s own K-9 Officers– Penny and Casner as well as their handlers, Officer Amy and Officer Mike. They will give us an overview of a day in the life of a Police Dog.

Tips for Memory with Dr Wendy Hurwitz-Tuesday, March 25th, at 1pm ~ Did you know that a recent study from Stanford University suggests that the techniques used by memory athletes can be taught, learned, and create changes in the brain that enhance memory skill? Come learn about the tips and techniques used by memory athletes.

Shake, Rattle and Roll Concert with Paul Schlien-Wednesday, March 26th at 1pm ~ 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. .

Bereavement Support Group, Friday, March 28th at 1pm ~ This will be the first class in a brand new group offered here at the Center. If you are working on healing following a loss this may be just the setting you need to help you process the grief that unfortunately often accompanies major loss. It will be led by Mairi Graham-Shaw, who is a Pastoral Counselor with Hartford HealthCare at Home. We will determine future classes based on how many participants attend this first class so if you’ve been thinking of joining a bereavement class, please come.

Specialty Shopping: Westbrook Outlets Monday, March 31st ~ Our Specialty Shopping Trip this month is to **Westbrook Outlets on Monday, March 31st.** We need a minimum of 3 riders for the trip to go. The bus driver will **start picking up at 12:30 PM.** The driver will decide as to how much time will be allowed. We will start taking reservations up to a week in advance. Please call the center **by 3:00 PM on Friday, March 28th to reserve your spot.** Please **do not** leave any reservations on the answering machine.

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.

Café



RW Solutions Senior Community Café

March Menu, 2025



1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Meatballs with Orange Sauce Brown Rice Meadow Blend Veggies</p> <p>White Dinner Roll</p> <p>Pineapple</p>	<p>4</p> <p>BBQ Chicken Macaroni and Cheese Carrots</p> <p>White Bread</p> <p>Fruited Yogurt</p>	<p>5</p> <p><i>Ash Wednesday</i></p> <p>Hearty Vegetable Soup Unsalted Crackers Fish Filet Herbed Rice Tuscan Blend Veggies</p> <p>White Dinner Roll</p> <p>Mango Pineapple Mix</p>	<p>6</p> <p>Ground Beef Stroganoff Mashed Potato Carrots</p> <p>Rye Bread</p> <p>Clementine</p>	<p>7</p> <p>Lasagna with Marinara Sauce Winter Blend Veggies</p> <p>Italian Bread</p> <p>Fruit Cup</p>
<p>10</p> <p>Pork Chopette with Apple Gravy Buttered Egg Noodles Harvard Beets</p> <p>Multigrain Bread</p> <p>Applesauce</p>	<p>11</p> <p>Crispy Chicken Sandwich Sweet Potato Tots Green Beans Tomato Mayonnaise</p> <p>Hamburger Bun</p> <p>Pineapple</p>	<p>12</p> <p><i>St. Patrick's Special</i></p> <p>Grape Juice Corned Beef and Cabbage Boiled Potatoes Carrots Mustard</p> <p> Rye Bread</p> <p>St. Patrick's Dessert</p>	<p>13</p> <p>Salisbury Steak with LS Mushroom Gravy Mashed Potatoes Broccoli</p> <p>White Bread</p> <p>Pineapple Mango Mix</p>	<p>14</p> <p>Tomato Florentine Unsalted Crackers Baked Fish Buttered Orzo Peas and Carrots</p> <p>Rye Bread</p> <p>Peaches</p>
<p>17</p> <p>Bruschetta Chicken White Rice Garlic Green Beans</p> <p>Italian Bread</p> <p>Tropical Fruit</p>	<p>18</p> <p>Grape Juice Taco Mix Yellow Rice Black Bean, Corn, Mango Salad</p> <p>Flour Tortilla</p> <p>Peaches</p>	<p>19</p> <p>Meatloaf Mashed Potatoes Mixed Veggies</p> <p>Dinner Roll</p> <p>Orange</p>	<p>20</p> <p>Sweet and Sour Pork Sesame Noodles Broccoli</p> <p>Wheat Bread</p> <p>Pudding</p>	<p>21</p> <p>Orange Juice Three Bean Vegetarian Chili with Diced Sweet Potato Brown Rice Green Beans with Red Pepper Cornbread Oreos</p>
<p>24</p> <p>Ravioli with Marinara Sauce Spinach</p> <p>Italian Bread</p> <p>Fresh Clementine</p>	<p>25</p> <p>Salisbury Steak LS Beef Gravy Herbed Couscous Geneva Blend Veggies</p> <p>Dinner Roll</p> <p>Pears</p>	<p>26</p> <p>Baked Potato with Chili Tuscan Blend Veggies Cheddar Cheese</p> <p>Wheat Roll</p> <p>Brownie</p>	<p>27</p> <p>Chicken Parmesan Ziti with Marinara Sauce Italian Blend Veggies</p> <p>White Bread</p> <p>Cookies</p>	<p>28</p> <p>Red Pepper Egg Bake Geneva Blend Veggies</p> <p>Dinner Roll</p> <p>Peaches</p>
<p>31</p> <p>Spaghetti with Meatsauce Broccoli</p> <p>Garlic Bread</p> <p>Strudel</p>				

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!

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 at 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.



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.

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 @ 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 ~ Special Bingo ~

Thursday, March 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. Medi Mike will sponsor bingo on the 13th.

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.

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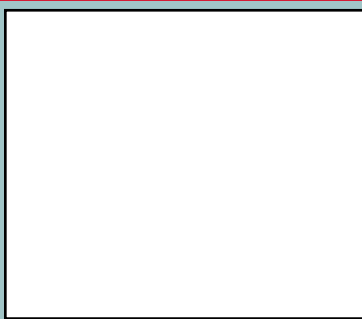
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MARCH 2025

Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback 1pm Bridge</p>	<p>4 8:30am Coffee Hr 9:45am Exercise 10:30am Blood Pressure Screening 12pm Lunch 12:45pm Po Ke No</p>	<p>5 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Canasta</p>	<p>6 8:30am Coffee Hr 9am Tax Aide-by appointment 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo</p>	<p>7 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30pm Walmart</p>
<p>10 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback 1pm Bridge 1:00 "Expressions" Watercolor Paint Class w/ Dan</p>	<p>11 8:30am Coffee Hr 9:45am Exercise 10:30am Blood Pressure Screening 12pm Lunch 12:45pm Po Ke No 1pm Article 5 of the Constitution</p>	<p>12 8:30am Coffee Hr 9:30am Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta  1pm St Patrick's Day Music w/ Willie and Jan Band 1pm Sewing Club 1:30 Book Club Footcare-by appt</p>	<p>13 8:30 Coffee Hr 9am Tax Aide-by appointment 9-11 BPD Visit w/ Officer Maegan 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo</p>	<p>14 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare NO Wii Bowl 1:00 Pie Day Celebration and "Waitress" Movie Viewing</p> 
<p>17 St Patrick's Day 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback 1pm Bridge</p>	<p>18 8:30am Coffee Hr 9:45am Exercise 10:30am BP Screen 12pm Lunch 12:45pm Po Ke No 1:00 State Prescription Update w/ Comptroller Sean Scanlon</p>	<p>19 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Canasta 1:00 Balance Class</p>	<p>20 8:30am Coffee Hr 9am Tax Aide-by appointment 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special Bingo</p>	<p>21 8:30 Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch NO Wii Bowl 1:00 Berlin Police Dog Visit 1:30pm Walmart</p>
<p>24 8:30 Coffee Hr 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback 1pm Bridge</p>	<p>25 8:30am Coffee Hr 9:45am Exercise 10:30am Blood Pressure Screening 12pm Lunch 12:45pm Po Ke No 1:00 Tips for Memory w/ Dr Wendy Hurwitz</p>	<p>26 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00 Shake, Rattle & Roll Concert w/ Paul Schlien</p>	<p>27 8:30am Coffee Hr 9am Tax Aide-by appointment 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo 1:30pm Kohl's</p>	<p>28 8:30am Coffee Hr 9:30am Yoga 11:30 LUNCH BUNCH: Joey B's 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1:00 Bereavement Support Group</p>
<p>31 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:30 Specialty Shopping: Westbrook Outlets 12:45pm Setback 1pm Bridge</p>				