



BERLIN SENIOR CENTER

BERLIN SENIOR CENTER LINES

April 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 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
JoAnn Stetson-Com. Secretary
Ann Gamelin
Roger Moss
Gerri Russell
Arlene Greco

Greetings from the Director, Happy Spring!

Spring is officially here, and those warmer temperatures are just around the corner—I can feel it! With the season of renewal upon us, it's the perfect time to appreciate the beauty of nature and give back to our planet. **April 22nd is Earth Day**, a reminder that Mother Earth needs our love and care. Whether it's planting a tree, reducing waste, or simply enjoying the great outdoors, let's all do our part to keep our world thriving for generations to come!

Honoring Our Incredible Volunteers

National Volunteer Week, observed this year from April 27th to May 4th, is a time to recognize the invaluable contributions of volunteers in our community. Here at the Center, we are incredibly grateful for the dedication and hard work of our volunteers, who help us fulfill our mission to **Educate, Enrich, and Empower**. To show our appreciation, we will be hosting a special **Volunteer Appreciation Luncheon on Wednesday, April 16th**. This event is our way of saying "thank you" for the time, energy, and passion our volunteers bring to the Center every day. We look forward to celebrating with you!

Community Easter Dinner

Join us for a special **Community Easter Dinner on Saturday, April 19th, from 12:00 to 2:00 PM**. This free holiday meal is open to **Berlin residents by invite** and **Berlin Seniors** with space available for the first **100 seniors** who sign up. Enjoy a delicious **traditional ham dinner**, generously sponsored by the **Lion's Club, Senior Services, and the Senior Center**. Don't miss this wonderful opportunity to celebrate the season with good food and great company! Call or stop by the Center to reserve your spot.

*Spring is nature's way of saying "Let's Party" ~
Robin Williams*

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

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. **The latest you can call for a ride for the next day is 10am the day before. We accept bus reservations up to a week in advance.**

Medical Appointment Transportation Services are available for appointments within our bus territory. **2 business days 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. If you need to cancel your ride please do it as soon as possible. Do not wait until the driver gets to your house. **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 April 11th & 25th at 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. **The footcare nurse does conduct home visits for \$50.00.** Please call her at #617-538-6576. **This month's program is scheduled for Wednesday, April 9th.**

Ladies' Free Manicures ~ Wednesday, April 9th from 9:30-12:30pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the library 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.

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, April 10th 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.

Volunteer Appreciation Event – Save the Date! Wednesday, April 16th at Noon The Senior Center thrives because of our incredible volunteers who dedicate their time and talents to helping our Center run smoothly throughout the year. As a token of our gratitude, we're excited to celebrate YOU at our upcoming **Volunteer Appreciation Event!** Be on the lookout for your invitation... This year's theme is **[Insert Theme Here]** – and we can't wait to celebrate in style! Stay tuned for more details.

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.

Donations

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. You may specify what you would like the donation used for, such as transportation, programs, food for event, etc. If you have any other questions please contact Tina at 828-7006.

Senior Center Activities & Event

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

Story Share with Berlin Historical Society- "Where were you when..." Tuesday, April 8th at 1pm

Join Cathy Nelson for interesting history about topics such as the circus fire and where were you when JFK was shot.

Timberlin Senior Men's Golf League Annual Meeting - Wednesday, April 9th at 1pm

~ Senior Men's Golf Association members and prospective members, retired Berlin residents 60 years of age and over are welcome to attend.

The Book Club will meet April 9th at 1:30 in the library at Berlin Senior Center ~ This month's book is **These Precious Days by Ann Patchett** and is available to borrow at Berlin Peck Memorial Library.

AARP Safe Driver Class ~Friday April 11th from 8:45-12:45pm at the Community Center

(230 Kensington Rd) The cost is \$20 for AARP members or \$25 for nonmembers, payable at the course by cash or check. They cannot accommodate charge cards. *If you have AARP United Healthcare Supplemental insurance, the class is free.* Those 60 or over qualify for a 5% discount on their liability insurance per the State of CT. Attendees are expected to remain the full 4 hours. **To reserve your spot call 860-828-7006.**

Afternoon of Music w/ Jose Paulo-Friday, April 11th at 1pm ~ His voice will mesmerize you and his personality will charm you. Jose' is a talented musician that knows how to captivate audiences of all ages.

Twilight Wish, CT Ice Cream Social-Tuesday, April 15th at 1pm~We want to make you an ice cream sundae guaranteed to make you smile! Come join us for an Ice Cream Sundae Social sponsored by Twilight Wish CT! TWCT is a non-profit foundation that grants wishes for SENIORS. Come and hear how easy it is to have your wish granted or put in a wish request for someone else.

Walk This May Sign Up- Thursday, April 17th at 12:30pm ~ Betty Murphey and Ann Hartman from the Central Connecticut Health District will be set up at a table in our lobby before and during bingo to assist seniors in signing up to participate in "Walk this May." Help us get more steps than Newington, Rocky Hill and Wethersfield!!!

Scam Safety with Bank of America-Tuesday, April 22nd at 1pm ~ Carol from Bank of America will be going over tips to help keep us safe from the most current scams targeted at seniors.

Senior Safety Class - Wednesday, April 23rd at 1pm ~ Former detective, Alison Sullivan investigated numerous cases related to crimes against Seniors as a member of the Wethersfield Police Department, where she served for twenty years. Now retired, she is offering informative talks to Seniors about how to reduce the likelihood that they become victims of crime.

Craft Class w/ Euro American Homecare- Friday, April 25th at 1pm~Join Beata and friends from Euro-American Homecare as they lead us through a fun spring-inspired craft. All materials will be supplied. Class is limited to first 12 participants.

Lunch Bunch: Casa Doro ~ 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 Casa Doro in Newington **on Friday, April 25th at 11:30 am.** Sign up begins on Wed, April 9th at 9am in person. You may sign up yourself and 1 other. Telephone sign ups will be taken after 12 noon on the 9th. If you went on last month's trip you will need to wait until 12 noon to sign up.

Ways of Listening-Music Appreciation w/David Stein Tuesday, April 29th at 1pm ~ The theme of this new program in David Stein's "Ways of Listening" series, focuses on some of the most beautiful and transcendent music of Beethoven. It is called "Consoling Beauty" because it explores one great masterpiece of his music that deals with sorrow and its consolation through the beauty of music.

Specialty Shopping-Wednesday April 30th at 12:30pm. This month's trip will be to Target in Meriden. We need a minimum of 3 riders for the trip to go. The bus driver will start picking people up at 12:30pm. We will start taking reservations up to a week in advance on Wednesday, April 23rd. Please call the center by 3pm on Monday, April 28th to reserve your spot. Please do not leave reservations on the answering machine.

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 Jurgiewicz.**

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 will resume Thursday, April 17th!

In the springtime, weather permitting we will be participating in the walking club. Check the monthly calendar for our location each week. We will meet in the parking lot and walk for about an hour. No need to sign up, just drop in and let’s help each other get out there and get moving!

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

Special Bingo ~ Special Bingo ~

Thursday, April 17th 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 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 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




April Menu, 2025

1% or Skim milk provided
Margarine available

LS-Low Sodium

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Fish Filet with Garlic Sauce Mashed Potatoes California Blend Veggies</p> <p>Wheat Bread</p> <p>Pudding Cup</p>	<p>2</p> <p>Escarole Bean Soup Unsalted Crackers Lemon Rosemary Chicken Brown Rice Meadow Blend Veggies Italian Bread</p> <p>Fruit Cup</p>	<p>3</p> <p>Shepard's Pie Green Beans and Pimento</p> <p>Biscuit</p> <p>Oatmeal Bar</p>	<p>4</p> <p>Tunafish with Celery and Onion Potato Salad Tomato Salad</p> <p>Sub Roll</p> <p>Fruited Yogurt</p>
<p>7</p> <p>Meatballs with Orange Sauce Brown Rice Meadow Blend Veggies</p> <p>White Dinner Roll</p> <p>Pineapple</p>	<p>8</p> <p>BBQ Chicken Macaroni and Cheese Carrots</p> <p>White Bread</p> <p>Fruited Yogurt</p>	<p>9</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>10</p> <p>Ground Beef Stroganoff Mashed Potato Carrots</p> <p>Rye Bread</p> <p>Clementine</p>	<p>11</p> <p>Lasagna with Marinara Sauce Winter Blend Veggies</p> <p>Italian Bread</p> <p>Fruit Cup</p>
<p>14</p> <p>Pork Chopette with Apple Gravy Buttered Egg Noodles Harvard Beets</p> <p>Multigrain Bread</p> <p>Applesauce</p>	<p>15</p> <p>Crispy Chicken Sandwich Sweet Potato Tots Green Beans Tomato Mayonnaise Hamburger Bun</p> <p>Pineapple</p>	<p>16</p> <p>Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Pea and Pearl Onions</p> <p>Rudi Roll</p> <p>Easter Dessert</p>	<p>17</p> <p>Salisbury Steak with LS Mushroom Gravy Mashed Potatoes Broccoli</p> <p>White Bread</p> <p>Pineapple Mango Mix</p>	<p>18</p> <p style="text-align: center;">Good Friday Closed</p> <div style="text-align: center;">  </div>
<p>21</p> <p>Bruschetta Chicken White Rice Garlic Green Beans</p> <p>Italian Bread</p> <p>Tropical Fruit</p>	<p>22</p> <p>Grape Juice Taco Mix Yellow Rice Black Bean, Corn and Mango Salad</p> <p>Flour Tortilla</p> <p>Peaches</p>	<p>23</p> <p>Meatloaf Mashed Potatoes Mixed Veggies</p> <p>Dinner Roll</p> <p>Orange</p>	<p>24</p> <p>Sweet and Sour Pork Sesame Noodles Broccoli</p> <p>Wheat Bread</p> <p>Pudding</p>	<p>25</p> <p>Orange Juice Three Bean Vegetarian Chili Brown Rice Brussel Sprouts</p> <p>Combread</p> <p>Oreos</p>
<p>28</p> <p>Ravioli with Marinara Sauce Spinach</p> <p>Italian Bread</p> <p>Fresh Clementine</p>	<p>29</p> <p>Salisbury Steak LS Beef Gravy Herbed Couscous Geneva Blend Veggies</p> <p>Dinner Roll</p> <p>Pears</p>	<p>30</p> <p>Baked Potato with Chili Tuscan Blend Veggies Cheddar Cheese</p> <p>Wheat Roll</p> <p>Brownie</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!

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APRIL 2025

EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	2 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta	3 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo Tax Aide by appt	4 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 10:00am Lunch & Paint -Transitions Academy 12pm Lunch NO Wii BOWL 1:30 pm Walmart
7 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	8 8:30amCoffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Story Share with Berlin Historical Society "Where were you when..."	9 8:30am Coffee Hr 9:30am Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1:00 Timberlin Sr Men's Golf Mtg 1:00Canasta 1pm Sewing Club 1:30pm Book Club Footcare-by appt	10 8:30am Coffee Hr 9:30 am Swedish Weaving 9-11am BPD Visit 9:45am Exercise 12pm Lunch 1:30pm Special Bingo Tax Aide by appt (last day)	11 8:30am Coffee Hr 8:45-12:45pm AARP Safe Driver Class 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1:00pm Afternoon of Music w/ Jose Paulo
14 8:30am Coffee 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	15 8:30am Coffee 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Twilight Wish, CT Ice Cream Social	16 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00pm Volunteer Appreciation Lunch(by invite)	17 8:30 Coffee Hr 9:30 Swedish Weave 9:45am Exercise 10:00 Walking Club- Timberland 12pm Lunch 12:30 Walk This May Signup 1:30pm Bingo	18 Good Friday 
21 8:30am Coffee 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	22 Earth Day 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Scam Safety- Bank of America	23 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00pm Senior Safety w/ Detective Alison	24 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00am Walking Club- Veteran's Memorial 12pm Lunch 1:30pm Bingo 1:30pm Kohl's	25 Arbor Day 8:30am Coffee Hr 9:30am Yoga 11:30am Lunch Bunch-Casa Dora 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1pm Craft Class w/ Euro American
28 8:30am Coffee 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge	29 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 w/ David Stein	30 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 12:30 Specialty Shopping-Target 1pm Canasta		