



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,
Berlin, CT 06037
Phone # (860) 828-7006
Fax: (860) 828-7116
Email: tdoyle@town.berlin.ct.us

Staff

Director Tina Doyle
Asst. Director..Victoria Hellberg
Staff.....Beth Hrubiec,
Donna Gianoni
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: \$36 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson
Juliet Benjamin-Com. Secretary
Frank Slogeris
Lois Ustanowski
Kay Murray
Ann Gamelin

BERLIN SENIOR CENTER LINES

APRIL 2023

Greetings from the Director,

Happy Spring! Spring is officially here! Those warmer temperatures are coming I can feel it. April 22nd is Earth Day! Remember Mother Earth needs our love!

National Volunteer Week is an annual celebration observed to promote and show appreciation for volunteerism and volunteering. This year it will be held April 16th to 22nd. Here at the Center we will honor our volunteers with an appreciation luncheon on Friday, April 21st. We are very grateful for our volunteers and the work that they do.

The Berlin Police Department in cooperation with the Drug Enforcement Agency will conduct it's annual "Drug Take Back" initiative to remove expired and unused prescription drugs from homes on Saturday, April 22nd from 10am to 2pm. Residents can drop off the unwanted drugs at the upper parking lot of the Town Hall. The service is free and anonymous. Residents need only drive up the Town Hall driveway to drop the drugs into a curbside box without getting out of their vehicle.

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

Tina



Transportation

The Senior Center Buses and Van may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:30pm. *Service is curb to curb; therefore, riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such help. The driver may use his discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of passenger's mode of transportation must be able to be tied securely, both in the front and back of the unit. In the case of Scooters, the passenger must be able to transfer to a seat on the Senior Center vehicle. *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 the 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.

Daily Bus Schedule

Monday and Wednesday—Stop-n- Shop 9am & 11am
 All other appointments & errands between 9am and 2:15pm
Tuesday- Shop Rite-Cromwell 9am & 11am
 All other appointments & errands between 9am & 2:15pm
Thursday- All appointments & errands between 9am & 2:15pm
 Kohl's 1:30pm (Last Thursday of the month)
Friday – Ocean State Job Lot 10am & Walmart 1:30pm
 Food Share 12pm (Alternating weeks with OS Job Lot & Walmart)
 All other appointments & errands between 9am and 2:15pm

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CONTACT ME Spiro Maniotis

smaniotis@4LPi.com • (800) 950-9952 x2401

 **United Healthcare**

Michael Castro
 Licensed Sales Agent

106 Scenic Dr., Berlin, CT 06037

860-539-2302 - mscastroinsurance@gmail.com
www.myuhcagent.com/michael.castro



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Berlin VNA



Your Local Homecare Agency
 240 Kensington Road,
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 Our Goal is to keep you Home!

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Transportation Continued...

Transportation Services is available for medical appts, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping. We require **24 hour notice** for grocery shopping, pharmacies, banks, etc. We require **48 hour notice** for medical appointment reservations. 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 the address of the doctor and time of appointment in front of you when calling to reserve a ride. Reservations left on the Center's voicemail **will not be accepted**. Please make sure that you are ready one hour before your bus reservation time. The driver should not have to wait for you. 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.

Other Transportation Resources

Way to Go CT - in Hartford helps inform senior citizens, veterans & people with disabilities in north central Connecticut with their available transportation options. They serve 37 towns in the Greater Hartford Area in Central Connecticut to help you navigate your transportation options. **For more information please call 860-568-4442.**

The 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.** *Please Note: This is a “new” phone number for RSVP. **DISCLAIMER:** The Berlin Senior Ctr. does not have anything to do with the above mentioned transportation programs. If you have any issues with these organizations, you must deal with that provider directly.

Energy Assistance

Energy Assistance Program We are taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE), Electric, and Gas. Appointments are scheduled from 9-3pm on Thursdays at The Berlin Senior Center. Those residents under the age of 60 yrs old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Annual Income guidelines (for households whose heat is not included in their rent) are:

One Person Household – Income cannot exceed \$ 39,761

Two Person Household – Income cannot exceed \$ 51,996

No Liquid Asset Test

Please call Victoria at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment. Bank statements needed to prove SSD/SSI/Social security benefits or child support.
- 1099 or Stub is required for Pension.
- Household will be required to document their income from either the previous thirty days or four consecutive weeks anytime in the last three months prior to the date of application.

Special Events

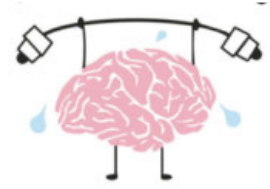
Healthy Brain Series

Fridays, April 7th, May 19th, and June 30th at 1:00 PM

April 7th ~ Brain Health: What Can I do?

Presented by **Patty O'Brian, Dementia Specialist** with Hartford Healthcare Center for Healthy Aging This presentation aims to provide a foundation for educating individuals about brain health, including ways to promote healthy aging and reduce potential threats to brain health.

Sign up has begun.



STAY SAFE—AND SAVE—WITH THE AARP SMART DRIVER COURSE

Thursday, April 13 from 9:00 AM—1:00 PM at The Community Center

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details). Take the AARP Smart Driver course at The Berlin Community Center on **Thursday, April 13 from 9:00 AM—1:00 PM**. The classroom course costs \$20 for AARP members and \$25 for non-members, payable by check on the day of the course. ***Space is limited, so register now by calling the Senior Center: 860-828-7006.**



Driver Safety

Cupcake Decorating & “SINGO”

Tuesday, April 18th at 1:00 PM

On **Tuesday, April 18th at 1:00 pm** UR Community Cares is having a decorate your own cupcake party, along with playing Singo (musical Bingo)! Come down to enjoy a sweet treat and a new game to get you singing and dancing in your seats. Singo is a new and exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players are listening to their favorite music. UR Community Cares will bring a variety of cupcakes and lots of toppings for everyone to have a fun time **Sign up begins Monday, April 3rd.**

Spring Fling Celebration!

Tuesday, April 25 at 1:00 PM

Spring is in the air and what better way to celebrate the season of hope and new beginnings than with our friends at The Senior Center! Please join us on **Tuesday, April 25 at 1:00 PM** for an afternoon full of entertainment and fun with Blaise Tramazzo. He will be singing songs from the American Songbook. After his performance, a spring time dessert will be served. **Sign up begins Monday, April 3rd.**



Importance of Self Care

Friday, April 28th at 1:00 PM

The Center for Healthy Living will be giving a discussion on how movement, breath work, meditation and self massage can enhance the quality of life on **Friday, April 28th at 1:00 PM**. They will relate to you how sleep, digestion, balance/strength/muscle tone and circulation can all be improved with a simple routine you can do seated, standing or both. **Sign up begins Monday, April 3rd.**

Monthly Activities



Tech Help ~ Mondays 1 PM to 3 PM By Appointment ~ Do you have an electronic device that you are having trouble with, or want to learn how you can get more use out of it? Victoria, our Assistant Director, is here to answer your questions about your laptop, smart phone, tablet, and/or kindle! **Please call to schedule an appointment and come ready with questions. Appointments are 30 minutes long.**

Ladies' Free Manicures ~ Wednesday, April 12th from 9—12pm - 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 will be taken. **Sign up begins Monday, April 3rd.**



Special BINGO! Thursday, April 6th at 1:30 PM

United Health Care will be sponsoring on **Thursday, April 6th at 1:30 PM**. They will be providing prizes/treat for intermission. Our regularly scheduled games will be played. No sign up necessary.

Special BINGO! Thursday, April 20th at 1:30 PM

Ledgecrest will be sponsoring on **Thursday, April 20th at 1:30 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

Craft Class ~ Friday, April 14th at 1:00 PM— Euro American Connections will be leading a craft class on **Friday, April 14th at 1:00 PM**. You will be making beautiful spring wreaths! **Sign up begins Monday, April 3rd.**

Bridging the Digital Divide

A collaboration between the Department of Aging & Disability Services (ADS) - State Unit on Aging & the CT Tech Act Project (CTTAP). This 2-year pilot program allows them to have a full-time Digital Divide Coordinator (DDC) at two of their community Assistive Technology Centers (aka "AT" Partner agencies): the NEAT Center at Oak Hill & UCP of Eastern CT. Their goal is to help bridge the digital divide by providing one-on-one or group services to adults with disabilities (18 and older) and aging adults (60 and older).

[Read More Here:www.CTtechact.com/bridging-divide](http://www.CTtechact.com/bridging-divide)

Medicare and Medicaid Now Fully Cover Preventive Vaccines

[Click here to read more](#)

Senior Center Book Discussion

Senior Center Book Club: Wednesday, April 5th @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *Dutch Girl: Audrey Hepburn and WWII*. by Robert Mazen. Please contact the library for a copy.

The Senior Center Library is always looking for donations of gently used books. No religious books will be accepted. Large Print Books are greatly appreciated. Please drop off your donation at the front desk. We ask when returning books to our library to please put in basket. Do not put back on shelves. Thank you!

Weekly Classes

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.**

*NEW! *High-Level Cardio Drumming ~

Mondays from 11am—12pm

This hour-long class is for people who are looking for a more fast-paced cardio drumming exercise than our intermediate class. There will be faster and more intricate movements. **FREE.**

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY @

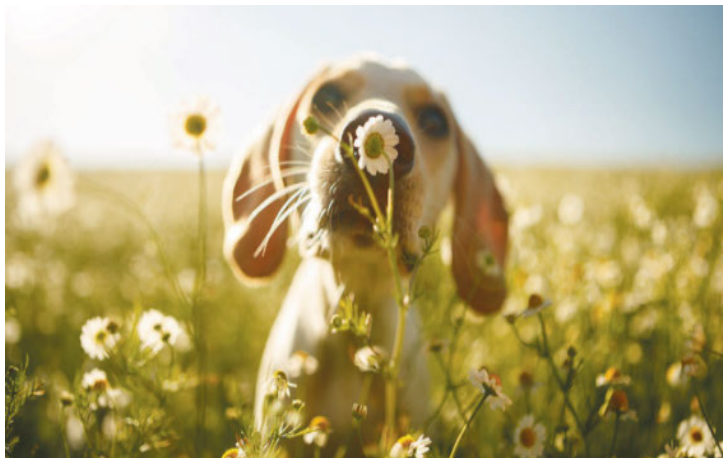
9:45 AM This class works your body head to toe.

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. **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 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 afternoon 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 Coloring for adults has become a popular stress –reduction trend and a great way to relax. 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.

***NEW TIME* BINGO**—Every Thursday @ 1:30PM.

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 1:00 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 Victoria.

PHOTOGRAPHY – Meets the 1st and 3rd Friday of the month @ 1:00 PM. Come and join our informal group of beginners to experienced photographers for camera and photography questions and discussions. Any kind of camera is welcome, whether its film, digital or slides. The group discusses camera features, subject, lighting, composition, as well as alterations on a computer.

NEWCOMERS ARE ALWAYS WELCOME

If you are interested in starting a new Drop In please see Tina or Victoria.

Health Services

Footcare Program (By Appointment Only)

We are still in the process of trying to find a footcare nurse. We will let you know once we have someone to replace our previous footcare nurse.

Free Health Clinics

The **Berlin VNA** will hold the following “**FREE**” health clinics at the Berlin Senior Center. All clinics are “free of charge” and no appointment is necessary. For more information, call the **Berlin VNA** at **(860) 828-7030**.

Tuesday, April 4	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, April 11	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, April 18	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, April 25	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club will resume in May!



Enjoy the outdoors with a little pep in your step! Cheryl Schlichting, retired Senior Center Program Coordinator, will be leading the group. Walks will be scheduled every **Thursday at 10:00 AM**. You will be asked to meet Cheryl at the chosen spot. You will meet at different parks and trails in Berlin. We will try to rate each park or trail beforehand so folks can determine if a specific walk is too difficult or too easy for them. As always you can walk for as long or as far as you like. Please wear proper foot attire and bring a water bottle to stay hydrated. Pre-registration is required.

AARP Tax-Aide in Berlin

The AARP Tax-Aide Program will be available this upcoming tax season at both the Berlin Senior Center and the Berlin-Peck Memorial Library. Appointments will be available Thursdays at the Senior Center and Tuesday afternoons at the Library. Like last year, Taxpayers will need to pick-up and complete the intake booklet PRIOR to their scheduled appointment. Booklets can be obtained from either the Senior Center or the Library. A separate appointment will be required for each tax year to be completed. Please call Berlin Senior Center: (860) 828-7006 to schedule an appointment. We're glad to be open again this tax season and look forward to seeing our clients!

Congregate Meals

CW Solutions Senior Community Café

LS: Low Salt

1% or Skim milk provided
Margarine available

Call Doretha to order:
860-921-4320

April, 2023

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>Oven Roasted Sliced Turkey with LS Turkey Gravy Stuffing Carrots Cranberry Sauce</p> <p>Multi Grain Bread</p> <p>Tangerine</p>	<p style="text-align: right;">4</p> <p>Stuffed Shells Florentine Sauce Romaine Salad Italian Dressing</p> <p>Garlic Bread</p> <p>Applesauce</p>	<p style="text-align: right;">5</p> <p>Easter Special</p> <p>Apple Juice LS Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Pea and Pearl Onions</p> <p>Rudi Roll Easter Poke Cake with Whipped Topping</p> 	<p style="text-align: right;">6</p> <p>Sloppy Joe Mashed Potato Corn</p> <p>Hamburger Bun</p> <p>Pineapple Chunks</p>	<p style="text-align: right;">7</p> <p>Good Friday Closed</p> 
<p style="text-align: right;">10</p> <p>BBQ Pork Riblet with BBQ Sauce Baked Beans Coleslaw</p> <p>Hamburger Roll</p> <p>Applesauce</p>	<p style="text-align: right;">11</p> <p>Bruschetta Chicken Buttered Shells Brussel Sprouts</p> <p>12 Grain Bread</p> <p>Pear Cup</p>	<p style="text-align: right;">12</p> <p>Mushroom Barley Soup Unsalted Crackers Salisbury Steak Mashed Potatoes Peas and Pearl Onions</p> <p>Dinner Roll</p> <p>Banana</p>	<p style="text-align: right;">13</p> <p>Pineapple Juice Veal Piccata Penne Pasta Ginger Baby Carrots</p> <p>12 Grain Bread</p> <p>Ice Cream</p>	<p style="text-align: right;">14</p> <p>Winter Squash Soup Unsalted Crackers Crab Cakes Rice Pilaf Green Beans with Red Pepper Tartar Sauce Rye Bread</p> <p>Apple</p>
<p style="text-align: right;">17</p> <p>Chicken Marsala Buttered Shells Sautéed Spinach and Garlic</p> <p>Wheat Bread Citrus Sections</p>	<p style="text-align: right;">18</p> <p>Cheeseburger Tater Tots Mixed Vegetables</p> <p>W.W. Hamburger Bun Mango Salad</p>	<p style="text-align: right;">19</p> <p>Homemade Meatloaf with LS Beef Gravy Baked Potato Capri Blend Veggies</p> <p>Dinner Roll Banana</p>	<p style="text-align: right;">20</p> <p>Pineapple Orange Juice Turkey Dumpling Stew Green Beans</p> <p>Biscuit Chocolate Chip Cookies</p>	<p style="text-align: right;">21</p> <p>Cream of Broccoli and Cheese Soup Unsalted Crackers Butter Crunch Fish Fried Rice Stir Fry Veggies</p> <p>Multigrain Bread Pineapple Chunks</p>
<p style="text-align: right;">24</p> <p>Knockwurst with Apples and Sauerkraut Potato Pancake Broccoli</p> <p>Hot Dog Bun Sliced Pears with Whipped Topping</p>	<p style="text-align: right;">25</p> <p>Shells with Meatsauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Applesauce</p>	<p style="text-align: right;">26</p> <p>Mild Coconut Curry Chicken Jasmine Rice Green Beans</p> <p>Naan Bread</p> <p>Fresh Orange</p>	<p style="text-align: right;">27</p> <p>Grape Juice Sweet and Sour Pork Loin Fried Rice Stir Fry Veggies Fortune Cookie Roll Angel Food Cake with Strawberries</p>	<p style="text-align: right;">28</p> <p>Potato Leek Soup Unsalted Crackers Seafood Salad Lettuce and Tomato Pasta Primavera</p> <p>Hot Dog Roll</p> <p>Banana</p>
<p>Want to join us for lunch? Come on in or Give us a call at</p> <p>Our Café Manager is available Monday through Friday from 10:00am to 1:00pm. All reservations must be made 2 business days in advance by 10:30 am.</p> <p>Monday? Register for Wednesday Tuesday? Register for Thursday Wednesday? Register for Friday Thursday? Register for Monday and Tuesday</p>				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:30am Coffee Hr. 10am Tai Chi 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help</p>	<p>4 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>5 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Book Club</p>	<p>6 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO Tax Aide (by appt)</p>	<p>7 The Senior Center is Closed in Observation of Good Friday</p>
<p>10 8:30am Coffee Hr. 10am Tai Chi 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help</p>	<p>11 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie</p>	<p>12 8:30am Coffee Hr 9am Free Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Timberlin Sr Mens Golf Mtg 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>13 8:30am Coffee Hr 9am AARP Safe Driver Course 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO Tax Aide (by appt)</p>	<p>14 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1pm Craft Class</p>
<p>17 8:30am Coffee Hr. 10am Tai Chi 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help</p>	<p>18 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Cupcake Decorating & SINGO</p>	<p>19 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>20 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO</p>	<p>21 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12pm Volunteer Luncheon 1pm Wii Bowl 1pm Photography 1:30 pm Walmart</p>
<p>24 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help</p>	<p>25 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Spring Fling Celebration</p>	<p>26 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 10:30am Special Shop 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>27 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm BINGO</p>	<p>28 8:30am Coffee Hr 9:30am Yoga 11:30 am Lunch Bunch 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1pm Importance of Self Care</p>

General Information

Berlin Food Pantry ~ “When hunger stops, so will we”. We continued to collect non-perishables for our local food pantry. There is a box located in the Senior Center front foyer for any donations. The Berlin Food Pantry is located at the Town Hall. If you are need of assistance from the food pantry, please contact Doug Truitt at (860) 828-7059

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 9:00 AM to 9:00 PM.

Dial 211 Info line is a partnership of the Connecticut United Ways and the State of CT. It provides a single source for information about community services, referrals to human services and crisis intervention. It's toll free from anywhere in Connecticut and operates 24 hours a day, 365 days a year. Give it a try!

Greater Hartford Legal Aid (GHLA) Office provides free counseling and representation on many Elder Law Issues (Medicaid & other government programs, patients' rights, nursing home issues, etc. They are located at 999 Asylum Avenue, 3rd Floor, Hartford, CT 06105-2465 Phone: 860-541-5000, Fax: 860-541-5050 Email: ghla@ghla.org.

National Elder Fraud Hotline

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline. **1-833- FRAUD-11 or 1-833-372-8311. Every day, 6am to 11pm, Eastern Time. English/Espanol and other languages are available.** This hotline is a free resource created by the U.S. Department of Justice (DOJ), Office for Victims of Crime for people to report fraud against anyone age 60 or older.

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.

You can contact OHA for assistance with inquiries involving :

- *Healthcare insurance enrollment, coverage or billing questions
 - *claim denials or pre-authorization issues
 - *explanations regarding a healthcare benefit, program or coverage
 - *an assessment of the healthcare plans offered in CT
 - *your rights and responsibilities as a healthcare plan member
 - *referral and pre-authorization procedures required by
 - *your healthcare plan your healthcare plan's internal and external appeals processes
- Toll-free number: 1-866-466-4446**
Email: Healthcare.advocate@ct.gov
Fax: (860) 331-2499

HHC Alzheimer's and Dementia Caregiver Virtual Support Group

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, and stages of the disease, family dynamics and safety issues.

First Tuesday of the month at 10 AM
Third Monday of the month at 1 PM
Last Monday of the month at 10:30 AM
Second Wednesday of the month at 6:30 PM

REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses
After you register, you'll receive an email with easy instructions on joining the virtual class.

Monthly Meetings

COMMISSION FOR THE AGING MEETING
NEXT MEETING: MONDAY, MAY 16TH 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.

MOBILE FOODSHARE

at Sacred Heart Church, 48 Cottage Street, East Berlin
Bus Transportation is available if needed.

PLEASE NOTE TIME CHANGE: Every other Friday 12:00 to 12:30 PM
for the following dates:

April 14th & 28th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

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 an event, etc. If you have any other questions please contact Tina at 828-7006.

Donor's Name



Paul Dobrowolski
James McNeil



Berlin-Peck Memorial Library Monthly Events

Courageous Conversations: Political Parties: Saturday, April 1 @ 10:30 am. Top of Form

Where do our two major political parties stand today? Is a viable third party a possibility? How do you feel about the options you have on voting day? In this conversation, we'll talk about why people in one party often don't understand how someone can vote for another party, what is and isn't working in our political parties, what changes to the system might look like, and the ways our own values may align or differ with the parties for whom we vote. Register

Beekeeping: Saturday, April 1 @ 1 pm. Catherine Wolko of The Humble Bee Honey Company will discuss her journey in becoming a beekeeper as well as the resources, tools and tips needed to become a successful one yourself. Register.

Sit & Knit: Thursday, April 6, 20 @ 6 pm, April 13, 27 @ 1 pm.

Movie Matinee: Desk Set (1957) Friday, Apr. 14 @ 1 pm. Join us for classic movie month in the library! Movie description: A classic Hepburn-Tracy romance, about the head librarian of the reference and research department at a TV network and an absent-minded computer genius.

Learn to Knit: Saturday, Apr. 15, 22, 29 and May 5 @ 10:30 am. Join a local knitting instructor for a four-week introduction to knitting class. It is strongly recommended to attend all four classes, but not mandatory.

Please bring size 7 or 8 needles and a skein of worsted weight #4 yarn to class. Registration required.

Dementia Caregiver Support Group: Monday, Apr. 17 @ 1 pm. This event will be offered as hybrid: either in-person or online. RSVP to Patty O'Brian: 203-859-1992 to let her know which way you will be attending. Sponsored by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association.

Finding Your Motivation to Move: Monday, Apr. 17 @ 6:30 pm. This 45-minute class will be taught by Maggie Downie of Personal Euphoria (Berlin). Sponsored by a partnership between Berlin-Peck Memorial Library/Berlin Social Services ("Anchored in Wellness" series).

New Britain Symphony Orchestra Mini Concert: Tuesday, Apr. 18 @ 6:30 pm. Percussion Instruments - From Communication to the Concert Hall. The members of the New Britain Symphony Orchestra's percussion section will present a rousing lecture/demonstration of the history and variety of percussion instruments. Registration required.

Emerging Trends, Ideas, and Products in Landscapes and Land Care. Thursday, Apr. 20 @ 7 pm. This presentation is sponsored by the Kensington Garden Club. Presented by landscape designer Kathy Connolly.

Movie Matinee: Singin' in the Rain (1952): Friday, Apr. 21 @ 1 pm. Bottom of Form

Movie description: A silent film star falls for a chorus girl just as he and his delusionally jealous screen partner are trying to make the difficult transition to talking pictures in 1920s Hollywood. Runtime:1h 43m.

Book Club (Title to be announced) Saturday, Apr. 22 @ 10:30 am.

Cookbook Club: Monday, Apr. 24 @ 6:30 pm. Visit the library in April to view the cookbook (at reference desk) and pick a recipe. April's cookbook: *Italian American : Red Sauce Classics and New Essentials* by Angie Rito.

Movie Matinee: Breakfast at Tiffanys (1961) Friday, Apr. 28 @ 1 pm. Join us for classic movie month in the library! Movie description: A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.

Nutrition

Coffee Hour



The Senior Center has an informal "coffee hour" available Monday through Friday from 8:30 AM to 10:00 AM! Enjoy a fresh cup of coffee and/or tea for only 25 cent per cup! So drop by and chat with "old friends" and make new ones! Complimentary pastry is also available for those who buy a cup of coffee/tea. ENJOY A "FREE" CUP OF COFFEE/TEA ON FRIDAYS FROM 8:30 AM TO 10:00 AM.

Berlin Senior Community Café – Congregate Meals

Lunch is served Monday - Friday at Noon. A suggested donation of \$2.50 per person is requested. **To order a meal please either call Doretha 860-921-4320 or sign up in-person in the Big Room.** If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

Town Department News

Berlin Police Department

Community Relations Team - Community members interested in starting a neighborhood watch or becoming a watch captain should contact us at crimewatch@berlinpd.org. Upon receipt an officer assigned to your area will contact you. Also if you meet any of our CRO's in person they will be happy to address any questions you have about crime prevention or starting a neighborhood watch.

What is the Special Needs Registry? The Special Needs Registry is a completely voluntary program which allows Berlin residents to make police, fire and EMS aware of any special needs or disabilities they may have in case of emergency. The information on the registry is only used for emergency purposes and is only shared with emergency responders. The Registry is a helpful tool that allows police, fire and EMS to better serve you in times of need. For example, should there be a need to evacuate a neighborhood, emergency services will be aware of your needs. Or, should you call 9-1-1 for an emergency, the emergency dispatchers will be better able to assist you. The BPD has changed the form so you can either call Ofc. Cathy Griffin or Dispatcher Tom Farr and leave a message if they don't answer, or you can email BPD at specialneedsregistry@berlinpd.org and ask for a new form. The forms will go out shortly for those that are already on the list and for those that are new to requesting a form.

Berlin Police Dept. Drug Collection Box– If you have any old prescriptions and over the counter medicines that you need to get rid of the safest way to do so is by bringing them to the Berlin PD Drug Collection Box at the Berlin Police Dept. which is located by the Berlin Town Hall. They ask No Aerosol, No Needles and No Liquids. The Berlin PD will then bring them to an incinerator to be destroyed. If you have any questions please call the BPD at 860-828-7080.

Berlin Social and Youth Services

Energy Assistance Program We are taking appointments for Energy Assistance applications for those seniors 60 yrs. and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE). We will start taking applications for Electric and Gas customers starting late November. Appointments are scheduled from 9-3pm on Thursdays at The Berlin Senior Center. Those residents under the age of 60 yrs. old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Annual Income guidelines (for households whose heat is not included in their rent) are:

One Person Household – Income cannot exceed \$ 39,761

Two Person Household – Income cannot exceed \$ 51,996

No Liquid Asset Test

Please call Victoria at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment. - Bank statements needed to prove SSD/SSI/Social security benefits or child support.

- 1099 or Stub is required for Pension.

- Household will be required to document their income from either the previous thirty days or four consecutive weeks anytime in the last three months prior to the date of application.

Word Search



SPRING WORD SEARCH

L T B Y G C G K K P J V H V Y
Z Y P G A R X W Y Y F E V T M
K V E A R M H X D L D Q V U Z
R E W P D A N D W G J N F T F
N D K S E D I A E G M Z M U N
I M S T N R A N I B P M U O K
I Q I Z L T R F B L F G M R S
H F U M K I K I F O R R B P X
E U D K G E R F L O W E R S Z
V N L O G D C P W M D I E Y X
Q K F I S T E E A A N I L L J
W Z V G T S K R N G T U L I P
V X T A W R C P J H X L A F V
E S A O N H H S P U D L U Z U
N T G C P D X R B O I K V F Y

umbrella
March
grow
rainbow

daffodil
bloom
spring
rain

May
garden
sprout
flowers

April
tulip
birds





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Movies

For the movie program, popcorn and water will be served. There is no charge for the program.

Due to the length of movies and other circumstances there will be no previews. If you wish to recommend a movie, please leave it with either Tina or Victoria. *Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.*

Tuesday, April 11th at 1:00 PM ~ Sleepless in Seattle (1993)

After the death of his wife, Sam Baldwin (Tom Hanks) moves to Seattle with his son, Jonah (Ross Mallinger). When Jonah calls in to a talk-radio program to find a new wife for his father, Sam grudgingly gets on the line to discuss his feelings. Annie Reed (Meg Ryan), a reporter in Baltimore, hears Sam speak and falls for him, even though she is engaged. Unsure where it will lead, she writes Sam a letter asking him to meet her at the Empire State Building on Valentine's Day. **Rated PG.**



Specialty Trips

LUNCH BUNCH” TRIP

Each month the senior center organizes a “lunch bunch” trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This month will be to **Olive Garden in West Hartford on Friday,**

April 28th at 11:30 AM. We are limited to 12 people. Sign up begins on Wednesday, April 5th. You may sign up yourself and one other. Telephone signups will be taken after 12 Noon on the 5th. If you went on the last trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to **Homegoods in Southington on Wednesday, April 26th.** We need a minimum of 3 riders for the trip to go. The bus driver will **start picking up at 9:30AM.** The driver will decide as to how much shopping time will be allowed. We will start taking reservations up to a week in advance. Please call the center at (860) 828-7006 **by 3:00 PM by Tuesday, April 25th.** Please **do not** leave any reservations on the answering machine.