



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, Mary Ellen
Dinda
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
Kay Murray
Ann Gamelin

BERLIN SENIOR CENTER LINES

JUNE 2023

Greetings from the Director,

The nice weather has arrived and brought with it green grass, irises and peonies blooming, warmer temperatures and glorious sunshine. June is a month of celebrations—where we celebrate family members’ accomplishments and special occasions such graduations, weddings, and Father’s Day. Nothing more valuable then being with family and friends!

*When I was young and strong,
Berlin Senior Center I did not belong,
Now time has suddenly come,
When Medicare came knocking on my door,
why stay home what a bore,
Friends, crafts, activities are there,
Come and join us I dare!
(Written by Lois Arena)*

Happy Father’s Day to all the wonderful Dads!

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

<p style="text-align: center;">Quality Living Affordable Price</p> <p style="text-align: center;">The Bradley Home <i>and Pavilion</i></p> <p style="text-align: center;">Meriden, CT 06451 (203) 235-5716 www.thebradleyhome.org</p>	<p style="text-align: center;">We're here for you.</p> <p style="text-align: center;">Residential Living • Assisted Living Memory Support • Skilled Care Rehabilitation Services</p> <p style="text-align: center;">covenant living of CROMWELL</p> <p style="text-align: center;">Cromwell, CT • CovLivingCromwell.org</p>	<p style="text-align: center;"><i>Caring Service with a Gentle Hand</i></p> <p style="text-align: center;">Berlin Memorial Funeral Home Inc.</p> <div style="display: flex; align-items: center;"> <p>Carolyn Audett Smith, Owner 96 Main St., Kensington, CT 860-828-4730</p> </div> <p style="text-align: center;">BRLNMEM@aol.com www.BerlinMemorialFuneralHome.com</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 80%;"> <p style="text-align: center;">JOHN'S HAIR DESIGN, LLC</p> <p>928 Farmington Ave. Kensington, CT 06037</p> <p style="color: red;">Michelle Fetterman, Owner 860-828-8786</p> <p>Closed Mondays Gift Cards Available</p> </div> </div>
<p style="text-align: center; font-size: 1.2em;">LET'S GROW YOUR BUSINESS</p> <p style="text-align: center; font-size: 1.2em;">Advertise in our Newsletter!</p> <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p style="margin: 0;">CONTACT ME Spiro Maniotis</p> </div> <p style="text-align: center; font-weight: bold;">smaniotis@4LPi.com • (800) 950-9952 x2401</p>		<div style="display: flex; align-items: center;"> <div> <p style="text-align: center;">United Healthcare</p> <p style="text-align: center;">Michael Castro Licensed Sales Agent</p> <p style="text-align: center;">106 Scenic Dr., Berlin, CT 06037</p> <p style="text-align: center;">860-539-2302 - mscastroinsurance@gmail.com www.myuhcagent.com/michael.castro</p> </div> </div>	
<p style="font-size: 0.8em;">RE/MAX RE/MAX RIGHT CHOICE</p> <div style="display: flex;"> <div> <p style="text-align: center;">MJ AGOSTINI REAL ESTATE</p> <p style="font-size: 0.8em;">36 Years of real estate experience selling over 2000 homes</p> <p>Cell 860-995-9665 Mary Jean Agostini mj@mjagostini.com www.mjagostini.com 8607887110 1195 Farmington Ave. Berlin, CT 06037</p> </div> </div>	<div style="text-align: center;"> <p style="font-size: 1.2em;">Berlin VNA</p> <p style="color: red; font-weight: bold;">Your Local Homecare Agency</p> <p>240 Kensington Road, Ph: 860-828-7030 www.town.berlin.ct.us Our Goal is to keep you Home!</p> </div>		
<div style="text-align: center; background-color: #e67e22; color: white; padding: 10px;"> <p style="font-size: 1.2em; font-weight: bold;">NEVER MISS OUR NEWSLETTER!</p> <div style="display: flex; justify-content: center; align-items: center; margin: 10px auto; width: 80%;"> <div style="border: 1px solid white; border-radius: 15px; padding: 5px 15px; background-color: white; color: #e67e22; font-weight: bold;">SUBSCRIBE</div> <div style="margin: 0 10px;">@</div> </div> <p style="font-size: 0.9em;">Have our newsletter emailed to you.</p> <p style="font-size: 1.1em; font-weight: bold;">Visit www.mycommunityonline.com</p> </div>			

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.**

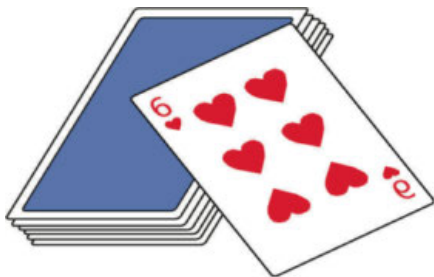
The Medical Transportation Volunteer Program – The Retired Senior Volunteer Program (RSVP) provides seniors in our area a method of access to **free**, reliable, non-emergency medical transportation. Seniors requesting rides for the first time will call the RSVP Office and provide initial client information. 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.

Miscellaneous News

Disposal of American Flags:



We celebrate Flag Day on June 14th . Make sure you check your American flags to see if they are frayed, faded or ripped. You can drop them off at the Center if you can not make the American Legions retiring of the flags on June 14th at 6:00PM where they will properly dispose of them.



Congratulations to the following teams that tied for first place in our Spring Setback Session:

**Team 1 Ray Cassidy
Hank Thompson**

**Team 8 Ida DiBattista
Ray Jurgilewicz**

Special Events

The Overview of Probate Court

Friday, June 9th at 1:00 PM

The Berlin Probate District is one of 54 in CT. It has jurisdiction over the town of Berlin and city of New Britain. Probate Judge William Rivera will provide an overview of the Probate court and how it affects the lives of every person. He will cover everything from wills to conservator of the person, power of attorney and healthcare initiative, to children's court. He will answer basic questions about the process. **Sign up has already begun.**

Pasta Dinner With Pendola The Troubadour

Tuesday, June 13th at 12:00 PM

Join us as we will be enjoying a delicious pasta "dinner" and entertainment by (Frank) Pendola The Troubadour. He specializes in vocals, oldies/originals on the guitar with a touch of storytelling. **Sign up begins Thursday, June 1st.**

Father's Day Drive Thru

Friday, June 16th at 10:00 AM

Come celebrate Father's Day with a delicious donut.

Sign up begins Thursday, June 1st and you'll have until June 14th to register.

The Differences Between PT & OT

Friday, June 16th at 1:00 PM

Irene Gersz, PTA & CDP, from Grandview Rehab will be here to talk about the differences between Physical Therapy and Occupational Therapy, and how they each benefit your bodies and daily living. **Sign up begins Thursday, June 1st.**

Coin Program

Tuesday, June 20th at 1:00 PM

Blair Soucy has been collecting coins for over 50 years and is a professional coin dealer. He is also the President of the Litchfield County Coin Club and Vice President of the Bristol, CT Coin Club. He is also an American Numismatic Association life member. Blair is coming back to the Center on **Tuesday, June 20th at 1:00 PM** to talk about the hobby of coin collecting, the U.S. Mint, the gold and silver bullion market and provide a general overview of coin and currency collecting. You are encouraged to bring any coins or currency for Blair to look at. **Sign up begins Thursday, June 1st.**

Fresh Herbs Demonstration

Wednesday, June 21st at 1:00 PM

Rosanna D'Anna from Amberwoods in Farmington will be here on **Wednesday, June 21st** at 1:00PM to show you how to create a simple, unplanned lunch using fresh herbs while minimizing your cooking time. Sign up is limited to 10 people. **Sign up begins Thursday, June 1st.**

Strawberry Shortcake Festival

Tuesday, June 27th at 1:00 PM

We will be entertained by The Willie and Jan Band, featuring Jan Scruggs and Willie Nininger. They are versatile entertainers, singers, and a guitar duo with a wide repertoire. After the show we will enjoy some delicious strawberry shortcake with whipped topping. Coffee and tea will be served. **Sign up begins Thursday, June 1st.**

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, June 7th 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 are now being taken.**



Healthy Brain Series

Fridays June 30th and July 21st at 1:00 PM

Presented by **Patty O'Brian, Dementia Specialist** with Hartford Healthcare Center for Healthy Aging. **Friday, June 30th: Memory Loss: When to worry?** Everyone forgets things at times. Perhaps you misplace your car keys or forget the name of a person you just met. There's a difference between normal changes in memory and memory loss associated with dementia. Join us to learn the signs and symptoms of memory loss and when to talk with your provider.

Sign up has begun.



Special BINGO! Thursday, June 15th at 1:30 PM

Ledgecrest will be sponsoring on **Thursday, June 15th at 1:30 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up necessary.



Bus Trip To The Aqua Turf!

Celebrate Italia!!

Tuesday, July 11

The McLean Avenue Band shows their Italian side. Pdraig and his band know how and wha to play to please a crowd!! Special appearances by Joseph Bianca Rossa & Lacey Angerosa. Joseph & Lacey's voices bring Italian songs to life! **Cost is \$52** and includes: Family Style Dinner of Meatballs & Sausage/Chicken Parmigiana, A Glass of Beer or Wine, a Door Prize Ticket, and The Show. The bus will **leave the Center at 10:30 am and will return approx. 4:00 pm. Sign up has begun. You must pay at the time of sign up.** You may sign up yourself and one other person.

Senior Center Book Discussion

Senior Center Book Club: No Book Club in June

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.

SETBACK DROP IN—Every Monday at 1:00PM. All level of players are welcome.

SCRABBLE DROP IN— Every Monday at 11:00AM. All level of players are welcome.

Po Ke No DROP IN—Every Tuesday afternoon at 12:45PM

CRAFTY KNITTERS - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? Come join the group.

MAHJONGG - Every Wednesday morning at 10:00 AM. All levels of players are welcome.

CRIBBAGE DROP IN - Every Wednesday at 1:00 PM. All level of players are welcome.

CANASTA—Every Wednesday afternoon at 1:00 PM. All 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.

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

Health Services

Footcare Program (By Appointment Only)

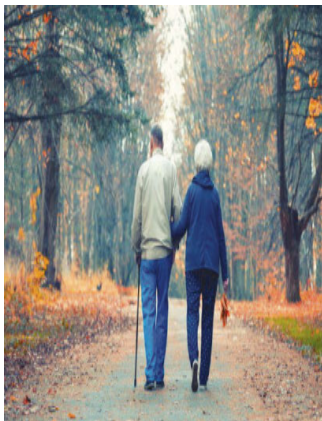
We are still in the process of trying to find a footcare nurse. We will let you know once we have someone to replace our previous footcare nurse.

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, June 6	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, June 13	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, June 20	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, June 27	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club



Enjoy the outdoors with a little pep in your step! Victoria will be leading the group until we find a volunteer to lead every week. Walks will be scheduled every **Thursday at 10:00 AM**. You will be asked to meet at the chosen spot. You will meet at different parks and trails in and around 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.



Supporting us is a picnic!

Buy this bag. We get \$1.

Perfect for picnics and all your toting occasions.

Purchase this picnic perfect \$2.50 Community Bag any time in June at our designated Stop & Shop and we'll receive \$1.

 **STOP&SHOP COMMUNITY BAG PROGRAM**
STOPANDSHOP.2GIVELocal.COM

Congregate Meals

CW Solutions Senior Community Cafe



To Sign Up
Call Doretha
860-921-4320

June, 2023

PLEASE MAKE SURE
TO REGISTER 2
BUSINESS DAYS
IN ADVANCE WITH
YOUR CAFÉ MANAGER.

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p style="text-align: right;">1</p> <p>Apple Juice Chicken Fajita with Onions and Peppers Mexican Rice Soupy Beans</p> <p style="text-align: center;">Tortilla</p> <p style="text-align: center;">Brownie</p>	<p style="text-align: right;">2</p> <p>Grape Juice Salisbury Steak with Vegetable Gravy Mashed Potato Green Beans</p> <p style="text-align: center;">Dinner Roll</p> <p style="text-align: center;">Banana</p>
<p style="text-align: right;">5</p> <p>Veal Parmesan Linguini and Sauce Winter Blend Veggies</p> <p style="text-align: center;">Oatmeal Bread</p> <p style="text-align: center;">Fresh Apple</p>	<p style="text-align: right;">6</p> <p>Cream of Mushroom Unsalted Crackers Pork Riblette Sweet Potatoes Green Beans</p> <p style="text-align: center;">Rye Bread</p> <p style="text-align: center;">Melon</p>	<p style="text-align: right;">7</p> <p>Turkey Tetrazzini Brown Rice Brussel Sprouts</p> <p style="text-align: center;">Dinner Roll</p> <p style="text-align: center;">Peaches</p>	<p style="text-align: right;">8</p> <p>Pineapple Orange Juice Meatloaf with Onion Gravy Mashed Potato Beets with Dill and Garlic 100% WW Bread</p> <p style="text-align: center;">Chocolate Chip Cookie</p>	<p style="text-align: right;">9</p> <p>Grilled Chicken with Garlic Parmesan Sauce Penne Florentine Broccoli</p> <p style="text-align: center;">Italian Bread</p> <p style="text-align: center;">Pecan Spinwheel</p>
<p style="text-align: right;">12</p> <p>Vegetable Lasagna with Cream Sauce Zucchini</p> <p style="text-align: center;">12 Grain Bread</p> <p style="text-align: center;">Fresh Orange</p>	<p style="text-align: right;">13</p> <p>Baked Ziti with Meat Sauce Italian Blend Veggies</p> <p style="text-align: center;">Garlic Bread</p> <p style="text-align: center;">Citrus Sections</p>	<p style="text-align: right;">14</p> <p>Cream of Broccoli Unsalted Crackers Butter Crumb Alaskan Pollock Cubed Sweet Potatoes Capri Blend Veggies Tartar Sauce Rye Bread Pineapple Tidbits</p>	<p style="text-align: right;">15</p> <p>Philly Cheesesteak Onions and Peppers Tater Tots Cole Slaw</p> <p style="text-align: center;">Sub Roll</p> <p style="text-align: center;">Applesauce</p>	<p style="text-align: right;">16</p> <p>Father's Day Special Orange Juice Roast Beef with Horseradish Sauce Loaded Potatoes Broccoli</p> <p style="text-align: center;">12 Grain Bread</p> <p style="text-align: center;">Boston Cream Pie</p>
<p style="text-align: right;">19</p> <p style="text-align: center; font-weight: bold;">No Lunch Senior Center Closed for Juneteenth</p>	<p style="text-align: right;">20</p> <p>Orange Juice Bruschetta Chicken Penne Italian Blend Veggies</p> <div style="text-align: center;">  <p>Garlic Bread</p> </div> <p style="text-align: center;">Short Bread Cookies</p>	<p style="text-align: right;">21</p> <p>Chili Baked Potato with Cheese Broccoli Sour Cream</p> <p style="text-align: center;">Corn Muffin</p> <p style="text-align: center;">Fruited Yogurt</p>	<p style="text-align: right;">22</p> <p>Crab Cakes Rice Pilaf Brussel Sprouts</p> <p style="text-align: center;">W.W. Dinner Roll</p> <p style="text-align: center;">Ice Cream Sandwich</p>	<p style="text-align: right;">23</p> <p>Tomato Florentine Soup Unsalted Crackers Egg Salad with Celery Potato Salad Broccoli and Red Pepper Salad Rye Bread</p> <p style="text-align: center;">Fresh Strawberries</p>
<p style="text-align: right;">26</p> <p>Barbeque Chicken Baked Beans Cole Slaw</p> <p style="text-align: center;">Corn Bread</p> <p style="text-align: center;">Tropical Fruit Cup</p>	<p style="text-align: right;">27</p> <p>Sliced Turkey with Turkey Gravy Rice Summer Squash</p> <p style="text-align: center;">Oatmeal Bread</p> <p style="text-align: center;">Citrus Sections</p>	<p style="text-align: right;">28</p> <p>Orange Juice American Chop Suey with Beef, Onions, Elbow Macaroni, and Tomato Sauce Peas 12 Grain Bread</p> <p style="text-align: center;">Birthday Cake</p>	<p style="text-align: right;">29</p> <p>Hamburger Lettuce and Tomato Steak Fries Green Beans</p> <p style="text-align: center;">Hamburger Roll</p> <p style="text-align: center;">Pineapple Cup</p>	<p style="text-align: right;">30</p> <p>Chef Salad with Lettuce, Tomato, Egg, Chick Peas, Peppers, Turkey, Roast Beef, Swiss Cheese</p> <p style="text-align: center;">100% WW Bread Fresh Strawberry Dessert</p>

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>2 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 1pm Wii Bowl 1pm Photography 1:30 pm Walmart</p>
<p>5 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help</p>	<p>6 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie - Otto</p>	<p>7 8:30am Coffee Hr 9am Free Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>8 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>9 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1pm Overview of Probate Court</p>
<p>12 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback drop in 1-3pm Tech Help</p>	<p>13 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Pasta with Pendola The Troubadour</p>	<p>14 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>15 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO</p>	<p>16 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 10am Father's Day Drive Thru 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Differences between PT/OT 1:30 pm Walmart</p>
<p>19</p> <p>The Senior Center is closed in observation of Juneteenth</p>	<p>20 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Coin Program</p>	<p>21 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Fresh Herbs Demonstration</p>	<p>22 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>23 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl</p>
<p>26 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback drop in 1-3pm Tech Help 5pm CFA Meeting</p>	<p>27 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Strawberry Festival w/ Willie & Jan</p>	<p>28 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 12:30pm Special Shop 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>29 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>30 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 11:00 am LBunch Trip 12pm Lunch 1pm Wii Bowl 1pm Healthy Brain Series 1:30 pm Walmart</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, JUNE 19TH 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:

June 9th & 23rd

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

Register at www.berlinpeck.org

Please note: All Town of Berlin buildings and facilities will be officially closed until 2:15pm on June 8th so that staff may attend a Town of Berlin staff event. The library will re-open at 2:15 pm and stay open until our regular closing time at 8:00 pm.

Sit & Knit: Join local knitters for knitting and good company. Thursdays, June 1 and 15 @ 6 pm, June 8 @ 2:15 pm (special time), June 22 and 29 @ 1 pm.

Adult Summer Reading Program: Read (or listen to) books throughout the summer to win great prizes! Visit the library (or our website) to sign up and see a list of prizes beginning June 12. Prize drawings take place every Thursday beginning July 6.

Over a Wyoming Campfire: The Beginnings of the National Park Service: Tuesday, June 13 @ 6:30 pm. Join Professor Hamish Lutris to learn about the creation of the National Park Service. Register.

Juneteenth Celebration: Saturday, June 17: 11:00 am to 3:30 pm. Learn all about Juneteenth and its connection to Berlin! Featuring food, live music, speakers and presentations, book displays, and more.

Dementia Caregiver Support Group: Monday June 19 @ 1:00 pm. ONLINE ONLY in June. Join us to share practical information, feelings, needs and concerns. This group meets monthly as a safe place for caregivers, family and friends of persons with dementia. Visit berlinpeck.org for Zoom link.

Stone Breaker: The Life of James Gates Percival: Tuesday, June 20 @ 6:30 pm. Join author Kathleen L. Housley for an informative talk and book signing. Sponsored by the Berlin Historical Society. Register.

Courageous Conversations: Making Ends Meet: Thursday, June 22 @ 6:30 pm. With inflation, rising interest rates, and failing banks in the news, being able to pay the bills and plan financially is on a lot of people's minds. How should we spread prosperity and improve opportunity? What role should the government play? Prior to the conversation, please read this month's articles. Printed copies are available at the library. Register.

Movie Matinee: Jerry and Marge Go Large: Friday, June 23 @ 1 pm. Rated PG-13. Runtime: 1 hour, 36 minutes.

Saturday Morning Book Club: Saturday, June 24 @ 10:30 am. Join us for a discussion of *Maid: Hard Work, Low Pay, and a Mother's Will to Survive* by Stephanie Land. Contact the library for a copy of the book.

Cookbook Club: Monday, June 26 @ 6:30 pm This month's cookbook is *The Complete Salad Cookbook from America's Test Kitchen*. Visit the library to choose your recipe.

Natural Sleep Solutions: Tuesday, June 27 @ 6:30 pm. Join Naturopathic physician Dr. Nicole Klughers to learn about sleep—and how to sleep better! Register.

Movie Matinee: 80 for Brady: Friday, June 30 @ 1 pm . Rated PG-13. 1 hour, 38 minutes.

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

We will take applications for the Renter's Rebate Program beginning May 22, 2023. Renter's Rebate is for Renters 65 year and older; 50 years + for surviving eligible spouse; or 18 years old with 100% permanent disability. Must have 1 year residency. Income eligibility is \$49,100 and less for married couples and \$40,300 and less for single individuals. The program runs for through October 1, 2023. Documentation needed for the application process includes income from 2022 (tax return or 1099), rent receipts from 2022, and utility payment history for gas, electric, and water for 2022. Please call 860-828-7136 or 860-828-7007 to schedule an appointment or for more information.

Word Search



SUMMER



WORD SEARCH

Search for the twelve Summer themed words below.

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

BARBECUE

LEMONADE

SUNSCREEN

BEACH

POOL

SWIMMING

FLIP FLOPS

SUMMER

VACATION

ICE CREAM

SUNGLASSES

WATERMELON



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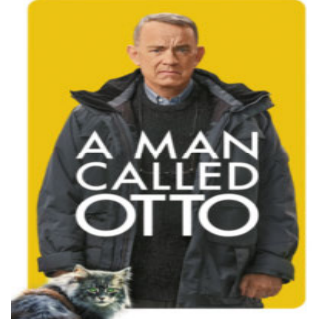


Movies

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, June 6th at 1:00 PM ~ A Man Called Otto (PG-13)

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. Featuring Tom Hanks.



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 Lenny & Joe’s in Westbrook **on Friday, June 30th at 11:00 AM. We are limited to 12 people. Sign up begins on Wednesday, June 14th. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 14th. If you went on the last month’s trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP *NEW TIME*

Our Specialty Shopping Trip this month will be to **Saver’s in Newington on Wednesday, June 28th.** 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 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, May 23rd.** Please **do not** leave any reservations on the answering machine.