



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,
Berlin, CT 06037
Phone # (860) 828-7006
Fax: (860) 828-7116
Email: tdoyle@berlinct.gov

Staff

Director Tina Doyle
Asst. Director..Victoria Hellberg
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen
Dinda, Kathy Moss
Drivers Joe LaVallee
Tom Chesery, Tom Zigmont &
Ed Alicea

Hours

Monday..... 8:30am-4:00pm
Tuesday8:30am-4:00pm
Wednesday 8:30am-4:00pm
Thursday..... 8:30am-4:00pm
Friday 8:30am-4:00pm

Membership (Ages 60+)

Resident: No Cost
Non-Resident: \$36 Annually

CFA Commission Members:

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

BERLIN SENIOR CENTER LINES

AUGUST 2023

Greetings from the Director,

Happy August! I hope you are enjoying the joys of summer - beach days, Farmer’s stands, ice cream cones and longer days. Remember to stay cool and keep yourself hydrated.

Reminder - Fall Session of Setback Tournament will begin Monday, September 11th at 1:00pm. If you have a team of 2 interested in playing or you would like to be a substitute please let Tina or Victoria know.

If you are a non- resident member and you haven’t paid your yearly membership fee yet please do so immediately.

A friendly reminder to scan your MYSenior Center key tag every time you come into the Center. It helps us keep better track of our attendance which is important for accurate statistics used when applying for grants. If you are a Berlin Senior and do not have a key tag please come to the center to fill out participant form.

“August is like the Sunday of summer.”

“Summer is a state of mind.”

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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 Carolyn Audett Smith, Owner
96 Main St., Kensington, CT
860-828-4730

BRLNMEM@aol.com
www.BerlinMemorialFuneralHome.com

JOHN'S HAIR
DESIGN, LLC

928 Farmington Ave.
Kensington, CT 06037

Michelle Fetterman, Owner
860-828-8786

Closed Mondays
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CONTACT ME Spiro Maniotis

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 **United Healthcare**

Michael Castro
Licensed Sales Agent

106 Scenic Dr., Berlin, CT 06037

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



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Berlin VNA



Your Local Homecare Agency

240 Kensington Road,
Ph: 860-828-7030
www.town.berlin.ct.us
Our Goal is to keep you Home!

NEVER MISS
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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 860-58-4442.**

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.

Look At The Fun Happening at The Berlin Senior Center!!



Cooking with Herbs Class



Willie & Jan Band, Strawberry Shortcake Festival



Makeup for Mature Women Class



My Hometown Art Project

Special Events

White House Memories with Alan DeValerio, Former White House Butler ~

Tuesday, August 8th at 1:00 PM ~

Former White House butler Alan DeValerio is back with a NEW and improved talk, including an in depth discussion on Nancy Reagan, celebrity sightings and more! Alan gives you the inside details about all the preparations involved in White House entertaining. Not only will he relate his first-hand experiences with history, but he will pass on the stories from those people that he worked with (like Eugene Allen, on whom the movie “The Butler” was based) who have been taking care of our First Families ever since the Franklin Roosevelt administration! Alan will also display many of the White House artifacts (menus, programs, personal photos, etc.) that he has collected over the years. And after the program his new book “A History of Entertainment in the Modern White House” will be available for purchase and signing. This is a presentation that you won't want to miss! **Sign up begins Tuesday, August 1st.**

Skin Cancer Awareness Talk & BINGO

Wednesday, August 9th at 1:00 PM

The Hartford Healthcare Cancer Institute will be hosting a Skin Cancer Awareness Talk & BINGO game on Wednesday, August 9th at 1:00 PM. Our skin is our largest organ! It's important to be aware, know about early detection as well as prevention of skin cancer. The BINGO game will be based on the talk to reinforce the information you've learned. Everyone will be a winner of a prize! Join us for the fun! **Sign up begins Tuesday, August 1st.**

Hot Weather Safety & Infused Water Recipes

Wednesday, August 16th at 1:30 PM

Rosanna D'Anna from Amberwoods of Farmington will be leading this discussion on Hot Weather Safety. After the talk she will be teaching you about various infused water recipes, to make staying hydrated fun and tasty! **Sign up begins Tuesday, August 1st.**

LGBT Moveable Senior Center, Come Out and Connect!

Friday, August 25th at 1:00 PM

This month The Berlin Senior Center will be hosting in person! LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center for a Movie afternoon. We will be showing Love is Strange (2014) Rated R. After Ben and George get married, George is fired from his teaching post, forcing them to stay with friends separately while they sell their place and look for cheaper housing -- a situation that weighs heavily on all involved. The movie will be followed by an informal discussion. Popcorn, candy, and water will be served. Visit www.cthealthyliving.org to register.



SAVE THE DATE!! CELEBRATE THE BERLIN SENIOR CENTER WEDNESDAY, SEPTEMBER 27TH



September is National Senior Center Month! You are invited to come and celebrate The Berlin Senior Center with us on **Wednesday, September 27th!** This is an all day event where we will be showcasing all that our Center has to offer Berlin Seniors, there will be games, entertainment, food, fun, raffles, and more! We will be joined by special guests and our community partners.

Mark your calendars and check out our September newsletter for more information.

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, August 9th 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.**



Special BINGO! Thursday, August 17th at 1:30 PM

Ledgecrest will be sponsoring on **Thursday, August 17th at 1:30 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up necessary.

Craft Class ~ Friday, August 18th at 1:00 PM

Euro-American Connections & Homecare will be leading a fun dry flowers art craft class this month **on Friday, August 18th at 1:00 PM**. **Sign up begins Tuesday, August 1st.**

Trip to the Carousel Museum

Wednesday, September 27th

Travel back in time to when the carousel was the pinnacle of amusement park joy. Now on view, over 100 years of carousel art and history throughout their 33,000 square foot building. Explore turn of the century carvers like Dentzel, Hershchell Spillman, and Stein and Goldstein, and visit their restoration department. You will also get to tour the fire museum! **Cost is \$23, payable at registration, and includes lunch. Your choice of:** Boar's Head oven gold Turkey, House Made Chicken Cutlet, Italian Combo, Boar's Head Baked Ham, or Tuna Salad. Served with macaroni salad and a fresh baked cookie. **Please indicate your lunch choice at registration. The bus will leave the Center at 10:30 AM and will return approx. 2:00 PM.**



Senior Center Book Discussion

Senior Center Book Club: No Book Club in August

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.**

High-Intensity 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 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 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)

The Berlin Senior Center offers low cost foot care for seniors provided by a specially trained registered nurse. **This month's program is scheduled for Wednesdays August 2nd and 16th.** Services are provided by 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 828-7006 to schedule your appointment.

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, August 1st	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, August 8th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, August 15th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, August 22nd	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, August 29th	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.



Congregate Meals

CW Solutions Senior Community Café


To Order
Call Doretha
860-921-4320

August, 2023

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Eggplant Rolatini Marinara Sauce Ziti Brussel Sprouts</p> <p>12 Grain Bread</p> <p>Brownie</p>	<p>2</p> <p>Teriyaki Pork Fried Rice Oriental Vegetables Fortune Cookie</p>  <p>Naan Bread</p> <p>Pineapple Chunks</p>	<p>3</p> <p>Cream of Broccoli Unsalted Crackers Crabcake 3 Bean Salad Cucumber, Onion, Dill Salad</p> <p>Hamburger Roll</p> <p>Watermelon</p>	<p>4</p> <p>Chicken Salad with Cranberries Pasta Salad with Broccoli, Red Peppers, White Beans, Carrots</p> <p>Club Roll</p> <p>Banana</p>
<p>7</p> <p>Florentine Chicken Lemon Orzo Broccoli and Red Pepper</p> <p>Happy Birthday</p> <p>Whole Wheat Bread</p> <p>Birthday Cake</p>	<p>8</p> <p>Stuffed Shells with Meat Sauce Green Beans</p>  <p>Italian Bread</p> <p>Pineapple Chunks</p>	<p>9</p> <p>Chef Salad with Ham, Turkey, Cheese, Cheese, Egg, Veggies Italian Dressing</p> <p>Breadstick</p> <p>Strawberries</p>	<p>10</p> <p>Orange Juice Grilled Chicken Patty Swiss Cheese Tater Tots Southwest Corn</p> <p>W.W. Hamburger Roll</p> <p>Grapes</p>	<p>11</p> <p>Apple Juice Shepards Pie with Beef, Mashed Potato, and Corn Scandinavian Veggies</p> <p>12 Grain Bread</p> <p>Chocolate Chip Cookies</p>
<p>14</p> <p>Grape Juice Pork Riblet with BBQ Sauce Corn with Black Beans Cole Slaw</p> <p>Corn Muffin</p> <p>Ice Cream</p>	<p>15</p> <p>Salisbury Steak with Mushroom Gravy Sliced Potatoes Broccoli</p> <p>Multi Grain Bread</p> <p>Pears</p>	<p>16</p> <p>Baked Fish Buttered Rice with Peas and Mushrooms Squash Medley Tartar Sauce</p> <p>Rye Bread</p> <p>Orange</p>	<p>17</p> <p>Macaroni, Chicken, and Pea Salad Broccoli and Red Pepper Salad</p> <p>Dinner Roll</p> <p>Fresh Fruit Salad</p>	<p>18</p> <p>Roast Beef with Horseradish Sauce Mashed Potatoes Brussel Sprouts</p>  <p>12 Grain Bread</p> <p>Fruited Yogurt</p>
<p>21</p> <p>Italian Sausage (Mild) with Onions and Peppers Rice Pilaf Spinach</p>  <p>Club Roll</p> <p>Fruit Cocktail</p>	<p>22</p> <p>Grape Juice Meatloaf with LS Onion Gravy Mashed Potatoes Peas and Carrots</p> <p>Dinner Roll</p> <p>Fresh Peach</p>	<p>23</p> <p>Spaghetti with Turkey Meatballs Broccoli Parmesan Cheese</p> <p>Italian Bread</p> <p>Lemon Pudding</p>	<p>24</p> <p>Cod Fish with Butter Crumb Topping Broccoli and Cheese Rice Green and Yellow Beans</p> <p>Rye Bread</p> <p>Cantaloupe</p>	<p>Labor Day Special 25</p> <p>Apple Juice Hot Dog Baked Beans Sauerkraut Mustard</p> <p>Hot Dog Roll</p> <p>Watermelon</p>
<p>28</p> <p>Chicken Piccata Linguini Broccoli with Red Pepper</p> <p>Dinner Roll</p> <p>Chocolate Pudding</p>	<p>29</p> <p>Crab Cakes with Cream Sauce Potato Wedges Broccoli</p> <p>Dinner Roll</p> <p>Fresh Fruit</p>	<p>30</p> <p>Kielbasa Pierogis Red and White Cabbage</p>  <p>Rye Bread</p> <p>Apple Pie</p>	<p>31</p> <p>Apple Juice BBQ Chicken Quarter Macaroni Salad with Vegetables Corn on the Cob</p> <p>Corn Bread</p> <p>Italian Ice</p>	

AUGUST 2023

Events

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>2 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta Footcare (by appt)</p>	<p>3 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>4 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1pm Photography</p>
<p>7 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help</p>	<p>8 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm White House Memories</p>	<p>9 8:30am Coffee Hr 9am Free Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Skin Cancer Awareness</p>	<p>10 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>11 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>14 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback drop in 1-3pm Tech Help</p>	<p>15 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>16 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta Footcare (by appt) 1:30pm Hot Weather Safety Footcare (by appt)</p>	<p>17 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO</p>	<p>18 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1pm Photography 1pm Craft Class</p>
<p>21 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback drop in 1-3pm Tech Help</p>	<p>22 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>23 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>24 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch</p>	<p>25 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1pm LGBT MSC 1:30 pm Walmart</p>
<p>28 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>29 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>30 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>31 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</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, SEPTEMBER 18TH 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:

August 4th and 18th

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

Friends of Berlin VNA - to cover cost of postage stamps for birthday cards
James McNeil



Berlin-Peck Memorial Library Monthly Events

Tiny Art Show Reception: Tuesday, August 1, 6:00 pm. Drop in any time 6:00–7:30 pm to view the My Hometown tiny artwork and enjoy light refreshments.

Sit & Knit: Thursday, August 3, 17, 6:00 pm, Thursday, August 10, 24, 31, 1:00 pm. Join us for knitting and good company.

James Webb Space Telescope: Thursday August 3, 6:30 pm. ONLINE EVENT. Join NASA volunteer Andy Poniros and learn about what the James Webb Space Telescope, the largest optical telescope in space, has discovered about our universe. This virtual program is free and open to teens, adults, and families. If you'd prefer to watch this on the big screen in the library, please call 860-828-7126.

Movie Matinee: Kings of Summer: Friday, August 4, 1:00 pm: Rated R. 1h 35min. Movie description: Frustrated with their overbearing and dysfunctional parents, three teenagers carry out a plan to leave their families behind to build a house in the woods and live off the land, taking their destiny into their own hands.

Movie Matinee: Dirty Dancing: Friday, August 11, 1:00 pm. Rated PG-13. 1h 37min. Movie description: Disappointed when her summer plans deposit her at a sleepy resort with her parents, Baby's luck turns around when the resort's dance instructor enlists her as his new partner.

Make & Take: Coffee Filter Peonies: Thursday, August 17, 6:30 pm. Learn how to make a bouquet of peonies out of coffee filters. Registration required.

Movie Matinee: Stand by Me: Friday, August 18, 1:00 pm. Rated R. 1h 29min. Movie description: After the death of one of his friends, a writer recounts a childhood journey with his friends to find the body of a missing boy.

Saturday Morning Book Club: Saturday, August 19, 10:30 am. This month, instead of everyone reading the same book, each reader will pick a book they should have read in high school... but never did! You can choose any book you'd like—but if you need suggestions, check out our High School Classics booklist.

Adult Dementia Caregiver Support Group: Monday, August 21, 1:00 pm. Join us to share practical info, feelings, needs and concerns. RSVP to Patty: 203-859-1992

Movie Matinee: 500 Days of Summer: Friday, August 25, 1:00 pm. Rated PG-13. 1h 35min. Movie description: Tom is caught completely off-guard when his girlfriend, Summer, suddenly dumps him. He reflects on their 500 days together to try to figure out where their love affair went sour, and in doing so, Tom rediscovers his true passions in life.

Cookbook Club: Monday, August 28, 6:30 pm. You do not need to be an experienced cook, just enthusiastic! This month's cookbook is The Kitchen Garden Cookbook from America's Test Kitchen.

End of Summer Reading Party for Adults: Tuesday, August 29, 6:30 pm. Join us for an ice cream social to celebrate our Adult Summer Reading participants! We will have fun book/reading related activities and an ice cream sundae bar. Registration required.

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 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 at least 2 days before by 10 am (Monday and Tuesday meals need to be reserved by Thursday before by 10am)** . 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 860-828-7059 to schedule an appointment or for more information.

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Ice Cream Word Search



BANANA

CUP

PARFAIT

STRAW

BIRTHDAY

FLOAT

SCOOP

SUNDAE

BOOTH

FREEZER

SHAKE

SYRUP

CAKE

HOT FUDGE

SMOOTHIE

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SORBET

VANILLA

CHOCOLATE

NAPKIN

SPLIT

WHIPPED CREAM

CONE

NUTS

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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, August 22nd at 1:00 PM ~ The Glass Castle

Based on a memoir, four siblings must learn to take care of themselves as their responsibility-averse, free-spirit parents both inspire and inhibit them. When sober, the children's brilliant and charismatic father captured their imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Meanwhile, their mother abhorred the idea of domesticity and didn't want to take on the work of raising a family. **Rated PG-13.**



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. **June’s trip to Lenny and Joes and July’s trip to Bill’s will be rescheduled, dates tentative. Please listen for information via robocall or call the Center for updates. We are limited to 12 people. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon. If you are signed up for Lenny and Joes, you will need to wait until 12 Noon to sign up for Bill’s when registration begins.

SPECIALTY SHOPPING TRIP *NEW TIME*

Our Specialty Shopping Trip this month will be to **Target in Newington on Wednesday, August 30th.** 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, August 29th.** Please **do not** leave any reservations on the answering machine.