



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
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

SEPTEMBER 2023

Greetings from the Director,

September is National Senior Center Month. This year’s theme is **“Discover Yours”**. **“Discover Yours”** encourages us to take an active role in exploring new activities, hobbies, and experiences. It emphasizes that it's never too late to try something new and encourages self-discovery. **“Discover Yours”** sets the stage for an inclusive environment where people from diverse backgrounds feel encouraged to explore our personal interests and find activities that resonate with us. **“Discover Yours”** invites an opportunity for us to focus on personal growth and self-improvement. The theme **“Discover Yours”** encourages us to tap into our potential, try new things, and uncover hidden talents or passions. **“Discover Yours”** fosters a sense of community and camaraderie among people. By encouraging us to discover our individual interests, we can share our experiences with others, sparking conversations and connections within the senior center.

Please come join us and discover new experiences & meet new friends!

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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Michelle Fetterman, Owner
860-828-8786

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CONTACT ME Ileana Vasquez

ivasquez@lpicommunities.com
(800) 888-4574 x3105

 **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,
Ph: 860-828-7030
www.town.berlin.ct.us
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 860-58-4442.**

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.

Energy Assistance

Energy Assistance Program We will be taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE) starting October 2nd. **The first day of appointments is Thursday, October 19th from 9-3pm.** 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. We will start taking applications for Electric and Gas customers starting late November.

- 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

The Fall Setback Tournament will begin on Monday, September 11th @ 1pm. If you would like to be a “sub” player please contact Tina or Victoria at 860-828-7006.

Nurturing Caregiver Well Being: Building Resilience, Connectedness, and Community
Tuesday, September 12th at 1:00 PM

In this fun and interactive presentation caregivers will learn about various methods to develop their capacity to practice self-care as they navigate the art of caregiving. This presentation identifies the 5 styles of caregiving, the facets of wellbeing, stress management and relief techniques and community resources. **Sign up begins Friday, September 1st.**



Summer Music BINGO

Wednesday, September 20th at 1:00 PM

Music BINGO is BACK! We must *face the music* that summer is nearing it's end. Let's enjoy it with an afternoon of music BINGO! On **Wednesday, September 20th at 1:00 PM**, we'll be listening to snippets from popular summer songs, and if you see the title on your BINGO card, mark it! Get five in a row and you have a BINGO! There will be prizes for our winners. Multiple games will be played. No cost to play. **Sign up begins Friday, September 1st.**

Thoughtfully Organized With Donna
Presented by: Lotus Transitions LLC
Tuesday, September 26th at 1:30 pm

Donna is a Professional Organizer and owner of Lotus Transitions. Donna will share tips on home reorganizing, home clear outs, downsizing and selling unwanted items to declutter your home. Her company also assists with move management, real estate staging, rentals, and auction sales. Sponsored by Amberwoods of Farmington. **Sign up begins Friday, September 1st.**

STAY SAFE & SAVE—WITH THE AARP SMART DRIVER COURSE
Thursday, September 28th from 9:00 AM—1:00 PM @ 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, September 28th 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.**



Trip to The Aqua Turf to see Polka Polka!
Tuesday October 10, 2023

Back by Popular Demand! The Polka Family Band is always a crowd favorite! Their performance will keep everyone smiling and dancing the entire day!! **Cost is \$52.00 per person**, and includes a meal of Lemon Chicken/ Pork Schnitz. **The bus will depart the center at 10:30 am and will return approximately 4:00 PM.** **Sign up begins on Friday, September 1st. Payment is due at the time of registration.**

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, September 13th 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. **Sign up are now being taken.**



Cooking with Roseanna ~ How to Make Bolognese Sauce
Friday, September 15th at 1:30 PM

Roseanna from Amberwoods of Farmington will be back on **Friday, September 15th at 1:30 PM** to teach you how to cook Ragu' alla Bolognese. You will discuss the history of Bolognese sauce during the cooking demonstration. **Sign up begins Friday, Sept 1st.**

Special BINGO! Thursday, September 21st at 1:30 PM

Ledgecrest will be sponsoring on **Thursday, September 21st at 1:30 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up necessary.

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: Wednesday, September 6th @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *Where the Forest Meets the Stars* by Glenda Vanderah.

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.
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.
*** 9/27 rescheduled to 9/26 due to Celebration 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 September 6th and 27th.** 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, September 5th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, September 12th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, September 19th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, September 26th	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.



September 1st is National Food Pantry Day!

About The Berlin Food Pantry

Berlin residents facing financial difficulty may receive an assortment of non-perishable food items from the food pantry once a month. There is a brief intake interview prior to your first visit to help us determine the extent of your need and to see that you are connected to any other programs and services that could help you. The food pantry is supported by donations from individuals and groups throughout the community. Donations for The Berlin Food Pantry can be made at The Berlin Senior Center.

The Central CT Health District (CCHD) Flu Clinics are scheduled for the Senior Center as follows:

October 3rd for the Drive through Flu clinic 2pm-6pm
October 4th for the Indoor Flu clinic from 10am-2pm
Please contact the Center for more information.

Congregate Meals

Greater Bridgeport Senior Community Café

September, 2023

To Order
Call Doretha
860-921-4320

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
 <p>Labor Day Closed</p>				
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>1</p>
	<p>Sliced Ham Pineapple Glaze Sweet Potatoes Geneva Blend Veggies</p> <p>Rye Bread</p> <p>Pineapple Cup</p>	<p>Apple Juice Southern Grilled Chicken Salad with Tomatoes, Black Beans, and Corn Ranch Dressing</p> <p>Corn Muffin</p> <p>Chocolate Pudding</p>	<p>Broiled Fish with Garlic Butter Cracker Crumbs Cheesy Rice Brussel Sprouts</p> <p>Wheat Bread</p> <p>Banana</p>	<p>Orange Pineapple Juice Pier 17 Fish Seasoned, Roasted Potatoes Scandinavian Veggies Tarter Sauce</p> <p>Multi Grain Bread</p> <p>Birthday Cake</p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>8</p>
<p>Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies</p> <p>Rye Bread</p> <p>Applesauce</p>	<p>Chicken Picatta Linguini Brussel Sprouts</p> <p>Dinner Roll</p> <p>Brownie</p>	<p>LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach</p> <p>Biscuit</p> <p>Pear Cup</p>	<p>Baked Veal Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Bread</p> <p>Banana</p>	<p>Homemade Meatloaf with LS Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread</p> <p>Tropical Fruit Cup</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>15</p>
<p>Lazy Stuffed Cabbage (Beef/Pork Mix) Mashed Potatoes Meadow Blend Veggies</p> <p>Italian Bread</p> <p>Plum</p>	<p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Baked Apples with Whipped Topping</p>	<p>Open Faced Turkey Sandwich with Turkey Gravy Stuffing Carrots and Broccoli</p> <p>Warm Peach Cobbler with Whipped Topping</p>	<p>Roast Pork with Cranberry Glaze Sesame Noodles Spinach and Red Peppers</p> <p>Whole Wheat Roll</p> <p>Banana</p>	<p>Grape Juice Turkey Divan Brown Rice California Blend Veggies</p> <p>Whole Wheat Roll Banana Pudding with Whipped Topping</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>22</p>
<p>Apple Juice Philly Cheesesteak Sloppy Joe with Peppers and Onions Tater Tots Carrots Hamburger Bun</p> <p>Rice Pudding</p>	<p>Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers and Onions Spanish Rice Pintos & Black Eyed Peas Tortilla</p> <p>Pears</p>	<p>Orange Juice Spaghetti and Meatballs Garden Salad Italian Dressing</p> <p>Garlic Bread</p> <p>Pie</p>	<p>Chicken and Sausage Gumbo Rice Mixed Vegetables</p> <p>Corn bread</p> <p>Mandarin Oranges</p>	<p>Roast Turkey Turkey Gravy Mashed Potatoes Brussel Sprouts Cranberry Sauce</p> <p>Dinner Roll</p> <p>Oatmeal Cookies</p>

SEPTEMBER 2023

Events

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1pm Photography</p>
<p>4</p> <p>The Center is Closed in Observance of Labor Day</p>	<p>5 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Movie "A Beautiful Life"</p>	<p>6 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Book Club Footcare (by appt)</p>	<p>7 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>8 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>11 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament begins 1-3pm Tech Help</p>	<p>12 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Nurturing Caregiver Wellbeing</p>	<p>13 8:30am Coffee Hr 9am Free Manicures 10am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>14 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>15 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1pm Photography 1:30pm Learn About Bolognese Sauce</p>
<p>18 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help 5pm CFA Meeting</p>	<p>19 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Happiness for Beginners</p>	<p>20 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 12:30pm Special Shop 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Summer Music BINGO</p>	<p>21 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO</p>	<p>22 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>25 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help</p>	<p>26 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:30pm Thoughtfully Organized with Donna</p>	<p>27 9-3pm Senior Center Celebration 10:30am Carousel Museum Trip Leaves 12pm Lunch Footcare (by apt)</p>	<p>28 8:30am Coffee Hr 9am AARP Safe Driver (Comm Ctr) 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>29 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</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:

September 1st, 15th, and 29th

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

Xsalonce Hair Lounge LLC (Sponsorship of August Coffee Hour)



Berlin-Peck Memorial Library Monthly Events

Sit and Knit: Thursdays: September 7 and 21 at 6 pm, September 14 and 28 at 1 pm.

Courageous Conversations: Social Media & Mental Health: Saturday, September 9 at 10:30 am. How does social media affect mental health? Should there be special protections for youth? How would those protections affect free speech and privacy rights? Prior to the conversation, please read this month's articles. Printed copies are available at the library. Register.

Learn to Knit: Saturday September 16 through Saturday, September 30 at 10:30 am. Join a local knitting instructor for a three-week introduction to knitting class. Each class builds on the previous one. Please expect to attend all three dates. Register. Attendees of previous sessions are invited to drop in for advice on current projects.

Caregiver Support Group: Monday, September 18 at 1 pm. Join us to share practical information, feelings, needs and concerns. This group meets monthly as a safe place for caregivers, family and friends of people with dementia. Attend online or in person. RSVP to Patty: 203-859-1992.

Memory Tips Monday, September 18 at 6:30 pm. ONLINE. Did you know that a recent study from Stanford University suggests that the techniques used by memory athletes can be taught, learned, and create changes in the brain that enhance memory skill? Come learn about the tips and techniques used by memory athletes. Join Dr. Wendy Hurwitz via zoom from the library or at your home! Registration is required to receive Zoom link. Sponsored by the Newington, Berlin, Rocky Hill, and Wethersfield Libraries.

Eastern Coyotes in Connecticut: Tuesday, September 19 at 6:30 pm. Master Wildlife Conservationist, Paul Colburn, will provide a history of coyotes in Connecticut, with an overview of coyote habitat, diet, behavior, and reproduction. He will also discuss practical recommendations for optimum coexistence with the coyote population. Artifacts will be on display. Sponsored by Berlin Animal Control.

Make and Take: September 21 at 6:30 pm. Turn an extra wine glass into an elegant little lamp. Several design and color options will be available for the lampshade, and all supplies are included. *Registration required.*

Pen Turning: September 23. Drop in between 10:30 – 2:00 pm. Learn to turn your own pen with the Central Connecticut Woodturners! All materials will be supplied. Pen assembly will take approximately 20-30 minutes and participants will go home with a pen. Stations will be set up, allowing for a few people to turn pens at the same time. This event is appropriate for ages 10 through adult.

Cookbook Club: September 25 at 6:30 pm. This month's cookbook is *The Pretty Dish by Jessica Merchant*. Visit the library for a copy of the book and to choose your recipe.

Perfect Apple Pie with King Arthur Baking: Tuesday, September 26 at 6:30 pm. ONLINE. Join expert bakers from King Arthur Baking for a guided class on how to make the classic all-American dessert. From their flaky pie crust to the perfect apple filling, King Arthur Baking will teach you the techniques to make sure your apple pies turn out perfect - every time! Register to receive the Zoom meeting link. Sponsored by Rocky Hill, Newington, Wethersfield, and Berlin Libraries. Please specify when registering if you'd prefer to watch the program on a screen in the library.

Book Club: Saturday, September 30 at 10:30 am. Join us for a discussion of *Black Cake* by Charmaine Wilkerson. Contact the library for a copy of the book. Register. Book description: Wilkerson's debut novel is a story of how the inheritance of betrayals, secrets, memories, and even names, can shape relationships and history. Deeply evocative and beautifully written, *Black Cake* is an extraordinary journey through the life of a family changed forever by the choices of its matriarch.

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

Renter's Rebate 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

Name: _____

Date: _____

Labor Day Word Search



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

SUMMER
POLICE
PICNIC
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SCHOOL
WORKERS
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MONDAY
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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, September 5th at 1:00 PM ~ “A Beautiful Life” ~ Elliott, a young fisherman with an extraordinary voice, gets the chance of a lifetime when high-profile music manager Suzanne discovers him at a party. **Rated TV-MA**

Tuesday, September 19th at 1:00 PM ~ “Happiness for Beginners” ~ Helen signs up for a wilderness survival course, a year after getting divorced. She discovers through this experience that sometimes, you have to get really lost in order to find yourself. **Rated TV-14.**



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. At the time of publication our bus is still out of service. **The Lenny and Joes & Bill’s Lunch Bunches will be rescheduled, date 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 **Stew Leonard’s Newington on Wednesday, September 20th.** 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, September 19th.** Please **do not** leave any reservations on the answering machine.