



BERLIN SENIOR CENTER

**Center Information**

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

**Staff**

Director ..... Tina Doyle  
Asst. Director..Victoria Hellberg  
Staff.....Beth Hrubiec,  
Donna Gianoni  
Drivers ..... Joe LaVallee  
Tom Chesery & Tom Zigmont

**Hours**

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

**Membership (Ages 60+)**

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

**CFA Commission Members:**

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

# BERLIN SENIOR CENTER LINES

JANUARY 2022

**Greetings from the Director,**

**Happy New Year! 2021 was another tough year for all of us but we did it. We got through it. The new year gives us a clean slate. A chance to make a commitment to making changes in our life. Whether we decide to have more fun or improve our health or to meet new people we can help you. Take a look through the newsletter— an exercise class if it’s your health you’re looking to improve, or coffee hour or lunch if you want to meet new people. The programs are low cost or no cost to you. It’s close to home and you’ll always meet wonderful people at the Center.**

**We will start taking appointments starting Jan 10th for the “free” Tax Aide program at the Senior Center which will be held on Thursdays, starting February 3rd.**

*Tina*



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**860-828-4730**

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[www.BerlinMemorialFuneralHome.com](http://www.BerlinMemorialFuneralHome.com)

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**Michelle Fetterman, Owner**  
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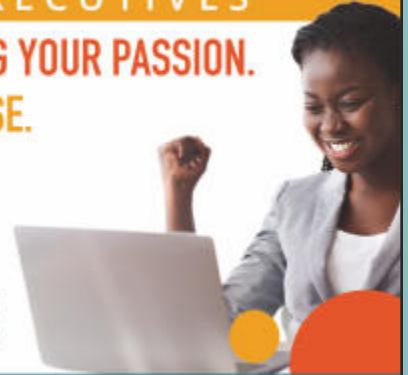
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**Cell 860-995-9665**  
**Mary Jean Agostini**  
[mj@mjagostini.com](mailto:mj@mjagostini.com)  
[www.mjagostini.com](http://www.mjagostini.com)  
 8607887110  
 1195 Farmington Ave. Berlin, Ct 06037

**Berlin VNA**



**Your Local Homecare Agency**  
 240 Kensington Road,  
**Ph: 860-828-7030**  
[www.town.berlin.ct.us](http://www.town.berlin.ct.us)  
 Our Goal is to keep you Home!

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 to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



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## Transportation

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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

Transportation Services is available for medical appointments, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping, There is limited spaces available each day because we are allowed 4 riders on the bus at a time. 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 regular business hours. 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. You must wear a mask the entire time you are on the bus. If you have any questions please contact the Senior Center.

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## Other Transportation Resources

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**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 860-667-6207.

**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.

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## Special Events

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### **ZOOM 101 with Victoria**

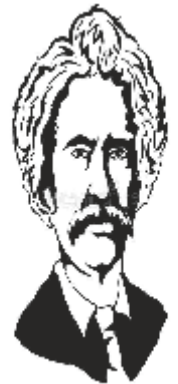
**Wednesday, January 12 at 1:00 PM** ~ If you have a laptop, smart phone, tablet, and even just a regular telephone... you can use Zoom! Zoom is a videoconferencing website that allows you to meet with others virtually and has become widely used during the pandemic. It is a great way to stay connected while staying home. Victoria, our Assistant Director will be leading this stress-free informational session. She will show you how to download Zoom onto your device and will show you step by step how it is used. **Sign up begins on Monday, January 3rd.**

### **Doing it Your Way: Empowering Loved Ones Through Planning**

**Friday, January 14 at 1:00 PM** ~ Learn about how you can control your healthcare and finances with advance directives in case you become incapacitated and unable to express your desires in the future. Healthcare representatives, living wills and Power of Attorney will be discussed. Presented by Drazen Rubin Law, LLC of Milford and Farmington. **Sign up begins on Monday, Jan 3rd.**

### **History for Fun Series ~ Mark Twain**

**Wednesday, January 19th at 1:00 PM** ~ Joe "The History Guy" is back for his History For Fun Series! Join us for his talk on Mark Twain on **Wednesday, January 19th at 1:00 PM.** Samuel Langhorne Clemens, known by his pen name Mark Twain, was an American writer, humorist, entrepreneur, publisher, and lecturer. He was lauded as the "greatest humorist the world has produced", and William Faulkner called him "the father of American literature". His novels include *The Adventures of Tom Sawyer* and its sequel, *The Adventures of Huckleberry Finn*, the latter often called "The Great American Novel". His lecture tours helped established his popularity and wealth, especially when his life had a few financial down-turns. You will see Hal Holbrook recreate one of these performances. Don't miss it. **Sign up begins on Monday, January 3rd.**



### **Are You Smarter Than A Senior?**

**Wednesday, January 26 at 1:00 PM** ~ This spin-off on *Are You Smarter Than a Fifth Grader* is going to test your smarts on a variety of topics including math, history, language arts, science, geography, and spelling. You and your team will put your heads together to prove that you ARE Smarter Than A Senior! Join us for some friendly competition—the winning team will receive bragging rights and a special prize! **Sign up begins on Monday, January 3rd.**

### **Understanding Your Best Friend**

**Friday, January 28 at 1:00 PM** ~ Join Phil Klein, Certified Dog Listener to learn to think like your dog and 'speak' the language of canines. Learn the 4 key drivers of canine behavior, including the surprising cause of common issues like anxieties, toileting indoors, excessive barking, aggression, jumping, pulling, destructive chewing, etc. Learn the simple, dog-friendly changes in how to interact with your dog to transform its behavior in a kind, lasting way. In doing so, say goodbye to your dog's behavioral challenges! And, say hello to a more enjoyable relationship with your calmer, happier dog! Have your questions ready for an informative, fun session! **Sign up begins on Monday, January 3rd.**



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## Monthly Activities

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**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 set up an appointment and come ready with questions.**

**Cardio Drumming ~ Mondays 10am & 10:45am & Wednesdays at 10:00 AM** ~ This class has become so popular that we've added an extra day and class time to accommodate all of the interest! If you haven't joined us yet, there is room for you! 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! **If you are interested in joining the class please call the Center to sign up.**



**Special Bingo ~ Thursday, January 20 at 1:00PM** ~ Ledgecrest will be sponsoring this special BINGO on Thursday, January 20 at 1:00pm. They will be providing a treat for our break. Our regularly scheduled games will be played. **No sign up is necessary.**

**Craft Class ~ Friday, January 21 at 1:00 PM** ~ You will be given step by step instructions to paint a beautiful tree depicting all four seasons. No experience required! Lisa Salamon will be leading the class. All supplies will be provided. **Sign up begins Monday, January 3rd.**

**LGBT Moveable Senior Center via Zoom, Come Out and Connect!**  
**Thursday, January 27 at 12:00 PM**

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Our January topic will be "Read any good books lately?" Held on **Thursday, January 27 at 12:00 PM.**

Pre-registration is required. *Bringing your own lunch optional!*

Visit [www.cthealthyliving.org/msc](http://www.cthealthyliving.org/msc).



**Another Way To Get Our Newsletter "Center Lines" !**

**Follow these steps :**

1. Go to [www.parishesonline.com](http://www.parishesonline.com)
2. Under "Church Name" type in "Berlin Senior Center" and enter our zip code (06037)
3. Click on Berlin Senior Center
4. Click Subscribe
5. Enter your email, first name, and last name, and click Subscribe
6. You will get a confirmation email and are all set to receive the newsletter!

## Weekly Classes

### Exercise for Wellness Class

#### EVERY TUESDAY & THURSDAY @

9:45 AM Getting ready to swing that golf club, work in the garden, or take that favorite walk? 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. Enjoy a pressure free environment where everyone works at their own pace. 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.

### “The Social Leftovers”

#### EVERY WEDNESDAY 9:30AM –11:00AM

The Social Leftovers” Drop In is a very informal group. Members come to either socialize, do a craft, enjoy coffee hour, or work on what ever project they want. They would love for you to join them.

### 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.

### Unwind, Relax , Let Go Class

#### (Virtual and In-Person)

#### EVERY FRIDAY @ 11:15 –12:15pm

Join Certified Yoga Teacher, Liz Hall. A time devoted to relaxation and rejuvenation. We will start with fundamental approaches to compose a tranquil body and mind to enhance the relaxation process which will include a 25 minute Deep Relaxation and a 10 minute meditation. **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.**

## Drop Ins

**SENIOR POKER DROP IN**—Every Monday at 10:00AM. Must have basic knowledge of poker.

**SCRABBLE DROP IN** – Every Monday at 10:00AM. All level of players are welcome.

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

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

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

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

**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 @ 1:00PM.

**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** – Every Friday afternoon @ 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.

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## Health Services

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We would like to give a warm welcome to our new Footcare Nurse, Jessica Semmens, whose first day with us will be on Thursday, January 13th. Stop in and say hello!

### 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 Thursday, January 13th & 27th.** Services are provided by Jessica Semmens, 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 \$29.00.** Please **no diabetics**. Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse. Home visits are available at a cost of **\$50.00 per visit.** Her home phone number (in Wethersfield) is (860)513-1040.

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

### AARP Tax-Aide in Berlin

The AARP Tax-Aide Program will be available this upcoming tax season at both the Berlin Senior Center and the Berlin-Peck Memorial Library. As in past years, **appointments will be required.** New this year, **Taxpayers will need to obtain and complete the intake booklet PRIOR to their scheduled appointment.** The booklet will be available at both the Senior Center and Library, or can be printed directly from the IRS website at [irs.gov/pub/irs-pdf/f13614c.pdf](https://www.irs.gov/pub/irs-pdf/f13614c.pdf). Appointments will be available **Thursdays at the Senior Center starting Feb. 3rd and Tuesday afternoons at the Library.** An appointment will be required for each tax year to be completed. So, taxpayer needing both 2020 and 2021 returns, will need to schedule 2 appointments. We will begin scheduling on January 10th, so **please do not call for an appointment before then.** Berlin Senior Center: (860) 828-7006 or Berlin-Peck Memorial Library: (860)828-7125. We're glad to be open again in Berlin and looking forward to seeing our clients!

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# CW Resources Senior Community Café



CW Resources Senior Community Café

## JANUARY, 2022

1% or Skim milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Shepherds Pie Mixed Vegetables  Dinner Roll  Peach Cup	4 Apple Juice Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn  Tortilla  Birthday Cake	5 Mushroom Barley Soup Unsalted Crackers Butter Crumb Fish with Dill Sauce Buttered, Parslied Noodles Broccoli Rye Bread  Banana	6 Roast Beef Beef Gravy Oven Roasted Potatoes Spinach  12 Grain Bread  Lemon Pudding	7 Cream of Broccoli Soup Unsalted Crackers BBQ Pork Chop Sweet Potato Brussel Sprouts  Oatmeal Bread  Ice Cream Cup
10 Sweet and Sour Meatballs Sesame Noodles Oriental Blend Vegetables  100% Whole Wheat  Citrus Sect'ions	11 Split Pea Soup Unsalted Crackers Crabcake Steak Fries Tomato and Zucchini Tartar Sauce  Hamburger Bun  Fresh Orange	12 Orange Juice Spaghetti with Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing  Garlic Bread  Pears	13 Pineapple Juice Roast Pork with Apples and Sauerkraut Harvest Rice Beets  Rye Bread  Peanut Butter Cookies	14 Cranberry Juice Chicken Cacciatore Brown Rice Italian Blend Vegetables  Italian Bread  Pudding
17  <b>CLOSED</b>	18 Black Bean Soup Unsalted Crackers Pier 17 Fish Waffle Fries Cole Slaw Tartar Sauce  Multigrain Bread  Brownie	19 Lazy Man's Stuffed Peppers Brown Rice Broccoli  Wheat Bread  Pineapple Chunks	20 Meatloaf Onion Gravy Buttered Noodles Brussel Sprouts  Rye Bread  Tropical Fruit Cup	21 Orange Juice Turkey Pot Pie Diced Potatoes Garden Salad French Dressing  Biscuit  Oatmeal Raisin Cookies
24 Cranberry Juice Aloha Chicken with Pineapple Sauce Fried Rice Broccoli  Oatmeal Bread  Tapioca Pudding	25 Beef and Bean Chili Mac Meadow Blend Veggies  Corn Bread  Fresh Orange	26 Apple Juice Roast Pork LS Pork Gravy Sweet Potatoes Creamy Spinach  100% Whole Wheat Chocolate Chip Cookies	27 Grape Juice Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots Potato Bread  Fruit Cup	28 Cheeseburger Sweet Potato Tots Lettuce and Tomato Braised Red Cabbage  Hamburger Roll  Fruited Jell-O
31 LS Turkey Kielbasa Sauerkraut Pierogis Spinach  Rye Bread  Tangerine	 			



# JANUARY 2022

## Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12 noon Lunch 12:30pm Bridge 1-3pm Tech Help (by appointment)	<b>4</b> 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12 noon Lunch 12:45pm Po Ke No	<b>5</b> 8:30am Coffee Hour 10 am Cardio Drumming 10am Knitters 10 am Mahjongg 12 noon Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	<b>6</b> 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 12 noon Lunch 1pm Bingo EA by appt only	<b>7</b> 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 12 noon Lunch 12:00pm Foodshare 1pm Wii Bowl 1pm Photography
<b>10</b> 8:30am Coffee 9:30 Specialty Shop 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12 noon Lunch 12:30pm Bridge 1pm Setback Tournament Starts 1-3pm Tech Help (by appointment)	<b>11</b> 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 12 noon Lunch 1 pm Movie “12 Mighty Orphans”	<b>12</b> 8:30am Coffee Hour 10 am Cardio Drumming 10am Knitters 10 am Mahjongg 12 noon Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Zoom 101	<b>13</b> 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 12 noon Lunch 1pm Bingo EA—by appt only FC—by appt only	<b>14</b> 8:30am Coffee 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 12 noon Lunch 1pm Wii Bowl 1pm Photography 1 pm Empowering Loved Ones 1:30 pm Walmart
<b>17</b> <b>Senior Center Closed for the Holiday</b> 	<b>18</b> 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12 noon Lunch 12:45pm Po Ke No	<b>19</b> 8:30am Coffee 10 am Cardio Drumming 10am Knitters 10 am Mahjongg 12 noon Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1 pm History for Fun ~ Mark Twain	<b>20</b> 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 12 noon Lunch 1pm Special Bingo EA by appt only FC by appt only	<b>21</b> 8:30am Coffee 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 12 noon Lunch 12:00pm Foodshare 1pm Wii Bowl 1pm Photography 1 pm Craft Class
<b>24</b> 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12 noon Lunch 12:30pm Bridge 1pm Setback 1-3pm Tech Help (by appointment)	<b>25</b> 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12 noon Lunch 12:45pm Po Ke No 1pm Movie “Spencer”	<b>26</b> 8:30am Coffee Hour 10 am Cardio Drumming 10am Knitters 10 am Mahjongg 12 noon Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1 pm Are You Smarter Than Senior?	<b>27</b> 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 12 noon Lunch 12 pm LGBT Moveable Senior Ctr 1pm Bingo EA by appt only	<b>28</b> 8:30am Coffee 9:30am Yoga 10 am Ocean State 11:15 am Unwind, Relax, and Let Go 12 noon Lunch 1 pm Understanding Your Best Friend 1pm Wii Bowl 1pm Photography 1:30 pm Walmart
<b>31</b> 8:30am Coffee 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 12 noon Lunch 12:30pm Bridge 1pm Setback 1-3pm Tech Help				

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## General Information

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**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

**Charter Oak Pass** provides access to the State of CT's Parks and Recreation System and is available only to CT residents, age 65 and older. There is NO CHARGE for this pass and is a life issue pass. Application forms are available here at the senior center or you may call the State Parks Department in Hartford at 424-3200.

**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!

**Free Masks** The Center has free masks available for Berlin seniors who may need one-while supplies last.

**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](mailto: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, overage 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](mailto: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](http://HartfordHealthCare.org/VirtualClasses)**

*After you register, you'll receive an email with easy instructions on joining the virtual class.*

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## Monthly Meetings

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### COMMISSION FOR THE AGING MEETING NEXT MEETING: MONDAY, JANUARY 24TH

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 meeting.

**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:**

January 7th & 21st

**PLEASE NOTE:** NO IDENTIFICATION OR PAPERWORK NEEDED

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## Donations

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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**

### **Senior Center:**

James McNeil(7)

William Grant

Rose Garuti

Anonymous

Anonymous

Eileen Joseph (2)

Joe & Natalie DeMaio

Anonymous

### **In Memory of Robert Bell:**

Theresa Noyes

Teamsters Local Union No. 671

### **In Memory of Marion Dutkiewicz**

Mary Ellen & Joe Dutkiewicz

### **In Memory of Ann Hale**

Nina Pae

During the past 15 months of the pandemic many seniors and town residents have been very generous by making donations to the Senior Center to help us stay connected to you through our many events. This is just a partial list of our donors. I will continue with the remaining donors names next month. ~Tina~



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## Berlin-Peck Memorial Library Monthly Events

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**Sit & Knit: Thursdays in January.** Visit library calendar for dates/times: [www.berlinpeck.org](http://www.berlinpeck.org)

Join local knitters for a relaxing time filled with knitting and good company!

**Journaling (online program) Tuesday, Jan. 4 @ 6:30 pm.** Is journaling on your list of things to do in 2022? Have you been thinking about journaling but don't know where to start? Are you looking for ways to improve or shake up your journaling practice? Join us to explore the benefits of journaling, different ways to journal, and tips for creating a journaling experience that is just right for you! Bring your curiosity, creativity, and an open mind!

**Pinecone Gnomes Take & Make Craft (pickup begins Thursday, January 6).** Create a sweet, woodland friend out of a pinecone and some simple supplies. Place a hold on a kit starting 12/30.

**Spice It Up! Aleppo Pepper (pickup begins Wednesday, January 12).** Try out a new spice each month! This month's kit includes a sample of aleppo pepper, information sheets, and a few recipes to try. Place a hold on a kit beginning 12/30.

**The Art of Coziness: Food, Holistic Strategies, and Seasonal Tips for a Cozier Life (online program)**

**Wednesday, Jan. 12 @ 6:30 pm.** Pour a warm drink and enjoy an evening of practical tips to support comfort and happiness at home. Embrace the season as we explore cooking ideas, home décor approaches, and lifestyle strategies that create a warm, joy-filled environment filled with simple pleasures. This class is grounded in cultural approaches to coziness, particularly as we seek new ways to enjoy time at home and celebrate togetherness.

**Dementia Caregivers Support Group (online) Monday, January 17 @ 1 pm.** A safe place for caregivers, family, and friends of persons with dementia. Join us to share practical information, feelings, needs and concerns. Sponsored and hosted by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association. RSVP to Patty O'Brian: 203-859-1992. Join the Zoom meeting: <https://hartfordhealthcare.zoom.us/j/98719138494>

**Connecticut's Story (online program) Wednesday, Jan. 19 @ 6:30 pm.** Unravel the stories of Connecticut's exciting geological past that are told by the rocks around us and learn how those ancient times still influence present-day Connecticut. Presented by Margery Winters, President of Simsbury Land Trust. Sponsored by Berlin Land Trust ([www.berlinlandtrust.org](http://www.berlinlandtrust.org)).

**Book Tasting (online program) Saturday, Jan. 22 @ 1 pm.** Grab a snack and join us online as we highlight the most anticipated books of 2022. You will leave with a long list to add to your TBR (To Be Read) pile! Presented by librarians from the Berlin-Peck Memorial Library.

**Coping with Pandemic Related Anxiety (online program) Wednesday, Jan. 26, 6:30 pm.** As we enter the second year of the COVID-19 pandemic, many people have been experiencing elevated levels of depression and anxiety. Danielle Morisse-Corsetti, LCSW, will discuss how to notice and recognize anxiety and explore coping tools.

**Courageous Conversations: Saturday, Jan. 29 @ 10:30 am.** Courageous Conversations is a small-group discussion series that will provide an opportunity for people of all backgrounds and viewpoints to discuss important local, cultural, social, and political issues in a safe environment where differing opinions, patient listening, and respectful discussion are welcomed as a necessary part of building connection with others and identifying shared values. Call the library for more information.

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## Nutrition

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### 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 will resume on Jan 3rd.

Lunch is served Monday - Friday at Noon. A suggested donation of \$2.50 per person is requested. At this time to order a meal please call the Senior Center 860-828-7006 between 10:30 AM - 12:00 PM only. You must order your meal at least 24 hours in advance. If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

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## Town Department News

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### Berlin Police Department News

The Berlin Police Department wishes each and everyone of you  
a happy healthy holiday  
and safe new year!

**Community Relations Team** - Community members interested in starting a neighborhood watch or becoming a watch captain should contact us at [crimewatch@berlinpd.org](mailto: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 Tammy Wright at 860-828-7176 and leave a message if she doesn't answer, or you can email BPD at [specialneedsregistry@berlinpd.org](mailto: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 Senior Services** **Energy Assistance Program**

We will be taking appointments for Energy Assistance applications for those seniors **60yrs and older** who heat with **DELIVERABLE FUEL (OIL, KEROSENE & PROPANE)**. For residents under 60 years of age you must contact New Opportunities of Greater Meriden directly to schedule an appointment. Annual Income guidelines (for households whose heat is not included in their rent) are as follows:

**One Person Household – Income cannot exceed \$ 37,645**

**Two Person Household – Income cannot exceed \$ 49,228**

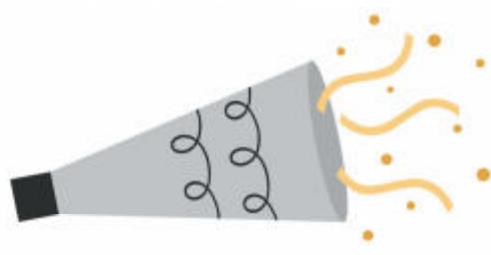
**No Liquid Asset Test**

Please call Victoria at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment. We are taking deliverable fuel, electric and gas customers at this time. Please call the Senior Center to schedule an appointment.

### **Berlin Affordable Housing Committee Notice**

The State of CT created a new statute that all CT Municipalities must create an Affordable Housing Plan every 5 years. Berlin has until July 2022 to adopt a plan. The survey will be sent out to residents in town. It is very important that you fill out the survey. If you have questions you can call Ann Gamelin at 860-828-6700.

# HAPPY NEW YEAR!



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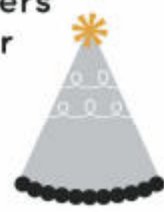
Countdown  
 Confetti  
 Midnight  
 Balloons

Celebration  
 Fireworks  
 January  
 Happy



New Year  
 Clock  
 Cheers  
 Goals

Party Poppers  
 Noisemaker  
 Resolution  
 Sparklers

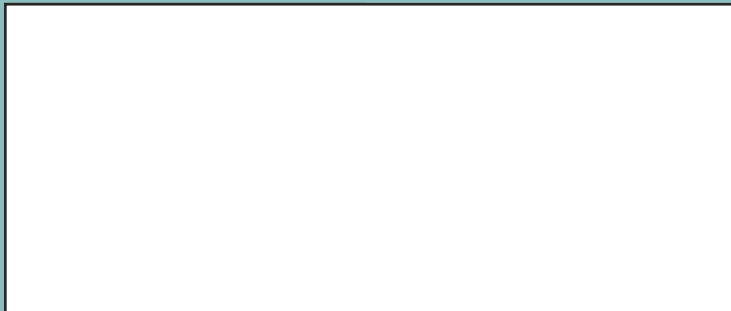


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## Movies

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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, January 11th ~ 12 Mighty Orphans** ~Haunted by his mysterious past, Rusty Russell, a devoted high school football coach, leads a scrawny football team of orphans, The Mighty Mites, to the state championship during the Great Depression and inspires a broken nation along the way.  
**Rated PG 13**

**Tuesday, January 25th~ Spencer**

The marriage of Princess Diana (Kristen Stewart) and Prince Charles (Jack Farthing) has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the Queen's Sandringham Estate. But this year, things will be profoundly different. SPENCER is an imagining of what might have happened during those few fateful days.  
**Rated R**



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## Specialty Trips

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**LUNCH BUNCH" TRIP** 

**There will be no Lunch Bunch during the winter months.**

**We will resume in the spring!**

### **SPECIALTY SHOPPING TRIP**

Our Specialty Shopping Trip this month will be to **HomeGoods in Southington** on **Monday, January 10th.** **We need a minimum of 3 riders for the trip to go.** The bus driver will start picking up at 9:30AM. The driver will decide as to how much shopping time will be allowed. Please call the center at (860) 828-7006 at least 24 hours in advance to make your reservation. Please do not leave any reservations on the answering machine.