



# Berlin Senior "Center Lines" August 2016

Berlin Senior Center  
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Tina Doyle, Senior Center Director  
Jane Sevigny, Senior Center Assistant Director

Office Hours: Monday-Friday 8:30 AM - 4:00 PM  
Membership: Resident - Age 60 and older - No Cost  
Non-Resident - Age 60 and Older - \$36.00 Annually

The Berlin Senior "Center Lines" can be found each month on the town web page. Go to [WWW.TOWN.BERLIN.CT.US](http://WWW.TOWN.BERLIN.CT.US). The entire newsletter can be found online under Government/Department: P-W/Senior Services/News Tab.

## Greetings from the Director

Hello Everyone,

Wow, July just flew by and it was a hot one. The radio said we beat the record for so many consistent days with the temperature 90 and above. I hope you're staying cool and hydrated. I put in this newsletter about the dangers of hot weather and how to stay cool. Make sure you take a look at it.

By now, a lot of you have received your key tag for MYSenior Center, a software program we are using at the Center. MySenior Center was made possible through a grant from the Community Foundation of Greater New Britain. Please remember to scan your card to be counted. By scanning you're helping us with attendance, save on paperwork, better security, better statistics and so much more. This is just the start! Remember better statistics makes it easier to get more funding, more funding means better programs and more programs. If you are a Senior Center Member and have not filled out a Participant Contact Form you may pick one up at the Front Desk.

We have some great activities and programs planned for September as part of National Senior Center month. Check out "Looking Ahead to September" in the newsletter. This year's theme is "Find Balance at Your Center". Every day, older adults find balance and whole person wellness at senior centers. You can be that person too!

Stay cool! 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 assistance. The driver may use his/her discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of transportation other than a traditional wheelchair, such as Scooters and Motorized Wheelchairs. The passenger’s mode of transportation must be able to be tied down 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 while it is in transit. Arrangements can be made for a home visit with the driver and a vehicle to determine if we can safely transport a passenger. Please allow at least five (5) business days for this service.

### Bus Shopping and Schedule Information:

For reservations and cancellations call: (860) 828-7006.

Please remember to have:

- the address of the doctor
  - the time of appointment in front of you when calling to reserve a ride.
- You are responsible for having the correct information.

For your ride home from a scheduled appointment call: (860) 250-0510.

Medical appointments- Berlin and New Britain only.

- All medical appointments should be scheduled between 9:00am and 1:15pm.

Regular appointments (Banks, pharmacies, post office, hair and nail salons in Berlin, and any town buildings).

### Important reminders for all bus riders:

1. Reservations MUST BE MADE AT LEAST 48 HOURS IN ADVANCE for all medical appointments.
2. Reservations MUST BE MADE AT LEAST 24 HOURS IN ADVANCE for all regular appointments.
3. All bus reservations must be made during our regular business hours, **8:30AM to 3:30PM.**
4. All calls for rides home MUST BE MADE BY 3:00 PM.
5. Cancellations can be taken at anytime. An answering machine is available after normal business hours.
6. You are allowed two stops per day except when going to the grocery store.

Transportation Page Continued...

WEEKLY GROCERY SHOPPING SCHEDULE IS AS FOLLOWS:

MONDAYS-	STOP & SHOP	10:30AM
TUESDAYS-	SHOP RITE	10:30AM
WEDNESDAYS -	FERNDALE FRESH MARKET	1:30PM

NOTE: All grocery shopping trips can take up to a maximum of six (6) shoppers except when the Director approves for more than six.

7. All riders should be ready one hour in advance of their scheduled appointment time.
8. Please inform the Senior Center if your appointment will be longer than usual.
9. We are unable to provide transportation to and from medical procedures, Dialysis or discharges from the hospitals or other facilities.
10. You are not allowed any unscheduled stops unless the Senior Center Director has approved it.

\*This vehicle has been paid in part by a grant from the Federal Transit Administration-Section 5310 and therefore extends transportation services to disabled Berlin residents regardless of age. Please contact the Senior Center at (860) 828-7006 to request transportation.

Transportation Timely Tip:

In order to save time and fuel and in consideration of others, please remember to call and cancel a previously scheduled ride when you are not taking the bus.

For local bus routes, call CT Transit @ 800-704-3113 or check [www.cttransit](http://www.cttransit) online for maps and fare information.

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MOBILE FOODSHARE

at Sacred Heart Church

48 Cottage Street, East Berlin

(Parking Lot behind the church)

Bus Transportation is available if needed.

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

- August 12, 26
- September 9, 23
- October 7, 21
- November 4, 18
- December 2, 16, 30

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

## Other Transportation Resources Available in the Central CT Area:

**Paratransit** – Are you unable to use the city buses (CT Transit Fixed Route Buses) to get to your doctors' appointments or to take you shopping? ADA Paratransit may be for you. ADA is designed to help individuals with disabilities of any age that are unable to navigate the city buses. ADA picks you up at your home, brings you to and from your destination and is available 6:00am—9:30pm, Monday through Saturday. Greater Hartford Transit District's provides this ADA Paratransit service. To schedule an ADA trip, call (860)724-5340 and select 1. The reservation Department will provide you with your new Greater Hartford Transit District ADA ID number when you call. For information about the program, call 860-247-5329, ext 3100 or visit the District's website at [www.hartfordtransit.org](http://www.hartfordtransit.org).

If you have any questions, or would like additional information, please contact Ms. Margaret Pieniazek at 860-247-5329 extension 3043 or write [MPieniazek@ghtd.org](mailto:MPieniazek@ghtd.org).

**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. Five guides for the 37 towns in north central Connecticut have been created and can be downloaded or viewed on their website [info@waytogoc.org](mailto:info@waytogoc.org). Each town's social service department has a hard copy available for viewing. (There is a copy available to view at the Berlin Senior Center). If you would like to receive a hardcopy for yourself you would have to make a \$5.00 donation to off-set the printing costs by calling the Dani Herbert, Mobility Manager at 860-667-6207 ext. 17. 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)760-3088 or (860)760-3077.

**Senior Transportation Services, Inc.** – a non-profit service offering older adults age 55 and older safe and reliable transportation. They provide transportation to out of town medical appointments and to care facilities to visit loved ones. There is a membership fee and a cost for rides. A client application will need to be filled out and mailed to Senior Transportation Services, Inc. in New Britain. Copies of this application are available at the Senior Center. If you have any questions please contact Nancy Morrissey, Executive Director at (860)224-7117.

**DISCLAIMER:** The Berlin Senior Center 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. We are listing them as another resource for when we cannot accommodate your transportation requests.

## Berlin Senior Center 2016 Trips

Come and join us as we travel to so many different and exciting places  
enjoying the wonderful sights.  
There is something for everyone!

August 4<sup>th</sup> - Saratoga- Upon arrival at the raceway, you will be able to enjoy an afternoon of "The Sport of Kings" at Saratoga. Lunch is on your own, and there are several restaurants and food vendors offering a variety of delectable treats sure to please everyone's tastes. COST: \$63.00 Per Person. Itinerary subject to change and availability.  
Taking a waiting list.

August 10<sup>th</sup> - 12<sup>th</sup> Lake George & Saratoga - We will travel into the Adirondack Mountains to Saratoga Springs, NY, home of Saratoga Racetrack. Included in this trip are two sightseeing cruises, a Dinner Show and the Saratoga Raceway. COST: \$539.00 PP Double, \$707.00 PP Single and \$509.00 PP Triple. Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this tour. **Taking a waiting list.**

August 16<sup>th</sup> CT Lighthouse Tour - This morning we will board the high speed Sea Jet. Sit back and relax as we cruise by and learn the history of the seven lighthouses and two historical forts - Fort Trumbull and Fort Griswold. After the cruise, we will head over to Mohegan Sun Casino. COST: \$64.00 Per Person. Itinerary subject to change and availability. **Sign ups are being taken.**

August 25<sup>th</sup> Lobsterfeast & Patsy Cline Tribute - we off to The Log Cabin in Holyoke, MA . You will be greeted with Hors d'oeuvre Welcome Tray and a complimentary glass of wine. Your lobster feast will clam chowder, New England Boiled Lobster, Barbecued Ribs and Chicken served with Corn and a Baked Potato. After lunch, sit back and relax as Janice Dee pays tribute to Patsy Cline. COST: \$100.00 Per Person. Itinerary subject to change and availability. **Sign ups are being taken.**

September 7<sup>th</sup> - 9/11 Memorial & Museum - Upon arrival, you will visit the 9/11 Memorial. You will then travel the 7 stories underground to the newly opened 9/11 Museum. This afternoon, you will enjoy a late-afternoon lunch at the famous Italian restaurant Carmine's. COST: \$108.00 Per Person. Itinerary subject to change and availability. **Sign ups are being taken.**

"New" September 14<sup>th</sup> - BROADWAY - An American in Paris or Beautiful - Upon arrival everyone will enjoy lunch at the famous Italian restaurant Buca di Beppo. After lunch, you will enjoy one of two shows offered- "An American in Paris" or "Bright Star ". COST: \$209.00 Per Person for An American in Paris and \$185.00 Per Person for Beautiful. Itinerary subject to change and availability. **Sign ups are being taken. PLEASE NOTE CHANGE TO: PLAY FROM BRIGHT STAR TO BEAUTIFUL.**

## Senior Center Trips Continued...

**September 14<sup>th</sup> - Taste of Providence** - Today we will discover why Providence's Federal Hill neighborhood has been hailed as "One of the Five Best Little Italys in the U.S." by celebrity Chef Mario Batali. Our first stop will be Scialo Brothers Italian Bakery. Next stop is Trattoria Zooma, an upscale Italian kitchen featuring house made pasta, wood-fired pizzas and other delicacies. After lunch, our Professional Providence Tour Guide will board our bus for a 90 minute tour of Little Italy, Federal Hill, the historic East Side, Downtown and more. **COST: \$99.00 Per Person.** Itinerary subject to change and availability. **Sign ups are being taken.**

**September 21<sup>st</sup> - The BIG E Fair** - The Big E, "New England's Great State Fair," is the premier event each Fall with nearly one million guests passing through the gates every September. Located in West Springfield, MA., it is ranked among the top fairs in the country. There's something for everyone here at the Big E! **COST: \$51.00 Per Person.** Itinerary subject to change and availability. **Sign ups are being taken.**

**September 30<sup>th</sup> - Essex Steam Train and Riverboat Ride** - Today, we'll enjoy lunch at the Griswold Inn. After lunch, we'll step aboard the Valley Railroad Steam Train. You'll see old New England Houses, country lanes and the beautiful CT River. You'll then transfer to a Riverboat for a one hour long ride. Join us on this CT Excursion! **COST: \$91.00 Per Person.** Itinerary subject to change and availability. **Sign ups are being taken.**

**October 13<sup>th</sup> - Newport Playhouse & Cabaret Restaurant Lobster Matinee** - This dinner theatre is unique...you will enjoy a great meal, a wonderful play and a fun filled cabaret. The play you will enjoy is a hilarious comedy, Last of the Red Hot Lovers by Neil Simon. **Cost: \$107.00 Per Person.** Itinerary subject to change and availability. **Sign ups are being taken.**

**October 19<sup>th</sup> - 21<sup>st</sup> Autumn in Lancaster, PA including the show "Samson"** - Enjoy three days of the picturesque countryside of Lancaster. There will be tours of farmlands and gardens, shopping, theater shows and delicious food. **Cost: \$489.00 PP Double, \$619.00 PP Single, \$469.00 PP Triple.** Itinerary subject to change. Cancellation Insurance is available and recommended for this tour. **Sign ups are being taken.**

**October 20<sup>th</sup> - Oktoberfest at Hunt's Landing** - We will travel to Hunt's Landing for their famous Oktoberfest celebration. If you can't make it to Munich, Hunt's Landing is the place to raise your stein and say "Prost"! Join us for this fun filled day of music, dancing, Bingo, and delectable German food! **Cost: \$94.00 Per Person.** Itinerary subject to change and availability. **Sign ups are being taken.**

**November 10<sup>th</sup> - Westchester Theatre - "Saturday Night Fever"** - Enjoy a matinee performance at the Westchester Broadway Theatre where lunch is included. You will receive a choice of entrée upon arrival. After lunch, we will watch "Saturday Night Fever". Join us on this musical Getaway to the Westchester Broadway Theatre. **Cost: \$99.00 Per Person.** Itinerary subject to change and availability. **Sign ups are being taken.**

Senior Center Trips Continued...

November 13<sup>th</sup> - 15<sup>th</sup> Atlantic City, NJ - Two Nights in Atlantic City, NJ You Bet!

You will be staying at the Resorts Casino-Hotel located on the Boardwalk where you'll receive your coupons for the incentive package listed below. Hopefully you'll arrive home with pleasant memories and heavier pockets. Cost: \$249.00 PP Double, \$329.00 PP Single, \$244.00 PP Triple. Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this tour. **Sign ups are being taken.**

December 1<sup>st</sup> - Boars Head Feast @ Williams Inn -

You'll arrive in Williamstown, MA at the Williams Inn for a day filled with merriment and a wonderful Christmas Feast. You will be greeted by Beefeater guards and the festivities begin with the cook's Procession and viewing of the Boar's Head. After the meal you will entertain by Miss Haven Cabaret Troupe. After your afternoon of food and entertainment you will stop at the Bright Nights holiday light display. Cost: \$115.00 Per Person. Itinerary subject to change and availability. **Sign ups are being taken.**

December 8<sup>th</sup> - Barbara & Frank Holiday Show at Foxwoods Casino -

We will depart from your area this morning en route to Foxwoods Casino. Here you will enjoy a luncheon buffet featuring a variety of tasty foods. Included in the tour is a free \$10 slot machine token. You will have time on your own until the matinee begins. Two great artists pay tribute to their characters, Sinatra and Streisand. You will leave Foxwoods humming and singing your favorite tunes. Cost: \$79.00 Per Person. Itinerary subject to change and availability. **Sign ups are being taken.**

December 15<sup>th</sup> - Christmas in Newport featuring LaSalette Shrine -

We will travel to Newport, Rhode Island, "America's First Resort Town". We will visit one of the Newport Preservation Society mansions that are elegantly decorated for the holidays. Next we are off to the Old Grist Mill Tavern in Seekonk, MA for lunch. After lunch, we will travel to LaSalette Shrine where you will enjoy a delightful Christmas concert. Cost: \$109.00 Per Person. Itinerary subject to change and availability. **Sign ups are being taken.**

Note: We have a flyer on each of the trips listed above. You may pick them up at the Senior Center or you can view them online at the Town's website in the Senior Services section.

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Casino Trips

Check with the Senior Center for Casino Trip dates and flyers.

## SPECIALTY SHOPPING TRIP

This month there will be two specialty shopping trips. The first trip is to Meriden Mall in Meriden on Wednesday, Aug 17th at 10:30AM. The second trip is to BIG LOTS and JoAnn's in Newington on Wednesday, Aug 31st at 10:30AM. 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.

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### **"LUNCH BUNCH" TRIP**

Each month the senior center organizes a "lunch bunch" trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This trip is limited to 12 people.

This month on Friday, August 26<sup>th</sup>, 2016 we're off to Bill's Seafood Restaurant in Westbrook. The senior bus will leave the senior center at 11:00am. Signups will be taken beginning at 9:00am on Wednesday, Aug 10th. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 10th. **Reminder:** If you went on last month's trip you need to wait until 12 Noon to sign up.

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### BERLIN SENIOR CENTER "NEW" TRIP RULES

The flyers for trips happening (January - December) are up on the Trip Board at the Senior Center. We do have flyers for all of our 2016 trips. If a flyer is not on the board please inquire at the front desk about the one you are looking for. You may sign up for any trip during our regular business hours.

**Payments** - Payments for day trips must be made in full on the sign up day. Checks should be made out to "Town of Berlin". A person who signs up by telephone will have (2) working days to mail in their payment in full. Deposits (as determined by the contracted agent) for overnight trips, must be made on the initial day of sign up with the remaining balance due 30 days prior to departure date. Cancellation insurance (at a nominal fee) is available on overnight trips.

**Refunds & Cancellations** - Refunds will only be issued if a replacement is found (from a waiting list) to fill the vacancy. When canceling a trip you must contact the Berlin Senior Center! Finding your own replacement is not allowed.

**Bus Seating** - On some trips, seating will be assigned by the tour company.

**Parking** - All Trip Participants are requested to park in the upper parking lot only.

Thank you for your cooperation!

## WEEKLY CLASSES

### EVERY TUESDAY

NEW TIME: 9:45 AM

### "Exercise for Wellness Class"

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. Aging is inevitable. How you choose to age is up to you. Join us. Choose to be active. Choose to age well. Please bring hand weights.

Cost: \$4.00 per class. Instructor is Annette Banulski.

### EVERY WEDNESDAY

9:30-11:30 AM

### "Ceramics Class"

You can make beautiful gifts for family and friends. Our paints are non-toxic and the slip (clay) is all made in the USA. Our class meets for two hours and you will be learning many techniques to make a beautiful project.

Cost: \$4.00 (plus cost of piece). Beginners are always welcomed.

Instructor is Cathy Baran.

### EVERY THURSDAY

NEW TIME: 9:45 AM

### "Exercise for Wellness Class"

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. Aging is inevitable. How you choose to age is up to you. Join us. Choose to be active. Choose to age well. Please bring hand weights.

Cost: \$4.00 per class. Instructor is Annette Banulski.

### EVERY FRIDAY

9:30 AM

### "Yoga Class"

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax.

Cost: \$4.00 per class. Wear comfortable clothing and bring a mat or rug.

## DROP INS

We Also Offer The Following "Drop In" Sessions at "No Cost"

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

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

MAHJONGG – Every Friday afternoon at 1:15 PM. All levels of players are welcome

RUBBER STAMPING – On Tuesday, August 9<sup>th</sup> and 23<sup>rd</sup> from 9:30AM – 1:30 PM. We have stamps and stamp pads available for new participants. Come join us!

CRAFTY KNITTERS – Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? The crafters work on various projects that they sell at the senior center and donate to local hospitals.

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

PHOTOGRAPHY – Every Friday afternoon @ 1:30 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 TO ANY OF THE  
"DROP IN" SESSIONS!**

**"New" Ideas for "Drop In" Sessions** – If you are interested in starting a "new" Drop In at the center please contact Tina at (860) 828-7006.

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### Swedish Weaving Drop In Thursdays, 9:00am – 11:00am

Swedish Weaving is a very relaxing, fun needlecraft that dates back several centuries. In more recent times, this craft has also been known as "huck weaving" or "huck embroidery". In the 1930's and 1940's, huck weaving/embroidery was used to decorate hand towels and many designs were created. Some of these designs have been adapted for us on Monk's cloth. The beauty of this needlecraft is that it only requires a few items: Monk's cloth, 4-ply yarn, 1 13" needle, scissors and a pattern, to create unique, impressive blanket, pillow, table runner, etc.

You can order you monk's cloth in almost any color on-line or you can purchase it at Joann's Fabrics. A list of supplies is available at the center. If you have any questions contact Tina or Jane at 860-828-7006.

# Monthly Activities

## Senior Center

Book Discussion – No Discussions in July and August

## “Special” Bingo

Thursday, August 11th @ 1:00 PM

Enjoy special refreshments provided by Ledgecrest Convalescent Home in Berlin. Our regularly scheduled games will be played. **No sign up is necessary.**

## Adult Coloring

Wednesday, August 17th at 1:00PM.

Coloring for adults has become a surprisingly popular stress-reduction trend and a great way to relax. We'll supply the intricate coloring sheets and will have some colored pencils. You are also welcome to bring your own coloring utensils. Coloring pages provided will include Nature, Desserts, Geometric, Owls, Sun & Moon and Floral patterns. **Refreshments will be served. Sign up will start on Monday, August 8th.**

## Growing Older in America

Wednesday, August 24<sup>th</sup> at 1:00PM

Older Adults today are blessed with a life expectancy that is longer than ever before. However, because of this, adults are being faced with stressors which are specific to this longevity. These can include chronic health issues, loss of significant other, longer retirement, financial stressors, and in some cases decreased independence. These changes impact each person differently and sometimes can cause depression. The presentation will focus on warning signs to look for that could indicate you are depressed, behaviors and skills that can help manage feelings of sadness as well as how society's perception including the “stigma” of being older could effect this process. **Refreshments will be served. Sign up will start on Monday, August 8<sup>th</sup>.**

## Dental Cleaning Clinics

Wednesday, August 24<sup>th</sup> and Thursday, August 25<sup>th</sup> at 8:45am to 12:45pm

By Appointment Only

## Fraud Tips

Thursday, August 25th at 12:45pm -On the third Thursday of the month I or a local police officer will be sharing a fraud tip with you just before Bingo begins. Don't miss these very important tips!

## Veterans Coffee Hour

Monday, August 29<sup>th</sup> at 10:00AM

Wayne I. Rioux, Veterans Liaison for Hartford Healthcare at Home will sponsor this coffee hour. Come and meet other veterans, share your stories if you choose while enjoying coffee and pastries. **Sign up will Monday, August 8<sup>th</sup>.**

## Monthly Programs

### Ladies "Free" Manicures

Tuesday, August 30th 10:00 AM – 12:00 PM

Tina Bradbury from Newington Health Care Center will be back to give "free" manicures on Tuesday, August 30th from 10:00AM to 12:00PM in the health room at the Berlin Senior Center. Please call the center at (860) 828-7006 to schedule an appointment. No walk ins will be taken.

### Wii Bowling

Every Friday at 12:45 PM

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. **Want to learn about the other Wii Games available.** Just stop in and check it out. If you are interested in joining the Friday group or joining our Wii Bowling Team, the "Retire-wiis" please contact Tina or Jane

### Movies at the Berlin Senior Center

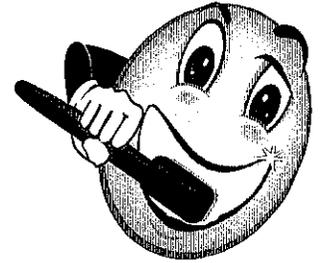
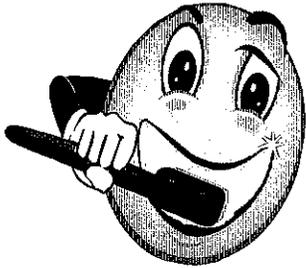
For the movie programs, popcorn and a beverage will be available. There is no charge for the programs and no reservations needed. Due to the length of movies and other circumstances there will be no previews. If you wish to recommend a movie, please leave it with either Carole at the front desk or Jane. *Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.*

Tuesday, August 2nd – 1:00 PM – "Dear Eleanor" – Best friends Max and Ellie decide to leave their rural hometown on an adventurous, cross-country road trip to meet former First Lady Eleanor Roosevelt. Sneaking away in a bright blue convertible belonging to Ellie's dad, they set out with the wind in their hair and the radio turned up. While trying to stay a step ahead of Ellie's father and the police, the girls cross paths with an eclectic mix of people which truly make this an entertaining, once-in-a-lifetime experience. **Rated PG – 13**

Tuesday, August 23rd – 1:00 PM – "Miracles from Heaven" When Christy discovers her 10-year-old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired. Based on a true story. **Rated PG**

August 30<sup>th</sup> – 1:00 PM – "Eddie and the Eagle" Michael "Eddie" Edwards was an unlikely but courageous British ski-jumper who never stopped believing in himself – even as an entire nation was counting him out. With the help of a rebellious and charismatic coach, Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics. **Rated PG 13**

**The Berlin Senior Center and the  
Central CT Health District  
Are Offering**



**FREE  
DENTAL CLEANING  
CLINICS  
(For Adults Age 60 and Older)**

**August 24th and 25<sup>th</sup>, 2016  
8:45 a.m. to 12:45 p.m.  
(Limit—5 clients per day)**

**September 7th and 14th, 2016  
8:45 a.m. to 12:45 p.m.  
(Limit—5 clients per day)**

**Location: Berlin Senior Center**

**To make an appointment call The Senior  
Center Main office at  
860-828-7006**

**This program is sponsored in part by a grant through the  
North Central Area Agency on Aging.**

## DONATIONS

The Berlin Senior Center has received the following donations. The monetary donations are deposited in our Senior Center Agency Fund with the Town's Finance Department. The funds are used for programs or items at the Center. In some incidents, the donor will specify what they would like the money used for.

<u>Date</u>		<u>Donor</u>
7/28	In Memory of Barbara Demers	Mark & Maureen Mahany

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### Prints for Sale

If you are interested in prints of any of the photographs located on the wall at the Center please see Jane or Tina. The Senior Center Photography Club will be happy to make prints for you. The prices are as follows:

5 x 8 = \$5.00

8 x 10 = \$10.00

11 x 14 = whatever it costs to print

The Photography Club has graciously agreed to donate all proceeds from the sale of these prints to the Berlin Senior Center. Thank you ladies and gentleman for those donations.

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### Senior Center Magazines

Through generous donations from Southington Care Center (Central CT Senior Health Services), Porter's Funeral Services Inc. and The Eye Center of Grove Hill seniors are able to enjoy over 21 different magazines at the Senior Center while enjoying a cup of coffee, waiting for their lunch to be served or while waiting for an appointment at the Center.

The old magazines are put in the Center's library for folks to enjoy or to take home if they would like. Thank you again to our generous donors.

## Monthly Meetings

### AARP Chapter 3035

The next Chapter meeting will be held in September.

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### COMMISSION FOR THE AGING MEETING

The next Commission for Aging meeting will be held in September.

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### The Dangers of Hot Weather for the Elderly

#### Heat and humidity add up to danger!

As we age, we gradually lose the ability to perspire and regulate our body temperature. This is why older people tend to over dress they don't feel the heat the same anymore. Older skin also thins and yields less protection from the sun.

Several medications also interfere with one's ability to regulate the body's temperature. Some of these medications are tranquilizers, sedatives, diuretics, drug to control blood pressure and some antidepressants.

### Tips for Staying Cool

Wear Cool Clothing

Use Air Conditioning – if you don't have air conditioning use room fans

Do not engage in strenuous activity

Eat light meals

Take cool showers or baths

Drink plenty of fluids

Avoid the direct sun–stay indoors from 11:00 AM to 4:00 PM

## Senior Center General Information

### Senior Center Lost and Found Box

Did you know there is a lost and found box at the Senior Center? It is located in the coat closet near the front desk. So if you are missing any item please check out the lost and found box.

### Save Your Box Tops and Campbell Labels

Labels for Education have been awarding free educational equipment to schools in exchange for proofs of purchase from the Campbell family of brands. It's an easy program where we can work together to help the schools in our community. Please save your Box Tops and labels and drop them off in the box in the multi-purpose room of the Center. We are now collecting for Willard Elementary School in Berlin.

### Free Balance Screening Certificates

If anyone is interested in a FREE Balance Screening please contact the Senior Center. You will be given a certificate for this "free" screening. The screenings will take place at the Jerome Home in New Britain.

These certificates were given by the Central Connecticut Senior Health Services.

### 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.

### Parking Reminder

Visitors to the Berlin Senior Center are asked to park in the upper parking lot. Handicapped spaces are available in the lower lot for those with a proper permit. Please make sure when you are parking in a handicap space that you do not park on the diagonally lined space next to it. Those spots are there specifically for visitors in wheelchairs. Any violator who has parked in spaces reserved for Percival Heights Housing residents will be towed away at their own expense.

### Computer for Public Use

There is a computer and printer located in the craft room that is available for seniors to use. Please check with staff to determine when the computer is available to use. The computer was purchase through funds donated from the Myrna Pauloz Berlin Senior Center Fund.

### CRIS Radio

There is a pre-tuned radio located in the Center's library for audio access for the Blind or Print-Challenged. This radio provides access to the same printed material that their friends and family enjoy through our high quality electronic audio recording service. This device provides timely access to news and current events, expands knowledge, promotes independence and self-sufficiency and enhances the quality of life. Please ask a staff member for help in using the radio. The donation was made possible through a grant from the North Central Area Agency on Aging.

# 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 Thursday, August 11<sup>th</sup>, Friday, August 19<sup>th</sup> and Thursday, August 25<sup>th</sup>.

Services are provided by Catherine Brennan, 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.

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### Free Health Clinics

The Berlin VNA will hold the following "FREE" health clinics at the Berlin Senior Center.

Tuesday, August 2nd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, August 9th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, August 16th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, August 23rd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, August 30th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

All clinics are "free of charge" and no appointment is necessary. For more information call the Berlin VNA at (860) 828-7030.

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### Catholic Charities Counseling Services Available At the Berlin Senior Center

Do you feel like you need to make some changes in your life but don't know how? Do you find yourself worrying a lot about everything or anything? If the answer is YES then make an appointment. Christine Krom, LPC from Catholic Charities can meet with you in a private, confidential setting. Christine will be here on Thursday, August 25<sup>th</sup> at 9:00am. This is a free service made available through a Marjorie Moore grant. Call (860) 225-3561 x7119 to make an appointment.

# Berlin Peck Memorial Library

## Ballroom Dancing: Wednesday, August 3 @ 6:30 pm

Have you ever wanted to learn how to ballroom dance? Learn the basics of the classic Foxtrot and slinky Rumba. Partners are suggested, but not required. Registration is required, as space is limited. Register: 860-828-7126.

## Sit & Knit: Thursday, Aug. 4 @ 6 pm

## Movie Matinee: Friday, Aug. 5 @ 1 pm

Join us for a showing of *Spotlight*. Rated R. No registration.

## Sit & Knit: Thursday, Aug. 11 @ 1 pm

## Movie Matinee: Friday, Aug. 12 @ 1 pm

Join us for a showing of *Race*. Rated PG-13. No registration.

## Kenn Morr Band: Monday, Aug. 15 @ 6:30 pm

Back by popular demand! This concert will be outdoors, weather permitting.

## 2<sup>nd</sup> Annual Tomato & Pepper Tasting Party: Wednesday, August 17 @ 6:30 pm

Bring a few of your favorite tomatoes and/or peppers and compare them with your friends and neighbors. Please bring 2-3 of each variety you would like to have tasted. Plates/rating cards will be provided. They will be cut up and you can sample any and all the tomatoes and peppers you like. Didn't grow any this year? No problem, you're still welcome to join in the tasting! Register.

## Sit & Knit: Thursday, Aug. 18 @ 6 pm

## Movie Matinee: Friday, Aug. 19 @ 1 pm

Join us for a showing of *Dear Eleanor*. Rated PG-13. No registration.

## Sit & Knit: Thursday, Aug. 25 @ 1 pm

## Movie Matinee: Friday, Aug. 26 @ 1 pm

Join us for a showing of *Miracles from Heaven*. Rated PG. No registration.

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### Did you know that The Berlin Senior Center Has a Lending Library?

We have a nice selection of large print books, bestsellers and paperbacks. We use the "honor system". You can select up to two books at a time. Keep them as long as you want—then return them back to our library. We do accept donations "gently used" hard covers and paperbacks. Donations can be dropped off at the Senior Center.

We ask that if you are bringing in donations to please drop them off at the front desk. Do not put them in the library. The books need to be stamped with "This book belongs to the Berlin Senior Center".

When returning books to the Senior Center Library please do not put them back on the shelf. Please put them in the box in the library marked "Return Books".

## FYI (For Your Information) Page

### American Foundation for the Blind Launches Web Site for Seniors

The AFB Senior Site ([www.afb.org.seniorsite](http://www.afb.org.seniorsite)) is designed for seniors losing their vision, their families, and the professionals who serve them. The site is rich with information including photos, videos, articles and resources links—to enhance the independence of older people beginning to experience vision loss.

Legal Services provided by the Senior Law Program of the Greater Hartford Legal Assistance Office in Hartford offers seniors, age 60 and older, free legal advice. They handle legal issues regarding: housing, government benefits, family law, nursing home rights, etc. They also prepare advance directives such as power of attorney and living wills for seniors who are unable to leave their home or who have urgent medical problems. PRIORITY IS GIVEN TO SENIORS WHO HAVE THE GREATEST ECONOMIC AND SOCIAL NEED. Please call their Hartford Office at 541-5003 for more information.

The Consumer Law Project For Elders is a project of the Connecticut 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.

The Connecticut Telemarketing Do Not Call List is now part of the National Do Not Call Registry. If you have previously signed up for the Connecticut Do Not Call List, your registration has already been added to the National Do Not Call List. If you want to register for the first time, call 1-888-382-1222. You must call from each phone number you want to register. No written, faxed or emailed registration will be processed.

Cell Phone Users—your cell phone number can now be released to telemarketing companies and you may receive sale calls. You will be charged for these calls. To prevent this, call the following number from your cell phone - 1-888-382-1222. It is the National Do Not Call List. It will block your number for five years.

Dial 211 Info line is a partnership of the Connecticut United Ways and the State of Connecticut. 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!

## FYI (For Your Information) Page...Continued

Charter Oak Pass provides access to the State of Connecticut's Parks and Recreation System and is available only to Connecticut 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.

### Key Keeper Program

Attention, Attention!!! We have a program that you will want to take advantage of. It is the Key Keeper program. The purpose of this program is to assist persons in need when the family, neighbors, or friends cannot be contacted. The key keeper program is offered to persons of limited mobility and social contacts. This program is intended to reduce needless suffering and/or hardship on the part of sick or injured persons and to eliminate damage to property should forced entry otherwise be required. You will need to fill out a form that is available at the Senior Center or Police Station. You will take your key and form to the Police Dept. This program is available for residents in Berlin. We hope you will join us to make our communities safe and to avoid tragedies.

### File of Life

The *File of Life* is a voluntary program designed to help your local first responders to quickly obtain in an emergency your necessary medical history, your support needs, and your emergency contact information. The *File of Life* is a refrigerator magnet with an attached red plastic pocket labeled "**FILE OF LIFE**". In the plastic pocket is a tri-fold card on which you can record your vital emergency information. Fill in the information on the card. Remember, the information will help first responders to better assist you in an emergency.

When you finish filling out the card, fold it and place it back into the "**FILE OF LIFE**" plastic pocket and then place the whole thing on the outside of your refrigerator. Simple as that! It could help save your life. The *File of Life* is also available in pocket or pocketbook size. Both styles are available at the Berlin Senior Center and have made available by Friends of the Berlin VNA. Don't forget to keep your **FILE OF LIFE** information up to date!!

### Special 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, evacuation or an extended time period without utilities. The information on the registry is only use for emergency notification purposes and kept confidential. The Registry is a helpful tool that allows police, fire and EMS to better serve you in times of need. You will need to fill out a form that is available at the Senior Center or Police Station. The form can be mailed, faxed or hand delivered to the Police Department.

## FYI (For Your Information) Page...Continued

### Office of the Healthcare Advocate

Did you know that the Office of the Healthcare Advocate is available to you? They provide advocacy services at no charge to individuals who have been denied coverage or a claim by their insurance company for a service that is medically necessary. They also assist with coverage and billing issues appeals. Check out the website at [www.ct.gov/oha](http://www.ct.gov/oha) or call 1-866-466-4444.

### Non-Driver Photo ID's:

The Department of Motor Vehicles issues a non-driver photo ID card to any applicant who does not possess a valid driver's license. The cost is \$22.50 and can be obtained at a full service DMV office (such as Enfield or Wethersfield) or the Manchester or Cromwell AAA. You must be a CT resident. Check out [www.ct.gov/dmv](http://www.ct.gov/dmv) for more information.

Hearing Aid Assistance for those with Low Income Audient is a nationwide program that helps those in need obtain hearing aids at a reduced cost. Candidates are qualified based on their annual household income. For info on income guidelines, call Audient at 1-866-956-5400 or visit [www.audientalliance.org](http://www.audientalliance.org)

Free Cell phones: If you are part of a government program such as energy assistance, SNAP, Medicaid, etc. you may qualify for a free cell phone through Assurance Wireless or Safelink. To see if you qualify for a free cell phone through Assurance Wireless call 1-800-395-2171. You can get more information on Safelink by visiting their website at [www.safelinkwireless.com](http://www.safelinkwireless.com).

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## Looking Ahead to September

Here are just some of the activities and programs planned for next month:

Sept 13<sup>th</sup> -Senior Safety and Financial Literacy Program

Sept 14<sup>th</sup> - Underwater Exploration with John Silliman from Aetna

Sept 16<sup>th</sup> - Berlin Historical Society Story Share

Sept 23<sup>rd</sup> - Navigating the "What If" in your Golden Years

TBA -Annual Senior Center Picnic

## Guidelines for State of CT Renter Rebate Program

1. Claimant must have resided in CT for any one year period prior to filing an application.
2. Claimant, or spouse if living together must have been 65 years of age by December 31<sup>st</sup>, 2015

OR

Be 50 years of age or older and the surviving spouse of a renter, who at the time of his death qualified and was entitled to tax relief.

3. Persons 18+ yrs old who are receiving Social Security Disability or Disability benefits.

### QUALIFYING INCOME

Single	Not to exceed \$ 35,200
Married	Not to exceed \$ 42,900

### WHAT DOCUMENTATION IS NEEDED:

1. Evidence of payments for rent, utility (electricity, gas, water and fuel) and proof of all 2015 income.
  - a. Rent receipts or canceled rent checks for entire 2015 year.
  - b. Electric/Gas/Water/Fuel bills, canceled checks or payment histories from the utility companies for entire 2015 year.
  - c. Social Security benefit statement for 2015 (SSA 1099)
  - d. Bank interest statement and dividends (2015 1099s).
  - e. Pension statement for (2015 1099s).
  - f. Copy of 2015 Federal income tax return (1040), if filed must be presented.

Renter Rebate applications will be at the Senior Center on the following days in August:

Time:  
9:00am-1:00pm

Date:  
August 23<sup>rd</sup> and 30<sup>th</sup>

PLEASE NOTE: The Renter's Rebate Program runs from April 1<sup>st</sup> to October 1<sup>st</sup>, 2016. You must have all your documentation available the day of your appointment. If not, we will have to reschedule you to a later date.

Appointments are necessary. Please call Jane at (860)828-7006 to schedule your appointment.

**PUZZLE****JAPANESE GARDENS**

N B A V A L C O V E V S P D

I O B O X W O O D S N E R R

A A R C H E S A E I B F E I

T L S I J V C S S B E E S F

N A G A M S U A L N I A E T

U N N B A O B E C D C V R W

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CURVES

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DRIFTWOOD

EAVES

FENCES

FERNS

FLOWERS

FOUNTAIN

GRASS

GREENS

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IRON

LANTERNS

LEVELS

MOSS

PATH

PEBBLES

ALCOVE

BOXWOOD

RESERVOIR

ARCHES

BROOK

SAND

BAMBOO

CASCADE

SPRINGS

BASINS

CHERRY

STREAMS

BENCH

CREEKS

## Nutrition



### COFFEE HOUR

The Senior Center has an informal “coffee hour” available Monday through Friday from 9:00 AM to 11:00 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 ON FRIDAYS FROM 9:00 AM TO 11:00 AM.

\*\*\*\*\*

### Berlin Senior Community Café – Congregate Meals

CW Resources of New Britain is the catering service for the Central Connecticut Elderly Nutrition Program and they provide our congregate meals here at the senior center.

1. Lunch is served Monday through Friday at 12 Noon.
2. A donation of \$2.50 per person is requested.
3. To order a meal, stop in and see CW Site Manager in the kitchen (after 10:30 AM) or call them at (860) 670-8546 between 10:30 AM - 12:00 PM only.
4. If no one answers please leave a voice mail with your name and the day and date you would like lunch. If you have any difficulty when calling for a reservation please contact the senior center for help.
5. Congregate meals cannot be ordered after noon on Friday for the following Monday. The kitchen telephone is not answered after 12 Noon on Friday.
6. You must order your meal at least 24 hours in advance.
7. If you cannot make lunch because of an illness or an emergency please make sure you notify the kitchen of your lunch cancellation.

NOTE: Per state health regulations absolutely no congregate meals are allowed to be taken home.

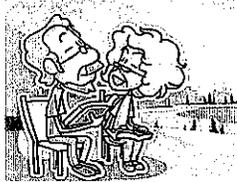
Meals for homebound residents of Berlin are also being provided by CW Resources. For more information about the homebound meal program or any questions or concerns about the Elderly Nutrition Program, please call Judy Nimro, Coordinator, at CW Resources in New Britain - (860) 229-7700.



# August Menu

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Cacciatore Long Grain Rice Capri Blend Veggies  100% Whole Wheat  Sliced Melon	2 Grape Juice Hamburger French Fries Lettuce and Tomato Summer Squash Ketchup  Hamburger Roll <b>Happy Birthday</b> Birthday Cake	3 Apple Juice Chunky Turkey Salad with Cranberries Pasta Primavera with Vegetables  Multi Grain Bread  Ice Cream Social*	4 Minestrone Soup Unsalted Crackers Broccoli Bake Stewed Tomatoes  Pumpernickel Bread  Fruit Cup	5 Orange Juice Haddock with Lemon Sauce Rice Pilaf Yellow & Green Squash  Oat Bread  Banana
8 Apple Juice Boneless Pork Chop Onion Gravy Mashed Potato Green Beans  Oatmeal Bread  Sherbet	9 Philly Cheesesteak with Cheese, Onions & Peppers French Fries Coleslaw  Grinder Roll  Tropical Fruit Cup	10 Cream of Broccoli Soup Unsalted Crackers Grilled Chicken over Caesar Salad with Olives, Cucumbers and Croutons Caesar Dressing 100% Whole Wheat  Applesauce	11 Eggplant Parmesan Roll-Up Ziti with Meat Sauce Italian Blend Veggies  Italian Bread  Pineapple Chunks	12 Grape Juice Pier 17 Fish Baked Yam Versailles Veggies  Rye Bread  Raisin Cream Pie
15 Grape Juice American Chop Suey Diced Carrots  Whole Wheat Bread  Fruit Cup	16 Hearty Vegetable Soup Unsalted Crackers Chicken Salad with Celery Lettuce Bed Coleslaw W.W. Hamburger Roll  Peaches	17 Cranberry Juice Roast Beef Beef Au Jus Au Gratin Potato Pickled Beet Salad  Pumpernickel Bread  Italian Ice	18 Baked Fish Tartar Sauce Baked Sweet Potato 3 Bean Salad with Chick Peas  Rye Bread  Banana	19 Apple Juice Hawaiian Chicken Quarter with Pineapple Sauce Rice Pilaf Oriental Blend Veggies Oatmeal Bread  Pecan Spinwheel
22 Orange Juice Spaghetti with Sauce Meatballs Parmesan Cheese Italian Blend Vegetables  Italian Bread  Apricots	23 Grape Juice Un-breaded Veal Cutlet with Sautéed Peppers and Onions Roasted Potato Wedges Garden Salad Russian Dressing Rye Bread  Oatmeal Cream Pie	<b>Labor Day Special</b> 24 Lemonade Long Dog Potato Salad Cucumber Salad Mustard  Long Dog Roll  Watermelon	25 Cranberry Juice Roast Turkey Turkey Gravy Herbed Stuffing Squash Medley  Dinner Roll  Fresh Pear	26 Beef Barley Soup Unsalted Crackers Chunky Seafood Salad Lettuce Bed Spinach Pasta Salad  Hot Dog Bun  Fruit Cocktail
29 Apple Juice Beef Stroganoff Egg Noodles Peas and Carrots  Multigrain Bread  Pears	30 Wonton Soup Unsalted Crackers Pork Egg Rolls Fried Rice Oriental Blend Veggies  Fortune Cookie  Pineapple Chunks	31 Stuffed Shells with Chunky Marinara Sauce Tossed Slaad Ranch Dressing  Italian Bread  Fresh Apple	 	

# August 2016

## BERLIN SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<b>1</b> 10:00 AM Scrabble D/In  12:30 PM Bridge D/In 1:00 PM Setback D/In	<b>2</b> 9:45 AM Exercise 12:45 PM BP Screening  1:00 PM Movie	<b>3</b> 9:30 AM Ceramics 10:00 AM Crafty Knitters  1:00 PM Cribbage D/In	<b>4</b> 9:00 AM Swedish Weaving 9:45 AM Exercise 1:00 PM Bingo	<b>5</b> 9:30 AM Yoga 12:45 PM Wii Bowling 1:15 PM Mahjongg 1:30 PM Photography D/In																																																																																				
<b>8</b> 10:00 AM Scrabble D/In  12:30 PM Bridge D/In 1:00 PM Setback D/In	<b>9</b> 9:00 AM Rubberstamping D/In 12:45 PM BP Screening  Democratic Primary Polling Site  NO Exercise	<b>10</b> 9:00 AM Lunch Bunch Sign Up  9:30 AM Ceramics 10:00 AM Crafty Knitters  1:00 PM Cribbage D/In	<b>11</b> 9:00 AM Swedish Weaving 9:45 AM Exercise 1:00 PM Bingo Footcare-by appt	<b>12</b> 9:30 AM Yoga 12:45 PM Wii Bowling 1:15 PM Mahjongg 1:30 PM Photography D/In																																																																																				
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