



BERLIN SENIOR CENTER LINES

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

jasevigny@town.berlin.ct.us

Staff

Director Tina Doyle

Asst. Director Jane Sevigny

Hours

Monday..... 8:30pm-4:00pm

Tuesday8:30pm-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

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AUGUST 2017

Greetings from the Director

Hope your enjoying the summer! July flew by and August is fast upon us. Before we know it summer will be over and the cool, crisp weather of Fall will be here.

There has been a change in the grocery store schedule starting in August. We will be going to Stop and Shop on Monday and Wednesday now. Also please note that a new trip has been added to our trip schedule – on September 20th we will be going to the BIG “E”.

The August date for Lunch Bunch has been changed from the last Friday to the third Friday, August 18th due to our Annual Picnic.

The Senior Center is collaborating with the Berlin Peck Library on two evening programs this month – an Education Program on Ticks and tick borne diseases on August 16th at 6:30pm and the five week Memory Series “Dementia and Caregiving” starting on August 22nd. There is more information on both of these programs in the newsletter.

Check out a few of the programs scheduled for September as part of National Senior Center month...Connecticut’s Adult Family Living Program sponsored by Caregiver Homes, Cooking with Tina – *Appetizers Galore*, and Let Mouth Care be your BFF sponsored by Hartford Healthcare Senior Services.

The Fall Setback Tournament will begin on Monday, September 11th at 1:00pm. If you would like to be a “sub” player or have a team of two who would like to play please contact Jane or Tina at (860) 828-7006.

If you were not aware the members of the Berlin Senior Center Crafters and Ceramic class sell items that they create in their classes. Please stop by and take a look at the gorgeous items such as handcrafted scarves, baby blankets, booties, sweaters and different ceramic pieces.

Enjoy the rest of your summer!

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 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 I 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.

Bus Shopping & Schedule Information

Reservations and cancellations call: (860) 828-7006.

Please remember to have the address of the doctor and 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.

We do medical appointments in Berlin and New Britain only. All medical appointments should be scheduled between 9:00am and 1:15pm. Reservations must be made at least 48 hours in advance. We do regular appointments in Berlin only. (Banks, pharmacies, post office, hair and nail salons and any town buildings). Reservations must be made at least 24 hours in advance.

All bus reservations must be made during our regular business hours, **8:30AM to 3:30PM**. All calls for rides home **MUST BE MADE BY 3:00 PM**. Cancellations can be taken at anytime. Voicemail is available after normal business hours. You are allowed two stops per day **except** when going to the grocery store.

Our weekly grocery shopping schedule is Monday –Stop & Shop, Tuesday –Shop Rite and Wednesday

–Stop & Shop We can take up to a maximum of six (6) shoppers except when the Director approves for more than six. All riders should be ready one hour in advance of their scheduled appointment time. We are unable to provide transportation to and from medical procedures, Dialysis or discharges from the hospitals or other facilities. **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.

Other Transportation...

Other Transportation Resources Available in the Central CT Area:

Paratransit - 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 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.

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)760-3088 or (860)760-3077.

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.

Senior Center Trips

August 3rd Saratoga Off to the Races– Enjoy an afternoon of “The Sport of Kings” at Saratoga. Lunch is on your own. **Cost: \$69.00 Per Person. Itinerary subject to change and availability. Waiting List being taken..**

August 19th – The Boston Pops at Tanglewood We will enjoy dinner at one of the fabulous local restaurants in the Stockbridge area. After we will head over to Tanglewood to enjoy the Boston Pops with Special Guest Conductor, John Williams. **Cost: \$147.00 Per Person. Itinerary subject to change and availability. Waiting list being taken.**

September 6th – 9/11 Memorial and Museum—You will visit the 9/11 Memorial and Museum. After the museum you will enjoy lunch at Carmine’s. **Cost: 115.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

September 20th The Big E—“New England’s Great State Fair” is the premier event each Fall. Located in West Springfield, MA., it is ranked among the top fairs in the country. **Cost: \$53.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken..**

September 28th The Inspiring Intrepid—We will travel to “the Big Apple” to have lunch at the Heartland Brewery and visit the Intrepid Sea, Air & Space Museum. **Cost: \$115.00 per person. Itinerary subject to change and availability. Sign ups are now being taken.**

October 3-4th – Villa Roma Resort, NY Oktoberfest—Our first stop will be the Monticello Raceway and Casino in NY. For a few hours of fun. Then it’s off to the Villa Roma Resort where you’ll enjoy many different activities and delicious food. **Cost: \$257.00 Double, \$299.00 Single, \$247 Triple. Itinerary Subject to Change and Availability. Cancellation Insurance is Available and Recommended for this tour.**

October 6-9th – Washington, D.C. –Enjoy a four day Columbus Day Weekend in Washington, DC . Many sites and delicious food to enjoy. **Cost: \$712.00 Double, \$998.00 Single and \$682.00 Triple. Itinerary Subject to Change and Availability. Cancellation Insurance is Available and recommended for this tour. Sign ups now being taken.**

Oct 11th – Vermont Fall Foliage—Travel to the Green Mountain State. This trip includes stops at Kringle Candle Company, Bernardstown, MA, the New England House for lunch and the last stop will be the Apple Barn & Country Bake Shop in Bennington, VT. **Cost: \$95.00 per person. Itinerary subject to change and availability. Sign ups are now being taken.**

Oct 19th—Oktoberfest @ Krucker’s Resort—Travel to Pomona, NY for an Oktoberfest Celebration. Krucker’s was established in 1939 and has been family owned and operated ever since. After lunch enjoy music, dancing and games. **Cost: \$111.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

Oct 19th – Oktoberfest at Krucker’s Resort, NY

Oct 26th – Germanfest at Williams Inn, Williamstown, MA

Nov 9th – Westchester Theatre “Annie Get Your Gun”

Nov 17th Radio City Christmas Spectacular

Dec 7th – Twin River Casino & Bill Haley Jr. & The Comets

Dec 12th – Boars Head Feast Williams Inn w/ Bright Nights

Dec 14th – Holiday Train Show at NY Botanical Gardens

Dec 13th – 15th Amish Christmas Getaway

Dec 19th – Polynesian Christmas with Bright Nights

Note: We have a flyer on each of the trips listed above. Trip rules are on the back of the flyer. You may pick them up at the Senior Center or you can view them online in the Senior Services section.

Monthly Activities

Special Bingo

Thursday, August 10th at 1:00PM

Ledgecrest Convalescent will be sponsoring this special Bingo on Thursday, August 10th at 1:00pm. A special refreshments will be served. Our regularly scheduled games will be played. No sign up is necessary.

Adult Coloring

Wednesdays August 2nd, 9th, 16th, 23rd 30th 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.

Central CT Health District: Information on Ticks and Tick Borne Diseases

Wednesday, August 16th at 6:30pm

Berlin Peck Memorial Library

This could be the worst tick season in years. Come find out what you need to know about ticks and tick borne diseases from the Central CT Health District. Sign up by calling the Senior Center at 828-7006 or the Library at 828-7125.

Memory Series:

Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression

Berlin Peck Memorial Library from 6:30 pm—8:00pm. Join us for this 5-week educational program:

Tuesday, Aug22nd: Overview of Dementia

Tuesday, Aug 29th: Basics of Good Communications and Understanding Behaviors

Tuesday, Sept. 12th: Safety in the Environment and How to Structure a Day with Activities

Tuesday, Sept 26th: Taking Care of the Caregiver and Care Options

Tuesday, Oct 3rd: Legal and Financial

Senior Center Annual Picnic

Friday, August 25th at Noon

This picnic is limited to 100 members. The menu is hot dogs, hamburgers, potato chips, cold salad, and dessert and cold/hot beverages. Lunch is sponsored by Newington Rapid Recovery Rehab Center. The musical entertainment will begin immediately following lunch. Performing will be Samantha Goodman, better known as Songs by Samantha. You may sign up for yourself and one other person. Sign up begins Monday, August 7th.

Connecticut's Adult Family Living Program

Wednesday, September 6th, 2017 at 1:00pm

Are you a Caregiver? Do you know someone that is a Caregiver? Please join Caregiver Home for a presentation on CT's Adult Family Living Program. Light snacks will be served. Sign up will begin on Monday, August 21st.

Weekly Classes

Exercise for Wellness Class

EVERY TUESDAY @ 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. Instructor is Annette Banulski.**

Ceramics Class

EVERY WEDNESDAY @ 9:30AM

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.**

Exercise for Wellness Class

EVERY 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. Instructor is Annette Banulski.**

“Yoga Class”

EVERY FRIDAY @ 9:30 AM

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.

To Find Newsletter Online Go To:

www.town.berlin.ct.us Govt/Dept./Senior Services/News Tab.

Drop Ins

We Offer The Following “Drop In” Sessions at “No Cost”

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

RUBBER STAMPING – On Tuesday, August 8th and 22nd 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.

DOMINOES Come and check out this hot new game. Every Wednesday afternoon. @ 1:00PM. All level of players are welcome.

SWEDISH WEAVING –Every Thursday @ 9:00AM. 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.

MAHJONGG - Every Friday afternoon at 1:15 PM. All levels 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.

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 12:45 PM to join us for some “interactive” bowling in our multi-purpose room. It’s fun and its 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.

NEWCOMERS ARE ALWAYS WELCOME

If you are interested in starting a new Drop In please see Tina.

Health Services

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. A licensed counselor from Catholic Charities can meet with you in a private, confidential setting. This is a free service made available through a Marjorie Moore grant. Call (860) 225-3561 x7119 to make an appointment.

"FREE" Dental Cleaning Clinics

Tuesday, Aug 1st and Thursday, Aug 3rd @ 8:45AM-12:45PM

The Berlin Senior Center with The Central CT Health District have teamed up to offer Free Dental Cleaning Clinics for residents of Berlin for Adults 60 and older. A licensed dental hygienist will be conducting the cleanings. Appointments are required. For further information and to schedule an appointment call 860-828-7006. **We are taking a wait list.**

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 10th and Friday, August 18th.** 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.

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

Tuesday, August 1st	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, August 8th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, August 15th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, August 22nd	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, August 29th	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.

Ladies Free Manicures

Tuesday, August 29th at 10:00AM Tina Bradbury from Newington Rapid Recovery Rehabilitation Center in Newington will be back to give "free manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walkins will be taken. **Sign ups begin August 7th.**

CW Resources Senior Community Café



AUGUST 2017

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

	<p>1 Meatloaf LS Brown Gravy Sweet Potato Corn</p> <p>Dinner Roll Fresh Plum</p>	<p>2 Chicken Scampi Linguini Broccoli with Red Pepper</p> <p>12 Grain Bread Citrus Selections</p>	<p>3 Grape Juice Sloppy Joe Mashed Potatoes Green Beans</p> <p>Happy Birthday</p> <p>Hamburger Roll Birthday Cake</p>	<p>4 Minestrone Soup Unsalted Crackers Chef Salad with LS Ham, LS Turkey, Cheese, Egg, Tomato, Cucumbers and Olives Ranch Dressing Pumpnickel Bread Fresh Orange</p>
<p>7 Veal Picatta Mashed Potatoes Spinach</p>  <p>Rye Bread Melon</p>	<p>8 Eggplant Rolatini Meat Sauce Ziti Broccoli</p> <p>12 Grain Bread Fresh Peach</p>	<p>9 N.E. Clam Chowder Unsalted Crackers Asian Chicken Salad with Chicken Strips, Mandarin Oranges, Sesame Seeds and Cucumbers Breadstick Grapes</p>	<p>10 Salisbury Steak LS Gravy Egg Noodles Carrots</p> <p>Oat Bread Fruit Cocktail</p>	<p>11 Cranberry Juice Lemon Pepper Fish Rice Pilaf Chuck Wagon Veggies</p> <p>Multigrain Bread Rice Pudding</p>
<p>14 Grape Juice Grilled Orange Chicken Orange Sauce Sesame Noodles Winter Blend Veggies</p> <p>Whole Wheat Bread Tropical Fruit Cup</p>	<p>15 Cranberry Juice Turkey Pot Pie Diced Potatoes Tuscany Blend Veggies</p> <p>Biscuit Oatmeal Cream Pie</p>	<p>16 Asian Beef Strips with Ginger Sauce Brown Rice Oriental Blend Veggies</p> <p>Garden Salad Italian Dressing Pumpnickel Bread Pineapple Chunks</p>	<p>17 Chicken Veg Soup Unsalted Crackers Pier 17 Fish Buttered Orzo Scandinavian Veggies</p> <p>12 Grain Bread Fruited Yogurt</p>	<p>18 Apple Juice Pork Riblet BBQ Sauce Sweet Potato Tots Corn with Black Beans</p> <p>Hamburger Bun Watermelon</p>
<p>21 Eye of the Round Mushroom Gravy Whole Potatoes Carrots</p> <p>12 Grain Bread Pineapple Chunks</p>	<p>22 Grape Juice BBQ Pork Loin BBQ Sauce Red Beans and Rice Spinach Corn Muffin Ice Cream Cup</p>	<p>23 Cranberry Juice Philly Cheese Steak Onions and Peppers Tri-Color Pasta Salad Broccoli Slaw Sub Roll Peaches</p>	<p>24 Baked Fish Tartar Sauce Sweet Potato 3 Bean Salad</p> <p>Banana</p>	<p>25 Turkey Stew Egg Noodles Green Beans</p> <p>Multigrain Bread Banana</p>
<p>28 Beef Barley Soup Mexi-Corn BBQ Chicken Sandwich Pasta Spinach Salad Hamburger Bun Fruit Cocktail</p>	<p>29 Spaghetti with Sauce and Meatballs Broccoli</p> <p>Italian Bread Apricots</p>	<p>Labor Day Special 30 Apple Juice Long Dog Potato Salad Cucumber Salad Watermelon</p>	<p>31 Cranberry juice Roast Turkey Turkey Gravy Herbed Stuffing Dinner Roll Fresh Pear</p>	

AUGUST 2017

Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:45am Dental Cleanings 9:45am Exercise 12:45pm B Pressure 1:00pm Movie	2 9:30am Ceramics 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Matter Balance 1pm Adult Coloring	3 8:45am Dental Cleanings 9am Swedish Weaving 9:45am Exercise 1pm Bingo	4 9:30am Yoga 12:45pm Wii Bowl 1:15pm Mahjongg 1:30pm Photography Drop In
7 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Drop In	8 9:30am R/Stamping DI 9:45am Exercise 12:45pm B Pressure 1pm Movie Renters Rebate-by appt only	9 9:30am Ceramics 10am Knitters 10:30am Shopping 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring 1pm Matter Balance	10 9am Swedish Weaving 9:45am Exercise 1pm Special Bingo Foot Care by appt	11 9:30am Yoga 12:45pm Wii Bowl 1:15pm Mahjongg 1:30pm Photography DI
14 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Drop In	15 9:45am Exercise 12:45pm B Pressure 1pm Movie	16 9:30am Ceramics 10am Knitters 10:30am Shopping 1pm Cribbage DI 1pm Dominoes 1pm Matter Balance 1pm Adult Coloring	17 9am Swedish Weaving 9:45am Exercise 1pm Bingo	18 9:30am Yoga 11am L Bunch leaves 12:45pm Wii Bowl 1:15pm Mahjongg 1:30pm Photography DI Foot Care by appt
21 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Drop In	22 9:30am R/Stamping 9:45am Exercise 12:45pm B Pressure 1:00pm Movie	23 9:30am Ceramics 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring	24 9am Swedish Weaving 9:45am Exercise 1pm Bingo	25 9:30am Yoga 12pm Annual Picnic NO Wii Bowl 1:15pm Mahjongg 1:30pm Photography DI
28 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Drop In	29 9:45am Exercise 10am Manicures 12:45pm B Pressure 1pm Movie Renters Rebate-by appt only	30 9:30am Ceramics 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring	31 9am Swedish Weaving 9:45am Exercise 1pm Bingo	

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.

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 in 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 purchased 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 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.

FYI (For Your Information)

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 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.

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. 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. 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 above number from your cell phone

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!

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.

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.

Key Keeper Program

This program is to assist Berlin residents in need when family, neighbors, or friends cannot be contacted. The key keeper 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 Sr. Ctr. or Police Station. You will take your key and form to the BPD.

Monthly Meetings

AARP CHAPTER 3035

There are no AARP Chapter Meetings during July and August.

COMMISSION FOR THE AGING MEETING

There are no CFA Meeting in July and August.

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
(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:

Aug 11 & 25, Sept 8 & 22, Oct 6 & 20, Nov 3 & 17

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

Donations

The Berlin Senior Center does accept monetary and item donations. Each month the Senior Center recognizes our donors here. 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 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.

We appreciate all donations received at the Center. This donations help us out tremendously.

TED Talks

TED Talks will be back in the September !

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages.

TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world.

We will have lunch while we enjoy the TED Talks. You may either order lunch from the kitchen or bring a brown bag lunch. The Center will provide the beverages and dessert.

Berlin-Peck Memorial Library Monthly Events

Author Joe Clifford: Tuesday, August 1 @ 6:30 pm Book talk and signing. Books will be sold at the event. Contact the library to register: 860-828-7126.

Sit & Knit: Thursday, Aug 3 @ 6 pm Sit & Knit: Thursday, Aug10 @ 1 pm Sit & Knit: Thursday, Aug 24 @ 1 pm

Movie Showing: A Dog's Purpose: Friday, August 4 @ 1 pm Rated PG.

Movie Showing: Café Society: Friday, August 11 @ 1 pm Rated PG-13.

Movie Showing: Collateral Beauty: Monday, August 14 @ 6:30 pm Rated PG-13

Central CT Health District: Information on Ticks and Tick-Borne Diseases: Wednesday, August 16 @ 6:30 pm

Sit & Knit: Thursday, August 17 @ 6 pm

Make & Take: Natural Cleaning Products: Thursday, August 17 @ 6:30 pm

Learn to make home cleaning products that use natural ingredients, kill germs, and are free of harsh chemicals! We'll provide the recipes and work together to make several home cleaners that will save you money and benefit the environment. Register: 860-828-7126. We welcome adults, teens and children over 10 to participate in this program.

Movie Showing: Collateral Beauty: Friday, August 18 @ 1 pm Rated PG-13

Dementia and Caregiving Series: Tuesday, August 22 @ 6:00-7:30 pm

A 5-week educational program. Are you caring for someone with dementia? Do you want to learn more about the progression of the disease and good communication tips? Would you like to be able to recognize common behaviors and know how to respond? This program is presented by staff members from The Connecticut Center for Healthy Aging. RSVP to the Connecticut Center for Healthy Aging: 1-877-424-4641. *Sponsored by Connecticut Center for Healthy Aging, Berlin Senior Center & Berlin-Peck Memorial Library.*

The Dog Listener: Understanding Your Best Friend: Wednesday, August 23 @ 6:30 pm

If you want to gain a much better understanding of your dog and its challenging behaviors, this session led by Phil Klein, Certified Dog Listener is for you. Learn how canines see the human world, how canines communicate including the importance of eye contact and movement, the underlying reasons for your dog's behaviors like nervousness, toileting indoors, incessant barking, aggression, jumping on people, pestering for attention, destructive chewing, separation anxiety, pulling on the leash, etc. Bring your questions, but not your dog for an informative, fun session! Register: 860-828-7126. Sponsored by Friends of the Berlin-Peck Memorial Library.

Movie Showing: Boynton Beach Club: Friday, August 25 @ 1 pm Rated R.

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

Lunch is served Monday through Friday at 12 Noon. A donation of \$2.50 per person is requested. To order a meal, stop in & see CW Site Manager (after 10:30 AM) or call them at (860) 670-8546 between 10:30 AM - 12:00 PM only. When leaving voice mail please give your name, day and date you would like lunch. 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 kitchen of your lunch cancellation.

Community News

The Berlin-Peck Memorial Library and the Berlin Senior Center teamed up to provide a new online service called BrainHQ. Visit www.berlinpeck.org to access the site.

BrainHQ™

Helping Adults – Think Faster, Focus Better, and Remember More

A recent AARP survey reports 9 in 10 people say brain health is important, but few know how to maintain it. BrainHQ™ is an easy way to make brain health a priority BrainHQ is an online suite of 27 exercises with 840+ levels of training organized around the 6 core cognitive areas of Attention, Brain Speed, Memory, People Skills, Intelligence and Navigation. Exercises are delivered in short 2 minute or less segments, adapting speed and delivery to your performance. A private, personal dashboard visualizes your performance and provides feedback and suggestions on areas of focus. Through training you too can gain 10 years' improvement in memory, experience increased visual and auditory processing, improve reaction time, and even decrease medical costs. Get started by creating your private account with BrainHQ, and light up your brain. Training is available online, or by downloading an app to your iPhone or iPad. The Android app is under development. For further instructional information, contact the Berlin-Peck Memorial Library reference desk @ 860-828-7126.

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 7 = \$5.00, 8 x 10 = \$10.00 and 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.

State of CT Renter Rebate Program

The Renters Rebate Program runs from April 1st to October 1st, 2017. You need 2016 documentation (SSA 1099, Utilities Payment histories, Interest and Dividend 1099s, Pension 1099s and copy of Federal Income Tax Return if filed to apply. Appointments are necessary. If you do not have all your documentation available the day of your appointment you will have to reschedule to a later date. Please call Jane at 828-7006 with any questions you may have regarding eligibility requirements and documentation and to schedule your appointment

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 and keep them as long as you want. 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".

PUZZLE IMG

Rainforest Animal Word Search

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

AGOUTI

ANACONDA

BUTTERFLY

CAPYBARA

CHIMPANZEE

GORILLA

JAGUAR

LEOPARD

MONKEY

OCELOT

ORANGUTAN

SLOTH

TAPIR

TIGER

TOUCAN



Senior Center Book Discussion

There is no Senior Center Book Discussion in July and August. It will resume in Sept.

Adult Summer Reading Program

Win prizes just for reading and using the library! Starting June 19th, sign up online www.berlinpeck.org and then visit the library for your summer reading booklet. A new Kindle Fire and two tickets to the Big E are just some of the exciting prizes we will be giving away this summer. Visit us online for further details: www.berlinpeck.org

Movies

For the movie programs, popcorn and a beverage will be available. There is no charge for the program 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 1st Finding Dory

The friendly but forgetful blue tang fish, Dory, begins a search for her long-lost parents, and everyone learns a few things about the real meaning of family along the way. Rated PG

Tuesday, August 8th A Zookeeper's Wife

The Zookeeper's Wife tells the account of keepers of the Warsaw Zoo, Antonina and Jan Zabinski, who helped save hundreds of people and animals during the World War II. Rated PG 13

Tuesday, August 15th Parent Trap

Identical twins Annie and Hallie, separated at birth and each raised by one of their biological parents, later discover each other for the first time at summer camp making a plan to bring their wayward parents back together. PG.

Tuesday, August 22nd A Dog's Purpose

A dog looks to discover his purpose in life over the course of several lifetimes and owners. Rated PG

Tuesday, August 29th Ghostbusters

Following a ghost invasion of Manhattan, paranormal enthusiasts Erin Gilbert and Abby Yates, nuclear engineer Jillian Holtzmann, and subway worker Patty Tolan band together to stop the otherworldly threat. Rated PG 13.

Specialty Trips

"LUNCH BUNCH" TRIP



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

This month on **Friday, August 18th, 2017** we're off to Bill's Seafood in Westbrook. The senior bus will leave the senior center at 11:00am. Signups will be taken beginning at 9:00am on Wednesday, Aug 9th. Telephone signups will be taken after 12 Noon on the 9th. **Remember**—if you went on last month's trip, you must wait until 12 Noon to sign up for this month's trip.

SPECIALTY SHOPPING TRIP



This month there will be two specialty shopping trips. The first is to **Walmart in Cromwell** at 10:30AM on Aug 9th . The second trip is to **Meriden Mall or Target in Meriden** at 10:30AM on Aug 16th. **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.