

# 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](mailto:tdoyle@town.berlin.ct.us)

[jasevigny@town.berlin.ct.us](mailto:jasevigny@town.berlin.ct.us)

## Staff

Director ..... Tina Doyle

Asst. Director .... Jane Sevigny

## Hours

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

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

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

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

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

## Membership (Ages 60+)

Resident: No Cost

Non-Resident: \$36 Annually

## Table of Contents

Transportation ..... 3

Trips ..... 4

Monthly Activities..... 5

Classes & Drop Ins..... 6

Health Services ..... 7

Lunch Menu ..... 8

Calendar ..... 9

General & FYI Info ..... 10

Meetings & TED Talks ..... 11

BP Library & Nutrition ..... 12

Community News..... 13

Puzzle ..... 14

Movies & Specialty Trips..... 15

SEPTEMBER 2017

## Greetings from the Director

September is National Senior Center Month. This year's theme is:

**Senior Centers: Masters in Aging!!** Aging masterfully is a core

ideal of what many of you wish to achieve at our senior center.

Whether through fitness classes, social activities or a vast variety of other programs, our senior center continues to be an expert in

our community on aging. Help us promote a positive image of aging by recommending a class or a program at the center to

your friends and neighbors. Bring them with you when your

come for an event. We'll be expecting you! Let's do this together!

See ya at the BSC!

*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](http://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

---

September 6<sup>th</sup> - 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. Waiting list.**

September 12<sup>th</sup>—Newport Playhouse Lobsterfest Matinee—This dinner theatre is unique..you will enjoy a great buffet, a live wonderful play and a fun-filled cabaret. The Lobsterfest Menu includes a 1 1/4 lb. Boiled Live Lobster, Shrimp Cocktail, Mussels, NE Clam Chowder, Corn on the Cob, Chicken, Shrimp and a variety of potatoes, salads, watermelon and desserts. **Cost: \$107.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

September 20<sup>th</sup> 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 still being taken.**

September 28<sup>th</sup> 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 still being taken.**

October 3-4<sup>th</sup> - 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. Sign ups still being taken.**

October 6-9<sup>th</sup> - 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 still being taken.**

Oct 11<sup>th</sup> - 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 still being taken.**

Oct 19<sup>th</sup>—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 still being taken.**

Oct 26<sup>th</sup> - Germanfest at Williams Inn, Williamstown, MA We are headed to The Williams Inn in Williamstown, MA for a Germanfest Celebration. This celebration features authentic cuisine prepared by the Inn's award winning chef with a stop in South Deerfield at the famous Yankee Candle Company! **Cost: \$109.00 Per Person. Itinerary subject to change and availability. Sign ups still being taken.**

Nov 9<sup>th</sup> - Westchester Theatre "Annie Get Your Gun"

Nov 17<sup>th</sup> Radio City Christmas Spectacular

Dec 7<sup>th</sup> - Twin River Casino & Bill Haley Jr. & The Comets

Dec 12<sup>th</sup> - Boars Head Feast Williams Inn w/ Bright Nights

Dec 14<sup>th</sup> - Holiday Train Show at NY Botanical Gardens

Dec 13<sup>th</sup> - 15<sup>th</sup> Amish Christmas Getaway

Dec 19<sup>th</sup> - 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

---

## **Connecticut's Adult Family Living Program**

**Wednesday, September 6<sup>th</sup>, 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 ups are still being taken.

## **Special Bingo**

**Thursday, September 14th at 1:00PM**

Ledgecrest Convalescent will be sponsoring this special Bingo on Thursday, September 14th at 1:00pm. A special refreshments will be served. Our regularly scheduled games will be played. No sign up is necessary.

## **Magical Musical Program**

**Friday, September 15th at 11:30am**

Come and be mesmerized by the voice of Jose Paulos. He is a talented musician that knows how to captivate audiences with a voice that touches your heart and soul. After his performance you will enjoy lunch provided by the Senior Center. Program is limited to 100 people. You may sign up for yourself and one other person. Sign up begins on Wednesday, Sept 6th.

## **Adult Coloring**

**Wednesdays September 6th, 13th, 20th and 27th 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.

## **Appetizers Galore**

**Wednesday, September 20th at 1:00PM**

Come join Tina (aka Chef) prepare some delicious appetizers that you can wow your family and friends with at your next get together. Please bring two small containers to take some home with you. **Cost: \$4.00 per person. Limited to 6 people. Sign up begins Wed, Sept 6th.**

## **Ice Cream Social—Get the Scoop on Medicare**

**Friday, September 22nd at 1:00PM**

While you're enjoying your treat, a representative from Anthem Blue Cross Blue Shield will explain the wide range of quality benefits that come with our Medicare Advantage Plan including our monthly Silver Sneakers membership at no additional cost. They will answer any questions you have about Medicare and CT Medicaid. **Sign up will begin on Wednesday, Sept 6th.**

## **Special Bingo**

**Thursday, September 28th at 1:00PM**

Newington Rapid Recovery Rehab Center will be sponsoring this special Bingo on Thursday, September 28th at 1:00pm. Special refreshments will be served and there will be prizes. Our regularly scheduled games will be played. No sign up is necessary.

---

## 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](http://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.

**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.

**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 Friday, Sept 15th and Thursday, Sept 21st.** 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. All clinics are "free of charge" and no appointment is necessary. For more information, call the Berlin VNA at (860) 828-7030.

<b>Tuesday, Sept 5th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, Sept 12th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, Sept 19th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, Sept 26th</b>	<b>12:45 PM ~ 1:45 PM</b>	<b>Blood Pressure Screening</b>

### **Mouth Care: Be Your BFF (Brush, Floss & Follow Up)**

**Wednesday, September 27th at 1pm**—Learn the importance of maintaining a healthy mouth and why it's essential to do so as we age. Presented by Master in Nursing degree candidates from University of Hartford. **Sign up begins on Wednesday, September 6th.**

### **Ladies Free Manicures**

**Tuesday, September 26th 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 walk-ins will be taken. **Sign ups begin Sept 6th.**

### **Memory Series: Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression @ Berlin Peck Memorial Library from 6:30 pm—8:00pm**

Tuesday, Sept. 12<sup>th</sup>: Safety in the Environment and How to Structure a Day with Activities  
Tuesday, Sept 26<sup>th</sup>: Taking Care of the Caregiver and Care Options,  
Tuesday, Oct 3<sup>rd</sup>: Legal and Financial. Sign up by contacting the Library at (860)828-7126.

CW Resources Senior Community Café

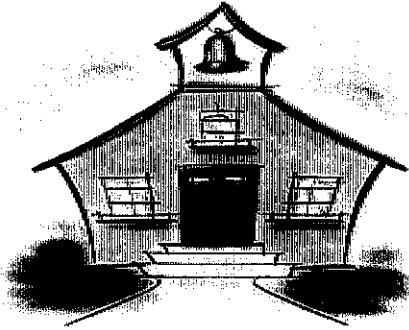
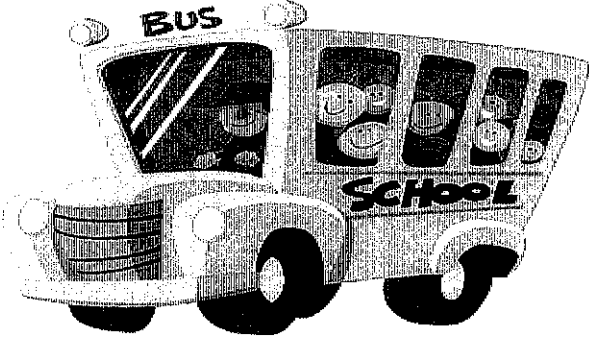

# September, 2017

1% or Skim milk provided

Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef Stroganoff 6 oz Noodles 1/2 c Garden Salad 1 c Dressing 1 pkt Bread 1 sl Grapes 1/2 c
				8 Juice 4 oz Pep Steak with Pep / Onions 4 oz Potatoes 1/2 c Peas / Carrots 1/2 c Bread 1 sl Pudding 1/2 c
<p><b>Labor Day Closed</b></p> 	<p>4</p> <p>Pollock 4 oz B. Potato 1 med Veggies 1/2 c Sour Cream 2 tbsp Bread 1 sl Plum 1 ea</p>	<p>5</p> <p>Juice 1/2 c Spaghetti 1/2 c Meat Sauce 1/2 c Salad 1 c Dressing 1 pkt Bread 1 sl Birthday Cake 1 sl</p>	<p>6</p> <p>Pasta 6 oz Crackers 1 pkt Chix Salad 4oz Let Bed 1/4 c Tom/ Olive Salad 1/2 c P. Beets 1/2 c Bread 1 sl Peaches 1/2 c</p>	<p>7</p> <p>15 Juice 4 oz Pork 4 oz Noodles 1/2 c Grn Beans 1/2 c Bread 1 sl Brownie 1 ea</p>
<p>11</p> <p>Grld Beef Strips 4 oz Rice 1/2 c Spinach 1/2 c Bread 1 sl Citrus Sectns 1/2 c</p>	<p>12</p> <p>Crn of Broccoli 6 oz Crackers 1 pkt Chix Salad 4 oz w/ olives, tom, blk beans &amp; corn- 1 c Dressing 1 pkt Corn Muffin 1 ea Applesauce 1/2 c</p>	<p>13</p> <p>Roast Trky 4 oz Gravy 1/4 c Mash Potatoes 1/2 c Veggies 1/2 c Cranbry Sauce 2 tbsp Biscuit 1 sl Tropical Fruit Cup</p>	<p>14</p> <p>Fish 4 oz Fruit Rice 1/2 c (with Apples) Broccoli 1/2 c Bread 1 sl Frt Cktil 1/2 c</p>	<p>22</p> <p>Grape Juice Turkey Tetrzzini Sauce Brown Rice California Blend Veg- gies Pumpnickel Bread Ice Cream Cup</p>
<p>18</p> <p>Veal 4 oz Noodles 1/2 c Beets 1/2 c Bread 1 sl Frt Cktil 1/2 c</p>	<p>19</p> <p>Cranberry Juice Broccoli Bake Stewed Tomatoes Romaine Salad French Dressing Rye Bread Oatmeal Raisin Cookies</p>	<p>20</p> <p>Orange Juice Baked Chicken Parmesan Rigatoni and Sauce Spinach Salad Italian Dressing Italian Bread Cinnamon Applesauce</p>	<p>21</p> <p>Yankee Bean Soup Unsalted Crackers Tuna Salad with Celery and Onion Carrot Raisin Slaw Hot Dog Roll Apricots</p>	<p>29</p> <p>Pinapple Orange Juice LS Sliced Honey Ham Oven Roasted Potatoes Broccoli with Red Pepper Rye Bread Mandarin Oranges</p>
<p>25</p> <p>Homemade Meatloaf Onion Gravy Sweet Potato Peas Potato Bread Plum</p>	<p>26</p> <p>Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies Warm Peach Cobbler with Topping</p>	<p>27</p> <p>Codfish Cakes Steak Fries Cole Slaw Ketchup Corn Muffin Tropical Fruit Cup</p>	<p>28</p> <p>Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Peas and Carrots Apple Pie</p>	

# SEPTEMBER 2017

# Events

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 9:30am Yoga 12:45pm Wii Bowl 1:15pm Mahjongg 1:30pm Photography Drop In
<b>4</b> LABOR DAY HOLIDAY SENIOR CENTER CLOSED	<b>5</b> 9:45am Exercise 12:45pm B Pressure 1pm Movie Renters Rebate-by appt only	<b>6</b> 9:30am Ceramics 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring 1pm CT Adult Living Program	<b>7</b> 9am Swedish Weaving 9:45am Exercise 1pm Special Bingo	<b>8</b> 9:30am Yoga 12:45pm Wii Bowl 1:15pm Mahjongg 1:30pm Photography DI
<b>11</b> 10am AARP Bd Mtg 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Tournament Begins	<b>12</b> 9:45am Exercise 12:45pm B Pressure 1pm Movie Renters Rebate—by appt only	<b>13</b> 9:30am Ceramics 10am Knitters 10:30am Shopping 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring	<b>14</b> 9am Swedish Weaving 9:45am Exercise 1pm Bingo	<b>15</b> 9:30am Yoga 11:30am Magical Music Program 1:15pm Mahjongg 1:30pm Photography DI Foot Care by appt
<b>18</b> 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Tournament 7pm CFA Meeting	<b>19</b> 9:45am Exercise 12:45pm B Pressure 1:15pm AARP Mtg Renters Rebate—by appt only	<b>20</b> 9:30am Ceramics 10am Knitters 10:30am Shopping 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring 1pm Appetizers Galore	<b>21</b> 9am Swedish Weaving 9:45am Exercise 1pm Bingo Footcare—by appt	<b>22</b> 9:30am Yoga 12:45pm Wii Bowl 1:15pm Mahjongg 1pm Get the Scoop on Medicare 1:30pm Photography DI
<b>25</b> 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Tournament	<b>26</b> 9:45am Exercise 10am Manicures 12:45pm B Pressure Noon TED Talks Renters Rebate-by appt	<b>27</b> 9:30am Ceramics 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring 1pm Let Mouth Care be your BFF	<b>28</b> 9am Swedish Weaving 9:45am Exercise 1pm Special Bingo	<b>29</b> 9:30am Yoga 11am Lunch Bunch 12:45pm Wii Bowl 1:15pm Mahjongg 1:30pm Photography DI



---

## 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 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 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](http://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

The Berlin AARP Board of Directors will meet at 10:00 am on Monday, September 11, at the Senior Center. The monthly Chapter meeting will be held on Tuesday, September 19, at the Senior Center. A speaker from the office of the Town Manager will discuss the current state of Berlin/Kensington, followed by an ice cream social. All members are requested to attend.

A Seniors Safe Driver Class, sponsored by AARP Chapter 3035, is scheduled for Thursday, September 14, from 9:00 to 1:00 pm at the Berlin Community Center. The class provides a certificate which entitled a discount on car insurance premium. Pre-registration is required. Contact Barbara Dixon at 860-828-6295.

### COMMISSION FOR THE AGING MEETING

**Monday, September 18th at 7:00PM**

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:

**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.

<u>Date</u>	<u>Donor's Name</u>	<u>Donation(Designated for)</u>
8/21/17	Anonymous	Transportation
8/25/17	Anonymous	Senior Center

**We appreciate all donations received at the Center!**

---

## TED Talks

---

**Tuesday, September 26th at Noon**

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.

**Sign up begins on Wednesday, September 13th.**

---

## Berlin-Peck Memorial Library Monthly Events

---

**Sit & Knit: Thursday, Sept. 7 @ 6 pm, Sept. 14 @ 1 pm, Sept. 21 @ 6 pm, Sept. 28 @ 1 pm**

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

**Movie Matinee: *This Beautiful Fantastic*: Friday, Sept. 8 @ 1 pm** This story is a contemporary fairy tale. Facing eviction in a month if she can't resurrect the dying garden in her backyard, reclusive librarian Bella Brown meets her grumpy next-door neighbor, who happens to be a talented horticulturalist. Rated PG.

**Taking Better Pictures Using any Camera: Monday, Sept. 11 and Sept. 18 @ 6:30 pm**

**Monday, September 11:** Learn how to take and compose clear pictures. Learn how to use the best exposure and light for your photograph. **Monday, September 18:** Learn the pros and cons of color and black and white photography. Learn how to take artistic photos. Each class lasts 90 minutes. Lou Zucchi is an award-winning Art Photographer and a member of Salmagundi in NYC. Register online or phone: 860-828-7126.

**Taking Care of Your Aging Parent: Tuesday, Sept. 19 @ 6:30 pm** Program presented by attorney firm Rembish & LaSaracina, LLC. They will cover topics such as Power of Attorney, Health Care Proxy, Living Wills and Long Term Title XIX. Register online or phone: 828-7126.

**Wine Glass Etching Night: Thursday, Sept. 21 @ 6:30 pm** Etch wine glasses with local crafter Louise French. All supplies are included. Registration required as supplies are limited: 860-828-7126.

**Movie Matinee: *Immortal Life of Henrietta Lacks*: Friday, Sept. 22 @ 1 pm** An African-American woman becomes an unwitting pioneer for medical breakthroughs when her cells are used to create the first immortal human cell line in the early 1950s. Rated TV-MA.

**Connecticut in the Great War: Thursday, Sept. 28 @ 6:30 pm** Come learn about what CT was like during World War One. It is said that CT factories produced more than a third of all small arms munitions used by the Allied Forces. Join Christine Pittsley from the CT State Library's "Remembering World War One" project. This program has is possible in part by the CT State Library and a major grant from the National Endowment for the Humanities: Exploring the human endeavor. Additional information about the National Endowment for the Humanities and its grant programs is available at: [www.neh.gov](http://www.neh.gov). Register online or phone: 860-828-7126.

**Movie Matinee: *Testament of Youth*: Friday, Sept. 29 @ 1 pm** A powerful story of love, war and remembrance, based on the First World War memoir by Vera Britain. A searing journey from youthful hopes and dreams to the edge of despair and back again, a film about young love, the futility of war and how to make sense of the darkest times. Rated PG-13.

---

## 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](http://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 ends 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".

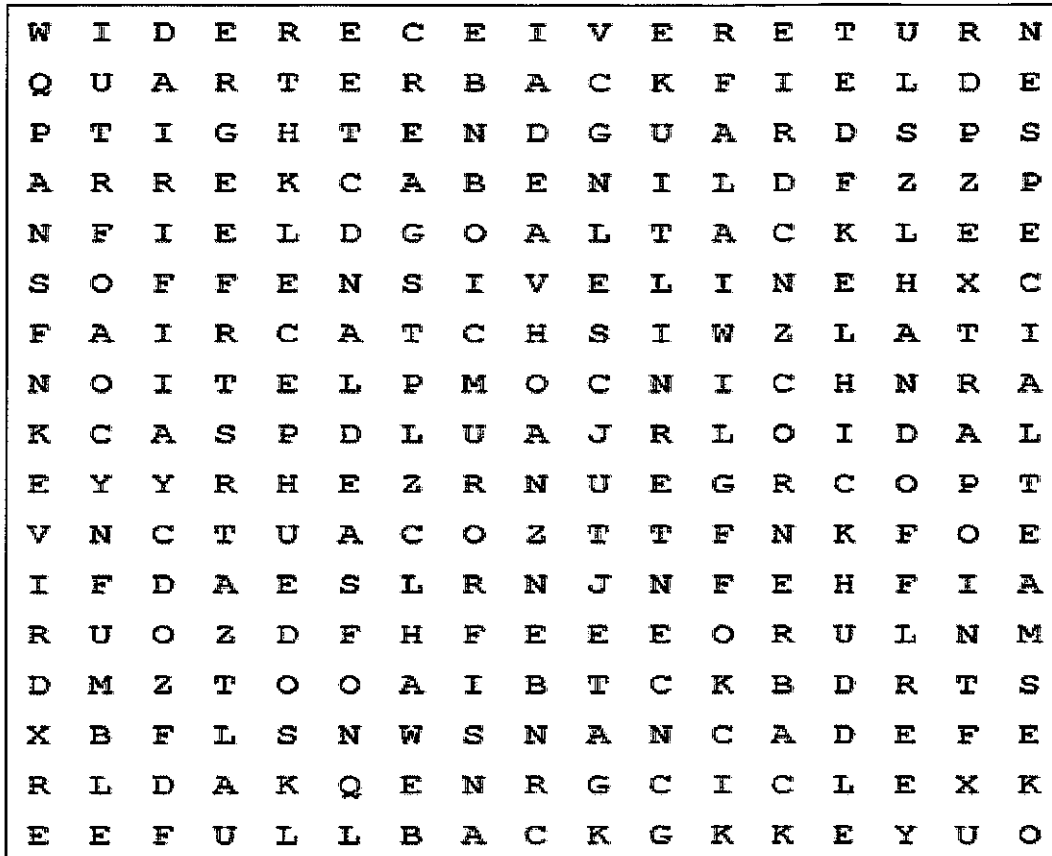
### AARP Safe Driver Program

#### **Nov 6th, 2017 at Berlin Senior Center from 8:30am to 12:30pm**

The Berlin Police Dept. will sponsor an AARP Safe Driver Class on Monday, November 6th, 2017 from 8:30am to 12:30pm at the Berlin Senior Center, 33 Colonial Drive, Berlin, CT 06037. This program will teach drivers how to boost safety awareness, refresh and improve their driving skills, minimize crash risks, increase confidence, prolong mobility and maintain independence. The class also provides a certificate that entitles participants to a discount on their car insurance premiums. Class size is limited. Registration is required so to register or obtain more information, contact AARP Instructor Joe Casso at 860-828-6929. **Snow Date is Monday, November 13th.**



# Football Terms Word Search



BACKFIELD  
CENTER  
CORNERBACK  
DOWN  
DRIVE  
END ZONE  
EXTRA POINT  
FAIR CATCH

FIELD GOAL  
FULLBACK  
FUMBLE  
GUARD  
HALFBACK  
HAND OFF  
HUDDLE  
INCOMPLETION

INTERCEPTION  
KICKOFF  
LINEBACKER  
OFFENSIVE LINE  
PUNT  
QUARTERBACK  
RED ZONE  
RETURN

RUSHING  
SACK  
SAFETY  
SNAP  
SPECIAL TEAMS  
TACKLE  
TIGHT END  
WIDE RECEIVER

© puzzles-to-print.com

## Senior Center Book Discussion

### Upcoming Book Discussions:

October 4th "Light Between Oceans by M. L. Steadman

November 1st—The Two-Family House by Lynda Cohen Loigman

December 13th—The Red Bandanna by Tom Rinaldi

Please note: All Discussions are held at the Berlin Senior Center, 33 Colonial Drive, Berlin, CT 06037.

Copies of the books may be picked up at the Berlin Peck Memorial Library.

---

## 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, Sept 5th "Gifted"

Frank Adler is a single man raising a child prodigy - his spirited, young niece Mary - in a coastal town in Florida. Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's formidable mother, Evelyn, whose plans for her granddaughter threaten to separate Frank and Mary. Rated PG-13

**Tuesday, Sept 12th "Going in Style"** Lifelong buddies Willie, Joe and Al decide to buck retirement and step off the straight-and-narrow for the first time in their lives when their pension fund becomes a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. 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, September 29th, 2017** we're off to Bill's Seafood again in Westbrook. The senior bus will leave the senior center at 11:00am. Signups will be taken beginning at 9:00am on Wednesday, Sept 13th. Telephone signups will be taken after 12 Noon on the 13th. **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 Sept 13th. The second trip is to **The Christmas Tree Shoppes in Manchester** at 10:30AM on Sept 20th. **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.