

BERLIN SENIOR CENTER LINES

NOVEMBER 2017

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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Greetings from the Director

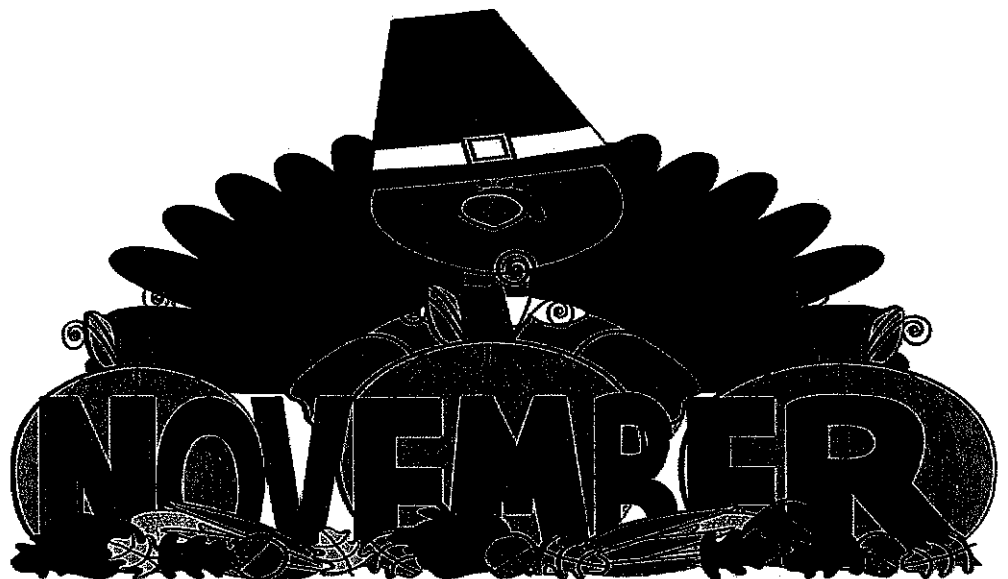
This month is our annual Holiday Boutique which is held on Election Day, November 7th from 8:30am to 3:00pm. We will have some wonderful raffle baskets, lovely handmade items, puzzles, books & small tag sale items. We will be selling homemade soups and sandwiches for lunch. I hope you will come and support us.

The Center will be celebrating our Veterans on Friday, November 10th at 8:30am with a breakfast. The breakfast is for veterans only. Please make sure you sign up

We will also be providing transportation to any senior that needs a ride to the Veteran's Program at Berlin High School on Thursday, Nov 9th at 7:00PM. Please contact the Center if you need a ride.

Please note: The Senior Center is open on Veteran's Day, but closed on Thanksgiving & Friday, Nov 24^h. The staff at the Center would like to wish you and your families a Happy Thanksgiving!

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 curbside; 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 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.

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

Nov 9th - Westchester Theatre "Annie Get Your Gun" You will enjoy a matinee performance at the Westchester Broadway Theatre where lunch is included. Choice of entrée upon arrival. After lunch, you'll watch *Annie Get Your Gun*,. **Cost: \$104.00 Per Person. Itinerary subject to change and availability. Sign ups still being taken.**

Nov 17th Radio City Christmas Spectacular Upon arrival in NYC enjoy lunch at the famous Italian restaurant Carmine's. After lunch, you're off to enjoy the 2017 Edition of the Radio City Christmas Spectacular, starring the world-famous Rockettes. This is a Holiday Getaway that can't be missed.. **Cost: \$198.00 Per Person. Itinerary subject to change and availability. Sign ups still being taken.**

Dec 12th - Boars Head Feast Williams Inn w/ Bright Nights You'll arrive in Williamstown, MA for a day filled with merriment and a wonderful Christmas Feast. After your afternoon of food and entertainment, you will stop at the Bright Nights holiday light display for some breathtaking sights. **Cost: \$109.00 Per Person. Itinerary subject to change and availability. Sign ups still being taken.**

Dec 14th - Holiday Train Show at NY Botanical Gardens Lunch is at Ann & Tony's, located on the famous Arthur Avenue. A 5th generation Bronx landmark. After lunch, you will enjoy the Holiday Train Show at the New York Botanical Gardens. Join us for this wonderful holiday getaway! **Cost: \$102.00 Per Person. Itinerary subject to change and availability. Sign ups are still being taken.**

Dec 13th - 15th Amish Christmas Getaway Spend three days in Lancaster, PA enjoying good food and beautiful sights. You will enjoy two shows—"White Christmas" and "Miracle of Christmas" during your visit along with shopping at the Amish Quilt & Craft Shop and at the Kitchen Kettle Village. There will be a stop at the National Christmas Center and Elva's Barnyard Studio with a presentation by Elva Hurst. You'll head home with many, many wonderful holiday memories! **Cost: \$475.00 PP Double, \$600.00 PP Single, \$455.00 PP Triple. Itinerary Subject to Change and Availability. Cancellation Insurance is available and recommended for this tour. Sign ups are still being taken.**

Dec 19th - Polynesian Christmas with Bright Nights—Depart to Chicopee, MA to the Hu Ke La Restaurant and Dinner Theater. Enjoy a complete luncheon featuring of Prime Rib or Chicken and Broccoli with Pork Fried Rice. Following lunch we will enjoy a "Polynesian Christmas" show featuring Polynesian dancers, traditional Hawaiian Christmas dances and Christmas songs. After the show, we will depart for the Holyoke Mall and the Christmas Tree Shop .Our last stop today is at Forest Park in Springfield, MA where the Bright Lights Festival. **Cost: \$77.00 Per Person. Itinerary Subject to Change and Availability. Sign ups are still being taken.**

Dec 19th—UCONN vs Oklahoma Sooners at Mohegan Sun— Depart to Mohegan Sun Arena to enjoy a game between the UCONN Women's Huskies as they take on the Oklahoma Sooners. Includes transportation, tickets to the game, food voucher and Casino Bonus and driver's gratuity.. **Cost: \$69.00 Per Person. Itinerary Subject to Change and Availability.**

Jan 27th- UCONN vs Tulane at Gampel Pavilion—Enjoy a game between our favorite UCONN Women's Huskies as they take on the Tulane Green Wave. Game Time is at Noon. Includes transportation, ticket to game, and driver's gratuity.. **Cost: \$60.00 Per Person. Itinerary Subject to Change and Availability**

BE ON THE LOOK OUT FOR THE LIST OF 2018 TRIPS IN THE DECEMBER NEWSLETTER!

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

Music & Pie

Friday, Nov 3rd at 1:00PM

Come enjoy the beautiful sound of this dynamic duo. Willie Nininger and Jan Schruggs are back for a repeat performance. They will have you tapping your feet and swaying to the beat before you know it. Immediately following the show you will enjoy a wonderful piece of pie along with a cup of coffee and/or tea. Sign ups are now being taken.

Senior Center Holiday Boutique

Tuesday, Nov 7th from 8:30AM to 3:00PM

We are accepting baked goods, gently used books and puzzles and small tag sale items for the boutique. All items must be cleaned and gently used. Baked goods can be dropped off on Monday, November 6^h and first thing Tuesday morning. All other items can be dropped prior to that date. All proceeds from this event go to the Senior Center.

Special Bingo

Thursday, Nov 9th at 1:00PM

Ledgecrest Convalescent will be sponsoring this special Bingo on Thursday, Nov 9th at 1:00pm. A special refreshments will be served. .Our regularly scheduled games will be played. No sign up is necessary.

Veterans Day Breakfast

Friday, November 10th at 8:30am

Calling all Veterans! The Senior Center will be hosting a breakfast in your honor to celebrate your service to our great country. Sign up begins Nov 1st.

Berlin Historical Society Story Share

Wednesday, Nov 15th at 1:00PM

On Wednesday, Nov 15th, from 1-3 pm at the Berlin Senior Center, the Historical Society will present another slide show of vintage photos chosen to inspire audience participation. This is the ninth in a series of story shares highlighting the history of neighborhoods and communities of Berlin. The focus of this session will be the southern part of town. To register for this free event, call 860-828-7006. The public is welcome.

Posture and Pain

Wednesday, Nov 15th at 1:00PM

Learn how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. This program is sponsored by the Jerome Home. Sign ups are now being taken.

Turkey Bingo

Wednesday, Nov 22nd at 1:00PM

Come join us for our annual Thanksgiving bingo! Delicious Thanksgiving Day pies will be raffled off at the break. Our regularly scheduled games will be played. No sign up necessary.

How to Obtain an Absentee Ballot to Vote

Absentee ballots can be obtained by calling or by contacting the Town Clerk's Office at (860) 828-7038. You will need to receive an application which needs to be filled out before the ballot is mailed to you. The last day to obtain an absentee ballot is Monday, Nov 6th. **For those senior residents who need a ride to the polls on Election Day you may call either the Democratic Town Committee Headquarters or the Republican Town Committee Headquarters. The numbers are as follow: Democratic Headquarters : (860)930-7216 or (860) 997-5208 and Republican Headquarters – Anne Reilly # (860)538-3103**

Weekly Classes

Please note the change of day: The Tuesday Exercise class has been changed to Monday for the period of November 6th thru January 9th.

Exercise for Wellness Class

EVERY MONDAY @ 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"

ADULT COLORING Every Wednesdays at 1:00PM Coloring for adults has become a popular stress-reduction trend and a great way to relax. We will supply the coloring sheets and colored pencils.

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 Thursday, Nov 9th and Friday, Nov 17th.** 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.**

Tuesday, Nov 7th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Nov 14th	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Nov 21st	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, Nov 28th	12:45 PM ~ 1:45 PM	Blood Pressure Screening

Ladies Free Manicures

Tuesday, November 28th 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 Nov 1st.**

Open Enrollment for Medicare D

October 15th to December 7th

Any clients – new or returning who wishes to be screened should call Doug Truitt, Assistant Director of Community Services at the Town Hall to schedule an appointment. You may reach Doug at 860-828-7059. His hours at the Town Hall are Monday-Wednesday 8:30am to 4:30pm, Thursday 8:30am to 7:00pm and Friday 8:30am to 1:00pm.








November Menu



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 VETERANS DAY HONORING ALL WHO SERVED		Chicken Pot Pie Brown Rice Green Beans Biscuit Peaches	Grape Juice Crab Cakes with White Sauce Mashed Potatoes Tuscany Vegetables Rye Bread  Birthday Cake	Apple Juice Vegetarian Chili White Rice Carrots Corn Muffin Pears
Grape Juice Sloppy Joe Mashed Potato Corn Hamburger Bun Rice Pudding	Hearty Vegetable Soup Unsalted Crackers Eggplant Rolette with Meat Sauce Buttered Ziti Peas Oatmeal Bread Pineapple Chunks	Unbreaded Fish Filet with Lemon Butter Sauce Harvest Rice Stewed Tomatoes Multi Grain Bread Mandarin Oranges	Apple Juice Eye of the Round Beef Gravy Egg Noodles Peas and Carrots 100% Whole Wheat Brownie with Topping	 CLOSED
Cranberry Juice Chicken Ala King over Wild Rice Oriental Blend Veggies Pumpnickel Bread Pears	Swedish Meatballs with Sour Cream Gravy Buttered Noodles Beets Rye Bread Apricots	Apple Cider Roast Turkey with Giblet Gravy Stuffing Mashed Potato Butter Ginger Carrots Cranberry Sauce <i>Thanksgiving Special</i> Dinner Roll Pumpkin Pie with Whipped Topping	Cranberry Juice Lasagna Rollette Meat Sauce Romaine Salad French Dressing Garlic Bread Vanilla Pudding	Pier 17 Fish Tartar Sauce Mashed Sweet Potato Spinach Dinner Roll Citrus Sections
Meatloaf Brown Gravy Mashed Potatoes Green Beans 100% Whole Wheat Apricots	Orange Chicken Au Jus Buttered Orzo Scandinavian Veggies Multi Grain Bread Fresh Apple	Orange Juice Fish Sandwich Sweet Potato Tots Chuck Wagon Veggies Tartar Sauce Hamburger Bun Oatmeal Raisin Cream Pie	Happy Thanksgiving! 	
Cream of Broccoli Unsalted Crackers Turkey Meatball Sub French Fries Mixed Veggies Sub Roll Fresh Orange	Grape Juice Spaghetti with Chicken, Broccoli, Garlic, and Butter Parmesan Cheese Garden Salad Italian Dressing Garlic Bread Applesauce	Cranberry Juice Hamburger Baked Beans Cole Slaw Hamburger Bun Cookies	Sweet & Sour Vegetable Soup Unsalted Crackers Sweet & Sour Pork Fried Rice Oriental Vegetables Fortune Cookie Oatmeal Bread Pineapple	

NOVEMBER 2017

Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30am Ceramics 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring 1:30pm Book	2 9am Swedish Weaving 9:45am Exercise 1pm Bingo EA -by appt only	3 9:30am Yoga NO Wii Bowl 1pm Music & Pie 1:15pm Mahjongg 1:30pm Photography Drop In
6 8:30am AARP Defensive Driving Class 10am Scrabble 12:30pm Bridge Tournament 1pm Setback	7 12:45pm B Pressure Election Day Polling Site No Exercise Class Senior Center Holiday Boutique	8 9:30am Ceramics 10am Knitters 10:30am Shopping 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring	9 9am Swedish Weaving 9:45am Exercise 1pm Special Bingo Footcare—by appt EA-by appt only	10 8:30am Veterans Breakfast 9:30am Yoga 12:45pm Wii Bowl 1:15pm Mahjongg 1:30pm Photography DI
13 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Tournament	14 9:45am Exercise 12pm TED Talks 12:45pm B Pressure	15 9:30am Ceramics 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring 1pm Story Share 1pm Posture and Pain	16 9am Swedish Weaving 9:45am Exercise 1pm Bingo EA-by appt only	17 9:30am Yoga 11:30am Lunch Bunch 12:45pm Wii Bowl 1:15pm Mahjongg 1:30pm Photography DI Foot Care by appt
20 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Tournament 7pm CFA Mtg	21 9:45am Exercise 12:45pm B Pressure 1:15pm AARP Mtg	22 9:30am Ceramics 10am Knitters 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring 1pm Turkey Bingo	23 Thanksgiving Holiday Senior Center Closed	24 Thanksgiving Holiday Senior Center Closed
27 10am Scrabble 12:30pm Bridge Tournament 1pm Setback Tournament	28 9:45am Exercise 10am Manicures 12:45pm B Pressure 1pm Movie	29 9:30am Ceramics 10am Knitters 10:30am Shopping 1pm Cribbage DI 1pm Dominoes 1pm Adult Coloring	30 9am Swedish Weaving 9:45am Exercise 1pm Bingo EA-by appt only	

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.

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 Tuesday, November 13th at the Senior Center. The monthly Chapter meeting will be held on Tuesday, November 21st at the Senior Center at 1:15pm. Entertainment will be by the Humblebees. Refreshments will follow. All members are requested to attend.

REMINDER: Please remember to bring your donations of warm hats, mittens, gloves, and scarves for the Salvation Army.

COMMISSION FOR THE AGING MEETING

Monday, November 20th 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:

Nov 3 & 17, Dec 1, 15 & 29

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. The monetary donations are deposited in our Senior Center Agency Fund with the Town's Finance Department. The funds are used for programs/items needed at the Center. You may specify what you would like the donation used for, such as transportation, programs, food for an event, etc. If you have any other questions please contact Tina at 828-7006.

<u>Date</u>	<u>Donor's Name</u>	<u>Donation(Designated for)</u>
10/5/17	Anonymous	Senior Center
10/5/17	Anonymous	Senior Center
10/5/17	Joy Kasiski	Senior Center
10/20/17	Anonymous	Senior Center

TED Talks

Tuesday, November 14th at Noon (Please note date change)

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 Monday, November 6th

Berlin-Peck Memorial Library Monthly Events

Charlton Comics Event: Wednesday, November 1, 6:30 pm Are you a fan of comic books and superheroes? Meet the producer/directors of the new documentary on Charlton Comics, a comic book company right here in Connecticut that featured legendary artists and writers from the golden and silver age of comics.

Sit and Knit: Thursday, November 2 & 9 & 16 @ 6:00 pm

Movie Showings: The Big Sick: Friday, November 3, 1 pm and Monday, November 6, 6:30 pm

Rated R. 2 hours. Pakistan-born comedian Kumail and grad student Emily fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness and is placed in a medically induced coma, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings.

A Conversation on Russia: Saturday, November 4, 1:00 pm Russia is in the news: the Olympic games in Sochi, the annexation of Crimea, the crisis in Eastern Ukraine, the deterioration of ties with Europe and the US through sanctions—and more. Explore current global geo-political issues with Sergei Kambalov, a Russian economist who has served at the UN for 21 years.

Adult Coloring: Mondays, November 6, 13, 20, & 27, 1:30 pm Every Monday in November. Looking for a way to relax, find your inner zen... and explore your artistic side? Look no further: coloring books are here to help! Your 5-year-old self would be so proud.

Long Term Care Seminar: Wednesday, November 8, 6:30 pm Come learn about how the State's Partnership for Long-Term Care can help you plan ahead for your future long-term care needs. No sales or solicitations – just information that you should know.

A Visit with Queen Victoria: Thursday, November 9, 3:00 pm Join us for tea with the Queen! Using Queen Victoria's diary and letters, performer Sally Mummey reveals the personal details of the woman who ascended to the British throne as a teenager.

Stock Club: Tuesday, November 14, 1:30 pm Join local investors for discussions on stock market trends.

An Introduction to Creative Nonfiction Writing: Wednesdays, November 15 & 29, 6:30 pm

Do you have an interesting life? Have you always wanted to get it down on paper but were not sure how? This course will lead you in the right direction! Discover the art of writing essays and memoirs.

Movie Matinee: To Walk Invisible: The Bronte Sisters: Friday, November 17, 1 pm Rated TV-PG. 2 hours. A chronicle of the Brontë sisters' battle to overcome obstacles and publish their novels, which would become some of the greatest in the English language.

Coming in December: Our annual gingerbread house contest and display...

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

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.

Energy Assistance Program

We will be taking appointments for Energy Assistance applications for those seniors who heat with **DELIVERABLE FUEL (OIL, KEROSENE & PROPANE)**. Every Thursday from 8:30am to 3:30pm we will be taking applications by appointments. **The following documentation is needed:** Copy your latest bank statement (**All Pages**) showing direct deposit of you 2017 check. Must be current or not more than one month old, Copy of your **latest 2017** pension check or bank statement (**All Pages**) showing direct deposit. Must be current or not more than one month old., **Assets-Proof of each account.** Must show current value (not interest earned) of all "liquid" accounts, such as bank books, check books, CD's, money markets, IRA's, stocks, bonds, etc. Your "liquid" assets-can not exceed \$12,000 (renters) or \$15,000 for (homeowners). If you are over the asset limit, the difference will be added to your income. **All pages of all assets will be required.**, Gas or Electric Bills are required for households whose primary heat is gas or electric. The name and address on the bill must match one member of the household who is applying for Energy Assistance, Social Security Numbers and dates of birth for each member of the household, Name, address and telephone number of landlord. **A Rent receipt is only required for people whose heat is included in their rent.**, Name and address of your oil vendor or other vendor of deliverable fuel (coal, propane, etc.). Check with vendor to be sure that they are participating in the State of CT Energy Assistance Program for the 2017/2018 heating season., Income must be shown for every member of the household. If employed-household member(s) must provide last four consecutive paystubs. Annual Income guidelines (**for households whose heat is not included in their rent**) are as follows:

One Person Household – Income cannot exceed \$ 34,366

Two Person Household – Income cannot exceed \$ 44,940

Please call Jane at 828-7006 with any questions you may have regarding eligibility requirements and documentation and to schedule your appointment We will take applications for Electric and Gas customers in November.

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

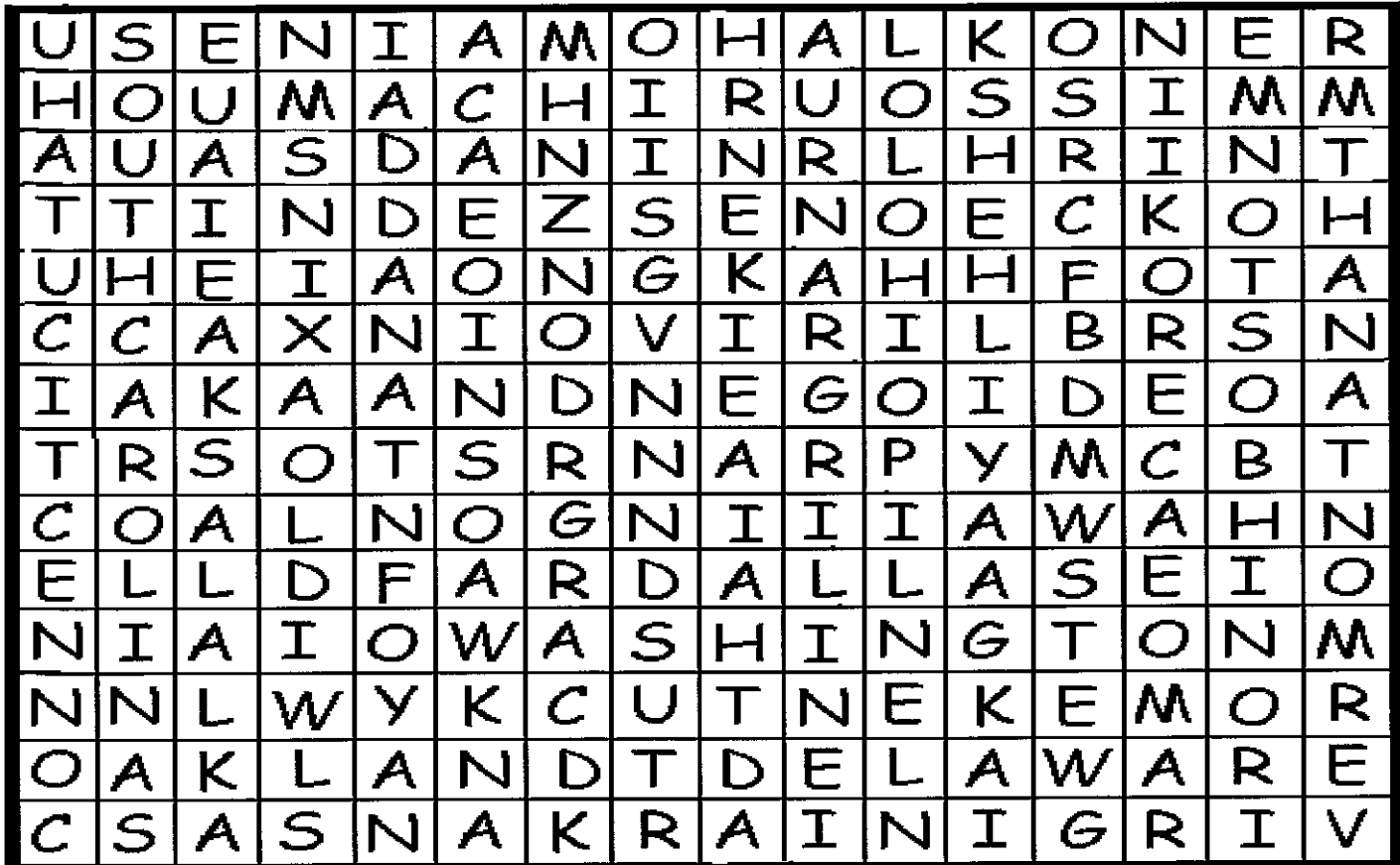
We have a nice selection of large print books, bestsellers and paperbacks. We use the "honor system". You can select up to two books at a time and keep them as long as you want. We do accept donations "gently used" hard covers and paperbacks. Donations can be dropped off at the Senior Center. We ask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

Top50States.com Word Search Puzzle #1



ALASKA
ARIZONA
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BOSTON
CALIFORNIA
CONNECTICUT
DALLAS
DELAWARE
DENVER
FLORIDA
HAWAII
HOUMA

IDAHO
INDIANA
IOWA
KANSAS
KENTUCKY
KONA
MAINE
MESA
MIAMI
MICHIGAN
MISSOURI
MONTANA

NEW YORK
OAKLAND
OHIO
OKLAHOMA
OREGON
RENO
ROME
SOUTH CAROLINA
TEXAS
UTAH
VERMONT
VIRGINIA
WASHINGTON

Senior Center Book Discussion

This month's book discussion is on the book "the Two Family House" by Lynda Cohen Loigman.

Brooklyn, 1947: in the midst of a blizzard, in a two-family brownstone, two babies are born, minutes apart. The mothers are sisters by marriage. The once deep friendship between the two starts to unravel and no one knows why.

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

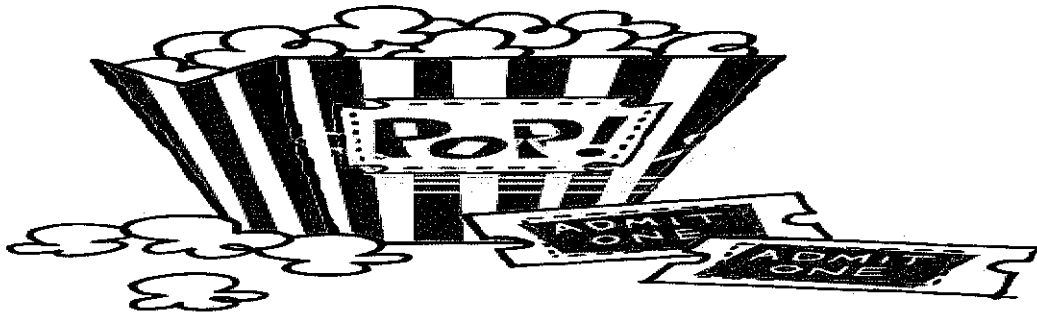
Copies of the books may be picked up at the Berlin Peck Memorial Library.

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, November 28th at 1:00pm— The Shack

After enduring a terrible tragedy, a father receives a mysterious invitation to visit a nearby shack. There, he experiences a divine intervention from a group of strangers, who lead him on a theological inquiry in this uplifting faith-based drama. Rated PG-13 by the Motion Picture Association of America for thematic material including some violence.



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, November 17th, 2017** we’re off to the Wood N Tap Restaurant in Newington. The senior bus will leave the senior center at 11:30am. Signups will be taken beginning at 9:00am on Wednesday, Nov 8th. Telephone signups will be taken after 12 Noon on the 8th. **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 **Target or Home Goods in Southington** at 10:30AM on Nov 8th . The second trip is to **Walmart in Cromwell** at 10:30AM on Nov 29th. **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.