INSIGHT

April 2019 Newsletter

FREE - Please take one and Enjoy!

Publication of the Berlin Senior Center

"Thank you everyone for the best retirement party anyone could have ever been blessed with. Thank you for the gifts, the exercise chair, all the delicious food, your attendance and your friendships...always, Karen."

Besties in Berlin

Christina from Baked Cakes by Design and Deidre from The Dandelion Farm will be giving a demonstration on Tues. April 16 at 11:30 "In the Kitchen" at the Berlin Senior Center. We'll all enjoy lunch together afterwards. You can bring a dish to pass or drop $4 in the "kitty". Enjoy food, fun & fellowship!

In-The-Kitchen Program
Tuesday, April 16th at 11:30
Please bring a dish to pass!

Day Trips

Full payment is required at time of reservation to guarantee your seat.
Interested in joining? Call us now! Meals, transportation, tickets and gratuity are included in costs.
Cancellations are refunded only if a replacement is found.
Checks may be made out to: Berlin Senior Center
Mail checks to: 142 Water Street, Berlin WI 54923

AS SEEN IN THE
BERLIN JOURNAL

Thursday, May 2nd
Brewer's Game
$125 - 5 spots available

Tuesday, May 14th
Packer's Hall of Fame
$70 - several spots available

Explore WI Part II: Chippewa Falls

Thursday, June 13th

This trip is a full day of adventure with barely any walking. Our day begins with a hop on bus tour of the historical downtown area of Chippewa Falls. Next, following our lunch, we enjoy a show about Chippewa Falls and follow that with downtown shopping. Last stop is Leinenkugel's Brewery.

$73

Cruisin' on into Summer

Thursday, July 11

$55 - only 15 spots left!

Our Summer day trip begins with a Chief Waupaca Cruise with lunch on the boat; a tour of King's Veterans' Home; then on way home (at cost to individuals on their own) is a stop at the Red Mill for ice cream/coffee/gift shop stop.

Thursday, August 15

$52 FAMILY DAY

We are having our first Family Day: We start at Hinchley Farm Tours where you have the chance to see the ins and outs of a real working dairy farm. After lunch at a restaurant in Madison, we head to the famous Henry Vilas Zoo before stopping for ice cream that will be available for individual purchases at Babcock Dairy.

You're Invited to

Aging Advocacy Day!

May 14, 2019 Madison, WI

Join advocates from around the state to help educate state legislators about the issues affecting older adults and caregivers in Wisconsin.
No experience is necessary; training is provided prior to your meetings with state lawmakers at the State Capitol.
10:00 am - 3:00 pm
Park Hotel, 22 S Carroll St. Madison and the Wisconsin State Capital

Registration is already open at:
https://gwaar.org/AgingAdvocacyDay
Or contact your local aging unit or ADRC.

Registration Deadline is April 30, 2019.
#WIAgingAdvocacyDay #WIAAD

Make a difference. Let your voice be heard!

RAINY DAY, SUNNY DAY, ANY DAY IS EXERCISE DAY!

Whether you want a light or vigorous workout, you can find it here. Maybe you have been doing rehab and want to continue to workout to stay fit. No only do we have classes Mondays, Wednesdays, and Fridays at 10:30 - we have a wide variety of exercise equipment just waiting to be used. There is no charge and it's available most hours and days. **WHAT A DEAL!** Give us a call at the center for available times. 920-361-5422 **SEE YOU SOON**!

Stop in and check out the new layout!

APRIL (daily) Activities

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:00 Line Dancing 10:30 Senior Tones 10:30 Pool Shooting 10:30 Exercise w/ Judy 12:30 Sheepshead 1:00 Bowling Lanes	9:00 Bridge 10:30 Pool Shooting 12:30 Poker 5:30 pm Bible Group meets @ Wyngate Apts 2d Tues 12:30 Veteran Socialization Group 3d Tues 11:30 In-The-Kitchen Program	10:00 Woodcarving 10:30 Pool Shooting 10:30 Exercise w/Judy 12:30 Sheepshead 1st & 3rd Wed: Foot Clinic by Appt. 3rd Wed. 9:30 Low Vision Support Group Irene Kutz, Green Lake Benefit Specialist meets by Appt. Call 294-4070	8:30 Metal Detecting 9:00 Quilting 10:30 Pool Shooting 11:00 Tanner Bingo 12:30 Cribbage 1st Thur. of the Month 1:00 Singers practice	10:30 Senior Tones 10:30 Pool Shooting 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Poker 12:45 Bridge - Call Gerene at 361-3323

April (NEW) Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 BIRTHDAY MEAL Wellness & Vital Ck. Clinic - 11:30 AARP TAXES	3 AARP TAXES 9:00 Foot Clinic	4 1:00 Singers Practice	5
8 Line Dancing is BACK!	9 12:30 VA Group	10	11 2:00 Singers at Patriot Place in Berlin	12 1:00 Library Movie "Green Book" PG13 Vision Science Symposium: Madison
15	16 11:30 In-The-Kitchen Besties in Berlin with Deidre and Kristina Please Bring a dish to Pass	17 9:00 Pool Tournament in Berlin 9:00 Foot Clinic 9:30 Eyes Have It	18 2:00 Singers at Westbrooke Manor in Oshkosh	19 GOOD FRIDAY CLOSED April 21st: Easter
22	23 9:30 Committee on Aging	24	25 12:30 Robert's Physical Therapy Presentation 2:00 Singers at Juliette Manor in Berlin	26
29	30			

There is a new Dining Club starting, see page 7 for more information!

Birthday Meal
Served 1st Tuesday of Month:
Tuesday, April 2nd

2 Sue Formiller
2 Donna Booth
5 Lorraine Wood
5 Jerry Pfugradt
6 Georgene Bagley
6 Lloyd Werch
7 Betty Malzan
8 Robert Bonneville
9 Patty Deschler
10 Ramona Miracle
12 Denise Chier
14 Toni Hepfner
16 Minnie Blackmore
16 Lucille Reetz
17 Charles Huibregtse
18 Mary Ann Kraft
18 Angie Browning
19 Barbara Kurczek
19 Merlyn Soda
22 Noel Follmer
22 John Kastner
27 Marilyn Henke
27 Les Krueger
29 Mary Wuske
29 Violet McMahon

Did you know the Nutrition program has been running for 40 years?!

In honor of that accomplishment, we will be offering a **Sundae Bar the last Friday of the month** following the noon meal.
Join us on April 26th!

Meals include menu as is listed. Also coffee or milk, bread & butter.
Suggested $4 age 60+. Meals are eaten at Noon. This is a Green Lake County Elderly Nutrition Meal site. Please Call (361-5422) by 9:00 on the day you'd like to eat a noon meal at the Center.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PAUL HANAN	**2 BETTY VOSS**	**3 DON KRESCBACH**	**4**	**5 ELEANOR WESNER**
Beef & Bean Burritos Garden Salad Sour Cream & Salsa For Dipping Fresh Fruit Bowl	**BIRTHDAY MEAL** Baked Parmesan Chicken Sweet Potatoes California Bl, Veg. Mandarin Orange Birthday Cake	Lasagna Garlic Bread Broccoli Fruit Cocktail Apple Crisp	Turkey Sand. Cowboy Beans Tri Tatars Garden Salad Fresh Fruit Bowl	Mac & Cheese Stewed Tomatoes Green Salad W/ Sunflower Seeds Diced Peaches Jello Poke Cake
8	**9**	**10 VICKIE CLARK**	**11**	**12**
Chicken Casserole w/ Broccoli Garden Salad Pears Brownies	7 Layer Salad Egg Salad Sand. Fruit Cocktail Peanut Butter Cookies	Salisbury Steaks W/ Caramelized Onions Mashed Potatoes & Gravy Corn Ambrosia Salad	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Apple Pie	Oven Baked Tilapia Garden Salad Baby Bakers 3 Bean Bake Cherry, Pineapple Dump Cake
15 KAY ROETHEL	**16 BETTY VOSS**	**17 JEANNE SHEAD**	**18 PAUL ROETHEL**	**19**
BBQ Pulled Pork on A Bun Cole Slaw Tri Tatars Diced Peaches Rice Krispy Bars	**11:30** **IN-THE-KITCHEN** **BRING A DISH TO PASS**	Pork Loin Mashed Potatoes & Gravy Buttered Corn Pears Blueberry Muffins	Baked Potato & Salad Bar w/ All The Fix-ins Chili Beans Tropical Fruit German Chocolate Cupcakes	**GOOD FRIDAY** **CLOSED FOR THE HOLIDAY**
22 PAUL HANAN	**23 AMANDA M.**	**24 KATHY HINTON**	**25**	**26 ROSE MCGRATH**
Beef Stroganoff Over Noodles Broccoli Pears Magic Bars	Ham Loaf Baby Bakers Mixed Veg. Taffy Apple Salad w/ Pineapple Chunks	Meat Balls w/ Gravy Over Noodles Peas & Carrots Fruited Jell-O	Chicken W/ Gravy & Mashed Potatoes Green Beans Peaches Sherry's Choc Bundt Cake	Chinese Chop Suey w/ Asian Veg. Garden Blend Wild Rice Garden Salad Cherry Southern Salad
29 AMANDA M.	**30**			
Cheesy Broccoli, Cauliflower Soup Green Salad Tropical Fruit Oatmeal Raisin Cookies	Meatloaf Au Gratin Potatoes Mixed Veg. Strawberry Short Cake		**ALL MEALS INCLUDE, MILK OR COFFEE, WHOLE GRAIN OR WHITE BREAD W/ BUTTER**	

ROBERT'S PHYSICAL THERAPY PRESENTS:
DRY NEEDLING

Please join Dr. Kelly Ashbeck, OCS for a free interactive workshop held Thursday, April 25th, 2019 at 12:30 p.m. on the benefits of dry needling. Dry needling is a manual therapy technique in which a solid filament needle is inserted into the skin and muscle directly at a myofascial trigger point. A myofascial is a hypersensitive spot within a taut portion of a muscle. A trigger point is active when this hypersensitive spot within the muscle creates spontaneous pain and is directly related to pain complaints. Dr. Ashbeck will demonstrate how the muscle reacts to dry needling on various areas of the body on a Roberts Physical Therapy staff member. During his demonstration he will explain how dry needling works, what areas of the body and diagnosis dry needling can treat, and the side effects of dry needling. Please join us for this free and educational workshop to learn more about dry needling.

Thursday, April 25th at 12:30

SENIOR DINING CLUB

COMING SOON

Spring is here and that means things are changing! We have decided to create a new group here - the Seniors Dining Club. Bi- or Tri-Monthly, we will rent a bus and take seniors to a dining club in the area. **If you are interested in being added to the contact list: please call 361-5422!**

2019 ThedaCare Diabetes Health Fair

Tuesday, April 23, 2019

4:00 - 6:30 pm

CITY INN BANQUET HALL

689 BROADWAY ST.

STOP BY THE SENIOR CENTER BOOTH

WE'D LOVE TO SEE YOU!

MISSION STATEMENT

To actively involve, enlighten, enrich, and empower the independence of older adults in our community.

Contact Information

Hours.....Monday-Friday 8:30 to 4:00
Phone..... **920-361-5422**
Address.....142 Water Street
(Just off of North Capron Street)
www.cityofberlin.net

Senior/Rec. Programming Coordinator
Sara Nighbor

Senior Assistant Programming Coordinator

Head Cook Deb Mirr
Assistant Cook Sherry Gates

Chauffeurs and Meal Delivery
Al, Larry, & Dennis

Meal Delivery Beverly, Paula & Larry

NOON MEALS

Green Lake County Nutrition Program
Monday through Friday
Dine in or homebound have meals delivered. Cost: Suggested donation of $4 over age 60. Under age 60 the cost is $15.96. Call by 9:00 am on the day you want to eat. For home bound meals call 920-294-4070

TRANSPORTATION

Monday thru Friday. Seniors age 55+
Hours available: 8-10:30 am & 1-4:00 pm.

Transportation is funded by Grant 85.21
Co-payment for in-town trips are:
Round trip $2.00
Round Trip with use of the ramp $10.00
Call for out-of-town costs

Hall Rental

Looking for a place to rent for a family gathering, bridal or baby shower, birthday party, or any other event? The Berlin Senior Center is the place to check on!
For more information call 920-361-5422.