

FREE - Please take one and Enjoy!

INSIGHT

JULY 2019 Newsletter



**SENIOR
CENTER
PICNIC**

JULY 18TH

**RIVERSIDE
PARK**



Publication of the Berlin Senior Center

SIGN UP REQUIRED

You are Invited: BERLIN SENIOR CENTER PICNIC

Thursday, July 18th

It's that time of year again, come join us for good food and fun activities. If you are interested in joining, please stop in or give us a call so we can sign you up!

361-5422

PONTOON RIDES!



DELICIOUS
FOOD!

COME
JOIN!

B-I-N-G-O



**10:00 Boat Ride
12:00 Lunch then
BINGO**



Welcome
our new
driver!!



**In - the - Kitchen Garden Party
Tuesday, July 16th 11:30**



We are happy to welcome our newest driver Deb Thom who will be working at the center on Wednesdays to deliver Meals and help run our transport van. Deb has lived in Berlin 30+ years is married with three adult children and five grandchildren. Deb enjoys spending her free time reading, painting, camping, volunteering with 4H group and loves spending extra time with her Grandchildren whenever possible. Please introduce yourself to Deb when you get a chance.

We will meet again at Mary Navin's garden as she hosts the Party at 260 East Liberty for our July's In-The-Kitchen program. Please bring a dish to pass if possible or a goodwill donation of \$6.00 to help with the extra expenses. What a treat!

CHIPPEWA FALLS



Last month, we did a day trip to Chippewa Falls which began with a historical tour. Afterwards, we grabbed lunch at the Heyde Center of the Performing Arts.



We enjoyed a performance following lunch and then headed over to Leinie Lodge for some refreshments!



If you are interested in signing up for any of our other trips, check out [page eleven!](#)



GREAT THINGS TO DO!

Park and Recreation- July Programs for Adults

Berlin Senior Center Location

July 10 **Sewing and Ironing Basics** - 5:30 pm

July 17 **Scrapbooking** - 5:00pm

July 24 **Homemade Candles** - 5:30 pm

July 31 **Cooking Basics** - 5:00 pm



Senior Dining Club - August 1st 6PM

South Shelter House- Riverside Park

August will be a Potluck Picnic dinner together. Brats will be furnished. We are asking everyone to bring a potluck dish of their choice to pass around and choice of beverages. Both Singles and Couples are urged to attend. We will play games after dinner. Please call Jean Wenig 361-3071 by July 29th to reserve your spot! Its sure to be a Fun Time !! (Rain location - Berlin Senior Center).



STARGAZING JULY 25TH



Join Starlab Director Paul Kinzer for an evening of sky exploration outside. Come learn about Constellations, stars, planets, and other fun facts about the night sky. Bring along your own telescope or binoculars and a blanket or lawn chair. FREE!

Registration is required, call 361-5437.



Matinee of the Month:

The Public

July 12th at 1pm at the Berlin Public Library. Join us for "The Public" which tells the story of an act of civil disobedience turns into a standoff with police when homeless people in Cincinnati take over a public library to seek shelter from the bitter cold.

Berlin Farmers & Artists Market

Tuesdays 4-7pm / June - Sept

July

3 No Market due to holiday

9 Rivers Shores Band

16 Erin Krebs

23 Kylar Kuzio

30 Frankie Jo

September

3 Benjamin Cloyd

10 Sister Winchester

17 Copper Box

24 Old Time Sounds

August

6 Sam & Mads

13 Bruce Humphries

20 Nic Rossi Xperience

27 Buck 50



JULY Birthdays

1 Josie Hartzke	20 Rita Gaylord
3 Al Youngbauer	22 Bernadette Briski
3 Rand Bersch (driver)	22 Donna Haima
3 Shirley Schneider	22 Neil Hillstrom
5 Judy Hale	22 Nancy Trochinski
5 Donald Hertzberg	24 Evelyn Loudon
9 Sharon Johnson	25 Eileen Prah
10 Flo Brown	25 Bob Young
11 Audrey Bunchkowski	26 Marion Sonnentag
11 Luanne Gifford	27 Betty Sedarski
14 Bonnie Simson	29 Geraldine Henke
14 Connie Simson	29 Jo Von Anderson
15 Bobby Hornsby	31 Virginia Radtke
17 Joan Alf	31 Jeanette Ruckhaber
17 Louise Sedarski	31 Carol Smidl

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆ **Join Us for the Birthday Meal** ☆
 ☆ **Tuesday July 2nd** ☆
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Eat with us as we celebrate those
with July Birthdays!



Don't forget about Fridays with Friends
 A chance to win \$10!

HAPPENING THIS MONTH

JULY IS

EYE INJURY PREVENTION MONTH

Did you know that in the United States, over 2000+ eye injuries happen every day and only half of those are in the workplace? Eye injuries can occur at any time or place and in the month of July, there is an extra danger that usually isn't present : **Fireworks**.

LEADING
CAUSES OF
EYE INJURIES



SPORTS
ACCIDENTS



CONSUMER
FIREWORKS



HOUSEHOLD
CHEMICALS



FLYING
DEBRIS

90% of Eye Injuries are preventable with the use of proper safety eyewear.

Please wear the proper equipment to protect yourself this holiday and do NOT try to treat an eye injury yourself - contact your eye doctor or an emergency room immediately for help.

Quilters Club

Just look at our new beautiful quilt designs. We always have a group of ladies that come into the Center on Thursdays to share in the creation of quilts and the sheer joy of putting together remarkable quality crafted blankets. We just added a Beautiful Red, White and Blue Themed Quilt to add a touch of Spirit to your home for the upcoming Independence Day. Please stop in to view our latest designs or Make An Offer on one of our lovely quilts for sale to take home and treasure for yourself!

Every Thursday at 9:00 AM



FOOT CARE CLINIC

Lotus Foot Care, LLC is offering expert foot care for Seniors right here at the Berlin Senior Center.

The foot care is provided by an experienced registered nurse certified in foot and toenail care here in our community. This service would be ideal for Diabetics, Seniors, and those affected with nerve conditions. Lotus Foot Care is licensed and insured.

Upcoming Dates of Foot Care Clinic:

Wednesday, July 3rd &

Wednesday, July 17th



**Call Keren at
920-637-0754
to schedule an
Appointment**

WALKERS NEEDED



Walking has long been considered an ideal form of physical exercise. It is easy, accessible, requires no special skills or equipment, poses little risk of injury, and can be done virtually anywhere. Moreover it has been shown to be effective in contributing to overall weight loss, lowering BMI (body mass index) and body fat percentage, and decreasing blood pressure. If this has you convinced to start, join the Walking Club here at Your Center! Keep track of steps and call us for more information at 361-5422. We celebrate our progress bi-monthly with a party!

In the Kitchen Continues.....

We love to have special guests share their latest recipes and tips with our Seniors. Please call our center if you would like to be added to our Fall Schedule. This is held the 3rd Tuesday of each month. Contact Office at 361-5422

May 21st
Dave Parker
Health Connection.
Chicken Salad



April 16th
Christina from
Baked and
Deidre from
Dandelion Farm
Cake Pop Treats



June 18th
Shari Knaub and
Daughter Heather.
Patriotic Themed
Recipes



JULY (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 <u>2d Tues 12:30</u> Veteran Socialization Group <u>3d Tues 10 AM -</u> Memory Café <u>3d Tues 11:30</u> In-The-Kitchen Program	10:00 Woodcarving 10:30 Pool Shooting 10:30 Exercise w/Judy 12:30 Sheepshead <u>1st & 3rd Wed 9:00</u> Foot Clinic <u>3rd Wed. 9:30</u> 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 <u>1st Thur. of the Month</u> 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

JULY (NEW) ACTIVITIES

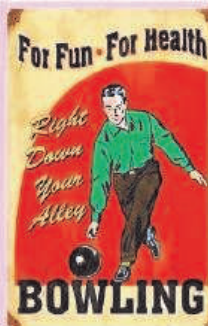
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 12:30 Tai Chi	2 <u>BIRTHDAY MEAL</u> Birthday Cake! 1:00 Singers Practice	3 12:30 Tai Chi	4 CLOSED	5 NO MEAL SERVICE TODAY
8 12:30 Tai Chi	9 9:00 Foot Clinic 12:30 VA Group 1:00 - Girl Power 4:00 Leather Class	10 12:30 Tai Chi 3:00 - Kids in Kitchen 5:30 - Sew/Iron Basics	11 Trip - Waupaca Cruise 1:00 Girl Power 2:00 Singers-Preston Pl 4:00 Leather Class 6:00 Pickleball- At High School	12
15 12:30 Tai Chi	16 <u>In-The-Kitchen</u> <u>11:30 Garden Party at Mary Navins.</u> 10:00 Memory Café 1:00 Girl Power 4:00 Leather Class	17 9:00 Pool Tournament in Wautoma 12:30 Tai Chi 5:00 Scrapbooking	18 <u>10:00 SENIOR PICNIC</u> 1:00 Girl Power 2:00 Singers Prairie PL 4:00 Leather Class 5:30 Photo Frame Art-Parks 6:00 Pickleball - BHS	19
22 12:30 Tai Chi	23 9:30 Committee on Aging 4:00 Leather Class	24 12:30 Tai Chi 5:30 Homemade Candles	25 2:00 Singers-Juliette Manor 4:00 Leather Class 5:30 - Jewelry Creation 8:30 - Star Gazing	26
29	30	31 5:00 - Cooking Basics		

PROGRAM NOTICES:

Bowling Deal

Need to work on your hand-eye coordination? Bowling is a great choice to help with that. It also helps with your balance and muscle growth as it gets you up and moving around. Berlin Bowling Lanes offers a deal Every Monday at 1:00, come on down and have some fun!

Berlin Bowling Lanes
Every Monday 1:00
\$5 for 3 Games



Memory Cafe

Third Tuesday of the month
10:00 - 11:30 a.m.
New location!
Tuesday, July 16th
Meets at Berlin Senior Center, 142 Water St.

A Memory Cafe is a monthly meeting group for people with mild memory loss, early Alzheimer's or other dementias, or mild cognitive impairment who are living at home. Each month offers a different activity based on the group's interests. Family members and friends are encouraged to attend. No registration needed.

If assistance is required, please bring someone with you. Questions? Call Kristine Biesenthal at (920) 294-4100.

Rock Painting Speaker
this month!



This program is offered in partnership with Green Lake County Department of Aging.



Learn how to repair your clothes and keep them looking pressed with our Home Economics class offered.

Sewing/Ironing Basics

Wednesday,
July 10th at
5:30pm
FREE



Homemade Candle Creations

Wednesday, July 24th at 5:30pm
Join this FREE class and learn how to create unique candles. All basic materials and instructions are provided and you leave class with a free candle you made yourself!

Early Bird Swim: Monday ~ Friday

5:45 - 8:00 am

Daily Fee \$2

Season Pass \$45

MORNING SWIM BERLIN AQUATIC CENTER

Swimming is an ideal workout because it presents little risk of injury and is low impact. Water exercises work out all the muscle groups in the body, presenting a complete body workout. Here are a few of the health benefits:

- ♦ Improves heart health: Swimming makes your heart stronger, larger and improves your cardiovascular health and endurance. It will also lower your blood pressure, improve your circulation and help reduce the risk of heart and lung disease.
- ♦ Gentle on your joints: Swimming isn't weight bearing, so it keeps pressure off your hips, knees, and spine.
- ♦ Reduces the risk of Osteoporosis: Swimming can improve bone mineral density, which will fight osteoporosis. Over the age of 50, 1/3 of women and 1/5 of men experience a bone fracture due to Osteoporosis.
- ♦ Boosts mental health: Swimming is a great way to reduce your stress levels, boost your mood, and increase your brain function. Plus, because swimming can be a social activity, you'll avoid the feelings of social isolation and loneliness that can lead to depression.

Whether you want to swim laps or just wander around in the water – enjoy the health benefits of water resistance in the beautiful early morning sun.



Scrapbooking How To Class

Wednesday, July 17th at 5:00pm

Learn how to preserve moments and memories in this FREE class offered here at the Senior Center! Call 361-5422 to register today!





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 AMANDA M	2 BETTY VOSS	3 KAY KOLLAT	4	5
Sloppy Joes Cole Slaw Baby Bakers Peaches Sherbet	<u>BIRTHDAY MEAL</u> Ham Loaf Cheesy Potatoes Mixed Vegetables Mandarin Oranges Birthday Cake	Beef & Bean Burrito Garden Salad w/ Spinach Strawberry Short Cake	CLOSED	Kitchen Closed NO Meal Delivery
8 PAUL HANAN	9	10 VICKIE CLARK	11 JEANNE SHEAD	12 ELEANOR WESNER
Smoked Turkey Sand 3 Bean Bake Garden Salad Peaches & Cottage Cheese	Baked Potato & Salad Bar with Chicken Cheese & All the Fixins Peach, Blueberry Crisp	Meatloaf Baby Bakers Calif Blend Vegetables Pears Pineapple Angel Food Cake	Lasagna Garlic Bread Cauliflower Tropical Fruit Cake	Oven Baked Tilapia Twice Baked Potato Garden Salad Mandarin Oranges Cherry Pie
15 KAY ROETHEL	16 PAUL ROETHEL	17 PAUL HANAN	18 FRANCES HALL	19 ROSE MCGRATH
Meat Balls & Gravy Wild Rice Garden Salad Green Beans Pineapple Chunks Homemade Cookies	In-The-Kitchen 11: 30 Garden Party at Mary Navins Bring a Dish to Pass No Meal Delivery	Chicken & Mashed Potatoes w/Gravy Peas & Carrots Tropical Fruit Mandarin Orange Cake	Brats, Sauerkraut & All The Fixins Baked Beans Potato Salad Fresh Watermelon	Chicken Wraps With Black Beans & Spinach Garden Salad Fruited Jello
22 PAUL HANAN	23 BETTY VOSS	24 VICKIE CLARK	25 PAT RODENSAL	26 JEAN KAER
Chicken Pot Pie Casserole Cheesy Potatoes Garden Greens Pears Brownies	Spaghetti w/ Meat Sauce Garlic Bread California Bl. Veg. Garden Salad Ambrosia Fruit Salad	Salisbury Steaks w/ Caramelized Onions, Gravy Mashed Potatoes Corn Pears Cheese Cake	Parmesan Baked Chicken Sweet Potatoes Mixed Vegetables Fresh Salad Apple Pie	BBQ Ribs Cole Slaw Summer Roasted Veg. Peaches Ice Cream Sundae Bar
29 AMANDA M.	30 BETTY VOSS	31 PAUL HANAN		
Cheesy Hamburger Macaroni Casserole Broccoli Garden Salad Apricots Blue Berry Muffin	Pot Roast Mashed Potatoes With Gravy Spinach Salad Green Beans Mandarin Oranges Carrot Cake	BBQ Chicken On A Bun Homemade Coleslaw Baked Beans Fresh Fruit	Thank You Phone Volunteers who are listed at the top of the menu. We so appreciate you and all you do to help our center. THANKS!!	

2019 DAY TRIPS

WAUPACA CRUISE - JULY 11th

SOLD OUT

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

A waitlist has been started!

Autumn in Wisconsin Tour - \$60 Friday, October 11th

Scenic Train Ride amid the brilliant hues of fall plus stops in the Wisconsin Dells Area for a delicious lunch and afternoon teats at Ski-Hi Apple Orchards. For fresh baked apple pies, turnovers, caramel apples and fresh cider.



Dinner Theatre & Nutcracker in the Castle Thursday, December 12

\$89

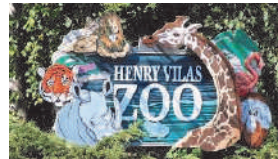
We are delighted to announce our Holiday Trip to The Paine Art Center for Nutcracker in the Castle self guided tour. Then we are off to Beckett's for a dinner theatre show of "A Christmas Carol" and our final stop will be a drive through "Celebration of Lights" at Menomonee Park to put us in the holiday spirit.



FAMILY DAY - AUGUST 15TH

\$52

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 Shoppe.



Only 20 spots left!

Barn Quilts and Cheese - Wednesday, September 11th

Spend the day in the Monroe area. First stop is Roth Kase cheese factory for a tour and fresh samples. Then lunch at the Swiss Turner hall for a scrumptious lunch buffet and shopping in their downtown square. Next we will have a local guide give us a tour of the many Barn Quilts and history of the farms that display them. Ending our trip at Hawk's Mill Winery for refreshments and relaxation.

\$54



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

MISSION STATEMENT

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

Contact Information

Senior/Rec. Programming Coordinator

Sara Nighbor

Senior Assistant Programming

Coordinator Shari Knaub

Head Cook Deb Mirr

Assistant Cook Lynn Andrews

Chauffeurs and Meal Delivery

Al, Larry, and Debbie

Meal Delivery Amy, Paula & Larry



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

Take A Ride In Our Van!

**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

Thank You Volunteers

Volunteers are always needed! Sign up to work 1-2 mornings per month if you can! We'd love to have your help.

Delicious 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

