

October 2019 Newsletter

# INSIGHT

Something **WICKED** this way comes...



## Holiday Gift Trip Ideas

The perfect way to celebrate Halloween is to sign up for our **WICKED** trip to Madison.

## Become a Member of our Birthday List!

**CHECK OUT OUR HALLOWEEN TIMELINE**

**NEW FRIDAYS!**  
Coffee and Conversation

**Energy Tips for Winter**

# WHAT'S NEW & HAPPENING

## Welcome Amanda Maierhafer



Amanda has been volunteering for the Center since early this year. She loves taking on the task of decorating for the new holidays. One of her favorite activities, besides baking and spending loads of time with her 2 year old and her mother, is reading.

A Berlin Event that is exciting to her is the Wisconsin author, Nickolas Butler, coming to the High School on Saturday, October 5, to discuss his novel *Shotgun Lovesongs*.  
**She Says...**

His character's struggle with heartache remind us of our own. Butler gives the reader permission to hurt and heal, as time and friendship soothe our wounds.

## Coffee and Conversation Every Friday!

Join us at 9am

A variety of guests and topics like intergenerational education, music therapy, businesses in Berlin and their unique attributes, independent living, and so much more.



## OCTOBER DINING CLUB

Thursday, October 10th  
6:00 pm

Join us for the next Dining Club, this time in Ripon at J's BBQ at 333 Watson St. For more information (or to let us know you'd like to join) stop in the Senior Center or give us a call at 361-5422.

## Halloween Party !!!

October 31st from  
11am-1pm

- Costume contest
- Games and treats
- Music and fun for all!



## DAY TRIPS AVAILABLE

### Dinner Theatre & Nutcracker in the Castle

Thursday, December 12

**Holiday Gift Ideas!**

**\$89**

We are delighted to announce our Holiday Trip to The Paine Art Center for a 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 Menominee Park to get in the holiday spirit. Sign up early or risk being left out in the cold!

Thursday,  
March 12th

**\$94**



**WICKED**

This trip will take us to Madison's Overture for the Arts to see the highly acclaimed musical *Wicked*. This show depicts the early lives of *Wizard of Oz* characters Elphaba-the Wicked Witch of the West- and Glinda-the Good Witch. It portrays Elphaba's birth to college years, her time of friendship with Glinda, her strong-willed political activism, and how she came to be the infamous Wicked Witch of the West. Join us as we learn the hidden backstory of these two beloved characters. This trip will only include the show and does not include a meal.



## In the Kitchen

Dietary Aide, Dawn Reed, with the Markesan Resident Home will demonstrate Healthful Holiday Pumpkin Bars. Replacing ingredients for diabetic, heart, and low sodium diets can be difficult. Ms. Reed makes it EASY!

11:30am Demo followed by a 12pm buffet style meal  
Tuesday, October 15, 2019 Bring \$6 or a dish to pass.

### Assistive Technology Fair for the Visually Impaired

Tuesday, October 1, 2019

10:00 am until 2:00 pm

At the **Berlin Senior Center**



FREE EVENT to inform the visually impaired of the latest technologies out there to improve quality of life for those individuals, their family and friends. Hourly Drawings!



#### Friends of the Senior Center Board

November 11-15, 2019. You must be a member to vote. Membership is \$5 and all proceeds go directly to your Center.

## 10 ways to Save \$\$\$ on your monthly energy bill

1. **Unplug your second refrigerator or freezer.** Prop open the door so that mold and mildew do not form. Wipe out with a light cleaner when you plug it back in.
2. **Wash your laundry in cold water.**
3. **Replace five most frequently used light bulbs with LEDs.**
4. **Use your microwave instead of oven.**
5. **Use ceiling fans only when in the room.** Apply this rule to lights, other appliances, and even the TV!
6. **Unplug chargers or other small appliances when not in use.** Any thing that is plugged in can draw small amounts of energy which can add up to big \$.
7. **Set your thermostat *up* in the summer.**
8. **Set your thermostat *down* in the winter.**
9. **Save on hot water.** Don't let the hot water run while doing dishes or brushing teeth.
10. **Turn down the thermostat on your water heater.** Just be sure to keep it above 120 so that bacteria doesn't form.

**ALSO, stop in to get a brochure on Weatherization Assistance Program from ADVOCAP.**






# OCTOBER (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  1st Tue. Birthday Meal  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  3rd Wed. 9:30 Low Vision Support Group  1st & 3rd Wed. 9:00 Foot Clinic - By Appt.  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 12:45 Bridge - Call Gerene at 361-3323

## October (NEW) Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BIRTHDAY MEAL  <div style="border: 1px solid black; padding: 5px; text-align: center;">             10:00 - 2:00  <b>VISION FAIR</b>   </div>	2  <b>9:00 Foot Clinic</b>	3  1:00 Singers Practice	4  9:00 Coffee & Conversation 
7	8  12:30 VA Group	9	10 2:00 Singers @ Oakwood Manor  6:00 Dining Club J' BBQ in Rlpon	11 9:00 Coffee & Conversation   <b>AUTUMN IN WI DAY TRIP</b>
14	15 10:00 Memory Café  11:30 In-The-Kitchen Markesan Resident Home	16 9:00 Foot Clinic  9:00 Pool Tournament in Berlin  9:30 Eyes Have It	17 2:00 Singers @ Prairie Place	18  9:00 Coffee & Conversation 
21 National Book Month  	22  9:30 Committee on Aging	23	24 2:00 Singers @ Juliette Manor	25  9:00 Coffee & Conversation 
28	29	30	31 11:00-1:00 PARTY!  2:00 Singers @ Pleasant Park Place	

# OCTOBER



## Halloween Timeline:

730-40s Pope Gregory III declares Nov. 1 All Saints Day, making October 31 All Hallow Eve.

1500-1800s Scotland and Ireland celebrate the holiday by dancing and singing for food and drink.

1920s immigrants to America carry on the tradition by adding pranks. When that turns into costly vandalism, public Trick or Treating guidelines are enforced.

1943-45 Trick or Treat is all but abandoned due to sugar rationing.

Sunday, October 27, 2019 Berlin, WI  
Trick or Treat from 3pm-6pm

- |                     |                        |
|---------------------|------------------------|
| 3 Paulette Weber    | 13 Ann Budde           |
| 4 Kathryn Krause    | 13 Barbara Resop       |
| 4 Mary Klak         | 14 Marian Heller       |
| 4 Ina Mlodzik       | 14 Bob Pribnow         |
| 4 Carol Mae Wallace | 14 Sharon Sorenson     |
| 4 Alice Waypa       | 15 Laurie Pavelske     |
| 5 Kay Roethel       | 15 Denice Stumpner     |
| 6 Gloria Beck       | 15 Jacilyn Boening     |
| 6 Kathy Walker      | 17 Jodi Kalkis         |
| 7 Willie Mehn       | 18 Jan Vanderhout      |
| 9 David Schmidt     | 21 Nancy Berger        |
| 9 Shirley Williams  | 21 Cheryl Coats        |
| 10 Thea Ringbauer   | 23 Evelyn Dally        |
| 11 Cheryl Schmidt   | 24 Gary Boening        |
|                     | 24 Florence Sobralske  |
|                     | 24 Brenda Zahn         |
|                     | 25 Jeannette Mitchelly |
|                     | 26 Kenneth Dozler      |
|                     | 27 Judy Eldred         |
|                     | 27 Marvin Edmonds      |
|                     | 30 Christine Brantley  |

Don't see your name on our Birthday List? Please stop in the office at the Berlin Senior Center. Sign up is free!

# OCTOBER

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
	<b>1 BETTY VOSS</b>	<b>2 VIRGINIA GOMEZ</b>	<b>3 VIRGINIA GOMEZ</b>	<b>4 VIRGINIA GOMEZ</b>
	Ham Loaf Twice Baked Potato Peas & Carrots Pears Birthday Cake	Parmesan Breaded Chicken Sweet Potatoes Green Salad Mandarin Oranges Taffy Apple Salad	Pork loin Mashed Potatoes w/ Gravy Broccoli Apple Sauce	Baked Tilapia Seasoned Potato Wedges W/ Chick Peas Cheesy Broccoli Peaches Moon Cake
<b>7 PAUL HANAN</b>	<b>8</b>	<b>9</b>	<b>10 VIRGINIA GOMEZ</b>	<b>11</b>
Tatar Tot Casserole Broccoli Mixed Green Salad Mandarin Oranges Home Made Peanut Butter Cookies	Chicken Mashed Potatoes & Gravy Green Beans Pears Carrot Cake	Spaghetti w/ Meat Sauce Cauliflower Green Salad Fresh Fruit	Baked Potato & Salad Bar w/ Meat Cheese & All The Fix-ins Fruited Jell-O	Egg Salad Sand. On Wheat Cold Broccoli/Caulif Salad Banana Angel Food Cake Topped w/ Fruit
<b>14 KAY ROETHEL</b>	<b>15</b>	<b>16 PAUL HANAN</b>	<b>17</b>	<b>18</b>
Strip Steak Stir Fry w/ Asian Veg. Over Rice Peaches Spice Cup Cakes w/ Peanut Butter Frosting	<b>CLOSED KITCHEN NO MEAL DELIVERY</b>	Lasagna Broccoli Garlic Bread Green Salad Strawberry Short Cake	Bacon, Lettuce & Tomato Sand. On Wheat Toast Broccoli/Calif. Cold Salad Fresh Fruit Bowl String Cheese	Oven Baked Tilapia Seasoned Potato Wedges 3 Bean Bake Cole Slaw Pineapple Chunks Jell-O Poke Cake
<b>21 PAUL HANAN</b>	<b>22</b>	<b>23</b>	<b>24 JEANNE SHEAD</b>	<b>25 ROSE MCGRATH</b>
Roasted Turkey Sand. Cowboy Beans Garden Salad Peaches Cottage Cheese Choc. Chip Cookies	Salisbury Steaks / Caramelized Onions Mashed Potatoes & Gravy Mixed Veg. Fruit Fluff Dessert	BBQ Pork Sand. Home Made Potato Salad Garden Salad Pineapple, Cherry Dump Cake	Meat Loaf Scalloped Potatoes Green Beans Bl. Beans & Rice Strawberry Short Cake	Chinese Chop Suey w/ Meat & Asian Veg. Wild Rice Pineapple Chunks Berry Cheese Cake
<b>28 PAUL HANAN</b>	<b>29</b>	<b>30</b>	<b>31 VIRGINIA GOMEZ</b>	
Mom's Pizza Casserole Broccoli Garlic Bread Salad Peaches Cake	Chicken Alfredo Over Noodles Carrots & Peas Green Garden Salad Mandarin Oranges Banana Cream Pie	Sloppy Joes Cheesy Hash Browns Cowboy Beans Spinach Salad Tropical Fruit Oatmeal Raisin Cookies	BBQ Ribs Baby Bakers Broccoli / Caulif. Cold Salad Deviled Eggs Apricots Choc. Pudding	



## Join the team. Become a Tax-Aide volunteer.

With the help of people like you, AARP Foundation Tax-Aide offers free tax-filing help to those who need it most. We're looking for compassionate and friendly individuals to join our team of local volunteers for the upcoming tax season.

You'll receive training and continued support in a welcoming environment. And, as our current volunteers tell us, you'll not only learn new skills, but also get a great feeling from helping someone else. If you're interested in making a difference in this area, we've got a role for you!

We offer free tax preparation help to anyone, with special attention to older, low-income taxpayers. We understand that many individuals may miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. Last year about 300 people were assisted in the Green Lake County area. You'll work with taxpayers directly; filling out tax returns and helping them seek a refund. Experience isn't necessary — we'll provide training and IRS certification.

### There are a variety of positions available:

- Volunteer Tax Preparer
- Client Facilitator
- Technology Coordinator
- Communications Coordinator

Get that great feeling from helping your neighbors in need by joining our volunteer team today!

Sign up at [www.aarp.org](http://www.aarp.org) or email [tax-aide@aarp.org](mailto:tax-aide@aarp.org)

*AARP Foundation Tax-Aide is offered in conjunction with the IRS*



# Contact Information

**Senior/Rec. Programming Coordinator**  
Sara Nighbor

**Senior Assistant Programming Coordinator** Amanda Maierhafer  
**Head Cook** Deb Mirr

**Assistant Cook** Lynn Andrews  
**Chauffeurs and Meal Delivery**  
Al, Deb, Larry

**Meal Delivery** Amy, Paula & Larry

## 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**

**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 \$16.84**  
**Call by 9:00 am on the day you want to eat.**  
**For home bound meals call 920-294-4070**

## MISSION STATEMENT

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

**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](http://www.cityofberlin.net)**

**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.**



**Volunteers Wanted**  
**Senior and Community phone volunteers are wanted and needed at the Berlin Senior Center. We will train a friendly face!**

## Delectable Noon Meals

