

January 2020 Newsletter

INSIGHT

A New Year Brings...



FREE - Please take one and Enjoy!

UPCOMING EVENTS



**Friday,
February 7th**

Come with us to see Milwaukee's Symphony Orchestra play Sinatra and Friends. We'll stop at the Copper Kitchen

and have a delicious home-cooked meal before we're off to the Riverside Theatre, The venue is absolutely gorgeous, the architecture is divine.

\$73

\$94



WICKED

Wicked depicts the early lives of Wizard of Oz characters Elphaba - the Wicked Witch of the West - and Glinda - the Good Witch. Join us as we learn the hidden back-story of these two beloved characters. This trip will only include the show and does not include a meal.

Thursday, March 12th

**Thursday, June 18
Heritage Hill & Door County
Cruise**

\$85

We start at Heritage Hill with an experience like none other. On this exclusive tour, you will get to touch and hold select artifacts that are generally not allowed to be handled, even by Heritage Hill's staff! Next the tour boat navigates the waters north along Peninsula State Park's seven mile shoreline. Learn about the

Park's human and natural history, including the story of the Niagara Escarpment. Minimal walking from the buildings is required.



FOOT CLINIC

NEW DATES



Beginning in January of 2020, the Foot Clinic will be changing from Wednesdays to the **2nd and 4th Thursdays**.

January 2020 dates :

- Thursday, January 9th
- Thursday, January 23rd

If you would like to make an appointment, please call Keren at **920-637-0754**

SHINGLES PRESENTATION

Wondering if you should take the Shingles vaccine? Not sure what that is? Doctor of Pharmacy Conner Hanson of Ripon Drug will be giving a presentation on what it is, and why any one over the age of 50 should consider taking the shingles vaccination.



Tues., January 7th 11:00

All of us at the Berlin Senior Center would like to thank The Trout Museum of Art for their kind donation of "snow" and many other items for our Ladies Tea in December. It's wonderful people like them who make the world go round!

Thank you!

THE TROUT
MUSEUM
of ART

NEW 2020 Bus Trips

2020 Brewer's Game Wednesday, April 1



Join us as we head back to the **Northwestern Mutual Legends Club at Miller Park** to dine and then experience a Brewer's Game in a comfortable indoor and outdoor setting. There's a full buffet featuring



\$125

dishes prepared by the Club Chef, carving stations, appetizers, a gourmet salad station, a build your own nachos bar, assorted desserts, unlimited soft drinks, and coffee. Each ticket comes with two complimentary draft beers or glasses of house wine per adult.

Janesville Rotary Gardens & Lincoln/Tallman House May 1, 2020

\$ 68

Rotary Botanical Gardens is an award winning 20-acre, botanic showcase with 26 different garden styles and 4,000 varieties of plants. We'll enjoy guided garden tours and shop in the Cottage Garden Gallery Gift Shop. Next we stop at Lincoln/Tallman House and Wood Museum. Learn about the mansion, members of the Tallman family, and the events that caused Honest Abe to spend two nights in the house.



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

JANUARY (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	9:00 Woodcarving 10:30 Pool Shooting 10:30 Exercise w/Judy 12:30 Sheepshead 3rd Wed. 9:30 Low Vision Support Group Irene Kutz, Green Lake Benefit Specialist meets by Appt. Call 294-4070	9:00 Quilting 10:30 Pool Shooting 11:00 Tanner Bingo 12:30 Cribbage 1st & 3rd Thurs. 9:00 Foot Clinic - By Appt. (920)637-0754 1st Thur. of the Month 8:30 Metal Detecting 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 

January (NEW) Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Please patronize our advertisers. They help us GROW.</p>		1 CLOSED 	2 NO SINGING GIGS FOR THE MONTH OF JANUARY	3
6	7 BIRTHDAY MEAL 11:00 Shingles Talk 11:30 Wellness Check	8 9:00 Woodcarving 	9 9:00 Foot Clinic 12:30 ABC of Housing Presentation	10
13	14 Dementia Live Day 10:00 Memory Café 12:30 VA Group	15 9:00 Woodcarving 9:30 Eyes Have It	16	17
21 Martin Luther King Day 	21	22 9:00 Woodcarving	23 9:00 Foot Clinic	24
27	28 9:30 Committee on Aging	29 9:00 Woodcarving	30	31



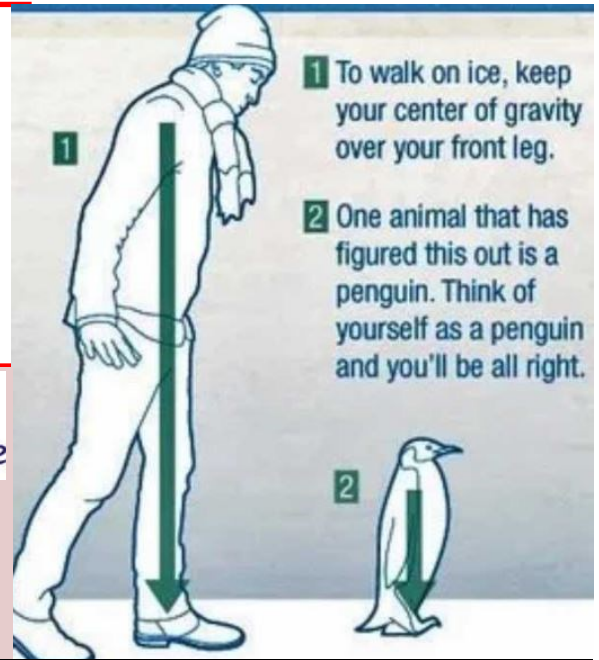
Tax time is almost here! We will be having tax assistance again but we need help! AARP needs ONE more volunteer to help with intake and signing people in. They would

check papers and make copies. If you think you can help, please give us a call at 361-5422 and ask for Sara.

Dementia Live

Dementia Live is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with the cognitive impairment and sensory change. Dementia Live heightens empathy and promotes understanding of the disease, creating a better way to communicate with those who have dementia.

Tuesday, January 14th 9:30 am
(4 time slots available)



1 To walk on ice, keep your center of gravity over your front leg.

2 One animal that has figured this out is a penguin. Think of yourself as a penguin and you'll be all right.

Enjoy getting this Newsletter but don't always want to have to run in to get it? Try finding it online! Head to www.cityofberlin.net and under Departments, choose Senior Center. Then all you have to do is click on Newsletters!



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	2	3
	ALL MEALS INCLUDE, MILK OR COFFEE, WHOLE GRAIN OR WHITE BREAD W/ BUTTER	CLOSED FOR THE HOLIDAY NO MEAL DELIVERY	Parmesan Breaded Chicken Sweet Potatoes Green Beans Mandarin Oranges Taffy Apple Salad	Baked Fish Sandwich Cole Slaw Potato Salad Fruit Cocktail Spice Cake W/ Peanut Butter Frosting
6	7 BETTY VOSS	8 PAUL HANAN	9 KAY KOLLAT	10 DON KRESCBACH
Rigatoni Casserole Garlic Bread California Blend Veg. Mixed Green Salad Cherry-Southern Salad	BIRTHDAY MEAL Ham Loaf Au gratin Potato Green Beans Pears Cake	Spaghetti w/ Meat Sauce California Blend Veg. Green Salad Fresh Fruit	French Toast Casserole Garden Salad Oranges Blueberry Muffins	Salmon Patty Seasoned Potato Pasta, Chick Pea, Cold Salad Peaches Jell-O Poke Cake
13 PAUL HANAN	14	15 PAUL ROETHEL	16 PAUL ROETHEL	17 ELEANOR WESNER
Strip Steak Stir Fry w/ Asian Vegetables Garden Bl. Wild Rice Green Salad Fresh Oranges Devils Food Cup Cake	Meat Loaf Baby Bakers Green Beans & Rice Fresh Fruit	Lasagna Broccoli Garlic Bread Garden Salad Strawberry Short Cake	Roasted Chicken Mashed Potatoes Gravy Mixed Veg. Pears Homemade Carrot Cake	Oven Baked Tilapia Twice Baked Potato Home Made Cole Slaw Mandarin Orange Choc. Chip Cookies
20 KAY ROETHEL	21	22 VICKIE CLARK	23 JEANNE SHEAD	24 DOROTHY NELSON
Loaded Chicken Noodle Soup Fresh Veg. Platter Fruit Cocktail Corn Bread w/ Honey Butter	KITCHEN CLOSED NO MEAL DELIVERY	Salisbury Steak w/ Caramelized Onions Mashed Potatoes Gravy Corn Taffy Apple Salad	Roasted Turkey Sand Calico Beans Spinach Salad Peaches Choc. Chip Cookies	Chef Salad Broccoli/Calif. Cold Salad Angel Food Cake Made w/ Pineapple
27 PAUL HANAN	28 VICKIE CLARK	29 DOROTHY NELSON	30	31
Mama's Pizza Casserole Broccoli Garlic Bread Garden Salad Pears	Chicken Alfredo Peas & Carrots Garden Salad Mandarin Oranges Carrot Cake	BBQ Ribs Baby Bakers Broccoli/ Caulif. Cold Salad Apricots Jell-O	Beef Stew Salad Oranges Corn Bread w/ Honey Butter	Baked Tilapia Seasoned Potatoes Bean & Chick Pea Cold Salad Apple Sauce Root Beer Floats

January

- | | | | |
|----|------------------|----|------------------|
| 1 | Phyllis Williams | 21 | Jack Wahlers |
| 1 | Janice Richmond | 21 | Ron Harke |
| 3 | Kathryn Maki | 22 | Eugene Ficken |
| 4 | Ruth Gelhar | 23 | Frances Hall |
| 5 | Betty Flanigan | 24 | Bill Maki |
| 6 | Jeanette Becker | 24 | Beverly Coats |
| 6 | Sara Kazmierczak | 25 | Leone Thull |
| 6 | Nanette Mlodzik | 26 | Elida Henf |
| 7 | Richard Bartol | 26 | Irene Kallas |
| 10 | Barbara McQuown | 28 | Patricia Durrant |
| 15 | Jerry Huber | 30 | Doris Lendborg |
| 16 | Darlene Athey | 30 | Kathy Fabricius |
| 17 | Lawrence Besaw | 31 | Sharon Fortnum |
| 18 | Janet Ryerson | 31 | James Mauritz |
| 19 | Conrad Rompala | 31 | Marcella Putzkie |
| 20 | Doris Domiter | | |

**Birthday Meal:
Tuesday, January 7th**

WEATHER REMINDER:
When Berlin Public Schools are closed due to inclement weather, please note that we will also be closed and no lunches will be served. Watch your local news station for any closings.



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, & Dennis

Meal Delivery Deb, Paula & Larry

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

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



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.

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

