

FREE - Please take one and Enjoy!

INSIGHT

JULY 2020 Newsletter



Welcome Back
Seniors!

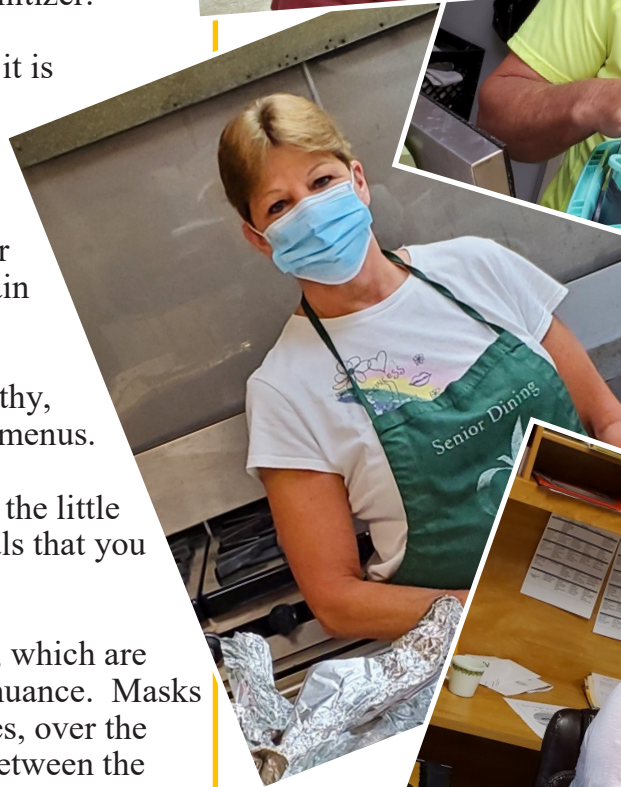
WHAT'S NEW THIS MONTH

Welcome back! It has been a long few months and all of us at the Center have been hoping that everyone remains safe and healthy. So much in the world has changed in such a short time that it is hard to believe the small things that you miss and may continue to miss for some time: a simple smile as a greeting, moist soft hands not cracked and callused from over-washing, a hug to a friend to say hello, shaking hands, using a pencil that is not your own, going out to eat or to the grocery store without the needed mask and hand sanitizer.

While all these things reel around us, it is reassuring to know that the Berlin Senior Center has still been a touchstone in our community. Continuing to provide meals to the homebound and affordable carry-out meals for our seniors who are on a budget. Uncertain times have raised the cost of certain foods and caused scarcity of others, making it difficult to provide the healthy, well-balanced meals as stated on our menus. Our staff have taken on these kitchen conundrums and powered through all the little difficulties to provide the quality meals that you all have come to expect.

There are a few changes at the center, which are integral to our safe and healthy continuance. Masks are to be worn at the center at all times, over the mouth and nose while at the Center between the hours of 9am until noon. Please make sure to stay 6 feet from each other and do not pass items back and forth. Sign-in is a requirement and the sign-in station has a "Used" cup for pencils that have been used. Hand-sanitizer has a prominent place in our Center and should be used by the guests frequently. Bottled water is provided upon request, as the water fountains have been turned off.

We know these changes are not fun and don't want you to worry. We will continue taking the next few steps forward as safely as we can and we will be back to normal before you know it!



You are loved and have been missed these long months. Welcome back!



Berlin Senior Center Picnic Food!

Date: Thursday, July 16, 2020

Meal: Brats, Choice of Sauerkraut & All The Fix-ins, Cowboy Beans, Potato Salad, Fresh Watermelon



Some activities will be suspended until the Harvest Festival put on by the Friends of the Berlin Senior Center later this year! Stay tuned.



Don't forget to wear your mask while at the Center. Keep us safe. Keep our community healthy!

JULY (DAILY) ACTIVITIES

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
10:30 Pool Shooting	10:30 Pool Shooting	9:00 Woodcarving	9:00 Metal Detecting	10:30 Pool Shooting
10:30 Exercise w/ Judy		10:30 Pool Shooting	9:00 Quilting	10:30 Exercise w/ Judy
		10:30 Exercise w/ Judy	10:30 BINGO w/Tanner	

July Word Search:



ADAMS
 AMERICA
 BOSTON
 CELEBRATE
 COLONIES
 CONGRESS
 CONSTITUTION
 DECLARATION
 DOCUMENT
 FIREWORKS
 FLAG
 FOURTH
 FRANKLIN
 FREEDOM
 BRITAIN
 HANCOCK
 HOLIDAY
 INDEPENDENCE
 JEFFERSON
 JULY
 LIBERTY
 PARADE
 PATRIOT
 PHILADELPHIA
 PICNIC
 REVOLUTION
 SALUTE
 SIGN
 SPEECHES
 STARS
 STRIPES
 SUMMER
 TAXES
 TEA
 WASHINGTON



Joke Adapted from Jan Karon's, Mitford Series Novels:

There was a man who decided to learn to sky-dive. He took all the classes and finally the day came for him to jump out of the plane. And don't you know, he fell for a while and was getting to enjoying himself, until he pulled the cord for the chute. Nothing happened.



He was pretty anxious but he remembered what he learned in the classes tried to stay calm and pulled the emergency cord. Nothing happened! By then he was frantic and he thought he was seeing things as he saw a man shooting up from the ground. Even so, he thought he'd give it a try. So he yelled to the man coming up, "Hey, do you know anything about parachutes?" And as the guy passed he yelled, "No, do you know anything about gas stoves?"



Send your favorite joke to Amanda at seniorcenter@cityofberlin.net. Tell us where you got it or/and you'll get the credit. If someone you know needs a perk-up - Give us their information and we'll give them a call or send them a card! We are happy to reach out!



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, BUTTER, WHOLE GRAIN OR WHITE BREAD OR ROLL		Beef & Bean Burrito Garden Salad w/ Spinach Strawberry Short Cake	Baked Potato Bar 7 Layer Salad Banana Choc. Carmel Poke Cake	CLOSED HAPPY 4 TH OF JULY
6	7	8	9	10
Smoked Turkey Sandwich 3 Bean Bake Garden Salad Peaches & Cottage Cheese	Beef Tips Mashed Potatoes Gravy Mixed Vegetables. Mandarin Oranges Birthday Cake	Meatloaf Baby Bakers California Blend Veggies Pears Pineapple / Angel Food Cake	Spaghetti w/ Meat Sauce Garlic Bread California Blend Veggies Garden Salad Ambrosia Fruit Salad	Potato Crusted, Cheddar & Chive Baked Cod Twice Baked Potato Garden Salad Mandarin Oranges Cherry Pie
13	14	15	16	17
Tatar Tot Casserole Broccoli Salad Pineapple Chunks Choc. Chip Cookies	Lasagna Garlic Bread Cauliflower Garden Salad Tropical Fruit Blueberry Muffins	Roast Chicken Mash Potatoes & Gravy Peas & Carrots Tropical Fruit Mandarin Orange Cake	Brats, Choice of Sauerkraut & All The Fix-ins Cowboy Beans Potato Salad Fresh Watermelon	Meat Balls & Gravy Wild Rice Garden Salad Green Beans Pineapple Chunks Rice Krispy Bars
20	21	22	23	24
Sloppy Joes Cole Slaw Baby Bakers Peaches Sherbet	CLOSED KITCHEN	Cheese Burgers W/ The Works Baked Beans Tri Tatars, Salad Mandarin Orange Devils Food Cup Cakes	Parmesan Baked Chicken Sweet Potatoes Mixed Veg. Garden Salad Taffy Apple Salad	BBQ Ribs Cole Slaw 3 Bean Cold Salad Fresh Grapes Jell-O
27	28	29	30	31
Chicken Wraps W/ Black Beans & Spinach Garden Salad Fruit Cocktail Apple Crisp	Chicken Pot Pie Casserole Cheesy Potatoes Garden Greens Pears Jell-O Poke Cake	Salisbury Steaks w/ Caramelized Onions, Mashed Potatoes, Gravy, Corn Apricots Cheese Cake	BBQ Pork Ribeye Seasoned Potato Wedges Green Bean Peaches Choc. Pudding	Ham Rolls Sweet Potato Corn Fresh Fruit Root Beer Floats

JULY Birthdays!

Add someone to the Birthday List or edit our list by contacting Amanda at 920.361.5422 or seniorcenter@cityofberlin.net

- | | |
|-----------------------|-----------------------|
| 1 Josie Hartzke | 20 Rita Gaylord |
| 3 Al Youngbauer | 22 Bernadette Briski |
| 3 Rand Bersch | 22 Donna Haima |
| 3 Shirley Schneider | 22 Neil Hillstrom |
| 5 Judy Hale | 22 Nancy Trochinski |
| 5 Donald Hertzberg | 24 Evelyn Louden |
| 9 Sharon Johnson | 25 Eileen Prahl |
| 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 | |



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

Carry Out or homebound have meals delivered. Cost: Suggested donation of \$4 over age 60. Under age 60 the cost is \$16.84. Call the day before you want to eat. Pickup begins at 11:15 am. For home bound meals call 920-294-4070

