

FREE - Please take one and Enjoy!

# INSIGHT

SEPTEMBER 2020 NEWSLETTER

Jokes

*QUILTER'S  
FEATURE*

**Birthday  
List**

**Menu**



## ACTIVITY SPOTLIGHT

### Quilters Spotlight!

We are continuing to move forward through this COVID-19 Crisis. One of our very active groups, the quilter's despite lower than normal numbers, continues to work and design through on-going changes.

Along side creating beautifully crafted works of art that are for sale at the Senior Center, this group does a tremendous amount of donating to worthy causes. From Dachshunds to Hospice Care to offering making masks for the Senior Center guests to use while in the building. All proceeds go directly back to materials, patterns, and maintenance for the next projects.

You can come to the Center between the hours of 9 am and Noon to see the quilts that are on display this month, but remember next month you may see a completely different set of items!

Please think about the Senior Center and our Quilter's the next time you have a celebration or you'd like to send a handmade gift. You will be supporting the active seniors of our own Berlin Senior Center.





# Stepping On

## Needed: "Stepping On" Research Assistance

Stepping On is a proven 7-week fall prevention workshop that helps seniors identify their fall risk and learn proven strategies to prevent future falls.

While in-person classes can't be held currently during this time of COVID-19, the number of fall accidents still remains high. The ADRC, in partnership with WIHA (Wisconsin Institute for Healthy Aging), needs your help in piloting the delivery of this program virtually – specifically the key balance and strength exercises that are proven to prevent falls. The pilot session will be delivered on Wednesday, September 2 from 9:30-11:30am via WebEx, by experienced Stepping On leaders and a physical therapist.

The pilot may be right for you if you:

- Are an older adult interested in preventing falls;
- Do not currently use, nor has it ever been recommended that you use, a walker, scooter, wheelchair, or cane;
- Have not taken the in-person Stepping On workshop;
- Have the technology (computer or tablet) to participate virtually and are comfortable using it or willing to learn; and
- Can commit to one 1-hour and 40 minute session and complete a short questionnaire about your experience.

Space is limited. Call Amanda at (920) 787-6666 if interested. A small gift card will be offered by WIHA for your time commitment in assisting us with this pilot research. In addition, results will be shared with you.

## VOLUNTEERS NEEDED:

The Berlin Senior Center is looking for a few phone volunteers to help on Mondays and Wednesdays from 9:00 am to Noon.

If you are interested, please give Sara a call at 361-5422.



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# Monthly (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	10am Vet Meeting 2nd Tuesday	10:30 Pool Shooting	9:00 Quilting	10:30 Exercise w/ Judy
	9:30 Committee on Aging 4th Tuesday	10:30 Exercise w/ Judy	10:30 BINGO w/Tanner	
		9:30 Eyes Have It on 3rd Wednesday		



N	F	J	W	L	V	W	N	T	H	P	Z	P	F	L	D	A
O	H	F	A	L	L	I	A	S	C	L	E	D	G	L	H	Q
V	X	T	U	Q	K	W	E	Y	Z	A	L	G	P	A	A	N
E	Y	L	W	P	V	V	S	D	G	A	T	O	K	B	Y	E
M	L	I	M	V	A	P	R	Q	P	C	M	L	B	T	R	E
B	C	U	J	E	L	A	J	N	O	K	H	L	E	O	I	W
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Z	T	C	B	D	Y	I	E	E	N	O	R	B	C	U	K	T

## WORD SEARCH:

ACORN  
 APPLE  
 AUTUMN  
 CHESTNUTS  
 CHILLY  
 CIDER  
 COBWEB  
 FALL  
 FOOTBALL  
 GOURD  
 HALLOWEEN  
 HARVEST  
 HAY BALE  
 HAYRIDE  
 LEAVES  
 MAIZE  
 NOVEMBER  
 NUTS  
 OCTOBER  
 PUMPKIN  
 QUILT  
 RAKE  
 SCARECROW  
 SEPTEMBER  
 SLEET  
 THANKSGIVING





An old woman was sipping a glass of wine, while sitting on the patio with her old husband, and she says, "I love you so much. I don't know how I could ever live without you..." Her husband puzzles, "Is that you or the wine talking?" She replies, "It's me... talking to the wine."



I'M ALLERGIC TO  
**STUPIDITY.**  
I BREAK OUT IN  
**SARCASM.**



**I'm so old  
that  
whenever  
I eat out,  
they ask  
for the  
money  
up front.**



Send your favorite joke to Amanda at [seniorcenter@cityofberlin.net](mailto: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!



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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 the day before you'd like to eat a noon meal at the Center.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 BIRTHDAY MEAL</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Lasagna California Blend Vegetables Garlic Bread Fruit Fluff Birthday Cake	Chicken Mashed Potatoes & Gravy Green Bean Casserole Mandarin Oranges Cream Puffs	Salisbury Steaks Caramelized Onions Mashed Potatoes & Gravy Corn Cantaloupe	Baked Tilapia Baby Bakers Home Made Cole Slaw Baked Beans Pears Jell-O
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>CLOSED FOR LABOR DAY</b>  <b>NO MEAL DELIVERY</b>	Parmesan Breaded Chicken Sweet Potato Broccoli Strawberry Short Cake	Beef Tips & Mashed Potatoes & Gravy Green Beans Taffy Apple Salad	Cheeseburger with the Works Baked Beans Banana Apple Pie	Pork Loin Mashed Potatoes & Gravy Mixed Vegetables Banana Apple Sauce
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
BBQ Pulled Pork Sandwich Cauliflower & Broccoli Cold Salad Mandarin Oranges Corn Bread & Honey Butter	<b>CLOSED KITCHEN</b>  <b>NO MEAL DELIVERY</b>	Baked Potato with Meat & Cheese 7 Layer Salad Grapes Strawberry Cup Cakes	Chicken Enchilada's Wild Rice Green Salad Fresh Fruit Salad	Chinese Chop Suey with Asian Vegetables & Garden Blend Wild Rice Blueberries in Jell-O
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Spaghetti with Meat Sauce Garlic Bread California Blend Vegetables Tropical Fruit Oatmeal Raisin Cookies	Meat Loaf Baby Bakers Peas & Carrots Fresh Fruit Bowl Cinnamon Streusel Cake	Chicken Stir Fry Over Rice with Asian Vegetables Garden Salad Pears Choc. Bundt Cake	Meat Balls & Gravy Mashed Potatoes Green Beans Dump Cake with Pineapple & Cherries	Baked Tilapia 3 Bean Bake Twice Baked Potato Fresh Fruit
<b>28</b>	<b>29</b>	<b>30</b>		
Chili with Beef & Beans Garden Salad Apricots Corn Bread with Honey Butter	Roast Beef Sandwich on a Bun Cowboy Beans Cauliflower & Broccoli Cold Salad Mandarin Oranges Cheese Cake	BBQ Pork Ribeye Seasoned Potato Wedges Green Beans Peaches		

# September Birthdays!

1 Darlene Doan  
1 Elaine Olson  
1 Diane Toraason  
1 June Smith  
3 Jackie Hofflander  
5 Donna Jean Bolyard  
5 Jerry Krause  
6 Marion Krause  
7 Vickie Clark  
7 Nancy Seaman  
7 Patricia Tabbert  
7 Betty Voss  
7 Barbara Tollakson  
9 Eugene Berlowski  
9 Jackie Silva  
9 Marilyn Pavelske  
10 Ernest Langer  
11 Judith Rich  
11 Keith Hess  
11 Carol Bartol  
11 Kathy Hinton

12 Margaret Coleman  
13 Phillip Becker  
14 Judith Trochinski  
14 Debra Mirr  
15 Ervin Gallert  
15 Mary Navin  
15 Linda Hertzberg  
16 Shirley Resheski  
18 Tom Kohls  
18 Sally Kallas  
19 Mike Seiler  
19 Orlow Sommerfeldt  
23 Daniel Lokker  
23 Lucille Verheyen  
24 Dave Wirth  
24 Carol Mulder  
24 Madeline Klingbeil  
25 Maxine Schwalenberg  
25 Dick Kunde  
28 Mary Jaynes  
28 Anne Schmid

Add someone to the Birthday List or edit our list by contacting Amanda at 920.361.5422 or [seniorcenter@cityofberlin.net](mailto:seniorcenter@cityofberlin.net)



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INSIGHT September 2020

## NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



**Brown Wilcox**

ASSISTED LIVING

347 E Huron Street | Berlin, WI 54923

920-361-2552

[www.brownilcox.org](http://www.brownilcox.org)  
[cpapdm@gmail.com](mailto:cpapdm@gmail.com)

We're here to serve you. Please contact us with questions or to schedule a tour, we're happy to help you learn more.

➤ Reach the Senior Market

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City of Berlin Senior Center, Berlin, WI

C 4C 01-1434

# Contact Information

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

**Senior Assistant Programming**

**Coordinator** Amanda Maierhafer

**Head Cook** Deb Mirr

**Assistant Cook** Gabi Reiser

**Chauffeurs and Meal Delivery**

Al, Deb, & Dennis

**Meal Delivery** Deb, Dean, Diana & Jess

## MISSION STATEMENT

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

Hours.....Monday-Friday 9:00 to noon

Phone..... **920-361-5422**

Address.....142 Water Street

(Just off of North Capron Street)

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



## 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**