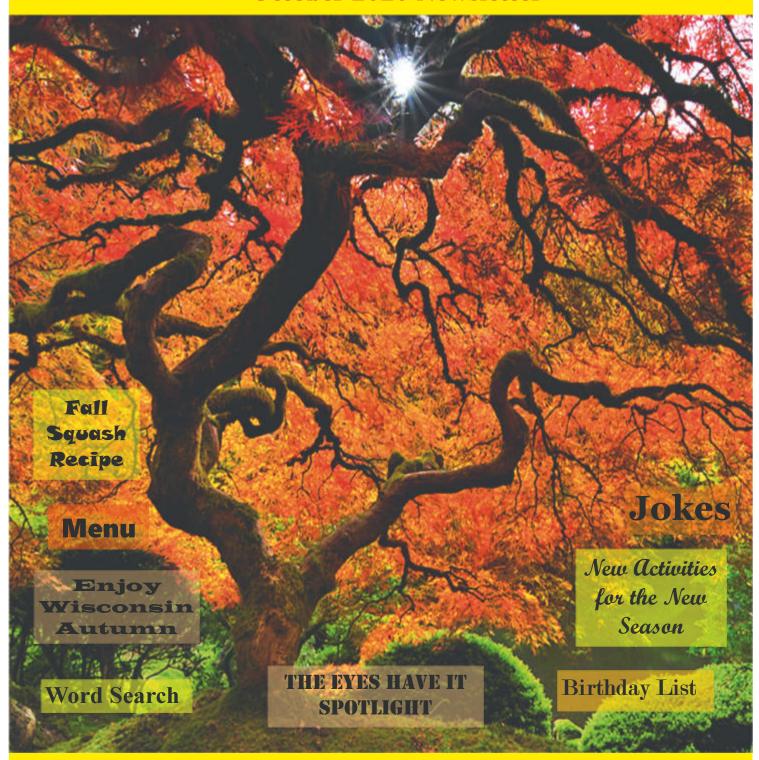
INSIGHT

October 2020 Newsletter



Publication of the Berlin Senior Center

ACTIVITY SPOTLIGHT

The Eyes Have It is a group that has been meeting at the Berlin Senior Center for many years. This is a group that helps to support those who have low vision by discussing new technologies and planning trips to areas with vision stores.

Last year, they brought a Vision Fair along with the Lion's Club to the Center, which brought 100 people to the center to look at vision aides. Visitors experienced large print books from the

Berlin Public Library, magnifiers, and other daily items which help people with low to no vision in their everyday tasks.

One of the outcomes of that fair was the kind donation of two Topaz Magnifiers available for home

use, to be checked-out and retuned here at the Center. So if some tasks have become difficult due to diminishing vision COME TO THE CENTER on the third Wednesday of the month at 9:30 for a meeting with the EYES HAVE IT! Or Contact the OBVI at 1(888) 879-0017.



October 15th is WHITE CANE DAY

Each state has its own White Cane Law and they vary widely. Wisconsin law asserts that drivers must stop ten feet from a pedestrian carrying a white cane or using a guide dog. Penalties for violating this law include imprisonment for up to four months, and/or a fine of up to \$750.

Enjoy a Wisconsin Autumn:

- 1. Take a drive! Look up the Fall Driving Tour of Marinette County. Colors should be best between September 26th and October 11th. Or Enjoy "Waterfalls in Wisconsin at the Senior Center," October 15, from 10:30 am until 11 am.
- 2. Make a recipe with Harvest Time Veggies. (Here's one from Green Lake County, below.)
- 3. Come to the Center and engage in fall activities! Virtual Tour of "Birds in Art" exhibit at the Leigh Yawkey Woodson Art Museum in Wausau, on October 23rd at 10am or EASY paint a fall picture on October 30th from 10am-noon.



Congratulations to Director Sara Nighbor and her new husband Mike Rutkowski on their nuptials September 19, 2020.

Roasted Acorn Squash

<u>Ingredients:</u>

2 medium acorn squash, halved and seeded ½ c butter

6 tablespoons brown sugar, firmly packed

½ teaspoon ground cinnamon Salt to taste (optional)

I'll do that with mine Tastes like dessert. –Judy

Directions:

Preheat oven to 350 °F. Place squash in a shallow baking pan, cut side down. Bake in a preheated oven for 30 minutes, or until tender. Turn cut side up; dot with butter and sprinkle with brown sugar and cinnamon. Bake for 20 minutes more. **Very Butter-licious!**

Yum! -Amanda

Needs Salt. -Jean

INSIGHT October 2020

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

from now on. -Deb



Alex Nicholas to place an ad today! anicholas@lpiseniors.com or (800) 950-9952 x2538

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Monthly (DAILY) ACTIVITIES

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
10:30 Pool Shooting 10:30 Exercise w/Judy	10:30 Pool Shooting 10am Vet Meeting 2nd Tuesday October 6, 10am: Communication Tips & Strategies presented by Alzheimer's & Dementia Outreach	9:00 Woodcarving 10:30 Pool Shooting 10:30 Exercise w/ Judy 9:30 EYES HAVE IT 3rd Wednesday	SANTAN NV KARIIN	10:30 Pool Shooting 10:30 Exercise w/ Judy October 23, 10am: "Birds in Art" Virtual exhibition October 30, 10 am-Noon: EASY Autumn Painting

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word search

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1. Scarecrow 2. Pumpkin				5. Spider 6. Haunted			9. Pumpkin 10 Bat				13. October 14. Zomble					
	3.		r treat			. Spoo	100			11. Boo 15. Mask						
	4. Ghosts				8. Candy Corn				12. Vampire			16. Costume				

TPIIMPKINGSIKEXE

Communication Tips & Strategies

Learn ways to effectively and compassionately communicate with someone who has dementia.

Tuesday, October 6 |

10:00 am - 11:15 am at the Berlin Senior Center

RSVP is required by calling

920-294-4100 before October 5.

Limited to 9 attendees.

Presented by Kristine Biesenthal,

Dementia Outreach Specialist



When will you be ready to come back to the Center for dining in?

☐ I'm ready NOW!

When COVID Community spread is low.

When there's a vaccine

What precautions will you take?

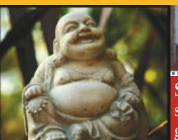
Social Distancing

☐ Face Coverings
☐ Hand Washing

NAME:		



I was wondering why the frisbee was getting bigger, then it hit me.



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YOU HAVE BEEN WARNED

ILLINOIS AND CHICAGO, HOWEVER, HAVE BEEN DISARMED FOR YOUR CONVENIENCE



One Eye said to the other Eye, between you and me something smells.



Send your favorite joke to Amanda at seniorcenter@cityofberlin.net. 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 picked up starting at 11 am. This is a Green Lake County Elderly Nutrition Meal site.

Please Call (361-5422) by 9:00 on the day before you'd like to eat a noon meal at the Center.

MONDAY	MONDAY TUESDAY WE		THURSDAY	FRIDAY		
			1	2		
	Have a s	Spooky Ween!	Pork Loin Mashed Potatoes Gravy Broccoli Apricots	Cheddar/Chive Crusted Cod Sweet Potato Diced Beets Mandarin Oranges Moon Cake		
5	6	7	8	9		
Chicken Noodle Soup 3 Bean Cold Salad Mixed Green Salad Apricots, Peanut Butter Cookie String Cheese	Ham Loaf Au-gratin Potatoes Green Beans Pears Birthday Cake	Spaghetti with Meat Sauce Cauliflower Green Salad Fresh Fruit	Baked Potato & Salad Bar with Meat, Cheese & All The Fix-ins Fruited Jell-O	Parmesan Breaded Chicken Sweet Potatoes Green Salad Mandarin Oranges Taffy Apple Salad		
12	13	14	15	16		
Strip Steak Stir Fry with Asian Vegetables Over Rice Peaches Rice Krispy Bars	Salisbury Steaks with Caramelized Onions Mashed Potatoes & Gravy Broccoli Cantaloupe	Lasagna Broccoli Garlic Bread Green Salad Strawberry Short Cake	Bacon, Lettuce & Tomato Sandwich Broccoli/ Cauliflower Cold Salad Fresh Fruit Bowl String Cheese	Oven Baked Tilapia Seasoned Potato Wedges 3 Bean Bake Cole Slaw Pineapple Chunks Jell-o Poke Cake		
19	20	21	22	23		
Ham / Cheese Sliders, Sweet Potato, Corn, Fresh Fruit, Sherbet	Meat Balls Over Rice with Gravy Peas & Carrots Fruit Cocktail Cinnamon Streusel Cake	Roasted Turkey Sandwich Cowboy Beans Garden Salad Peaches Cottage Cheese	Meat Loaf Sweet Potato Corn Strawberry Short Cake	Chinese Chop Suey with Meat & Asian Vegetables, Wild Rice, Pears Berry Cheese Cake		
26	27	28	29	30		
Mom's Pizza Casserole Corn Fresh Salad Peaches Cake	Chicken Alfredo Over Noodles Broccoli Garden Salad Mandarin Oranges Banana Cream Pie	Sloppy Joes Cheesy Hash Browns, Cowboy Beans, 7 Layer Salad, Tropical Fruit, Oatmeal Raisin Cookies	Chicken Mashed Potatoes & Gravy Green Beans Strawberries Carrot Cake	BBQ Ribs Baby Bakers Broccoli/Cauliflower Cold Salad Deviled Eggs Apricots Chocolate Dirt Cake Pudding		



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

- Paulette Weber 4 Kathryn Krause 4 Mary Klak Ina Mlodzik 4 Carol Mae Wallace 4 Alice Waypa 4 5 **Kay Roethel** 6 Kathy Walker 6 Gloria Beck 9 **David Schmidt** 9 **Shirley Williams** 10 Thea Ringbauer
- Wayne Vanderhoof 11 11 **Cheryl Schmidt** 13 Ann Budde Marian Heller 14 **Sharon Sorenson** 14 14 **Bob Pribnow** 15 Laurie Pavelske 15 **Denice Stumpner** 15 **Jacilyn Boening** 17 Jodi Kalkis 18 Jan Vanderhout 21 Nancy Berger
- **Cheryl Coats** 21 23 **Evelyn Dally**
- 24 **Gary Boening**
- 24 Florence Sobralske
- 24 Brenda 7ahn
- 30 **Christine Brantley**



INSIGHT October 2020





920-361-2552

www.brownwilcox.org 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.





Call 920-361-3616

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Wills, Trusts, Powers of Attorney

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Contact Information

Senior/Rec. Programming Coordinator

Sara Rutkowski

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

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

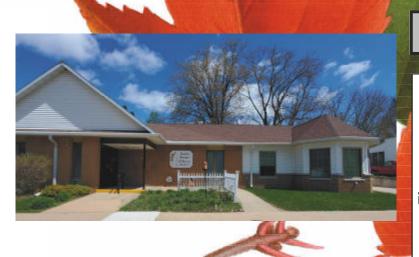
MISSION STATEMENT

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

Hours.....Mon—Friday 9:00am to Noon
Phone......920-361-5422
Address......142 Water Street
(Just off of North Capron Street)
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.



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