

FREE - Please take one and Enjoy!

INSIGHT

October 2020 Newsletter

**Fall
Squash
Recipe**

Menu

**Enjoy
Wisconsin
Autumn**

Word Search

**THE EYES HAVE IT
SPOTLIGHT**

Jokes

*New Activities
for the New
Season*

Birthday List

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 returned 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

Ingredients:

- 2 medium acorn squash, halved and seeded
- ¼ c butter
- 6 tablespoons brown sugar, firmly packed
- ½ teaspoon ground cinnamon
- Salt to taste (optional)

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!
I'll do that with mine
from now on. -Deb

Tastes like dessert. -Judy

Yum! -Amanda

Needs Salt. -Jean

INSIGHT October 2020

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City of Berlin Senior Center, Berlin, WI

A 4C 01-1434

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	9:00 Metal Detecting 9:00 Quilting 10:30 BINGO w/Tanner October 15, 10:30am: "Waterfalls in Wisconsin" Presented by Berlin Senior Center	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



- | | | | |
|-------------------|---------------|-------------|-------------|
| 1. Scarecrow | 5. Spider | 9. Pumpkin | 13. October |
| 2. Pumpkin | 6. Haunted | 10. Bat | 14. Zombie |
| 3. Trick or treat | 7. Spooky | 11. Boo | 15. Mask |
| 4. Ghosts | 8. Candy Corn | 12. Vampire | 16. Costume |

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



Your Opinion Matters to Us!

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.**



**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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	Have a SPOOKY Halloween!		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

October Birthdays

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

3 Paulette Weber
4 Kathryn Krause
4 Mary Klak
4 Ina Mlodzik
4 Carol Mae Wallace
4 Alice Waypa
5 Kay Roethel
6 Kathy Walker
6 Gloria Beck
9 David Schmidt
9 Shirley Williams
10 Thea Ringbauer

11 Wayne Vanderhoof
11 Cheryl Schmidt
13 Ann Budde
14 Marian Heller
14 Sharon Sorenson
14 Bob Pribnow
15 Laurie Pavelske
15 Denice Stumpner
15 Jacilyn Boening
17 Jodi Kalkis
18 Jan Vanderhout
21 Nancy Berger

21 Cheryl Coats
23 Evelyn Dally
24 Gary Boening
24 Florence Sobralske
24 Brenda Zahn
30 Christine Brantley



INSIGHT October 2020

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NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com



Brown Wilcox

ASSISTED LIVING
347 E Huron Street | Berlin, WI 54923

920-361-2552

www.brownilcox.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.

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City of Berlin Senior Center, Berlin, WI

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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

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

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

