

FREE - Please take one and Enjoy!



# INSIGHT



December 2020 Newsletter

**Health 1**  
**Love 24**  
Medical Equipment Rental Closet

**Good Food 2**

**Happiness 3**

**Help 4**

**Friends 5**

**6**

**Smiles Still Exist Underneath 7**  
**Bingo!**

**8**  
**Giving Gifts**

**9**  
**Authenticity**

**Intelligence 10**

**Pure Silliness 11**

**12**  
**Masks**

**13**

**14**  
**Large Print Borrowing Library**

**15**  
**Downtime**

**16**

**17**  
**Safety!**

**18**  
**Magnifiers**

**19**

**20**  
**Ability**

**21**

**22**  
**Volunteers!**

**23**

**24**

**Quilters**

**Curbside Pick-Up!**

**Berlin Senior Center Has Many Reasons To Be Joyful!**



## WHAT'S NEW THIS MONTH

Food shortages continue to plague our supply chain because of the continuing epidemic. Don't be surprised if we have to substitute! Pork ribs may become pork loin. Boneless chicken might soon come with bones. Peas may become carrots. **Dogs and cats may start living together. It'll be anarchy!**

Probably not, but please give us a bit of leeway and know that we will always tell you when you place your order if there will be substitutions.



*We wish you a Merry Christmas and a Happy New Year!*



Holiday Meal sign up! This year our Holiday meal will be December 30, 2020!

Please sign up by that Monday before (Dec. 28) to ensure you get a spot in our CARRY-OUT line!

Call (920)361-5422 to pre-order.



### **BERLIN TOUR BASKET**

**COST: \$15**

Filled with gingerbread from Baked, pie from the Pie Shack, pecan fingers from Amanda's bakery in Milwaukee, chocolate cherry mice made by our own chef Deb at the Senior Center. Plus goodies and swag from Drexel, Fortify Bank, Farmers and Merchants Bank, Wisconsin Spice Company, and Berlin Journal Papers.

**Thank you to all who participated!!**

#### **DO'S:**

- Choose the right snow boots
- Walk on designated paths
- Slightly bend your knees
- Keep your center of gravity over your front leg
- Walk flat-footed
- Extend your arms



#### **DON'TS:**

- Take big steps
- Take shortcuts
- Keep your hands in your pockets
- Walk fast

**DON'T FORGET!** We are closed for some of the upcoming Holidays: Christmas Eve Day (Thursday, December 24), Christmas Day (Friday, December 25), New Years Eve (Thursday, December 31) and New Years Day (Friday, January 1).



## NO FREE TAX PREPARATION AT THE BERLIN SENIOR CENTER 2021!

Sorry for the inconvenience. There may be other tax prep sites open in Wisconsin, ours will not be one of them.

**AARP Foundation**  
**TAX-AIDE**

## EASY WINTER PAINTING!

If you want to play with paint and have a fun time with friends. We'll paint this beautiful fox together, and enjoy some laughs.

December 11, 2020

9am until Noon

Cost is \$5 pre-paid by December 9, 2020



## Foot Clinic



### December Dates:

Thursday, December 10

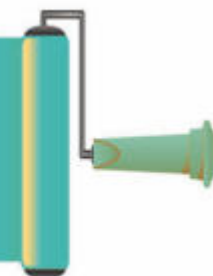
Tuesday, December 22

Call TODAY to reserve an appointment!

Don't forget to bring your own towel and wear a mask.  
Keeping Keren safe keeps your feet looking and feeling great!

Keren Yang, RN, BSN, CFCS  
Certified Foot Care Specialist  
lotusfootnurse@gmail.com  
(920) 637-0754

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Alex Nicholas to place  
an ad today! [anicholas@lpiseniors.com](mailto:anicholas@lpiseniors.com)  
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# December (DAILY) ACTIVITIES

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<b>10:30 Pool Shooting</b>  <b>10:30 Exercise w/ Judy</b>  	<b>10:30 Pool Shooting</b>  <b>10:30 am Vet Meeting 2nd Tuesday</b>	<b>9:00 Woodcarving</b>  <b>10:30 Pool Shooting</b>  <b>10:30 Exercise w/ Judy</b>  <b>9:30 3rd Wed. Eyes Have It Meeting</b>	<b>10:30 BINGO w/Tanner</b>  <b>10:30 Pool Shooting</b>  	<b>10:30 Pool Shooting</b>  <b>10:30 Exercise w/ Judy</b>  

If you know someone who's feeling down this holiday season, let us know! We can give them a call or send them a card! Call (920) 361-5422.



## Holiday Word Search Challenge

Solve each clue to reveal the holiday-related words to find in the puzzle going across, down, and diagonal.



- December 25th holiday: \_\_\_\_\_
- Jolly man in red suit: \_\_\_\_\_
- Hung by the chimney: \_\_\_\_\_
- December holiday celebrating African-American heritage: \_\_\_\_\_
- Family customs passed down to next generation: \_\_\_\_\_
- Kwanzaa candle holder: \_\_\_\_\_
- Hung on a door at Christmas: \_\_\_\_\_
- Jewish Festival of Lights: \_\_\_\_\_
- Special Jewish candelabra: \_\_\_\_\_
- Red and white striped Christmas sweet: \_\_\_\_\_
- A wax light that is used as a ceremonial symbol of many holidays: \_\_\_\_\_
- Number of days of Hanukkah: \_\_\_\_\_
- Santa's vehicle: \_\_\_\_\_
- Kwanzaa feast: \_\_\_\_\_
- Gifts given on the last day of Kwanzaa: \_\_\_\_\_
- Christmas songs: \_\_\_\_\_
- Potato pancakes: \_\_\_\_\_
- They pull Santa's sleigh: \_\_\_\_\_



```

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

**Bonus: Find 5 more holiday words hidden in the word search grid**





J  
U  
S  
T  
  
F  
U  
N  
!

David remembers accompanying his father out shopping in the toy department of Macy's one Christmas Eve. Dad said, 'What a marvelous train set. I'll buy it.' The girl behind the counter looked pleased and murmured, 'Great, I'm sure your son will really love it.' Dad replied with a glint in his eye, 'Maybe you're right. In that case I'll take two.'

It was Christmas Eve at the meat counter, a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one. In desperation, she called over a shop assistant and said: 'Excuse me. Do these turkeys get any bigger?' 'No, ma'am,' he replied, 'They're all dead.'



Send your favorite **JOKES** to Amanda at [seniorcenter@cityofberlin.net](mailto:seniorcenter@cityofberlin.net). If someone you know needs a perk-up - Give us their information and we'll give them a call. We are happy to reach out!

INSIGHT December 2020

5



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City of Berlin Senior Center, Berlin, WI

B 4C 01-1434



Meals include menu as is listed. Also milk, bread & butter. Suggested \$4 age 60+. Meal Pick up is at 11:15 am. This is a Green Lake County Elderly Nutrition Meal site. Please Call (361-5422) the day before you'd like to eat a meal at the Center.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 Birthday Meal</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Beef Tips Potatoes & Gravy Carrots & Green Beans Fruit Fluff Birthday Cake	Loaded Chicken Noodle Soup Grilled Cheese Stewed Tomatoes Pound Cake W/ Fruit	Spaghetti with Meat Sauce Garlic Bread Green Salad Broccoli Strawberry Short Cake	Baked Tilapia Baby Bakers Cole Slaw Baked Beans Taffy Apple Salad
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Meat Balls Over Rice w/ Gravy Sweet Potatoes Tropical Fruit Blueberry/Peach Crisp	Chop Suey W/ Asian Veg. Wild Rice Apricots Banana Cream Pie	Roasted Chicken with Mashed Potatoes & Gravy Peas & Carrots Pineapple Home Made Choc. Chip Cookies	BBQ Ribeye Baby Bakers Cowboy Beans Home Made Cole Slaw Peaches Brownies	Salmon Patties Tri Tatars Cheesy Broccoli Fruit Fluff Carrot Cake
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Sloppy Joes 3 Bean Bake Broccoli/Caulif. Cold Salad Fresh Fruit Blueberry Muffins	Parmesan Baked Chicken Sweet Potato Broccoli Oranges Pumpkin Bars	Salisbury Steak w/ Caramelized Onions Potatoes & Gravy Corn Fruit Cocktail Cookies	Strip Steak Stir Fry Asian Vegetables Garden Blend Wild Rice Pineapple Tidbits Choc, Eclair Cake	Breaded Cheddar, Chive Cod Baby Bakers Green Salad Apricots Cherry Southern Salad
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Beef Chili w/Beans & Noodles Garden Salad Pears Corn Bread w/ Honey Butter	Pork Roast Potatoes & Gravy Green Beans Mandarin Oranges Devil's Food Cup Cakes	Chop Suey Asian Veg. Wild Rice Cherry / Pineapple Dump Cake	CLOSED FOR THE HOLIDAY	CLOSED FOR THE HOLIDAY
<b>28</b>	<b>29</b>	<b>30 HOLIDAY MEAL</b>	<b>31</b>	
Baked Mac & Cheese Stewed Tomatoes Spinach Salad Peaches Cookies	Chef Salad w/ Peas & Cheese Fresh Fruit Crescent Rolls & Cream Cheese Bars	Ham Loaf Scalloped Potatoes 3 Bean Cold Salad Pineapple Raisin Bread Pudding	CLOSED FOR THE HOLIDAY	



# December Birthdays!

**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)**



1 Mary Jo	CeLichowski	16 Gerene	Bartol
3 Joy	Brooks	16 Helen	Drover
4 Tom	Sroka	17 Roland	Bahr
5 Martha	Jackson	19 Charles	Merlin
6 Mary	Plavec	20 Felicia	Page
6 Harriet	Henke	21 Diane	Lashley
7 Sandy	Anderson	21 Ray	Gaylord
7 Shirley	Schramer	21 Jeanne	Shead
10 LaVerne	Lipke	23 Julie	Becker
10 Marjorie	Lind	23 Carol	Nation
11 Mary	Esser	23 James	Durkee
12 Susie	Malnory	24 Phyllis	Calabusa
13 Gail	Nylander	25 Carol	Rompala
13 Mary	Trochinski	26 Susan	Bartlett
13 Susan	Kruse	27 Lois	Kohn
13 Judith	Pinkall	28 Kathleen	Rodencal
15 Peggy	Beutin	28 Bob	Ringbauer
15 Diane	Franke	28 Richard	Trochinski
15 Jeannette	Radobich	30 Eleanor	Broeski

INSIGHT December 2020

7



Care Wisconsin and My Choice Family Care are now My Choice Wisconsin.

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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[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.



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City of Berlin Senior Center, Berlin, WI

C 4C 01-1434

# Contact Information

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

**Senior Assistant Programming Coordinator** Amanda Maierhafer

**Head Cook** Deb Mirr

**Assistant Cook** Darlene Sierakowski

**Chauffeurs and Meal Delivery**

Al, Deb T., Cindy & Dennis

**Meal Delivery** Clay, Richard, and Deb

## 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: Call for availability.**

**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, Pick up at 11:15 am. Pick up or homebound have meals delivered. Cost: Suggested donation of \$4 over age 60**

**Under age 60 the cost is \$18.89 effective 07/01/2020**

**Call the day before you want to eat.**

**For home bound meals call**

**920-294-4070**

