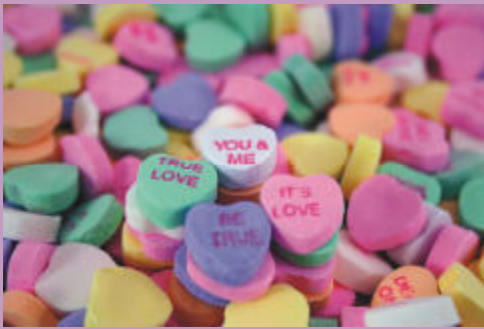


FEBRUARY 2021

INSIGHT

Which candy is your favorite?
Vote at the Senior Center!

A: Candy Hearts



B: Box of Chocolate



C: Gummy Hearts



D: Hershey's Kisses



FREE - Please take one and Enjoy!

NEW MEALS 2021

A New Year means a New Menu! We are hoping to expand our meal choices in the following months. Debbie is getting creative. You should see some new main meal choices such as

Chicken Cordon Bleu

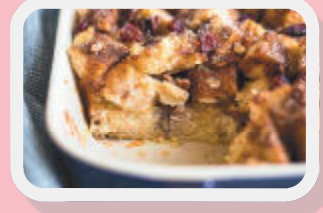


Clam Chowder



Shepherd's Pie

French Toast Casserole



If there is a meal you really enjoyed that you hope to keep seeing, please let us know by calling us at the office at 361-5422 or stopping in and sharing! We would love to hear everyone's thoughts.

Frequently asked questions about our meal program:

1) Why do I have to fill out this form every year?

The forms are not for our records. The Green Lake County Nutrition Program is required to collect new forms from anyone who eats a meal within the program and they must be updated yearly. However, on our end, if we don't turn in the form, we don't get paid by the County for making the meal. I know it is a lot of personal information, but we don't keep the forms at the Senior Center. They are sent immediately to the county.

2) Can I pay a week at a time or do I have to pay each day?

You can pay the suggested donation of \$4 for each meal as you go, or you can pay for a full week or even longer at a time. We accept cash or check. We also have meal punch cards available where we offer 5 meals for \$20.

3) I or someone I know would like to get added to home delivered meals list, what do I do?

In order to be added to our home bound delivery list, you need to contact Green Lake County. The County will determine eligibility. They can be reached at 920-294-4070.

4) Why do I have to call a day ahead now to order a meal?

All the other meal locations in the county require patrons to call the day before, we were lucky to be able to continue the 'same day call in' as long as we could. Now, with food availability concerns and price fluctuations, we have to buy our food much earlier and cannot plan on buying what we need that morning. It is an adjustment, but it makes it much easier and a lot less stressful for our staff.

5) Why are there so many vegetables on the menu?

We are required to meet certain dietary guidelines each day and each week. Our menus must be approved by the county nutritionist. Each day must have at least three total fruits and vegetables. Even if it isn't your favorite, I promise it is full of good nutrients that you need!

6) Will we ever have in house dining again or will it always be carry out?

We are hoping, as COVID becomes a thing of the past, that we will be able to open up for in house dining in the future. We recognize the importance of socialization here at the Senior Center, both with activities and meals, however, part of our responsibility is to also reach as many seniors within our community as we can. Carry out meals reach seniors in our community that otherwise would not be active at the Senior Center. Because of this, we would like to offer both meal options in the future. We are hoping in house meals will be back by Summer.

If you have any questions or concerns that haven't been answered on this page, please give us a call or stop by in the office. We are always happy to explain how our programs work here at the Senior Center.

UPCOMING EVENTS

EASY WINTER PAINTING!

We had to move our January class to February, but that only means you have more time to sign up!

If you want to play with paint and have a fun time with friends. We'll paint this beautiful winter cardinal together, and enjoy some laughs. Call 361-5422 to join!

Friday, February 12

9am until Noon

Cost is \$5



FOOT CLINIC

February 2021 DATES



Interested in having your feet taken care of? Give our Certified Foot Care Specialist Keren a call and she would be happy to help.

If you would like to make an appointment, please call Keren at 920-637-0754

February 2021 dates :

- Thursday, February 11
- Thursday, February 25

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FEBRUARY (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 10:30 am Vet Meeting <u>on hold</u> until April 2021	9:00 Woodcarving 10:30 Pool Shooting 10:30 Exercise w/ Judy 9:30 3rd Wed. Eyes Have It Meeting	10:30 BINGO w/Tanner 10:30 Pool Shooting	10:30 Pool Shooting 10:30 Exercise w/ Judy 



VALENTINE

HEART MONTH

BLACK HISTORY

BIRD FEEDING MONTH

SUPER BOWL

CHINESE NEW YEAR

AMETHYST

AQUARIUS

LEAP YEAR

SWEETHEART

CHOCOLATE

GROUNDHOG DAY

FLOWERS

FOOTBALL

LINCOLN



February may be a short month but it's packed full of holidays and remembrance days:

Groundhogs Day: Tuesday, February 2nd

Valentine's Day: Sunday, February 14th

President's Day: Monday, February 15th

Susan B. Anthony Day: Mon. February 15th

Celebrate however you choose, and if you want, swing on by and celebrate with us at the Senior Center.

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





Unfortunately this year, the AARP will not be offering tax assistance at the Berlin Senior Center. They are unable to offer in person assistance this year; however they will be offering mail-in services.

Please visit aarp.org/money/taxes/aarp_taxaide/ for more information.

CAP services' VITA program located in Wautoma IS offering free tax assistance to qualifying low and moderate income individuals and families residing in Green Lake County. Individuals and families can call 1-800-660-5430 to determine eligibility and to schedule an appointment.

As always, households that do not qualify for the CAP program may choose to file their simple return online free of charge at MyFreeTaxes.com.

Enjoy getting this Newsletter but don't always want to have to run in to get it? Try finding it online!

Option 1) Head to www.cityofberlin.net and under Departments, choose Senior Center. Then all you have to do is click on Newsletters!



Option 2) Go to our Facebook Page 'Berlin Senior Center' and click like.

Option 3) Visit ourseniorcenter.com and search for Berlin via zip code. If you select "subscribe" the newsletter can be emailed to you every month!

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February

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 pick up a meal at the Center.

ALL MEALS SERVED W/ WHOLE GRAIN OR WHITE BREAD, BUTTER & MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 BIRTHDAY MEAL	3	4	5
Sloppy Joes Cole Slaw Potato Wedges 3 Bean Salad Apple Pie	Beef Tips Mashed Potatoes & Gravy Corn Fruit Cocktail Cake	Oven Roasted Chicken Potatoes & Gravy Peas & Carrots Cherry / Pineapple Dump Cake	Meat Loaf Twice Baked Potato Spinach Salad Grapes	Strip Steak Stir Fry Asian Veg. Garden Blend Wild Rice Raisin / Banana Bread Pudding
8	9	10	11	12
Baked Mac & Cheese Casserole Stewed Tomatoes Noodle Salad w/ Kidney Beans Tropical Fruit Peanut Butter Cookies	Pork Loin Mashed Potatoes & Gravy Corn Strawberry Short Cake	Parmesan Breaded Chicken Sweet Potatoes Broccoli Peaches Choc. Bundt Cake	Pulled Pork Sand. Cole Slaw Tri Tatars Pears Brownies	Spaghetti w/ Meat Sauce Garlic Bread Broccoli Spinach Salad Pound Cake w/ Mixed Berries
15	16	17	18	19
Beef Shepard's Pie Noodle & Bean Cold Salad Banana Blueberry Muffins	Salisbury Steaks w/ Caramelized Onions Mashed Potatoes & Gravy Peas Tropical Fruit Devil's Food Cake	Egg Salad Sand. Broccoli / California Salad Banana Spice Cake w/ Peanut Butter Frosting	BBQ Pork Ribeye Green Beans Seasoned Potato Wedges Spinach Salad Taffy Apple Salad	Potato Crusted Cheddar Cod California Bl. Veg. Cheesy Potatoes Fruit Fluff
22	23	24	25	26
Chili w/ Beef & Beans Spinach Salad Apricots Corn Bread with Honey Butter	Meats Balls & Gravy over Wild Garden Rice Scalloped Potatoes Green Beans Pineapple Chunks	Chicken Cordon Bleu Twice Baked Potato Spinach Salad Fresh Fruit	Lasagna Garlic Bread California Blend Vegetables Spinach Salad Angel Food w/ Strawberries	Hot Tuna Noodle Casserole Tri Tatars Pears Peach Fruit Crisp

February Birthdays

When Berlin Public Schools are closed due to inclement weather, please note that we will also be closed and no lunches will be served. Watch your local news station for any closings. This may be subject to change if Berlin Schools choose to close due to COVID-19.

Get regular updates on our Facebook page.

6	Pat Muehrer	16	Kay Kollat
6	Jane Suleski	21	Dennis Turgeon
8	Don Krebsbach	24	James Jodarski
9	Thomas Yancy	25	Genevieve Trochinski
9	Charlotte Schram	28	Judi Slovinski
12	Arnold Eidenshink	29	Marilyn Fay Krause
15	Dianne Nowak		

Birthday Meal:
Tuesday, February 2nd
 Beef Tips
 Mashed Potatoes & Gravy
 Corn
 Fruit Cocktail
CAKE



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Contact Information

Senior/Rec. Programming Coordinator
Sara Rutkowski
Senior Assistant Programming Coordinator
Head Cook Deb Mirr
Assistant Cook Darlene Sierakowski
Chauffeurs and Meal Delivery
Al, Deb T., Cindy and 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 9am - Noon
Phone..... **920-361-5422**
Address.....142 Water Street
(Just off of North Capron Street)
www.cityofberlin.net

NOON MEALS

Green Lake County Nutrition Program
Monday through Friday at 11:15am.
Carry-out or homebound have meals delivered. Cost: Suggested donation of \$4 over age 60. Under age 60 the cost is \$18.89. Call by 9:00 am on the day before you want to eat. For home bound meals call 920-294-4070

TRANSPORTATION

Monday thru Friday. Seniors age 55+
Hours available: 8-10:30 am & 1-4:00 pm.
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

Looking for a safe place to come to visit with friends?
The Berlin Senior Center is the place to check on.
Wear your masks, socially distance, and relax with us.
For more information call 920-361-5422.

