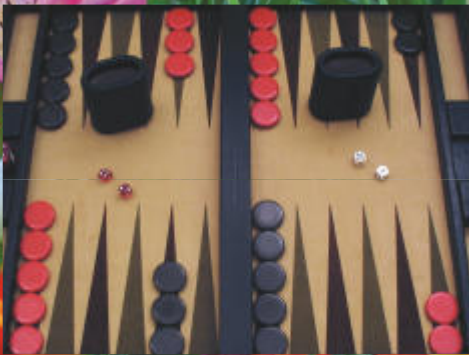


APRIL 2021

# INSIGHT



## Fun Activities Await

Backgammon ✦ Exercise ✦ Quilting  
Walking Challenge ✦ Crankies  
Chair Yoga ✦ Woodcarving  
Bingo ✦ Pool Shooting



This picture was taken pre-COVID.



Publication of the Berlin Senior Center

FREE—PLEASE TAKE ONE AND ENJOY!



### Friends of the Berlin Senior Center ~ Meeting

After one year of not being able to have a meeting the Friends of the Berlin Senior Center will be meeting on Monday, April 12th at 9:30 AM. This meeting is open to the public.

Join in the meeting and then stay for Exercise with Judy right afterwards.

### Walking Sticks Available

Ken Fries has been good enough to donate some more handcrafted and wonderfully decorated walking sticks to the BSC. These are free while they last.



### Make a Crankie Activity

That is not a misspelling! Cranky is angry and what we will be learning to do is make a Crankie that you get to take home. This is part art, storytelling and illuminated magic. Teacher Mike will guide you on how to make your own crankies and give you the fascinating background on these historic showpieces.

Pre-registration required by calling the center at 920-361-5422.

**Deadline is Monday April 26.**

Class will be held Tuesday, April 27 from 9:00 to 11:00.

### Lord of the Rings Walking Challenge

Inspired by the Lord of the Rings books by J.R. Tolkien, this challenge is meant to get you outside and walking. Walking is an excellent way to stay active. Each participant will receive one log book to track miles. Each time you walk, run or bike you can record the mileage traveled by checking off another one-ring symbol. This group activity does not require any meetings; it is something you can work on by yourself and share afterwards!

To get further into this challenge you can read, or listen to an audio book of the Lord of the Rings so you will know what the story is behind each segment of the challenge. The miles you will travel mirror those taken by the Hobbits in the story. Inviting others to join you is another great idea. Berlin and the surrounding area offers many walking and biking opportunities. The log book will include maps of area trails.

The Senior Center will have a place to post your achievements on this unique quest and we will have a party to celebrate meeting challenges. If you are interested, give Mike a call at 361-5422.

# WOODCARVING:

Every Wednesday from 9:00 to 10:00 the woodcarving group meets at the center. They help and support each other as they carve their handmade projects. Stop by while they are here to learn what they are all about and perhaps join them.



**Earth Day 2021** is on Thursday, April 22. There is a city wide clean up scheduled that day. If you would like to participate for an hour or two, give Sara a call at 361-5422.

# Pot-o-Gold

The leprechaun's worked hard to hide the pots of gold all over March's Insight issue. We had some keen eyed readers who managed to spot the 14 pots. Good job! And the winner is Sharon Buttke.

# FOOT CARE CLINIC

Registered Nurse Keren Yang of Lotus Foot Care, LLC is offering expert foot care for Seniors at the Berlin Senior Center. This service is ideal for diabetics, Seniors, and those affected with nerve conditions.



Available Days in April:

Thursday, April 8  
Thursday, April 22

**Call Keren 920-637-0754** to schedule an appointment.

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# APRIL Daily Activities

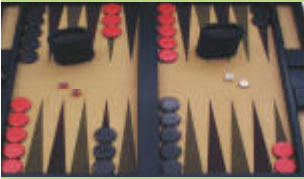
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
10:30 Pool Shooting  10:30 Exercise w/ Judy	10:00 Chair Yoga  10:30 Pool Shooting  2nd Tues. 10:30 Veteran's Support Group Meeting	9:00 Woodcarving  10:30 Pool Shooting  10:30 Exercise w/ Judy  9:30 4th Wed. Eyes Have It Meeting	9:00 Quilters  9:00 Backgammon  10:00 Chair Yoga  10:30 BINGO w/Tanner	10:30 Pool Shooting  10:30 Exercise w/ Judy  2nd Friday 9:00 Painting Together

## APRIL (NEW) Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Backgammon	2 CLOSED FOR GOOD FRIDAY
5	6 Election Day - Vote!  10:00 Chair Yoga	7	8 Foot Clinic (by appt) 9:00 Backgammon 10:00 Chair Yoga	9 9:00 Painting With Amanda
12 9:30 Friends Meeting	13 10:00 Chair Yoga  10:30 Veteran's Support Group	14	15 9:00 Backgammon  10:00 Chair Yoga	16
19	20 10:00 Chair Yoga	21	22 Foot Clinic (by appt) 9:00 Backgammon 10:00 Chair Yoga	23
26	27 9:30 Committee on Aging 9-11 Crankies 10:00 Chair Yoga	28 9:30 Eyes Have It	29 9:00 Backgammon  10:00 Chair Yoga	30

### Want to play Backgammon?

Backgammon might be one of the oldest board games on Earth, going back nearly 5,000 years. If you would like to play, or learn how to play, then consider signing up. Give us a call at 920-361-5422 to register. This group is being organized by



Chuck Fehl and he will help you learn the game. They will meet at the center, once a week, perhaps on Thursdays for about 1 1/2 to 2 hours starting this Spring. Join the fun!

### Easy Spring Painting!

Have fun with friends creating your masterpiece.

Friday, April 9th

9am to Noon

Together we'll paint some flowers sitting in a vase!

Cost- \$5

Registration required  
call 361-5422



Tuesdays and  
Thursdays at  
10:00 am in April



### Chair Yoga

Stay active, keep those joints moving and enjoy some fun company. You will be lead through yoga exercises that use a chair. The instruction is done by DVD and we looking to hold the classes on Tuesday and Thursdays, beginning at 10 AM at the Berlin Senior Center. Classes should run 45 minutes to one hour. Please give us a call if you are interested. 920-361-5422

Closed on  
**GOOD  
FRIDAY**

Friday, April 2nd, 2021

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**Meals include menu as is listed and are subject to change. Suggested \$4 donation for those aged 60+.**  
**This is a Green Lake County Elderly Nutrition Meal site. Please Call (361-5422) the day before you'd like to order a meal for pickup at the Senior Center.**  
**Pickup is from 11:15 - 11:30 am.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 <b>GOOD FRIDAY</b>
<b>All Meals Include Butter, Whole Grain Or White Bread &amp; Milk</b>			Spaghetti w/ Meat Sauce Calif. Blend Veggies Spinach Salad Apple Pie	CLOSED  No Meal Delivery
5	6 <b>BIRTHDAY MEAL</b>	7	8	9
Chicken Casserole w/Peas & Carrots Broccoli Spinach Salad Pears Brownies	Beef Tips Mashed Potatoes & Gravy Peas & Carrots Mandarin Oranges Birthday Cake	Turkey Sandwich Cowboy Beans Tri Tatars Spinach Salad Cherry Southern Salad	Salisbury Steaks W/ Caramelized Onions Mashed Potatoes & Gravy Corn Ambrosia Salad	Loaded Baked Potato W/ Cheese Beef & Chili Beans Tropical Fruit German Chocolate Cup Cakes
12	13	14	15	16
BBQ Pulled Pork on A Bun Cole Slaw Tri Tatars Diced Peaches Rice Krispy Bars	Baked Parmesan Chicken Sweet Potatoes Calif. Blend Veggies Mandarin Orange Cake	Pork Loin Mashed Potatoes & Gravy Vegetable Medley Strawberry Short Cake	Lasagna Garlic Bread Broccoli Fruit Cocktail Apple Crisp	Oven Baked Tilapia Spinach Salad Baby Bakers 3 Bean Bake Cherry/Pineapple Dump Cake
19	20	21	22	23
Ham & Cheese Sliders Baked Beans Corn Diced Peaches Magic Bars	BBQ Ribs Coleslaw Spinach Salad 3 Bean Bake Grapes Pistachio Pudding	Strip Steak Stir Fry Asian Vegetables Garden Blend Wild Rice Raisin / Banana Bread Pudding	Roasted Chicken Gravy & Mashed Potatoes Carrots & Peas Peaches Chocolate Bundt Cake	Grilled Cheese Stewed Tomatoes Hard Boiled Eggs Broccoli/Cauliflower Cold Salad Watermelon
26	27	28	29	30
Cheesy Broccoli Soup Spinach Salad Tropical Fruit Oatmeal Raisin Cookies	Meatloaf Au Gratin Potatoes Green Beans Strawberry Short Cake	French Toast Casserole Sausage Tri Tatars Spinach Salad Orange	Meat Balls w/ Mashed Potatoes & Gravy Peas & Carrots Pears Jell-O	Breaded Cod Sweet Potato Cold Bean Salad Mandarin Oranges Banana Split Cake



## Birthday Meal:

**Tuesday, April 6th**  
 Beef Tips  
 Mashed Potatoes  
 & Gravy  
 Peas & Carrots  
 Mandarin Oranges  
 Birthday Cake

Beginning next month in May, we are hoping to bring some phone volunteers back to the Center, as safely as we can. These helpful individuals will answer phones for us and assist any walk-ins. The hours will be from 9:00 to 11:00 am. If you are interested in helping, please give us a call and sign up for a May date!  
 Thank you!

- April 2 Sue Formiller
- April 2 Donna Booth
- April 4 Darlene Oppermann
- April 5 Lorraine Wood
- April 5 Jerome Pflugradt
- April 6 Georgene Bagley
- April 6 Lloyd Werch
- April 8 Robert Bonneville
- April 8 David Patelski
- April 9 Patty Deschler
- April 10 Ramona Miracle
- April 12 Denise Chier
- April 13 Chris Harmsen
- April 16 Lucille Reetz
- April 16 Minnie Blackmore
- April 17 Charles Huibregtse
- April 18 Angie Browning
- April 19 Merlyn Soda
- April 21 Richard Boening
- April 22 John Kastner
- April 27 Les Krueger
- April 29 Violet McMahon

### MEALS NOTE:

- ◆ Homebound meal will be delivered near the door.
- ◆ Drivers must observe the meal is received and are required to keep at least 6 feet of distance when possible.
- ◆ We do not prepare for special diets but we will gladly share information about how the meals are prepared.
- ◆ It is the participant's responsibility to decide if the meals are suitable for their needs.



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# Contact Information

## Senior/Rec. Programming Coordinator

Sara Rutkowski

## Senior Assistant Programming

Coordinator Mike Breza

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](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

## Green Lake County Nutrition Program

Monday through Friday at 11:15 am.  
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

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.

Is it a picture or a puzzle?! You tell us! Our puzzle expert Georgene finished a one-of-a-kind puzzle for us here. Swing on by and find out where it is at the Center!

