

FREE - TAKE ONE

INSIGHT

HAPPY HALLOWEEN

PAINTING BY AMANDA

Vision Fair

Tai Chi Prime

Memorial Bench

Fall proofing
your home

Friends of the
Berlin Senior Center

Welcome new
assistant

OCTOBER 2021

Publication of the Berlin Senior Center



**WELCOME TO
OUR NEW SENIOR
ASSISTANT PROGRAMMING
COORDINATOR**

We are happy to welcome Jill Dittmann. She will be the new Senior Assistant Programming Coordinator at the Berlin Senior Center.

Jill is from the Poy Sippi area. She is married with two adult boys. In her free time, Jill enjoys reading, bowling, diamond painting, bowling and volunteering with the Lions Club. Please introduce yourself the next time you stop in!

**Assistive Technology Fair for the
Visually Impaired**

Tuesday, October 5, 2021
10:00 am until 2:00 pm
At the Berlin Senior Center

FREE EVENT to inform the visually impaired of the latest technologies out there to improve quality of life for those individuals, their family and friends. Hourly Drawings!

**FRIENDS OF THE
BERLIN SENIOR CENTER**

Please note there will be an upcoming election in November to vote in new board members. For more information regarding nominations, please call the Berlin Senior Center at 920-361-5422. The nominees are Bob Bonneville, Tom Merryfield, Mary Potter, Julie Boeck and Paul Hanan.

Easy Painting With Amanda

Three Pumpkin Stack painting will be offered on Monday, October 25 9:00AM to 11:00AM. We provide all the supplies. Amanda will guide you in creating your own masterpiece. Space is limited so please call to be put on the list.

361-5422.

Cost is \$5 per person, payable that day.





MEMORIAL BENCH ARRIVES

A memorial bench has been installed at the rear entrance to the Berlin Senior Center. It was purchased by the Friends of Berlin Senior Center and is in memory of Larry Pelchat who was our senior van driver. We have fond memories of Larry and he is greatly missed.



Tai Chi Prime at the Senior Center

Tai Chi Prime is an "Introduction to Tai Chi" class that was created for older adults to improve strength and balance

Free classes will be held at the Berlin Senior Citizen Center Tuesdays and Thursdays, October 12 through November 18th 9:00-10:30am. For more information contact: Amanda Kutcher at (920) 787-6666

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October Daily Activities

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<p>10:30 Pool Shooting</p> <p>10:30 Exercise w/ Judy</p>	<p>10:30 Pool Shooting</p> <p>2nd Tues. 10:30 Veteran's Support Group Meeting</p>	<p>9:00 Woodcarving</p> <p>10:30 Pool Shooting</p> <p>10:30 Exercise w/ Judy</p> <p>9:30 4th Wed. Eyes Have It Meeting</p>	<p>9:00 Dirt Detectives</p> <p>9:30 Harmonica</p> <p>9:00 Quilters</p> <p>10:30 BINGO w/Tanner</p> <p>11:00 Senior Singers 1st Thursday</p>	<p>10:30 Pool Shooting</p> <p>10:30 Exercise w/ Judy</p>

October Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 Birthday meal 	6	7 9:30 Harmonica 11:00 Singers Practice	8
11	12 9:00 –10:30 Tai Chi Prime 9:00-11:00 Elder Benefit Specialist 10:30 Veteran's Support Group	13	14 9:00 –10:30 Tai Chi Prime 9:30 Harmonica 2:00 Singers at Prairie Place Foot Care Clinic by Appointment	
18	19 9:00 –10:30 Tai Chi Prime	20	21 9:00 –10:30 Tai Chi Prime 2:00 Singers at Preston Place 9:30 Harmonica	22
25 9:00 Painting With Amanda 	26 9:00 –10:30 Tai Chi Prime 9:00-11:00 Elder Benefit Specialist 9:30 Committee on Aging	27 9:30 Eyes Have It	28 9:00 –10:30 Tai Chi Prime 9:30 Harmonica 2:00 Singers at Heartland House Foot Care Clinic by Appointment	29

Fall Proofing Your Home

Six out of every ten falls happens at home. Below is a list of changes you can do to make your home safer.

In Stairways, Hallways and Pathways

- ___ Have handrails on both sides of the stairs
- ___ Make sure there is good lighting with light switches in convenient places.
- ___ Keep areas where you walk tidy. Don't leave items laying around.
- ___ Check that all carpets are fixed firmly to the floor. Don't use throw rugs.

In Bathrooms and Power Rooms

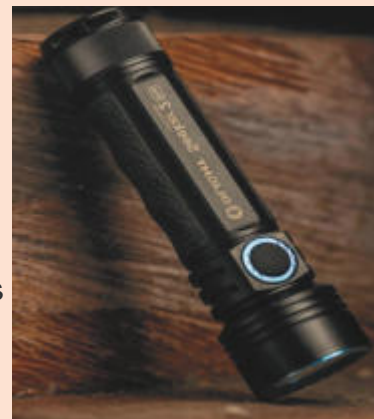
- ___ Mount grab bars near toilets and inside and outside showers or bath tubs
- ___ Place no skid mats on all surfaces that may get wet
- ___ Remember to have night lights on.

In the bedroom

- ___ Put night lights close to your bed along with a flashlight and your telephone.

In other Living Areas

- ___ Keep electric cords away from walking paths and secure all carpets and area rugs to the floor.
- ___ Arrange your furniture and other objects so they are not in your way when you walk
- ___ Make sure your sofas and chairs are the right height for you to get in and out easily
- ___ Keep items you use often within easy reach
- ___ Don't stand on a chair or table to reach something that is too high, use a "reach stick" or ask for help.
- ___ Don't let your cat or dog trip you. Know where your pet is when walking.



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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.

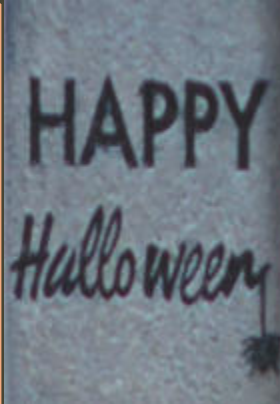
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
ALL MEALS INCLUDE/ MILK, WHOLE GRAIN OR WHITE BREAD & BUTTER				Potato Crusted Cod Sweet Potato Diced Beets Mandarin Oranges Moon Cake
4 Paul H	5 Sue P	6 Betty V	7 Sue P	8
Vegetable Chicken Noodle Soup Spinach Salad Apricots Magic Bars	BIRTHDAY MEAL Salisbury Steaks w/ Caramelized Onions Mashed Potatoes & Gravy Corn Birthday Cake	Parmesan Breaded Chicken Sweet Potatoes Corn Mandarin Oranges Taffy Apple Salad	Loaded Baked Potato W/ Cheese, Ham & Cowboy Beans 7 Layer Salad Peaches Grandma's Carrot Cake	Spaghetti w/ Meat Sauce Cauliflower Spinach Salad Fresh Fruit Coconut Cream Pie
11 Vickie C	12 Sue P	13	14 Sue P	15
Shepard's Pie w/ Ground Beef & Mixed Vegetables Pears Dinner Roll Rice Krispy Bars	Roasted Turkey Sandwich 3 Bean Bake Broccoli/Cauliflower Cold Salad Cherry Southern Salad	Ham Loaf Au-gratin Potatoes Green Beans Apple Sauce Blueberry Muffin	Chicken Mashed Potatoes & Gravy Glazed Carrots Pineapple Tidbits Lemon Poppy Seed Cake	Oven Baked Tilapia Sweet Potatoes Spinach Salad Peaches Jell-o Poke Cake
18 Paul H	19 Sue P	20 Betty V	21 Sue P	22
Ham / Cheese Sliders Sweet Potato Baked Beans Fresh Fruit Cinnamon Rolls	Meat Balls Mashed Potatoes & Gravy Mixed Veg. Fruit Cocktail Cinnamon Streusel Cake	Chinese Chop Suey w/ Meat & Asian Veggies Wild Rice Pears Cheese Cake	Pork loin Mashed Potatoes Gravy Corn Apricots Pineapple Upside Down Cake	Lasagna Broccoli Garlic Bread Green Salad Strawberry Short Cake
25 Vickie C	26 Sue P	27	28 Sue P	29 Halloween Meal
Mac & Cheese Stewed Tomatoes Spinach Salad Angel Food Cake w/ Fruit Compo	Chicken Alfredo Over Noodles Calif. Bl. Veg Spinach Salad Mandarin Oranges Banana Cream Pie	Sloppy Joes Cheesy Hash Browns Baked Bean Peaches Cookies & Cream Pudding	Meat Loaf Twice Baked Potato Spinach Salad Pineapple, Cherry Dump Cake	Boney BBQ Ribs Coleslaw Cheesy Hash Browns Deviled Eye Ball Eggs Fruit Cocktail Dirt Pudding W/ Oreos

OCTOBER BIRTHDAYS

3	Paulette Weber	9	Shirley Williams	15	Jacilyn Boening
3	Kathryn Krause	11	Cheryl Schmidt	16	Thea Ringbauer
4	Ina Mlodzik	13	Ann Budde	17	Jodi Kalkis
4	Carol Mae Wallace	13	Barbara Resop	18	Jan Vanderhout
4	Alice Waypa	14	Marian Heller	21	Nancy Berger
5	Kay Roethel	14	Sharon Sorenson	21	Cheryl Coats
6	Kathy Walker	14	Bob Pribnow	23	Evelyn Dally
6	Gloria Beck	15	Laurie Pavelske	24	Gary Boening
9	David Schmidt	15	Dennis Stumpner	26	Kenneth Dozler

FEATURED MEAL

On Tuesday, October 7th we will be having the Birthday Meal which consists of Salisbury Steak with caramelized onions, mashed potatoes and gravy, corn and birthday cake. Suggested donation is \$4 per adult 60+. Meals are carry-out only, pickup starts at 11:15 to 11:30.



HALLOWEEN

On Friday, October 29th we will be celebrating Halloween with candy, games and treats. Please dress up and stop in to the Berlin Senior Center to celebrate with us.



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DHS Approved 4/22/2021



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Contact Information

Senior/Rec. Programming Director
Rebecca Bays
Senior Assistant Programming
Coordinator Jill Dittmann
Head Cook Deb Mirr
Assistant Cook Darlene Sierakowski
Chauffeurs and Meal Delivery
Al, Cindy and Dennis
Meal Delivery Clay, Dean, Jan, Bill, Deb

MISSION STATEMENT

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

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

NOON MEALS

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 the day before you want to eat. For home bound meals call 920-294-4070



Hours.....Monday-Friday 9am - Noon
Phone..... 920-361-5422
Address.....142 Water Street
(Just off of North Capron Street)
www.cityofberlin.net