

INSIGHT

Happy Thanksgiving!

NOVEMBER 2021

FREE - TAKE ONE



Publication of the Berlin Senior Center

MEDICARE OPEN ENROLLMENT

Open enrollment for Medicare is now through December 15th. Green Lake County's Elder Benefit Specialist will be here on Tuesdays from 9:00 am to 11:00 am starting November 9th. Appointments need to be made by calling Green Lake at 920-294-4070.

FOOT CARE CLINIC

In November, there will be only one foot clinic date available which will be Thursday, November 11. Call 920-637-0754 for an appointment

CHAIR YOGA

Chair Yoga will be starting on Thursday, December 2nd from 10:00 am to 11:00 am. Please call the Center at 920-361-5422 for more information.



WELCOME TO OUR NEW SENIOR/REC PROGRAMMING DIRECTOR

We are happy to welcome Rebecca Bays as the new Senior/Rec Programming Director.

Rebecca is married with three kids, two girls and a boy. She loves the outdoors, spending time with her family and is always up for an adventure. Please stop by the Senior Center and say Hi.



FRIENDS OF THE BERLIN SENIOR CENTER

Happy Thanksgiving from the Friends of the Berlin Senior Center. Please stop by the Senior Center the week of November 15-19 to vote for new Board Members. To vote you must be a member of the Friends group.

Joanne Guden

Easy Painting With Amanda

The below painting will be offered on Monday, November 15 from 9:00 am to 11:00 am. We provide all the supplies. Amanda will guide you in creating your own masterpiece. Space is limited so please call 920-361-5422 to be put on the list.

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



STAYING SAFE DURING THE HOLIDAYS

The holidays are the most wonderful time of the year as long as you stay safe. Be sure to follow these steps to make sure you can fully enjoy the holiday season

1. **Keep travel plans offline**—If you are planning to travel during the holiday season, keep your travel plans off your social media. Never post where you are going, when you are leaving or when you will be back.
2. **Notify a neighbor**—If you decide to go out of town during the holidays, be sure to notify a trusted neighbor. Ask them to keep an eye on your house.
3. **Hide packages and gifts**—Keep gifts out of sight of any window or other places with a view. When you are not at home, it is easy to break through a window and grab your gifts. Also be careful with deliveries. Install a door cam or other outdoor security camera to help deter thieves.
4. **Watch your Christmas lights**—Fire hazards increase during the holidays due to faulty wires. Before putting up Christmas lights, inspect them for any frayed cords or cracked lamps. Replace any frayed cords or cracked or broken lamps. Also be sure to turn holiday lights off when away or when sleeping. Try using an outdoor timer to switch lights on or off.
5. **Inspect the furnace and chimney**—Add these items to your prep list to keep your home safe
 - Have a professional inspect your furnace
 - Change out air filters, if needed
 - Clean out air ducts and vents
 - Hire a chimney sweep to make sure the fireplace is safe and ready to go.
 - Check batteries on smoke alarms and carbon monoxide detectors.
 - Check fire extinguisher and make sure it is readily accessible



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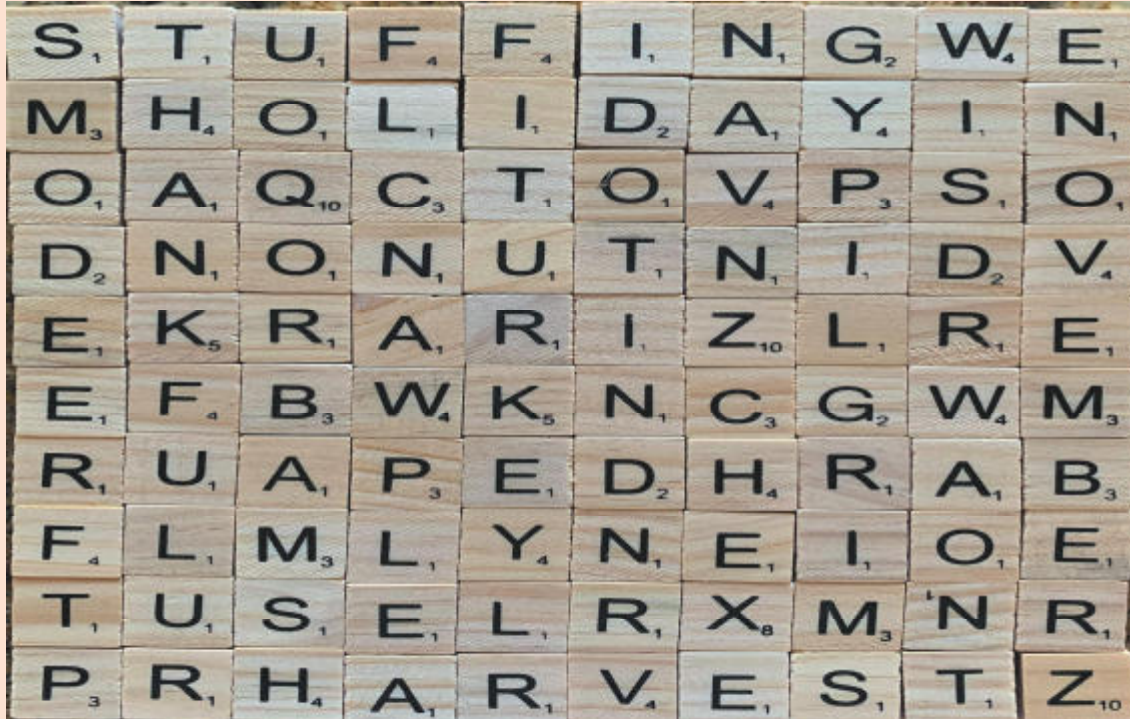
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NOVEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30 Pool Shooting 10:30 Exercise w/Judy	2 9:00 –10:30 Tai Chi Prime 10:30 Pool Shooting	3 9:00 Woodcarving 10:30 Pool Shooting 10:30 Exercise w/Judy	4 9:00 –10:30 Tai Chi Prime 9:00 Quilters 9:30 Harmonica 10:30 Bingo w/ Tanner 11:00 Singers Practice	5 10:30 Pool Shooting 10:30 Exercise w/Judy  November 7 2 am
8 10:30 Pool Shooting 10:30 Exercise w/Judy	9 9:00 –10:30 Tai Chi Prime 9:00—11:00 Elder Benefit Specialist 9:30 Vet's Meeting 10:30 Pool Shooting	10 9:00 Woodcarving 10:30 Pool Shooting 10:30 Exercise w/Judy	11 VETERAN'S DAY 9:00 Quilters 9:00 –10:30 Tai Chi Prime 9:30 Harmonica 10:30 Bingo w/ Tanner 2:00 Singers at Preston Place Foot Care Clinic by Appointment	12 10:30 Exercise w/Judy 10:30 Pool Shooting
15 9:00 Painting with Amanda 10:30 Pool Shooting 10:30 Exercise w/Judy 	16 9:00 –10:30 Tai Chi Prime 9:00-11:00 Elder Benefit Specialist 10:30 Pool Shooting 10:30 Veteran's Support Group	17 9:00 Woodcarving 10:30 Pool Shooting 10:30 Exercise w/Judy	18 9:00 –10:30 Tai Chi Prime 9:00 Quilters 9:30 Harmonica 10:30 Bingo w/ Tanner 2:00 Singers at Patriot Place	19 10:30 Pool Shooting 10:30 Exercise w/Judy World Toilet Day 
22 10:30 Pool Shooting 10:30 Exercise w/Judy	23 9:00-11:00 Elder Benefit Specialist 10:30 Pool Shooting	24 9:00 Woodcarving 9:30 Eyes Have It 10:30 Pool Shooting 10:30 Exercise w/Judy	25 CLOSED HAPPY THANKSGIVING	26 CLOSED 
29 10:30 Pool Shooting 10:30 Exercise w/Judy	30 9:00-11:00 Elder Benefit Specialist 9:30 Committee on Aging 10:30 Pool Shooting			

THANKSGIVING WORD SEARCH PUZZLE



Word List

PUMPKIN PIE

STUFFING

TURKEY

THANKFUL

PILGRIMS

FALL

FREEDOM

HARVEST

NOVEMBER

HOLIDAY

INSIGHT November 2021

Page 5

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City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

NOVEMBER

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 Betty V	2 Birthday Meal	3	4 Sue P	5
Chicken Veg. Soup Spinach, Crm. Cheese & Ham, Pin Wheels Spinach Salad Angel Food w/ Fruit topping	Ham Loaf Sweet Potatoes Baked Beans Mandarin Oranges Birthday Cake	Meatballs with Gra- vy & Mashed Pota- toes Green Beans Pineapple Chunks Peanut Butter Brownies	Cheese Burgers w/ All the Fix-Ins Seasoned Potato Wedges Broccoli/Caulif Cold Salad Orange	Potato Crusted Cod Baby Bakers Coleslaw Strawberry Short Cake
8 Vickie C	9 Sue P	10	11 Sue P	12
Oven Baked Mac & Cheese Stewed Tomatoes Spinach Salad Rice Krispy Bars	BBQ Chicken Baby Bakers Calico Beans Pineapple, Cherry Dump Cake	Pork Loin w/ Gravy & Mashed Potatoes Glazed Carrots Fresh Fruit Black Forest Cake	Salisbury Steak W/ Caramelized Onions Mashed Potatoes & Gravy Corn Fruit Fluff	Buttery Tilapia Beets Spinach Salad Fruit Cocktail Lemon Poppy Seed Cake
15 Paul H	16 Sue P	17 Vickie C	18 Sue P	19 Vickie C
Sloppy Joes 3 Bean Bake Caulif./Broccoli Cold Salad Fresh Fruit Oatmeal Raisin Cookies	Meatloaf Sweet Potatoes Corn Mandarin Oranges Apple Pie	BBQ Pulled Pork Sand. Coleslaw Potato Salad Pound Cake w/ Strawberries	Turkey, Stuffing, Mashed Potatoes & Gravy Corn Orange-Cranberry Relish Pumpkin Pie	Chop Suey w/ Asian Veg. Over Wild Rice Apricots Peanut Butter Brownies
22 Paul H	23 Sue P	24 Betty V	25 THANKSGIVING	26
Cheesy Broccoli Soup Ham Sand. 3 Bean Cold Salad Peaches Cherry Brownies	Ravioli Broccoli Garlic Bread Spinach Salad Taffy Apple Salad	Chicken Alfredo Over Linguine Glazed Carrots Spinach Salad Peaches Jell-O Poke Cake	CLOSED HAPPY THANKSGIVING	CLOSED 
29 Vickie C	30 Sue P			
Beef Stew W/ Peas, Corn Carrots & Po- tatoes Spinach Salad Fruit Crisp	Smoked Turkey Sausage Wild Rice 3 Bean Cold Salad Spinach Salad Cin. Streusel Cake			ALL MEALS INCLUDE BUTTER, BREAD- WHOLE GRAIN OR WHITE, BUTTER & MILK

NOVEMBER BIRTHDAYS

1 Betty Konen
1 Marilyn Voeltner
1 Richard Fortnum
2 Ralph Fredrick
4 Jeanne Boening
5 Barbara Born
6 Paul Hanan
6 Jamie Stobbe
7 Nelma Stertz
8 JoAnne Napralla
8 Marion Weber
11 Iris Mueller
14 Chuck Fehl
15 Iva Bodin
16 Kathleen Johnson
17 Annette Pica
18 Pat Dye
19 Kathy Hatch
19 Donna Nickolaisen
19 Patrick Cujak
20 Paul Roethel

22 Gladys Hall
22 Ruth Young
23 Donna Nolte
24 Michael Carberry
25 Bob Keating
26 Lorraine Brueggen
27 George Kazmierczak
28 Chris Moore
28 Verona Lipke
29 Christine Monroe
30 Donna Kirk



BIRTHDAY MEAL

Tuesday, November 2nd will be our Birthday Meal which consists of ham loaf, sweet potatoes, baked beans, mandarin oranges and birthday cake. Meals are carry-out only with a suggested donation of \$4.00 for 60+.

THANKSGIVING MEAL

Thursday, November 18th will be our Thanksgiving meal which consists of turkey, stuffing, mashed potatoes & gravy, corn, orange cranberry relish, pumpkin pie. Carry-out only at this time.



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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For more information on your long-term care options, contact your local ADRC.

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