

A close-up photograph of pink tulips with water droplets on their petals, set against a blurred green background. The tulips are the central focus, with one in sharp focus in the foreground and others blurred in the background.

# **INSIGHT**

**APRIL 2022**

## **APRIL SHOWERS**

## **BRING**

## **????**

**Publication of the Berlin Senior Center  
Free—Take One**

## 2022 DAY TRIPS

### JOHN DENVER MUSICAL TRIBUTE

Featuring Ted Vigil  
Palace Theater in Wisconsin Dells  
May 20, 2022

"Country Road, take me.....To the Palace....To come see me.....You know you want too!" I hope you sang that to the tune of Country Road because you'll be singing along at this fantastic tribute to a musical legend! Join us for an afternoon of great memories. Cost is \$82 which includes a meal.

Space is available so come on down to sign up before this offer is "leaving on a jet plane".

### LA CROSSE QUEEN AND TOUR

June 16, 2022

Join us for a day of fun in beautiful La Crosse! We will start our day with a relaxing lunch cruise on the historic La Crosse Queen. After the cruise, enjoy a brief bit of free time before going on a 90 minute guided bus tour of the historical La Crosse area. Cost is \$90 per person. Spots are filling up quickly.

Stop at the Berlin Senior Center to reserve your seat. We accept cash or checks made payable to the Berlin Senior Center. Call 920-361-5422 with any questions.

### BREWERS TRIP

Rescheduled to September 21, 2022

We will still be enjoying the exclusive Northwestern Mutual Legends Club, however the time has changed. It is now a 1:10 pm first pitch. The cost is the same at \$120.00 per person. Hurry as they are only approximately ten spots left!

## 2022 NEW DAY TRIPS

### THE BEST OF DOOR COUNTY TROLLEY TOUR

July 13, 2022

More information will be forthcoming in the Berlin Journal and May Insight.

## CARD PLAYING, BOARD GAMES OR DICE GAMES AT THE BERLIN SENIOR CENTER



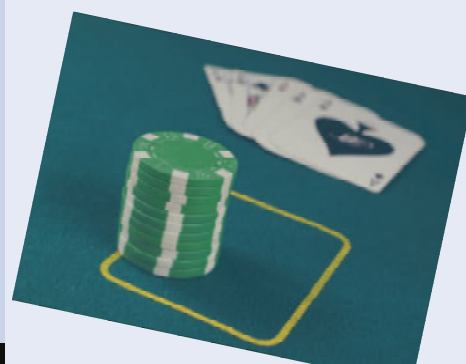
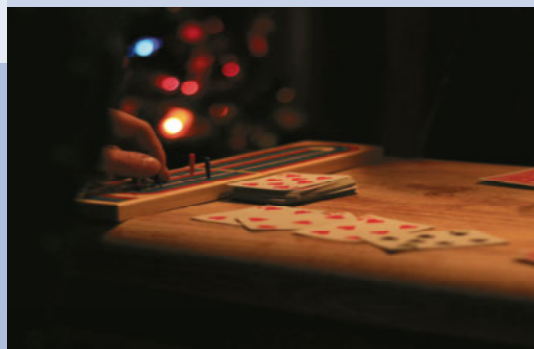
### SHEEPSHEAD

Monday, Wednesday & Friday  
12:30 p.m.

### POKER

Friday at 12:30

Come and join the fun at the Berlin Senior Center. If you would like to join one of our already established groups or would like to start your own, please give us a call at 920-361-5422.



### CRIBBAGE

Thursday at 12:30 pm

### BRIDGE

Friday at 12:45 pm  
Call Gerene at  
920-361-3323

## MIND OVER MATTER

**Mind over matter, healthy bowels, healthy bladder**

**Thursday, April 7, April 21 and May 5  
1-3 p.m. at the Berlin Senior Center**

Designed to give women the tools they need to take control of their bladder and bowel symptoms. The class provides information, group activities, simple exercises and dietary changes. Meets for two hours.

Call the Center at 920-361-5411 to sign up.

## COMMITTEE MEMBERS NEEDED

The **Committee on Aging** is looking for a committee member. They meet the 4th Tuesday of every month at the Berlin Senior Center.

**Parks & Rec Commission** has five openings. They meet on the 1st Wednesday of the month at 4:30 pm. at council chambers at City Hall.

Please contact Rebecca at 920-361-5422 if you are interested or know anybody that would be interested

### BERLIN SENIOR SINGERS SCHEDULE

April 7: Practice  
April 14: Patriots Place  
April 21: Prairie Place  
April 28: Oakwood Manor

### LIBRARY

The Senior Center has a large collection of books including many current titles along with DVDs that can be checked out or read while at the Center. Please stop in the Center to check out our collection.

### BINGO HAS MOVED

Bingo with Tanner is moving to Tuesdays starting April 5th at 10:30. Come and join Tanner in a fun-filled game of bingo.



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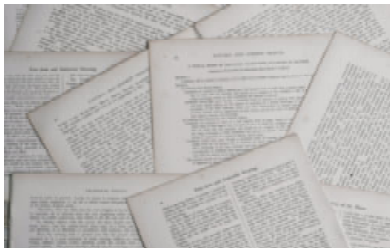




# APRIL ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>  10:30 Exercise w/ Judy 12:30 Poker 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
<b>4</b>  10:30 Exercise w/ Judy  12:30 Sheepshead	<b>5</b>  9:00—11:00 Elder Benefit Specialist  9:00 Bridge  9:30 Harmonica 10:30 Bingo w/ Tanner	<b>6</b>  9:00 Woodcarving  10:30 Exercise w/ Judy  12:30 Sheepshead	<b>7</b>  9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage 1:00 Singers practice 1:00 Mind over Matter Foot Care Clinic by Appointment	<b>8</b>  10:30 Exercise w/ Judy 12:30 Poker 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
<b>11</b>  10:30 Exercise w/ Judy  12:30 Sheepshead	<b>12</b> 9:00 Bridge 9:30 Harmonica 9:30 Vet's Meeting 10:30 Bingo w/ Tanner  National Grilled Cheese Day 	<b>13</b> 9 Pool League At Berlin   9:00 Woodcarving  10:30 Exercise w/ Judy  12:30 Sheepshead	<b>14</b>  9:00 Quilters  10:30 Weight loss support group  12:30 Cribbage	<b>15</b>  Center is closed Good Friday  
<b>18</b>  10:30 Exercise w/ Judy  12:30 Sheepshead	<b>19</b>  9:00—11:00 Elder Benefit Specialist  9:00 Bridge 9:30 Harmonica 10:30 Bingo w/ Tanner	<b>20</b> 9:00 Woodcarving 10:30 Exercise w/ Judy 12:30 Sheepshead  "Thank a volunteer today"	<b>21</b>  9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage 1:00: Mind over Matter Foot Care Clinic by Appointment	<b>22</b>  10:30 Exercise w/ Judy 12:30 Poker 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
<b>25</b>  10:30 Exercise w/ Judy  12:30 Sheepshead	<b>26</b> 9:00 Bridge 9:30 Harmonica  9:30 Committee on Aging 10:30 Bingo Tanner	<b>27</b> 9:00 Woodcarving 9:30 Eyes Have It  10:30 Exercise w/ Judy  12:30 Sheepshead	<b>28</b>  9:00 Quilters 10:30 Weight loss support group  12:30 Cribbage	<b>29</b> 10:30 Exercise 12:30 Poker 12:30 Sheepshead 12:45 Bridge  National Zipper Day 



## Keep Important Papers Safe



You have gone through the trouble of getting all your important papers filled out so where do you keep them? Having them loose in a desk drawer is not a good idea. Putting them in a safety deposit box at your bank is best, it is not always convenient (and sometimes expensive). There are steps you can take to make them easily accessible.

Begin by making copies of all your important documents including your will, financial power of attorney, health care power of attorney, etc. Store the original documents in your safety deposit box at a financial institution or a fire safe container in your home. There are several ways to keep the document copies organized, but a 3-ring binder is handy to keep them all together in one place. Use tab dividers to separate the different types of documents and clear sleeves to hold each document to keep it clean and hold smaller pieces of paper.

Review this binder regularly and update it when necessary, generally when a major life changing event. Make the changes to the originals and then make another copy and update the binder. Creating a binder allows you to review it easily and give you piece of mind that your wishes will be followed when it is needed.

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# APRIL MEALS



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 920-361-5422 the day before you'd like to order a meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
All meals served w/ whole grain or white bread, butter & milk				Salmon Pattie Cheesy Broccoli Spinach Salad Mandarin Oranges Strawberry Eclair Cake
4 Vicki	5 Birthday meal	6 Sarah	7 Sue	8
Chicken Pot Pie w/ Mixed Veg. Biscuit Spinach Salad Pears Cookies	Beef Tips Mashed Potatoes & Gravy Mixed Veg. Mandarin Oranges Birthday Cake	Turkey Sandwich Cowboy Beans Sweet Potatoes Spinach Salad Apple Crisp	Salisbury Steaks w/ Caramelized Onions Mashed Potatoes & Gravy Corn Ambrosia Salad	Breaded Cod Diced Beets Baby Bakers Watermelon Carrot Cake
11 Paul	12 Sue	13 Betty	14 Sue	15 CENTER CLOSED
Shepard's Pie w/ Beef & mixed Veg. Spinach Salad Diced Peaches Rice Krispy Bars	Baked Parmesan Chicken Sweet Potatoes Veg, Medley Mandarin Orange Cake	Pork Loin Mashed Potatoes & Gravy Glazed Carrots Apple Sauce Cin, Streusel Cake	Lasagna California Bl. Veg. Spinach Salad Strawberry Short Cake	
18 Paul	19 Sue	20 Betty	21 Sue	22
Ham & Cheese Sliders Sweet Potatoes Corn Peaches Pistachio Pudding	Roasted Chicken Gravy & Mashed Potatoes Carrots & Peas Mandarin Oranges Cookies	Spaghetti Garlic Bread Calif. Bl. Veg. Spinach Salad Fruit Cocktail Vanilla Cupcake	Smoked Turkey Sausage Over Wild Rice 3 Bean Bake Pears Pumpkin Bars	Cheesy, Baked Potato W/ Ham & Baked Beans Spinach Salad Mixed Fruit German Chocolate Cupcake
25 Vicki	26 Sue	27 Sarah	28 Sue	29
Cheesy Broccoli Soup Spinach Salad Fresh Fruit Oatmeal Raisin Cookie	Chef's Salad W/ Ham, Eggs and Cheese Grapes Chocolate Bundt Cake	Chicken Cordon Blu Casserole Baked Beans Spinach Salad Mandarin Oranges Jell-o Poke Cake	Meat Balls w/ Mashed Potatoes & Gravy Veg, Medley Pears w/ Jell-o	Breaded Cod Sweet Potato Coleslaw Peaches Moon Cake



# APRIL BIRTHDAYS

2 Sue Formiller	12 Denise Chier
2 Donna Booth	13 Chris Harmsen
3 Karen Tessier	16 innie Blackmore
4 Darlene Oppermann	16 Lucille Reetz
5 Lorraine Wood	17 Charles Huibregtse
5 Jerome Pflugradt	18 Angie Browning
6 Georgene Bagley	19 Merlyn Soda
8 Robert Bonneville	21 Richard Boening
8 David Patelski	22 John Kastner
9 Patty Deschler	27 Les Krueger

## NATIONAL VOLUNTEER AWARENESS DAY Tuesday, April 20, 2022

Thank you to all our volunteers! We appreciate your help immensely.



### GREETING CARDS

The Senior Center has greeting cards for sale. They include birthday, get well, thank you, Easter and blank cards

LIFE IS LIKE  
RIDING A BICYCLE.  
TO KEEP YOUR BALANCE,  
YOU MUST KEEP MOVING.  
—ALBERT EINSTEIN



INSIGHT April 2022

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DHS Approved 4/22/2021



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City of Berlin Senior Center, Berlin, WI

C 4C 01-1434

# 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 Diana  
Meal Delivery Clay, Dean, Jan, Bill, Deb

Hours: Monday - Friday  
8:30 am - 4:00 pm  
Phone: 920-361-5422  
Address: 142 Water Street  
(Just off of North Capron Street)  
[www.cityofberlin.net](http://www.cityofberlin.net)

## MISSION STATEMENT

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



## **NOON MEALS**

Green Lake County  
Nutrition Program

Monday through Friday

Dine-in and carry-out available

Carry-out must be picked up between  
11:00 and 11:15 a.m.

Dine-in is at noon.

Cost: Suggested donation of \$4 over age  
60. Under age 60 the cost is \$23.09. Call  
by 9:00 am 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

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

