

FREE - Please take one and Enjoy!

# INSIGHT

MAY 2022 Newsletter

## MAY FLOWERS



Publication of the Berlin Senior Center

# 2022 DAY TRIPS

(Call the Center for details. 920-361-5422 Don't wait too long they're going fast!)

## Brewer's Game September 21st



Join us as we head back to the **Northwestern Mutual Legends Club at Miller Park** to dine and experience a Brewer's Game in a comfortable setting. A few spots are available.

**\$120**

**LaCrosse Queen and Tour is full  
At this time and there is a waiting list.  
June 16th**

## THE BEST OF DOOR COUNTY TROLLEY TOUR Wednesday, July 13th

Experience all the greatest of Door County on one amazing trip! We will be riding in a trolley to adventure in this beautiful part of our state. Stops include:

- Wood Orchard Market
- Guided Tour at Eagle Bluff Lighthouse
- Narrated Scenic Tour of Peninsula State Park
- Lunch at English Inn
- Orchard County Winery

**\$100**

We will be leaving Walmart at 7 am and returning approximately 5:45 pm.

An upcoming Christmas show is in the works. More information will be forthcoming

## NEW 2023 trips are being planned.

**We are currently in need of  
ideas for 2023**

**If you know of a place we can visit or  
have an idea for a trip, give us a call at  
920-361-5422!**

## JOHN DENVER MUSICAL TRIBUTE Featuring Ted Vigil Friday, May 20th

**This tour is full and there is a waiting list**

Join us for an afternoon of great memories at the **Palace Theater in Wisconsin Dells**. We will be leaving Walmart parking lot at 10 am arriving at the Theater at 11:30. Lunch will be served at 11:45 and the show is at 1:00. We will be returning to Walmart following the show.



At the Fireside Theater  
Wednesday, September 28th

Join us for a great meal and show at the Fireside. We will be leaving Walmart at 8 am and returning approximately 5:45 pm.



**\$95**

We understand that plans can change and you may not be able to attend a trip for which you have registered. However, refunds can only be given if you find someone or we can register someone from our waiting list to take your place.

**Call us at 920-361-5422!**

Full payment is required at time of reservation to guarantee your seat. Trips have limited seating and are filled on first-come basis.

# Thank you to all our military men and women

**Honor Those Who Have Fallen  
Honor Those Who Serve  
Honor Those Who Wait  
For Them**



The **Veterans Socialization Group** meets the 2nd Tuesday of every month at 9:30 here at the Senior Center. We encourage all veterans to come to find encouragement and socialize with one another. Socializing can positively affect memory, immune system, cognition and blood pressure, and it can even help treat and prevent depression.

## **ARMED SERVICES DAY**

**May 21st**

Honoring those who are serving in the military of the United States

## **MEMORIAL DAY**

**May 30th**

Commemorating all who have died in military service for the United States

INSIGHT May 2022

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**BERLIN SENIOR LIVING**  
FOR ADULTS 62+ AND/OR  
PERSONS WITH A DISABILITY

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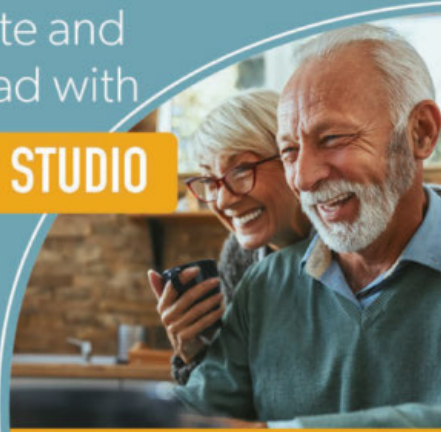
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City of Berlin Senior Center, Berlin, WI

A 4C 01-1434

# UPCOMING NEWS

## MEDICARE 101 THE ABC'S OF MEDICARE

We all have questions regarding Medicare. Join us at the Berlin Senior Center on Wednesday, May 18th for **Medicare 101, The ABC's of Medicare** an education seminar. This program begins at 1:00 and is approximately 45 minutes with a question and answer period following.

## BERLIN SENIOR SINGERS SCHEDULE

May 5 at 1: Practice  
May 12 at 2: Copperleaf Ripon  
May 19 at 2: Evergreen Oshkosh  
May 26 at 2: Omro Care Center

Berlin Middle School is open for public indoor walking laps. For more information, please contact the school district at 920-361-2004

## DIRT DETECTIVES

The Dirt Detective (metal detecting) group will be starting up shortly. Please give the Center a call if you are interested in joining at 920-361-5422



## CONGRATULATIONS

Berlin Senior Center's pool team won against Wautoma on April 20th. Great job!

Berlin Lanes is offering bowling for Seniors on Mondays at 1:00 p.m. The cost is \$5.00 for three games and \$1.00 for shoes. Come and join the fun and meet other seniors.

## YARD WORKERS

Spring is officially here and that means flowers! And leaves...and weeds. The Berlin Senior Center is in need of some volunteers to help with the flower beds at the Center. If you are interested, please contact the Center for more information at 920-361-5422.

Berlin City Wide Rummage Sale  
May 7th

Bowling at Berlin Lanes, Every Mondays at 1:00

John Denver Tribute at the Palace Theater  
May 20th

## MAY HAPPENINGS

Memorial Day  
May 30th

Armed Forces Day  
May 21st

Mother's day  
May 8th

Painting with Amanda  
May 27th

Memorial Day Parade  
May 30th at 9:30 am

E	E	P	O	Y	E	B	T	S	G	L	P	C	M
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C	A	T	E	R	P	I	L	L	A	R	U	I	R
G	G	E	M	E	M	O	R	I	A	L	D	A	Y

## MAY WORDSEARCH

BUTTERFLY  
BUMBLEBEE  
GARDENING  
CINCO DE MAYO  
BLOSSOMS  
CATERPILLAR  
MOTHERS DAY  
SUNSHINE  
PARADE  
MAY DAY  
FROGS  
SOIL  
MEMORIAL DAY  
PLANTING  
LADYBUG

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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

# NATIONAL SMILE DAY TIDBITS

## May 31, 2022

National smile Day was founded by dentists Dr. Tim Stirneman and Jim Wojdyla of Compassionate Dental Care in Lake in the Hills, Illinois, this day is meant to, you guessed it, "Share with the world what the power of a healthy smile can do!"

The more we smile, the healthier our brains become. Smiles make people happy which reduces stress. Smiles are also known to reduce blood pressure, heart rate and pain.

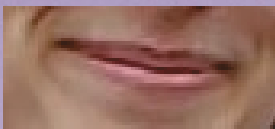
IT TAKES LESS  
MUSCLES TO SMILE  
THAN FROWN



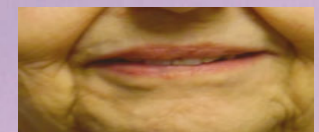
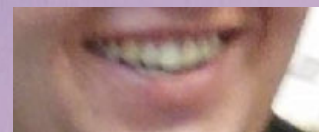
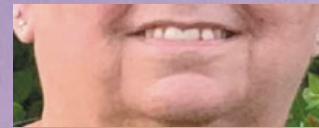
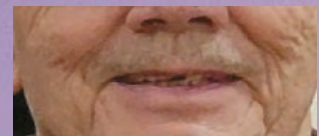
LAUGHTER IS  
CONTAGIOUS

There is so much a smile can do. Just one smile can brighten someone's day. It can also improve your day. Smiles are infectious. A healthy smile can develop confidence and generate a new outlook on the world.

### Match a smile with a name.



Rebecca  
Jill  
Deb  
Chuck  
Al  
Sarah  
Judy  
Tanner



# Happy Birthday in MAY!

1 Bob Kasuboski  
1 Joanne Guden  
2 Gregory Polly  
2 Dolores Novak  
4 Zelma Hall  
4 Pat Johnson  
5 Marie Vines-Ficarra  
6 Carol Resop  
10 Ron Haase  
10 Chuck Kelm  
12 Paula Pelchat  
13 Nancy Winn  
14 Gary Wegner  
15 Kenneth Fries

Statistics show  
that those who  
have the most  
birthdays, live the  
longest.

You can live to be a  
hundred if you give  
up all the things  
that make you want  
to live to be a  
hundred. —Woody  
Allen

The best way to  
remember your  
wife's birthday is  
to forget it once.

16 Jack Nation  
16 Jackie McGee  
17 Mike Trampf  
17 Naomi Leppin  
18 Judy Weeks  
19 Peggy Ferrel  
19 Luella Huebner  
19 Gerald Jodarski  
20 Jill Dittmann  
20 Annette Merrifield  
21 Judy Haase  
25 Sandra Lewis  
27 Beverly Keelor  
29 Paula Banaszak  
30 Judy Kasner

**Birthday Meal  
Served  
Tuesday, May 3rd**

Add someone to the Birthday list  
or edit our list by contacting Jill at  
920-361-5422 or  
seniorcenter@cityofberlin.wi.gov

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My Choice Wisconsin  
is a managed care organization that  
serves government-funded programs  
to seniors and adults with disabilities  
in over 50 Wisconsin counties.

**Visit us today:**  
**mychoicewi.org/LPI**  
**1-800-963-0035**

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

DHS Approved 4/22/2021



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City of Berlin Senior Center, Berlin, WI

C 4C 01-1434



Meals include menu as is listed and are subject to change. Suggested \$4.00 donation for those age 60+. This is a Green Lake County Elderly Nutrition Meal site. Please call 920-361-5422 at least the day before to order. We are offering take-out which should be picked up between 11:00 and 11:15 and in-house which is at noon. Cancellations must be made at least the day before the meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3 Birthday Meal</b>	<b>4 Vicki</b>	<b>5 Sue</b>	<b>6</b>
Sloppy Joe Sand. Baked Beans Coleslaw Apple Pie	Ham Loaf Sweet Potatoes Green Beans Pears Birthday Cake	Cheesy Baked Potato w/Cheese & Chicken Cowboy Beans Spinach Salad Blueberry /Pineapple Dump Cake	Chicken Enchilada's Wild Rice Spinach Salad Watermelon Lemon Poppy Seed Cake	Tilapia Beets Seasoned Potatoes Peaches Grandma's Carrot Cake
<b>9 Paul</b>	<b>10 Sue</b>	<b>11 Betty V</b>	<b>12 Sue</b>	<b>13</b>
Tatar Tot Casserole Mixed Veg. Sweet Potato Fruit Cocktail Pumpkin Bars	Chicken Alfredo Calif. Blend Veg Spinach Salad Apricots Devil's Food Cake	Salisbury Steaks w/ Caramelized Onions Gravy & Mashed Potatoes Peas & Carrots Taffy Apple Salad	Chicken Stir Fry w/ Garden Blend Wild Rice Spinach Salad Fruit Crisp	Cheddar Chive Cod Tri Taters Baked Beans Watermelon
<b>16 Paul</b>	<b>17 Sue</b>	<b>18 Betty V</b>	<b>19 Sue</b>	<b>20 Dorothy</b>
Mama's Pizza Casserole Broccoli Mandarin Oranges Peanut Butter Cookies	Chinese Chop Suey Asian Veggies Over Rice Fruit In Jell-O Cin. Streusel Cake	Spaghetti w/ Meat Sauce Cauliflower Spinach Salad Cherry Pie	Pork Loin Mashed Potatoes & Gravy Mixed Vegetables Diced Pears Cookies & cream Pudding	Brauts w/ Kraut Cowboy Beans Potato Salad Watermelon Choc. Bundt Cake
<b>23 Paul</b>	<b>24 Sue</b>	<b>25 Vickie</b>	<b>26</b>	<b>27</b>
Rueben Casserole Broccoli Spinach salad Grapes Cookies	Meatballs Mashed Potatoes & Gravy Calif Blend Veggies Peaches Pineapple Upside Down Cake	Roasted Chicken Mashed Potato & Gravy Glazed Carrots Apple Crisp	Lasagna Garlic Bread Cauliflower Spinach Salad Cherry Southern Salad	Tilapia Coleslaw Cowboy Beans Strawberry Short Cake
<b>30 Memorial Day</b>	<b>31 Sue</b>			
<b>CLOSED FOR THE HOLIDAY</b> 	Homemade Mac & Cheese Stewed Tomatoes Spinach Salad Pound Cake W/ Fruit Compo			<b>ALL MEALS IN- CLUDE / MILK WHOLE GRAIN OR WHITE BREAD &amp; BUTTER</b>

# MAY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 Bowling at Berlin Lanes	<b>3</b> 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner 9:00—11:00 Elder Benefit Specialist	<b>4</b> 9:00 Woodcarving 10:30 Exercise w/Judy 12:30 Sheepshead	<b>5</b> 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage 1:00 Singers practice 1:00 Mind Over Matter	<b>6</b> 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
<b>9</b> 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 Bowling at Berlin Lanes	<b>10</b> 9:00 Bridge 9:30 Vet's Meeting 9:30 Harmonica 10:00 Bingo w/Tanner	<b>11</b> 9:00 Woodcarving 10:30 Exercise w/Judy 12:30 Sheepshead	<b>12</b> 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage Foot Care Clinic by Appointment	<b>13</b> 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
<b>16</b> 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 Bowling at Berlin Lanes	<b>17</b> 9:00 Bridge 9:30 Harmonica 9:00—11:00 Elder Benefit Specialist 10:00 Bingo w/Tanner	<b>18</b> 9 Pool League At Wautoma 9:00 Woodcarving 10:30 Exercise w/Judy 12:30 Sheepshead	<b>19</b> 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage	<b>20</b> 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323 John Denver Trip
<b>23</b> 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 Bowling at Berlin Lanes	<b>24</b> 9:00 Bridge 9:30 Harmonica 9:30 Committee on Aging 10:00 Bingo w/Tanner	<b>25</b> 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/Judy 12:30 Sheepshead	<b>26</b> 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage Foot Care Clinic by Appointment	<b>27</b> 10:30 Exercise w/Judy 9-11 Painting with Amanda 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
<b>30</b> CLOSED FOR MEMORIAL DAY	<b>31</b> 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner 9:00—11:00 Elder Benefit Specialist NATIONAL SMILE DAY			

# Park and Rec I

## **BERLIN AQUATIC CENTER 255 WEBSTER STREET 920-361-5426**

The Berlin Aquatic Center is a great destination for every family this summer! The pool has a beach like entry with an octopus slide, mushroom waterfall and a kiddie fountains in the most Shallow areas, a 170 foot long water slide and basketball hoops in the middle and two flume drop slides and diving board in the deep end. Of course, there is also plenty of room for just swimming around with friends and family. The facility also includes changing rooms, seating, a volleyball net and a concession stand fully equipped with ice cream, beverages, candy, nachos, hotdogs, pizza, popcorn and more.

**Opening Day: Friday, June 10th**  
**Private rentals are available!**

For information about hours of operation, Entrance fees, season passes and more, check us out on the City of Berlin Parks and Recreation website under Aquatic Center or find us on Facebook

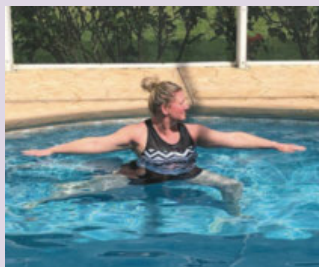
### **AQUA YOGA**

Join Dr. Jennifer Culver, PhD, E-RYT for this low -impact water exercise that's ideal for individuals with joint pain, auto-immunity, stroke and cancer survivors, pregnant women and everyone, helping all participants with strength, flexibility and range of motion. It's different from other forms of water movement (ex: Water Aerobics) in that it applies the yogic philosophy of balance, yoga movement, rhythm, breath work and relaxation. With the release of gravity, participants may find their body is able to find that optimal stretch. Pool noodles and kickboards are utilized to assist with steadiness and float (ex: savasana.)

**Instructor:** Jennifer Culver, PhD, E-RYT, CYKT  
**Location:** Berlin Aquatic Center  
**Days:** Wednesday and Friday  
**Time:** 9am to 10am  
**Fee:** \$35 for 5 class punch card

**Session 1 Dates:** June 15, June 17, June 22, June 24, June 29, July 1, July 6 and July 8

**Session 2 Dates:** July 20, July 22, July 27, July 29, July 29, August 3, August 5, August 10 and August 12



### **LAP SWIM**

Push hard through the lanes or casually get those laps in. The outdoor pool lap swim has two convenient times to fit any schedule.

#### **Early Bird Lap Swim**

**Location:** Aquatic Center  
**Days:** Monday through Friday  
**Time:** 6am to 8am  
**Fee:** \$2.00 to cover pool entry

#### **Sunset Lap Swim**

**Location:** Aquatic Center  
**Days:** Monday and Wednesday  
**Time:** 7pm to 9pm  
**Fee:** \$2.00 to cover pool entry

### **SWIMNASTICS**

Build cardiovascular endurance and muscle tone with this great water workout! Water exercise helps warm and relax muscles, ease stress, and improve blood circulation, aiding your general well-being. The first class is free!

**Instructor:** Renee Lamers  
**Location:** Miller Natatorium  
**Fee:** \$25 per punch card  
Resident-16 punches  
Non-Residents-12 punches  
**Ages:** 16+  
**Days:** Monday and Wednesday  
**Time:** 7-8 pm

## Parks & Recreation Activities - Part II

### **BERLIN FARMERS & ARTISTS MARKET**

Every Tuesday!  
June 7th through September 27th  
**Nathan Strong Park** 4:00 to 7:00 pm  
\*Concert at 5:00

### **CARDIO DRUMMING**

Get your cardio in without the running! This new to the scene work out involves fun music and care free moves. No coordination required! Ages 18+

**Instructor:** TBD  
**Location:** Berlin Senior Center  
**Days:** Tuesday and Thursday  
**Time:** 10:45am to 11:15am  
**Fee:** \$20.00 for entire session  
**Min/Max:** 3/15  
**Dates:** June 14, June 16, June 21,  
June 23, June 28, and June 30

### **SHAKE YOUR TAIL FEATHERS**

Shake what your momma gave you! In this class we will move and groove to some of the best dances out there! Ages 18+

**Instructor:** TBD  
**Location:** Berlin Senior Center  
**Days:** Tuesday and Thursday  
**Time:** 10:45am to 11:15am  
**Fee:** Free  
**Min/Max:** No requirement  
**Dates:** July 5, July 7, July 12, July 14,  
July 19 and July 21

### **HOW TO**

Learn the basics of how to sew a button on or how to jump a car battery. This hands on class will teach you how to do a variety of basic life skills. Ages 18+

**Instructor:** TBD  
**Location:** South Shelter House  
**Days:** Tuesday and Thursday  
**Time:** 2pm to 3pm  
**Fee:** \$5 for entire session  
**Min/Max:** No requirement  
**Dates:** June 14, June 16, June 21,  
June 23, June 28, and June 30

### **Tuesday Concerts in the Park Music 5:00 - 7:00 PM**

June 7	Kyle Megna & The Monsoons
June 14	River Shores Church
June 21	Dalene Fox
June 28	Remmington's Ride
July 4	closed
July 12	Hometown Acoustic
July 19	Urban Hillbillies
July 26	Erin Krebs
Aug 2	@ Riverside Park for National Night Out
Aug 9	Franki Jo
Aug 16	Ruckus
Aug 23	Dark Hearts
Aug 30	Bruce Humphries & the Rockabilly Rebels
Sept 6	Kylar Kuzio
Sept 13	Casey Getz
Sept 20	Benjamin Cloyd

### **CREATE FOR YOU**

Do something for you! Let your creative powers escape into something beautiful. We give you the framework and you make is amazing! Ages 18+

**Instructor:** TBD  
**Location:** North Shelter House  
**Days:** Wednesday and Friday  
**Time:** 2pm to 3pm  
**Fee:** \$20 for entire session  
**Min/Max:** 2/20  
**Dates:** June 15, June 17, June 22,  
June 24, June 29, and July 1

**Wow! Look at all the different programs available to do this summer!**

**Don't hesitate,  
sign up now before there is no space left  
in the class you want to do. Come in or  
contact the Center for times, places and  
further details. Call us at 920-361-5422!**

# 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 the day before you want to eat to order or cancel. 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

Based on appointment

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

