

FREE - Please take one and Enjoy!

INSIGHT

JULY 2022 Newsletter

SUMMERTIME



FUN

Publication of the Berlin Senior Center



LA CROSSE TRIP HIGHLIGHTS



2022 DAY TRIPS LEFT

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

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

This month we take off on the Best of the Door County Trolley Tour. We will be leaving Walmart parking lot at 7 am. The stops on the trolley tour include:

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

We will be returning at approximately 5:45 pm. The trip is full but a waiting list is available.

GREASE

At the Fireside Theater
Wednesday, September 28th

\$95

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.

Brewer's Game September 21st

\$120

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. First pitch is 1:40pm

Only three spots left

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

Wyndgate on Market Square

1 & 2 Bedrooms

HEAT INCLUDED

Rent is Based on Income
www.meridiangroupinc.net

920-361-4046

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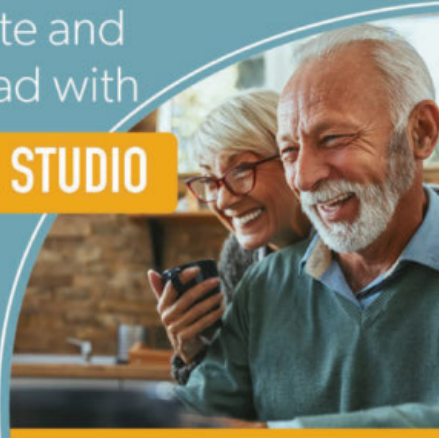
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City of Berlin Senior Center, Berlin, WI

A 4C 01-1434

UPCOMING NEWS

TECHNOLOGY CLASS

Starting in July

- Do you have problems understanding your Android or I-phone?
- Do you have questions on how to do something on your phone?

This class is for you! The class runs Tuesdays from July 12 to August 12

9:00 i-phone 101

10:00 Android 101

11:00 Have you ever wondered . . .



PLAYER'S CHOICE

On Wednesdays at 1:00 commencing July 6th, we will be offering player' choice. From card games to board games, every week can be something different. Come and join us for some fun old time games along with learning new games.



WELCOME RENE

Our new Elder Benefit Specialist, Rene Fannin will be at the Berlin Senior Center on Tuesday July 12 and July 26. Call her at 920-294-4070 to set up an appointment.

BERLIN SENIOR CENTER'S ANNUAL PICNIC

Picnic time! The Senior Center's annual picnic will be on **Friday, August 5th** at noon at Riverside Park South Pavilion. There will be food, entertainment, bingo and prizes. The harmonic group will be entertaining us. Call the Senior Center now to reserve your spot. **PLEASE NOTE THERE WAS A MISPRINT IN THE SENIOR SENTINAL INDICATING THE PICNIC IS ON THE 4TH. IT IS NOT ON THE 4TH, IT IS ON FRIDAY, AUGUST 5th.**



OSTRICH PAINTING WITH AMANDA

FRIDAY, July 15th
9:00 am

Please call to reserve a spot by Thursday July 14 at
920-361-5422

Cost is \$5.00 per person payable that day

VETERAN'S SOCIALIZATION GROUP

The Veterans meet at the Berlin Senior Center every second Tuesday of the month. Starting in July, the time has been moved to 10:30 a.m. Any Veteran is welcome. Join the group, have a nice discussion with other Veterans in the area and then enjoy one of Deb's fantastic meals. If you plan on staying to eat, you must call 920-361-5422 at least a day before to sign up.

BERLIN SENIOR SINGERS SCHEDULE

| | |
|---------|---------------------|
| July 7 | No practice |
| July 21 | Silver Lake Wautoma |
| July 28 | Omro Care Center |

LOTUS FOOT CARE, LLC

Keren Young from Lotus 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 July

Thursday, July 14 & July 28.

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

Happy Birthday



July Babies!

JULY BIRTHDAY MEAL
July 5th

Come join us as we
celebrate those with July
Birthdays. Good food,
good fun, good friends

| | | | |
|----|-------------------|----|--------------------|
| 1 | Carol Petit | 17 | Justin Jantz |
| 1 | Cindy Seltzer | 17 | Joan Alf |
| 1 | Josie Hartzke | 17 | Louise Sedarski |
| 3 | Al Youngbauer | 20 | Carol Downs |
| 3 | Rand Bersch | 20 | Rita Gaylord |
| 4 | Leone Seaman | 22 | Bernadette Briski |
| 5 | Judy Hale | 22 | Donna Haima |
| 7 | Leroy Moldenhauer | 22 | Neil Hillstrom |
| 9 | Sharon Johnson | 22 | Nancy Trochinski |
| 10 | Flo Brown | 25 | Bob Young |
| 11 | Audrey Bunchowski | 26 | Marion Sonnentag |
| 12 | Jerry Bailey | 27 | Betty Sedarski |
| 14 | Bonnie Simson | 31 | Jeanette Rückhaber |
| 14 | Connie Simson | | |

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emailed to you at
www.mycommunityonline.com



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ACE

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For ad info. call 1-800-950-9952 • www.lpcommunities.com

City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

FOURTH OF JULY FIREWORK CELEBRATIONS IN THE AREA

July 2

- Neshkoro
- Lohrville
- Marquette

“subject to change”

July 3

- Berlin
- Pickett
- Neenah
- Appleton

July 4th

- Ripon
- Omro
- Winneconne
- Waupaca
- Oshkosh
- Green Lake

CONCERTS IN THE PARK Berlin

- July 12 Hometown Acoustic
- July 19 Urban Hillbillies
- July 26 Erin Krebs

CONCERTS IN THE PARK GREEN LAKE

- July 6 The Last Bees
- July 13 The Whiskeybelles
- July 20 UW Marching Band and Elvis
- July 27 DelRays

JULY HAPPENINGS

**Best of Door County
Day trip
July 16th**

**BERLIN FARMERS &
ARTISTS MARKET
Every Tuesday!**

**Independence
Day Celebration
Riverside Park
July 3**

**Red, White and Blue Bingo
Town Square Community
Center, Green Lake
July 2 6:30-8:45 pm**

**Riponfest—Bring
back the 90's
Barlow Park, Ripon
July 9-10**

RIPON SUMMER CONCERT SERIES

- July 1 Old Soul Society
- July 8 Zac Matthews Band
- July 15 Reverend Raven
Featuring Westside Andy
- July 22 The Glam Band
- July 29 Road Trip



JULY WORD SEARCH

ADAMS
AMERICA
BOSTON
CELEBRATE
COLONIES
CONGRESS
CONSTITUTION
DECLARATION
DOCUMENT
FIREWORKS
FLAG
FOURTH
FRANKLIN
FREEDOM
BRITAIN
HANCOCK
HOLIDAY
INDEPENDENCE

JEFFERSON
JULY
LIBERTY
PARADE
PATRIOT
PHILADELPHIA
PICNIC
REVOLUTION
SALUTE
SIGN
SPEECHES
STARS
STRIPES
SUMMER
TAXES
TEA
WASHINGTON



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



SMITS & BLAZEL
LAW OFFICE, LLC

*Wills, Trusts, Powers
of Attorney*

Contact John Blazel
for your Estate Planning Needs.

118 N. Pearl Street, Berlin
361-1777



302 NORTH GRAND ST
MARKESAN, WI 53946
920.398.3505

www.cardinalcapital.us

RENT IS APPROXIMATELY 30% OF YOUR INCOME

- Affordable housing for low-income 62 or better/disabled
- One Bedroom Apartments - Free Wi-Fi
- Heat, water and sewer included in rent
- Green Lake County meal site
- Professionally managed by friendly staff



ASSISTED LIVING

347 E Huron Street | Berlin, WI 54923

920-361-2552

www.brownilcox.org
cpapdm@gmail.com

*We're here to serve you. Please contact us with
questions or to schedule a tour, we're happy to
help you learn more.*

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www.mycommunityonline.com





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 |
|---|---|---|---|--|
| | | | | 1 |
| ALL MEALS INCLUDE. MILK, BUTTER, WHOLE GRAIN OR WHITE BREAD OR ROLL | | | | Salmon Patties Diced Beets Tatar Tots Strawberry Short Cake |
| 4 | 5 Birthday Meal | 6 | 7 Dorothy | 8 |
| CLOSED HAPPY 4TH OF JULY | Ham Loaf Sweet Potatoes Green Beans Pears Birthday Cake | Chicken Enchiladas W/ Salsa & Sour Cream Spinach Salad Watermelon | Beef Tips Mashed Potatoes Gravy Corn & Peas Fruit Cocktail Cherry Crisp | BBQ Chicken Potato Salad Baked Beans Peaches Carmel Poke Cake |
| 11 Paul | 12 | 13 Vicki | 14 Dorothy | 15 Betty |
| Chop Suey Asin Vegetable Rice Spinach Salad Banana Choc. Chip Cookies | Smoked Turkey Sausage Wild Rice Baked Beans Pineapple Upside Down Cake | Lasagna Cauliflower Spinach Salad Fruit Fluff | Roast Chicken Mashed Potatoes & Gravy Peas & Carrots Pineapple Tidbits Peanut Butter Spice Cup Cake | Tilapia Baby Bakers Stewed Tomatoes Fresh Grapes Jell-O |
| 18 Paul | 19 Dorothy | 20 Betty | 21 | 22 |
| Shepard's Pie W/ Mixed Veg. Spinach Salad Biscuits Watermelon Fruit Bowl | Parmesan Baked Chicken Sweet Potatoes Corn & Peas Mandarin Orange Cake | Salisbury Steaks w/ Caramelized Onions, Gravy Mashed Potatoes Corn Apricots Taffy Apple Salad | BBQ Pork Sand. Tatar Tots Cowboy Beans Peaches Oreo's & Cream Dessert | Meat Balls & Gravy Mashed Potatoes Glazed Carrots Cherry Southern Salad |
| 25 Dorothy | 26 Sue | 27 Paul | 28 Sue | 29 |
| Mom's Pizza Casserole Spinach Salad Cauliflower Mandarin Oranges Peanut Butter Brownies | Meatloaf Baby Bakers Peas & Carrots Pears Jell-o Poke Cake | Chicken Pot Pie Spinach Salad Biscuits Mixed Fruit Choc. Chip Bundt Cake | Spaghetti w/ Meat Sauce Broccoli— Cauliflower Garlic Bread Spinach Salad Peaches Choc. Moose | Tilapia Twice Baked Potato Baked Beans Fruit Cocktail Apple Crisp |

JULY ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
|  | | | | 1 10:30 Exercise w/Judy 12:30 Sheephead 12:45 Bridge Call Gerene at 920-361-3323 |
| 4 CLOSED HAPPY 4TH OF JULY | 5 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner 10:45 Shake your tail feather | 6 9:00 Woodcarving 10:30 Exercise w/Judy 1:00 Player's Choice | 7 9:00 Quilters 10:30 Weight loss Support group 10:45 Shake your tail feather 12:30 Cribbage | 8 10:30 Exercise w/Judy 12:30 Sheephead 12:45 Bridge Call Gerene at 920-361-3323 |
| 11 8:30 Walking Group 10:30 Exercise w/Judy 12:30 Sheephead 1:00 Bowling at Berlin Lanes | 12 9:00 Elder Benefit 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner 10:30 Vet's Meeting 9-12 Technology Class 10:45 Shake your tail feather | 9:00 Woodcarving 10:30 Exercise w/Judy 1:00 Player's Choice BEST OF DOOR COUNTY TROLLEY TOUR | 14 9:00 Quilters 10:30 Weight loss Support group 10:45 Shake your tail feather 12:30 Cribbage Foot Care Clinic by Appointment | 15 9:00 Painting w/ Amanda 10:30 Exercise w/ Judy 12:30 Sheephead 12:45 Bridge Call Gerene at 920-361-3323 |
| 18 8:30 Walking Group 10:30 Exercise w/Judy 12:30 Sheephead 1:00 Bowling at Berlin Lanes | 19 9:00 Bridge 9:30 Committee on Aging 9:30 Harmonica 10:00 Bingo w/Tanner 9-12 Technology Class 10:45 Shake your tail feather | 20 9 Pool League At Wautoma 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/Judy 1:00 Player's Choice | 21 9:00 Quilters 10:30 Weight loss Support group 10:45 Shake your tail feather 12:30 Cribbage | 22 10:30 Exercise w/Judy 12:30 Sheephead 12:45 Bridge Call Gerene at 920-361-3323 |
| 25 8:30 Walking Group 10:30 Exercise w/Judy 12:30 Sheephead 1:00 Bowling at Berlin Lanes | 26 9:00 Bridge 9:00 Elder Benefit 9:30 Harmonica 10:00 Bingo w/Tanner 9-12 Technology Class | 27 9:00 Woodcarving 10:30 Exercise w/Judy 1:00 Player's Choice | 28 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage Foot Care Clinic by Appointment | 29 10:30 Exercise w/Judy 12:30 Sheephead 12:45 Bridge Call Gerene at 920-361-3323 |

TEN WARNING SIGNS YOUR LOVED ONE MAY NEED HELP

Changes in physical and mental abilities that may occur with age can be difficult to detect for older adults and their family members and friends. To determine when someone may need help, the following are some warning signs:

1. Changes in eating habits resulting in losing weight, having no appetite or missing meals.
2. Neglecting personal hygiene including wearing dirty clothes and having body odor, bad breath, neglected nails and teeth or sores on the skin.
3. Neglecting their home, with a noticeable change in cleanliness and sanitation.
4. Exhibiting inappropriate behavior such as being unusually loud, quiet, paranoid or agitated or making phone calls at all hours.
5. Changes in relationship patterns, causing friends and neighbors to express concern.
6. Physical problems such as burns or injuries which may result from general weakness, forgetfulness, misuse of alcohol or prescribed medication.
7. Decreasing or stopping participation in activities that were once important to them, such as bridge, a book club, dining with friends or attending religious services.
8. Exhibiting forgetfulness, unopened mail, piles of newspapers, not filing their prescriptions or missing appointments.
9. Mishandling finances such as not paying bills, losing money, paying bills twice or more or hiding money.
10. Making unusual purchases such as buying more than one subscription to the same magazine, entering an unusually large number of contests or increase in purchasing from television advertisements.

If you notice any of these, it is important to inform your loved ones' physician of these physical and/or behavioral changes. The Aging & Disability Resource Center can help caregivers get connected to information on programs, services and resources to help enable the older adult to continue living independently in their homes and community. For additional information, contact the Aging & Disability Resource Center of Green Lake at 920-294-4070.

MEALS ON WHEELS

Green Lake County has openings on the Meals on Wheels program. If you or your loved one has problems getting around, give the Green Lake County ADRC a call to get signed up for Meals on Wheels. Just ask for Kathy at 920-294-4070.

Recreation Activities

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

LAP SWIM

Push hard through the lanes or causally 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: Tuesday and Thursday
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



Summer is in full swing! Time to take a stay-cation! Come on down and stay at Riverside Campground. Cost is \$25 a night or \$150 a week. Stay in a tent or in an RV. We have 30 amp sites and 50 amp. Maximum stay is 14 days. Showers, wood, and a dump station are available. Call 920-361-5422 for availability or to make a reservation. We also have first come first serve sites.



AQUA YOGA

This low-impact water exercise that's ideal for individuals with joint pain, auto-immunity, stroke and cancer survivors, and pregnant women helping all participants with strength, flexibility and range of motion. 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.

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

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

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

