

FREE - Please take one and Enjoy!

INSIGHT

JUNE 2022 Newsletter

JUNE



DAIRY MONTH



**Our first trip of
the year was a
rousing success.**



2022 DAY TRIPS

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

June's Day Trip

The La Crosse Queen sets sail this month on June 16th. **We will be boarding the coach bus at Walmart at 6:30am** for our 10am cruise. Don't worry, we will stop along the way for a bathroom break. The historical tour will start at 2pm. After the 90 minute historical tour, we will head back to Berlin. We will arrive back approximately around 6:30pm.

THIS TRIP IS FULL

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 many places in this beautiful part of our state. Lunch will be at English Inn.

FEW SPOTS LEFT

\$100

GREASE

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

Only three
spots left

**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

**La Crosse Queen
Day trip
June 16th**

**Father's Day
June 19**

CONCERTS IN THE PARK
June 7 Kyle Megna & The Monsoons
June 14 River Shores Church
June 21 Dalene Fox
June 28 Remington's Ride

**FLAG DAY
June 14**

JUNE HAPPENINGS

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

CONCERT EVENT
Featuring
Chris Kroeze
Saturday June 25
3-9 at Riverside Park

**REMINGTON'S
RIDE
AT NATHAN
STRONG PARK
Tues. June 28
10 pm**

INSIGHT June 2022

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BERLIN SENIOR LIVING
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PERSONS WITH A DISABILITY

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City of Berlin Senior Center, Berlin, WI

A 4C 01-1434

Recreation Activities

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

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: Monday and Wednesday
Time: 7pm to 9pm
Fee: \$2.00 to cover pool entry

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

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

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

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

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

FARMERS AND ARTIST MARKET

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

Features numerous local farmers
with fresh produce, fresh baked
breads and treats, homemade food
which changes weekly, and various
other homemade crafts and art.
Bring your own chair and stay for
a while!

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
Sept 27	Copperbox

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NEVER MISS A NEWSLETTER!

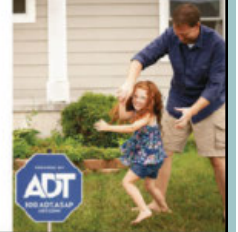
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City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

DAIRY MONTH TIDBITS

It takes more cows to produce milk annually for Pizza Hut cheese than there are people living in Green Bay, Wisconsin.

Most cows give more milk when they listen to music

Why don't dairy farmers wear flip flops?
Because they lactose.

June Dairy Month started out as a way to distribute extra milk during the warm months of summer. The commemoration was established in 1937 by grocer organizations sponsoring "National Milk Month." By 1939, June became the official dairy month and is still celebrated today.

A cow will produce an average 6.3 gallons of milk each day. That is more than 2,300 gallons each year.

What do you call a cow that doesn't give milk?

A milk dud

What did the mama cow say to the baby cow?

It's pasture bedtime!

Wisconsin is the leading milk producer in the United States. Its 1.6 million dairy cows produce a year's supply of milk for 42 million people. Wisconsin also leads the states in butter and cheese production, supplying about a fourth of the nation's butter and a third of its cheese.



In 1939 the phrase "America's Dairyland" was added to the Wisconsin license plate by the legislature after earning the title in 1930.

JUNE BIRTHDAYS!

3	Carol Frolow	18	Betty Myer
3	Nancy Brooks	18	Pat Hanson
3	Raymond Darnick	19	Richard Schramer
3	June Lubbert	19	Gary Kaatz
7	Susan Jongenberg	20	John Nygren
8	Bob Kwidzinski	20	Carol Hughes
8	Marlene Pflugradt	20	June Richter
9	Carol Martin	20	Beverly Steger
10	Carol Frank	20	Juliana Swartz
11	June Leigh	22	Mary Lou Crow
11	Mary Bonneville	22	Jerry Shead
12	Mary Kubiak	22	Margery Van Ornum
13	Rosie Gulbranson	25	Jean Bruce
14	Donna Murphy	28	Debora Dahnke
14	Edwin Stelter	29	Donna Bailey
16	Al Chikowski	29	Betty Ann Opps
17	Sonny Klawitter	30	Jane Durkee
17	Judy Smith	30	Jean Fehl
17	Judy Williams		

B	C	T	M	O	A	G	E
C	A	N	D	L	E	S	S
A	K	L	H	S	I	W	I
R	E	N	L	D	R	U	R
D	Z	U	J	O	L	Y	P
G	I	F	T	S	O	B	R
Y	T	R	A	P	Y	N	U
P	R	E	S	E	N	T	S

AGE
BALLOONS
CAKE
CANDLES
CARD

GIFTS
PARTY
PRESENTS
SURPRISE
WISH

June birthday meal will be on Tuesday, June 7 consisting of beef tips, mashed potatoes & gravy, peas & carrots, fruit cocktail and birthday cake

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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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*Wills, Trusts, Powers
of Attorney*

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City of Berlin Senior Center, Berlin, WI

C 4C 01-1434

JUNE

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	2 Sue	3 Betty
		Parmesan Breaded Chicken Sweet Potatoes Green Beans Apple Sauce Choc. Muse	Bacon, Lettuce & Tomato Sand. Broccoli/Caulif. Cold Salad String Cheese Watermelon	Tilapia 3 Bean Bake Twice Baked Potato Jell-o W/ Fruit
6 Paul	7 Birthday Meal	8	9 Sue	10 Dorothy
Shepard's Pie W/ Ground Beef & Mixed Veg. Fruit Crisp Dinner Rolls	Beef Tips Mashed Potatoes & Gravy Peas & Carrots Fruit Cocktail Birthday Cake	Roasted Chicken Mashed Potatoes Gravy Glazed Carrots Pineapple Chunks Taffy Apple Salad	Loaded Baked Potato w/Cheese, Ham & Cowboy Beans 7 Layer Salad Fruit Fluff	Cheddar, Chive Crusted Cod Sweet Potato Spinach Salad Watermelon Pumpkin Bars
13 Paul	14 Sue	15 Betty	16 Sue	17
Grilled Cheese Sandwich Stewed Tomatoes Spinach Salad Cottage Cheese Peaches	Italian Meat Loaf Baby Bakers Mixed Veggies Mandarin Oranges Cookies & Cream Dessert	Salisbury Steaks w/ Caramelized Onions Gravy & Mashed Potatoes Corn Fresh Fruit	Chicken Cordon Bleu Casserole Baked Beans Watermelon Angel Food W/ Pineapple	Tuna Noodle Casserole Seasoned Potatoes Spinach Salad Rhubarb/ Strawberry Crisp
20 Dorothy	21 Sue	22 Betty	23 Paul	24 Betty
Baked Mac & Cheese Stewed Tomatoes Spinach Salad Strawberry/ Blueberry Crumble	Pork Loin Mashed Potatoes W/ Gravy Mixed Veg. Pears Apple Snack Spice Cake	BBQ Chicken Breast Baked Beans Homemade Potato Salad Mandarin Orange Cake	Spaghetti W/ Meat Sauce Broccoli & Caulifl. Spinach Salad Strawberry Short Cake	Tilapia Cheesy Potatoes Glazed Carrots Fresh Fruit Lemon Poppy Seed Cake
27 Dorothy	28 Sue	29	30 Sue	
Chicken Pot Pie w/ Mixed Veg. Biscuit Spinach Salad Pears Rice Krispie Bars	Lasagna Cauliflower Spinach Salad Peaches Jell-o Poke Cake	Grilled Brats Cowboy Beans Homemade Potato Salad Watermelon/Fruit Bowl	Chicken Teriyaki Stir Fry W/Asian Vegetable Spinach Salad Rhubarb Dump Cobbler	ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER

JUNE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Woodcarving 10:30 Exercise w/Judy 12:30 Sheepshead	2 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage 12:30 Hand & Foot 1:00 Singers practice	3 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
6 8:30 Walking Group 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 Bowling at Berlin Lanes	7 9:00 Bridge 9:30 Vet's Meeting 9:30 Harmonica 10:00 Bingo w/Tanner	8 9:00 Woodcarving 10:30 Exercise w/Judy 12:30 Sheepshead	9 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage 12:30 Hand & Foot Foot Care Clinic by Appointment	10 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
13 8:30 Walking Group 9:30 FBSC meeting 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 Bowling at Berlin Lanes	14 9:00 Bridge 9:30 Vet's Meeting 9:30 Harmonica 10:00 Bingo w/Tanner	15 9 Pool League At Berlin 9:00 Woodcarving 10:30 Exercise w/Judy 12:30 Sheepshead	16 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage 12:30 Hand & Foot La Crosse Queen Day Trip	17 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
20 8:30 Walking Group 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 Bowling at Berlin Lanes	21 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner	22 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/Judy 12:30 Sheepshead	23 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage 12:30 Hand & Foot Foot Care Clinic by Appointment	24 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
27 8:30 Walking Group 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 Bowling at Berlin Lanes	28 9:00 Bridge 9:30 Harmonica 9:30 Committee on Aging 10:00 Bingo w/Tanner 1:00 PALS	29 9:00 Woodcarving 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 PALS	30 9:00 Quilters 10:30 Weight loss Support group 12:30 Cribbage 12:30 Hand & Foot 1:00 PALS	

UPCOMING NEWS


WALKING CLUB STARTING SOON

Monday June 6 we will be starting the Ho Chunk Walking Club. This is open to all abilities. The goal is to walk as far as you can and still make it home between June 6th and September 2nd. You will be walking the miles necessary to reach casinos in Wisconsin. We will leave Berlin and head to Ho Chunk in Madison (77 miles). From there we will travel to

Ho Chunk Casino in Wisconsin Dells (71 miles)
Ho Chunk Casino in Tomah (57 miles)
Ho Chunk Casino in Black River Falls (35 miles)
Ho Chunk Casino in Nekoosa (48 miles)
Back to Berlin Wisconsin. (65 miles)

Every casino you get to, you will be able to put your name in for a drawing. The farther you walk, the better the prize. You can decide to return to Berlin from any destination or continue on to the next stop. You must return to Berlin to be eligible for the prize. Walking can be done at any point in time. If you would like to walk with other members of the Ho Chunk Walking Club, meet at the Center at 8:30am on Mondays. Miles will be tracked on a weekly basis (Monday to Monday). Call in each week or stop by and give us your miles you walked that week. We will keep track of your total miles on a chart at the Center. We will have a goal party in September. Let's have fun and get healthy!

Beginner-Level Exercise Class for SENIORS



Please join us if...


- 1) You are over the age of 60 and
- 2) You exercise less than 60 minutes each week

LOCATION
Berlin Senior Center
142 Water Street, Berlin, WI 54923

TIME
June 28 – September 1, 2022
Tuesdays (1-2pm), Wednesdays (1-2:30pm), & Thursdays (1-2pm)

COST
Free for all seniors! Suggested donation of \$20, but not required.

TO REGISTER
Contact Amanda with the ADRC at (920) 787-6666.



10-Week Program
Group Exercise + Lifestyle Class

Exercise 60 minutes
Tuesdays, Wednesdays, & Thursdays + 30-minute lifestyle class after exercise on Wednesdays


10-week Follow-Up Phone Call with Free Consultation

Have Fun and Get Healthier

A Successful Program Based on the Latest Research

Sign up today, free for all seniors! Suggested donation of \$20, but not required.








DINING CLUB

There has been interest in restarting the dining club. We are looking for people willing to run it. Please contact the Senior Center if you are interested.

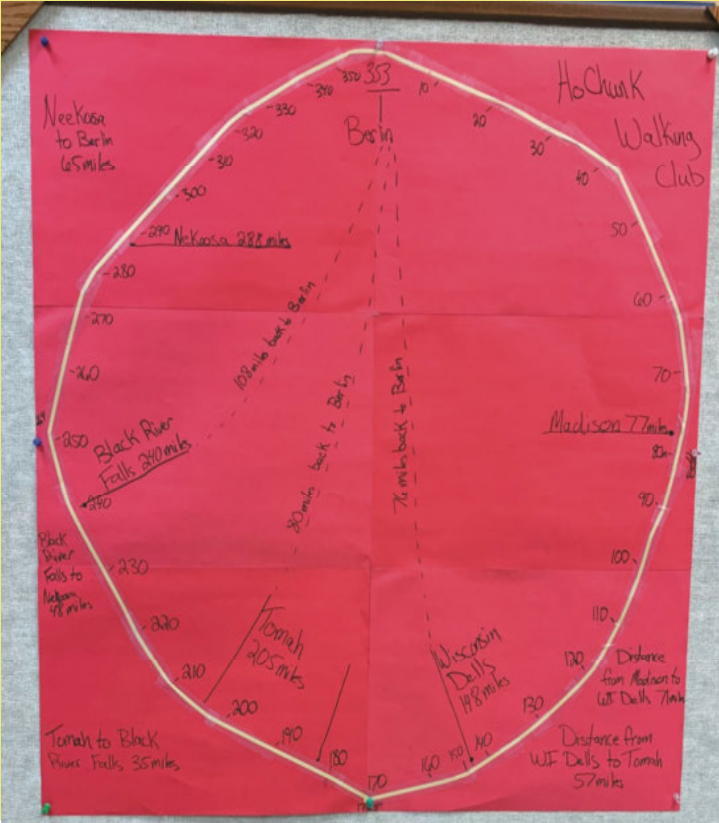
HAND AND FOOT

The card game hand and foot will be starting at the Senior Center on Thursdays at 12:30 commencing June 2nd. If you wish any further information, please contact the Center at 920-361-5422.



BERLIN SENIOR SINGERS SCHEDULE

June 2 at 1: Practice
June 9 at 2: County Villa Omro
June 16 at 2: Prairie Place
June 23 at 2: Preston Place



UPCOMING NEWS CONTINUED

TECHNOLOGY CLASS Starting in July

Brian Miller from Options for Independent Living will be at the Berlin Senior Center. The class will start Tuesday, July 12th for five weeks from nine until noon. The class will give information on use of I-phone, android phone, tablet and computer. If you have any questions regarding using your I-phone, android phone, tablet or computer, this class would be for you. Please call the Center at 920-361-5422 for further information or to sign up.

Irene, Green Lake County Elderly Benefit Specialist will be retiring in June. We would like to thank her for her years of service and she will be missed. We wish her good luck in her future Endeavors!



FRIENDS OF THE BERLIN SENIOR CENTER
The June meeting for the Friends of the Berlin Senior Center will be Monday, June 13th at 9:30 am at the Berlin Senior Center. Dues of \$5.00 are to be paid at that meeting



FOOT CARE

Karen will be here for your foot care needs on Thursday, June 10th and 14th. Call her at 920-637-0754 to set up an appointment.

Green Lake County Elder Nutrition Program

The following individuals are eligible for Home Delivered Meals if:

- A person age 60 or older who is frail and essentially homebound by reason of illness, disability, or isolation for whom an assessment concludes that participation is in the individual's best interest.
- A spouse of a person eligible for a Home Delivered Meals as described above, regardless of age or condition, if an assessment concludes that it is in the best interest of the homebound older individual.
- A disabled individual who resides at home with an older eligible individual participating in the program if an assessment concludes it is in the individual's best interest.
- A informal caregiver (other than spouse) who resides at home with an eligible older individual using Home Delivered Meals, if an assessment concludes that it is in the best interest of the homebound eligible individual.
- Please contact the Aging and Disability Resource Center (920) 294-4122 or (877) 883-5378 to request Home Delivered Meals. The Nutrition Coordinator will call you to complete the assessment over the telephone in order to begin meal delivery.

Meals are offered on a donation basis, but that doesn't mean they are free. The full meal cost and the suggested donation amounts are listed below and posted at the dining sites. You are asked to donate as generously as you can afford. All donations go directly back into the nutrition program. Your generosity and support of the program is greatly appreciated.

SUGGESTED DONATION: \$4.00 PER MEAL FOR PERSONS AGE 60 & OVER

Under Age 60, cost is \$23.09 (Congregate/Carryout) and \$9.92 (home delivered) effective 11-1-2021.

ANSWERS TO LAST MONTH'S MATCH A SMILE

Al	Chuck
Rebecca	Jill
Deb	Tanner
Sara	Judy

(in order of the pictures in last month's insight)

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

