

INSIGHT

AUGUST 2022



Door County Trip

NATIONAL SENIOR CITIZENS DAY

AUGUST 21



La Crosse Trip

Publication of the Berlin Senior Center
Free—Take One

SURVEY

The back page has a survey. Please take the time to fill it out and return.

2022 DAY TRIPS

PALACE THEATER, WI DELLS

Early December

**Double Feature: What a wonderful life and
Twas the Night Before Christmas.**

More information will be forthcoming.

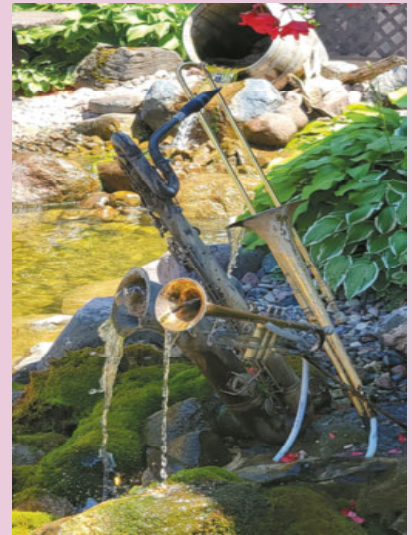
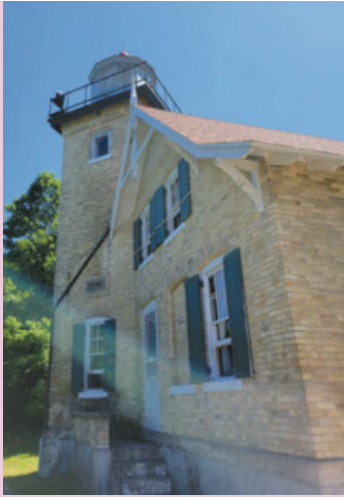
GREASE AT THE FIRESIDE

Wednesday, September 28

BREWERS TRIP

Wednesday, September 21

DOOR COUNTY TRIP HIGHLIGHTS



UPCOMING NEWS

Are you providing care for a loved one?

In this free interactive 60-minute workshop, learn communication and support strategies that improve the health care and caregiving for older adults.

In this interactive workshop you will learn:

- ◇ Strategies to improve medication management and safety
- ◇ Communication strategies to make the most of doctor's appointments.
- ◇ Plain language strategies to improve communication with your loved one.
- ◇ Special considerations for dementia and Alzheimer's.

You will leave with fresh ideas and resources to assist you to face the challenging role of being a caregiver.

Date and time: Monday, August 15 at 1:00 p.m.

Location: Berlin Senior Center, Call 920-361-5422 to reserve a spot.

A minimum of ten needed to sign up.

**BERLIN SENIOR CENTER'S
ANNUAL PICNIC**
RIVERSIDE PARK, SOUTH SHELTER,
FRIDAY, AUGUST 5TH
\$5.00 PER PERSON
HARMONIC GROUP WILL PLAY AT 11:40.
LUNCH AT NOON WITH BINGO
FOLLOWING.

COME IN OR CALL 920-361-5422 TO SIGN
UP!!

RETURNING FOR FALL! PALS

A ten week beginner level exercise class for SENIORS. Exercise 60 minutes plus a 30 minute lifestyle class after exercise on Wednesday. Have fun getting healthy. September 13-November 17; Tues. (1-2), Wed. (1-2:30 pm) & Thurs. (1-2 pm)
Location: Berlin Senior Center. Call either ADRC at 920-787-6666 or the Berlin Senior Center at 920-361-5422 to sign up.

Technology class will be continuing with Home safety courses for Seniors.

Topics covered are Transfer training, home safety consideration, medication management, fall prevention and remote caregiving.

Class dates: August 23—Sept. 20

9:00 I-phone/Android questions and answers

10:00-11:30 am Home safety topics

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

Wyndgate on Market Square

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AUGUST ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Ho Chunk Walking Group 10:30 Exercise w/Judy 12:30 Sheepshead	2 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner	3 9:00 Woodcarving 10:30 Exercise w/Judy 1:00 Player's Choice	4 9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage 1:00 Singers practice	5 SENIOR CENTER PICNIC 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene at 920-361-3323
8 8:30 Ho Chunk Walking Group 10:30 Exercise w/Judy 12:30 Sheepshead	9 9:00—11:00 Elder Benefit Specialist 9:00 Technology 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner 10:30 Vet's Meeting	10 9:00 Woodcarving 10:30 Exercise w/Judy 1:00 Player's Choice	11 9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage Singers—Country Villa, Omro Foot Care Clinic by Appointment	12 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene
15 8:30 Ho Chunk Walking Group 10:30 Exercise w/Judy 12:30 Sheepshead 1:00 Care for loved one workshop	16 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner	17 9 Pool League At Berlin  9:00 Woodcarving 10:30 Exercise w/Judy 1:00 Player's Choice	18 9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage Singers—Prairie Place, Ripon	19 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene
22 8:30 Ho Chunk Walking Group 10:30 Exercise w/Judy 12:30 Sheepshead	23 9:00—11:00 Elder Benefit Specialist 9:00 Technology 9:00 Bridge 9:30 Harmonica 9:30 Committee on Aging 10:00 Bingo w/Tanner	24 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/Judy 1:00 Player's Choice	25 9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage Singers—Preston Place, Redgranite Foot Care Clinic by Appointment	26 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene
29 8:30 Ho Chunk Walking Group 10:30 Exercise w/Judy 12:30 Sheepshead	30 9:00 Bridge 9:00 Technology 9:30 Harmonica 10:00 Bingo w/Tanner	31 9:00 Woodcarving 10:30 Exercise w/Judy 1:00 Player's Choice		

AUGUST HAPPENINGS

**Green Lake County
Fair
Aug. 4-7**

**GREEN LAKE COUNTY
SENIOR PICNIC**
St. John's Catholic School Hall
125 Church Street, Princeton
Friday, September 9, 2022
Lunch at noon
Music from 11-12

**Waushara County Fair
August 18-21**

**BERLIN BOAT CLUB
ANNUAL CORN ROAST**
August 12-13
Riverside Park

CRAFT FAIR
Riverside Park
August 20

NATIONAL NIGHT OUT
Aug. 2
Riverside Park, North
Shelter

CONCERTS IN THE PARK

Berlin

Aug 9	Franki Jo
Aug 16	Ruckus
Aug 23	Dark Hearts
Aug 30	Bruce Humphries & The Rockabilly Rebels

**Berlin Street Cruzers
Memorial Ride**
August 14
Riverside Park

**BERLIN FARMERS &
ARTISTS MARKET**
Every Tuesday!
Nathan Strong Park

INSIGHT August 2022

Page 5

**NEVER MISS
A NEWSLETTER!**

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emailed to you at
www.mycommunityonline.com



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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

AUGUST MEALS

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 Birthday Meal	3	4	5 Senior Picnic
Chicken Enchiladas Spanish Rice Garden Salad Mandarin Oranges Cookies	Beef Tips Mashed Potatoes Corn Fruit Cocktail Cake	Breaded Parmesan Chicken Sweet Potatoes Spinach Salad Pears Oreo Layer Cake	Baked Tilapia Baby Bakers Diced Beets Peaches Choc. Pudding	Brats W/All the Fix-ins Potato Salad Calico Beans Watermelon
8	9	10	11	12
Shepard's Pie W/ Mixed Veg. Mashed Potatoes Mandarin Oranges Oatmeal Raisin Cookies	Oven Roasted Chicken Mashed Potatoes & Gravy Peas & Carrots. Fresh Fruit	Lasagna Cauliflower Spinach Salad Pistachio Fluff W/ Crushed Pineapple	Baked Potato W/ Cheese / Ham Cowboy Beans Spinach Salad Apple Cin. Streusel Cake	Breaded Cod Stewed Tomatoes Spinach Salad Strawberry Short Cake
15	16	17	18	19
Tatar Tot Casserole Stewed Tomatoes Spinach Salad Apricots Rice Krispy Bars	Meat Loaf Glazed Carrots Baby Bakers Pears Choc. Bundt Cake	Salisbury Steaks w/Caramelized Onions & Gravy Mashed Potatoes Corn Peaches Blue Berry Muffin	BLT Sand. Broccoli / Caulif. Cold Salad Fresh Fruit Banana Cream Pie	Salmon Patty Twice Baked Potato 3 Bean Cold Salad Watermelon
22	23	24	25	26
Grilled Cheese Stewed Tomatoes Spinach Salad Mandarin Oranges Cherry Brownies	Chef Salad W/ Ham, Egg & Cheese Grapes Apple Spice Snack Cake	Pork Loin Mashed Potatoes & Gravy Green Beans Pears Fruit Crisp	Spaghetti Calif. Bl. Veg Spinach Salad Garlic Bread Watermelon	BBQ Pork Ribeye Baked Beans Coleslaw Peaches Apple Crisp
29	30	31		
Sloppy Joes Bean Bake Spinach Salad Fruit cocktail Peanut Butter Brownies	Beef & Bean Burrito Spinach Salad Pineapple Tidbits Moon Cake	Chicken Cordon Blu Casserole Broccoli Spinach Salad Mandarin Oranges Chewy Oatmeal Bars		ALL MEALS INCL. MILK, WHOLE GRAIN OR WHITE BREAD & BUTTER

HAPPY BIRTHDAY AUGUST BIRTHDAYS

1	Antoinette (Toni) Pribnow	14	Dawn Carberry
2	Lee Born	15	Louis Bock
2	James Marotz	17	Richard Lashbrook
3	Deborah Thom	17	Adeline Abel
3	LeRoy Petit	21	Joan Hardel
5	Joyce Jaeger	21	Mary Hillstrom
6	Patrick Flanigan	23	Joyce Petit
7	Shelley Vogt	24	Richard Murphy
8	Judy Paulsen	24	Richard VanOrnum
9	Mary Ellen Young	24	Judy Rickert
11	Cathy Hoffman	25	Russell Wallace
12	Mary Kay Blazel	26	Sharon Keating
12	Jeanette Kuble	27	Mary Gropp
13	Ralph DeRuyter	28	Sandra Satterfield
13	Eileen Korchunoff	29	Tanner Zabel
14	Vicky Sheldon	31	Craig Chovanec
14	Carla Frederick	31	Dorothy Nelson

THERMOSTAT

The Thermostat is set at a consistent temperature. Please bring a sweater or extra layer if you think you will need it.



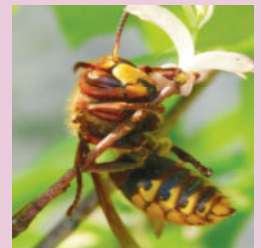
HUMOR CORNER

Is today really August? Or are Julying to me?

Q: What does a bee do when it's hot?

A: He takes off his yellow jacket

August is like the Sunday Of Summer.



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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of Attorney*

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for your Estate Planning Needs.

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Brown Wilcox

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920-361-2552

www.brownilcox.org
cpapdm@gmail.com

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www.mycommunityonline.com



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 thru Friday 8:30 am to 4:00 pm

Phone: (920) 361-5422

Address: 142 Water Street (Just off of North Capron Street)

www.cityofberlin.net

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

Dine-in and carry-out available

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

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

MISSION STATEMENT

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

SURVEY

PLEASE FILL OUT AND RETURN TO THE CENTER. THERE WILL BE A LOCK BOX IN THE FRIENDS ROOM TO PUT YOUR RESPONSE.

1. WHAT DO YOU LIKE ABOUT THE SENIOR CENTER? _____

2. WHAT DON'T YOU LIKE ABOUT THE SENIOR CENTER? _____

3. WHAT CHANGES WOULD YOU LIKE TO SEE AT THE CENTER? _____

THANK YOU FOR TAKING THE TIME TO HELP MAKE OUR CENTER BETTER FOR THE FUTURE!