

INSIGHT

SEPTEMBER 2022

**There are flowers enough
in the
summertime,
More flowers than
I can remember
But none with the
purple, gold, and red
That dye the flowers of
September!**

- Mary Howitt





Generations
an Intergenerational Center

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www.generationsic.org



YMCA of the Fox Cities
www.ymcafoxcities.org
920-886-2105



Ripon
www.cityofripon.com
920-748-6225



Uptown Social

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Sheboygan
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www.uptownsosocial.org



Berlin
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www.cityofberlin.net

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Oshkosh
www.ci.oshkosh.wi.us
920-232-5300



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www.manitowoc.org
920-686-3061



Door County
www.adrcdoorcounty.org
920-746-2544



Pickett
920-589-6111



Wautoma
wausharaseniors.com
920-787-2055



Menasha
www.cityofmenasha-wi.gov
920-967-3532



Two Rivers
920-793-5596
www.two-rivers.org

NEW CLASSES

COOKIES AND CRAFTS W/SARAH

Date: Tues. Sept. 14 at 1:00 pm

Each month will be a different craft to make. September will be the clothes pin wreath as shown. Cost is \$5.00 per person payable that day. Please call the Senior Center to sign up as space is limited.



HAND & FOOT CARD GAME

Thursdays at 1:00 starting September 15. Please call Mary Bonneville at 920-290-3060 to sign up.

HISTORIC TOUR

Council member Bobbie Erdmann will be giving a historic presentation of the beautiful houses that surround Nathan Strong Park and their importance to the City of Berlin.

Date: September 7th from 1-2 at Nathan Strong Park. This will be a seated tour.

UPCOMING INFORMATIONAL CLASSES



BEGINNER LEVEL EXERCISE FOR SENIORS

10 week program with group exercise + lifestyle class

Dates: Sept. 13-Nov 17
Tues (1-2) Wed. (1-2:30)
Thurs. (1-2)

Call 920-361-5422 or
ADRC at 920-787-6666 to register.

TECHNOLOGY/SAFETY Tuesdays from Aug. 23 thru Sept. 20.

The classes will be as follows:

- 9:00 I-phone and Android questions and answers;
- medication management aids 9/6
- fall prevention 9/13
- remote caregiving 9/20

ARE YOU CONCERNED WITH MEMORY LOSS?

The Dementia Care Specialist from Green Lake will be offering a free Memory Screening Clinic at the Berlin Senior Center on **Sept. 21 from 9-3.**

Call Lisa Zimmerman at 920-294-4122 to schedule.

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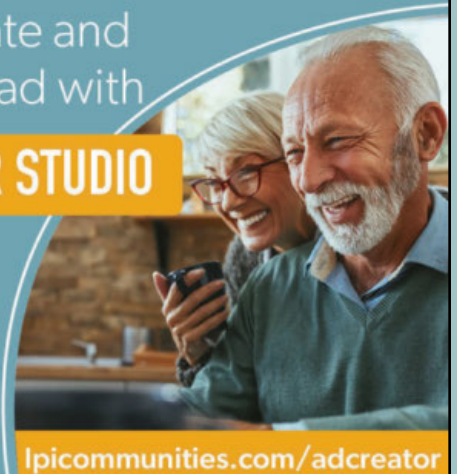
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SEPTEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage 1:00 Singer practice	2 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 1:00 Harmonica
5 CLOSED FOR LABOR DAY	6 9:00 Technology 9:00 Bridge 10:00 Bingo w/ Tanner	7 9:00 Woodcarving 10:30 Exercise w/ Judy	8 9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage 9:00—11:00 Elder Benefit Specialist Foot Care Clinic by Appointment Singers—Oakwood Manor	9 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 1:00 Harmonica
12 10:30 Exercise w/Judy 12:30 Sheepshead	13 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/ Tanner 10:30 Vet's Meeting 1:00 PALS	14 9 Pool League At Wautoma  9:00 Woodcarving 10:30 Exercise w/ Judy 1:00 Crafts & Cookies w/Sarah 1:00 PALS	15 9:00 Quilters 10:30 Weight loss support gorup 12:30 Cribbage 1:00 Hand & Foot Call Mary 920-290-3060 1: PALS Singers—Omro Care Center	16 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 1:00 Harmonica
19 10:30 Exercise w/Judy 12:30 Sheepshead	20 9:00 Technology 9:00 Bridge 10:00 Bingo w/ Tanner 1:00 PALS	21 9-3 Memory Screen Clinic 9:00 Woodcarving 10:30 Exercise w/ Judy 1:00 PALS Brewers Trip	22 9:00—11:00 Elder Benefit Specialist 9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage 1:00 Hand & Foot Call Mary 1:00 PALS Singers—Silver Lake, Wautoma Foot Care Clinic by Appointment	23 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 1:00 Harmonica
26 10:30 Exercise w/Judy 12:30 Sheepshead	27 9:00 Bridge 10:00 Bingo w/ Tanner 9:30 Committee on Aging 1:00 PALS	28 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/ Judy 1:00 PALS Fireside Trip	29 9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage 1:00 Hand & Foot Call Mary 1:00 PALS Singers—Whispering Pines, Ripon	30 9-11 Painting w/ Amanda 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 1:00 Harmonica

DAY TRIPS



THE GAME IS FINALLY HERE
Brewers vs. New York Mets
Wednesday, Sept. 21

Please be at Walmart parking lot by
8:15 am.



At the Fireside

Wednesday, Sept. 28.

Please be at Walmart parking lot by 8:00 am.

UPCOMING NEW TRIPS

LAKE GENEVA FALL BOAT TRIP

Wednesday, Oct. 12

Fall is a beautiful season with all the bright and vibrant colors. What is the best way to see them?

ON A BOAT!

Join us as we travel to Lake Geneva for the day to see the colors and explore. The boat is temperature controlled. We will also have two hours to explore the shops. Bus loads at Walmart at 8:15. Cost is \$90.00 per person. Sign up today as there are limited seats available.



CHRISTMAS DOUBLE FEATURE

At the Palace in WI. Dells

Wednesday, Dec. 7

It's a wonderful life and Twas the night before Christmas.

Further information will be given soon.

2023 trips.

We are currently in need of ideas. If you know of a place we can visit or have an idea for a trip, give us a call at 920-361-5422!

INSIGHT September 2022

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NEVER MISS A NEWSLETTER!

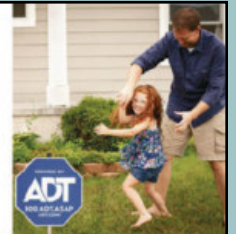
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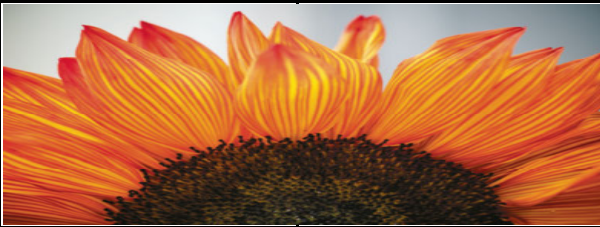
For ad info. call 1-800-950-9952 • www.lpcommunities.com

City of Berlin Senior Center, Berlin, WI

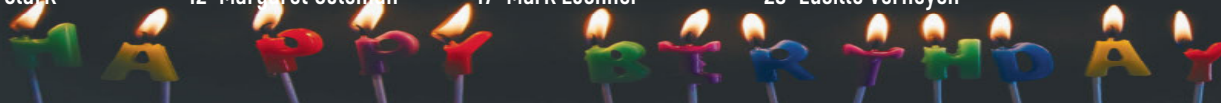
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SEPT. MEALS

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 Sue	2
ALL MEALS INCL.MILK, WHOLE GRAIN OR WHITE BREAD & BUTTER			Salisbury Steaks Caramelized Onions Mashed Potatoes & Gravy Corn Fruit Fluff	Baked Tilapia Baby Bakers Home Made Coleslaw Pears in Jell-o
5	6 Birthday meal	7	8 Sue	9
CLOSED FOR LABOR DAY	Lasagna Calif. Bl. Veg. Spinach Salad Peaches Birthday Cake	Parmesan Breaded Chicken Sweet Potato Broccoli Strawberry Short Cake	Shepard's Pie W/ Ground Beef & Mixed Veg. Bean Baked Dinner Rolls Cherry Southern Salad	Closed for Green Lake Picnic
12 Paul	13 Betty	14 Vickie	15 Dorothy	16
Baked Mac & Cheese Stewed Tomatoes Spinach Salad Pears Cookies	Pork Loin Mashed Potatoes & Gravy Peas & Carrots Taffy Apple Salad	Baked Potato w/ Cheese, Cowboy Bean & Ham 7 Layer Salad Grapes Cherry Brownies	Breaded Chicken Sand. Tatar Tots Spinach Salad Fresh Mixed Fruit Cheese Cake	BBQ Ribeye Cheesy Potatoes Homemade Coleslaw Apple Crisp
19 Paul	20 Dorothy	21	22 Sue	23 Betty
Cheesy Broccoli Soup Ham Sandwich Spinach Salad Pears Rice Krispy Bars	Meat Loaf Baby Bakers Corn & Peas Peaches Cin, Streusel Cake	Chicken Stir Fry Over Rice W / Asian Veg. Spinach Salad Mandarin Oranges Choc. Mouse	Spaghetti W/ Meat Sauce Garlic Bread Calif. Bl. Veg. Fresh Fruit Choc. Bundt Cake	Baked Tilapia 3 Bean Bake Twice Baked Po- tato Blue Berry / Pineapple Dump Cake
26 Paul	27 Betty	28	29 Sue	30
Chili w/ Beef & Beans Spinach Salad Apricots Corn Bread w/ Honey Butter	Roasted Chicken Mashed Potatoes & Gravy Glazed Carrots Mandarin Oranges Spice Cake	Beef Tips & Mashed Potatoes W / Gravy Mixed Veg. Cherry Crisp	Meat Balls & Gravy Over Garden Bl. Wild Rice Green Beans Pears Jell-O Poke Cake	Breaded Cod Diced Beets Seasoned Tatar Tots Pineapple Blonde Brownies

1 Laurel Bradenburg	7 Nancy Seaman	13 Phillip Becker	17 Charles Thom	24 Madeline Klingbeil
1 Elaine Olson	7 Patricia Tabbert	13 Rebecca Bays	17 Barbara Tollakson	24 Carol Mulder
1 June Smith	7 Betty Voss	14 Carol Krause	18 Sally Kallas	24 David Wirth
1 Diane Toraason	9 Eugene Berlowski	14 Debra Mirr	18 Tom Kohls	25 Maxine Schwalenberg
2 Ruth Jodarski	9 Marilyn Pavelske	14 Judith Trochinski	19 Mike Seiler	26 Robert Stumpner
3 Jackie Hofflander	10 Ernest Langer	15 Linda Hertzberg	19 Donna Shady	28 Mary Jaynes
5 Donna Bolyard	11 Carol Bartol	15 Mary Navin	19 Annette Greening	28 Anne Schmid
5 Jerry Krause	11 Keith Hess	16 Shirley Resheski	20 Kathryn Kasubaski	29 Jacqueline Silva
5 Donald Wesner	11 Judith Rich	17 Gloria Lichtfus	23 Daniel Lokker	
7 Vickie Clark	12 Margaret Coleman	17 Mark Lochner	23 Lucille Verheyen	



BIRTHDAY MEAL UNVEILING

During the birthday meal on Tuesday, Sept. 6 there will be an unveiling. Sarah will also be in attendance for this birthday meal. If you wish to have a meal that day, lasagna, please call the Senior Center at 920-361-5422 at least a day ahead. Omro Care Center will again be providing the birthday cake. We look forward to seeing you at the Center that day.



ANOTHER SUCCESSFUL SENIOR PICNIC

On behalf of the Friends of the Berlin Senior Center, thank you to all who attended, worked, donated gifts, and shared the delicious meal with us. A special thank you to the Harmonics group for the music. Winners of the door prizes were Chris Trampf (basket) and Gary Wegner (5 day meal ticket). Next meeting of the Friends is Mon. Sept. 12, at 9:30 at the Senior Center.



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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UPCOMING NEWS

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

Cost: \$6.00 per person

HUMOR CORNER

Q. What month does every tree dread?

A. Sept-timberrrrr!

Q. What does it mean if you were born in September?

A. Your parents started the new year with a BANG!

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

CONCERTS IN THE PARK Berlin

Sept. 6 Kylar Kuzio

Sept. 13 Casey Getz

Sept. 20 Benjamin Cloyd

Sept. 27 Copperbox

Starting Sept. 1 meals will be dine-in Tuesdays and Thursdays. The rest of the week will be dine-in if a minimum of three people are eating. Carry out is still available every day.

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.