

INSIGHT

OCTOBER 2022



All paths lead to fun and
friendship at the
**BERLIN SENIOR
CENTER.**

Publication of the Berlin Senior Center
Free—Take One

BREWERS TRIP 2022

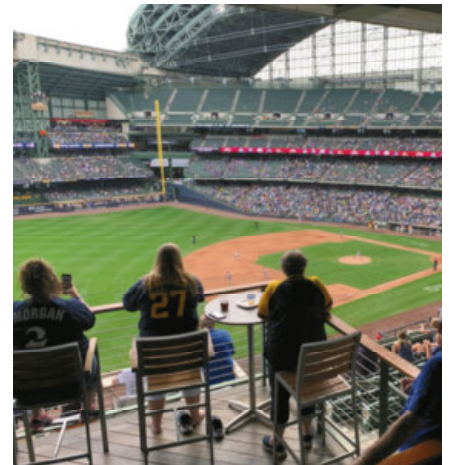
HOMERUN!



GRANDSLAM!



Brewers won 6-0



OCTOBER DAY TRIP

LAKE GENEVA BOAT TRIP

We set sail on October 12 to beautiful Lake Geneva for the fall colors. The boat is temperature controlled. There will also be two hours to explore the shops near the boat landing. Bus loads at Walmart at 8:15 am and return to Berlin about 6:45 pm

Hurry! Few spots left



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!

UPCOMING DAY TRIP

**PALACE THEATER
DOUBLE FEATURE
"TWAS THE NIGHT BEFORE
CHRISTMAS"
AND
"IT'S A WONDERFUL LIFE"**

Come and join us at the Palace Theater in Wisconsin Dells for a double feature Christmas show which includes a meal. Wednesday, December 7th.

Tickets are \$95.

We will leave Walmart at 10 am. The show starts at 1 pm and we will return to Berlin following the show.

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

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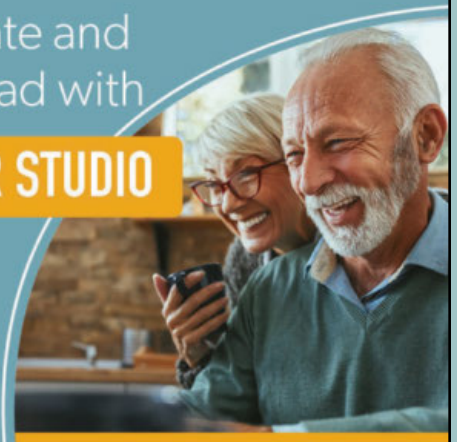
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OCTOBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:30 Exercise w/Judy 12:30 Sheepshead	4 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner 1:00 PALS	5 9:00 Woodcarving 10:30 Exercise w/Judy 1:00 PALS	6 9:00 Quilters 10:30 Weight loss 12:30 Cribbage 1:00 Hand & Foot Call Mary 920-290-3070 1:00 PALS 1:00 Singer practice	7 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
10 10:30 Exercise w/Judy 12:30 Sheepshead	11 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner 10:30 Vet's Meeting 1:00 PALS	12 9:00 Woodcarving 10:30 Exercise w/Judy 1:00 Crafts & Cookies w/Sarah 1:00 PALS	13 9:00 Quilters 10:30 Weight loss 12:30 Cribbage 1:00 Hand & Foot Call Mary 920-290-3070 1:00 PALS Foot Care Clinic by Appt. Elder Benefit Specialist by appointment Singers—Patriot Place, Berlin	14 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323 9:00 Dementia 101
17 10:30 Exercise w/Judy 12:30 Sheepshead	18 9:00 Bridge 9:30 Harmonica 10:00 Bingo w/Tanner 1:00 PALS	19 9 Pool League At Berlin  9:00 Woodcarving 10:30 Exercise w/Judy 1:00 PALS	20 9:00 Quilters 10:30 Weight loss 12:30 Cribbage 1:00 Hand & Foot Call Mary 920-290-3070 1:00 PALS Singers—Prairie Place, Ripon	21 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
24 10:30 Exercise w/Judy 12:30 Sheepshead	25 9:30 Harmonica 9:00 Bridge 9:30 Committee on Aging 10:00 Bingo w/Tanner 1:00 PALS	26 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/Judy 1:00 PALS	27 9:00 Quilters 10:30 Weight loss support group 12:30 Cribbage 1:00 Hand & Foot Call Mary 920-290-3070 1:00 PALS Foot Care Clinic by appt. Elder Benefit by appt. Singers Oakwood Oshkosh	28 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
31 10:30 Exercise w/Judy 12:30 Sheepshead 		October Fun Fact Every year, October ends on the same day as February.		

UPCOMING CLASSES AND ACTIVITIES

Assistive Technology Fair for the Visually Impaired will be on October 4 from 10-2 at Grace English Lutheran Church in Berlin. Any questions, please call Chuck Fehl 608-566-3345 or Sue Trampf at 920-299-4139.

Berlin School District will be allowing walking in the middle school this winter. Just stop by the office during business hours to sign up. The cost \$5.00. Walking will be allowed Monday through Friday from 6-9 pm.

Dementia 101

There will be an informational class regarding dementia on **October 14 from 9-11**. If you have any questions or would like to sign up, please contact the Senior Center at 920-361-5422. Walk-ins are welcome.

DINING CLUB
We are looking to start up the dining club. There will be a meeting on Thursday, Oct. 6 at 1:00 pm. If you are interested in joining or have any questions, please join us on that day.



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.



CRAFTS & COOKIES W/SARA

Last month we made the wreath



Oct. 12 we will be making this candy dish. Please call the Senior Center to sign up. Limited spots are available.



INSIGHT October 2022

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City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

OCTOBER 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.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Loaded Chicken Noodle Soup Spinach Salad Fruit Cocktail Crackers Magic Bars	Ham Loaf Scalloped Potato Mixed Veg. Apple Sauce Birthday Cake	Parmesan Breaded Chicken Sweet Potatoes Corn Pineapple Bread Pudding	Roasted Turkey Sand. 3 Bean Bake Broccoli/Caulif. Cold Salad Cherry Southern Salad	Spaghetti w/ Meat Sauce Garlic Bread Caulif./Broccoli Spinach Salad Fresh Fruit Banana Cream Pie
10	11	12	13	14
Chop Suey Asin Veg. Garden Bl. Wild Rice Pears Rice Krispy Bars	Chicken Mashed Potatoes & Gravy Glazed Carrots Pineapple Tidbits Lemon Blueberry Bundt Cake	Salisbury Steaks w/ Caramelized Onions Mashed Potatoes & Gravy Corn Taffy Apple Salad	Loaded Baked Potato W/ Cheese, Ham & Cowboy Beans 7 Layer Salad Peaches Carrot Cake	Oven Baked Tilapia Sweet Potatoes Spinach Salad Peaches Jell-o Poke Cake
17	18	19	20	21
Ham / Cheese Sliders Sweet Potato Baked Beans Fresh Fruit Oatmeal Raisin Cookies	Meat Balls Mashed Potatoes & Gravy Mixed Veg. Fruit Cocktail Banana Crm. Pie	Lasagna Broccoli Spinach Salad Strawberry Short Cake	Pork Loin Mashed Potatoes Gravy Corn Blueberry/ Pineapple Dump Cake	Cheddar, Chive Cod Potato Salad Beets Mandarina Orange Cake
24	25	26	27	28
Sloppy Joes Baked Beans Coleslaw Fresh Fruit No Bake Twinkie Cake	Chicken Alfredo Over Noodles Calif. Bl. Veg Spinach Salad Fruit Cocktail Cin. Streusel Cake	Beef Stroganoff Casserole Broccoli Spinach Salad Peaches Choc. Mouse	Meat Loaf Twice Baked Potato 3 Bean Salad Apple Crisp	Salmon Patty Sweet Potato Diced Beets Fresh Fruit Lemon Bars
31 Halloween				
Boney BBQ Ribs Coleslaw Cheesy Potatoes Deviled Eyeball Eggs Fruit Cocktail Choc. Pudding Pie Pudding		ALL MEALS INCL.MILK, WHOLE GRAIN OR WHITE BREAD & BUTTER		

OCTOBER BIRTHDAYS

2 Raymond Boeck	9 Shirley Williams	15 Sue Stumpner
4 Rose AuBuchon	10 Leanne Brooks	16 Thea Ringbauer
4 Jean Kafer	11 Cheryl Schmidt	17 Jodi Kalkis
4 Kathryn Krause	13 Barbara Resop	18 Jan Vanderhout
4 Ina Mlodzik	13 Ann Budde	21 Nancy Berger
4 Carol Mae Wallace	14 Marian Heller	21 Cheryl Coats
4 Alice Waypa	14 Bob Pribnow	23 Evelyn Dally
5 Kay Roethel	14 Sharon Sorenson	23 Lynn Moldenhauer
6 Gloria Beck	14 Darlene Strey	24 Gary Boening
6 Kathy Walker	15 Jacilyn Boening	26 Kenneth Dozler
8 Diana Czekalski	15 Donna Krause	27 Sue Paulsen
8 Joyce Wesner	15 Laurie Pavelske	28 Caroline Treder
9 David Schmidt	15 Denise Stumpner	30 Christine Brantley

BIRTHDAY MEAL

This month's birthday meal will be on Tuesday, October 6. The meal will consist of ham loaf, scalloped potato, mixed vegetable, apple sauce and birthday cake from Omro Care Center. **Also** there will be a 60 minute work shop called "Are you providing care for a loved one? A work book and fact sheets will be provided. For more information or to sign up, call the Senior Center at 920-361-5422

HUMOR CORNER

Q. Why did Humpty Dumpty have a Great fall?

A. To make up for his miserable summer

Q. What did the tree say to autumn?

A. Leave me alone.

What was under the cloth? A picture of the past director, Sara Rutkowski. Her picture will be added to the wall of past directors.



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

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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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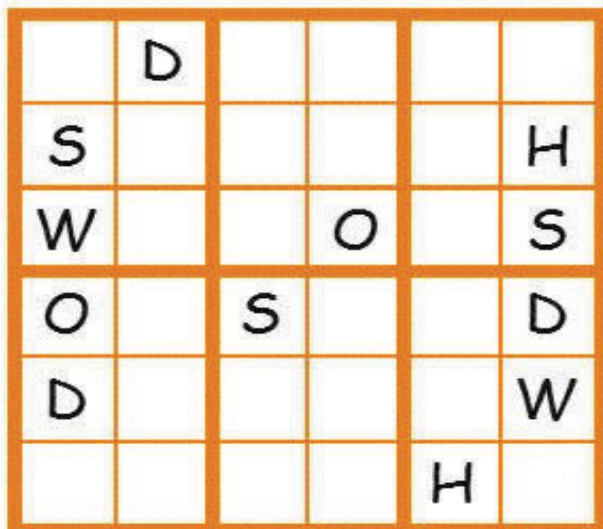
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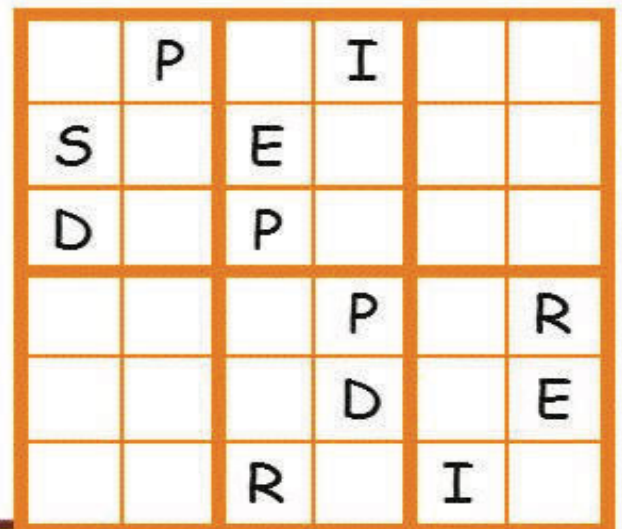


Halloween Sudoku

Fill in the grids so that each column, row, and box contains one and an only one of the letters from the given word.



SHADOW



SPIDER

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

MISSION STATEMENT

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

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