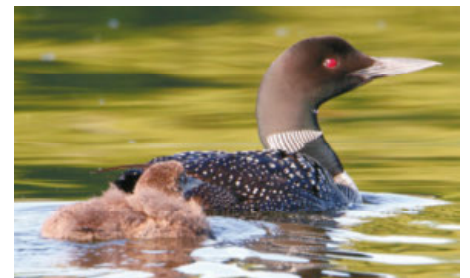
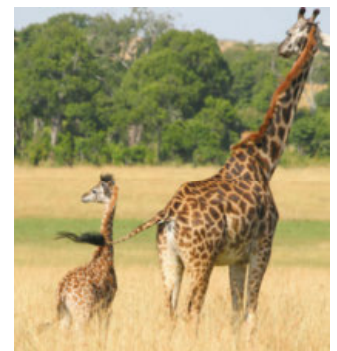
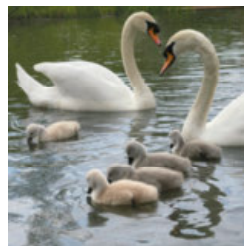


INSIGHT

Publication of the Berlin Senior Center



MAY: A TIME FOR BIRTH



MAY 2023 NEWSLETTER

Free—Please take one and enjoy or view at cityofberlin.net/senior-center

WEDNESDAY MAY 10

MILWAUKEE BREWERS GAME against the LA Dodgers

Cost **\$150 per person.** This includes the ticket, transportation, and all exclusive use of the Northwestern Mutual Legends Club which has private restrooms, indoor or outdoor seating options, full service bar, and personal wait staff.

- Load bus at Walmart in Berlin at 8:30 am
- Leave Walmart at 8:45 am
- Arrive at the stadium at 10:45 am
- Lunch will be served started at 11 am
- First pitch is at 12:40 pm
- Return to Walmart in Berlin after the game.

FRIDAY MAY 26

GRUMPY OLD MEN At the Fireside

Cost: **\$95.00 per person.** This includes meal and show. Meal options are:

- 1) pretzel crusted stuffed chicken;
- 2) grilled pork ribeye;
- 3) rainbow trout;
- 4) Vegetarian

- Load bus at Walmart in Berlin at 8:45 am
- Leave Walmart at 9:00 am
- Arrive at Fireside at 10:30 am
- Lunch at 11:15 am
- Show at 1:30 pm
- Return to Walmart in Berlin at approx. 5:45 pm

UPCOMING TRIPS

- July 19: Sister Bay Scenic Boat Tour and Anchored Roots Winery
Cost: \$125.00
- Sept. 6: Timber Rattler Game
Cost: \$55.00
- Oct. 13: Titanic at the Fireside
Cost: \$95.00

THURSDAY MAY 18

HAMILTON at the Fox Valley Performing Art Center

Cost **\$150.00 per person.** This includes a meal at the Fox Valley Brewing Company on the river in Oshkosh then on to Appleton for the show. Show starts at 7:30 pm

- Load bus at Walmart in Berlin at 3:30 pm
- Leave Walmart at 3:45 pm
- Arrive at Fox River Brewing Company, Oshkosh for dinner at 4:30 pm
- Leave for Appleton at 6:00 pm
- Arrive at PAC at 6:30 pm for 7:30 pm show
- Return to Walmart in Berlin approximately 10:30 pm

THURSDAY JUNE 8

LEGENDS IN CONCERT At the Fireside

Cost: **\$95.00 per person.** This includes meal and show.

Meal options are:

- 1) chicken cordon bleu;
- 2) grilled shrimp;
- 3) steak Diane;
- 4) vegetarian.

WEDNESDAY JUNE 28

EDELWEISS BOAT AND BOERNER BOTANICAL GARDENS Wednesday, June 28

Cost: **\$115.00 per person.** This includes the boat tour through downtown Milwaukee and sights of the inner Harbor of Lake Michigan. Food will be provided on the boat. Then on to a walking tour of Boerner Botanical Gardens.

Call the Senior Center at 920-361-5422 to sign up for any of these wonderful trips.

Due to increasing gas costs, our rates for out-of-town transports will be increasing \$5.00 effective May 1, 2023. The costs for surrounding cities/towns will be:

Ripon, Green Lake, Princeton, Neshkoro, Omro, Redgranite. \$25.00
Markesan \$30.00
Montello, Wautoma \$35.00
Oshkosh, Fond du Lac:
Wild Rose \$45.00
Appleton, Neenah, Menasha .. \$55.00
In town (Berlin transports will stay at \$2.00.

EFFECTIVE MAY 1, 2023 the transportation hours will be 8am -10:30 am & 1:30 pm to 8 pm.

DINING CLUB

The May get together of the Dining Club will be on Thursday, May 11 at 5:00 pm at the Log Cabin in Rush Lake. Please call Gary & Jane Wegner at 920-361-0566 to sign up. Please sign up by Monday, May 8.

Memory Checkup Clinic

When: Monday, May 1
Where: Berlin Senior Center
Time: 12:30—3:30 pm

Call Lisa Zimmerman at 920-294-4070 to sign up.

CARRY OUT/IN HOUSEMEALS

We are waiting for direction from the state regarding carryout. Therefore, we will be continuing with take-out only on Monday, Wednesday & Friday at 11:15 and in-house meals all five days at noon.

DIRT DETECTIVES (metal detecting)

If you are interested in joining the dirt detectives or have any questions, please call the Berlin Senior Center at 920-361-5422.



SAVE THE DATE

ALZHEIMER'S ASSOCIATION

37th Annual Wisconsin State Conference

Wilderness Resort • Wisconsin Dells

May 21 - 22, 2023



For Health Care Professionals and Family Caregivers



CRAFTS AND COOKES W/SARAH

Date: Wednesday, May 10
Time: 1:00 pm
Where: Berlin Senior Center
Cost: \$5.00 at the time of the class
Call: 920-361-5422



Page 3

INSIGHT May 2023

Wyndgate on Market Square

FOR ADULTS 62+ AND/OR PERSONS WITH A DISABILITY

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City of Berlin Senior Center, Berlin, WI

A 4C 01-1434

MAY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes 12:30 Memory Checkup Clinic	2 9:00 Bridge 9:30 Harmonica 11:15 Chair Yoga	3 9:00 Woodcarving 10:30 Exercise w/Judy	4 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Singers practice	5 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
8 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	9 9:00 Bridge 9:30 Harmonica 10:30 Vet's Meeting 11:15 Chair Yoga	10 9:00 Woodcarving 10:30 Exercise w/Judy 3:00 Diabetes Prevention BREWER GAME	11 Foot Care Clinic by Appt 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Eden Vista—Ripon 5:00 Dining Club	12 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
15 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	16 9:00 Bridge 9:30 Harmonica 11:15 Chair Yoga	17 9 Pool League At Wautoma 9:00 Woodcarving 10:30 Exercise w/Judy	18 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Prairie Place—Ripon HAMILTON	19 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
22 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	23 9:30 Harmonica 9:00 Bridge 9:30 Committee on Aging 11:15 Chair Yoga	24 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/Judy 3:00 Diabetes Prevention	25 Foot Care Clinic by Appt 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Oakwood Manor, Oshkosh	26 10:30 Exercise w/Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323 GRUMPY
29 CLOSED MEMORIAL DAY 	30 9:30 Harmonica 9:00 Bridge 11:15 Chair Yoga	31 9:00 Woodcarving 10:30 Exercise w/Judy	Key Colors: Green is exercise and healthy activities Purple is new classes Orange is arts and craft classes Blue is card games Pink is music Red is special events and meetings Black is general activities	

2023 FARMERS & ARTISTS MARKET

DATE	MUSIC	FOOD	SPECIAL EVENT
June 6	Remington's Ride	Berlin Venture Crew 9570	Military appreciation night
June 13	Kylar Kuzio	Berlin Boy Scouts	
June 20	Karen's Hit List	Jolly J's	
June 27	Model Citizens	ABC Group	Farmer appreciation night
July 4	closed	closed	closed
July 11	Whiskey Belles	All Saints Parent Network	
July 19	Chad Raisleger	River Shores Youth Group	Community Group Outreach
July 25	Erin Krebs	Elf Extravaganza Group	Christmas in July & Snowmobile
August 1	Franki Jo	Berlin Bulldogs	
August 8	Kevin Troestler Duo	Poy Sippi Lions Club	ATV Club
August 15	The Side Hustle	Seneca 4H	Touch a Truck
August 22	Bruce Humphries	Berlin Kiwanis Pig Roast	Car show & Kiwanis Pig Roast
August 29	Urban Hillbillies	United Methodist Church	Hometown Hero
September 5	Jordan Blanchard	Berlin Historical Society	
September 12	Rogue Electrics	Friends of the Library	
September 19	Benjamin Cloyd	Berlin Youth Baseball/Softball	Customer appreciation night
September 26	Copper Box	BFAM Committee	Harvest Fest/Last Night!

INSIGHT May 2023

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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

MAY 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 on Mon., Wed. & Fri. which should be picked up between 11:00 and 11:15 and in-house daily at noon.
Cancellations must be made at least the day before.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1	2 BIRTHDAY MEAL	3	4	5
Sloppy Joe Sand. Baked Beans Coleslaw Apple Crisp	Ham Loaf Sweet Potatoes Green Beans Pears Birthday Cake	Cheesy Baked Potato w/Cheese & Chicken Cowboy Beans Spinach Salad Raspberry Dump Cake	Chicken Enchilada's Garden Bl. Wild Rice Garden Salad Watermelon	Tilapia Beets Seasoned Potatoes Peaches Carrot Cake
8	9	10	11	12
Tatar Tot Casserole Mixed Veg. Sweet Potato Fruit Cocktail Rice Krispy Bars	Chicken Alfredo Calif. Bl. Veggies Spinach Salad Apricots Devil's Food Cake	Salisbury Steaks w/Caramelized Onions Gravy & Mashed Potatoes Peas & Carrots Taffy Apple Salad	Chicken Stir Fry w/ Garden Blend Wild Rice Spinach Salad Fruit Crisp	Fish Sandwich Tri Taters Baked Beans Pumpkin Bars w/ Cream Cheese Frosting
15	16	17	18	19
Mama's Pizza Casserole Broccoli Mandarin Oranges Peanut Butter Rice Krispy Bars	Chinese Chop Suey Asian Veggies Over Rice Fruit In Jell-O Cin. Streusel Cake	Spaghetti w/ Meat Sauce Cauliflower Spinach Salad Cherry Pie	Pork Loin Mashed Potatoes & Gravy Mixed Vegetables Apple Sauce Moon Cake	Brats w/ Kraut Cowboy Beans Potato Salad Watermelon Choc. Bundt Cake
22	23	24	25	26
Rueben Casserole Broccoli Spinach salad Grapes Cookies	Meatballs Mashed Potatoes & Gravy Calif Bl. Veggies Peaches Pineapple Upside Down Cup Cake	Roasted Chicken Mashed Potato & Gravy Glazed Carrots Pineapple Jello Poke Cake	Lasagna Garlic Bread Cauliflower Spinach Salad Cherry Southern Salad	Tilapia Coleslaw Cowboy Beans Strawberry Short Cake
29	30	31		
CLOSED 	Creamy Mac & Cheese Stewed Tomatoes Spinach Salad Pound Cake W/ Fruit Compo.	Parmesan Breaded Chicken Sweet Potatoes Corn & Peas Pears Choc. Mousse		ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER

MAY BIRTHDAYS

1	Joanne Guden	13	Charles Lepinski	19	Rose McGrath
1	Bob Kasuboski	13	Christel Venker	20	Jill Dittmann
2	Dolores Novak	14	Gary Wegner	20	Annette Merryfield
2	Gregory Polly	15	Kenneth Fries	21	Judy Haase
4	Zelma Hall	16	Jack Nation	25	Sandra Lewis
4	Pat Johnson	16	David Clayton	27	Beverly Keelor
6	Carol Resop	17	Naomi Leppin	28	Joan Parsons
10	Ron Haase	17	Mike Trampf	28	Jane Wegner
10	Chuck Kelm	19	Peggy Ferrel	29	Paula Banaszak
13	Nancy Winn	19	Gerald Jodarski	31	Carol Rohde

BIRTHDAY MEAL

Tuesday, May 2 will be the May Birthday Meal which consists of ham loaf, sweet potatoes, green beans, pears and birthday cake.

MEALS

Have you ever walked into the Senior Center and smelled delicious food and wonder how to eat it? Well, we are here to help! Chef Deb prepares meals daily for those aged 60+ to enjoy for a suggested \$4.00 donation. In order to have an accurate food count, we use a reservation system. We ask that if you are eating a meal, please stop in or call 920-361-5422 at least 24 hours in advance. We ask the same 24 hour courteous if you have to cancel as well. If it is your first time eating at the Center, Green Lake County Requires a short form that must be filled out. We offer dine in 5 days a week and the option to carry out on Monday, Wednesday, and Friday. Dine in eats at noon and carry outs must be picked up between 11am and 11:15am. If you have any additional questions, please reach out to Becca or Jill.

INSIGHT May 2023

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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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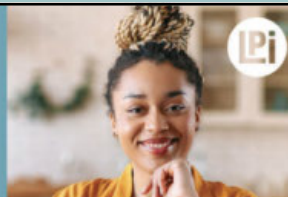
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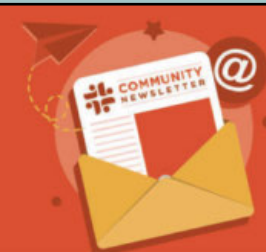
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City of Berlin Senior Center, Berlin, WI

C 4C 01-1434

MAY JOKES, PUNS AND FUN FACTS.

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear? Mabel answers, "I have a suppository?" She pulled it out and stared at it. Then she said "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is".



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

When you're 20 and you drop something, you pick it up.
When you're 80 and you drop something, you decide you don't need it anymore.

A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. So I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down and perspired for an hour. But by the time I got my leotards on, the class was already over.

Every month of the year a U.S. President has died except for May.

Old people are just young people who have been alive for a very long time.

CONTACT INFORMATION

Senior/Rec. Programming
Director: Rebecca Bays
Senior Assistant Programming
Coordinator: Jill Dittmann
Head Cook: Deb Mirr
Chauffeurs and Meal Delivery
Cindy, Diana & Mike
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 & 1:30-8:00 pm
Transportation is funded by Grant 85.21
Co-payment for in-town trips are: Round trip \$2.00
Call for out-of-town costs

NOON MEALS

Green Lake County Nutrition Program

Monday through Friday

Dine-in is available Monday through Friday

Carry-out available on Monday, Wednesday & Friday

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 \$15.77. Call by 9:00 am the day before you want to eat.

For home bound meals call 920-294-4070