

INSIGHT

Publication of the Berlin Senior Center

JUNE 2022 Newsletter



DAIRY



MONTH



JUNE 2023 NEWSLETTER

FREE—Please take one and Enjoy! or view at cityofberlin.net/senior-center

2023 DAY TRIPS

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

THURSDAY JUNE 8

LEGENDS IN CONCERT At the Fireside

Trip Full-Details Below for Participants

Arrive at Walmart at 8:45 am

Arrive at Fireside at 10:30 am

Lunch at 11:15 am

Show at 1:30 pm

Arrive back at Walmart at approx. 5:45

WEDNESDAY JULY 19



WINE & WATER Door County

Join us for a day of
fun with a wine tour,
boat tour and dinner



Cost is \$125.00 per person. Wine tour is from 12:30 pm to 1:30 pm. Tour includes a 5 flight wine tasting and a commemorative glass. Boat cruise is from 3 pm to 5 pm. Snacks and drinks available for purchase on the boat. Dinner at The Log Cabin at 5:45 pm. Dinner is buffet with beef tips, chicken diane with chardonnay shitake cream sauce, garlic mashed potatoes, seasonal veggies, assorted rolls and Door County Cherry Crisp. Coffee, tea, soda or milk included.

SIGN UP DEADLINE: Wed. July 5

Call the Berlin Senior Center at 920-361-5422 to sign up. Cash or check (made payable to Berlin Senior Center) due at time of signing up.

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.

Arrive at Walmart at 8:30 am

Arrive at boat at 10:30 am

Boat tour from 11:00 am to 1:00 pm

Leave for Gardens at 1:45 pm

Garden tour 2:00 pm to 3:30 pm

Arrive back at Walmart at 5:45 pm

SIGN UP DEADLINE: Monday, June 12

WEDNESDAY SEPT. 6



Join us for an afternoon of baseball at Fox Cities Stadium vs. Cedar Rapids Kernels.

Cost: **\$55.00 per person.**

Lunch will be served from 11 am to 12:10 pm. First pitch is at 12:10 pm.

SIGN UP DEADLINE: Wed. August 23

FRIDAY OCTOBER 13



TITANIC at the Fireside Friday, October 13

Join us for a day of fun with a meal and show at the Fireside.

Cost: **\$95.00 per person.** Lunch choices are:

1) Pretzel crusted stuffed chicken; 2) grilled pork ribeye; 3) rainbow trout and 4) vegetarian.

SIGN UP DEADLINE: Monday, Sept. 11

**Legends in Concert
at the Fireside
June 8**

EVENTS IN JUNE

**Edelweiss Boat Tour
June 28
Senior Center trip**

**1st Annual Poy Sippi
Car Show
June 3**

**JUNE DAIRY DAYS 2023
MARKESAN
June 10**

CONCERTS IN THE PARK—GREEN LAKE

June 14 Best Practice
June 21 The Del Rays
June 28 Mojo Road

CONCERTS IN THE PARK – Berlin

June 6 Remington's Ride
June 13 Kylar Kuzlo
June 20 Karen's Hit List

**Father's Day
June 19**

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

**Poy Sippi Days
June 24**

Ripon Summer Concert

June 2 The Jimmys
June 9 The Glam Band
June 16 Bad Habitz
June 23 Michael Weber Show
June 30 Star Six Nine

Senior Farmers Market Nutrition Voucher Time!

The Senior Farmer's Market Nutrition Program offers eligible low-income seniors the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers.

Who is eligible? 1) Green Lake County resident; 2) is a senior age 60 or above or Native American age 55 or above; 3) has a monthly household income of \$2,247.75 or less for one person or \$3,040.16 for two people.

How does the program work? Enrolled seniors will receive vouchers worth \$35.00 per household. These vouchers may be used to purchase locally grown in Wisconsin fresh fruits, vegetables and herbs at approved farmers' markets or roadside stands. These vouchers are good until October 31, 2023.

How do I get these vouchers? Berlin Distribution site is at the Berlin Senior Center on **Wednesday, June 14 from 11 am to noon. The number of vouchers are limited, so they will be distributed on a first come, first served basis.** Applicants may be required to provide proof of age and household income. Contact Green Lake County Department of Health & Human Services-Aging at 920-294-4070 for further information.

SENIOR CENTER SNACK BAR IS UP AND RUNNING



Come and join us at the snack bar! We have it supplied with soda, water, snacks and fruit for a suggested donation of \$1.00 each. If you have anything you wish to see offered, please let Becca or Jill know.

CRAFTS AND COOKES W/SARAH

Date: Wednesday, June 14
Time: 1:00 pm
Where: Berlin Senior Center
Cost: \$5.00 at the time of the class
Call: 920-361-5422

We will be making bottle top flowers. Come and bring your imagination.



LOTUS FOOT CARE, LLC

Keren Young from Lotus is offering expert foot care for Seniors at the Berlin Senior Center. This service is ideal for diabetics, Seniors and those affected with nerve conditions.

Available days in June

Thursday, June 8 & 22

Call Keren at 920-637-0754 to schedule an appointment.

DINING CLUB

The June get together of the Dining Club will be on **Thursday, June 8 at 5:00 pm at Tanners in Omro.** Please call Mary Trochinski at 920-290-4633 to sign up.

MEMBERS WANTED

The County Commission on Aging is looking for members. They meet every few months and you must be a resident of Green Lake County. If you have any questions or are interested in joining, please contact Ryan Bamberg at 920-294-4070 or rbamberg@greenlakecounty.wi.gov.

FRIENDS OF THE BERLIN SENIOR CENTER

The June meeting will be Monday, June 12 at 9:30 am at the Berlin Senior Center. If you haven't paid your \$5.00 dues for the 2023-2024 season, please do so at this meeting.

Memory Checkup Clinic

When: Wednesday, June 7
Where: Berlin Senior Center
Time: 12:30—3:30 pm

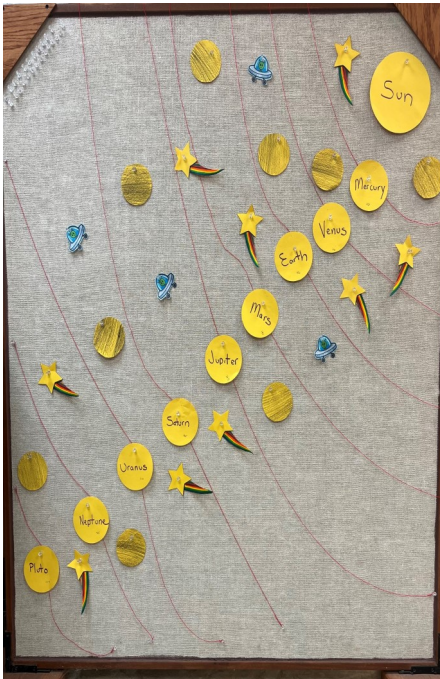
Call Lisa Zimmerman with Green Lake County At 920-294-4070 to sign up.

"OUT OF THIS WORLD" WALKING CLUB

Monday, June 5 we will be starting the "Out of this World" Walking Club. This is open to all abilities. The goal is to walk from the sun to the different planets in the galaxy (including Pluto) It will run all summer until September 29 with a party the following week. You will be walking the miles necessary to reach each of the planets in the solar system starting at the Sun. The miles are as follows

Sun to Mercury:	43	Mercury to Venus:	31
Venus to Earth:	83	Earth to Mars:	33
Mars to Jupiter:	35	Jupiter to Saturn:	40
Saturn to Uranus:	45	Uranus to Neptune:	55
Neptune to Pluto:	49	TOTAL MILES	414

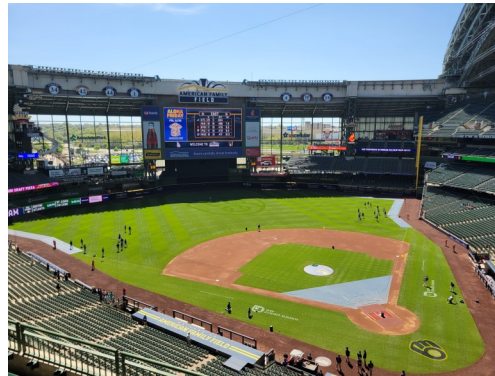
Every planet you reach, you will be able to put your name in for a prize. The farther you walk, the better the prize but watch out for the black holes (back 5 miles) or shooting stars (forward 5 miles). Exercise such as intentional walking, vacuuming, gardening, etc. will count. If you would like to walk with other members of the "Out of this World" club, meet at the Center at 8:30am on Tuesdays. Miles will be tracked on a weekly basis (Monday to Sunday). Call in each week or stop by with your miles or steps walked that week. (2,000 steps is 1 mile) We will keep track of your total miles on a chart at the Center. You will be competing against yourself in that if you improved in the number of miles you walked from week to week, a small prize will be given with a large prize at the end for the most improved walker. Let's have fun and get healthy!



SAVE THE DATE

The Friends of the Senior Center's annual picnic will be on August 10 at Riverside Park

BREWERS TRIP MAY 10



HAMILTON AT THE PAC MAY 18



JUNE BIRTHDAYS!

**THANK YOU TO ALL OUR MILITARY
MEN AND WOMEN**

**Honor Those Who Have Fallen
Honor Those Who Serve
Honor Those Who Wait
For Them**



June birthday meal will be on Tuesday,
June 6 consisting of beef tips, mashed
potatoes & gravy, peas & carrots, fruit
cocktail and birthday cake

- | | |
|---------------------------------|-----------------------|
| 2 Christine Hahn | 17 Sonny Klawitter |
| 3 Nancy Brooks | 17 Judy Williams |
| 3 Carol Frolow | 18 Betty Myer |
| 3 June Lubbert | 18 Cliff Strey |
| 3 Raymond Darnick | 19 Virginia Lemanczyk |
| 3 Howard McDougal | 19 Gary Kaatz |
| 4 Karen Moriarty | 20 Carol Hughes |
| 7 Susan Jongenberg | 20 John Nygren |
| 8 Bob Kwidzinski | 20 June Richter |
| 8 Marlene Pflugradt | 20 Beverly Steger |
| 8 Sharon "Cookie"
Trochinski | 22 Jerry Shead |
| 9 Carol Martin | 22 Margery Van Ornum |
| 10 Carol Frank | 25 Jean Bruce |
| 11 Mary Bonneville | 28 Debora Dahnke |
| 11 June Leigh | 29 Donna Bailey |
| 11 Anna Plato | 30 Jane Durkee |
| 12 Mary Kubiak | 30 Jean Fehl |
| 14 Donna Murphy | 30 Joyce Miller |
| | 30 Mike Trochinski |

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 on Mon., Wed. & Fri. which should be picked up between 11:00 and 11:15 and In-house daily at noon.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
		ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER	Bacon, Lettuce & Tomato Sand. Broccoli/Caulif. Cold Salad String Cheese Watermelon	Tilapia 3 Bean Bake Twice Baked Potato Pineapple Moon Cake
5	6 Birthday Meal	7	8	9
Shepard's Pie W/ Ground Beef & Mixed Veg. Dinner Rolls Fresh Fruit Choc. Chip Bars	Beef Tips Mashed Potatoes & Gravy Peas & Carrots Fruit Cocktail Birthday Cake	Roasted Chicken Mashed Potatoes Gravy Glazed Carrots Pineapple Taffy Apple Salad	Loaded Baked Potato w/ Cheese, Ham & Cowboy Beans 7 Layer Salad Fruit Fluff	Fish Sand. Sweet Potato Spinach Salad Watermelon Pumpkin Bars
12	13	14	15	16
Grilled Cheese Sand. Stewed Tomatoes Spinach Salad Cottage Cheese Peaches	Italian Meat Loaf Baby Bakers Mixed Veggies Mandarin Oranges Banana Pound Cake Dessert	Salisbury Steaks w/ Caramelized Onions Gravy & Mashed Potatoes Corn Apple Crisp	Chicken Cordon Bleu Casserole Sweet Potato Watermelon Pound Cake W/ Fruit	Tuna Noodle Casserole 3 Bean Cold Salad Spinach Salad Raspberry Dump Cake
19	20	21	22	23
Baked Mac & Cheese Stewed Tomatoes Garden Salad Strawberry/ Blueberry Crisp	Pork Loin Mashed Potatoes W/ Gravy Mixed Veg. Apple Snack Spice Cake	BBQ Chicken Breast Baked Beans Homemade Potato Salad Watermelon	Spaghetti W/ Meat Sauce Broccoli & Cauliflower Spinach Salad Strawberry Short Cake	Tilapia Cheesy Potatoes Glazed Carrots Fresh Fruit Pecan Bars
26	27	28	29	30
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 Veggies Spinach Salad Cherry Crisp	Salmon Patty Diced Beets Seasoned Potatoes Mandarin Oranges Lemon Poppy Seed Cake

JUNE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>			<p>1 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Singers practice</p>	<p>2 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>5 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes</p>	<p>6 9:00 Bridge 9:30 Harmonica 11:15 Chair Yoga</p>	<p>7 9:00 Woodcarving 10:30 Exercise w/ Judy 3:00 Diabetes Prevention 12:30 Memory Clinic</p>	<p>8 Foot Care Clinic by Appt 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Whispering Pines— Ripon 5:00 Dining Club Legends in Concert</p>	<p>9 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>12 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes</p>	<p>13 9:00 Bridge 9:30 Harmonica 10:30 Vet's Meeting 11:15 Chair Yoga</p>	<p>14 9:00 Woodcarving 10:30 Exercise w/ Judy 1:00 Crafts & Cookies w/Sarah</p>	<p>15 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Patriots Place-Berlin</p>	<p>16 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>19 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes</p>	<p>20 9:30 Harmonica 9:00 Bridge 11:15 Chair Yoga</p>	<p>21 9 Pool League At Berlin 9:00 Woodcarving 10:30 Exercise w/ Judy</p>	<p>22 Foot Care Clinic by Appt 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Prairie Place—Ripon</p>	<p>23 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>26 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes</p>	<p>27 9:30 Harmonica 9:00 Bridge 9:30 Committee on Aging 11:15 Chair Yoga</p>	<p>28 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/ Judy 3:00 Diabetes Prevention Milwaukee Boat Tour</p>	<p>29 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Country Villa-Omro</p>	<p>30 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>

Recreation Information

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

Dates: June 21, 23, 28, 30

July 12, 14, 19, 21, 26, 28

August 2, 4, 9, 11, 16, 18

Register at the Aquatic Center

LAP SWIM

Push hard through the lanes or casually 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: Tuesday and Thursday

Time: 6am to 10am

Fee: \$2.00 to cover pool entry

Register At: Aquatic Center

Sunset Lap Swim

Location: Aquatic Center

Days: Tuesday and Thursday

Time: 7pm to 9pm

Fee: \$2.00 to cover pool entry

Register At: Aquatic Center

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

Register At: Indoor Pool



YOGA
IN THE
PARK

Join us on Saturday June 17th, 2023

7am located at Riverside Park

Or In the event of inclement weather at North Shelter house

\$5/Person

Please bring your own yoga mat!

Sign up online starting May 1st at
<https://berlinwi.myrec.com/>

Join us after for light snacks and refreshments!

Any questions can be pointed to Parks and Rec
Assistant Coordinator: Katarina Glish
920-361-5437 or ParkandRec@cityofberlin.wi.gov

*Get out and
Enjoy the
Summer!*

GARDENING FOR SENIORS

Gardening has many health and therapeutic benefits for older people, especially edible gardening. Garden beds, equipment and tools can all be modified to create a garden that is interesting, accessible and productive.

BENEFITS OF GARDENING FOR OLDER PEOPLE

Gardening is beneficial for older people because it:

- is an enjoyable form of exercise
- Increases levels of physical activity and helps mobility and flexibility
- Encourages use of all motor skills
- Improves endurance and strength
- Helps prevent diseases like osteoporosis
- Reduces stress levels and promotes relaxation
- Provides stimulation and interest in nature and the outdoors.

ADJUSTMENTS TO EQUIPMENT AND THE GARDEN FOR OLDER PEOPLE

Garden spaces, tools and equipment can be modified or adapted to help reduce the physical stress associated with gardening for older people. Suggestions include:

- using vertical planting to make garden beds accessible for planting and harvesting—try using wall and trellis spaces
- Raising beds to enable people with physical restrictions to avoid bending and stooping
- Using retractable hanging baskets, wheelbarrows and containers on castors to make suitable movable and elevated garden beds
- Finding adaptive tools and equipment
- Using foam, tape and plastic tubing to modify existing tools for a better grip
- Using lightweight tools that are easier to handle
- Providing shade areas for working in summer months.

Some medical conditions and physical disabilities may restrict or prevent older people from participating in gardening. However, with planning and a few changes, you can create a safe, accessible and pleasant space.



RETIREMENT

After I retired, my wife insisted that I accompany her on her trips to the local grocery store. Unfortunately, like most men; I found shopping boring and preferred to get in and get out. Equally unfortunate, my wife is like most women - she loves to browse. Yesterday my dear wife received the following letter, from the local store manager:
Dear Mrs. Harris:

Over the past six months, your husband has caused quite a commotion, in our store. We cannot tolerate this behavior and have been forced to, ban both of you from the store. Our complaints against your husband, Mr. Harris, are listed below and are documented by our video surveillance cameras:

June 15: He took 24 boxes of condoms and randomly put them in other people's carts when they weren't looking.

July 2: Set all the alarm clocks in Housewares to go off at 5-minute intervals.

July 7: He made a trail of tomato juice on the floor leading to the women's restroom.

July 19: Walked up to an employee and told her in an official voice, 'Code 3 in Housewares. Get on it right away'. This caused the employee to leave her assigned station and receive a reprimand from her Supervisor that in turn resulted with a union grievance, causing management to lose time and costing the company money. We don't have a Code 3.

August 4: Went to the Service Desk and tried to put a bag of M&Ms on layaway.

August 14: Moved a, 'CAUTION - WET FLOOR' sign to a carpeted area.

August 15: Set up a tent in the camping department and told the children shoppers he'd invite them in if they would bring pillows and blankets from the bedding department to which twenty children obliged.

August 23: When a clerk asked if they could help him he began crying and screamed, 'Why can't you people just leave me alone?' EMTs were called.

September 4: Looked right into the security camera and used it as a mirror while he picked his nose.

Sept. 10: While handling guns in the hunting department, he asked the clerk where the antidepressants were.

October 3: Darted around the store suspiciously while, loudly humming the, 'Mission Impossible' theme.

October 6: In the auto department, he practiced his, 'Madonna Look' using different sizes of funnels.

October 18: Hid in a clothing rack and when people browsed through, yelled 'PICK ME! PICK ME!'

October 22: When an announcement came over the loud speaker, he assumed a fetal position and screamed; 'OH NO! IT'S THOSE VOICES AGAIN!'

15. Took a box of condoms to the checkout clerk and asked where is the fitting room? And last, but not least:

16. October 23: Went into a fitting room, shut the door, waited awhile; then yelled very loudly, 'Hey! There's no toilet paper in here.' One of the clerks passed out.

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

www.cityofberlin.net

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

MISSION STATEMENT

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