

INSIGHT

AUGUST 2023 NEWSLETTER



DOG DAYS OF SUMMER

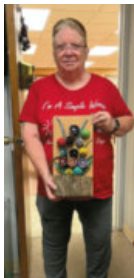
Publication of the Berlin Senior Center
Free—Please take one and enjoy or view at cityofberlin.net/senior-center

JULY'S ACTIVITIES

DOOR COUNTY

MILWAUKEE BOAT

CRAFT & COOKIES W/SARAH



TIMBER RATTLERS

Wed., Sept. 8

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



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

“SCROOGED THE MUSICAL”

At the Fireside

Come and join the Berlin Senior Center and the Green Lake Senior Center for a day of fun with a meal and show at the Fireside. A merry musical of the world's most beloved Christmas Story—Dickens' A Christmas Carol.

Cost: **\$105.00 per person.**

Lunch choices are: 1) Supreme cut chicken, 2) sliced beef tenderloin, 3) grilled Atlantic salmon, 4) vegetarian.

SIGN UP DEADLINE: Mon. October 9

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AUGUST ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Bridge 9:30 Harmonica 11:15 Chair Yoga	2 9:00 Woodcarving 10:30 Exercise w/ Judy	3 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Singers practice	4 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
7 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	8 9:00 Bridge 9:30 Harmonica 10:30 Vet's Meeting 11:15 Chair Yoga	9 9:00 Woodcarving 10:30 Exercise w/ Judy	10 Foot Care Clinic by Appt 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Silver Lake Wautoma	11 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
14 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	15 9:00 Bridge 9:30 Harmonica 11:15 Chair Yoga	16 9 Pool League At Berlin 9:00 Woodcarving 10:30 Exercise w/ Judy 3:00 Diabetes Prevention	17 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Preston Place Red Granite	18 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
21 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	22 9:30 Harmonica 9:00 Bridge 9:30 Committee on Aging 11:15 Chair Yoga 1:00 Cardmaking w/ Judy	23 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/ Judy	24 Foot Care Clinic by Appt 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Prairie Place, Ripon	25 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
28 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	29 9:30 Harmonica 9:00 Bridge 11:15 Chair Yoga	30 9:00 Woodcarving 10:30 Exercise w/ Judy	31 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Patriots Place, Berlin	

ANNUAL PICNIC SPONSORED BY THE FRIENDS OF THE BERLIN SENIOR CENTER

WHERE: Riverside Park, North Shelter
WHEN: Thursday, August 10
Suggested donation of \$5.00 per person
Harmonic Group will start playing at 11:30
Lunch at noon with bingo, cribbage and cards following. Call or stop in at the Senior Center to sign up 920-361-5422. If you wish to join the Friends of the Berlin Senior Center, please call the Center for information.

TAI CHI PRIME will be returning this fall
Where: Berlin Senior Center
When: Tuesdays & Thursdays
Sept. 26 thru Nov 2
For more information, contact Amanda at 920-787-6666.

NEW CLASS

CARDMAKING W/JUDY August 22 at 1:00 pm

Each month will be four different cards to make. Cost is \$10.00 per person payable that day. Please call the Senior Center at 920-361-5422 to sign up.



Don't forget!

City of Berlin will be burying a time capsule to celebrate Berlin's 175th anniversary on Thursday, August 17 from 3-5 at the Berlin Aquatic Center. There will be food trucks, Bounce houses, yard games and free entry to the pool



INSIGHT August 2023

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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 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 BIRTHDAY MEAL	2	3	4
National Watermelon Day, August 3 National Smile Week August 7-11 	Beef Tips Mashed Potatoes Corn Fruit Cocktail Birthday Cake	Breaded Parmesan Chicken Sweet Potatoes Peas & Corn BlueBerry/Pinapple Dump Cake	Baked Potato W/ Cheese / Ham Cowboy Beans Spinach Salad Apple	Baked Tilapia Baby Bakers Diced Beets Peaches
7	8	9	10 SENIOR PICNIC	11
Shepard's Pie W/ Mixed Veg. Mashed Potatoes Watermelon Biscuits	Oven Roasted Chicken Mashed Potatoes & Gravy Peas & Carrots. Fresh Fruit	Lasagna Cauliflower Spinach Salad Pistachio Fluff W/ Pineapple	Brats W / All The Fix-ins Potato Salad Calico Beans Watermelon Apple Pie	Breaded Cod Stewed Tomatoes Spinach Salad Strawberry Short Cake
14	15	16	17	18
Tatar Tot Casserole Stewed Tomatoes Spinach Salad Apricots	Meat Loaf Glazed Carrots Baby Bakers Pineapple Upside Down Cup Cakes	Salisbury Steaks w/Caramelized Onions & Gravy Mashed Potatoes Corn Peaches Blue Berry Muffin	BLT Sand. Broccoli / Calif. Cold Salad Fresh Fruit Banana Cream Pie	Salmon Patty Twice Baked Potato 3 Bean Cold Salad Musk Melon
21	22	23	24	25
Grilled Cheese Stewed Tomatoes Spinach Salad Mandarin Oranges	Chef Salad W/ Ham, Egg & Cheese Grapes	Pork Loin Mashed Potatoes & Gravy Green Beans Fruit Fluff	Spaghetti Calif. Bl. Veg Spinach Salad Garlic Bread Watermelon	BBQ Pork Ribeye Baked Beans Coleslaw Peaches Apple Crisp
28	29	30	31	
Sloppy Joes Baby Bakers Bean Bake Coleslaw Fruit cocktail	Beef & Bean Burrito Spinach Salad Pineapple	Chicken Cordon Blu Casserole w/Broccoli Sweet Potato Mandarin Orange Cake	Chicken Alfredo Broccoli Garden Salad Cherry Southern Salad	ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER

AUGUST BIRTHDAYS

1	Antoinette Pribnow	9	Mary Ellen Young	15	Louis Bock	24	Judy Rickert
2	Lee Born	10	Mary Brown	15	Susan Strom	24	Richard Van Ornum
2	James Marotz	11	Cathy Hoffman	17	Richard Lashbrook	26	Sharon Keating
3	Leroy Petit	12	Mary Kay Blazel	19	Sharon Yasick	26	Judith Gallert
3	Deborah Toma	12	Jeanette Kuble	20	Charlene LaSure	27	Jeanne Huibregtske
3	Mary Klawitter	13	Ralph DeRuyter	21	Joan Hardel	29	Tanner Zabel
4	Cathy Steinke	13	Eileen Korchunoff	21	Catherine Dudek	29	Diane Timm
5	Joyce Jaeger	14	Dawn Carberry	21	Mary Hillstrom	29	Judy Nikolai
6	Patrick Flanigan	14	Carla Fredrick	21	James Schneider	31	Craig Chovanec
6	Jerry Main	14	Vicky Sheldon	23	Joyce Petit	31	Dorothy Nelson



With Age comes skills
It's called MultiTasking
**I CAN
LAUGH, COUGH,
SNEEZE, AND PEE ALL
AT THE SAME TIME.**



BIRTHDAY MEAL
Tuesday, August 1
will be the August
Birthday Meal
which consists of
beef tips, mashed
potatoes, corn,
fruit cocktail and
birthday cake.

INSIGHT August 2023

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DHS Approved 4/22/2021



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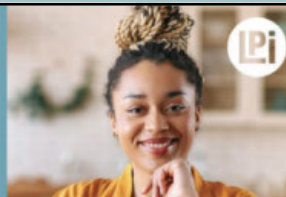
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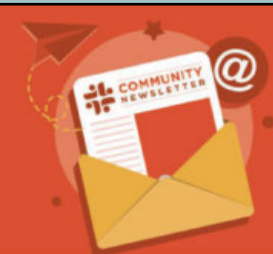
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City of Berlin Senior Center, Berlin, WI

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SIZZLING SUMMER

WORD SEARCH PUZZLE

Arid Picnic Stuff
August Record Sun
Beach Scorchers Sweltering
Burns Smog Thunder
Damp Steam Vacation
Drought Sticky Wave
Heat
Hot
Humid
July
June
Parched



A R V A C A T I O N V T E K
D O V G O M S H X D A M P D
E M D T N T S U G U A A Y P
O E A I I I H T Q U R H G I
R E M Y R O R E E C O S G C
H E D R T A Y E H A C R F N
F I D I K K V E T O M M D I
S R F N C D D S R L E T V C
T D S I U H R C N H E P F Y
U J T E U H H O C R N W L O
F S U M V E T A C U U U S Q
F I I N R A E I S E J B E K
Y D V V E B W S Z U R W M D

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

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