

INSIGHT

SEPTEMBER 2023 NEWSLETTER



**Goodbye
Summer**



**Hello
Fall**



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



A collection of five handmade cards and envelopes. One card is a 'Thank You' card with a blue and white design. Another is a 'Love' card with a red and white design. A third is a 'Happy Birthday' card with a blue and white design. The other two are smaller cards or envelopes with various designs. They are all displayed on a light-colored surface.

Tuesday, September 5 will be the September Birthday Meal which consists of Lasagna, green beans, spinach salad, peaches and birthday cake. Meal is in-house only.

A woman with short blonde hair, wearing a patterned short-sleeved shirt and dark pants, is sitting at a white folding table in a large, open-sided pavilion. She is smiling at the camera. On the table in front of her are a blue and white bowl, a small brown box, and some papers. A blue bag is on the ground next to the table. In the background, other people are sitting at long wooden tables under the pavilion's roof, and trees are visible through the open sides.

TIMBER RATTTLERS

Wed., Sept. 8

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

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



SCHEDULE OF EVENTS

Load bus at Walmart in Berlin at 9:30 am

Arrive at stadium at 10:30 am

Lunch served from 11 am to 12:10 pm

First pitch is at 12:10 pm

Return to Walmart after the game

2024 TRIPS BEING SCHEDULED

IF YOU HAVE ANY SUGGESTIONS, PLEASE LET BECCA AT THE SENIOR CENTER KNOW.

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

Friday, November 10

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.

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

Wyndgate on Market Square

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PERSONS WITH A DISABILITY

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SEPTEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
4 CLOSED NO MEALS		6 9:00 Woodcarving 10:30 Exercise w/ Judy	7 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Berlin Singers Practice	8 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
11 9:30 Friends meeting 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	12 9:30 Harmonica 10:30 Vet's Meeting 11:15 Chair Yoga	13 9:00 Woodcarving 10:30 Exercise w/ Judy 3:00 Diabetes Prevention	14 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Omro Care Foot Care Clinic by Appt	15 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
18 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	19 9:30 Harmonica 11:15 Chair Yoga	20 9:00 Pool League Wautoma 9:00 Woodcarving 10:30 Exercise w/ Judy	21 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Prairie Place, Ripon	22 9:00 Painting w/ Amanda 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
25 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	26 9:30 Harmonica 10:00 Committee on Aging 11:15 Chair Yoga 1:00 Cardmaking w/ Judy 2:00 Tai Chi Prime	27 9:00 Woodcarving 9:30 Eyes Have It 10:30 Exercise w/ Judy	28 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers Eden Vista Ripon 2:00 Tai Chi Prime Foot Care Clinic by Appt	29 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323

Tai Chi PRIME®



Participation Information

- ◇ Attend 2 classes a week for 6 weeks. This is NOT a Drop-in class, must plan to attend most or all classes
- ◇ Each class is 90 minutes long, and includes a break for Tea and conversation
- ◇ Use of instructional DVD during the workshop series.
- ◇ Help evaluate the class and its effects

Free classes will be held at Berlin Senior Center
 When: Tuesdays & Thursdays from Sept. 26-Nov 2
 Time: 2-3:30 pm
 For more information call Amanda at 920-787-6666

Suggested donation of \$20.00



INSIGHT September 2023

Page 5

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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

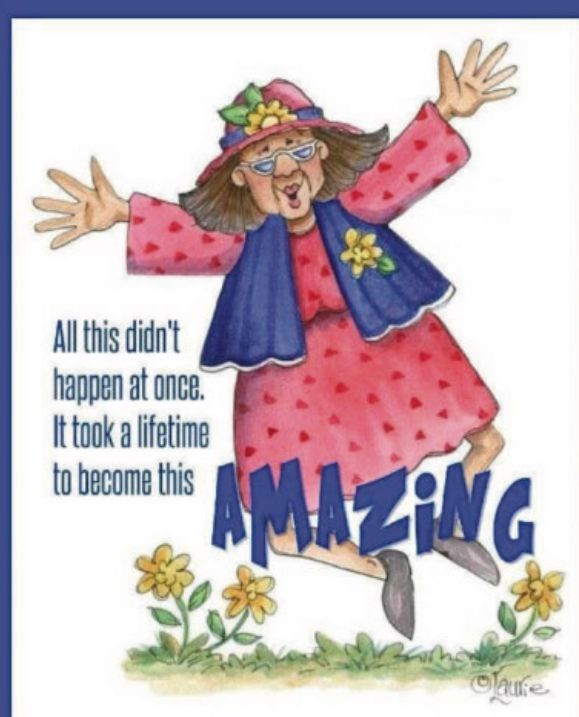
SEPT. MEALS

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 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
	ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER			Baked Tilapia Sweet Potatoes Coleslaw Pears in Jell-o
4	5 BIRTHDAY MEAL	6	7	8
Closed for Labor Day No meals	Lasagna Green Beans Spinach Salad Peaches Birthday Cake	Parmesan Breaded Chicken Sweet Potato Broccoli Peaches	Salisbury Steaks Caramelized Onions Mashed Potatoes & Gravy Corn Fruit Fluff	Scalloped Potatoes W/ Ham 3 Bean Bake Mixed Veg. Pineapple Upside Down Cup Cakes
11	12	13	14	15
Baked Mac & Cheese Stewed Tomatoes Spinach Salad Pears	Pork Loin Mashed Potatoes & Gravy Peas & Carrots Taffy Apple Salad	Baked Potato w/ Cheese, Cowboy Bean & Ham 7 Layer Salad Strawberry Angel Food Dessert	Chicken Sand. Cheesy Tots Glazed Carrots Cherry Cheese Cake	Sloppy Joe Sand. Seasoned Potatoes Homemade Coleslaw Pineapple
18	19	20	21	22
Cheesy Broccoli Soup Ham Sandwich Spinach Salad Pears	Meat Loaf Baby Bakers Corn & Peas Strawberry Short Cake	Chicken Stir Fry Garden Bl. Wild Rice W / Asian Veg. Spinach Salad Fruit Cocktail	Spaghetti W/ Meat Sauce Broccoli /Caulif. Cold Salad Fresh Fruit	Fish Sand. Diced Beets 3 Bean Cold Salad Apple Crisp
25	26	27	28	29
Chili w/ Beef & Beans Spinach Salad Peaches Corn Bread w/ Honey Butter	Roasted Chicken Mashed Potatoes & Gravy Glazed Carrots Mandarin Oranges	Beef Tips & Mashed Potatoes W / Gravy Mixed Veg. Cherry Crisp	Meat Balls & Gravy Over Garden Bl. Wild Rice Green Beans Pears	Baked Tilapia 3 Bean Bake Twice Baked Potato Blue Berry / Pineapple Dump Cake

1 Laurel Braandenburg
 1 June Smith
 1 Diane Toraason
 1 Gerry Sarow
 1 Keith Krause
 2 Ruth Jodarski
 5 Donna "Jean" Bolyard
 5 Jerry Krause
 5 Tom Merryfield
 5 Donald Wesner
 7 Vickie Clark
 7 Nancy Seaman
 7 Barbara Tollakson
 7 Betty Voss
 7 Carol Schmidt
 8 Charles Gross
 9 Eugene Berlowski
 9 Marilyn Pavelske
 11 Carol Bartol
 11 Keith Hess
 11 Kathy Hinton
 11 Judith Rich
 11 Sylvia Lepinski
 12 Margaret Coleman
 13 Phillip Becker
 13 Rebecca Bays
 14 Carol Krause

SEPTEMBER BIRTHDAYS



14 Debra Mirr
 14 Judith Trochinski
 14 Bob Hendee
 15 Linda Hertzberg
 15 Vernon Lichtenberg
 15 Mary Navin
 16 William Roeder
 16 Otis Miracle
 16 Helen A. Burch
 17 Gloria Lichtfuss
 17 Mark Lochner
 17 Charles Thom
 17 Barbara Tollakson
 18 Sally Mae Kallas
 18 Anne Schmid
 19 Mike Seiler
 19 Annelle Greening
 20 Kathryn Kasubaski
 23 Lucille Verheyen
 24 Madeline Klingbeil
 24 Carol Mulder
 24 Dave Wirth
 25 Maxine Schwalenberg
 26 Robert Stumpner
 28 Mary Jaynes
 29 Jackie Silva

INSIGHT September 2023

Page 7



My Choice Wisconsin
 is a managed care organization that
 serves government-funded programs
 to seniors and adults with disabilities
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For more information on your long-term care
 options, contact your local ADRC.

DHS Approved 4/22/2021



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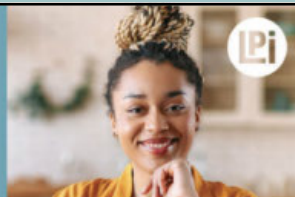
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City of Berlin Senior Center, Berlin, WI

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SEPTEMBER WORDSEARCH

Find the words in the grid. When you are done the unused letters in the grid will spell out a hidden message.

Word list

APPLES	HOLIDAY
AUTUMN	LEAVES
CHILLY	LIBRA
CIDER	PICTURESQUE
COAT	QUILT
DOGDAYS	SCARF
EQUINOX	SCHOOL
FALL	SEPTEMBER
FOOTBALL	SQUASH
GLOVES	WINDY
HARVEST	

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

Tim & Nancy

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