

INSIGHT

January 2024 NEWSLETTER



*New Year
New Opportunities
New Roads to Travel*

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

2024 TRIPS

The Brewer Game this year is on April 3rd against the Minnesota Twins. We will be in the Northwestern Legends Mutual Club. First pitch is at 12:10p. Cost is \$160 per person.

Fireside Trip Number 1: *Fiddler on the Roof* on March 15th. The cost is \$137 a person which includes gratuity. Meal choices are Sliced Beef Tenderloin, Chicken Cordon Bleu, Almond Cod, & Vegetarian

Fireside Trip Number 2: *Nunsense* on June 7th. The cost is \$137 a person which includes gratuity. Meal choices are Chicken Piccata, Pork Belly, Shrimp Tempura, & Vegetarian

IT DOESN'T MATTER
HOW OLD YOU ARE,
BUYING SNACKS FOR
A ROAD TRIP SHOULD
ALWAYS LOOK LIKE
AN UNSUPERVISED
9-YEAR-OLD WAS
GIVEN \$100



More trips are currently being planned for 2024. Keep an eye out in future *INSIGHTS* for details.

Sign up today to reserve your seat on one of the trips! Trips must be paid for at time of reservation and can be paid in cash or check. Checks can be made payable to The Berlin Senior Center.

5 Reasons Why You Should Join Us On A Day Trip:

1. We do all the work. All you have to do is relax.
2. You can see places you've never been to before
3. You can meet new people
4. The staff chaperones are hilarious
5. They are fun!

JANUARY INFORMATION AND ACTIVITIES

Starting January 1st, 2024 the 5 punch meal cards will increase to \$25 in conjunction with the increase meal donation from Green Lake County

READ ME
IMPORTANT



On January 23rd, Judy will be hosting her monthly card making class. Cost is \$10 payable that day. Reservations are required with a maximum of 10 participants.

On Thursday January 18th, the new Green Lake County Elder Benefits Specialist, Kristine Biesenthal, will be here over the noon meal to meet everyone! Join us as we welcome Kristine!

The Nutrition Program has become increasingly crucial for the seniors of Green Lake County, with more and more people requesting its services in the past year. However, the program has also experienced a significant increase in expenses, including food cost, staff time, transportation, utilities, and supplies, to provide these meals.

How to Help

Our funding helps supplement the cost of the service so that we can offer it to our seniors at an affordable rate. All participants are welcome to contribute to the cost of their meals, with the current suggested contribution being **\$4 per meal**. Starting January 1st, 2024, the suggested contribution will be raised to **\$5 per meal**. Regular contributions from participants help us provide meal services to as many people as possible.

We understand that not everyone can contribute the suggested amount, which is why we encourage you to contribute whatever you can on a regular basis. Contributions are confidential, and no eligible participant will be denied a meal due to an inability or unwillingness to contribute.

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City of Berlin Senior Center, Berlin, WI

A 4C 01-1434

JANUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for the Holiday	2 11:15 Chair Yoga	3 10:30 Exercise w/ Judy 3:00 Diabetes Prevention	4 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage	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 10:30 Vet's Meeting 11:15 Chair Yoga	10 10:30 Exercise w/ Judy	11 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic by Appt	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 11:15 Chair Yoga	17 10:30 Exercise w/ Judy 9:00 Pool League Wautoma	18 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage	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 10:00 Committee on Aging 11:15 Chair Yoga 1:00 Cardmaking w/ Judy	24 9:30 Eyes Have It 10:30 Exercise w/ Judy	25 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic by Appt	26 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
29 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	30 11:15 Chair Yoga	31 10:30 Exercise w/ Judy		Key Colors: Green: exercise Purple: new classes Orange: arts and craft Blue: card games Pink: music Red: special events Black: general activity

National Hugging Day is January 21st

7 Reasons Why People Should Hug

1. Hugs reduce stress by showing support in times of need
2. Hugs may protect against illness because interacting with other people exposes individuals to others immune systems
3. Hugs may boost heart health because hugs can help reduce blood pressure levels and lower heart rate
4. Hugs can make people happier because hugging releases the chemical oxytocin in the brain which is associated with happiness and less stress
5. Hugs help reduce fears because hugs can help reduce anxiety
6. Hugs may help reduce pain because gentle hugs can help increase quality of life for people with chronic pain
7. Hugs help people communicate because hugging is an expression of body language

Family therapist Virginia Satir once said, "We need four hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."

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Concerned about Medicare fraud? Give us a call...

PROTECT your
personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities



Toll-free Helpline:
888-818-2611
www.smpwi.org

WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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City of Berlin Senior Center, Berlin, WI

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JAN MEALS

Meals include menu as is listed and are subject to change.
Suggested \$5.00 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	3	4	5
Closed for the Holiday	Closed for the Holiday	Meatballs Gravy & Mashed Potatoes Broccoli Pineapple	Parmesan Breaded Chicken Sweet Potatoes Green Beans Taffy Apple Salad	Roasted Chicken with Gravy Baked Beans Glazed Carrots Strawberry Short Cake
8	9 Birthday Meal	10	11	12
Beef Chili with Beans and Noodles Spinach Salad Banana Corn Bread with Honey Butter	Ham Loaf Sweet Potatoes Mixed Veggies Pears Birthday Cake	Lasagna Broccoli Spinach Salad Pumpkin Bars	Meat Loaf Baby Bakers Peas and Carrots Pineapple	Scalloped Potatoes and Ham Baked Beans Tropical Fruit
15	16	17	18	19
Loaded Chicken Noodle Soup Broccoli/Cauliflower Cold Salad Peaches	Spaghetti with Meat Sauce California Blend Veggies Spinach Salad Fresh Fruit	Salisbury Steak with Caramelized Onions Mashed Potatoes with Gravy Corn Cherry Southern Salad	Roasted Turkey Sandwich Cowboy Beans Spinach Salad Pears	Salmon Patty Coleslaw Sweet Potatoes Strawberry Angel Food Cake
22	23	24	25	26
Mama's Pizza Casserole Broccoli Spinach Salad Pears	Chicken Alfredo Peas and Carrots Spinach Salad Mandarin Oranges	BBQ Chicken Sandwich Baby Bakers Calico Beans Fruited Jell-o	Beef Stew with Potatoes and Mixed Veggies Spinach Salad Pineapple/Cherry Dump Cake	Baked Tilapia Sweet Potatoes Coleslaw Peaches
29	30	31		
Chop Suey Asian Veggies Wild Rice Spinach Salad Fresh Fruit	Sloppy Joes Coleslaw Potato Wedges Pineapple	Roasted Chicken Potatoes and Gravy Peas and Carrots Blueberry/Pineapple Dump Cake		ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER

HAPPY JANUARY BIRTHDAY

2 Stan Hartzke	16 Darlene Athey
3 Kathryn Maki	16 Duane Foote
5 Betty Flanigan	18 Sandra Gregor
5 Beverly Colburn	20 Debra Dowen
7 Richard Bartol	22 Eugene Ficken
9 Mary Potter	23 Frances Hall
10 Barbara McQuown	24 Beverly Coats
10 Julie Nowak	24 John Reysen
11 Phyllis Williams	24 Bill Maki
11 Donna Polakowski	26 Connie Boening
12 Dawn MacFall	26 Elida Henf
12 Neil Parsons	26 Irene Kallas
13 Kate Norman	28 Kenneth Kiar
14 Ralph Fabricius	30 Kathy Fabricius
15 Jerry Huber	31 Marcella Putzkie

January birthday meal will Tuesday January 9th. This month we will be having ham loaf with sweet potatoes, mixed vegetables, and pears. We will also have birthday cake sponsored by Whispering Pines Nursing and Rehab Home in Ripon



Special thank you to Jolly Jones for the delicious cupcakes and beautiful gift bags for the homebound. They loved it!

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

Visit us today:
mychoicewi.org/LPI
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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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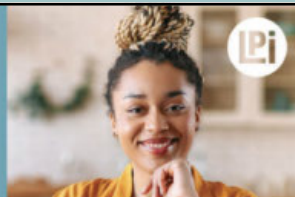
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City of Berlin Senior Center, Berlin, WI

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January Fun Facts

January was named after the Roman god Janus who had two faces which allowed him to look forwards in the coming year and backwards into the past.

January is the coldest month of the year in the Northern Hemisphere but the **WARMEST** month in the Southern Hemisphere

The lowest temperature ever recorded according to Guinness World records occurred on July 21, 1983 at Vostok Station in Antarctica. It was -128.6 degrees Fahrenheit

January's birthstone is garnet and the monthly flower is the carnation

Julius Caesar added the 31st days of January in 46 BC

The 1st ever Emmy Awards were held on January 25th 1949

Alaska became a state on January 3rd 1959

Ellis Island opened January 1st, 1892

World Braille Day is January 4th

On January 25th, 1959 an American Airlines Boeing 707 made the first schedule Transcontinental US flight from California to New York

In Australia, the sun never sets in the month of January

National Penguin day is January 20th

Senior/Rec. Programming

Director: Rebecca Bays

Senior Assistant Programming

Coordinator: Jill Dittmann

Head Cook: Deb Mirr

Chauffeurs and Meal Delivery

Cindy & Diana

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 & 1:30-4:00 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 \$5 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