

INSIGHT

February 2024 NEWSLETTER

Mill Pond, Auroraville, Wisconsin



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

JEAN WENIG 1932—2023

Jean was a spitfire. I had only know her for 2 years but it was not hard to figure out that Jean had a love and passion for life, her family, and her friends. She cared about everyone. Her smile was very contagious and it was hard to not be in a good mood when around her. I remember when she planned her 90th birthday party at the Center. We had to convenience her not to advertise in the paper because that would bring in too many people to the Center. That was Jean though. Always giving.

Becca Bays, Director
Berlin Senior Center

Jean filled in behind-the-scene volunteer work at the Center more than probably most knew. She helped in the kitchen with meals as well as doing dishes, cut flowers from the outside garden and placed them around the center in vases, cleaned and sanitized medical equipment that was given out to those in need, kept coffee area and drawers clean, purchased gift items for Bingo, took the lead for many years in the dining club, and when needed she would help with exercise classes. Jean was quick to give to others. She was quick-witted and loved to dress in costume for Halloween. I was blessed to know this woman.

Karen Neuman, Past Director

Jean was one of the first seniors that made me feel welcome when joining the Senior Center. She helped me a great deal from organizing the bags to helping with the meal sign board. We spent many a time looking for her cane which she had left somewhere in the building. She will be greatly missed.

Jill Dittmann,
Senior Center Assistant



Jean gave the exercise class a spark, even when she wasn't always exercising. When the exercises got difficult, Jean would always find a way to sneak away and go talk to someone to avoid doing the move. Eventually, she would come back to class, but only when she was ready. Jean also had a sense of humor. She told people that if she lived to be 100, she probably wouldn't be able to stand on one foot. She wanted that to be on her headstone. Jean was very involved in the community. She did things with her church, the Friends of the Berlin Senior Center and a variety of other organizations.

Judy Hale
Past Director



Jean was one of the first seniors to introduce herself to me. She was always in a great playful mood, even when she was constantly forgetting her walking cane everywhere. To this day, if I see a cane hanging out somewhere with no one around, it makes me think of her.

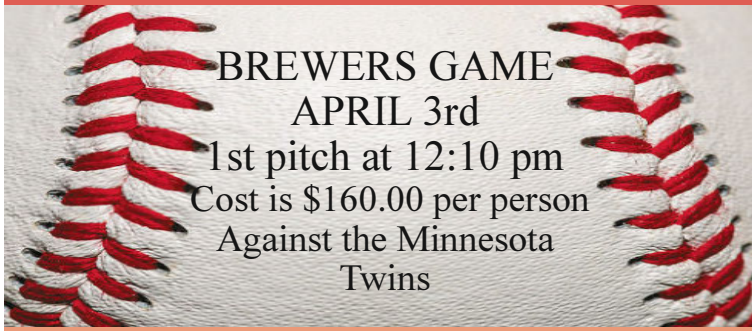
Sara Rutkowski
City Administrator

I will always remember her big hugs, her rosettes, her smile, her willingness to always help others and her helpful hands in the kitchen.

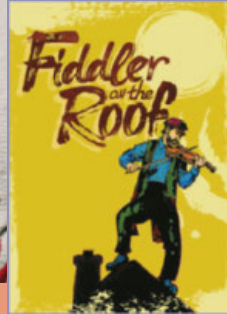
Deb Mirr, Head Cook
and Meal Site Manager



DAY TRIPS 2024



BREWERS GAME
APRIL 3rd
 1st pitch at 12:10 pm
 Cost is \$160.00 per person
 Against the Minnesota
 Twins



Fiddler on the Roof
At the Fireside
March 15th

The cost is \$137 per person which includes gratuity. Meal choices are Sliced Beef Tenderloin, Chicken Cordon Bleu, Almond Cod & Vegetarian

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 should be made payable to "Berlin Senior Center".



NUNSENSE
AT THE FIRESIDE
June 7th

The cost is \$137 per person which includes gratuity. Meal choices are: Chicken Piccata, Pork Belly, Shrimp Tempura & Vegetarian

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City of Berlin Senior Center, Berlin, WI

A 4C 01-1434

FEBRUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Key Colors: Green: exercise Purple: new classes Orange: arts and craft Blue: card games Pink: music Red: special events Black: general activity		1 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Berlin Singers Practice	2 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
5 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	6 9:30 Harmonic 11:15 Chair Yoga	7 10:30 Exercise w/ Judy	8 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic by Appt Berlin Singers—Silver Lake, Wautoma	9 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
12 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes 1:00 Snacks & Crafts w/Donna	13 9:30 Harmonic 10:30 Vet's Meeting 11:15 Chair Yoga	14 10:30 Exercise w/ Judy	15 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers—Juliet Manor, Berlin	16 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
19 9:00 Painting Together w/Amanda 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	20 9:30 Harmonic 11:15 Chair Yoga	21 9:00 Pool League Berlin 10:30 Exercise w/ Judy	22 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic by Appt Berlin Singers—Heartland, Wautoma	23 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
26 10:30 Exercise w/Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	27 9:30 Harmonic 10:00 Committee on Aging 11:15 Chair Yoga 1:00 Cardmaking w/ Judy	28 9:00 Living with chronic pain 10:30 Exercise w/ Judy	29 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers—Prairie Place, Ripon	

FEBRUARY INFORMATION AND ACTIVITIES

CRAFTS W/DONNA

On **Monday, Feb. 12 at 1:00 pm** Donna will be hosting her monthly craft class. The craft will be Scented Bath Salts. Please call the Senior Center at 920-361-5422 to sign up. Cost is \$5.00 payable that day.



DINING CLUB

The dining club will be meeting again on **Thursday, Feb. 8 at 5:30 pm**. This month will be at Mastricola's On Broadway. Call Mary at 920-290-4633 to sign up.

CARDMAKING W/JUDY

On **Tuesday, February 27 at 1:00 pm** Judy will be hosting her monthly cardmaking class. Cost is \$10 payable that day. Reservations are required with a maximum of 10 participants.

FRIENDS OF THE BERLIN SENIOR CENTER

Newly elected officers are:

President: Robert Bonneville
Vice President: Julie Boeck
Secretary: Joanne Guden
Treasurer: Debra Downen

Next meeting is **March 11 at 9:30 am** at the Senior Center.

PAINTING TOGETHER W/AMANDA

Amanda will be here on **Monday, February 19 at 9:00 am** for another painting class. The picture this month will be sea turtles. Please call the Senior Center at 920-361-5422 to sign up. Cost is \$5.00 at the time of the class.



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Toll-free Helpline:

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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

B 4C 01-1434

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
		ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER	Meat Loaf Sweet Potatoes Spinach Salad Oranges	Ham Sandwich Cowboy Beans Seasoned Potato Triangles Taffy Apple Salad
5	6 Birthday Meal	7	8	9
Mac & Cheese Stewed Tomatoes Spinach Salad Mandarin Oranges	Beef Tips Mashed Potatoes & Gravy Corn Fruit Cocktail Cake	Parmesan Breaded Chicken Sweet Potatoes Green Beans Peaches	BBQ Pulled Pork Sand. Cole Slaw Calico Beans Pears	Chop Suey Asian Stir Fry Vegetables Garden Bl. Wild Rice Fresh Fruit
12	13	14	15	16
Grilled Cheese Sandwich Stewed Tomatoes Spinach Salad Fruit Cocktail	Salisbury Steaks w/ Caramelized Onions Mashed Potatoes & Gravy Peas & Corn Taffy Apple Salad	Spaghetti "meatless" Broccoli Spinach Salad Cottage Cheese Strawberry Shortcake	Chicken Alfredo Sweet Potatoes Spinach Salad Pears Jell-O W Fruit	Breaded Fish Sandwich Cheesy Tots Baked Beans Coleslaw Peaches
19	20	21	22	23
Chili w/ Beef & Beans Spinach Salad Apricots Corn Bread w/ Honey Butter	Meats Balls Mashed Potatoes Gravy Green Beans Mandarin Oranges	Egg Salad Sand. Broccoli/Cauliflower Salad Pears	Lasagna Calif. Bl. Veg Spinach Salad Fruit Cocktail	Hot Tuna Noodle Casserole Cheesy Potatoes Blueberry / Pineapple Dump Cake
26	27	28	29	
Sloppy Joes Cole Slaw Seasoned Red Potatoes Apple Pie	Pork Loin Mashed Potatoes & Gravy Corn Strawberry Short Cake	Cheesy Broccoli Soup Spinach Salad Cherry Southern Salad	Baked Potato Chili Beans Ham 7 Layer Salad Fresh Fruit	

UPCOMING CLASSES

Powerful Tools for Caregivers

This is a six week interactive class providing caregivers with "tools" they can use to be a more effective caregiver. These "tools" can assist with better stress management, handling emotions and effectively communicating with others, including the care recipient.

Dates Thursdays, March 21—April 25

Time: 1:30—3:00 pm

Where: Berlin Senior Center
142 Water Street

To Register: Contact Lisa Zimmerman
920-294-4070 or
lzimmerman@greenlakecountywi.gov

A virtual option will also be offered for those who are unable to attend in person.

Healthy Living with Chronic Pain

Living with pain? What if you could feel better? If living with ongoing pain is keeping you from doing the things you want to do, this workshop can help you manage your pain. Topics include:

- ♦ Relaxation and breathing
- ♦ Medication usage & evaluating treatment
- ♦ Quality sleep and fatigue management
- ♦ Stress and depression management
- ♦ Healthy eating and nutrition
- ♦ Decision making and problem solving
- ♦ Fitness for exercise and fun
- ♦ Short term goal setting and planning
- ♦ Communicating effectively with friends, family and your medical team

Dates: Wednesdays, February 28-April 3

Time: 9:00—11:30 am

Where: Berlin Senior Center, 142 Water St.

To Register: Call the ADRC at 920-787-6666.

Donation: Suggested donation of \$20.00



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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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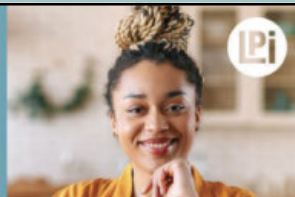
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FEBRUARY BIRTHDAYS

1	Daniel Bucket	13	Lil Sears
2	Karen Saunders	15	Dianne Nowak
3	Gerald Buttke	15	Janice Roeder
6	Clare Bauer	16	Kay Kollat
6	Cathy Herbst	21	Jane Seiler
7	Diane Gross	22	Kim Kaatz
8	Don Krebsbach	22	Don Weeks
9	Kristine Clausung	24	James Jodarski
9	Charlotte Schram	24	Larry Gardner
9	Elaine Petraszak	28	Nancy Fibiger
9	Joyce Doro		

Happy Valentine's Day



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 Y U I X M M Q T V A
 Q D E P O C A B S L
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LOVE
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 CANDY
 VALENTINE
 FRIENDS
 CUPID
 HUG
 FLOWERS
 HEART
 ROSES

MEMORIAL GARDEN

The Friends of the Berlin Senior Center is considering creating a walk through Memorial Garden lined with in memory bricks. Before moving forward, the Friends would like to gauge interest in the purchase of memorial bricks as they would help fund the project. Questions or comments can be directed to Robert Bonneville, Julie Boeck, Joanne Guden and Debra Downen.

CAP SERVICES

CAP Services will be providing tax help for the 2024 season. For residents of Green Lake, Waushara, Waupaca and Marquette Counties, please call 1-800-660-5430 to sign up.

CONTACT INFORMATION

Senior/Rec. Programming

Director: Rebecca Bays

Senior Assistant Programming

Coordinator: Jill Dittmann

Head Cook: Deb Mirr

Chauffeurs and Meal Delivery

Cindy, Diana & Sheri

Meal Delivery: Jan & Bill, Deb,

Tim & Nancy, Stan

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