

INSIGHT

MARCH 2024



WHAT IS YOUR PREDICTION?

**In like a lion, out like a lamb
or
In like a lamb, out like a lion.**

DAY TRIPS 2024

Fiddler on the Roof At the Fireside March 15th (Trip is full)

Arrive at Walmart at 8:45 am;
Depart Walmart at 9:00 am;
Arrive at Fireside at 10:30 am;
Lunch at 11:15 am;
Show at 1:30 pm;
Arrive back in Berlin at approx. 5:45 pm.

CRUISE & CREAMERY Wednesday, July 17



Trip includes a three hour cruise on Lake Mendota with a lunch buffet. Then on to Sassy Cow for a tour and returning to Berlin approximately 5:30 pm.

The cost is \$140 per person payable at time of reservation. Cash or check.

Please note the boat is non-handicap accessible. Everyone must be able to do stairs.

Cutoff for signing up is 7/1/2024.

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".



BREWERS GAME

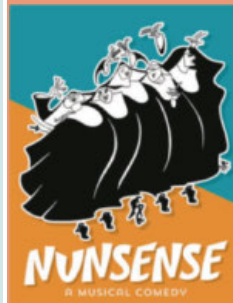
APRIL 3rd

1st pitch at 12:10 pm

Cost is \$160.00 per person
Against the Minnesota
Twins

Meet at Walmart at 8:30 am

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. Meet at Walmart at 8:30 am. Signup deadline is May 8



TIMBER RATTLERS Wed. August 28

Join us for an afternoon of baseball at Neuroscience Group Field in Appleton against the Quad City River Bandits
Cost: \$80.00 Lunch will be in the Leine's Lodge. Meet at Walmart at 9:45 am

Sign up cutoff is August 12.

Upcoming trips

9/11: WI Dells trip
Oct ? Fall train trip
Nov/Dec ? Christmas show.

More information will be forthcoming.

UPCOMING ACTIVITIES



HERD TICKETS FOR SALE

Take your family to a Herd basketball game in Oshkosh (Senior Center is **not** providing transportation). The tickets are for the March 15, 2024 game against the Motor City Cruise. Cost is \$16.00 a ticket. Stop in at the Senior Center by March 8 between 8:30 am and 4:00 pm Monday through Friday to get your tickets.

SAVE THE DATE

Aging Advocacy Day 2024
Tuesday, May 14, Madison
Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin. Contact Janet Zander for more information.
608-228-7253

Friends of the Berlin Senior Center

will be having their meeting on Monday March 11 at 9:30 am at the Berlin Senior Center.

Powerful Tools for Caregivers

This is a six week interactive class providing caregivers with "tools" they can use to be a more effective caregiver.

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

lizimmerman@greenlakecountywi.gov

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

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.

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MARCH ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Spring forward on Sunday March 10	Key Colors: Green: exercise Purple: new classes Orange: arts and craft	Blue: card games Pink: music Red: special events Black: general activity	1 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
4 9:00 Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes	5 9:30 Harmonic 11:15 Chair Yoga	6 9:00 Living with Chronic Pain 10:30 Exercise w/ Judy 2:00 Low impact fitness	7 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Berlin Singers Practice	8 9:00 Painting w/ Amanda 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
11 9:00: Pre-Diabetes 9:30 FOBSC, Inc. 10:30 Exercise w/ Judy 12:30 Sheepshead 1:00 Crafts w/Donna 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes	12 9:30 Harmonic 10:30 Vet's Meeting 11:15 Chair Yoga	13 9:00: Living with Chronic Pain 10:30 Exercise w/ Judy 2:00 Low impact fitness	14 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers—Whispering Pines, Ripon	15 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
18 9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes	19 9:30 Harmonic 11:15 Chair Yoga	20 9:00 Pool League Wautoma 9:00: Living with Chronic Pain 10:30 Exercise w/ Judy 2:00 Low impact fitness	21 9:00 Quilters 9:00 Powerful Tools for Caregivers 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers—Patriots Place, Berlin	22 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
25 9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes	26 9:30 Harmonic 10:00 Committee on Aging 11:15 Chair Yoga 1:00 Cardmaking w/Judy	27 9:00 Living with Chronic Pain 9:30 Eyes Have It 10:30 Exercise w/ Judy 2:00 Low impact fitness	28 9:00 Quilters 9:00 Powerful Tools for Caregivers 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers—Eden Vista, Ripon	29 CLOSED Good Friday

MARCH ACTIVITIES

CRAFTS W/DONNA

Date: Mon, March 11
Time: 1:00 pm.
The craft will be the clothespin dragonfly or butterfly.
Please call the Senior Center at 920-361-5422 to sign up.
Cost is \$5.00 payable that



DINING CLUB

The dining club will be meeting again on **Thurs. March 14 at 5:00 pm.** This month will be at El Charros, 103 W. Huron St. Berlin. Call the Senior Center at 920-361-5422 to sign up. Games will follow the meal.

PAINTING TOGETHER W/AMANDA

Amanda will be here on Friday, March 9 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.

CARDMAKING W/JUDY

On **Tuesday March 26 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.



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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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MARCH MEALS

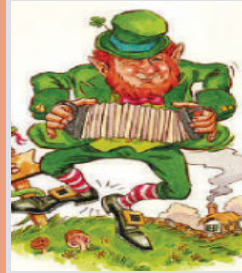
Meals include menu as is listed and are subject to change.
\$5.00 contribution for those age 60+. This is a Green Lake County Elderly Nutrition Meal site. Please call 920-361-5422 at least the day before to order. We serve daily at noon. Cancellations must be made at least the day before.

Monday	Tuesday	Wednesday	Thursday	Friday
				1
		ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER		Grilled Cheese Stewed Tomatoes. Deviled Eggs. Spinach Salad Fresh fruit
4	5 Birthday Meal	6 Donna	7 Dorothy	8
Homemade Chicken Noodle Soup Spinach Cream Cheese Pinwheel Wraps Fresh Fruit Salad	Ham Loaf Sweet Potatoes 3 Bean Bake Peaches Birthday Cake	Pork Loin Mashed Potatoes & Gravy Glazed Carrots Apple Sauce.	Salisbury Steaks w/Caramelized Onions Gravy & Mashed Potatoes Corn Jello W/ Fruit	Oven Baked Mac & Cheese Spinach Salad Stewed Tomatoes Lemon, Blueberry Bundt cake
11	12 Betty	13 Donna	14 St. Patty's Meal	15 Betty
Chili w/Beef, Beans & Noodles Spinach Salad Fruit Cocktail. Cornbread w/ Honey Butter	Chicken Casserole Broccoli Potato Salad Tropical Fruit	Italian Meat Loaf Baby Bakers Corn & Peas Apricots	Corn Beef & Cabbage Carrots & Potatoes Pistachio, Pineapple Fluff	Tuna Casserole Sweet Potatoes 3 Bean Cold Salad Mandarin Oranges
18	19	20 Donna	21 Dorothy	22
Ham & Cheese Sliders Sweet Potato Corn & Peas Fresh Fruit	Chicken Mashed Potatoes & Gravy Green Beans Pineapple Upside Down Cup Cakes	Lasagna California Blend Vegetable. Spinach Salad Jell-O w/Peaches	Parmesan Baked Chicken Sweet Potatoes Peas & Corn Mixed Fruit	Baked Tilapia 3 Bean Bake Twice Baked Potato Pears
25	26 Betty	27 Donna	28 Dorothy	29
Mom's Pizza Casserole California Blend Vegetable Spinach Salad Fresh Fruit	Hot Ham Sand. Potato Salad Baked Beans. Taffy Apple Salad	Meat Balls Gravy & Potatoes Green Beans Apple Crisp	Spaghetti w/ Meats Sauce Cheesy Broccoli Garden Salad Strawberry Short Cake	CLOSED GOOD FRIDAY

MARCH BIRTHDAYS

1	Sharon Buttke	13	Rena Gomach
1	Sylvia Wells	14	Mark Kasuboski
4	Sheri Bradshaw	13	Rena Gomach
5	Marsha Chikowski	15	Larry Posorske
6	Maggie Melum	15	Donna Krause
7	Robert Leigh	17	Nancy Splittgerber
7	Harry Silva	18	Elaine Gates
7	Karen Workowski	18	Alice Moldenhauer
8	Mary Hess	19	Bertha Jaimez
8	Julie Boeck	19	Delbert Krause
9	Joan Salefsky	20	Jean Hoffman
10	Aurora Guardiola	24	Bonnie Nehring
11	Mary Nigbor	25	Donna Dieringer
11	Darlene Sierakowski	27	Diane Marotz
11	Ruth Ceman	27	Lilian Schaefer
11	Vern Tollakson	29	Lynn Lodholz
12	Denise Fox	29	Lynda Taylor
12	Ann Nygren	30	Clay Willmington
13	Kathleen Roberts	31	Jan Knoke
		31	Harold Kinas

ST. PATRICK'S DAY Thursday, March 14



Come down and join us for a St. Patrick Day meal at the Senior Center. The Harmonic's will be playing at 11:30 and corn beef and cabbage will be served at noon.

Please call today to sign up.

BIRTHDAY MEAL Tuesday, March 5

The meal consists of a ham loaf, Sweet Potatoes, 3 Bean Bake, Peaches and birthday cake donated by Whispering Pines Nursing Home in Ripon. Please call at least the day before to sign up

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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
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021



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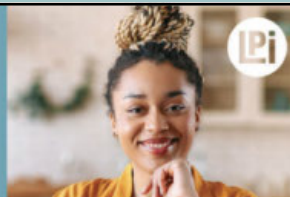
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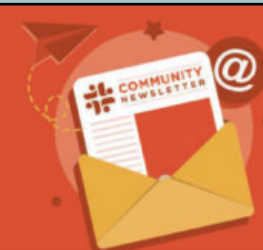
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City of Berlin Senior Center, Berlin, WI

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ST. PATRICK'S DAY JOKES & BLESSING

Q. Why should you never iron a four-leaf clover?

A. You don't want to press your luck.

Q. What happens if you cross poison ivy with a four-leaf clover?

A. You get a rash of good luck.

Q. What kind of spells do Irish witches cast?

A. Lucky Charms.

Q. Why can't you borrow money from a leprechaun?

A. Because they are always a little short.

Q. Why didn't the leprechaun cross the road?

A. He was waiting for the light to turn green.

Q. What do you call a leprechaun with a sore throat?

A. A strepechaun.

Q. Why do people wear shamrocks on St. Patrick's Day?

A. Shamrocks are a type of clover and they are the national symbol of Ireland. St. Patrick is the patron saint of Ireland, so people wear shamrocks on St. Patrick's Day as a way to show their Irish pride.

Irish Blessing

May you live as long as you want, and never want as long as you live.



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.

Call for out-of-town costs

NOON MEALS

Green Lake County Nutrition Program

Monday through Friday

Meals are served at noon.

\$5.00 contribution for 60+. Under age 60, please inquire for current price. Please call by 4:30 pm the day before to sign up.

For home bound meals call 920-294-4070