

INSIGHT


Publication of the Berlin Senior Center

**EXERCISE W/
JUDY**

**MON, WED. & FRI
10:30 AM**

CHAIR YOGA

**TUES. & THURS.
11:15 AM**



**APRIL IS
"NATIONAL MOVE
MORE MONTH"**



**LOW IMPACT
EXERCISE**

**MON & WED
2:00 PM**

**WALKING
CLUB**

MAY-AUGUST

APRIL 2024 NEWSLETTER

FREE—Please take one and Enjoy! or view at cityofberlin.net/senior-center

2024 DAY TRIPS

(Call the Center for details. 920-361-5422 Don't wait too long they are filling up fast!)

BREWERS GAME APRIL 3rd

Cost is \$160.00 per person
Against the Minnesota
Twins

Schedule of Events

Leave Walmart at 8:45 am
Arrive at 10:45 am
Lunch served at 11 am
First Pitch at 12:10 pm
Return to Walmart after
game



NUNSENSE AT THE FIRESIDE June 7th

Join us for a madcap revue with a hysterical anything goes, good natured sense of fun. The Little Sisters of Hoboken are in dire financial straits. It seems they must raise enough money to bury the last four of the 52 dearly departed nuns who were accidentally poisoned by the convent cook, Sister Julie. The five remaining sisters perform with quick paced, comic flair and high-spirited singing. It's an outrageous premise for a long-running hit show that's "sinfully" hilarious and definitely habit forming!

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

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 July 1.

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



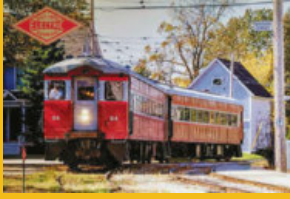
Sign up cutoff is August 12.

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".

NEW 2024 DAY TRIPS

FALL COLOR TRAIN TRIP

Wednesday, October 9



Trip includes a meal on the train. Meal is a house salad, chicken breast over linguini, seasonal veggies and a dark chocolate Brownie with powdered sugar dusting. There will also be a stop at the Elegant Farmer for farm kitchen bakery, deli and market goodies for purchase. There is also a car barn and small museum to tour. **Cost is \$130.00 per**

Wisconsin Dells

Wednesday, September 11



Trip starts with a VIP Trolley Tour of the City followed by lunch at Monk's Restaurant. After lunch, we will be going on the Original Wisconsin Ducks. Cost of this trip has not been determined yet, but should be shortly.

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".

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Transitions Central Office - Phone 715-544-2322 fax 715-544-6398

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UPCOMING ACTIVITIES

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
- 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: **Every Thursday from May 2 To June 6**

Time: 1:00—3:30 pm

Where: **Berlin Senior Center**

To register call the Aging & Disability Resource Center at 920-787-6666

DINING CLUB

The dining club will be meeting in April at the Berlin Senior Center on Thursday April 11 at noon to be able to enjoy Deb's delicious Lasagna. Please call the Senior Center at 920-361-5422 at least a day before to sign up for the meal. Games will follow.

PAINTING TOGETHER W/AMANDA

Amanda will be here on Friday, April 19 for another painting class. The picture this month will be spring flowers. 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

When: **Tuesday April 23**

Time: **1:00 pm**

Where: Berlin Senior Center

Cost: \$10.00



SAVE THE DATE

AGING ADVOCACY DAY 2024

Tuesday, May 14, 2024 | Madison, WI

Join us for the 8th annual Aging Advocacy Day!

Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!

No experience necessary; training is provided.

Morning training at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and Afternoon visits with your legislators/key staff members at the Wisconsin State Capitol.

We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024.

Make a difference. Let your voice be heard.

WAN
Advocacy
Wisconsin Aging
| Advocacy | Network

Contact: Janet Zander
1414 MacArthur Rd.
Madison, WI 53714

janet.zander@qwaar.org

(608) 228-7253

#WIAgingAdvocacyDay

#WIAAD24

LOTUS FOOT CARE, LLC

Keren Young from Lotus is offering expert foot care for Seniors at the Berlin Senior Center. This service is ideal for diabetics, Seniors and those affected with nerve conditions.

Available days in April
Thursday, April 11 & 25
Call Keren at 920-637-0754
to schedule
an appointment.

UPCOMING EVENTS

FOBSCI

WILL BE HOLDING A CRIBBAGE TOURNAMENT

Saturday, April 20, 2024
Mastricola's on Broadway

Limit of 40 persons

Sign in noon to 12:25 pm

First cut for deal at 12:30 pm harp

\$25.00 entry fee

Checks should be made payable to "Friends of the Berlin Senior Center"

For questions call Chuck Fehl 608-566-3345
Entry forms available at the Senior Center

CYBER SECURITY AND FRAUD

Date: April 16
Time: 1 to 2 pm
Where: Berlin Senior Center

Farmers & Merchant Bank will be doing a presentation on Cyber Security and Fraud with questions and answers afterwards. With fraud, security risks and scams on the rise, this would be an informative presentation to attend.

City Wide Rummage Sales

Green Lake: May 4 Markesan: August 23
Princeton: May 4 Winneconne: May 18
Berlin: May 11 Omro: May 24-27

**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



Preventing Medicare Fraud



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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Fiddler on the Roof March 15



APRIL BIRTHDAYS!

2 Donna Booth	17 Norman Fibiger
2 James Resop	17 Charles Huibregtske
2 Sue Formiller	17 Barbara Krause
3 Karen Tessier	18 Angie Browning
3 Donna Gregor	18 Jean Sprague
4 Darlene Opperman	18 Joby Zietlow
5 Melba Bouchardt	19 Douglas Nigbor
5 Jerome Pflugardt	19 Merlyn Soda
6 Georgene Bagley	19 Richard Moriarty
7 Shelby Bock	20 Darwin Krause
7 Karen Rowen	21 Jim MacFall
8 Robert Bonneville	21 Melvin Ricahrds
8 Cindy Klassa	22 John Kastner
8 David Patelski	22 Robert Labuda
8 Donna Main	22 Lyndon Sternitske
9 Patty Deschler	23 Dan Steger
9 Larry Workowski	24 Marjorie Pommerening
10 Ramona Miracle	24 Martin Bennett
12 Denise Chier	26 Margery Freda
13 Chris Harmsen	27 Les Krueger
13 Karen Posorske	28 Mary Jane Kapp
13 Judy Mehn	29 Violet McMahon
16 John Kasubaski	29 Lucia Wilmington
	29 Frances Stobbe

CARRY OUT MEALS ANNOUNCEMENT from Green Lake County

Starting April 1, there no longer will be carry-out meals without a completed assessment. If you wish to have an assessment done or if you have called and haven't heard anything, call Ryan Bamberg or Kathy Mulhern at Green Lake County to set one up. Their phone number is 920-294-4070. We encourage everyone to join us for meals Monday thru Friday at noon. It is a perfect combination of food, friends and fun! Please call at least the day before.

BIRTHDAY MEAL Tuesday, April 2

Menu: Beef Tips, mashed potatoes and gravy, mixed vegetable, mandarin oranges and birthday cake donated by Whispering Pines Nursing Home in Ripon. Please call at least the day before to sign up.



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



**SMITS & BLAZEL
LAW OFFICE, LLC**

*Wills, Trusts, Powers
of Attorney*

Contact John Blazel
for your Estate Planning Needs.

**118 N. Pearl Street, Berlin
361-1777**



302 NORTH GRAND ST
MARKESAN, WI 53946
920.398.3505

www.cardinalcapital.us

RENT IS APPROXIMATELY 30% OF YOUR INCOME

- Affordable housing for low-income 62 or better/disabled
- One Bedroom Apartments - Free Wi-Fi
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- Green Lake County meal site
- Professionally managed by friendly staff



Brown Wilcox

ASSISTED LIVING

347 E Huron Street | Berlin, WI 54923

920-361-2552

www.brownilcox.org
cpapdm@gmail.com

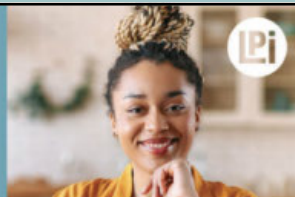
We're here to serve you. Please contact us with questions or to schedule a tour, we're happy to help you learn more.

WE'RE HIRING!

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BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



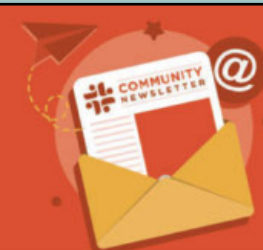
Contact us at
careers@4lpi.com or
www.4lpi.com/careers

NEVER MISS
OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com



APRIL

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. Meals are at noon
Cancellations must be made at least the day before.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 BIRTHDAY MEAL	3 Donna	4 Betty	5
Chicken Pot Pie w/ Mixed Veg Biscuit Sweet Potatoes Banana	Beef Tips Mashed Potatoes & Gravy Mixed Veg. Mandarin Oranges Birthday Cake	BBQ Chicken Sandwich Cowboy Beans. Potato Salad Apple Crisp	Salisbury Steak w/ Caramelized Onions Mashed Potatoes & Gravy Corn Peach Bread Pudding	Scalloped Potatoes w/ Ham Green Beans Spinach Salad Pears
8 Dorothy	9	10 Donna	11	12
Shepard's Pie w/ Beef & mixed Veg. Spinach Salad Diced Peaches	Baked Parmesan Chicken Sweet Potatoes Corn Mandarin Orange Cake	Pork Roast Mashed Potatoes & Gravy Peas & Carrots Apple Sauce	Lasagna Calif. Bl. Veg. Spinach Salad Fruit Cocktail	Baked Tilapia Coleslaw 3 Bean Bake Cherry Crisp
15	16	17 Donna	18 Dorothy	19
Ham & Cheese Sliders Sweet Potatoes Corn Pineapple Pistachio Pudding	Roasted Chicken Gravy & Mashed Potatoes Carrots & Peas Strawberry Short Cake	Spaghetti Garlic Bread Calif. Bl. Veg. Spinach Salad.5 Taffy Apple Salad	Smoked Turkey Sausage Over Wild Rice Baked Beans Glazed Carrots Pumpkin Bars	Chop Suey Asian Veg. Wild Rice Spinach Salad Pears
22	23	24 Donna	25 Dorothy	26
Cheesy Broccoli Soup Spinach Salad Watermelon	Chef's Salad W/ Ham, Egg, Cheese etc. Grapes	Chicken Cordon Blu Casserole, Baked Beans Spinach Salad Jell-o W Fruit	Meat Balls w/ Mashed Potatoes & Gravy Glazed Carrots Pears	Tuna Casserole Sweet Potato Coleslaw Peaches
29	30 Betty			
Sloppy Joe Sand. Baked Beans Coleslaw Apple Crisp	Chicken Alfredo Broccoli Spinach Salad Apricots		ALL MEALS INCLUDE MILK, WHOLE GRAIN OR WHITE BREAD & BUTTER	

APRIL ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes	2 9:30 Harmonic 11:15 Chair Yoga	3 10:30 Exercise w/ Judy 2:00 Low impact fitness	4 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:30 Powerful Tools Berlin Singers—Practice	5 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
8 9:00 Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 1:00 Crafts w/Donna 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes	9 9:30 Harmonic 10:30 Vet's Meeting 11:15 Chair Yoga	10 10:30 Exercise w/ Judy 2:00 Low impact fitness	11 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:30 Powerful Tools Foot Care Clinic Berlin Singers: Silver Lake, Wautoma	12 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
15 9:00: Pre-Diabetes 9:30 FOBSC, Inc. 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes	16 9:30 Harmonic 11:15 Chair Yoga 1:00 Cyber Security and Fraud	17 9:00 Pool League Berlin 10:30 Exercise w/ Judy 2:00 Low impact fitness	18 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:30 Powerful Tools Berlin Singers—Country Villa, Omro	19 9:00 Painting w/ Amanda 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
22 9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes	23 9:30 Harmonic 11:15 Chair Yoga 10:00 Committee on Aging 1:00 Cardmaking w/Judy	24 9:30 Eyes Have It 10:30 Exercise w/ Judy 2:00 Low impact fitness	25 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:30 Powerful Tools Foot Care Clinic Berlin Singers—Prairie Place, Ripon	26 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
29 9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes	30 9:30 Harmonic 11:15 Chair Yoga		Key Colors: Green: exercise Purple: new classes Orange: arts and craft Blue: card games Pink: music Red: special events Black: general activity	

NATIONAL MOVE MORE MONTH

What is National Move More Month

National Move More Month is every April and the objective of this month is to get up and move! Created by the American Heart Association as a way to help improve health of Americans everywhere. National Move More Month is aimed at getting more of us to hit 10,000 steps everyday or, even better, to hit the 20 minutes of aerobic exercise mark every day.

Activities you can do to move more.

- Go for a walk every day
- Go to the gym
- Join us for exercise classes here at the center
- Play sports
- Dance
- Lift some weights
- If joint pain is a problem, do water aerobics or swimnastics.
- Anything that gets your heart rate up for a sustained period of time basically counts as aerobic exercise.

Remember moving more can create an overall healthy lifestyle for your stress, mental health, social connections, sleep and so much more.

NATIONAL MOVE MORE MONTH STATISTICS

\$1 trillion—the cost of heart disease. The economic costs (both direct and indirect) of cardiovascular and heart disease are projected to reach \$1 trillion by 2035 unless we take the time to move more and get more exercise.

69% of people are overweight which is one in three. That statistic will only rise unless we do our part to create healthy habits and exercise more.

80% is preventable. 80% of cardiovascular disease in the US is considered preventable, especially by getting out and moving more

IT ALL BOILS DOWN TO

MOVE MORE, SIT LESS



DON'T SAY YES

If you receive a phone call and they ask:

- Can you hear me?
- Are you on Medicare
- Do you have your red, white and blue card?
- Are you a veteran?

These and many more are questions phrased to get the caller to say "Yes" in an attempt to record and process fraudulent products or services.

This is one of the numerous scams surfacing at this time.

Some Suggestions are:

- Do not answer phone calls from numbers you do not know. If it is important, they will leave a message
- Do not click on any links or open any emails if you are unaware of who they are from.
- Never give out your social security number, phone number, credit card numbers, bank account numbers or even your birthdate.

For further information, please join us for the presentation being given by the Farmers & Merchant Bank on April 16 at 1:00 at the Berlin Senior Center (More information on this presentation is on Page 5 of this newsletter)

IN MEMORIAM

Our deepest sympathy is extended to the family and friends of

Jean Wenig
Lucille Reetz
Robert Leigh

Don Weeks
Jean Kafer

And all who have recently suffered a loss. Our hearts, thoughts and prayers are with you.



DINING CLUB MARCH 14



ST. PATTY'S DAY MARCH 14

40 YEARS OF MARRIAGE

A married couple in their early 60s are celebrating their 40th wedding anniversary in a quiet romantic restaurant. Suddenly, a tiny yet beautiful fairy appeared on their table. She said, "For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish." The wife answered, "Oh, I want to travel around the world with my darling husband." The fairy waved her magic wand and -poof! - two tickets on the Queen Mary II appeared in her hands. The husband thought for a moment: "Well, this is all very romantic, but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than me." The wife and the fairy were deeply disappointed but a wish is a wish. So the fairy waved her magic wand and poof! . . . The husband became 92 years old.

The moral of this story: Men who are ungrateful jerks should remember fairies are female too. . .



Did you ever wonder how April Fool's Day started? It is speculated that the custom of April Fools began in France during the 16th century, after the New year calendar was moved from April 1st to January 1st. Those who continued to celebrate the April new year were considered fools and often the victims of practical jokes. Today we just like to have a little fun with our friends.

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