

INSIGHT

JUNE 2024

The sun is shining for all to see.
Join us today at the BSC!



Publication of the Berlin Senior Center
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!)

NUNSENSE AT THE FIRESIDE

June 7th

- Meet 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 at Walmart at approx. 5:45 pm

Trip is full

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.

Few spots left

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.

NIGHT

BREWERS

GAME

Friday, Sept. 27

(rescheduled from 4/3)

Leave Walmart at 3:30 pm

First Pitch at 7:10 pm

At the Aurora Healthcare Bullpen includes a full buffet and two complimentary Moison Coors domestic beers

COST IS \$160.00 PER PERSON

SPOTS AVAILABLE

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: \$115.00 per person

FALL COLOR TRAIN TRIP

Wednesday, October 9

1 SPOT LEFT
WAITING LIST

This East Troy 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.

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".

FOX RIVER WALKING CLUB

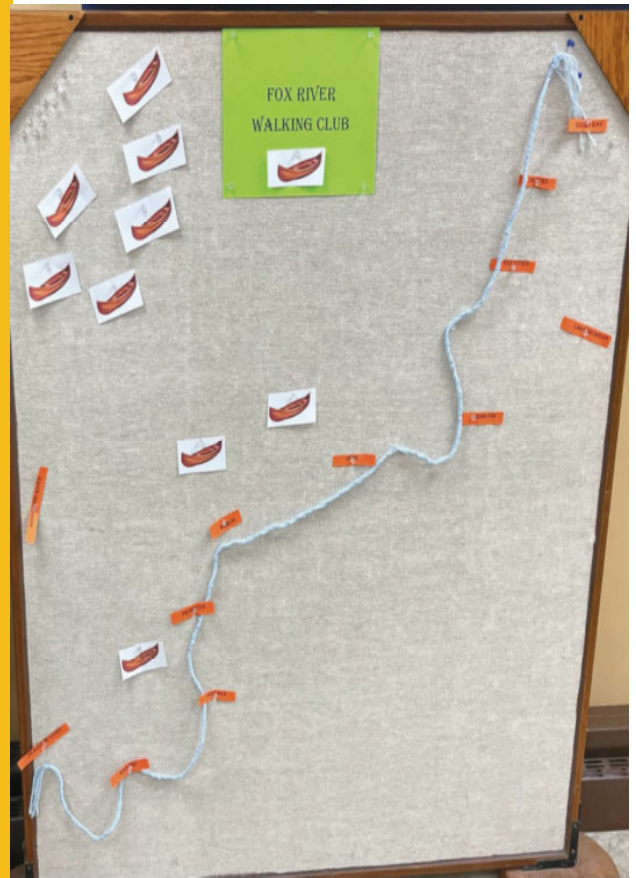
Monday, June 3 we will be starting the Fox River Walking Club. This is open to all abilities. The goal is to "canoe" from Berlin to the Mississippi River back through Berlin to Green Bay and back to Berlin on the Fox River (and a little bit of the Wisconsin River) It will run from June 1 until September 30. You will be walking the miles necessary to reach each of the cities on the Fox River.

The legs of the trip are as follows

Berlin to Portage on Fox River	50 miles
Portage to Mississippi River (WI River)	125 miles
Mississippi River back to Portage	125 miles
Portage back through Berlin to	
Green Bay (via Fox River)	160 miles
Green Bay back to Berlin	110 miles
Total	570 miles

Watch out for the sand bars (back 5 miles) or rapids (forward 5 miles). Exercise such as intentional walking, vacuuming, gardening, etc. will count. If you would like to walk with other members of the club, meet at the Center at 8:30 am on Tuesdays. Miles will be tracked on a weekly basis (Monday to Sunday). Call in each week or stop by with your miles or steps walked that week. (2,000 steps is 1 mile) We will keep track of your total miles on a chart at the Center. You will be competing against yourself in that if you improved in the number of miles you walked from week to week, a small prize will be given with a large prize at the end for the most improved walker.

Let's have fun and get healthy!



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UPCOMING ACTIVITIES

PLEASE NOTE

The Berlin Senior Center will be closing at 2:00 pm on Thursday, June 20 & Friday, June 21. Thank you for your understanding

DINING CLUB

The dining club will be meeting in June at the Goose Blind in Green Lake on Thursday June 13 at 5:00. Please call Mary Trochinski at 920-290-4633 or the Senior Center at 920-361-5422 to

Senior Farmers Market Nutrition Program

The Senior Farmers Market Nutrition Program (SFMNP) offers eligible low-income seniors the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers.

Eligibility:

- Green Lake County resident
- Over the age of 60. (55 if Native America)
- Have a monthly household income of \$2,247.75 or less for one person; \$3,040.16 or less for two.

How it works:

Enrolled seniors will receive vouchers worth \$45.00 per household. These vouchers may be used to purchase locally grown produce at approved farmers markets or roadside stands. Vouchers are good until Oct. 31, 2024.

To obtain vouchers:

Stop at Berlin Senior Center at 142 Water Street on Wednesday June 12 from 12:00 –1:00. Any questions or for other site information call Kristen at 920-294-4070 or email kdorsch@greenlakecountywi.gov.

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 June

Thursday, June 13 & 27

Call Keren at 920-637-0754 to schedule an appointment.

CARDMAKING W/JUDY

Judy is back with another fun filled card making classes! Class will be held on Tuesday June 25th at 1pm. Reservations are required. Cost is \$10 per person payable that day. Here are the cards that are going to be made. Call 920-361-5422 to sign up!



Podiatrist Presentation

On Monday June 17th, Dr. Molly Meier, a podiatrist with SSM Health, will be at the Senior Center. Dr. Meier will be giving a presentation on the ins and outs of feet and how foot care is important to overall health. The presentation will be from 12:30p to 1:30p and will include a question and answer portion.

Creative Nook

Do you have a hidden creative side that you are afraid to unleash? Fear no more! The creative nook is here to offer an outlet for your hidden creative power. Try a cross stitch or diamond painting. Don't know if you will like it? Do not worry! They are complimentary and worth giving a shot. Stop in and see what might peak your interest.

No act
of kindness,
no matter
how small,
is ever wasted.
Aesop

PARK AND POOL

Contact Information

Eric, pool manager:
aquaticmanager@cityofberlin.wi.gov
Becca, recreation director:
rbays@cityofberlin.wi.gov



Relax, unwind, and
kick back at the
Riverside Campground

Each site is along the water with a fire pit & amp service



Shelter houses are great spaces for any occasion! With a variety of sizes, there is a space for everyone!



Meet Me at the Pool!

Hours of Operation:
Monday-Saturday Noon to 7p
Sunday Noon to 5p
Lap Swims, toddler swimming lessons,
water exercise classes available

225 Webster St.
Berlin WI, 54923
920-361-5426
www.cityofberlin.net



Opening Date:
Tentatively
scheduled for
June 15th.

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DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

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www.smpwi.org
WisconsinSeniorMedicarePatrol




SMP Senior Medicare Patrol
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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Thank you to the Friends of the Berlin Senior Center and to Darrell Dittmann for beautifying the landscape!



Left side is before Right Side is after



JUNE BIRTHDAYS!

DID YOU KNOW

- 2 Christine Hahn
- 3 Stanley Hartzke
- 3 Nancy Brooks
- 3 Raymond Darnick
- 3 Howard McDougal
- 4 Karen Moriarty
- 5 Norman Becker
- 7 Susan Jongenberg
- 7 Barbara Gardner
- 8 Bob Kwidzinski
- 8 Marlene Pflugradt
- 8 Sharon "Cookie" Trochinski
- 9 Carol Martin
- 10 Carol Frank
- 10 Mark Hardel
- 11 Mary Bonneville
- 11 June Leigh
- 11 Anna Plato
- 12 Mary Kubiak
- 13 Judy Schrank
- 14 Donna Murphy
- 16 Deb Wagner
- 17 Sonny Klawitter
- 17 Judy Williams

- 18 Pat Hanson
- 19 Virginia Lemanczyk
- 19 Gary Kaatz
- 20 Carol Hughes
- 20 June Richter
- 20 Beverly Steger
- 22 Jerry Shead
- 22 Margery Van Ornum
- 25 Jean Bruce
- 26 James Millonzi
- 28 Debora Dahnke
- 28 William Werch
- 28 Richard Jorgensen
- 29 Donna Bailey
- 29 Curtis Bergens
- 30 Jane Durkee
- 30 Jean Fehl
- 30 Joyce Miller

June birthday meal will be on Tuesday, June 4 consisting of beef tips, mashed potatoes & gravy, peas & carrots, fruit cocktail and birthday cake donated by Whispering Pines.

Anyone can partake in the meals at the Berlin Senior Center whether you live in Green Lake County or not. The only criteria is that you be 60+. So whether you are stopping by the Senior Center while visiting a friend, enjoying some program being held or just are hungry, stop by at the Senior Center and enjoy one of Deb's fantastic meals. We just ask that you sign up at least 24 hours in advance by calling the Senior Center at 920-361-5422. We look forward to seeing you!

Results from FOBSCI Cribbage Tournament

The Friends of the Berlin Senior Center held a cribbage tournament on Saturday, April 20. Twenty people competed for prizes. 1st place went to Jan Van Den Hout; 2nd place went to Jerome Beck, 3rd place was Dianne Nowak and 4th place was Mary Berge. A special thank you goes out to Masticola's On Broadway for hosting and the Friends of Berlin Senior Center for arranging the event. Stay tune for another event in September, 2024.



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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347 E Huron Street | Berlin, WI 54923

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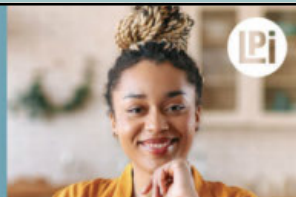
We're here to serve you. Please contact us with questions or to schedule a tour, we're happy to help you learn more.

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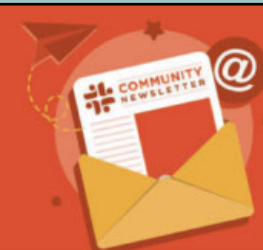
Contact us at
careers@4lpi.com or
www.4lpi.com/careers

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JUNE

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Birthday Meal	5	6	7
Beefy Macaroni Casserole Stewed Tomatoes Spinach Salad Fresh Fruit	Beef Tips Mashed Potatoes and Gravy Peas and Carrots Fruit Cocktail Birthday Cake	Roasted Chicken Mashed Potatoes and Gravy Glazed Carrots Taffy Apple Salad	Loaded Baked Potato with Cheese and Ham Cowboy Beans 7 Layer Salad Fruit Fluff	Breaded Chicken Sandwich Sweet Potatoes Spinach Salad Pumpkin Bars
10	11	12	13	14
Grilled Cheese Sandwich Stewed Tomatoes Spinach Salad Peaches	Meat Loaf Baby Bakers Mixed Veggies Blueberry/ Pineapple Dump Cake	Salisbury Steak with Caramelized Onions Mashed Potatoes and Gravy Corn Apple Crisp	Chicken Enchiladas Wild Rice Spinach Salad Fresh Fruit	Cheese Burger with all the fix-ins Baked Beans Coleslaw Banana Cream Pie
17	18	19	20	21
Baked Macaroni and Cheese Stewed Tomatoes Garden Salad Watermelon	Pork Loin Mashed Potatoes and Gravy Mixed Veggies Apple Snack Spice Cake	Garlic and Onion Oven Roasted Chicken Potatoes Baked Beans Fruit Bowl	Spaghetti California Blend Veggies Spinach Salad Strawberry Short Cake	Tilapia Cheesy Potatoes Glazed Carrots Fresh Fruit
24	25	26	27	28
Chicken and Biscuit Casserole Spinach Salad Banana Carmel Cake	Lasagna Cauliflower Spinach Salad Peaches	Brats with Sauerkraut Cowboy Beans Potato Salad Cherry Southern Salad	Beefy Macaroni Casserole Sweet Potatoes Spinach Salad Musk Melon	Breaded Cod Diced Beets Seasoned Potatoes Lemon/Blueberry Bundt Cake
	ALL SALADS INCLUDE, CARROTS, TOMATOES, CUCUMBERS & DRESSING		ALL MEALS INCLUDE MILK, WHOLE GRAIN OR WHITE BREAD & BUTTER	

JUNE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness	4 9:30 Harmonic 11:15 Chair Yoga	5 10:30 Exercise w/ Judy 2:00 Low impact fitness	6 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers—Practice	7 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
10 10:30 Exercise w/ Judy 10:30 Vet's Meeting 12:30 Sheepshead 1:00 FOBSC meeting 2:00 Low impact fitness	11 9:30 Harmonic 11:15 Chair Yoga	12 10:30 Exercise w/ Judy 2:00 Low impact fitness	13 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers- Juliet Manor	14 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
17 9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 1:30 Podiatrist (foot) presentation 2:00 Low impact fitness	18 9:30 Harmonic 11:15 Chair Yoga	19 9:00 Pool League Berlin 10:30 Exercise w/ Judy 2:00 Low impact fitness	20 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers—Prairie Place CLOSING AT 2 PM	21 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323 CLOSING AT 2 PM
24 10:30 Exercise w/ Judy 12:30 Sheepshead 1:00 Low impact fitness	25 9:30 Harmonic 11:15 Chair Yoga 10:00 Committee on Aging 1:00 Cardmaking w/Judy	26 9:30 Eyes Have It 10:30 Exercise w/ Judy 2:00 Low impact fitness	27 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers—Omro Care	28 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
			Key Colors: Green: exercise Purple: new classes Orange: arts and craft Blue: card games Pink: music Red: special events Black: general activity	

ALZHEIMER & BRAIN AWARENESS MONTH

HISTORY OF ALZHEIMER

The occurrence of dementia goes way back to before it was named. Ancient Egyptians in 2000 BC were aware of the fact that memory declines as people grow old. In 1906 the first case of Alzheimer's disease was recorded, although it was not called so then. In 1910 Alzheimer's disease was named after Alois Alzheimer. In 1980 The Alzheimer's Association, the leading organization in Alzheimer's care and research is established. In 1993 The Food and Drug Administration approves tacrine Cognex as the first drug targeted specifically towards Alzheimer's symptoms.

FIVE FACTS ABOUT ALZHEIMER DISEASE THAT YOU DIDN'T KNOW

1. Around the world, an estimated 47 million people are living with Alzheimer's and other dementias. If a change doesn't come by 2030, this number will grow to 76 million.
2. A person develops Alzheimer's disease in the United States every 65 seconds.
3. In America, more than 16 million people take care of family or friends with Alzheimer's or dementia without pay.
4. In the U.S., Alzheimer's is the sixth leading cause of death. 6.2 million of those living with Alzheimer's disease are over 65.
5. Alzheimer's or other dementia kills one in three seniors. Deaths due to this disease are more than prostate cancer and breast cancer combined.

TEN HEALTHY HABITS FOR YOUR BRAIN

Start now. It's never too late or too early to incorporate health habits

**PROTECT
YOUR HEAD
FROM INJURY**

**STOP
SMOKING**

**GET
MOVING**

EAT RIGHT

**SLEEP
WELL**

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits

**STAY IN
SCHOOL**

**MANAGE
DIABETES**

**CONTROL YOUR
BLOOD PRESSURE**

**MAINTAIN A
HEALTHY WEIGHT**

**CHALLENGE
YOUR MIND**

Local Concert Series for 2024

Nathan Park, Berlin Tuesdays

June 4: Remington's Ride
June 11: Safe Sax
June 18: Leo G. Music
June 25: Dalene Fox
July 9: Rogue Electrics
July 16: Chad Raisleger and Friends
July 23: Franki Jo
July 30: Kylar Kuzio
August 6: Evan Ceman Country Hour
August 13: Taylor Jay
August 20: Bruce Humphries & the Rockabilly Rebels
August 27: Haulin Brass
September 3: Olivia Maro
September 10: Listening Party
September 17: Urban Hillbillies
September 24: Copper Box



Deacon Mills Park, Green Lake Wednesdays

June 12: Best Practice
June 19: Sharin' Barrels
June 26: Mojo Road
July 3: Spicy Tie Band
July 10: Frank Martin Busch & the Names
July 17: UW Marching Band & Whiskey Belles
July 24: Listening Party
July 31: The Del Rays
August 7: Copper Box
August 14: Chris Haise Band
August 21: Karen's Hit List



Steward Street, Ripon Fridays

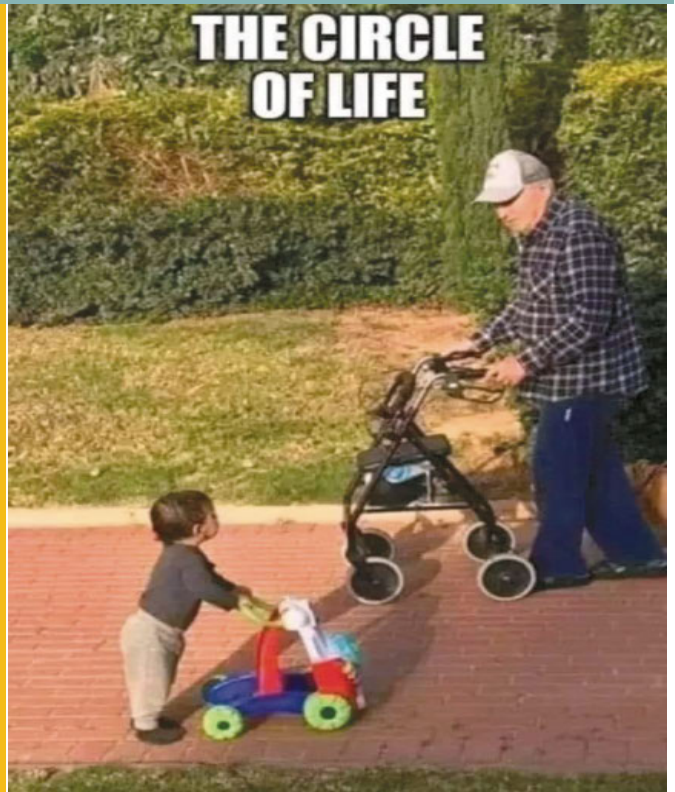
May 30: Jazz on the Green
June 7: The Glam Band
June 14: Cherry Pie
June 21: Star Six Nine
June 28: Bad Habitz
July 5: Copper Box
July 12: Jay Studio Band
July 19: Fallback
July 26: Road Trip
August 2: Dancing Queen
August 31: TBD
September 6: he Jimmys
September 13: Rising Phoenix



JUNE PUNS AND JOKES

I've been banned from Tractor Supply.

Yesterday I was at my local TSC store buying a large bag of my dog's food for my loyal livestock guard dog and was in the checkout, when a woman behind me asked if I had a dog? What did she think I had an elephant? So, since I'm retired and have little to do, on impulse I told her that no, I didn't have a dog. I was starting the Dog Diet again. I added that I probably shouldn't because I ended up in the hospital last time, but I'd lost 10 pounds before I woke up in intensive care with tubes coming out of most of my orifices and IVS in both arms. I told her that it was essentially a perfect diet and that the way that it works is to load your pockets with dog nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.) Horrified, she asked me if I ended up in intensive care because the dog food poisoned me. I told her no. I stepped off the curb to sniff an Irish Setter's rear end and a car hit me. I thought the guy behind her was going to have a heart attack he was laughing so hard. I'm now banned from Tractor Supply. Better watch what you ask retired people. They have all the time in the world to think of things to say.



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