

# INSIGHT

JULY 2024



HAPPY 4TH OF JULY  
FROM BERLIN

Publication of the Berlin Senior Center  
Free—Please take one and enjoy or view at [cityofberlin.net/senior-center](http://cityofberlin.net/senior-center)

June's trip



Nonsense at the Fireside



### CRUISE & CREAMERY Wednesday, July 17

Arrive at Walmart at 8:45 am  
Leave Walmart at 9:00 am

Betty Lou Cruises 10:30 to 2  
Sassy Cow Tour at 3

Arrive back at Berlin at 5:30

## UPCOMING TRIPS



### TIMBER RATTLERS Wed. August 28

Join us for an afternoon of baseball at Neuroscience Group Field in Appleton against the Quad City River Bandits. Lunch will be in the Leine's Lodge. **Cost: \$80.00** 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 including a full buffet and two complimentary Moison Coors domestic beers  
**COST IS \$160.00 PER PERSON**

### 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 is \$115.00 per person.**

### FALL COLOR TRAIN TRIP

EAST TROY, WI  
Wednesday, Oct. 9

TRIP IS FULL.

# UPCOMING EVENTS & ACTIVITIES

## Technology 101

Please join us for Technology 101 with Andrew Haydin from Humana. He will be discussing:

- ◇ All about computers
- ◇ How to use the Internet
- ◇ Tips for Staying Safe Online
- ◇ All about smartphones

Date: Tuesday, July 16 at 1:00 pm at Berlin Senior Center  
Call Andrew Haydin at 920-841-9700 to sign up.



## DINING CLUB

**PLACE:** Pizza Ranch  
In Oshkosh  
**Date:** Thurs., July 11  
**Time:** 5:00 pm  
Games will follow.  
Call 920-361-5422 to sign up.

## PAINTING W/ AMANDA

**Place:** Senior Center  
**Date:** Friday July 19  
**Time:** 9:00 am  
**Cost:** \$5.00 payable that day.

## CARDMAKING W/JUDY

**PLACE:** Senior Center  
**DATE:** Tuesday, July 30  
**TIME:** 1:00 pm  
**COST:** \$10.00 payable that day. Call the Senior Center to sign up.

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# JULY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:00 Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes</p>	<p>2 9:30 Harmonic  11:15 Chair Yoga</p>	<p>3 10:30 Exercise w/ Judy  2:00 Low impact fitness</p>	<p>4  CLOSED  HAPPY 4TH</p>	<p>5  CLOSED</p>
<p>8 10:30 Vet's Meeting 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes</p>	<p>9 9:30 Harmonic  11:15 Chair Yoga</p>	<p>10 10:30 Exercise w/ Judy  2:00 Low impact fitness</p>	<p>11 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers-Berlin Senior Center 5:00 Dining Club</p>	<p>12 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>15 9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes</p>	<p>16 9:30 Harmonic  11:15 Chair Yoga 1:00 Technology 101</p>	<p>17 9:00 Pool League Wautoma 10:30 Exercise w/ Judy 2:00 Low impact fitness</p>	<p>18 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage  Berlin Singers-Juliet Manor</p>	<p>19 9:00 Painting w/ Amanda  10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>22 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes</p>	<p>23 9:30 Harmonic  10:00 Committee on Aging  11:15 Chair Yoga</p>	<p>24 9:30 Eyes Have It  10:30 Exercise w/ Judy  2:00 Low impact fitness</p>	<p>25 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers-Prairie Place</p>	<p>26 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>29 9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes</p>	<p>30 9:30 Harmonic  11:15 Chair Yoga  1:00 Cardmaking w/Judy</p>	<p>31 10:30 Exercise w/ Judy  2:00 Low impact fitness</p>	<p>Key Colors:  Green: exercise Purple: new classes Orange: arts and craft</p>	<p>Blue: card games Pink: music Red: special events Black: general activity</p>

# FRIENDS OF THE BERLIN SENIOR CENTER

## Reminders from the Friends of the Berlin Senior Center.

- ◇ If you have not paid your dues for the 2024/2025 season, please do so now or at the senior picnic in August.
- ◇ **Save the date:** The Friends of the Berlin Senior Center's annual picnic will be on Thursday August 8 at Riverside Park North. Please sign up by calling the Senior Center at 920-361-5422
- ◇ The Friends would like to thank Dianne Novak for the donation of the birdbath for the garden at the Berlin Senior Center.
- ◇ Please stop by and see the new landscaping done by Darrell Dittmann at the Berlin Senior Center. Anybody interested in maintaining the Landscaping, please call the Senior Center.
- ◇ Next meeting is September 9 at 9:30 am at the Senior Center.
- ◇ If there is any feedback regarding the cribbage tournament in April of this year, please contact Chuck Fehl at 608-566-3345. There are plans to have another tournament in the fall.

INSIGHT July 2024

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**Concerned about Medicare fraud?**  
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**DETECT** suspected fraud, abuse, or errors  
**REPORT** suspicious claims or activities

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[www.smpwi.org](http://www.smpwi.org)

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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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# JULY 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.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>1</b>	<b>2 Birthday Meal</b>	<b>3</b>	<b>4</b>	<b>5</b>
Breaded Chicken Sandwich Seasoned Potato Wedges. 3 Bean Salad. Mixed Fruit	Ham Loaf Sweet Potatoes Mixed Veg. Pears Birthday Cake	Chicken Enchiladas Salsa & Sour Cream. Wild Rice Spinach Salad . Watermelon	CLOSED  NO MEALS	CLOSED  NO MEALS
<b>8</b>	<b>9</b>	<b>10</b>	<b>11 Christmas in July</b>	<b>12</b>
Chop Suey Asin Vegetables Rice Spinach Salad. Musk Melon.5	Roast Chicken Mashed Potatoes. & Gravy Peas & Corn. Blueberry/ Pineapple Dump Cake.	Lasagna Calif. Blend vegetable Spinach Salad. Jello W/ Fruit.	Ham Sliders Sweet Potatoes Green Beans Blueberry, Strawberry Yogurt Parfaits	Buttery Baked Tilapia Baby Bakers. Baked Beans Fruit Cocktail
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Tatar Tot Casserole W/ Mixed Vegetables Stewed Tomatoes. Spinach Salad. Watermelon Fruit Bowl	Salisbury Steaks w/ Caramelized Onions, Gravy Mashed Potatoes Corn Pineapple	Parmesan Baked Chicken Sweet Potatoes Corn & Peas Mandarin Orange Cake	BBQ Pulled Pork Sandwich Baked Beans Coleslaw Taffy Apple Salad.	Chicken Alfredo W/ Fettucine Broccoli. Spinach Salad. Fruit Cocktail.
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Grilled Cheese Stewed Tomatoes Spinach Salad. Pears	Spaghetti w/ Meat Sauce Broccoli Spinach Salad Cherry Crisp	Pork Loin Mashed Potatoes Gravy Corn & Peas Mandarin oranges.	Meatloaf Baby Bakers Peas & Carrots Lemon Blueberry Bundt Cake	Fish Sandwich Coleslaw Baked Beans Banana.
<b>29</b>	<b>30</b>	<b>31</b>		
Mom's Pizza Casserole Spinach Salad Cauliflower Musk Melon	BLT Sandwich Broccoli Calif. Cold Salad Grapes.	Beef Macaroni Casserole Corn Spinach Salad. Pineapple Upside Down Cup Cakes.	ALL SALADS INCLUDE CARROTS, TOMATOES, CUCUMBERS & DRESSING	ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER



# JULY BIRTHDAYS

- 1 Josie Hartzke
- 1 Carol Petit
- 1 Cindy Seltzer
- 2 Barbara Resop
- 3 Al Youngbauer
- 4 Leone Seaman
- 5 Judy Hale
- 5 Joan Sievert
- 6 Don Walker
- 7 Leroy Moldenhauer
- 7 Diana Minster
- 9 Sharon Johnson
- 10 Flo Brown
- 12 Jerry Bailey
- 12 Michael Russell
- 13 Helen Smith
- 14 Bonnie Simson
- 14 Connie Simson
- 15 Carol Ann Gelhar
- 16 Sarah Ricahrds
- 16 James Plato
- 17 Justin Jantz
- 17 Louise Sedarski

- 17 Joan Alf
- 20 Carol Downs
- 20 Jeffrey Herbst
- 22 Bernadette Briski
- 22 Nancy Trochinski
- 24 Maren Krause
- 25 Bob Young
- 25 Joanne Huber
- 26 Marion Sonnentag
- 26 MaryAnn Eagen

## July BIRTHDAY MEAL, TUES. July 2

The meal will be Ham loaf, sweet potatoes, mixed vegetables, pears and birthday cake donated by Whispering Pines Nursing Home in Ripon. Please call at least the day before to sign up.



### Thurs. July 11 at noon

Come join us for a Christmas party at the Berlin Senior Center. Christmas meal will be at noon with Ham Sliders and fixings. The Berlin Senior Singers will be entertaining us with Christmas music starting at 1:00 pm. There will be plenty of fun. Call the Senior Center at 920-361-5422 to sign up.



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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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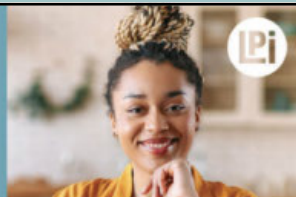
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## July's Joke

An old man in Miami calls up his son in New York and says, "Listen, your mother and I are getting divorced. Forty-five years of misery is enough." "Dad, what are you talking about?" the son screams. "We can't stand the sight of each other any longer," he says, "I'm sick of her face and I'm sick of talking about this, so call your sister in Chicago and tell her," and he hangs up. Now, the son is worried so he calls up his sister. She says, "Like hell they're getting divorced!" and calls her father immediately. "You're not getting divorced! Don't do another thing. the two of us are flying home tomorrow to talk about this. Until then, don't call a lawyer, don't file a paper, **DO YOU HEAR ME?**" and she hangs up. The old man turns to his wife and says "Okay, they're coming for Christmas and paying their own airfares."

## July Fourth Word Scramble

DIRECTIONS: Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

ASTSET	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ENDDEEPPNICH	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
DEARAP	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
LUEB	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TENIUD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TWEHI	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
AEQTIULY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ERIRFKWOS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ARLANCDITEO	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
FDREOME	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
DER	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ILBEYTR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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# 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](http://www.cityofberlin.net)

**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

**MISSION STATEMENT**

To actively involve, enlighten, enrich, and empower the independence of older adults in our community.