

INSIGHT

AUGUST 2024



COUNTY FAIR TIME

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

UPCOMING EVENTS & ACTIVITIES



FRIENDS OF THE BERLIN SENIOR CENTER ANNUAL PICNIC

Thurs. August 8
North Shelter, Riverside Park
11am until 3pm

We will be having brats with all the fixings, potato salad, calico beans, and apple pie for dessert. Reservations are required. Cost is \$5.00 per person payable that day. Must be 60+ to attend

After lunch, stay for bingo with prizes and card games. If the weather is unfavorable, the event will be moved inside the Senior Center

The Dining Club will be meeting at the Senior Picnic this month.

PAINTING W/ AMANDA

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

CARDMAKING W/JUDY

PLACE: Senior Center
DATE: Tues. Aug. 27
TIME: 1:00 pm
COST: \$10.00 payable that day. Call the Senior Center to sign up.



COME OUT AND HAVE A GREAT TIME!

Individualized Technology Classes.

Do you have questions regarding how to use your phone, tablet, iPad, iPhone or computer? Andy from Humana will be at the Senior Center on Friday, August 16 from 9a to noon to answer your questions. These will be half hour individualized times with him. Please call the Senior Center at 920-361-5422 to sign .

Medicare 101

Date: Thurs., August 29
Time: 1:00 pm
Location: Berlin Senior Center
Presenter: Jim Strey
64 Insurance Group
Cost: Free.
Please call the Senior Center at 920-361-5422 to sign up



MIND OVER MATTER

Dates: Tuesday, Aug 27, Sept. 10 & Sept. 24 from 9:30 to 11:30 am
Location: Berlin Senior Center.
To register call ADRC at 920-787-6666.

More than 60% of women over 65 have bladder or bowel leakage, also called incontinence. But incontinence can be prevented, improved or even cured—without medicine or surgery by making simple changes.

Welcome to Medicare.

Learn about choices & options.
Talking points include:

- ♦ Full Medicare breakdown A to Z (premiums, deductibles, coinsurance)
- ♦ Should you transition to Medicare?
- ♦ Can you keep your employer coverage?
- ♦ When/How you should apply for Medicare?
- ♦ Medicare Advantage vs. Medicare Supplement Plan (Medigap) Pros and Cons of each.

UPCOMING TRIPS

TIMBER RATTLERS

Wednesday, August 28

Plenty of space still available. This game is the perfect place to dabble in the world of baseball and so much fun. Cost covers lunch with 2 drinks, cost of ticket and transportation
Cost \$80.00 per person

9:45 Meet at Walmart

11:00–12:10 Lunch

12:10 First pitch

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

Wednesday, Oct. 9

TRIP IS FULL

BREWERS

Friday, Sept. 27

(rescheduled from 4/3)

Leave Walmart at 3:30 pm

First Pitch at 7:10 pm

At the Aurora Healthcare Bullpen which is directly behind right field. We will be in homerun territory. It is an entirely different experience than before!

COST IS \$160.00 PER PERSON

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INSIGHT August 2024

Wyndgate on Market Square

FOR ADULTS 62+ AND/OR
PERSONS WITH A DISABILITY

Smoke-Free Community

1 & 2 Bedrooms

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Alex Nicholas

anicholas@lpicommunities.com

(800) 950-9952 x2538

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

City of Berlin Senior Center, Berlin, WI

A 4C 01-1434

AUGUST ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Key Colors:</p> <p>Green: exercise Purple: new classes Orange: arts and craft</p>	<p>Blue: card games Pink: music Red: special events Black: general activity</p>		<p>1 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage</p> <p>Berlin Singers-Practice</p>	<p>2 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>5 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes</p>	<p>6 10:00 Harmonic 11:15 Chair Yoga</p>	<p>7 10:30 Exercise w/ Judy 2:00 Low impact fitness</p>	<p>8 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers-Whispering Pines Dining Club: noon at Senior Picnic</p>	<p>9 9:00 Painting w/ Amanda 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>12 9:00: Pre-Diabetes 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>13 10:00 Harmonic 11:15 Chair Yoga</p>	<p>14 9:00 Pool League Berlin 10:30 Exercise w/ Judy 2:00 Low impact fitness</p>	<p>15 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage</p> <p>Berlin Singers-Heartland , Wautoma</p>	<p>16 9:00 Technology 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>19 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes</p>	<p>20 10:00 Harmonic 11:15 Chair Yoga</p>	<p>21 10:30 Exercise w/ Judy 2:00 Low impact fitness</p>	<p>22 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers-Prairie Place, Ripon</p>	<p>23 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>26 10:30 Exercise w/ Judy 12:30 Sheepshead 2:00 Low impact fitness 12:30 Bowling at Berlin Lanes</p>	<p>27 9:30 Mind over Matter 10:00 Harmonic 10:00 Committee on Aging 11:15 Chair Yoga 1:00 Cardmaking w/Judy</p>	<p>28 10:30 Exercise w/ Judy 2:00 Low impact fitness</p>	<p>29 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Medicare 101</p> <p>Berlin Singers-Copperleaf, Ripon</p>	<p>30 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>

CHRISTMAS IN JULY



THANK YOU TO EVERYONE WHO JOINED US ON OUR MID-YEAR HOLIDAY CELEBRATION!



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Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities



Preventing Medicare Fraud

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

B 4C 01-1434

AUGUST 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>
			1	2
ALL SALADS INCLUDE CARROTS, TOMATOES, CUCUMBERS & DRESSING	e ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER		Baked Potato with Cheese & Ham Cowboy Beans Spinach Salad Apple Sauce	Buttery Baked Tilapia Baby Bakers Diced Beets Peaches
5	6 Birthday Meal	7 Betty	8 Senior Picnic	9
Shepard's Pie with Mixed Veggies Mashed Potatoes Biscuit Watermelon	Beef Tips Mashed Potatoes Corn Fruit Cocktail Birthday Cake	Meat Loaf Glazed Carrots Baby Bakers Taffy Apple Salad	Brats with all the Fixings Potato Salad Calico Beans Apple Pie	Tucson Cod Stewed Tomatoes Spinach Salad Strawberry Short Cake
12	13 Betty	14 Donna	15 Dorothy	16
Tatar Tot Casserole Sweet Potatoes Spinach Salad Pears	Lasagna Cauliflower Spinach Salad Pistachio Fluff with Pineapple	Pork Loin Mashed Potatoes and Gravy Green Beans Fruit Cocktail	Chicken Broccoli Casserole Mixed Veggies Banana Cream Pie	Smoked Turkey Sausage Wild Rice 3 Bean Bake Spinach Salad Pinapple
19	20	21 Betty	22 Dorothy	23
Grilled Cheese Stewed Tomatoes Spinach Salad Mandarin Oranges	Chicken Enchiladas with Black Beans Wild Rice Spinach Salad Watermelon	Salisbury Steak with Caramelized Onions Mashed Potatoes and Gravy Corn Jell-o with Fruit	Spaghetti California Blend Veggies Spinach Salad Cherry/ Pineapple dump cake	Oven Roasted Chicken Mashed Potatoes with Gravy Peas & Carrots Fresh Fruit
26	27 Betty	28 Donna	29 Dorothy	30
Sloppy Joes Cheesy Tots Coleslaw Fruit Cocktail	Chicken Cordon Blu Casserole Broccoli Sweet Potatoes Mandarin Orange Cake	Chef Salad with ham, egg and cheese Cherry Crisp	Chicken Alfredo Broccoli Spinach Salad Cherry Southern Salad	Buttery Baked Tilapia Twice Baked Potato Peaches 3 Bean Cold Salad

- 1 Antoinette Pribnow
- 2 Lee Born
- 2 James Marotz
- 2 Cheryl Heil
- 2 Jane Mundro
- 3 Leroy Petit
- 3 Deborah Thom
- 3 Mary Klawitter
- 5 Joyce Jaeger
- 6 Patrick Flanagan
- 6 Jerry Main
- 7 Shelly Vogt
- 9 Mary Ellen Young
- 10 Mary Brown
- 11 Cathy Hoffman
- 11 Cristy Lore
- 12 Mary Kay Blazel
- 12 Susan Curtis
- 13 Ralph De Ruyter
- 13 Eileen Korchunoff
- 14 Carla Fredrick
- 14 Vicky Sheldon
- 14 Mary Fries
- 14 Dorothy Tolsma
- 15 Louis Bock

AUGUST BIRTHDAYS

- 15 Susan Strom
- 15 Gary Knoke
- 17 Richard Lashbrook
- 19 Sharon Yasick
- 20 Charlene LaSure
- 21 Joan Hardel
- 21 Catherine Dudek
- 21 James Schneider
- 23 Joyce Petit
- 24 Richard Murphy
- 24 Judy Rickert
- 24 Richard Van Ornum
- 25 Russell Wallace
- 26 Sharon Keating
- 26 Judith Gallert
- 26 Anita Purtee
- 27 Jeanne Huiwegtske
- 28 Richard Deppe
- 28 Yvonne Wustrack
- 29 Tanner Zabel
- 29 Diane Timm
- 29 Judy Nikolai
- 31 Craig Chovanec
- 31 Dorothy Nelson

I don't want to brag or make anybody jealous or anything, but I can still fit into my earrings that I wore in High School!

**AUGUST BIRTHDAY MEAL
TUESDAY, August 6**

Beef tips, mashed potatoes, corn, fruit cocktail and birthday cake sponsored by Whispering Pines.

Thank you Fairburn/Jolly J's HCE Club of Berlin for the delicious 4th of July cupcakes for the homebound!



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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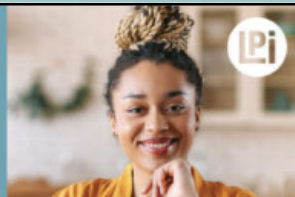
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www.4lpi.com/careers



165 W Huron St, Berlin, WI 54923



KAREN SCHWEIGERT
Medicare Specialist

920-229-4044
karen.schweigert@gmail.com



Story of Life

A Couple went to breakfast at a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for \$2.99. "Sounds good", the wife said, "but I don't want the eggs".

"Then, I'll have to charge you \$3.49 because you're ordering a la carte," the waiter warned her.

"You mean I'd have to pay for not taking the eggs?" the wife asked incredulously.

"Yes!" stated the waiter.

"I'll take the special then." the wife said.

"Great. . .how do you want your eggs?" the waiter asked.

"Raw and in the shell," the wife replied.

She took the two eggs home and baked a cake.

DON'T MESS WITH SENIORS!!!

We've been around the block more than once!



V A C A T I O N K X I E I T M
 R B Z S B A R B E C U E Z J T
 M O L V A G K N V N F C S J I
 Q E G C I H C B A S E B A L L
 X S W L U Y A Q C A M P I N G
 A N E I Z A N A N F G B S L I
 C T B M G N O B Z I Y O U N D
 R R T B U K E F A S I A N B A
 A A M I W S I C H H K T S K R
 F V T N G U N B O I U I H Y K
 T E D G I J G P T N N N I V M
 S L F A G W F P E G M G N Y Z
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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

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