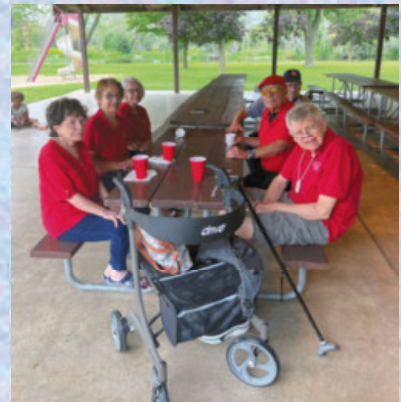


INSIGHT

SEPTEMBER 2024



SENIOR PICNIC 2024



UPCOMING TRIPS

Wisconsin Dells Wednesday, September 11 Schedule of Events

Leave Walmart at 8:15am
90 Minute Trolley Tour Starts at 10 am
Lunch will be served from 11:30am-1pm
90 Minute Duck Tour Starts at 1:30pm
Leave Wisconsin Dells at 3:15pm
Arrive back at Walmart approx. 4:45pm

BREWERS

Friday, Sept. 27
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

GOOD NEWS We were able to add another train car and bus to the trip. Call and sign up

FALL COLOR TRAIN TRIP

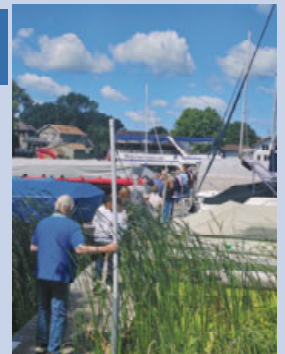
EAST TROY, WI
Wednesday, Oct. 9

Trip includes a meal on the train. Meal consists of 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 person.

****Please note train is not handicap accessible****



CRUISE & CREAMERY & SASSY COW TRIP JULY 17



UPCOMING EVENTS & ACTIVITIES

The Dining Club

Place: B & R, Redgranite
Date: Thurs, Sept. 12 **Time:** 5:00 pm
Games will follow. Call 920-361-5422 to sign up.

CARDMAKING W/JUDY

PLACE: Berlin Senior Center
DATE: Tues. Sept. 24 **TIME:** 1:00 pm
COST: \$10.00 payable that day. Call the Senior Center 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. Learn more in this amazing class!

2nd Annual Green Lake County Health and Wellness Fair Wed. Sept 11

10:00 am to 2:00 pm

Town Square Community Center

Come and see many vendors and speakers including the Berlin Senior Center. Register by calling 920-294-4070 or visit [HTTPS://TINYURL.COM/2024HWFAIR](https://tinyurl.com/2024HWFAIR)

Medicare 101 has been rescheduled to Tuesday September 24th at 1:00pm. Learn about the ins and outs of Medicare and what works best for you. This is an informational session only. No selling or purchasing of Medicare will occur.

Chair Yoga
Announcements:
Chair Yoga on September 10th will be at 1pm
There will be no chair yoga on September 24th

AN ARCHAEOLOGIST IS
THE BEST HUSBAND ANY
WOMAN CAN HAVE; THE
OLDER SHE GETS, THE
MORE INTERESTED HE IS
IN HER.

Wyndgate on Market Square
FOR ADULTS 62+ AND/OR
PERSONS WITH A DISABILITY

Smoke-Free Community

1 & 2 Bedrooms

HEAT INCLUDED

Rent is Based on Income
www.meridiangroupinc.net

920-361-4046

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Alex Nicholas

anicholas@lpicommunities.com

(800) 950-9952 x2538

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com



SEPTEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 10:00 Harmonic 11:15 Chair Yoga	4 10:30 Exercise w/ Judy	5 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers-Practice	6 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
9 9:00: Pre-Diabetes 9:30 Friends Meeting 10:30 Vet's Meeting 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	10 9:30 Mind over Matter 10:00 Harmonic 1:00 Chair Yoga	11 Wisconsin Dells trip Health and Wellness Fair 10a to 2p 10:30 Exercise w/ Judy	12 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers-Silver Lake, Wautoma	13 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
16 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	17 10:00 Harmonic 11:15 Chair Yoga	18 10:30 Exercise w/ Judy	19 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 9:00 Pool League Wautoma Berlin Singers-Prairie Place, Ripon	20 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
23 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	24 9:30 Mind over Matter 10:00 Harmonic 10:00 Committee on Aging 1:00 Cardmaking w/Judy 1:00 Medicare 101	25 10:30 Exercise w/ Judy	26 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers-Patriot Place, Berlin	27 Brewers Trip 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
30 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes			Key Colors: Green: exercise Purple: new classes Orange: arts and craft	Blue: card games Pink: music Red: special events Black: general activity

GWAAR

The Greater Wisconsin Agency on Aging Resources, Inc. is a nonprofit agency committed to supporting the successful delivery of aging programs and services in 70 counties and 11 tribes in Wisconsin. As part of their job, they do regular inspections of senior meal sites. Recently they did an on-site review of the Green Lake County Program Elderly Nutrition Program at the Berlin Senior Center. The following was a portion of their report:

"At the Berlin Senior Center, the food was a proper temperature, tasty and appealing. Please thank the cook/site manager for keeping such an organized site. The Berlin Senior Center dining center met my expectations. The soup, salad and fruit dessert were delicious. It had flavor, and I enjoyed every bite! The Berlin Senior Center should be congratulated on a beautiful meal. Very nice plating and color."

**Thanks to Deb Mirr our Cook/
Site Manager for doing such a
great job!**



THANK YOU FROM THE FRIENDS OF THE BERLIN SENIOR CENTER

A big thank you to all who helped make our annual Senior Center Picnic a success! Everyone who attended had a great time. Our cook, Deb who prepared the meal deserves a pat on the back. "It was awesome".

Door prize winners were:

1. Les Krueger—table runners donated by Judy Trochinski
2. Marsha Chickowski—Yeti cup with coffee donated by Jan Van den Hout.
3. Kathy Herbst—a basket of goodies donated by Jennifer Keller of the Mop Shop
4. Kay Kaus—comfort bird donated by Chuck Fehl
5. Nancy Splittgerber—one week of free meals donated At the Berlin Senior Center donated by the Friends

The next meeting of the Friends of the Berlin Senior Center will be on Monday, September 9 at 9:30 am at the Berlin Senior Center.

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



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.

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502



RIPON

**Hwy 23 West
(920) 748-3360**

WAUTOMA

**983 East Plaza Road
(920) 787-4911**



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.



Visit **www.mycommunityonline.com**

SEPT. 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>
2	3 Birthday Meal	4	5	6 Richard
NO MEALS LABOR DAY	Lasagna Peas & Corn Spinach Salad Pears Birthday Cake	Parmesan Breaded Chicken Sweet Potato Broccoli Kathy's Strawberry Fluff	Baked Potato w/ Cheese, Cowboy. Bean & Ham 7 Layer Salad Peaches	Chop Suey Asian Veg Wild Rice Spinach Salad Pineapple Upside Down Cup Cakes
9 Richard	10	11 Donna	12 Dorothy	13 Richard
Baked Mac & Cheese Stewed Tomatoes Spinach Salad Pears	Pork Loin Mashed Potatoes & Gravy Peas & Carrots Taffy Apple Salad	Salisbury Steaks Caramelized Onions Mashed Potatoes & Gravy Corn Fruit Fluff	Chicken Sand. Cheesy Tots 3 Bean Bake Glorified Rice Fruit Salad.	Sloppy Joe Sandwich Seasoned Potatoes Homemade Coleslaw Pineapple
16	17	18 Donna	19 Dorothy	20
Cheesy Broccoli Soup Ham Sandwich Spinach Salad Pears	Meat Loaf Baby Bakers Corn & Peas Jell-o W/ Fruit	Teriyaki Chicken Stir Fry Garden Bl. Wild Rice 7 Layer Salad Apricots	Spaghetti W/Meat Sauce Broccoli / Cauli. Spinach Salad Cherry Cheese Cake	Fish Sand. Diced Beets 3 Bean Cold Salad Strawberry Yogurt Parfait
23 Richard	24	25 Donna	26 Dorothy	27 Richard
Chili w/ Beef & Beans Spinach Salad Peaches Corn Bread w/ Honey Butter	Roasted Chicken Mashed Potatoes & Gravy Glazed Carrots Mandarin Oranges	Meat Balls & Gravy Mashed Potatoes Green Beans Strawberry Short Cake	Chicken Enchiladas W/Salsa & Sour Cream. Garden Bl. Wild Rice Spinach Salad Banana	Baked Tilapia 3 Bean Bake Twice Baked Potato Lemon/Blueberry Bundt Cake
30 Richard				30
Grilled Cheese Sandwich Stewed Tomatoes Spinach Salad Peaches.			ALL SALADS INCLUDE CARROTS, TOMATOES, CUCUMBERS & DRESSING	ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER

SEPTEMBER BIRTHDAYS

1	Diane Toraason	14	Bob Hendee
1	Gerry Sarow	15	Linda Hertzberg
1	Keith Krause	15	Vernon Lichtenberg
2	Ruth Jodarski	15	Mary Navin
3	Mary Berge	16	William Roeder
4	Paul Micklitz	16	Otis Miracle
5	Donna "Jean" Bolyard	16	Helen A. Burch
5	Tom Merryfield	17	Gloria Lichtfuss
5	Donald Wesner	17	Mark Lochner
7	Vickie Clark	17	Charles Thom
7	Betty Voss	17	Barbara Tollakson
7	Carol Schmidt	18	Sally Mae Kallas
8	Charles Gross	19	Mike Seiler
9	Eugene Berlowski	19	Annelle Greening
9	Marilyn Pavelske	20	Kathryn Kasubaski
11	Carol Bartol	21	Mary Recore
11	Keith Hess	23	Lucille Verheyen
11	Kathy Hinton	23	David Johnson
11	Judith Rich	24	Carol Mulder
11	Laurel Bradenburg	24	Betty Zuniga
11	Robert Vetrone	25	Maxine Schwalenberg
12	Margaret Coleman	25	Kim Strand
13	Rebecca Bays	26	Robert Stumpner
14	Carol Krause	28	Mary Jaynes
14	Debra Mirr	28	Anne Schmid
14	Judith Trochinski	29	Jackie Silva



August Birthday Meal



SEPTEMBER BIRTHDAY MEAL TUESDAY, SEPT. 3

Lasagna, peas & corn, spinach salad,
pears and birthday cake sponsored by
Whispering Pines.

INSIGHT September 2024

Page 7



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
- Heat, water and sewer included in rent
- 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

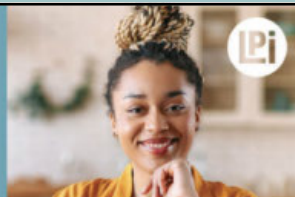
*We're here to serve you. Please contact us with
questions or to schedule a tour, we're happy to
help you learn more.*

WE'RE HIRING!

AD SALES EXECUTIVES

**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



165 W Huron St., Berlin, WI 54923



KAREN SCHWEIGERT
Medicare Specialist

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



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

City of Berlin Senior Center, Berlin, WI

C 4C 01-1434

JOKE OF THE MONTH

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?" The grandmother, in her weak, tremulous voice, said, "Norma Findlay, Room 302."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine, her blood work just came back normal, and her physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news" The operator replied, "You are more than welcome. Is Norma your daughter?" The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me s**t.



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