

INSIGHT

OCTOBER 2024



Turkey & Mashed Potatoes



Stir Fry



Tilapia

AS THE DAYS TURN COOLER



Ham Loaf



Chef Salad



Meatloaf

WHY NOT HAVE A HOT DELICIOUS
MEAL AT THE BERLIN SENIOR CENTER

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

Frequently Asked Questions: Nutrition Program

Where Does the Funding for the Nutrition Program Come From?

The nutrition program is funded through Green Lake County. They receive funds through the Older American Act.

How do I get on the meals on wheels delivery list?

If you are interested in receive home bound delivered meals through the meals on wheels program, please call Green Lake County Health and Human Services at 920-294-4070.

When are meals served?

Meals are served Monday through Friday, excluding holidays, at noon.

How much are the meals?

The cost of the meal is a contribution of \$5.00 for those over 60. For anyone wanting to eat who is under the age of 60, full meal cost is required. The contribution help offset the expense that Green Lake County pays.

Can I just show up for a meal?

No, reservations are required at least one day before.

Do you track who has paid and who hasn't?

No, we do not track people. Per Green Lake County, meal contributions are anonymous and private. This why we don't draw attention to the contribution box.

How do you qualify for the meals?

The only requirement for in house dining is to be 60+ years. The requirements vary for take out and home bound meals.

Who sets the menu?

We set the menu, however, there are strict regulations that are set by the State that we need to follow. These regulations require us to have certain types of food and how much of the foods we serve.

Do you make special meals for dietary restrictions?

We make sugar free items, however, we do not have the ability to cater to all dietary restriction.

For questions or to sign up for meal, call the Berlin Senior Center at 920-361-5422

JACKET & WINTER COAT DRIVE

The Berlin Senior Center will be doing an adult winter coat drive during the month of October. Please drop your gently used and clean jackets and coats to the Senior Center starting Tuesday, October 1st. In November, jackets and coats will be displayed in the Senior Center and available to anyone that needs one at no cost

ANNUAL FALL CLEAN UP

Are you 60 or older and unable to perform yard work? Will you need help cleaning up your leaves this fall? Contact us to see if we can help!

Cleanup will occur in late October and early November on a first-come, first served basis.

Contact Kristen at 920-294-4070 or kdorsch@greenlakecountywi.gov for more information or to sign up

New Cribbage Opportunity at the Senior Center

The local American Cribbage Congress (ACC) will be holding their weekly cribbage tournaments at the Berlin Senior Center. Membership for the ACC is \$28.00 a year and a requirement to play. Each week, they play nine games for a cost of \$12.00 which is given out in winnings. First four weeks are free. They do accept walk-ins. Please contact the Berlin Senior Center at 920-361-5422 for further information. The times have not been set up as yet but will be held on either Tuesdays or Wednesdays.

The Dining Club

Place: Old School House, Hwy 49, Green Lake

Date: Thurs, Oct. 10 **Time:** 3:00 pm

Games will follow. Call 920-361-5422 to sign up. **please note time is earlier***

CARDMAKING W/JUDY

PLACE: Berlin Senior Center

DATE: Tues. Oct. 22 **TIME:** 1:00 pm

COST: \$10.00 payable that day. Call the Senior Center to sign up.

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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
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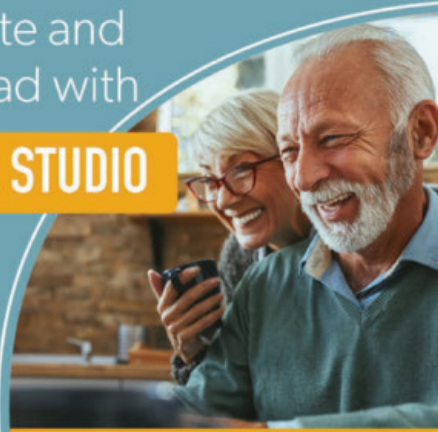
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City of Berlin Senior Center, Berlin, WI

A 4C 01-1434

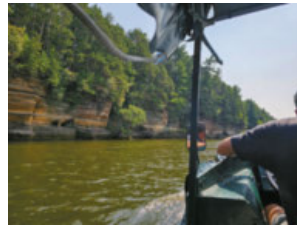
OCTOBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Harmonic 11:15 Chair Yoga	2 10:30 Exercise w/ Judy	3 9:00 Quilters 9:00: Pre-Diabetes 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers-Practice	4 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
	7 9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	8 10:00 Harmonic 1:00 Chair Yoga	9 Train Trip 10:30 Exercise w/ Judy	10 9:00 Quilters 9:00: Pre-Diabetes 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers-Omro Care Center
14 10:30 Exercise w/ Judy 10:30 Vet's Meeting 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	15 10:00 Harmonic 11:15 Chair Yoga	16 9:00 Pool League Berlin 10:30 Exercise w/ Judy	17 9:00 Quilters 9:00: Pre-Diabetes 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers-Country Villa—Omro	18 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
21 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	22 10:00 Harmonic 10:00 Committee on Aging 1:00 Cardmaking w/Judy	23 10:30 Exercise w/ Judy	24 9:00 Quilters 9:00: Pre-Diabetes 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers-Whispering Pines Ripon	25 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
28 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	29 10:00 Harmonic 11:15 Chair Yoga	30 10:30 Exercise w/ Judy	31 9:00 Quilters 9:00: Pre-Diabetes 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Berlin Singers-Prairie Place—Ripon	Key Colors: Green: exercise Purple: new classes Orange: arts & craft Blue: card games Pink: music Red: special events Black: general activity



WISCONSIN

DELLS



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Do you know how to report Medicare fraud?

PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

Contact
Senior Medicare Patrol
888-818-2611
www.smpwi.org
Wisconsin Senior Medicare Patrol



ADT-Monitored Home Security

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- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

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WAUTOMA
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(920) 787-4911



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

City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

OCT. 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 Birthday Meal	2	3	4
ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER	Ham Loaf Scalloped Potato Mixed Vegetable Apple Sauce Birthday Cake	Parmesan Breaded Chicken Sweet Potatoes Corn Apple Bread Pudding	Roasted Turkey Sand. 3 Bean Bake Broccoli/Cauliflower Cold Salad Taffy Apple Salad	Tuscon Cod Potato Salad Coleslaw Jell-o W/Fruit
7	8	9	10	11
Chop Suey Asin Vegetable Garden Bl. Wild Rice Pears	Roasted Chicken Mashed Potatoes & Gravy Glazed Carrots Lemon Blueberry Bundt Cake	Salisbury Steaks w/ Caramelized Onions Mashed Potatoes & Gravy Corn Cherry Southern Salad	Loaded Baked Potato W/ Cheese, Ham & Cowboy Beans 7 Layer Salad Fresh Fruit	Oven Baked Tilapia Sweet Potatoes Coleslaw Mandarin Oranges
14	15	16	17	18
Ham / Cheese Sliders Sweet Potato Mixed Veg Peaches	Meat Balls Mashed Potatoes & Gravy Green Beans. Banana	Lasagna Cauliflower Spinach Salad Jell-o W/ Fruit	Pork Loin Mashed Potatoes Gravy Peas & Corn Strawberry Short Cake	Breaded Fish Sand. Seasoned Tots 3 Bean Bake Apple Spice Cake
21	22	23	24	25
Sloppy Joes 3 Bean Bake Cheesy Hashbrowns Fruit Cocktail	Meat Loaf Twice Baked Potato Mixed Veg. Apple Crisp	Home Made Mac & Cheese Stewed Tomatoes Spinach Salad Berry Yogurt Parfait	Chicken Alfredo W/ Linguine Broccoli Spinach Salad Mandarin Orange Dream Jell-O	Battered Cod Sweet Potato Broccoli/Calif. Cold Salad Pears
28	29	30	31	
Mom's Pizza Casserole Broccoli Spinach Salad Pineapple	Ham Sandwich Baby Bakers Baked Beans Peaches	Oven Roasted Onion & Garlic Potatoes & Chicken Mixed Veg Apple	Boney BBQ Ribs Coleslaw Baked Beans Deviled Egg Eyeballs Banana Oreo-Dirt-Pudding	ALL SALADS INCLUDE CARROTS, TOMATOES, CUCUMBERS & DRESSING

OCTOBER BIRTHDAYS

2	Raymond Boeck	17	Jodi Kalkis
2	Steve Seltzner	18	Jan Van Den Hout
3	Paulette Weber	21	Cheryl Coats
4	Rose AuBuchon	22	Cynthia Schuett
4	Ina Mlodzik	23	Evelyn Dally
5	Kay Roethel	23	Lynn Moldenhauer
6	Kathy Walker	23	Lori Johnson
8	Diana Czekalski	24	Gary Boening
8	Joyce Wesner	24	Gerald Downs
14	Bob Pribnow	26	Karen Neuman
14	Darlene Strey	26	Delores Schwartz
15	Jacilyn Boening	27	Dennis Schwartz
15	Denice Stumpner	28	Caroline Treder
15	Sue Stumpner	28	Rich Strebelinski
15	JoAnne Reysen	30	John Bauer
15	Donna Krause	31	Chris Melland
17	Steven Nelson		

OCTOBER BIRTHDAY MEAL TUESDAY, OCT. 1

Ham Loaf, Scalloped Potato, Mixed Vegetable, Apple Sauce and birthday cake sponsored by Whispering Pines.

ITINERARY

FALL COLOR TRAIN TRIP

Wednesday, Oct. 9

8:30 am	Leave Walmart
11 am	Train Departs
11 am—2 pm	Train Ride and Elegant Farmer
2 pm	Carbarn and Museum tour
3:15 pm	Board bus to return to Berlin
5:15 pm	Arrive back in Berlin



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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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- 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

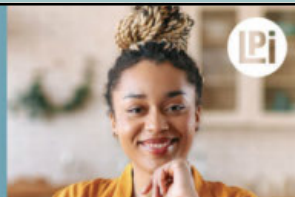
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165 W Huron St., Berlin, WI 54923



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

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JOKE OF THE MONTH

An elderly couple returned to a Mercedes dealership, their faces a mix of frustration and disappointment. They had their hearts set on a particular car, but as they walked in, they noticed a beautiful, leggy, and busty blonde receiving the keys from the salesman. The elderly man, unable to contain his frustration, approached the salesman and said, "I thought you promised to hold that car for us until we could raise the \$75,000 asking price. Yet, I just saw you close the deal with that lovely young lady for \$65,000. You told us there were no discounts on this model." The salesman, with a grin on his face, replied, "What can I say? She had the cash ready, and just look at her—how could I resist?" At that moment, the young woman walked up to the elderly couple and handed them the keys. "Here you go," she said with a smile. "I told you I'd get the jerk to drop the price. See you later, Grandpa."

Moral of the story:
Never underestimate the elderly!

Halloween Word Search



BOO
GAMES
HALLOWEEN
PARTY

CANDY
GHOSTS
MASK
PUMPKINS

COSTUMES
GOBLIN
MUMMY
SKELETON

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

No membership fee to join

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