

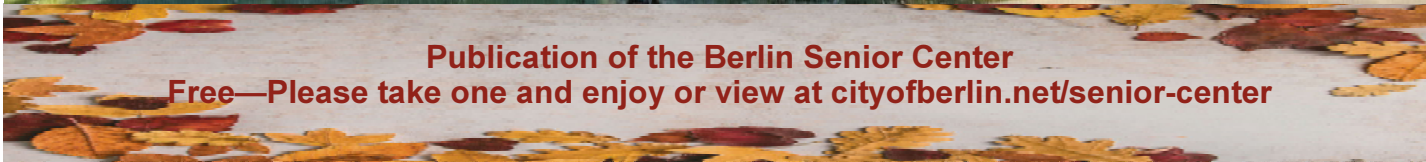


INSIGHT

NOVEMBER 2024



Riverside Park, Berlin



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

Friends of the Berlin Senior Center Inc

Frequently Asked Questions

What are the Friends of the Berlin Senior Center Inc? (FOBSCI)

The friends of the Berlin Senior Center are a 501c3, non-profit organization. Their purpose is to promote and support the Berlin Senior Center.

How does FOBSCI help the Senior Center?

Since its start in 2007, the organization has fundraised for various projects including the blacktop of the parking lot, new floors and handicap doors in the Senior Center, the addition of the Friends Room, and most recently the overhaul of the landscaping and gardens around the Center.

The Friends of the Berlin Senior Center also host the annual Senior Picnic held in the park.

How are the projects decided upon?

The projects and events that the Friends of the Senior Center do are discussed amongst the members of the Friends Board as well with Senior Center Staff

Does FOBSCI take donations?

Yes, the Friends of the Berlin Senior Center takes monetary donations as well as in-kind donation (physical labor) depending on the project or event.

Do I have to join the FOBSCI to come to the Senior Center?

No, you do not have to become a member of the Friends of the Berlin Senior Center to enjoy the perks and amenities of the Senior Center. The Senior Center has no membership fees.

How do I join the FOBSCI and what is the cost?

The cost to join the Friends is \$5.00 annually. Money can be turned in at the office or to any current board member.

Who are the current FOBSCI Board Members?

Bob Bonneville is the President. Julie Boeck is the Vice President. Joanne Guden is the Secretary. Debbie Downen is the Treasurer. Other board members include: Paul Hanan, Chuck Fehl, Jan Van Den Hout, Mary Potter and Marsha Chikowski.

What does a membership to the FOBSCI mean?

The membership fee goes towards the projects and events hosted by the FOBSCI. Membership to the Friends also allows a person to vote during the annual voting week in November for board members. It also allows a person to run for a board position.

ORNAMENT WREATH MAKING



Come join us as we will be making ornament wreaths. Please call 920-361-5422 to sign up.

Place: Berlin Senior Center
Date: Wednesday, Dec. 11
Time: 1:00 pm
Cost: \$5.00 payable at the time of the class

Bay Harbor Memory Care & Assisted Living presents:

NAVIGATING THE COMPLEX SYSTEM OF AGING

Presented by: Sheila Canter

Topics covered:
Independent Living
Assisted Living
Nursing Homes

CARDMAKING W/JUDY

Place: Berlin Senior Center
Date: Tues. Nov. 26
TIME: 1:00 pm



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

The Dining Club

Place: Western House Bar & Grill, Princeton
Date: Thurs, Nov. 14
Time: 5:00 pm
Games will follow. Call 920-361-5422 to sign up.

Ombudsman Program
ADRC
Homecare vs. Home Health
Long Term Care Policies

Location: Berlin Senior Center
Date: November 5th
Time: 1:30 pm

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

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NOVEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Key Colors: Green: exercise Purple: new classes Orange: arts & craft Blue: card games Pink: music Red: special events Black: general activity</p>				1 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
4 9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	5 10:00 Harmonic 11:15 Chair Yoga 1:00 Navigating the Complex System of Aging 	6 10:30 Exercise w/ Judy	7 9:00 Quilters 9:00: Pre-Diabetes 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage Foot Care Clinic Berlin Singers—practice	8 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
11 10:30 Exercise w/ Judy 10:30 Vet's Meeting 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	12 10:00 Harmonic 11:15 Chair Yoga	13 10:30 Exercise w/ Judy	14 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 9:00 Pool League Wautoma Berlin Singers-Patriot Place	15 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
18 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes 	19 10:00 Harmonic 11:15 Chair Yoga	20 10:30 Exercise w/ Judy	21 9:00: Pre-Diabetes 10:30 Weight loss 12:30 Cribbage Foot Care Clinic Berlin Singers-Prairie Place—Ripon	22 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323
25 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes	26 10:00 Harmonic 10:00 Committee on Aging 11:15 Chair Yoga 1:00 Cardmaking w/Judy	27 10:30 Exercise w/ Judy	28 CLOSED NO MEALS 	29 CLOSED NO MEALS

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 Oct. and Nov. and will be on a first-come basis. Contact Kristen at 920-294-4070 or kdorsch@greenlakecountywi.gov.

WINTER COAT DRIVE

Coats will be displayed in the Senior Center and available to anyone that needs one at no cost.

WINTER WEATHER CLOSING

If the Berlin Public School closes for snow or ice, the Senior Center will also be closed. All activities, transportation and meals will be canceled. A two hour delay will not affect the Senior Center.

FALL TIME CHANGE

It's that time of year again; time to turn back your clocks an hour. **On Sunday, Nov. 3 at 2 am** is when you are supposed to do it, but we suggest doing it Saturday night right before you fall asleep. That way you are all set when you wake up!

HOLIDAY HOURS

Berlin Senior Center will be closed for meals, transportation and activities on the following days:

November 24 & 25

December 24 & 25

December 31 & January 1

FRIENDS OF THE BERLIN SENIOR CENTER

Happy Thanksgiving from the Friends of the Berlin Senior Center! Please stop by the Senior Center the week of Nov. 18-22 to vote for new Board Members. Nominees are: Debbie Downen & Diana Czekalski. Write-ins are welcome. To vote you must be a member of the Friends group.

INSIGHT November 2024

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Do you know *how to report Medicare fraud?*

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City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

NOV. 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
ALL MEALS INCLUDE MILK, WHOLE GRAIN OR WHITE BREAD & BUTTER		ALL SALADS INCLUDE CARROTS, TOMATOES, CUCUMBERS & DRESSING		Buttery Baked Tilapia Coleslaw Cheesy Tots Pumpkin Bars
4	5	6	7	8
Oven Baked Mac & Cheese Stewed Tomatoes Spinach Salad Peaches	Ham Loaf Sweet Potatoes Baked Beans Mandarin Oranges Birthday Cake	Salisbury Steak W/ Caramelized Onions Mashed Potatoes & Gravy Corn Fruit Fluff	NO MEALS SENIOR CENTER OPEN	Chicken Enchiladas Garden Bl. Wild Rice Spinach Salad Pineapple Tidbits
11	12	13	14	15
Sloppy Joes 3 Bean Bake Sweet Potatoes Peaches	Meatloaf Baby Bakers Green Beans Lemon Blueberry Bundt Cake	Loaded Baked Potato W/ Cheese Ham & Cowboy Beans 7 Layer Salad Cherry Southern Salad	Lasagna Mixed Veg Spinach Salad Jello W/ Fruit	Battered Cod Coleslaw Cheesy Hashbrowns Fruit Bowl Peanut Butter Cookie
18	19	20	21 Thanksgiving Meal	22
Cheesy Broccoli Soup Ham Sand. Spinach Salad Peaches & Cottage Cheese	Roast Chicken Sweet Potatoes Peas & Corn Blueberry / Pineapple Dump Cake	Spaghetti W/ Meat Sauce Broccoli Spinach Salad Mandarin Oranges	Turkey, Stuffing, Mashed Potatoes & Gravy Mixed Veg Orange-Cranberry Relish Pumpkin Pie	Oven Baked Tilapia Baked Beans Seasoned Potatoes Orange Glorified Rice Bowl
25	26	27	28 Thanksgiving	29
Beef Chili W/ Beans Spinach Salad Apricots Crackers Corn Bread & Honey Butter	Pork Loin Mashed Potatoes W/ Gravy Glazed Carrot Apple Sauce	Chop Suey w/ Asian Veg. Garden Bl. Wild Rice Spinach Salad Strawberry Short Cake	CLOSED FOR THE HOLIDAY	CLOSED FOR THE HOLIDAY

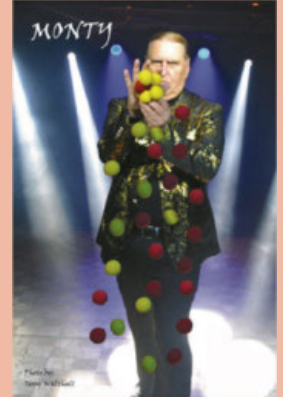
NOVEMBER BIRTHDAYS

1	Betty Konen	14	Chuck Fehl
1	Curtis Anderson	14	Judith Brano
2	Linda M. Klauer	17	Carlton Nehring
2	Barbara Sobieski	19	Richard Monsen
5	Barbara Born	20	Paul Roethel
6	Paul Hanan	21	Richard Dieringer
7	Denise Farrow	22	Darrell Dittmann
8	Marian Weber	25	Bob Keating
10	Susan Labuda	26	Lorraine Brueggen
10	Kenneth Martin	27	Karen Shurk
12	Raymond Stumpner	30	Ronald Hoffman
13	Leanne Hansen	30	Donna Kirk

Veteran's Day is Monday, Nov. 11th.
Don't forget to thank a veteran for
their service. All gave some. Some
gave all.

THANKSGIVING MEAL

Thursday, November 21st will be our Thanksgiving meal which consists of turkey, stuffing, mashed potatoes & gravy, corn, orange cranberry relish, pumpkin pie. PLEASE NOTE We will be having a magic show starting at 11:00 am featuring Monty and then eating at noon. Please call or stop in at the Berlin Senior Center to sign up .



NOVEMBER BIRTHDAY MEAL TUESDAY, NOV. 5

November's birthday meal is Ham loaf, sweet potatoes, baked beans, mandarin oranges and birthday cake donated by Whispering Pines Nursing and Rehab.



My Choice Wisconsin
 is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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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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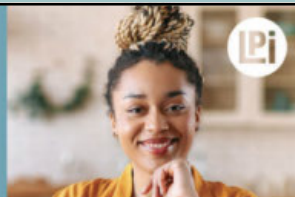
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165 W Huron St., Berlin, WI 54923



KAREN SCHWEIGERT
Medicare Specialist

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

JOKE OF THE MONTH

I know I shouldn't have done this, but I am 83 years old and I was in the McDonald's drive-thru this morning and the young lady behind me leaned on her horn and started mouthing something because I was taking too long to place my order. So when I got to the first window I paid for her order along with my own. The cashier must have told her what I'd done because as we moved up she leaned out her window and waved to me and mouthed "Thank You", obviously embarrassed that I had repaid her rudeness with kindness. When I got to the second window I showed them both receipts and took her food too. Now she has to go back to the end of the queue and start all over again.

Moral of the story:

Don't blow your horn at old people, they have been around a long time.

I LOVE FALL

Across

1. They fall from trees
6. Popular autumn sport
7. Jack-o-lantern gourd
8. The 10th month of the year
10. The gathering of crops
12. The fourth Thurs in Nov.
15. Might be patchwork
16. Seat at a square dance

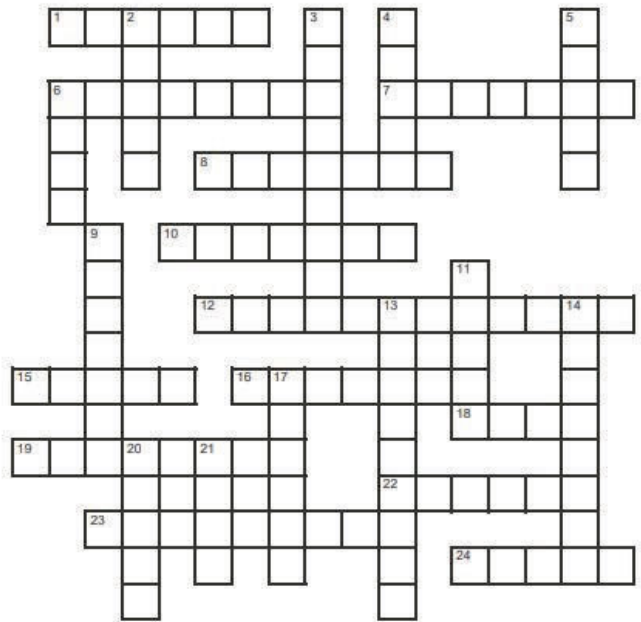
(two words)

18. Leaf gathering yard tool
19. They are roasted on open fire
22. Halloween decoration Made by spider
23. The 9th month of year
24. Decorative squash

DOWN

2. Oak tree's fruit
3. October 31st
4. Honeycrisp
5. Also known as corn
6. The season that follows Summer
9. Fun activity on a farm.
11. Drink made from apples

13. Used to keep birds off crop
14. The 11th month of the year
17. Another word for the fall season
20. Semi frozen rain
21. What squirrels often Gather.



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