

INSIGHT

JANUARY 2025

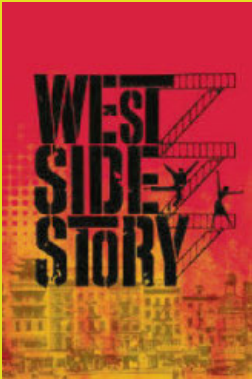
Ice castle, Eagle River, WI



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

2025 DAY TRIPS

WEST SIDE STORY at the Fireside Friday, March 21



Cost is \$145 per person which includes gratuity. Meal choices are: Coconut Chicken, Seared Halibut, Sliced Pork Tenderloin, Veggie option is Vegetarian stuffed bell pepper. ****Deadline for signing up is Monday, February 17.****

"From the first notes to the final breath, *WEST SIDE STORY* is a theatrical event not to be missed. Shakespeare's *Romeo and Juliet* is transported to modern-day New York City as two young lovers find themselves caught between warring street gangs. Their struggle to survive in a world of hate, violence, and prejudice is one of the most innovative, heart-wrenching, and relevant musical dramas of our time."



MILWAUKEE BREWERS GAME Wednesday, April 2, 2025

Cost is \$160.00 per person. This includes the ticket, transportation. We will be located in the Toyota Territory located on the field level about the right center field wall. Buffet includes: Johnsonville bratwursts with sauerkraut, Vienna Beef hot dogs with onions, griller burgers, chicken tenders, side salads, mac & cheese, kettle chips, assorted cookies and unlimited soft drinks. Each ticket comes with a complimentary Molson Coors domestic beers per adult. Buffet begins 60 minutes prior to first pitch & concludes 2 hours after first pitch.

****BEST SEATS IN THE STADIUM****

MORE UPCOMING TRIPS

Friday, August 15
Little Mermaid At the Fireside

Thursday Sept. 18:
Lambeau Stadium Tour with lunch, city tour & Seroogy's chocolates

Friday, October 3:
Oklahoma at The Fireside

MANY MORE TO COME!!



Please note our policies for day trips in 2025

Trip Registration: To check availability of seats on a day trip, you can call the Senior Center at 920-361-5422 or stop in. Payment is due in full at the time of signing up. Only cash or check is accepted (no debit or credit cards).

Cancellations & refunds: If you need to cancel, please call the Senior Center office as soon as possible. Names will not be taken off the trip list unless the office is notified by the person who is canceling. We will make every attempt to fill your spot from a name on the waiting list (if we have one). If you have somebody that will be able to take your spot, please let the Senior Center know at the time of canceling. You are responsible for your spot unless either you notify the Senior Center you have a replacement or we have a waiting list.

The Senior Center makes payments to vendors in advance, and we are often unable to recover expenses after they have been paid. If you must cancel and we cannot find a replacement, you are still responsible for the trip's cost.

CRAFTING W/ BECCA

Place: Senior Center
Date: Wed. Jan 15
Time: 1:00 pm
Cost: \$5.00 payable at the time of the class



PAINTING W/ AMANDA

Place: Senior Center
Date: Fri. Jan. 17
Time: 1:00 pm
Cost: \$5.00 payable at the time of the class

CARDMAKING W/ JUDY

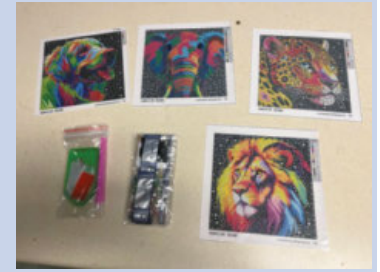
Place: Senior Center
Date: Tues. Jan. 28
TIME: 1:00 pm
COST: \$10.00 at the time of class.

FRIENDS OF THE BERLIN SENIOR CENTER

The FOBSCI held their meeting on Monday, Dec. 9 at 9:30 at the Berlin Senior Center. The officers for the 2025 year are President: Robert Bonneville; Vice President: Julie Boeck; Secretary: Joanne Guden and Treasurer: Debbie Downen. The three projects for the FOBSCI for the year 2025 are: 1) Flooring in Jill and Becca's office; 2) senior picnic; 3) hiring a landscaper to keep up the outside. The upcoming meetings for 2025 are March 10, June 9, September 8 & December 8.

DIAMOND PAINTING

We will be starting a diamond painting class. It will run the first Tues. of each month at 1:00 pm. The first Class will be Feb. 4. Please call the Senior Center to sign up. The cost will be \$5.00 at the first class.



AARP DRIVING CLASS

Place: Senior Center
Date: April 9, 2025
Time: 9am to 1 pm
\$20.00 for members
\$25.00 for non-members
Call the Senior Center for more information

THE DINING CLUB

Place: Mastricola's On Broadway, Berlin
Date: Thurs, Jan. 9
Time: 5:00 pm
Games will follow.
Call 920-361-5422 to sign up by Jan. 6.

Wyndgate on Market Square
FOR ADULTS 62+ AND/OR
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JANUARY 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>		<p>1</p> <p>CLOSED NO MEALS</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>9:00: Pre-Diabetes 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage</p>	<p>3</p> <p>10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>6</p> <p>9:00: Pre-Diabetes 10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes</p>	<p>7</p> <p>11:15 Chair Yoga</p>	<p>8</p> <p>10:30 Exercise w/ Judy</p>	<p>9</p> <p>9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage</p> <p>Foot Care Clinic 5:00 Dining Club</p>	<p>10</p> <p>10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>13</p> <p>10:30 Exercise w/ Judy 10:30 Vet's Meeting 12:30 Sheepshead 12:30 Bowling at Berlin Lanes</p>	<p>14</p> <p>11:15 Chair Yoga</p>	<p>15</p> <p>10:30 Exercise w/ Judy 1:00 Crafting w/ Becca</p>	<p>16</p> <p>9:00: Pre-Diabetes 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 9:00 Pool League Wautoma</p>	<p>17</p> <p>9:00 Painting w/ Amanda 10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>20</p> <p>10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes</p>	<p>21</p> <p>11:15 Chair Yoga</p>	<p>22</p> <p>10:30 Exercise w/ Judy</p>	<p>23</p> <p>10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage</p> <p>Foot Care Clinic</p>	<p>24</p> <p>10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>
<p>27</p> <p>10:30 Exercise w/ Judy 12:30 Sheepshead 12:30 Bowling at Berlin Lanes</p>	<p>28</p> <p>10:00 Committee on Aging 11:15 Chair Yoga 1:00 Cardmaking w/Judy</p>	<p>29</p> <p>10:30 Exercise w/ Judy</p>	<p>30</p> <p>10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage</p>	<p>31</p> <p>10:30 Exercise w/ Judy 12:30 Sheepshead 12:45 Bridge Call Gerene 920-361-3323</p>

TIPS FOR SUCCESSFUL AGING

"It's all in your mind" isn't just a saying, it's a life skill. Below are key aspects of successful aging:

1. **Diet:** Eat a nutrient-rich diet with plenty of fruits, vegetables, whole grains, lean protein and healthy fats.
2. **Exercise:** Engage in regular physical activity that includes both aerobic exercise and strength training.
3. **Sleep**—Aim for 7–9 hours of quality sleep each night.
4. **Stress management**— Practice relaxation techniques like yoga, meditation or deep breathing to manage stress levels
5. **Social connection**—Maintain strong social ties with friends and family. Consider joining clubs or groups or even join us here at the Senior Center.
6. **Mental stimulation:** Keep your mind active by learning new skills, reading, doing puzzles or taking up hobbies.
7. **Regular medical checkups**—Visit your doctor for routine screenings and preventative care to address health concerns early.
8. **Positive attitude**—Embrace aging and maintain a positive outlook on life.



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Do you know *how to report Medicare fraud?*

PROTECT your personal information
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REPORT suspicious claims or activities

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JAN. 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	3
ALL MEALS INCLUDE MILK, WHOLE GRAIN OR WHITE BREAD & BUTTER	ALL SALADS INCLUDE CARROTS, TOMATOES, CUCUMBERS & DRESSING	CLOSED HAPPY NEW YEAR	Meats Balls Gravy & Mashed Potatoes Broccoli Pineapple	Garlic Roasted Chicken & Potatoes Gravy Baked Beans Glazed Carrots Strawberry Short Cake
6	7	8	9	10
Beef Chili W/ Beans Spinach Salad Mandarin Oranges Corn Bread & Honey Butter	French Toast W/ Syrup Sausage Yam Souffle Blueberries Orange Juice Biscuit W/Jelly	Lasagna Broccoli Spinach Salad Pumpkin Bars	Meat Loaf Baby Bakers Peas & Carrots Fruit Cocktail Cake	Scalloped Potatoes & Ham Baked Beans Fresh Fruit
13	14	15	16	17
Loaded Chicken Noodle Soup Spinach Salad Peaches	Ham Loaf Sweet Potatoes Mixed Veg. Pears Birthday Cake 	Turkey Club Sand. Broccoli/Caulif. Cold Salad Baked Beans Fresh Fruit	Salisbury Steak w/ Caramelized Onions Mashed Potatoes Gravy Corn Cherry Southern Salad	Baked Tilapia Coleslaw Sweet Potatoes Mandarin Oranges Jello Poke Cake
20	21	22	23	24
Mama's Pizza Casserole Broccoli Spinach Salad Apple Crisp	Chicken Alfredo Glazed Carrots Spinach Salad Pineapple Upside Down Cake	Pork Loin W/ Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges	Beef Stew W/ Potatoes & Mixed Vegetables Spinach Salad Banana Bread	Cheddar Chive Cod 3 Bean Bake Coleslaw Peaches
27	28	29	30	31
Chop Suey Asian Veg. Wild Rice Spinach Salad Peach Crisp	Sloppy Joes Cole Slaw Potato Wedges Pineapple	Parmesan Breaded Chicken Sweet Potatoes Green Beans Diane's Angel Food Strawberry Fluff	Spaghetti w/ Meat Sauce Calif. Blend Veg Spinach Salad Fruit Cocktail	Ham Sandwich Cowboy beans Seasoned Potatoes Taffy Apple Salad

NOVEMBER BIRTHDAYS

Our Community takes care of the homebound

- | | |
|----------------------------|---------------------|
| 1 David Morrison | 15 Mary Ann Johnson |
| 3 Kathryn Maki | 16 Darlene Athey |
| 4 Ruth Gelhar | 16 Duane Foote |
| 5 Betty Flanigan | 18 Sandra Gregor |
| 5 Beverly Colburn | 20 Debra Dowen |
| 7 Richard Bartol | 20 Debra Lippe |
| 8 Maggie Fields | 22 Eugene Ficken |
| 9 Mary Potter | 23 Frances Hall |
| 10 Julie Nowak Holmes | 24 Beverly Coats |
| 10 Barb McQuown | 24 John Reysen |
| 11 Donna Polakowski | 24 Bill Maki |
| 12 Neil Parsons | 26 Connie Boening |
| 12 Ralph (Lefty) Fabricius | 26 Ellida Henf |
| 13 Kate Norman | 26 Irene Kallas |
| 14 Ralph Fabricius | 28 Kenneth Kiar |
| 15 Jerry Huber | 30 Kathy Fabricius |



Thank you to the Fairburn Jolly J's HCE-Berlin Group for the baskets of gifts & cupcakes for the homebound for the holiday season



Thank you to Mary Hagen for her annual Christmas boxes she puts together each year for the homebound for the holiday season



When there is snow and ice **WALK LIKE A PENQUIN** Walk slowly with your arms out to the side

DECEMBER'S BIRTHDAY MEAL TUESDAY, JANUARY 14
PLEASE NOTE IT IS THE 2ND TUESDAY
Ham loaf, sweet potatoes, mixed vegetable, pears and birthday cake donated by Whispering Pines Nursing and Rehab.



What's warm for one, is not for another! It is hard to maintain room temperature to please everyone so please bring a sweater!



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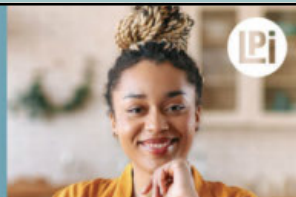
We're here to serve you. Please contact us with questions or to schedule a tour, we're happy to help you learn more.

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165 W Huron St, Berlin, WI 54923



KAREN SCHWEIGERT
Medicare Specialist

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



MONTHLY JOKE

A woman wakes in the middle of the night to find her husband missing from their bed. Concerned, she slips on her robe and heads downstairs.

There he is sitting at the kitchen table, a cup of coffee in front of him, staring blankly at the wall. A tear rolls down his cheek as he quietly takes a sip.

"Is everything okay, dear?" she asks gently, stepping into the room. "Why are you down here at this hour?"

He looks up, his expression somber. "Do you remember 20 years ago, when we were dating and you were just 17?" he asks. She smiles, touched by his sentimentality. "Of course I do," she replies, sitting down beside him.

He hesitates, then continues, "Do you remember when your father caught us in the backseat of my car?" Her smile softens as she nods. "Yes, I remember."

And do you remember," he says, his voice thick with emotion, "when he pointed a shotgun at me and said, "Marry my daughter or spend 20 years in jail?" "I remember," she says, her voice tender.

He wipes another tear away and sighs deeply. "I would have been free today."

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 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

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.

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.

Photo Disclaimer: I understand that the Berlin Senior Center may take photographs, videos or audio recordings during special events and/or daily programs offered at the Senior Center and reserves the right to use such photographs, videos or audio recordings without written permission for any lawful purposes including publicity, illustration, advertising and Web content. If you do not want to have your image/voice used, please alert a Senior Center staff.