

INSIGHT

MARCH 2025



Publication of the Berlin Senior Center
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2025 DAY TRIPS



WEST SIDE STORY at the Fireside Friday, March 21

Itinerary

- 9:00 am: Depart Walmart
- 10:30 am: Arrive at Fireside
- 11:15 am: Lunch
- 1:30 pm: Show
- 5:45 pm: Back at Walmart

PRICE

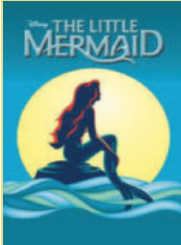
MILWAUKEE BREWERS Wednesday, April 2, 2025

REDUCED

Cost is now \$135.00 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. 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****

THE LITTLE MERMAID at the Fireside Friday, August 15



Cost is \$145 per person which includes gratuity. Meal choices are: Seared Pork Ribeye, Chicken Cordon Bleu, Shrimp Tempura and Vegetarian Lasagna.

"In a magical kingdom beneath the sea, the beautiful young mermaid Ariel, King Triton's youngest daughter, longs to leave her ocean home to live in the world above." *****Deadline is July 15*****

OKLAHOMA! at the Fireside Friday, October 3

Cost is \$145.00 per person which includes gratuity. Meal choices are: Chicken Florentine, Baked Almond Crusted Cod, Beef Short Rib and Vegetarian Manicotti with Red Sauce.



"It's an American classic! This bright, brassy, boisterous musical comedy is filled with colorful costumes, breathtaking dancing, side-splitting humor." ****Deadline August 27****

PACKER TOUR

Thursday, September 18



Cost is \$120.00 Come join us for a tour of Lambeau Field. The trip starts with a 90 minute tour of Lambeau Field Atrium, East Side Premium Seating; End Zone Rooftop, End Zone Clubs and Team Tunnel and Sideline. Lunch will be at Lambeau field consisting of a roasted turkey buffet. After lunch, we will be touring the Hall of Fame and have a chance to go into the Pro Shop. After leaving Lambeau Field, we will be stopping at Seroogy's chocolate for goodies. ****Deadline for signing up is Thursday, September 4****

MORE UPCOMING TRIPS

Thurs. June 5
Historic Tour

June ???
Door County
Trolley

July trip ??

Nov/Dec
Christmas
show ??

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.

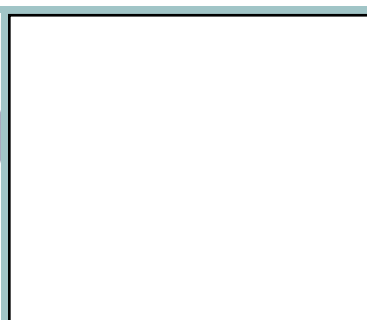
The Senior Center makes payments to vendors in advance, and we are often unable to recover expenses after they have been paid. If you must cancel and we cannot find a replacement, you are still responsible for the trip's cost.

Class/Activity	Days	Times	Cost	Class/Activity	Days	Times	Cost
Arts & Crafts				Misc cont.			
Cardmaking w/Judy	4th Tues	1:00 pm	\$10.00	Pool League	Call for dates	8:30 am	No Cost
Crafting w/Becca	3rd Wed.	1:00 pm	\$ 5.00	Singers	Thursdays 1st Thurs practice	2:00 pm 1:00 pm	No Cost
Diamond Painting	1st Tues.	1:00 pm	\$ 5.00	Veterans	2nd Monday	10:30 am	No cost
Painting w/Amanda	varies	9:00 am	\$ 5.00	Weight Loss	Thursday	10:30 pm	No cost
Quilters	Thursday	9:00 am	No cost	Classes			
Cards & Board Games				Stepping on	Tuesday	1-3 pm	donation
Bridge	Friday	12:30	No cost	Caregiver			
Cribbage	Thursday	noon	No cost	Survival Tips	2nd Wednesday	10:00 am	No cost
Farkel	3rd Monday	1:00 pm	No cost	SERIES OF UPCOMING INFORMATIONAL CLASSES			
Sheepshead	Mon.& Fri.	12:30 pm	No cost				
Exercise				Falling Asleep & Staying Asleep	May 14	10:00 am	
Chair Yoga	Tues. & Thurs.	11:15 am	No cost	Healthy Smoothies	June 11	10:00 am	
Exercise w/Judy	Mon. Wed. & Fri	10:30 am	No cost	Brain Bootcamp	July 9	10:00 am	
Misc.				Hospice Care	August 13	10:00 am	
Coffee Klatch	4th Wed.	9:00 am	No cost	Habits of Happy People	Sept. 10	10:00 am	
Dining Club	2nd Thurs.	5:00 pm	Pay own meal	Crock Pot Class	Oct. 8	10:00 am	
Footcare	2nd & 4th Thurs			1 on 1 Technology	2nd Wed.	1:00 pm	

Call Senior Center at 920-361-5422 to sign up.

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ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:30: Exercise w/ Judy 12:30: Sheepshead	4 11:15: Chair Yoga 1:00: Diamond Painting	5 10:30: Exercise w/ Judy	6 9:00: Quilters 10:30: Weight loss 11:15: Chair Yoga 12:00: Cribbage 1:00: Berlin Singers—Practice	7 10:30: Exercise w/ Judy 12:30: Sheepshead 12:45: Bridge Call Gerene 920-361-3323
10 9:30 Friends Meeting 10:30: Exercise w/ Judy 10:30: Vet's Meeting 12:30: Sheepshead	11 11:15: Chair Yoga	12 10:00 Caregiver Survival Tips 10:30: Exercise w/ Judy 1:00 Tech time w/ Andy	13 Foot Care Clinic 9:00: Quilters 9:00: Pre-Diabetes 10:30: Weight loss 11:15: Chair Yoga 12:00: Cribbage 1:00: Berlin Singers - Brown Wilcox 5:00: Dining Club—Good Times Lohrville	14 10:30: Exercise w/ Judy 12:30: Sheepshead 12:45: Bridge Call Gerene 920-361-3323
17 10:30: Exercise w/ Judy 12:30: Sheepshead 1:00: Farkel	18 11:15: Chair Yoga	19 10:30: Exercise w/ Judy 1:00: Crafting w/ Becca	20 9:00: Pool League Wautoma 9:00: Quilters 10:30: Weight loss 11:15: Chair Yoga 12:00: Cribbage 1:00: Berlin Singers—Patriot Place	21 Day Trip—West Side at Fireside 9:00: Painting w/ Amanda 10:30: Exercise w/ Judy 12:30: Sheepshead 12:45: Bridge Call Gerene 920-361-3323
24 10:30: Exercise w/ Judy 12:30: Sheepshead	25 10:00: Committee on Aging 11:15: Chair Yoga 1:00: Cardmaking w/Judy	26 9:00 Coffee Klatch 10:30: Exercise w/Judy	27 Foot Care Clinic 9:00: Quilters 10:30: Weight loss 11:15: Chair Yoga 12:00: Cribbage 1:00: Berlin Singers—Juliet Manor	28 10:30: Exercise w/ Judy 12:30: Sheepshead 12:45: Bridge Call Gerene 920-361-3323
31 10:30: Exercise w/ Judy 12:30: Sheepshead		Key Colors: Green: exercise Purple: new classes Orange: arts & craft Blue: card games Brown: music Red: special events Black: general activity		

NEW ACTIVITIES

STEPPING ON

One in four people age 65 or older has a fall each year. Don't be one of them!

Take a stepping on workshop!



Where: Berlin Senior Center

When: Every Tuesday

April 1-May 13 from 1-3

To register call ADRC at 920-787-6666

Friends of the Berlin Senior Center

FOBSCI will be putting in new flooring in Jill and Becca's office.

The next meeting will be Monday, March 10 at 9:30 am

NOSES ARE RED, FINGERS ARE BLUE



TIRED OF WINTER, HOW ABOUT YOU

TECH TIME W/WANDY

March 12 from 1-4

Sign up for Technology 1 on 1. Bring your phone, your tablet and your questions. You may want to bring a notebook and pen to write down any helpful tips from the appointment.

Time slots every half hour. Please call the Senior Center at 920-361-5422 to sign up for your time slot.

AARP DRIVING CLASS

Place: Berlin Senior Center

Date: April 9, 2025

Time: 9am to 1 pm

\$20.00 for members / \$25.00 for non-members

FARKEL

Farkel is a dice game where players race to score 10,000 points by rolling six dice and making melds. Farkel is coming to the Senior Center on the 3rd Monday of each month starting in March. Come and join us!

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how to report Medicare fraud?

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MARCH 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.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 New Recipe	5 Ash Wednesday	6	7
Homemade Chicken Noodle Soup Spinach Salad Fresh Fruit Salad Crackers	Chicken Divan Baked Beans Spinach Salad Peach Crisp	Oven Baked Mac & Cheese Spinach Salad Stewed Tomatoes Lemon, Blueberry Bundt cake	Salisbury Steaks w/Caramelized Onions Gravy & Mashed Potatoes Corn Fruit Fluff	Tuna Casserole Beets Spinach Salad Fresh Fruit
10	11 Birthday Meal	12	13	14
Taco Casserole W/ Salsa, Onions Black Beans Cheddar Cheese. Spinach Salad Fresh Fruit	Ham Loaf Sweet Potatoes 3 Bean Bake Peaches Birthday Cake 	French Toast Sausage Yam Souffle Blueberries Orange Juice Biscuit W/Jelly	Italian Meat Loaf Baby Bakers Corn & Peas Apricots	Egg Salad Sand. 7 Layer Salad Grapes Cheese Stick Blue Berry Cheese Cake
17 St. Patty's Day	18	19	20	21
Corn Beef & Cabbage Carrots & Potatoes Pistachio Pineapple Fluff 	Spaghetti w/ Meats Sauce Cheesy Broccoli Garden Salad Strawberry Short Cake	Chicken Enchiladas Beans & Rice Spinach Salad Fresh Fruit	Meat Balls Gravy & Potatoes Green Beans Apple Crisp	Fish Sand W/ Battered Cod Italian Pasta Salad Mandarin Oranges
24	25	26	27	28
Chili w/Beef, Beans & Noodles Spinach Salad Fruit Cocktail Cornbread w/ Honey Butter	Chicken Alfredo Broccoli Spinach Salad Mixed Fruit	Lasagna Calif. Blend Vegetables Spinach Salad Peach Crisp	Breaded Chicken Sandwich Coleslaw Potato Salad Angel Food W/ Fruit Compo	Baked Tilapia 3 Bean Bake Twice Baked Potato Grapes Jello Poke Cake
31				29
Mom's Pizza Casserole Calif. Blend Vegetables Spinach Salad Fresh Fruit		ALL SALADS INCLUDE CARROTS, TOMATOES, CUCUMBERS & DRESSING		ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER

Happy Birthday to you!
Happy Birthday to you!
Happy Birthday March birthdays!
Happy Birthday to you!

**The following have birthdays this month!
 Please reach out and wish them a happy birthday!**

- | | | |
|------------------------|-----------------------|--------------------|
| 1 Sharon Buttke | 11 Ruth Ceman | 19 Delbert Krause |
| 1 Sylvia Wells | 11 Vern Tollakson | 20 Jean Hoffman |
| 4 Sheri Bradshaw | 11 Donna Petit | 20 Stan Mundro |
| 5 Marsha Chikowski | 12 Denise Fox | 24 Bonnie Nehring |
| 6 Maggie Melum | 12 Ann Nygren | 25 Donna Dieringer |
| 7 Karen Workowski | 13 Kathleen Roberts | 26 Sharon Nigbor |
| 7 Robert Leigh | 13 Rena Gomach | 27 Diane Marotz |
| 7 Nancy Wiese | 14 Mark Kasuboski | 27 Lilian Schaefer |
| 8 Mary Hess | 14 Mary Mathieus | 27 Gerald Opps |
| 8 Julie Boeck | 15 Larry Posorske | 29 Lynn Lodholz |
| 10 Aurora Guardiola | 17 Nancy Splittgerber | 29 Lynda Taylor |
| 11 Mary Nigbor | 18 Elaine Gates | 29 Cynthia Stohl |
| 11 Darlene Sierakowski | 18 Alice Moldenhauer | 31 Jan Knoke |
| 11 Steve Treder | 19 Bertha Jaimez | |

ST. PATRICK'S DAY

Monday, March 17

Come down and join us at the Berlin Senior Center for Deb's traditional St. Patrick Day's meal consisting of corn beef and cabbage. The meal will be served at noon. Please call at least the day before to sign up.



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DHS Approved 4/22/2021



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KAREN SCHWEIGERT
 Medicare Specialist

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

165 W Huron St, Berlin, WI 54923

CUDDLES, THE DEAD DUCK

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

You know your old when you're entering your birth year online and have to spin that thing like you're on the Price is Right



Q: What type of bee can't make up its mind?



A: A maybe.

Grand
Journals.com

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.