INSIGHT

Publication of the Berlin Senior Center

JUNE 2025 NEWSLETTER



FREE—Please take one and Enjoy! or view at cityofberlin.net/senior-center



2025 DAY TRIPS



HISTORY TRIP

Thurs. June 5 Schedule of Events

8:15 am 8:30 am 10:15 to 11:45 am 12:30 to 1:40 pm 2:00 to 3:30 pm Load bus at Walmart
Depart Walmart
Octagon House tour
Lunch & Shopping
Tour Milton House
Arrive back in Berlin

CHURCH BASEMENT LADIES IN THE LAST POTLUCK SUPPER

Friday, July 18



5:30 pm

"It is 1979, the day of the church's Centennial Celebration, and past parishioners have gathered to share hot dish, bars, and stories from the last 100 years. As the women work in the kitchen, shared memories burst into life through a series of flashbacks. Travel back to 1897 and meet Vivian's grandmother; see Karin as a newlywed cautiously navigating the politics of the kitchen; and be there

in 1944 when Mavis first barreled her way through the door. The Centennial Celebration is bittersweet. Times are tough in this small farm community, and hard decisions will have to be made." **Cost is \$145.00 per person which includes**

gratuity. Meal choices are: 1) braised pork belly, 2) supreme cut chicken breast, 3) Thai grilled shrimp and 4) vegetarian cacciatore

PACKER TOUR Thursday, September 18

Cost is \$120.00 The trip starts with a 90 minute tour of Lambeau Field Atrium, East Side Premium Seating, End Zone Rooftop, End Zone Clubs, 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.

Sign up cutoff is September 4



Door County Trolley Tour Thursday, June 26

Experience what Door County has to offer. We will be riding on a trolley to several sites in the Door County area. Stops include

- Wood Orchard Roadside Market
- Private, guided tour through one of Door County's lighthouses situated on a bluff overlooking the Strawberry Islands
- Head to lunch at the English Inn for a private lunch and dessert
- Experience unmatched views atop 225 foot limestone bluffs overlooking the islands & bay
- ♦ Enjoy wine tasting at Door County Winery Cost is \$140.00 per person (includes everything except if you wish to purchase extras.) **Deadline to sign up is June 6**

TIMBER RATTLERS

Wed. August 13
Cost is \$50.00.



Join us for an afternoon of baseball at Neuroscience Group Field in Appleton against the Great Lakes Loons. Age 55 plus includes a Timber Rattlers hat and a voucher for a hot dog or brat and beverage.

Sign up cutoff is August 12.

OKLAHOMA! at the Fireside Friday, October 3

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



Cost is \$145.00 per person which includes gratuity. Meal choices are:

- 1) Chicken Florentine, 2) Baked 2) Almond Crusted Cod, 3)Beef Short Rib and 5) Vegetarian Manicotti with Red Sauce.
- Payment is due at the time of signing up. Stop in at the Senior Center Monday through Friday between 8:30 am and 4:00 pm to sign up.

BERLIN SENIOR CENTER 1ST ANNUAL

PARKING JOIN US FOR A LOT PARTY

JUNE 19





Music by Gary Cross

We will be grilling hamburgers with all the fixings in our parking lot. There will be a signup sheet for bringing dishes to pass. The party will include music, games, 50/50 raffle, ice cream bar and lots of fun. Please mark your calendar and plan on joining us.

(The Friends Picnic is still going to be in August)

Please note the event is being held in our parking lot with a weather location inside



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Community Care

Set your independence in motion. It starts with a community that cares.

Contact your local Aging and Disability Resource Center (ADRC) at 844-WIS-ADRC (844-947-2372) to learn more about long-term care options in your area.



Call 866-992-6600 for additional information



PICTURES FROM WEST SIDE STORY AND BREWER TRIP































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AUGUST BARBECUE

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CAMPING

CANOEING

COTTAGE FAMILY

FRIENDS GAMES

HAMMOCK

HIKING

HOLIDAYS

ICE CREAM JULY

LAKE

LEMONADE **MEMORIES PICNICS** POOL **POPSICLES PUZZLES**

READING RELAX

ROAD TRIPS **SPORTS**

SPRINKLER

STRAWBERRIES SUMMER CAMP

> **SWIMMING** TRAVELING

VACATION WATERMELON

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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







Preventing Medicare Fraud

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

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- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502



RIPON Hwy 23 West (920) 748-3360

WAUTOMA 983 East Plaza Road (920) 787-4911

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



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CONTACT ME Alex Nicholas

anicholas@lpicommunities.com • (800) 950-9952 x2538



The following have birthdays in June. Please reach out and wish them a

HAPPY BIRTHDAY

- 2 Christine Hahn 2 Germaine Schwebs 17 3 Raymond Darnick 3 Howard McDougal 4 Karen Moriarty
- 4 Beverly Wallace 5 Norman Becker 19 Gary Kaatz 7 Susan Jungenberg 19 Marilyn McMullin
- 7 Barbara Gardner 7 Nancy Brooks 7 Cody Splittgerber
- 8 Bob Kwidzinski 8 Marlene Pflugradt
- 10 Carol Frank 10 Mark Hardel
- 10 Mark Hardel 25 Jean Bruce 10 Bill Drecktrah 26 James Millonzi 11 Mary Bonneville 28 Debora Dahnke
- 11 June Leigh
- 11 Anna Plato 12 Mary Kubiak 13 Judy Schrank
- 14 Donna Murphy 15 David Hardel
- 16 Deb Wagner

- **Sonny Klawitter**
- **Judy Williams Donna Fritz** 17
- 17 **Joyce Manske**
- 18 Pat Hanson
- 19 Virginia Lemanczyk

- 20 Carol Hughes
- 20 June Richter
- 20 Beverly Steger 20 Russell Wobschall
- 22 Jerry Shead
- 8 Sharon Trochinski 22 Margery Van Ornum 9 Carol Martin 22 David Darnick

 - 24 Robert Kersten
 - 25 Jean Bruce

 - 28 Richard Jorgensen
 - 29 Donna Bailey
 - 29 Curtis Bergens
 - 30 Jane Durkee 30 Jean Fehl
 - 30 Joyce Miller
 - 30 Mike Trochinski

MEAL OF THE MONTH

FRIDAY, JUNE 27

MAIN ENTRE: COD

SIDES SUBJECT TO CHANGE



BIRTHDAY MEAL

The June birthday meal will be beef tips, mashed potatoes & gravy, peas & carrots, fruit cocktail and birthday cake donated by Whispering Pines Nursing Home & Rehab.

UPCOMING EVENTS AND IMPORTANT INFORMATION

FRIENDS OF THE BERLIN SENIOR CENTER

- Quarterly meeting will be on Monday, June 9 at 1:00 pm in the Friends Room.
- Senior Picnic at Riverside Park will be on August 7 at Riverside Park.



NAVIGATING THE COMPLEX SYSTEM OF AGING.

A three part educational series presented by Sheila Canter from the Ripon Senior Living will be at the Berlin Senior Center. Refreshments will be provided.

June 4: Independent Living, Assisted Livings

June 18: Nursing Home/Rehab, Ombudsman Program, LTC Policies

June 25: ADRC, Homecare vs. Home Health.

Please call the Berlin Senior Center at 920-361-5422 to sign up. Walk-ins are welcome.

PAINTING W/AMANDA

Amanda will be back on Fri. June 20 for another fun filled painting class. Reservations are preferred but not required. Take some time to relax and join us. Cost is \$5.00 payable that day. Call 920-361-5422 to register.

HEALTHY SMOOTHIES

Andy will be back on Wednesday, June 11 at 10:00 for Healthy Smoothies. Call the Senior Center to sign up. Walk-ins welcome

1 on 1 Tech

will be on Wed. June 11 in the afternoon. Call the Senior Center to schedule your spot.

Class/Activity	Days	Times	Cost
Arts & Crafts			
Cardmaking w/Judy	4th Tues	1:00 pm	\$10.00
Diamond Painting	1st Tues.	1:00 pm	\$5.00
Painting w/Amanda	Varies	9:00 am	\$5.00
Quilters	Thursday	9:00 am	No cost
Cards & Board Games			
Bridge	Friday	12:45	No cost
Cribbage	Thursday	12:30	No cost
Farkle	3rd Monday	1:00 pm	No cost
Sheepshead	Mon.& Fri.	12:30 pm	No cost
Exercise			
Chair Yoga	Tues. & Thurs.	11:15 am	No cost
Exercise w/Judy	Mon. Wed. & Fri	10:30 am	No cost
Misc.			
Coffee Klatch	4th Wed.	9:00 am	No cost
Dining Club	2nd Thurs.	4:30 pm	Pay own meal
Footcare Call 920-637-0754	2nd & 4th Thurs	All day	\$

Class/Activity	Days	Times	Cost
Misc cont.			
Pool League	Call for dates	8:30 am	No Cost
Singers	Thursdays 1st Thurs practice	2:00 pm 1:00 pm	No Cost
Veterans	2nd Monday	10:30 am	No cost
Weight Loss	Thursday	10:30 pm	No cost
Classes			
Navigating the complex system of aging	June 4, 18, 25	1:00 pm	No cost
Healthy Smoothies	Wed. June 11	10:00 am	No cost

SERIES OF UPCOMING INFORMATIONAL CLASSES

Brain Bootcamp July 9 10:00 am
Hospice Care August 13 10:00 am
Habits of Happy People Sept. 10 10:00 am
Crock Pot Class Oct. 8 10:00 am

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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



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**

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RENT IS APPROXIMATELY 30% OF YOUR INCOME

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Contact us at careers@4lpi.com or www.4lpi.com/careers





KAREN SCHWEIGERT Medicare Specialist 920-229-4044 karen.schweigert@gmail.com

165 W Huron St., Berlin, WI 54923



ACTIVITIES



Red is special events and meetings

Brown: music



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
2	3	4	5	6
Beef & Cheese Macaroni Casserole Stewed Tomatoes Spinach Salad Fresh Fruit	Roasted Chicken Mashed Potatoes Gravy Glazed Carrots Taffy Apple Salad	French Toast Sausage Maple Syrup Yam Souffle Blueberries Biscuit w/Grape Jelly	Loaded Baked Potato w/Cheese Ham & Cowboy Beans 7 Layer Salad Fruit Fluff	Breaded Chicken Sandwich Sweet Potato Spinach Salad Pumpkin Bars
9	10 Birthday Meal	11	12	13
Grilled Cheese Sandwich Stewed Tomatoes Spinach Salad Peaches Peanut Butter Cookies	Beef Tips Mashed Potatoes & Gravy Peas & Carrots Fruit Cocktail Birthday Cake	Chicken Enchiladas Rice & Beans Spinach Salad Fresh Fruit	Salisbury Steaks w/ Caramelized Onions Gravy & Mashed Potatoes Corn, Pineapple Chocolate Mousse	Chop Suey Asian Vegetable Wild Rice Spinach Salad Banana Cream Pie
16	17	18	19 Parking Lot	20
Baked Mac & Cheese Stewed Tomatoes Spinach Salad Watermelon	Pork Roast Mashed Potatoes Gravy Mixed Veg. Apple Spice Cake W/ Peanut Butter Frosting	Spaghetti Calif. Bl. Vegetable Spinach Salad Strawberry Short Cake	Hamburger W/ All The Fix-Ins Seasoned Potato Wedges Baked Beans Fruit Bowl	Tilapia Cheesy Potatoes Glazed Carrots Fresh Fruit Cinnamon Streusel Cake
23	24	25	26	27
Ham Sliders Sweet Potatoes Spinach Salad Pineapple	Brats W / Kraut Cowboy Beans Potato Salad Cherry Southern Salad.	Ham Loaf Au gratin Potatoes Mixed Vegetables Pineapple Upside down Cup Cake	Lasagna Cauliflower Spinach Salad Peaches	Tuscan Cod Seasoned Potatoes Coleslaw Lemon/Blueberry Bundt Cake
30				
Turkey Club Sand. 3 Bean Cold Salad String Cheese Watermelon			ALL MEALS INCLUDE / MILK WHOLE GRAIN OR WHITE BREAD & BUTTER	ALL SALADS INCLUDE TOMATOES, CARROTS, CUCUMBERS & DRESSING



June is observed as Alzheimer's & Brain Awareness Month, a time to raise awareness about Alzheimer's disease and other forms of dementia. It's a period dedicated to supporting those living with dementia, their families, and caregivers, while also promoting proactive brain health.

Ten Healthy Habits For Your Brain

- Challenge your mind
- 2. Stay in school
- 3. Get moving
- 4. Protect your head
- Be smoke-free

- 6. Control your blood pressure
 - 7. Manage diabetes
 - 8. Eat right
- 9. Maintain a healthy weight
- 10. Sleep well.

"Cognitive decline" refers to changes in the ability to think that happen as people age. Some changes are a normal part of getting older, but you can take steps to slow that decline. More significant decline or severe changes are not normal and may be a sign of Alzheimer's Disease.

FACTS ABOUT ALZHEIMER'S

- * An estimated 7.2 million Americans age 65 and older are living with Alzheimer's.
- * About 1 in 9 people age 65 and older has Alzheimer's (11%)
- * Almost 2/3 of Americans with Alzheimer's are women
- * One in three older Americans die from Alzheimer's. That is more than breast and prostate cancer combined.

Signs of Alzheimer's and Dementia	Typical Age-Related Changes		
Poor judgment and decision- making	Making a bad decision once in a while		
Inability to manage a budget	Missing a monthly payment		
Losing track of the date or the season	Forgetting which day it is and remembering it later		
Difficulty having a conversation	Sometimes forgetting which word to use		
Misplacing things and being unable to retrace steps to find them	Losing things from time to time		

What is Alzheimer's Disease

Alzheimer's is a degenerative brain disease that is caused by complex brain changes following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptoms is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first. Symptoms eventually grow severe enough to interfere with daily tasks. The most common early symptoms of Alzheimer's is difficulty remembering newly learned information. Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms including disorientation, mood and behavior changes, deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking. People with Alzheimer's may find it hard to recognize they have a problem. Signs are more obvious to family members and/or friends. With early diagnosis and intervention, you can explore treatments that may provide some relief of symptoms and help you maintain a level of indépendence longer

LOCAL CONCERT SERIES

BERLIN, WI LOCATED AT NATHAN STRONG PARK		RIPON, WI LOCATED AT STEWARD STREET		
August 19 August 26 Sept. 2 Sept. 9	Remington's Ride Kylar Kuzio Derek & Bradi Lind Rogue Electrics Taylor Jay Franki Jo Moscato Steel River Band Safe Sax Elastic Bandit Sammy Ray Bruce Humphries Patti & Jeff Acoustic Lucas Allen Music Haulin' Brass Sharin' Barrels Adam Howarth Music Copper Box	May 29 June 6 June 13 June 20 June 27 July 4 July 11 July 18 July 25 Aug. 1 Aug. 8 Aug 9 Aug. 15 Aug. 22 Aug 29 Sept. 5	Jazz on the Infer/Red Smart Mout Ember Bad Habitz Flannel Rev Star Six Nir Sharin' Bar Road Trip Cherry Pie Madison Co National Red Doozey Ask your Making Phoe The Glam Embedding Phoe Infersion Phoe In	vival ne rels eunty ecording Artist TBA other
LOCATI June 11 June 18 June 25 July 2 July 9 July 16 July 23 July 30 Aug. 6	GREEN LAKE, WI FED AT DEACON MILLS PARK Southbound The Del Rays Sharin' Barrels Copper Box Kyle Megan & The Monsoons UW Marching Band & Franki Moscato Remington Ride Ian Seaholm & The Night Thieves Karen's Hit List	Berlin, WI Let Freedo July 3 1-4 4- 7:3 July 26 Aug 10 Poy Sippi, Annual Poy June 14 Annual Poy	om Ring 1 pm -7:30 30-11:30 <u>WI</u> y Sippi Car S y Sippi Days- 10-1	•
Aug 13 Aug. 20	Brass Differential Best Practice		1-5	Desperate Ottos

THE OLD CUCKOO CLOCK

The other night, I was invited out for a girls' night—just a few drinks, a little gossip and a promise to my husband: "I'll be home by midnight, I swear!". Well, famous last words. The margaritas were flowing like a fountain of questionable decisions, and before I knew it, 3 a.m. had rudely arrived. I was definitely a little... okay, a lot tipsy. But no worries-I had a plan. As I tiptoed through the front door, the cuckoo clock in the hallway let out a loud Cuckoo! Cuckoo! - blaring my lateness like a tattletale.

Panic set in. My husband was a light sleeper, and this was not the time for a marital debate. Thinking quickly, I did the only logical thing: I cuckooed nine more times.

Genius right? Midnight—12 cuckoos. Crisis averted. Even in my margarita-fueled state, I had just

outsmarted time itself!

The next morning, I casually sipped my coffee, acting like the devoted wife who totally got home at midnight. My husband, reading the paper, glanced up and asked, "What time did you get in last night?"

With the confidence of a world class poker player, I smiled and said "Midnight!" He nodded.

No suspicion. No questions. I had pulled it off!

Then, without looking up, he said, "We need a new cuckoo clock." My stomach dropped. Oh no. Trying to sound normal, I asked, "Why?"

He puts his coffee down and said, "Well, last night, our cuckoo clock cuckooed three times... then said "Oh shit"...cuckooed four more times...cleared its throat... cuckooed another three times...giggled...cuckooed twice more...then tripped over the coffee table and farted."
BUSTED!



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

Berlin, WI 54952 www.cityofberlin.net

No membership fee to join! Free WIFI!

Day Trips

Cancellations & refunds: If you need to cancel, please call the Senior Center office as soon as possible. If you have somebody that will be able to take your spot, please let the Senior Center know as soon as possible. You are responsible for your spot unless either you notify the Senior Center you have a replacement or we have a waiting list. If you must cancel and we cannot find a replacement, you are still responsible for the cost.

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 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.