



INSIGHT

JULY 2025

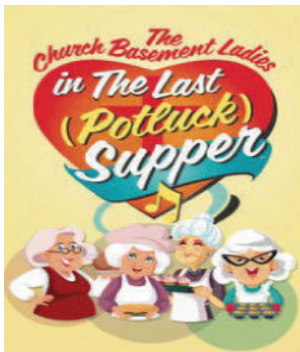
WHY COMPLAIN? IN SIX MONTHS



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



2025 DAY TRIPS



CHURCH BASEMENT LADIES IN THE LAST POTLUCK SUPPER at the Fireside

Friday, July 18

8:15	Arrive at Walmart
8:30	Depart Walmart
10:30	Arrive at Fireside
11:15	Lunch
1:30	Show
6:15	Arrive back at Walmart

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.****



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****

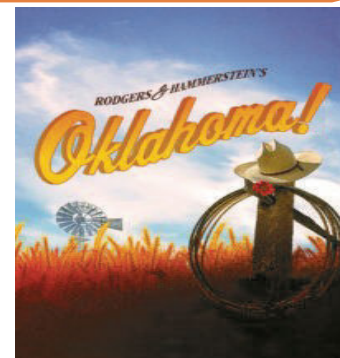


OKLAHOMA! at the Fireside Friday, October 3

"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 Almond Crusted Cod, 3) Beef Short Rib and 5) Vegetarian Manicotti with Red Sauce.

****Deadline is August 27****



Payment is due at the time of signing up. Stop in at the Senior Center M-F between 8:30 am and 4:00 pm to sign up.

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
Diamond Painting	1st Tues	1:00 pm	\$ 5.00	Singers	Thursdays 1st Thurs practice	2:00 pm 1:00 pm	No Cost
Painting w/Amanda	varies	9:00 am	\$ 5.00	Veterans	2nd Monday	10:30 am	No cost
Quilters	Thursday	9:00 am	No cost	Weight Loss	Thursday	10:30 pm	No cost
Cards & Board Games				Classes			
Bridge	Friday	12:45p	No cost	Brain Bootcamp	July 9	10:00 am	No Cost
Cribbage	Thursday	12:30p	No cost	1 on 1 technology	2nd Wed	1/2 hour intervals	No cost
Farkle	3rd Monday	1:00 pm	No cost	SERIES OF UPCOMING INFORMATIONAL CLASSES			
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.				Hospice Care August 13 10:00 am			
				Habits of Happy People Sept. 10 10:00 am			
				Crock Pot Class Oct. 8 10:00 am			
				Call Senior Center at 920-361-5422 to sign up.			
Dining Club	2nd Thurs.	5:30 pm	Pay own meal	Stand up for your Health	9/25-10/15	1-3 pm	
Footcare	2nd & 4th Thurs	All day	\$	2025 Green Lake County Health & Wellness Fair	Sept. 17	9 am - 2 pm	
Call 920-637-0754							



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





ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Key Colors: Green: exercise Purple: new classes Orange: arts & craft Blue: card games Brown: music Red: special events Black: general activity</p>	<p>1</p> <p>10:30: Exercise w/ Judy</p> <p>1:00: Diamond Painting</p>	<p>2</p> <p>10:30: Exercise w/ Judy</p>	<p>3</p> <p>9:00: Quilters 10:30: Weight loss 11:15: Chair Yoga 12:30: Cribbage 1:00: Berlin Singers—Practice</p>	<p>4</p> <p>CLOSED</p>
<p>7</p> <p>10:30: Exercise w/ Judy</p> <p>12:30: Sheepshead</p>	<p>8</p> <p>10:30: Exercise w/ Judy</p>	<p>9</p> <p>10:00 Brain Bootcamp</p> <p>10:30: Exercise w/ Judy</p> <p>1:00 1 on 1 Technology</p>	<p>10</p> <p>Foot Care Clinic 9:00: Quilters 9:00: Pre-Diabetes 10:30: Weight loss 11:15: Chair Yoga 12:30: Cribbage 2:00: Berlin Singers—Patriot Place 5:00 Dining Club—Rick's Irish Pub</p>	<p>11</p> <p>10:30: Exercise w/ Judy 12:30: Sheepshead 12:45: Bridge Call Gerene 920-361-3323</p>
<p>14</p> <p>10:30: Vet's Meeting</p> <p>10:30: Exercise w/ Judy</p> <p>12:30: Sheepshead</p>	<p>15</p> <p>11:15: Chair Yoga</p>	<p>16</p> <p>10:30: Exercise w/ Judy</p>	<p>17</p> <p>9:00: Quilters 10:30: Weight loss 11:15: Chair Yoga 12:30: Cribbage 2:00: Berlin Singers—Prairie Place</p>	<p>18</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>21</p> <p>10:30: Exercise w/ Judy 12:30: Sheepshead 1:00: Farkle</p>	<p>22</p> <p>10:00: Committee on Aging 11:15: Chair Yoga 1:00: Cardmaking w/Judy</p>	<p>23</p> <p>10:30: Exercise w/Judy</p>	<p>24</p> <p>Foot Care Clinic 8:30 Pool - Wautoma 9:00: Quilters 10:30: Weight loss 11:15: Chair Yoga 12:30: Cribbage 2:00: Berlin Singers—Juliet Manor</p>	<p>25</p> <p>10:30: Exercise w/ Judy 12:30: Sheepshead 12:45: Bridge Call Gerene 920-361-3323</p>
<p>28</p> <p>10:30: Exercise w/ Judy</p> <p>12:30: Sheepshead</p>	<p>29</p> <p>11:15: Chair Yoga</p>	<p>30</p> <p>10:30: Exercise w/Judy</p>	<p>31</p> <p>9:00: Quilters 10:30: Weight loss 11:15: Chair Yoga 12:30: Cribbage 2:00: Berlin Singers—Brown-Wilcox</p>	<p>Aug 1</p> <p>9:00 Painting w/ Amanda 10:30: Exercise w/ Judy 12:30: Sheepshead 12:45: Bridge Call Gerene 920-361-3323</p>

8-WEEK WALKING CHALLENGE



Join the Berlin Senior Center walking challenge. **Stop in and pick up a calendar.** It starts July 7 and runs through August 30. All you need to do is walk the number of minutes according to the calendar as a minimum. Feel free to do more! Keep track of how many minutes you intentionally go on a walk each week. Does not include everyday tasks or movement. Keep track of your time as there will be prizes at the end.

GET HEALTHY JOIN TODAY



Friends of the Berlin Senior Center

The annual Friends of the Berlin Senior Center picnic at the park will be on Thursday, August 14. The meal will be at noon followed by games and bingo. Door prizes will be collected at the picnic or sooner at the Senior Center. Dues can be paid at the picnic. Your \$5.00 goes toward enhancing the senior center. Projects in the past have included but not limited to the addition to the center, the paved parking lot, the memorial bench, landscaping along with upkeep, flooring and milk cooler.

The next meeting will be Monday, September 8th at 9:30 am



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City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

JULY 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
	1	2	3	4
ALL MEALS INCLUDE MILK BUTTER & WHEAT OR WHOLE GRAIN BREAD	Baked Chicken Mashed Potatoes/ Gravy Buttered Beets Pears Cherry Cheesecake Provided By Markesan Meal Site	BBQ Ribs Scalloped Potatoes Baked Beans Applesauce Pineapple Bars Provided by Markesan Meal Site	Shelf Stable Meal Southwestern Chicken Beans & Rice Orange Juice Applesauce Strawberry Nutri Grain Bar/Crackers	CLOSED FOR THE HOLIDAYS
7	8 Birthday Meal	9	10	11
Chop Suey Asian Vegetables Rice Spinach Salad Musk Melon	Roast Chicken Mashed Potatoes & Gravy Peas & Corn Fruit Cocktail Birthday Cake 	Chicken Enchiladas Salsa & Sour Cream Beans & Rice Spinach Salad Watermelon	BBQ Pulled Pork Sandwich Baked Beans Coleslaw Apple Sauce	Tuscan Cod Stewed Tomatoes Spinach Salad Strawberry Short Cake
14	15	16	17	18
Tater Tot Casserole w/mixed vegetables Spinach Salad Watermelon Fruit Bowl	Hamburgers w/all the fix-ins French Fries Pineapple Chocolate Mousse	Mac & Cheese Stewed Tomatoes Spinach Salad Fruit Cocktail	Ham Sliders Sweet Potatoes 3 Bean Bake Blueberry, Strawberry Yogurt Parfaits	Potato Crusted Cod Baby Bakers Coleslaw Fruit Cocktail
21	22	23	24	25
Grilled Cheese Tomato Soup Spinach Salad Pears	Spaghetti w/meat sauce Broccoli Spinach Salad Cherry Crisp	Brats w/kraut Tater Tots 3 Bean Bake Fresh Fruit	Breaded Chicken Sandwich Seasoned Potato Wedges Spinach Salad Mixed Fruit	Beer Battered Fish Coleslaw Baked Beans Banana
28	29	30	31	
Mom's Pizza Casserole Spinach Salad Cauliflower Msk Melon	Chef Salad w/egg, Ham & Cheese Grapes	Beef Macaroni Casserole Corn Spinach Salad Watermelon Chocolate Mousse	Baked Potato w/ Cheese & Ham Cowboy Beans Spinach Salad Apple Sauce	ALL SALADS INCLUDE/ TOMATOES, CARROTS, CUCUMBERS, DRESSING, SPINACH

THE FOLLOWING HAVE BIRTHDAYS IN JULY PLEASE REACH OUT AND WISH THEM A

1 Carol Petit	8 Lawrence Nigbor	17 Joan Alf
1 Cindy Seltner	9 Sharon Johnson	20 Carol Downs
2 Barbara Resop	10 Flo Brown	20 Jeffery Herbst
2 Donna Bade	12 Jerry Bailey	22 Bernadette Briski
3 Al Youngbauer	12 Michael Russell	22 Nancy Trochinski
4 Leone Seaman	13 Helen Smith	24 Karen Krause
5 Judy Hale	14 Bonnie Simson	25 Bob Young
5 Joan Sievert	14 Connie Simson	25 Joanne Huber
6 Don Walker	15 Carol Ann Gelhar	26 Marion Sonnentag
7 Leroy Moldenhauer	16 James Plato	31 Judy Neumann
7 Diana Minster	17 Justin Jantz	31 Marcy Klepinger
7 Sandy Bella	17 Louise Sedarski	

1ST ANNUAL PARKING LOT PARTY WAS A HUGE SUCCESS!



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My Choice Wisconsin
is a managed care organization that
serves government-funded programs
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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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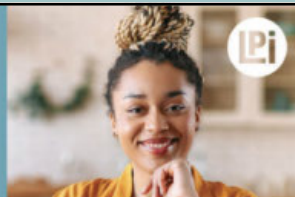
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City of Berlin Senior Center, Berlin, WI

C 4C 01-1434

Pecans in the Cemetery

On the outskirts of a small town, there was a big, old pecan tree just inside the cemetery fence. One day, two boys filled up a bucketful of nuts and sat down by the tree, out of sight and began dividing the nuts. "One for you, one for me, One for you, one for me," said one boy. Several dropped and rolled down toward the fence.

Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, "One for you, one for me. One for you, one for me." He just knew what it was. He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along.

"Come here quick," said the boy, "you won't believe what I heard!" Satan and the Lord are down at the cemetery dividing up the souls." The man said, "Beat it kid, can't you see it's hard for me to walk." When the boy insisted though, the man hobbled to the cemetery. Standing by the fence, they heard, "One for you, one for me. One for you, one for me. . ."

The old man whispered, "Boy, you've been telling the truth. Let's see if we can see the Lord." Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of the Lord. At last they heard, "One for you, one for me. That's all. Now let's go get those nuts by the fence and we'll be done."

They say the old man made it back to town a full five minutes ahead of the boy on the bike.



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 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

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.**

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