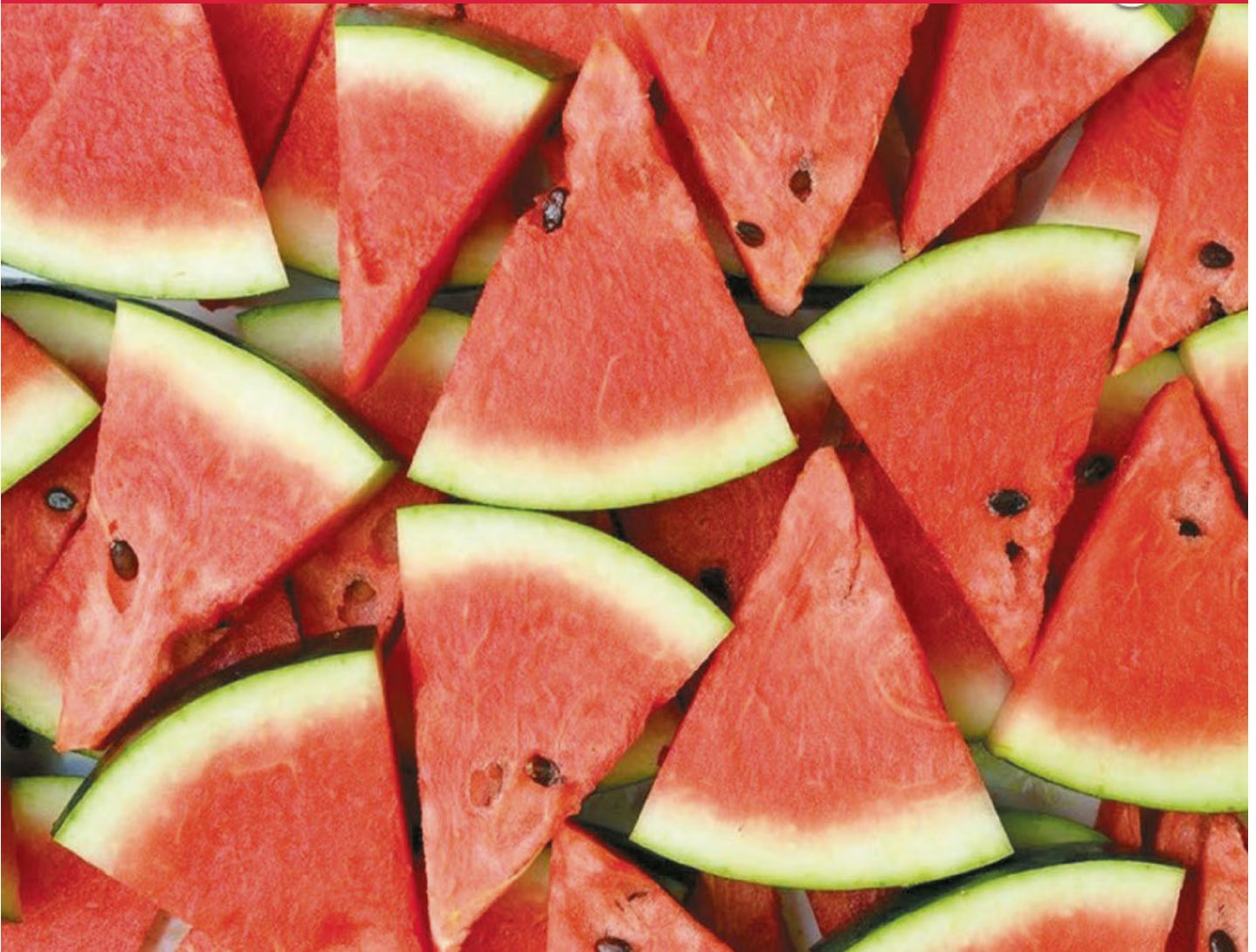




INSIGHT

AUGUST 2025

Watermelon Days



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

IMPORTANT NOTICES (PLEASE READ)



NEW TEMPORARY HOURS COMMENCING 7/21/2025 UNTIL FURTHER NOTICE

**9:30 AM TO 3:00 PM
MONDAY-FRIDAY**

DUE TO STAFF SHORTAGES
Hours will be re-evaluated once
a new director is hired.



MEALS FOR AUGUST

August meals will be subcontracted with Feils Catering. All meals **MUST** be ordered **TWO** days prior to the day you wish to eat. **NO EXCEPTIONS!** You can still cancel the day prior. Most helpful would be to call in your meals by Friday at 3:00 pm for the following week. Please call 920-361-5422 to reserve your meal. The menu on Page 6 is the correct menu for August.

SENIOR PICNIC

The Friends of the Berlin Senior Center's August picnic is moving to September. The date will be announced shortly.

*Happiness is
not the absence
of problems,
it's the ability to
deal with them*

Hey everyone. I'm sure as most of you know by now, I have left as the Senior Center Director. I have taken a job with the City of Oshkosh as the programming supervisor at the Senior Center. It was a hard decision to make but one that is ultimately best for myself and my family. These past 4 years have been something else. The laughs and joys, tears and fears, ups and downs, are ones that I will never forget. Each one of you mean something to me. Thank you for your faith in me over the past 4 years and all the support you have given. I will miss you all, but I know will see everyone again.
With love, joy, and sadness,
Becca

*Goodbye
and
Good Luck*



Class/Activity	Days	Times	Cost	Class/Activity	Days	Times	Cost
Arts & Crafts				Misc.			
Cardmaking w/Judy	4th Tues	1:00 pm	\$10.00	Dining Club	2nd Thursday	5:00 pm	\$
Diamond Painting	1st Tues	1:00 pm	\$ 5.00	Footcare	2nd & 4th Thurs.	All day	\$
Painting w/Amanda	varies	9:30 am	\$ 5.00	Call 920-637-0754			
Quilters	Thursday	9:30 am	No cost	Harmonic	Tues.	10:00 am	No cost
Woodcarvers	Wednesday	9:30 am	No cost	Pool League	Call for dates	9:30 am	No cost
Cards & Games				Singers	Thursdays 1st Thurs practice	2:00 pm 1:00 pm	No cost
Bridge	Friday	12:00 pm	No cost	Veterans	2nd Monday	10:30 am	No cost
Cribbage	Thursday	12:30 pm	No cost	Weight Loss	Thursday	10:30 am	No cost
Farkel	3rd Monday	1:00 pm	No cost	Classes			
Sheepshead	3rd Monday	11:30 am	No cost	Hospice Care	August 13	10:00 am	No cost
Exercise				Technology	2nd Wed	1/2 hour intervals	No cost
Chair Yoga	Tues. & Thurs.	11:15 am	No cost				
Exercise w/Judy	Mon Wed Fri	10:30 am	No cost				

UPCOMING CLASSES

Habits of Happy People	Wed. Sept. 10	10:00 am	Crock Pot Class	Wed Oct. 8	10:00 am
Stand up for your Health (Amanda)	9/25—10/15 (Thursdays)	1-3 pm			



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>11:30: Sheepshead</p> <p>12:00: Bridge</p> <p>Call Gerene 920-361-3323</p>
<p>4</p> <p>10:30: Exercise w/ Judy</p> <p>11:30: Sheepshead</p>	<p>5</p> <p>10:00: Harmonic</p> <p>11:15: Chair Yoga</p> <p>1:00 Diamond Painting</p>	<p>6</p> <p>9:30 Woodcarvers</p> <p>10:30: Exercise w/ Judy</p>	<p>7</p> <p>9:30: Quilters</p> <p>9:30: Pre-Diabetes</p> <p>10:30: Weight loss</p> <p>11:15: Chair Yoga</p> <p>12:30: Cribbage</p> <p>2:00: Berlin Singers—Practice</p>	<p>8</p> <p>9:30 Painting w/ Amanda</p> <p>10:30: Exercise w/ Judy</p> <p>11:30: Sheepshead</p> <p>12:00: Bridge</p> <p>Call Gerene 920-361-3323</p>
<p>11</p> <p>10:30: Vet's Meeting</p> <p>10:30: Exercise w/ Judy</p> <p>11:30: Sheepshead</p>	<p>12</p> <p>10:00: Harmonic</p> <p>11:15: Chair Yoga</p>	<p>13</p> <p>9:30 Woodcarvers</p> <p>10:00 Hospice Care</p> <p>10:30: Exercise w/ Judy</p> <p>1:00 1 on 1 Technology</p>	<p>14</p> <p>Foot Care Clinic</p> <p>9:30: Quilters</p> <p>10:30: Weight loss</p> <p>11:15: Chair Yoga</p> <p>12:30: Cribbage</p> <p>2:00: Berlin Singers—Heartland House</p>	<p>15</p> <p>10:30: Exercise w/ Judy</p> <p>11:30: Sheepshead</p> <p>12:00: Bridge</p> <p>Call Gerene 920-361-3323</p>
<p>18</p> <p>10:30: Exercise w/ Judy</p> <p>12:30: Sheepshead</p> <p>1:00: Farkle</p>	<p>19</p> <p>10:00: Harmonic</p> <p>11:15: Chair Yoga</p> <p>1:00 Stepping on</p> <p>1:00: Cardmaking w/Judy</p>	<p>20</p> <p>9:30 Pool - Berlin</p> <p>9:30 Woodcarvers</p> <p>10:30: Exercise w/ Judy</p>	<p>21</p> <p>9:30: Quilters</p> <p>10:30: Weight loss</p> <p>11:15: Chair Yoga</p> <p>12:30: Cribbage</p> <p>2:00: Berlin Singers—Copperleaf Ripon</p> <p>5:30 Dining Club—Mastricolas On Broadway</p>	<p>22</p> <p>9:30 Painting w/ Amanda</p> <p>10:30: Exercise w/ Judy</p> <p>11:30: Sheepshead</p> <p>12:00: Bridge</p> <p>Call Gerene 920-361-3323</p>
<p>25</p> <p>10:30: Exercise w/ Judy</p> <p>12:30: Sheepshead</p>	<p>26</p> <p>10:00: Harmonic</p> <p>10:00: Committee on Aging</p> <p>11:15: Chair Yoga</p> <p>12:30: Cardmaking w/Judy</p>	<p>27</p> <p>9:30 Woodcarvers</p> <p>10:30: Exercise w/ Judy</p>	<p>28</p> <p>Foot Care Clinic</p> <p>9:30: Quilters</p> <p>10:30: Weight loss</p> <p>11:15: Chair Yoga</p> <p>12:30: Cribbage</p> <p>2:00: Berlin Singers—Brown Wilcox</p>	<p>29</p> <p>10:30: Exercise w/ Judy</p> <p>11:30: Sheepshead</p> <p>12:00: Bridge</p> <p>Call Gerene 920-361-3323</p>

2025 DAY TRIPS

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****

Payment is due at the time of signing up. Stop in at the Senior Center M-F between 9:30 am and 3:00 pm to sign up.

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.

OKLAHOMA! at the Fireside

Friday, October 3

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****


INSIGHT AUGUST 2025

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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

AUGUST 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 TWO days before to order. We serve daily at noon. Cancellations must be made at least the day before.

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Crab Creole over brown rice Spinach Salad Peas and Carrots Cantaloupe Slice Ice Cream Cup Sliced Bread
SUBCONTRACTED THROUGH FEILS CATERING THROUGH AUGUST 29, 2025				
4	5	6	7	8
Country Fried Steak Mashed Potatoes Calif. Blend Veggies Fruited Gelatin Butterscotch pudding Sliced bread	Hawaiian Meatballs Baby red potatoes Broccoli Cuts Honeydew Melon Cookie Dinner Roll	Chicken Tetrizzini Tossed salad Peas and pearl onion Tropical fruit Choc/rasp. Torte Sliced bread	Pork Steak Mashed potatoes Pickled beet salad Applesauce Birthday cake Dinner roll	Chili Casserole Health slaw Corn Pineapple tidbits Cookie Sliced bread
11	12 BIRTHDAY MEAL	13	14	15
Roast Turkey Mashed potatoes Baby carrots Apricot halves Raspberry sherbet Sliced bread	Mushroom Pork Cutlet Baby red potatoes Peas Fruited gelatin Cookie Dinner roll	Baked chicken Garlic mashed potatoes Broccoli cuts Orange Vanilla pudding Sliced bread	Honey mustard meatballs Baked potato Peas/pearl onions Apple Cinnamon roll Dinner roll	Bratwurst on a bun Baked beans German cucumbers Honeydew melon Applesauce cake Sliced bread
18	19	20	21	22
Orange chicken Baby red potatoes Carrots Tropical fruit Red velvet cake Sliced bread	Cheesy chicken & rice casserole Broccoli cuts Peas/cheese salad Cantaloupe slice Cookie Dinner roll	Liver and onions Baked potato Corn Pineapple tidbits Choc. Sundae cup Sliced bread	Burg/mush/steak Mashed potatoes Green beans Peach slices Vanilla pudding Dinner roll	Meatloaf Calico bean casserole Cole slaw Petite banana Cinnamon roll Sliced bread
25	26	27	28	29
Roast pork loin Mashed potatoes Calif. Blend veggie Applesauce Spice cake Sliced bread	Chicken teriyaki Baby red potatoes Peas/pearl onions Orange Cookie Dinner roll	Cranberry kraut meatballs Baked beans Health slaw Fruited gelatin Butterscotch pudding Sliced bread	Beef stew Cole slaw Harvard beets Petite banana Choc. Sundae cup Cheddar biscuit	Ham roll Sweet potato bake Peas and carrots Tropical fruit Choc/rasp torte Sliced bread

THE FOLLOWING HAVE
BIRTHDAYS IN AUGUST
PLEASE REACH OUT
AND WISH THEM A
HAPPY BIRTHDAY!

1 Antoinette Pribnow	12 Susan Curtis	24 Richard Murphy
2 Lee Born	14 Carla Fredrick	24 Kristi Schneider
2 Cheryl Heil	14 Vicky Sheldon	24 Judy Rickert
2 Jane Mundro	14 Mary Fries	24 Richard Van Ornum
3 Leroy Petit	14 Dorothy Tolsma	25 Russell Wallace
3 Deborah Thom	15 Louis Bock	26 Sharon Keating
3 Mary Klawitter	15 Susan Strom	26 Judith Gallert
5 Joyce Jaeger	15 Gary Knoke	26 Anita Purtee
5 Jackie Doud	17 Richard Lashbrook	28 Richard Deppe
6 Patrick Flanagan	19 Sharon Yasick	28 Yvonne Wustruck
7 Shelley Vogt	20 Charlene LaSure	29 Tanner Zabel
9 Mary Ellen Young	21 Joan Hardel	29 Diane Timm
10 Mary Brown	21 Catherine Dudek	29 Patrick Hanrahan
11 Cathy Hoffman	21 James Schneider	29 Judy Nikolai
11 Cristy Lore	23 Joyce Petit	31 Craig Chovanec
12 Mary Kay Blazel	23 Robin Josline	31 Dorothy Nelson

“
Why are
birthdays good
for your health?

*Studies show
that people who
have more
birthdays live
longer.*

INSIGHT AUGUST 2025

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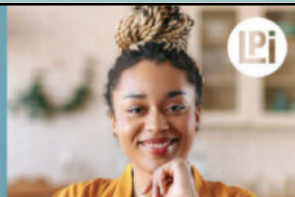
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City of Berlin Senior Center, Berlin, WI

C 4C 01-1434

JOKE OF THE MONTH

An elderly lady was patiently waiting for a parking spot in a crowded lot, her turn signal on, when a young man in a flashy red Mercedes suddenly sped past her and slid into the spot she had been waiting for. Fuming, she got out of her car and walked up to him. "Excuse me," she said sharply, "I was waiting for that spot!"

The young man, oozing arrogance, flashed a smug grin and said, "Well, that's how it works when you're young and quick." His dismissive tone only fueled her irritation. Without a word, she turned and marched back to her car. Moments later with deliberate precision, she reversed, then drove straight into the side of his shiny Mercedes, leaving a massive dent.

The young man ran over, panic etched on his face. "What the heck are you doing?" he shouted. "Why would you do that?" The elderly lady stepped out of her car with a calm, satisfied smile. She looked him in the eye and said, "That's what you can do when you're old and wealthy."



Senior/Rec. Programming

Director:

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 9:30 am to 3:00 pm

Phone: (920) 361-5422

Address: 142 Water Street (Just off of North Capron Street)

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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 3:00 pm two days 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.**

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.