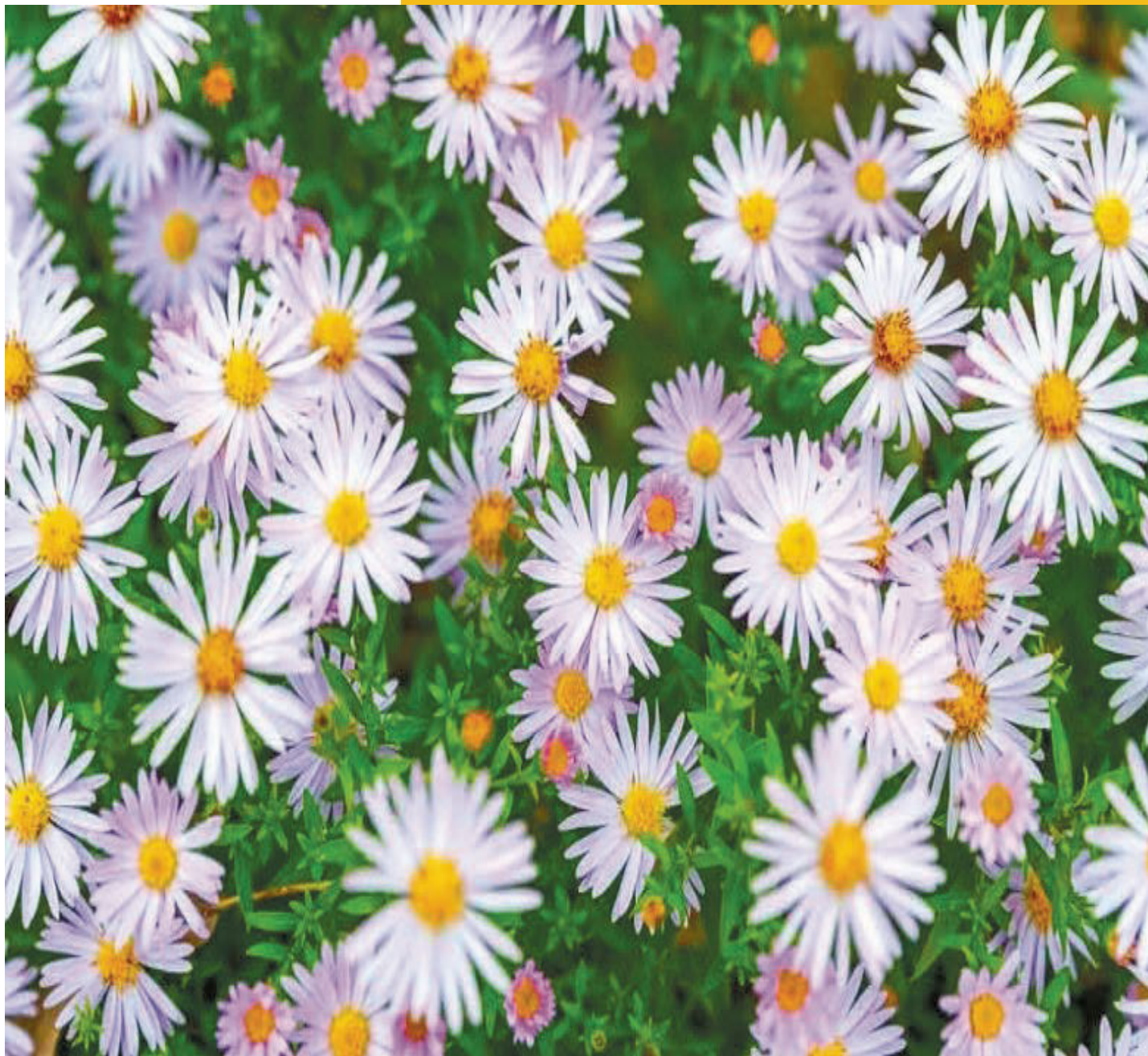




# INSIGHT

## SEPTEMBER 2025



Publication of the Berlin Senior Center  
Free—Please take one and enjoy or view at [cityofberlin.net/senior-center](http://cityofberlin.net/senior-center)





To the Friends of the Berlin Senior Center for purchasing the flooring for the director and assistant director's office and to Scott and the DPW guys for installing the flooring.



## 2025 Green Lake County Health and Wellness Fair

September 17, 2025  
9:00 am—2:00 pm  
Town Square Community Center  
492 Hill Street  
Green Lake, WI

Learn about our 40+ vendors and what they have to offer. Free admission and refreshments  
Live entertainment.  
For more details call 920-294-4070.



## TO THE HARMONIC GROUP AND WOOD CARVERS

We are glad you are back. If anybody wishes to join the Harmonic Group or Woodcarvers, please contact us at the Senior Center or just show up at their regular time. They are willing to show you how it is done.

### BERLIN SENIOR CENTER DINING CLUB

**Place:** Kelly T's Hwy 21 and 49

**Date:** Thurs., Sept. 11

**Time:** 4:30 pm

Games will follow. Call 920-361-5422 to sign up.

## STAND UP AND MOVE MORE!

On average, older adults spend more than 60% of their waking hours in sedentary activities—mostly sitting. Research shows that too much sitting is bad for your health. Stand up for our health helps you add more standing time into your day so you feel better and improve your health.

### Join a stand up class to learn:

- ♦ The consequences of too much sitting time and the benefits of more standing time.
- ♦ Strategies for incorporating more standing time into your day
- ♦ To set achievable goals and address problems or barriers.

**Where:** Berlin Senior Center, Berlin, WI

**When:** Every Wed. Sept. 24-October 15  
1:00 pm to 2:30 pm and a  
Booster on Nov. 12.

**Register:** Call ADRC at 920-787-6666

Suggested donation of \$20, but not required

Class/Activity	Days	Times	Cost	Class/Activity	Days	Times	Cost
<b>Arts &amp; Crafts</b>				<b>Misc.</b>			
Cardmaking w/ Judy	4th Tues	12:30 pm	\$10.00	COA	4th Tues	10:00 am	No cost
Diamond Painting	1st Tues	1:00 pm	\$ 5.00	Dining Club	2nd Thursday	4:30 pm	\$
Painting w/ Amanda	varies	9:30 am	\$ 5.00	Footcare Call 920-637-0754	2nd & 4th Thurs.	All day	\$
Quilters	Thursday	9:30 am	No cost	Harmonic	Tues.	10:00 am	No cost
Woodcarvers	Wednesday	9:30 am	No cost	Pool League	Even months At Berlin on Wed. Odd months at Wautoma on Thurs.	9:30 am	No cost
<b>Cards &amp; Games</b>				Singers	Thursdays 1st Thurs practice	8:30 am 2:00 pm 1:00 pm	No cost
Bridge	Friday	12:00 pm	No cost	Veterans Group	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	<b>Classes</b>			
Sheepshead	Mon & Fri	11:30 am	No cost	Stand Up	Every Wednesday Sept. 24—Oct. 15	1-2:30 pm	
<b>Exercise</b>							
Chair Yoga	Tues. & Thurs.	11:15 am	No cost				
Exercise w/Judy	Mon Wed Fri	10:30 am	No cost				



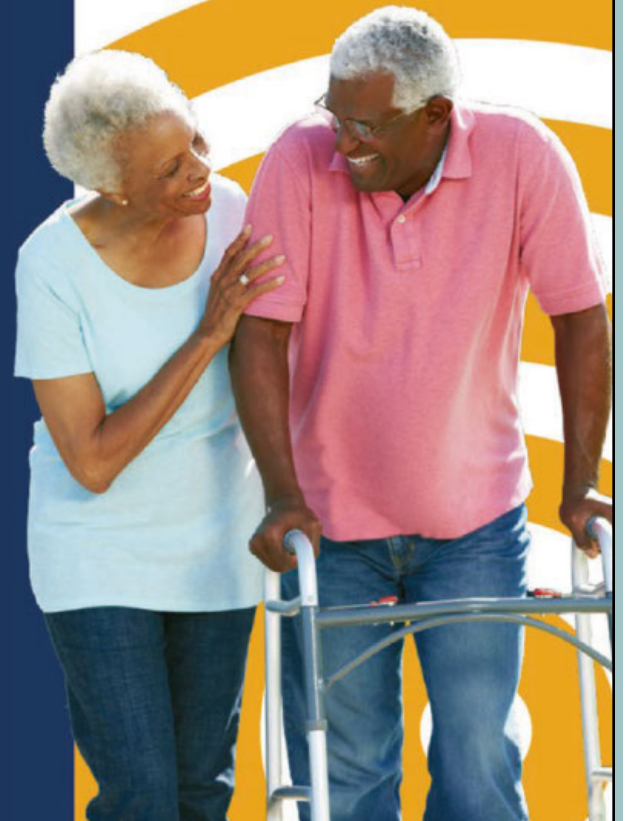
# Community Care

## 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
<b>1</b> <b>CLOSED</b>  <b>LABOR DAY</b>	<b>2</b> 10:00: Harmonic <b>11:15: Chair Yoga</b> <b>1:00 Diamond Painting</b>	<b>3</b> <b>9:30 Woodcarvers</b> <b>10:30: Exercise w/ Judy</b>	<b>4</b> <b>9:30: Quilters</b> <b>10:30: Weight loss</b> <b>11:15: Chair Yoga</b> <b>12:30: Cribbage</b> 1:00: Berlin Singers—Practice	<b>5</b> <b>10:30: Exercise w/ Judy</b> <b>11:30: Sheepshead</b> <b>12:00: Bridge</b> <b>Call Gerene</b> <b>920-361-3323</b>
<b>8</b> <b>9:30 Friends Meeting</b> <b>10:30: Vet's Meeting</b> <b>10:30: Exercise w/ Judy</b> <b>11:30: Sheepshead</b>	<b>9</b> 10:00: Harmonic <b>11:15: Chair Yoga</b>	<b>10</b> <b>9:30 Woodcarvers</b> <b>10:30: Exercise w/ Judy</b>	<b>11</b> <b>Foot Care Clinic</b> <b>9:30: Quilters</b> <b>10:30: Weight loss</b> <b>11:15: Chair Yoga</b> <b>12:30: Cribbage</b> 2:00: Berlin Singers—Juliet Manor <b>4:30 Dining Club—Kelly T's</b>	<b>12</b> <b>9:30 Painting Together</b> <b>10:30: Exercise w/ Judy</b> <b>11:30: Sheepshead</b> <b>12:00: Bridge</b> <b>Call Gerene</b> <b>920-361-3323</b>
<b>15</b> <b>10:30: Exercise w/ Judy</b> <b>11:30: Sheepshead</b> <b>1:00: Farkle</b>	<b>16</b> 10:00: Harmonic <b>11:15: Chair Yoga</b>	<b>17 Green Lake Health Fair</b> <b>9:30 Woodcarvers</b> <b>10:30: Exercise w/ Judy</b>	<b>18 Packer Trip</b> <b>8:30 Pool - Wautoma</b> <b>9:30: Quilters</b> <b>10:30: Weight loss</b> <b>11:15: Chair Yoga</b> <b>12:30: Cribbage</b> 2:00: Berlin Singers—Prairie Place	<b>19</b> <b>10:30: Exercise w/ Judy</b> <b>11:30: Sheepshead</b> <b>12:00: Bridge</b> <b>Call Gerene</b> <b>920-361-3323</b>
<b>22</b> <b>10:30: Exercise w/ Judy</b> <b>12:30: Sheepshead</b>	<b>23</b> 10:00: Harmonic <b>10:00: Committee on Aging</b> <b>11:15: Chair Yoga</b> <b>1:00: Cardmaking w/Judy</b>	<b>24</b> <b>9:30 Woodcarvers</b> <b>10:30: Exercise w/ Judy</b> <b>1:00 Stand up and Move More</b>	<b>25</b> <b>Foot Care Clinic</b> <b>9:30: Quilters</b> <b>10:30: Weight loss</b> <b>11:15: Chair Yoga</b> <b>12:30: Cribbage</b> 2:00: Berlin Singers—Patriot Place	<b>26</b> <b>10:30: Exercise w/ Judy</b> <b>11:30: Sheepshead</b> <b>12:00: Bridge</b> <b>Call Gerene</b> <b>920-361-3323</b>
<b>29</b> <b>10:30: Exercise w/ Judy</b> <b>12:30: Sheepshead</b>	<b>30</b> 10:00: Harmonic <b>11:15: Chair Yoga</b>		<b>Key Colors:</b> Green: exercise Purple: new classes Orange: arts & craft Blue: card games Brown: music Red: special events Black: general activity	



## 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.

#### Itinerary:

Meet at Walmart at 8:15 am  
Arrive at Lambeau at 10:00 am  
Depart for Seroogy's at 3:00 pm  
Arrive at Walmart at 5:30 pm

**\*\*Deadline to sign up: Sept 4\*\***

### 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 to sign up: Sept. 3\*\***

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.

TRIPS ARE BEING PLANNED FOR 2026. STAY TUNED!

INSIGHT SEPTEMBER 2025 Page 5

## NO NEW MEDICARE CARD



#### Here's the truth

- Medicare is NOT issuing plastic cards
- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

#### Protect Yourself

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to SMP

Have you been told you need a new Medicare card?

**STOP! It's a scam**



Wisconsin Senior Medicare Patrol

1-888-818-2611  
www.smpwi.org

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized  
Provider

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**



**FREE**  
AD DESIGN  
with purchase  
of this space

**CALL 800-950-9952**

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME Alex Nicholas**

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



For ad info. call 1-800-950-9952 • www.lpicommunities.com

City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

# SEPT. 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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>CLOSED</b> <b>LABOR DAY</b>	Pepper Steak Calico Bean Casserole Broccoli Cuts Pear Slices Cookie Dinner Roll	Baked Spaghetti Three Bean Salad Peas and Pearl Onions Fruited Gelatin White Brownie Sliced Bread	Pork Jaegerschnitzel Mashed Potatoes Baby Carrots Petite Banana Cake Dinner Roll	Bratwurst on a Bun German Potato Salad Pickled Beets Ice Cream Cup
<b>8</b>	<b>9 Birthday Meal</b>	<b>10</b>	<b>11</b>	<b>12</b>
Salisbury Steak Mashed Potatoes Corn Apricot Halves Cinnamon Roll Sliced Bread	Glazed Ham Sweet Potato Bake Spinach Salad Cantaloupe Slice Butterscotch Pudding Dinner Roll	Chicken Pattie Teriyaki Baked Potato Broccoli Cuts Tropical Fruit Salad Cookie Sliced Bread	Pot Roast Mashed Potatoes Three Bean Salad Applesauce Spice Cake Dinner Roll	Cranberry/Kraut Meatballs Baby Red Potatoes Corn Petite Banana Orange Sherbet Cup Sliced Bread
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Roast Pork Loin Mashed Potatoes Sliced Carrots Pear Slices Applesauce Cake Sliced Bread	Meatloaf Baked Potato Spinach Salad Fruited Gelatin Coconut Cream Pie Dinner Roll	Scalloped Potatoes & Ham Casserole California Blend Vegetables Orange Vanilla Pudding Sliced Bread	Smoked Sausage Baked Beans Cole Slaw Apricot Halves White Brownie Dinner Roll	Swiss Steak Mashed Potatoes Peas & Pearl Onions Peach Slices Cinnamon Roll Sliced Bread
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Baked Chicken Garlic Mashed Potatoes Copper Penny Salad Pineapple Tidbits Cookie Sliced Bread	Beef Stroganoff Casserole Broccoli Cuts Tropical Fruit Salad Ice Cream Cup Dinner Roll	Honey Mustard Meatballs Calico Bean Casserole Spinach Salad Honeydew Melon Applesauce Cake Sliced Bread	Pepper Steak Baby Red Potatoes Health Slaw Petite Banana Choc./Rasp. Torte Dinner Roll	Beef Stew Calif. Blend Veggies Creamy Cucumbers Peach Slices Cheddar Biscuit
<b>29</b>	<b>30</b>			
Roast Turkey Mashed Potatoes Baby Carrots Apple Red Velvet Cake Sliced Bread	Ham Roll Sweet Potato Bake Peas & Cheese Salad Applesauce Cookie Dinner Roll			

THE FOLLOWING HAVE BIRTHDAYS  
IN SEPTEMBER. PLEASE REACH OUT  
AND WISH THEM A  
*HAPPY BIRTHDAY!*

1 Diane Toraason	11 Judith Rich	18 Sally Mae Kallas
1 Gerry Sarow	11 Robert Vetrone	18 Gordon Manske
1 Keith Krause	12 Margaret Coleman	19 Mike Seiler
1 Laurel Brandenburg	13 Pamela Ponto	19 Annelle Greening
1 Mary Seaman	13 Eric Cerbins	20 Kathryn Kasubaski
2 Ruth Judarski	14 Carol Krause	21 Mary Recore
3 Mary Berge	14 Debra Mirr	21 Laurie Keppeler
4 Paul Micklitz	14 Judith Trochinski	22 Betty Freimark
5 Donna Bolyard	14 Robert Hendee	23 Lucille Verheyen
5 Tom Merryfield	15 Linda Hertzberg	23 David Johnson
5 Donald Wesner	15 Vernon Lichtenberg	24 Carol Mulder
7 Vickie Clark	15 Mary Navin	24 Jaclynn Goluba
7 Betty Voss	16 William Roeder	25 Maxine Schwalenberg
7 Carol Schmidt	16 Otis Miracle	25 Kim Strand
8 Charles Gross	16 Helen Burch	26 Robert Stumpner
9 Eugene Berlowski	17 Gloria Lichtfuss	28 Mary Jaynes
9 Marilyn Pavelske	17 Mark Lochner	28 Anne Schmid
11 Carol Bartol	17 Charles Thom	30 Mary Rivera
12 Keith Hess	17 Barbara Tollakson	
11 Kathy Hinton	17 Robert Freiseis	



**WE ARE SHORT STAFFED AT  
THE MOMENT. WE ARE  
WORKING ON THE  
SITUATION AND WILL BE UP  
AND RUNNING SMOOTHLY  
SHORTLY**

**THE SEPTEMBER BIRTHDAY MEAL  
WILL BE ON TUESDAY, SEPTEMBER  
9. BIRTHDAY CAKE IS DONATED BY  
WHISPERING PINES, RIPON.  
CALL THE CENTER AT  
920-361-5422 TO SIGN UP.**

**DOES YOUR NONPROFIT  
ORGANIZATION NEED  
A NEWSLETTER?**

Engaging,  
ad-supported  
print and digital  
newsletters to reach  
your community.

Visit [lpicomunities.com](http://lpicomunities.com)

**OUR COMMUNITY  
NEWSLETTER**  
OCTOBER EDITION



Scan to  
contact us!



**SMITS & BLAZEL  
LAW OFFICE, LLC**

*Wills, Trusts, Powers  
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**

[www.cardinalcapital.us](http://www.cardinalcapital.us)

RENT IS APPROXIMATELY 30% OF YOUR INCOME

- Affordable housing for low-income 62 or better/disabled
- One Bedroom Apartments - Free Wi-Fi
- Heat, water and sewer included in rent
- Green Lake County meal site
- Professionally managed by friendly staff

**Brown Wilcox**

ASSISTED LIVING

347 E Huron Street | Berlin, WI 54923

**920-361-2552**

[www.brownilcox.org](http://www.brownilcox.org)  
[cpapdm@gmail.com](mailto:cpapdm@gmail.com)

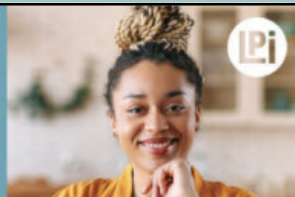
We're here to serve you. Please contact us with  
questions or to schedule a tour, we're happy to  
help you learn more.

**WE'RE HIRING!**

**AD SALES EXECUTIVES**

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



165 W Huron St., Berlin, WI 54923



**KAREN SCHWEIGERT**  
Medicare Specialist

920-229-4044  
[karen.schweigert@gmail.com](mailto:karen.schweigert@gmail.com)



## JOKE OF THE MONTH

After ten years a wife started to think their child looks kind of strange so she did a DNA test and found out the child is not theirs. She told her husband what she found out. The husband replied, You don't remember do you? When we were leaving the hospital, the baby pooped and you told me to go and change him so I went inside and got a clean one and left the dirty one there. The wife fainted!



### 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)

[www.cityofberlin.net](http://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 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.