



INSIGHT

JANUARY 2026

**DON'T FRET!
IN SIX MONTHS**



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



2026 DAY TRIPS



BELLO'S CIRCUS EXTREME SHOW At the Legacy Theatre Wed. March 18



Bello's Circus Extreme is a spectacle of extreme stunts and comedy routines featuring not only Bello himself but also a variety of other impressive acts.

Cost is \$125.00 per person. Lunch consists of: fresh tossed Italian Salad, hot garlic rolls, decadent chocolate brownie and an entrée choice of 1) Bello's homemade lasagna, 2) personal pepperoni pizza or 3) personal cheese pizza

Deadline for signing up is Thurs. Feb 19

TIMBER RATTLER GAME Wed. May 27



Join us for an afternoon of baseball at Neuroscience Group Field at Fox Cities Stadium for the Timber Rattlers vs. Peoria Chiefs

Cost is \$50.00 per person. Tickets include transportation, souvenir item, beverage and brat/hotdog.

10:00 am Load bus
12:10 pm First Pitch
Return to Walmart after the game.

MILWAUKEE BREWERS GAME Thurs. August 20

Join us for an afternoon of fun at American Family Field. The Brewers will be playing the Seattle Mariners. We will be enjoying the Associated Bank Power Alley which is deep left center field, directly above the Brewers' bullpen

Cost is \$160.00 per person.
9:45 am Load bus at Walmart
1:10 pm First pitch

HO-CHUNK CASINO NEKOOSA, WI Thursday, April 23



Cost is \$50.00 per person

Join us for an afternoon of fun and gambling at Ho-Chunk Casino

9:45 am Load bus at Walmart in Berlin
11:45 am Arrive at Ho-Chunk
11:45 to 4 Lunch & gambling on your own
4:00 pm Load bus to return to Walmart

MILLION DOLLAR QUARTET AT THE FIRESIDE Thursday, June 25



"On Dec. 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam session of all times."

Cost is \$145.00 per person which includes the tip. Meal choice is 1) Chicken Cordon Bleu 2) Grilled Red Snapper 3) Beef short ribs 4) Vegetarian stuffed bell peppers.

8:00 am Arrive at Walmart
11:15 am Lunch
1:30 pm Show

Deadline for signing up is Fri. May 22

UPCOMING FURTHER TRIPS

July	LaClare Galloway
September	LaCrosse Queen
October	Octoberfest @ Henry Maier Park
November	Dancing Horses
December	Christmas Story at the Fireside

Payment due at time of signing up. Stop in any time Monday through Friday 9:00 am to 4:00 pm

JANUARY BUSINESS SPOTLIGHT—BENDING COLLECTIVE

WWW.BENDINGCOLLECTIVE.COM

On Monday, January 19th from 9-noon Bending Collective will be on-site offering 15-minute chair massages at a special discounted rate. Cost: \$5 (cash only) (limit 1 session per person)

Benefits of massage: Helps ease muscle tension and stiffness; Supports joint mobility and flexibility; encourages better circulation; can reduce stress and promote relaxation; provides gentle support for overall wellness

What is a chair massage? Chair massage is a short, relaxing massage performed while you remain fully clothed and comfortably seated in a supportive massage chair. Sessions typically focus on the back, neck, shoulders, arms, and hands, and can be adjusted to meet your individual needs.

Who is a good candidate? Chair massage is safe and beneficial for many people. However, you may not be a good candidate if you have any of the following contraindications:

- Fever, flu, or active illness, recent surgery or acute injury, contagious skin conditions, uncontrolled high blood pressure, severe osteoporosis, deep vein thrombosis or blood clots, any condition your doctor has advised against massage.

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





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>CLOSED</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>10:30: Exercise w/ Judy</p> <p>12:00: Sheepshead</p> <p>12:45: Bridge Call Gerene 920-361-3323</p>
<p>5</p> <p>10:30: Exercise w/ Judy</p> <p>12:00: Sheepshead</p>	<p>6</p> <p>11:15: Chair Yoga</p> <p>1:00 Diamond Painting</p>	<p>7</p> <p>9:00 Woodcarvers 9:30 Mahjong</p> <p>10:30: Exercise w/ Judy</p>	<p>8</p> <p>Foot Care Clinic</p> <p>9:00: Quilters 10:30: Weight loss 11:15: Chair Yoga 12:30: Cribbage 4:30 Dining Club—Old School, Green Lake</p>	<p>9</p> <p>9:00 Painting Together</p> <p>10:30: Exercise w/ Judy</p> <p>12:00: Sheepshead</p> <p>12:45: Bridge Call Gerene 920-361-3323</p>
<p>12</p> <p>9:30 Friends meeting</p> <p>10:30: Vet's Meeting</p> <p>10:30: Exercise w/ Judy</p> <p>12:00: Sheepshead</p>	<p>13</p> <p>11:15: Chair Yoga</p>	<p>14</p> <p>9:00 Woodcarvers 9:30 Mahjong</p> <p>10:30: Exercise w/ Judy</p> <p>1:00 Cardmaking w/Judy</p>	<p>15</p> <p>9:00: Quilters 10:00 Medicare Savings Program 10:30: Weight loss 11:15: Chair Yoga 12:30: Cribbage</p>	<p>16</p> <p>10:00 Rep. Alex Dallman</p> <p>10:30: Exercise w/ Judy</p> <p>12:00 Sheepshead</p> <p>12:45: Bridge Call Gerene 920-361-3323</p>
<p>19</p> <p>9:00 Business Spotlight—Bending Collective</p> <p>10:30: Exercise w/ Judy</p> <p>12:00: Sheepshead</p> <p>1:00: Farkel</p>	<p>20</p> <p>11:15: Chair Yoga</p>	<p>21</p> <p>9:00 Woodcarvers 9:30 Mahjong</p> <p>10:30: Exercise w/Judy</p> <p>12:30 Crafting w/ Anne</p>	<p>22</p> <p>Foot Care Clinic 10:00 ADRC 9:00: Quilters 9:30 Pool - Wautoma 10:30: Weight loss 11:15: Chair Yoga 12:30: Cribbage</p>	<p>23</p> <p>10:30: Exercise w/ Judy</p> <p>12:00: Sheepshead</p> <p>12:45: Bridge Call Gerene 920-361-3323</p>
<p>26</p> <p>10:30: Exercise w/ Judy</p> <p>12:00: Sheepshead</p>	<p>27</p> <p>10:00: Committee on Aging</p> <p>11:15: Chair Yoga</p> <p>1:00: Cardmaking w/Judy</p>	<p>28</p> <p>9:00 Woodcarvers 9:30 Mahjong</p> <p>10:30: Exercise w/Judy</p>	<p>29</p> <p>9:00: Quilters</p> <p>10:30: Weight loss 11:15: Chair Yoga</p> <p>12:30: Cribbage</p>	<p>30</p> <p>10:30: Exercise w/ Judy</p> <p>12:00: Sheepshead</p> <p>12:45: Bridge Call Gerene 920-361-3323</p>

NAMI

National Alliance for Mental Illness (NAMI)

What is NAMI?

NAMI is an organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI is backed by several organizations including the local police Departments. NAMI has meetings once a month for people to socialize, get information and to get referrals for professional help if needed.

NAMI is working on establishing a chapter in the Green Lake and Waushara County area.

If you are interested in joining or would like further information, please call the Berlin Senior Center at 920-361-5422.

CRAFTING W/ANNE

Next craft day is Wednesday, January 21. Cost is \$5.00. Call the Senior Center at 920-361-5422 to sign up.



JANUARY 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 one 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
	ALL MEALS INCLUDE MILK WHOLE GRAIN OR WHITE BREAD W/ UTTER	ALL SALADS INCLUDE Tomatoes, Carrots & Cucum- bers	Closed For The Holiday	Garlic Roasted Chicken & Potatoes Gravy Baked Beans Glazed Carrots Strawberry Short Cake
5	6	7	8	9
Beef Chili W/ Beans Spinach Salad Mandarin Oranges Corn Bread & Honey Butter	French Toast W/ Syrup Sausage Yam Souffle ¼ C. Blueberries Orange Juice Biscuit W/Jelly	Lasagna Broccoli Spinach Salad Pumpkin Bars	Meat Loaf Baby Bakers Peas & Carrots Fruit Cocktail Cake	Scalloped Potatoes & Ham Baked Beans Fresh Fruit
12	13 Birthday meal	14	15	16
Loaded Chicken Noodle Soup Spinach Salad Peaches	Ham Loaf Sweet Potatoes Mixed Vegetables Pears Birthday Cake 	Turkey Club Sand. Broccoli/ Cauliflower Cold Salad Baked Beans Fresh Fruit	Salisbury Steak w/ Caramelized Onions Mashed Potatoes Gravy Corn Cherry Southern Salad	Baked Tilapia Coleslaw Sweet Potatoes Mandarin Oranges Jello Poke Cake
19	20	21	22	23
Mama's Pizza Casserole Broccoli Spinach Salad Apple Crisp	Chicken Alfredo Glazed Carrots Spinach Salad Pineapple Upside Down Cake	Pork Loin W/ Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges	Beef Stew W/ Potatoes & Mixed Vegetables Spinach Salad Banana Bread	Cheddar Chive Cod 3 Bean Bake Coleslaw Peaches
26	27	28	29	30
Chop Suey Asian Veg. Wild Rice Spinach Salad Peach Crisp	Sloppy Joes Cole Slaw Potato Wedges Pineapple	Parmesan Breaded Chicken Sweet Potatoes Green Beans Diane's Angel Food Strawberry Fluff	Spaghetti w/ Meat Sauce Calif. Blend Vegetables Spinach Salad Fruit Cocktail	Ham Sandwich Cowboy beans Seasoned Potatoes Taffy Apple Salad

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

**BERLIN SENIOR CENTER DINING
CLUB**

Place: The Old School, Green Lake
Date: Thurs. January 8
Time: 4:30 pm Games will follow.
Call 920-361-5422 to sign up.

Thank you to the
Fairburn/Jolly J's
HCE Club of Berlin
for the
delicious Holiday
cupcakes for the
homebound!



BIRTHDAY MEAL

The January birthday meal will be on
Tuesday, January 13. The meal will be ham
loaf, sweet potatoes, mixed vegetables,
pears and birthday cake donated by
Whispering Pines, Ripon. Call the Senior
Center at 920-361-5422 to sign up.

1 David Morrison	15 Jerry Huber
3 Kathryn Maki	15 Mary Ann Johnson
4 Ruth Gelhar	15 Harold Wiese
5 Betty Flanigan	16 Darlene Athey
5 Beverly Colburn	16 Duane Foote
6 Mary Lunde	18 Sandra Gregor
6 Tammy Chier	19 Sue Hale
7 Richard Bartol	20 Debra Dowen
7 Kevin Eichmann	22 Eugene Ficken
8 Maggie Fields	23 Frances Hall
9 Mary Potter	24 Beverly Coats
9 Jeff Ciriacks	24 John Reysen
10 Julie Nowak-Holmes	26 Connie Boening
10 Barb McQuown	26 Ellida Henf
11 Donna Polakowski	26 Irene Kallas
12 Neil Parsons	28 Kenneth Kiar
12 Ralph Fabricius	29 Kathryn Darnick
13 Kate Norman	30 Kathy Fabricius

MONTHLY JOKE

A man goes to the doctor, worried about his wife's temper. The doctor asks, "What's the problem!" The man says, "Doctor, I don't know what to do. Every day my wife seems to lose her temper for no reason. It scares me." The doctor says, "I have a cure for that. When it seems that your wife is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until she either leaves the room or calms down." Two weeks later, the man comes back to the doctor looking fresh and reborn. The man says, "Doctor, that was a brilliant idea! Every time my wife started losing it, I swished with the water. I swished and swished, and she calmed right down! How does a glass of water do that? The doctor says, "The water itself does nothing. It's keeping your mouth shut that does the trick."



If the Berlin Public School closes for snow or ice, the Senior Center will also be closed. All activities, transportation and meals will be canceled. A two hour delay will not affect the Senior Center.

Senior Center/Recreation

Facilities Director: Sue Kiener

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 9:00 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
55+ 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 920-833-694-0192

MISSION STATEMENT

To actively involve, enlighten, enrich, and empower the independence of older adults in our community.

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.