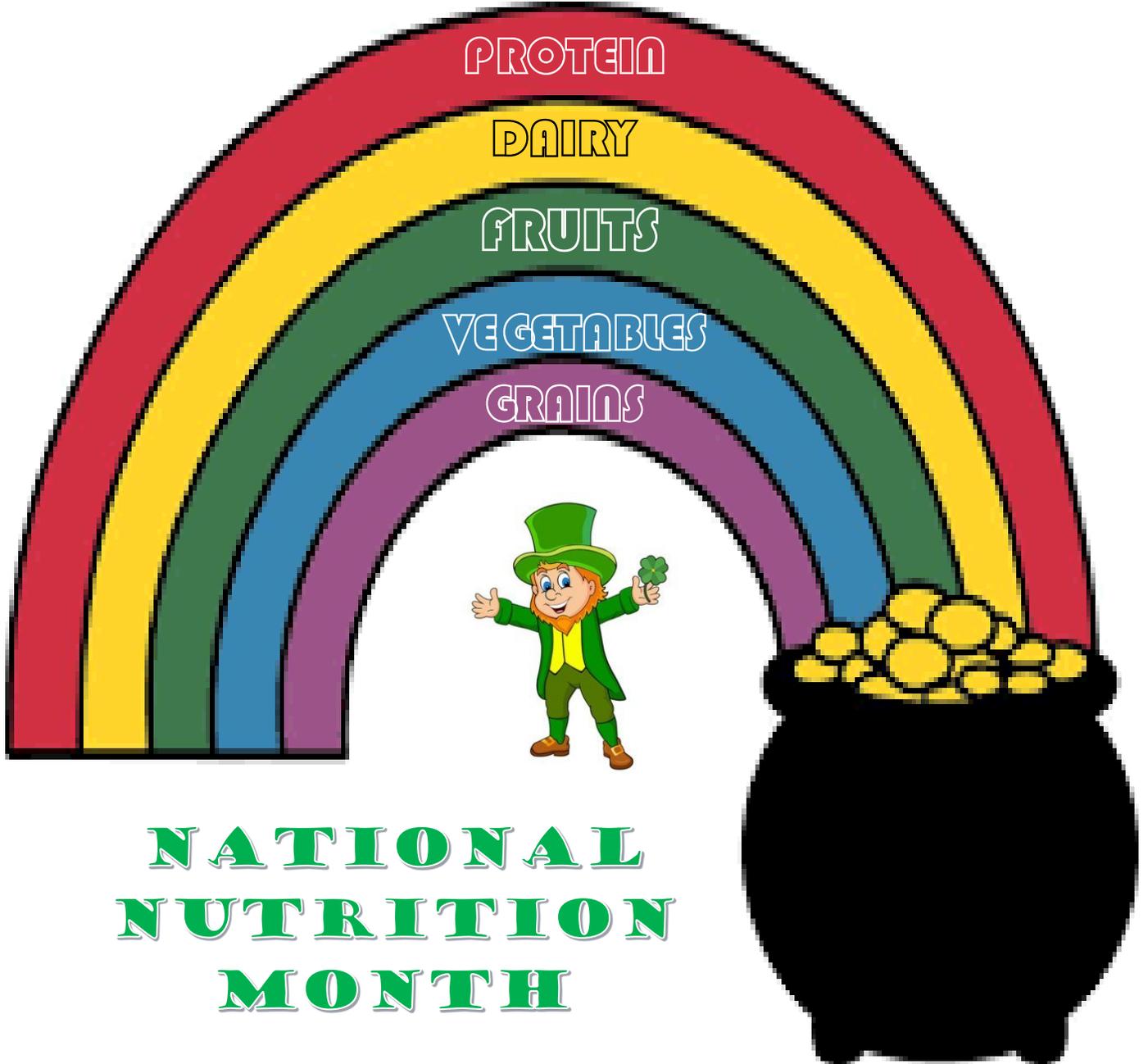




# INSIGHT

MARCH 2026



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

## ACTIVITIES

### DIRT DETECTIVES

#### METAL DETECTING GROUP

Spring is almost here and the dirt detectives will be out with their machines looking for lost treasures.

If you are interested, please be at the Berlin Senior Center on Monday, March 16 at 10:00 am for an informational meeting.



### FRIENDS OF THE BERLIN SENIOR CENTER

Elections for the new year July 2026 through June 2027 will be held the week of March 16. You need to be a member of the Friends to vote. If interested in becoming a member, contact the Berlin Senior Center at 920-361-5422. Cost is \$5.00 a year. Nominees for the Board for the 2026/2027 year are:

Robert Bonneville	Chuck Fehl
Marsha Chikowski	Joanne Guden
Diana Czekalski	Mary Seaman
Debbie Downen	Mike Seilor

### ST. PATTY'S POT OF GOLD CRAFT

On **Tues, March 17 at 1:00 pm** make a pot of gold for St. Patty's Day. Cost is \$5.00 payable that day. Call to sign up 920-361-5422.



### MEDICARE 101

Are you turning 65 soon? Are you not happy with the Medicare program you have. Learn about choices and options. Talking points include:

- ◇ Full Medicare breakdown A to Z (premiums, deductibles, Coinsurance)
- ◇ When/How you should apply
- ◇ Medicare Advantage vs. Medicare Supplement Plan; Pros & Cons of each

**WHEN: Wed. March 11 at 2:30 pm**

**WHERE: Berlin Senior Center**

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

### LUNCH & LEARN ESTATE PLANNING

Attorney Luke Dretske with Dretske Law Office will be coming to make a presentation at our noon meal on **Tuesday, March 24**. The Estate Planning Lunch & Learn provides a practical overview of the essential documents and strategies needed to protect assets and ensure personal wishes are honored. You will learn about wills, trusts, powers of attorney and health care directives, along with the key Wisconsin specific considerations. The session concludes with guidance on when to review an estate plan and an open Q&A for participant.

### STEPPING ON COMING TO THE BERLIN SENIOR CENTER

Stepping on is a fun, 7-week workshop that helps us stay steady and independent. Studies show it can reduce falls by 31%. Here is what you will learn:

- ◇ How to spot and avoid fall hazards at home and in your community
- ◇ How vision, medications and footwear affect your balance
- ◇ Easy at home exercises to build strength and improve balance
- ◇ How to safely get back up if you ever take a tumble.

**When:** Every Wed. April 8-May 20 1:30-3:30

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

### Are you unable to pick up items at the Food Pantry on Thursdays?

The Berlin Senior Transportation Program will be offering their services in picking up items from the food pantry and delivering them to seniors. This is open to Berlin Senior Center members who don't have the transportation to pick items up themselves. The cost will be \$2.00. Please call the Senior Center at 920-361-5422 to sign up.

### DEMENTIA CAREGIVERS SUPPORT GROUP

**When:** Starting Mon., March 2 and then 1st and 3rd Mon. each month  
**Where:** Berlin Senior Center  
Do you have a family member with Dementia. Please come and get support from others.



## 2026 DAY TRIPS



### HO-CHUNK CASINO NEKOOSA, WI Thursday, April 23

**Cost is \$25 per person (reduced price)**  
Join us for an afternoon of fun and gambling at Ho-Chunk Casino (Meal is on your own)

### MILWAUKEE BREWERS GAME Thurs. August 20

Join us for an afternoon of fun at American Family Field; Brewers vs. Mariners in the Associated Bank Power Alley seats which are directly above the Brewers' bullpen. Includes a 3 hour buffet & 2 drinks.  
**Cost is \$160.00 per person.**

### 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.

### MILLION DOLLAR QUARTET (FIRESIDE) Thursday, June 25

**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. **Deadline for signing up is Fri. May 22nd.**

### UPCOMING TRIPS

July: LaClare Creamery & Galloway House Tours  
August: Clauson Family Country Western  
Sept.: LaCrosse Queen

Oct: Octoberfest @ Henry Maier Park  
Nov.: Dancing Horses Xmas show  
Dec: 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**



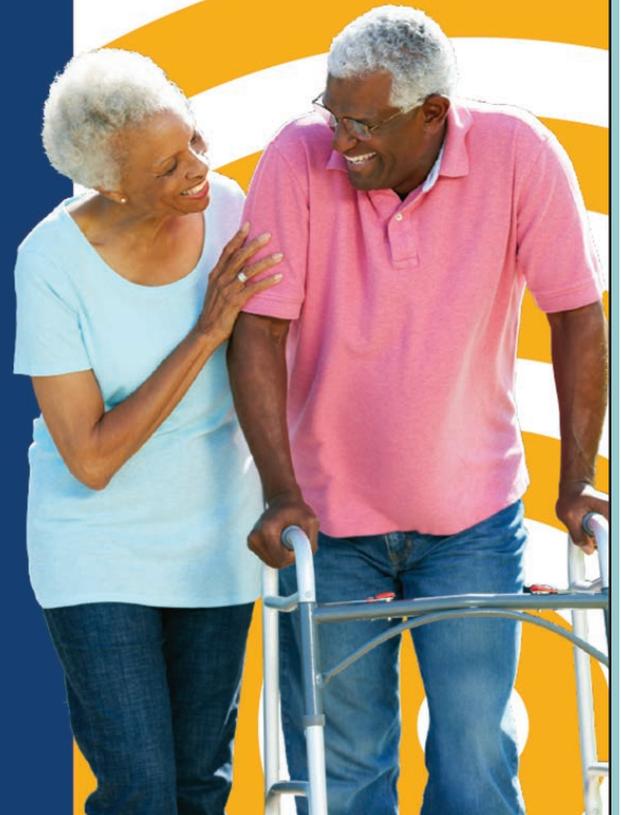
# Community Care

## 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>2</b> 10:00 Dementia Support Group 10:30 Exercise w/ Judy 12:00 Sheepshhead	<b>3</b> 10:00 Harmonic 10:00 Elder Benefit Drop in Hours 11:15 Chair Yoga 1:00 Diamond Painting	<b>4</b> 9:00 Woodcarvers 9:30 Mahjong 10:30 Exercise w/ Judy 1:00 Poker Pool	<b>5</b> 9:30 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Juliet Manor	<b>6</b> 10:30 Exercise w/ Judy 11:30 Sheepshhead 12:00 Bridge Call Gerene 920-361-3323
<b>9</b> 9:30 Friends Meeting 10:30 Vet's Meeting 10:30 Exercise w/ Judy 12:00 Sheepshhead	<b>10</b> 10:00 Generations 10:00 Harmonic 11:15 Chair Yoga 1:00 St. Patty's Craft	<b>11</b> 9:00 Woodcarvers 9:30 Mahjong 10:30 Exercise w/ Judy 1:00 Poker Pool 1:00 Cardmaking w/Judy 2:30 Medicare 101	<b>12</b> 9:30 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Patriot Place	<b>13</b> 10:30 Exercise w/ Judy 11:30 Sheepshhead 12:00 Bridge Call Gerene 920-361-3323
<b>16</b> 10:00 Dementia Support Group 10:00 Dirt Detectives 10:30 Exercise w/ Judy 12:00 Sheepshhead 1:00 Farkel	<b>17</b> 10:00 Business Spotlight - Baked 10:00 Harmonic 11:15 Chair Yoga	<b>18</b> 9:00 Woodcarvers 9:30 Mahjong 10:30 Exercise w/ Judy 12:30 Crafting w/ Anne 1:00 Poker Pool	<b>19</b> St Patty's Day Meal 10:30 Weight loss 11:15 Chair Yoga BINGO! following the meal	<b>20</b> 10:30 Exercise w/ Judy 11:30 Sheepshhead 12:00 Bridge Call Gerene 920-361-3323
<b>23</b> 10:30 Exercise w/ Judy 12:00 Sheepshhead	<b>24</b> 10:00 Harmonic 10:00 Committee on Aging 11:15 Chair Yoga Noon Lunch & Learn 1:00 Cardmaking w/Judy	<b>25</b> 9:00 Woodcarvers 9:30 Mahjong 10:30 Exercise w/ Judy 1:00 Poker Pool	<b>26</b> 9:30 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Brown/Wilcox	<b>27</b> 10:30 Exercise w/ Judy 11:30 Sheepshhead 12:00 Bridge Call Gerene 920-361-3323
<b>30</b> 10:30 Exercise w/ Judy 12:00 Sheepshhead	<b>31</b> 10:00 Harmonic 11:15 Chair Yoga			Key Colors: Green: exercise Purple: new classes Orange: arts & craft Blue: card games Brown: music Red: special events Black: general activity

## MARCH BUSINESS SPOTLIGHT



Baked Cakes by Design has been proudly serving Berlin since opening on June 1, 2016. What began as a love for baking and creativity has grown into a full-service bakery offering both custom-designed desserts and freshly baked items. From weddings and birthdays to anniversaries and everyday celebrations, we are honored to be part of so many special moments and grateful for the continued support of our community. We are open Tuesday through Saturday and specialize in fully personalized desserts because no two celebrations are ever the same. Over the years, we've continued to grow and evolve. We expanded to include a chocolate shop ice cream, and we're excited to keep building on that foundation. This summer, we're working toward adding drinks and coffee, giving our customers even more to enjoy when they visit. There's so much to look forward to as we continue growing Baked while staying rooted in quality, creativity, and community.

**Baked will be at the Berlin Senior Center on Tuesday, March 17**

## ELDER BENEFIT

### SPECIALIST

### OUTREACH AT THE

### BERLIN SENIOR CENTER

Green Lake County Elder Benefit Specialist, Kristine Biesenthal will be available to answer your questions from **10:00 am until noon** on the following dates:

**Tues. March 3**

**Wed. May 6**

**Thurs. April 9**

**Wed. June 10**

She can assist with a variety of topics including Medicare, Social Security and Medicaid. Please note these are drop-in hours and appointments will not be taken. You are also welcome to join us for a delicious noon lunch as well! Call the Berlin Senior Center at 920-361-5422 to reserve your spot for lunch at least one day prior to attending.

INSIGHT MARCH 2026

Page 5

## NO NEW MEDICARE CARD

**Don't fall for the Scam!**



Have you been told you need a new Medicare card?

**STOP! It's a scam**



### 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 Senior Medicare Patrol

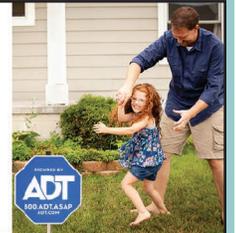
Wisconsin Senior Medicare Patrol

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



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**

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

CONTACT ME Alex Nicholas

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



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

**CALL 800-950-9952**



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

City of Berlin Senior Center, Berlin, WI

B 4C 01-1434

# MARCH 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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Ham Sliders Sweet Potatoes Spinach Salad Banana	Chicken Divan Casserole Baked Beans. Peaches Crisp	Oven Baked Mac & Cheese Spinach Salad Stewed Tomatoes Lemon Blueberry Bundt cake	Salisbury Steaks w/ Caramelized Onions Gravy & Mashed Potatoes Corn Fruit Fluff	Tuna Casserole Beets Spinach Salad Fresh Fruit
<b>9</b>	<b>10 Birthday meal</b>	<b>11</b>	<b>12</b>	<b>13</b>
Taco Casserole w/ Salsa, Onions, Blk Beans, Cheddar Cheese Spinach Salad Fresh Fruit	Ham Loaf Sweet Potatoes 3 bean bake Peaches Birthday Cake 	Turkey Club Sandwich Broccoli California Salad Fresh Fruit	Italian Meat Loaf Baby Bakers Corn & Peas Apricots	Egg Salad Sandwich 7 Layer Salad Grapes Cheese Stick Blue Berry Cheese Cake
<b>16</b>	<b>17</b>	<b>18</b>	<b>19 St. Patty's Meal</b>	<b>20</b>
Grilled Cheese Tomato Soup Spinach Salad Fruit Cocktail	Spaghetti w/meat Sauce Cheesy Broccoli Garden Salad Strawberry Short Cake	Chicken Enchiladas Beans & Rice Spinach Salad Fresh Fruit	Corn Beef & Cabbage Carrots & Potatoes. Pistachio, Pineapple Fluff	Battered Cod Sandwich Seasoned Fries Coleslaw Mandarin Oranges
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Chili w/Beef, Beans & Noodles. Spinach Salad Fruit Cocktail Cornbread w/honey Butter	Meat Balls Gravy & Potatoes Green Beans Apple Crisp	Lasagna California blend Vegetable Spinach Salad Peach Crisp	Breaded Chicken Sandwich Coleslaw Potato Salad Angel Food w/Fruit Compo	Baked Tilapia 3 Bean Bake Twice Baked Potato Grapes Jello poke Cake
<b>30</b>	<b>31</b>			
Mom's Pizza Casserole California Blend Vegetable Spinach Salad Fresh Fruit	Baked Parmesan Chicken Sweet Potatoes Corn Mandarin Orange Cake		ALL MEALS INCLUDE MILK WHOLE GRAIN OR WHITE BREAD W/ BUTTER	ALL SALADS INCLUDE Tomatoes, Carrots & Cucumbers

# HAPPY MARCH BIRTHDAY!

- |                        |                       |
|------------------------|-----------------------|
| 1 Mike Richards        | 13 Rena Gomach        |
| 1 Sharon Buttke        | 14 Mark Mathieus      |
| 1 Sylvia Wells         | 14 Mark Kasuboski     |
| 1 Mark Grasee          | 15 Larry Posorske     |
| 4 Sheri Bradshaw       | 17 Nancy Splittgerber |
| 5 Marsha Chikowski     | 18 Elaine Gates       |
| 6 Maggie Melum         | 18 Alice Moldenhauer  |
| 7 Karen Workowski      | 19 Bertha Jaimez      |
| 7 Nancy Wiese          | 19 Delbert Krause     |
| 8 Julie Boeck          | 20 Jean Hoffman       |
| 8 Beverly Chadwick     | 20 Stan Mundro        |
| 8 John Klika           | 20 Joan Datta         |
| 8 Muriel Kroening      | 24 Bonnie Nehring     |
| 9 Gary Frank           | 25 Donna Dieringer    |
| 10 Aurora Guardiola    | 26 Sharon Lee Nigbor  |
| 11 Mary Nigbor         | 27 Diane Marotz       |
| 11 Darlene Sierakowski | 27 Lilian Schaefer    |
| 11 Steve Treder        | 29 Lynn Lodholz       |
| 11 Ruth Ceman          | 29 Lynda Taylor       |
| 11 Vern Tollakson      | 29 Cynthia Stohl      |
| 11 Donna Petit         | 30 Mary Giles         |
| 12 Denise Fox          | 30 Irvin Lunde        |
| 12 Ann Nygren          | 31 Jan Knoke          |
| 13 Kathleen Roberts    |                       |

## ST. PATRICK'S DAY MEAL THURSDAY, March 19

Come down and join us at the Berlin Senior Center for Deb's traditional St. Patrick Day's meal consisting of corn beef and cabbage—please call the Senior Center to sign up at least a day before. The meal will be served at noon followed by BINGO!



### Dining Club

Place: Masticola's  
Date: March 12  
Time: 4:30 pm.  
Games will follow.  
Call 920-361-5422 to sign up.

### POKER POOL

Wednesdays at 1 pm come down to the Senior Center to shoot some pool. "Poker pool is an original take on billiards that is a mix of pool and poker."

The March birthday meal will be on Tues. March 10. The meal will be Ham Loaf, sweet potatoes, 3 bean bake, peaches and a birthday cake donated by Whispering Pines, Ripon.

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

**OUR COMMUNITY NEWSLETTER**  
OCTOBER EDITION



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

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

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)



## MONTHLY JOKES & PUNS

A man came home to find his house burned down, only the chimney was still standing. Since he had no where else to go, he slept in his fireplace that night. In the morning the mailman came to deliver the mail and found the man waking up. The mailman remarked that he was impressed the man got any sleep at all. To which the man replied, "actually I slept like a log."

-Strange that the chimney tends to survive a house fire. A cold reminder of where the fire should have been.

-What happened to the firefighter who wasn't doing well in his job? He got fired.

-It's always good to find out you're going to be working from home. Unless you're a firefighter.



We would like to thank each and every one of you for the prayers and donations during the time of our house fire.

- Jill and Darrell Dittmann



## FIRE SAFETY WORD SEARCH PUZZLE

ALARM  
BUILDING  
CRAWL  
DETECTOR  
DRILL  
DROP  
EMERGENCY  
ESCAPE  
EXIT  
EXTINGUISHER  
FLASHLIGHT  
HOME  
LADDER  
PLAN  
PREPARE  
PREVENT  
ROLL  
SIREN  
SMART  
SMOKE  
STOP  
TRUCK  
WINDOWS

N L H J C B S W O D N I W Q Y  
G N I D L I U B R L A D D E R  
T M T O U Q J G E L R J E L Q  
D H A L A R M D N B L X X C R  
R P G U M H O M E B I O E R J  
O R N I D E T E C T O R R H L  
P E G L L X L K P T N L A W W  
E V R K L H Y H V R I F P R A  
P E P C B R S Q L A E U E T R  
A N L U S O F A W M U R R P C  
C T A R A W W Q L S C B P U S  
S E N T J G P Q E F Y M V U I  
E U R E H S I U G N I T X E R  
Y C N E G R E M E L L I R D E  
D N F R S M O K E S P O T S N

The words appear UP, DOWN, BACKWARDS, and  
DIAGONALLY. Find and circle each word.



### 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 9:00am to 4:00 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

Find us on Facebook at Berlin Senior Center

### 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.** Anyone 21+ years old can participate.

## 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 the day before to sign up.  
For home bound meals call 833-694-0192.

## 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.