



INSIGHT

MAY 2026

OLDER AMERICANS MONTH MAY 2026



“CHAMPION YOUR HEALTH”

Publication of the Berlin Senior Center, 142 Water Street, Berlin WI 54923
Phone: 920-361-5422 email: seniorcenter@cityofberlin.wi.gov
Free - Please take one and enjoy or view at cityofberlin.net/senior-center
You can also find us on Facebook at Berlin Senior Center





2026 DAY TRIPS



TIMBER RATTLER GAME Wednesday, 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. Deadline to sign up is Friday, May 13.

Schedule of Events

10:00 Load bus at Walmart in Berlin
12:10 First pitch
Return to Walmart after game

LACLARE CREAMERY AND GALLOWAY HOUSE TOURS Friday, July 17

Come along to Pipe, WI and join us at LaClare Creamery Cheese Shop, Café & Goat Farm for a tour to see the goats, watch a milking demonstration, try cheese samples, explore the all-WI made products gift shop, and enjoy a delicious lunch buffet. Then on to tour the Historic Galloway House & Village in Fond du Lac. **Cost is \$80.00 per person.** Leave Walmart at 9:15 am
Return at 4:30 pm.

LACROSSE QUEEN Tuesday, September 15

Enjoy a relaxing 3-hour cruise on the historic LaCrosse Queen. You will be able to see all the wonderful sites along the river and enjoy lunch. **Cost is \$120.00 per person.** Leave Walmart at 7:00 am. Return at 6 pm.

OKTOBERFEST IN MILWAUKEE Friday, October 2

Enjoy a day of food, music and beverages at Oktoberfest in Milwaukee. (Meal is on your own). **Cost is \$65.00 per person.** Leave Walmart at 10:00 am.

UPCOMING TRIPS

Wed. Nov. 18, Dancing Horses Theater, \$140
Fri. Dec. 10, Christmas Story at Fireside, \$130

Payment due at time of signing up. Stop in any time Monday through Friday 9:00 am to 4:00 pm. Call 920-361-5422 with questions.

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 Friday, May 22nd.** Leave Walmart at 8:00 am. Return at 6:15 pm.

CLAUSON FAMILY COUNTRY AND WESTERN FAVORITES Tuesday, August 4

Join us for an afternoon filled with country and western music with beautiful instrumentals as well as vocal selections many showcasing the sounds of the steel guitar and fiddle. Meal is included. **Cost is \$100.00 per person.** Leave Walmart at 11:00 am.

MILWAUKEE BREWERS GAME Thursday, 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.** Leave Walmart at 9:45 am. First pitch is at 1:10 pm. Return 6:30 pm.

THE FRIENDS OF THE BERLIN SENIOR CENTER INVITE YOU ON A SIX DAY, FIVE NIGHT TRIP TO BRANSON November 9-14, 2026

Depart Berlin at 8 am on Monday November 9th by motorcoach. Price is \$935.00 per person, gratuities included. \$75.00 downpayment is due at the time of booking. Deposit is due by June 29th. (travel insurance is recommended) Final payment due by August 25th. Jane Wegner will be at the Senior Center on May 5, 12 & 19 from 10 am to noon to take your reservations or answer any questions. You can contact Jane at 920-290-8015 with any questions. (Please note the employees of the Senior Center will not be taking reservations)

Dementia Caregivers Support Group

When: Monday, May 4 & 18 at 10:00 am
Where: Berlin Senior Center
Do you have a family member or friend with Dementia? Please come and get support from others who share those experiences.

Pool League Schedule

Even months (Apr., June, Aug., Oct. Dec., Feb)

1st Wednesday of each month Berlin will play Princeton at Berlin starting at 9:00 am

3rd Wednesday of each month Berlin will play Wautoma at Berlin starting at 9:00 am

Odd months (May, July, Sept. Nov. Jan, March)

3rd Thursday of each month Wautoma will play Berlin at Wautoma starting at 9:00 am

Missing metal items? Who do you call? Dirt Detectives.

Our metal detecting group is willing to help you locate any metal items you may have misplaced at the park, on the streets or just about anywhere. Just give the Senior Center a call at 920-361-5422.

Anybody interested in joining the Dirt Detectives, they do meet the first Monday of each month at 10:00 am at the Berlin Senior Center.

Navigating the Complex System of Aging

May 21st at 12:45pm

Presented by Sheila Canter with Ripon Senior Living, at the BSC. Sheila comes with 30+ years of experience in all things Senior Living. She will answer question and give you the ins and outs on many topics, including: Independent Living, Assisted Living, Nursing Homes, Ombudsman Program, ADRC, Homecare vs. Home Health, Long Term Care Policies, and so much more...She will give you hints and ideas on how to navigate through the world of Aging with grace and confidence. Call the Senior Center to register.



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 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene 920-361-3323</p>
<p>4 10:00 Dementia Caregivers Support Group 10:00 Dirt Detectives 10:30 Senior Exercise 12:00 Sheepshead</p>	<p>5 10:00 Harmonic 11:15 Chair Yoga 1:00 Diamond Painting</p>	<p>6 9:00 Woodcarvers 9:30 Mahjong 10-12 Elder Benefit 10:30 Senior Exercise 1:00 Poker Pool 1:30 Stepping On</p>	<p>7 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:00 Lunch & Learn Funeral Trusts 12:30 Cribbage 2:00 Berlin Singers practice</p>	<p>8 9:00 Painting Together 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene 920-361-3323</p>
<p>11 10:30 Vet's Meeting 10:30 Senior Exercise 12:00 Sheepshead 1:00 Crocheting</p>	<p>12 Birthday Meal 10:00 Harmonic 11:15 Chair Yoga 12:45 Blood Pressure & Stroke Awareness</p>	<p>13 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 1:00 Poker Pool 1:30 Cardmaking w/ Judy 1:30 Stepping On</p>	<p>14 Footcare 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Juliet Manor 4:30 Dining Club at Fin & Feather</p>	<p>15 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene 920-361-3323</p>
<p>18 10:00 Dementia Caregivers Support Group 10:30 Senior Exercise 12:00 Sheepshead 1:00 Farkel 1:00 Crocheting</p>	<p>19 10:00 Harmonic 11:15 Chair Yoga 1:00 Cardmaking w/ Judy</p>	<p>20 Jill's Birthday 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 12:30 Crafting w/ Anne 1:00 Poker Pool 1:30 Stepping On</p>	<p>21 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 12:45 Independent Living 2:00 Berlin Singers at Patriot Place</p>	<p>22 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene 920-361-3323</p>
<p>25 CLOSED FOR MEMORIAL DAY</p>	<p>26 10:00 Committee on Aging 10:00 Harmonic 11:15 Chair Yoga</p>	<p>27 Timber Rattlers 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 1:00 Poker Pool</p>	<p>28 Footcare 9:00 Quilters 10:30 Weight loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Brown Wilcox</p>	<p>29 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene 920-361-3323</p>

Lunch & Learn Pre-Planning & Pie!

"It is never too early until it is too late"
Dave Barbola from Barbola-Hempel Funeral Chapel will be here to discuss funeral pre-planning at our noon meal (Salsbury steak) on **Thursday, May 7**. You will learn about funeral trusts and pre-planning. The session concludes with an open Q&A for participants and PIE. Please sign up at least a day before by calling 920-361-5422.

Elder Benefit Specialist Outreach Drop-in Hours

Green Lake County Elder Benefit Specialist, Kristine Biesenthal will be available to answer your questions from **10:00 am until noon on Wed. May 6 & Wed. June 10**. Please note these are drop-in hours and appointments will not be taken. You are also welcome to join us for a delicious noon meal as well! Call the Berlin Senior Center at 920-361-5422 to reserve your spot for lunch at least one day prior to attending.

Stroke Awareness Class Tuesday, May 12 at 12:45 pm

May is National Stroke Awareness Month. Strokes can happen at any age but are more common in those over the age of 55 and is a leading cause of disability. However, modifying risk factors that you have control over can help prevent 80% of all strokes! Join Nancy Gimenez, RN, BSN with Green Lake County Health Department to discuss the various types of strokes, ways to reduce your risk and learn the warning signs that allow you to act quick and get treatment. Stay for a complimentary blood pressure screening!

**Are you unable to pick up items
at the Food Pantry?
We Can Help!**
Call for details 920-361-5422

Dining Club

Place: Fin & Feather
Date: May 14
Time: 4:30 pm. Games will follow.
Call 920-361-5422 to sign up.

INSIGHT MAY 2026

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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

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01-1434

MAY MEALS

\$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 Monday thru Friday at noon. Cancellations must be made at least the day before.

MENU ITEMS ARE SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
				1
ALL MEALS INCLUDE MILK WHOLE GRAIN OR WHITE BREAD W/ BUTTER	ALL SALADS INCLUDE Tomatoes, Carrots & Cucumbers			Tilapia Coleslaw Cheesy Hashbrowns Peaches Chocolate Bundt Cake
4	5	6	7 Lunch & Learn	8
Tatar Tot Casserole Mixed Vegetable Spinach Salad Fruit Cocktail Choc. Mousse	Spaghetti Cauliflower Spinach Salad Cherry/Berry Fruit Crisp	Loaded Baked Potato w/cheese & Ham Cowboy Beans 7 Layer Salad Peaches	Salisbury Steaks w/ Caramelized Onions Gravy & Mashed Potatoes Peas & Carrots Pie	Fish Sandwich French Fries Baked Beans Pumpkin Bars
11	12 Birthday Meal	13	14	15
Mama's Pizza Casserole Broccoli Spinach Salad Fresh Fruit	Roasted Chicken Mashed Potatoes & Gravy Glazed Carrots Peaches Birthday Cake 	Brats w/kraut Cowboy Beans Potato Salad Watermelon	Chicken Enchiladas Salsa/Sour Cream Red Beans & Rice Spinach Salad Mandarin Orange Fluff	Beer Batter Cod Coleslaw Seasoned Tator Tots Pineapple
18	19	20	21	22
Creamy Mac & Cheese Stewed Tomatoes Spinach Salad Angel Food Cake W/Fruit Compote	Meatballs Mashed Potatoes & Gravy Peas & Corn Watermelon	Ham Loaf Sweet Potatoes Green Beans Pineapple Upside Down Cup Cake	Lasagna Mixed Veg. Spinach Salad Cherry Southern Salad	Tuscan Cod Coleslaw Cowboy Beans Strawberry Short Cake
25 Memorial Day	26	27	28	29
CLOSED FOR THE HOLIDAY	Parmesan Breaded Chicken Sweet Potatoes Corn & Peas Pineapple Pistachios Fluff	Bacon, Lettuce & Tomato Sandwich Broccoli/Calif. Cold Salad Watermelon	Meatloaf 3 Bean Bake Twice Baked Potato Fruit Cocktail Rice Crispy Treats	Scalloped Potatoes w/Ham Glazed Carrots Spinach Salad Musk Melon

HAPPY MAY BIRTHDAY!

- | | |
|---------------------|-----------------------|
| 1 Joanne Guden | 17 Mike Trampf |
| 1 Bob Kasuboski | 18 Rita Chicks |
| 2 Dolores Novak | 19 Peggy Ferrel |
| 2 Greg Polly | 19 Gerald Jodarski |
| 3 Isabel Mena | 19 Rose McGrath |
| 4 Zelma Hall | 19 Gerald Bella |
| 4 Pat Johnson | 20 Jill Dittmann |
| 5 Mike Dudek | 20 Annette Meyerfield |
| 6 Carol Resop | 21 Judy Haase |
| 10 Chuck Kelm | 21 Chuck Kaus |
| 10 Shelly Chikowski | 22 Delight Caylor |
| 10 Miriam Henker | 25 Sandra Lewis |
| 11 Tina Garcia | 25 Tammy Ciriacks |
| 13 Nancy Winn | 27 Beverly Keelor |
| 13 Christel Venker | 28 Joan Parsons |
| 14 Gary Wegner | 28 Jane Wegner |
| 14 Dorene Raabe | 29 Paula Banaszak |
| 15 Kenneth Fries | 30 Judy Kastner |
| 16 Jack Nation | 31 Carol Rohde |
| 16 Bonnie Heid | |
| 17 Naomi Leppin | |

MOTHER NATURE APOLOGIZES FOR THE LATE ARRIVAL OF SPRING. FATHER TIME WAS DRIVING AND REFUSED TO STOP AND ASK FOR DIRECTIONS



The May birthday meal will be on Tuesday May 12. The meal will consist of roasted chicken, mashed potatoes & gravy, glazed carrots, peaches and birthday cake donated by Whispering Pines, Ripon.

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for your Estate Planning Needs.

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An 80 year old man visits his doctor for a routine medical checkup.
 Doctor: "Your test results are absolutely perfect! What is your secret to such a great life?"
 Old Man: "I am highly favored! When I wake up at night to use the bathroom, God turns the light on for me, and when I leave, He turns it off."
 The doctor is stunned, and later that afternoon, he calls the man's wife to ask about this divine miracle.
 Doctor: "Your husband says God personally operates the bathroom light for him every single night!"
 Wife: "Oh for heaven's sake, he's peeing in the refrigerator again!"



Older Americans Month "Champion your Health"

Five facts about older adults you need to know:

- 1. They are online.** According to research studies, 53% of Americans aged 65 or older are online
- 2. Four in five have a chronic condition.** Four in five older adults are facing at least one chronic condition such as heart disorders, arthritis, or osteoporosis.
- 3. Only 3.6% are in nursing homes**
- 4. They get a good night's sleep.** It is said that although older adults tend to wake up during the night, they get a good night's sleep regularly.
- 5. They have less stress.** According to the American Psychological Association, nine in ten older adults are doing enough to manage stress.

Enjoy life -You've earned it!

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
Website: www.cityofberlin.net/SeniorCenter
Facebook at: Berlin Senior Center

**NO MEMBERSHIP FEE TO JOIN
 Must be 55 or older**

Day Trip Policy: 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. Call for out of town costs.

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.