



INSIGHT

SEPTEMBER 2026



**SEPTEMBER IS THE PERFECT BLEND OF SUMMER'S
FAREWELL AND AUTUMN'S EMBRACE.**

- UNKNOWN

142 WATER STREET, BERLIN, WI | 920-361-5422 | CITYOFBERLIN.NET/SENIOR-CENTER

EMAIL: SENIORCENTER@CITYOFBERLIN.WI.GOV

YOU CAN ALSO FIND US ON FACEBOOK AT BERLIN SENIOR CENTER

CHAT W/SHEILA Falls Prevention Month September 8 at 1 pm

Sheila Canter, from Ripon Senior Living will be at the Berlin Senior Center to learn how falls can be preventable with tips and tricks for all ages. You will learn about things you may not think about that can lead to falls. Please call the Senior Center at 920-361-5422 to sign up.

POWERFUL TOOLS FOR CAREGIVERS

Date: Wednesdays , September 9 -October 14

Time: 1:30 pm - 3:00 pm

Location: Berlin Senior Center

Powerful Tools for Caregivers is a six-week interactive class providing caregivers with "tools" they can use to be a more effective caregiver. These "tools" can assist with better stress management, handling emotions, and effectively communicating with others, including the care recipient.

Contact Lisa Zimmerman at 833-694-0192 or lzimmerman@greenlakecountywi.gov.

JELLY BINGO

Date: Wednesday, September 23 at 1:00 pm

Where: Berlin Senior Center

Please join us for Bingo. The prizes will be Terry's Market homemade jelly & jam. Come and have a "jammy" good time. No cost to play.

GRIEF SUPPORT GROUP

We all handle grief differently but we all need support. Kristle Jackson, MSE, LPC Clinical Therapist at Green Lake County DHHS BHU will be conducting a support group to help us.

Dates: 2nd and 4th Tuesdays of each month

Time: 3-4 pm

Where: Berlin Senior Center

This hour is dedicated to an open discussion around grief topics. Participants will be encouraged to share personal experiences and connect with one another. Potential topics of discussion include but are not limited to:

- understanding grief
- impacts of loss
- coping with grief
- continuing bonds
- identity reformation

Please call Kristle at 920-294-4070 with any questions.

FOOD DRIVE

The Berlin Senior Center will be participating in a food drive in September as it is National Food Drive month. During the month of September, please bring non-perishable foods to the center and we will help stock the local pantry

LUNCH & LEARN

What is Green Lake County ADRC?

Date: Thursday, September 10 at noon

Where: Berlin Senior Center

Learn more about resources available to you.

Please call the Senior Center at 920-361-5422 to sign up. On the menu is Lasagna.

GREEN LAKE COUNTY HEALTH FAIR

Date: Thursday, September 17, 9 am to 2 pm

Where: Town Square Community Center, 492 Hill Street, Green Lake

Join us for the 4th annual Green Lake County Health and Wellness Fair, a free community event featuring over 40 vendors sharing resources, products, and services to support health living in our community. Guests can enjoy live entertainment, free refreshments, and engaging activities throughout the day. Don't miss the Wake Up Whitetail coffee truck on-site from 8:00-11:00 am! Admission is free and open to all. For more information or to register, visit www.greenlakecountywi.gov/health-and-wellness-fair or call 920-294-4070.

DEMENTIA CAREGIVERS SUPPORT GROUP

Dates: 1st & 3rd Monday every month at 10 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.

ELDER BENEFIT DROP-IN HOURS

Kristine Biesenthal, Green Lake County Elder Benefit Specialist will be at the Berlin Senior Center on Wednesday, September 9 from 10 until noon.

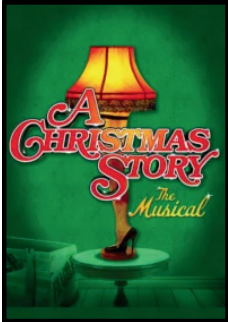
GREEN LAKE COUNTY NATIONAL DIABETES PREVENTION PROGRAM

Nancy Gimenez, Green Lake County Public Health Nurse is putting together a Diabetes Prevention class to be held at the Berlin Senior Center. The class is weekly for 10 sessions then every other week; the last six months are monthly. If you are interested or have any questions, please call Nancy at 920-294-4070. Classes will be starting in the fall.

NOV

DANCING HORSES**WEDNESDAY, NOV. 18 - COST: \$140.00**

Our holiday production brings sparkling lights, festive music and breathtaking equestrian artistry together in one unforgettable celebration. The show is performed in a state of the art 300 seat theatre and is truly a must see for any horse lover.



DEC

CHRISTMAS STORY AT THE FIRESIDE**THURSDAY, DECEMBER 10 - COST \$130.00**

Join us for a day of fun with a meal and show at the Fireside. Lunch choices are: 1) Chicken Parmesan; 2) Grilled Atlantic Salmon; 3) Sliced Roast Beef Tenderloin or 4) Vegetarian Puff Pastry Pot Pie.

Payment due at the time of signing up. Stop in any time Monday through Friday 9:00 am to 4:00 pm. Call 920-361-5422 with any questions. All trips are open to anyone 21 years of age or older.

STAY TUNED for many more exciting day trips coming in 2027

DAY TRIPS

03

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



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

City of Berlin Parks & Recreation Senior Center, Berlin, WI

01-1434

SEPTEMBER ACTIVITIES CALENDAR

Mon.	Tues	Wed.	Thurs	Fri.
	01 10:00 Harmonic 11:15 Chair Yoga 1:00 Diamond Painting	02 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise	03 9:00 Quilters 10:30 Weight Loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Berlin Singers Practice	04 Sunset Party 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323 1:00 Sunset Party 1:00 Crocheting 3:00 Jim Strey - Medicare
07 CLOSED FOR LABOR DAY	08 Birthday meal 10:00 Harmonic 11:15 Chair Yoga 1:00 Chat w/Sheila - Falls Prevention 3:00 Grief Support Group	09 9:00 Woodcarvers 9:30 Mahjong 10:00 Elder Benefits Specialist 10:30 Senior Exercise 1:00 Cardmaking w/Judy 1:30 Caregivers Tools	10 Footcare 9:00 Quilters 10:30 Weight Loss 11:15 Chair Yoga 11:30 Lunch & Learn "What is ADRC?" 12:30 Cribbage 2:00 Berlin Singers at Juliet Manor 4:30 Dining Club at On Broadway	11 9:00 Painting Together 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
14 Deb's Birthday 9:30 Friends Meeting 10:30 Vets Meeting 10:30 Senior Exercise 12:00 Sheepshead	15 Day Trip 10:00 Harmonic 11:15 Chair Yoga	16 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 12:30 Crafts w/Anne 1:30 Caregivers Tools	17 Health Fair Pool at Wautoma 9:00 Quilters 10:30 Weight Loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Patriots Place	18 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
21 10:00 Dementia Caregivers Group 10:30 Senior Exercise 12:00 Sheepshead 1:00 Farkel	22 9:00 Committee on Aging 10:00 Harmonic 11:15 Chair Yoga 1:15 Cardmaking w/Judy 3:00 Grief Support Group	23 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 1:00 Jelly Bingo 1:30 Caregivers Tools	24 Footcare 9:00 Quilters 10:30 Weight Loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Brown-Wilcox	25 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
28 10:30 Senior Exercise 12:00 Sheepshead 1:00 Crocheting	29 10:00 Harmonic 11:15 Chair Yoga	30 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 1:30 Caregivers Tools		

SUNSET PARTY

**FRIDAY, SEPTEMBER 4TH
STARTS AT 1 PM**

- ICE CREAM FLOATS
- SUNDAE BAR
- S'MORES

FUN GAMES

WEAR YOUR BEST SUMMER OUTFIT TO WIN A PRIZE!

**REMEMBER TO REGISTER FOR LUNCH:
BURGERS AND TOTS
920-361-5422**



ANNUAL FRIENDS OF THE SENIOR CENTER PICNIC

Friends of the Berlin Senior Center would like to **THANK** everyone for participating in making the Senior picnic a huge success. Personal thank you to Deb for the delicious meal, to all the volunteers who helped, to the Senior Center for providing the music and to all that donated door prizes. Thank you also to Traci as representative of the Common Council and Tannan and Cooper from the high school for volunteering their services. Congratulations to all the door prize winners. Fun was had by all and we hope to make next year's picnic bigger and better.

05

**Something Doesn't Look Right?
Trust Your Instincts.**



Preventing Medicare Fraud

If you notice charges you don't recognize, receive medical equipment you didn't order, or have questions about your Medicare account, Wisconsin SMP is here to help.

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



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920-361-4046

**Advertise in Our
Newsletter!**

Contact Marsha Smith

msmith@4LPi.com
(800) 950-9952 x2485



Dine In, Carry Out, Senior Menu
Friday Fish Fry Special
920-290-3077
215 Ripon Rd., Berlin, WI



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

City of Berlin Parks & Recreation Senior Center, Berlin, WI

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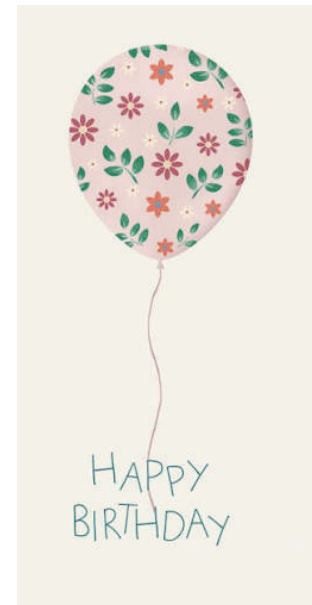
SEPTEMBER MENU

Mon.	Tues	Wed.	Thurs	Fri.
	01	02	03	04 Sunset Party
	Beffy Mac & Cheese Mixed Vegetables Spinach Salad Jello w/fruit	Parmesan Breaded Chicken Sweet Potato Broccoli Apple Crisp	Baked Potato w/ Cheese, Cowboy Beans & Ham 7 Layer Salad Peaches	Burgers & Fixings Seasoned Tots Baked Beans Cole Slaw Jello Poke Cake
07	08 Birthday meal	09	10	11
CLOSED FOR LABOR DAY	Beef Tips Mashed Potatoes & Gravy Mixed Vegetables Pears Birthday Cake	Chicken Sandwich Cheesy Tots 3 Bean Bake Cherry Southern Salad	Lasagna Mixed Vegetables Spinach Salad Fruit Fluff	Roasted Chicken Onion/Garlic Potato Slices Glazed Carrots Blueberry/Pineapple dump cake
14 Deb's Birthday	15	16	17	18
Cheesy Broccoli Soup Ham Sandwich Spinach Salad Pears	Meatloaf Baby Bakers Carrots & Green Beans Pumpkin Bars	Chicken Enchiladas Beans & Rice Spinach Salad Banana	Salisbury Steak carmalized onions Mashed Potatoes & Gravy Mixed Vegetable Pears Chocolate Mousse	Grilled Cheese Tomato Soup Spinach Salad Fruit Cocktail Cinnamon Streusel Cake
21	22	23	24	25
Chili w/Beef & Beans Spinach Salad Peaches Corn Bread w/ Honey Butter	Roasted Chicken Mashed Potatoes & Gravy Mixed Vegetables Banana Cream Pie	Spaghetti w/meat sauce Broccoli/Cauliflower Spinach Salad Peaches	Meatballs & Gravy Mashed Potatoes Green Beans Strawberry Shortcake	Baked Tilapia 3 Bean Bake Twice Baked Potato Lemon/Blueberry Bundt Cake
28	29	30		
Sloppy Joe Sandwich 3 Bean Bake Coleslaw Beets Blueberry/Pineapple Dump Cake	Chef's Salad w/eggs, Ham & Cheese Broccoli/Cauliflower Salad Grapes			

\$5.00 suggested contribution for those age 60+. This is a Green Lake County Elderly Nutrition Program meal site. Please call 920-361-5422 at least one day before to reserve a seat. We serve daily Monday through Friday at noon. Cancellations must be made by at least the day before.

All salads include tomatoes, carrots, cucumbers & dressing. All meals include milk (2% or lower), whole grain bread & butter. MENU ITEMS ARE SUBJECT TO CHANGE.

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



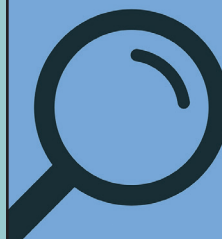
BIRTHDAY MEAL

The birthday meal will be on Tues. Sept. 8 at noon. The meal will be Beef Tips, Mashed Potatoes & Gravy, mixed veggies, pears and birthday cake donated by Whispering Pines Nursing & Rehab in Ripon. Please call the Senior Center at least a day before to sign up.

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City of Berlin Parks & Recreation Senior Center, Berlin, WI

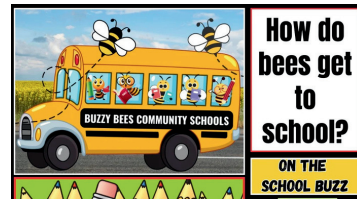
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A woman walked into a New York bank and asked for a \$300 loan.

The bank manager sat her down and said, "We'll need some collateral to approve this." Without hesitation, she handed over the keys to her Porsche.

The manager couldn't believe it, but he accepted and had the car parked safely in the bank's garage. Two weeks later, she returned, paid back the \$300 plus \$5 interest, and was ready to leave. Curious, the manager said, "Ma'am, I looked you up... you're extremely wealthy. Why on earth did you need a \$300 loan?"

She smiled and replied, "Where else in New York could I park my Porsche for two weeks for just \$5?"



Why did the scarecrow win a medal?



He was outstanding in his field.

OUR STAFF

SUE KIENER: Berlin Senior Center & Parks Facilities Director | skiener@cityofberlin.wi.gov

JILL DITTMANN: Senior Assistant Programming Coordinator | seniorcenter@cityofberlin.wi.gov

DEB MIRR: Head Cook and Green Lake Meal Site Manager for Berlin | dmirr@cityofberlin.wi.gov

Hours: Monday thru Friday 9:00 am to 4:00 pm

Phone: 920-361-5422

Address: 142 Water Street, Berlin, WI 54923

Website: www.cityofberlin.net/seniorcenter

Facebook: Berlin Senior Center

- **NO MEMBERSHIP FEE TO JOIN**
- **MUST BE 55 OR OLDER**

MISSION STATEMENT

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

TRANSPORTATION

For Transportation Services Call 1-833-694-0192

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 920-361-5422 the day before to sign up.

For home bound meals, call 833-694-0192.

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.

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.