



INSIGHT

OCTOBER 2026

IN THE ENTIRE CIRCLE OF THE YEAR THERE ARE NO DAYS SO
DELIGHTFUL AS THOSE OF A FINE OCTOBER
- ALEXANDER SMITH

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

FLU SHOT CLINIC

Date: Tuesday, October 13, 10 - 11:30 am
Where: Berlin Senior Center

CHAT W/SHEILA Grief and the holidays October 13 at 1 pm

Sheila Canter, from Ripon Senior Living will be at the Berlin Senior Center to discuss grief and the holidays. Build friendships and a support system. Please call the Senior Center at 920-361-5422 to sign up.

SMARTPHONE CLASS

Date: Thursdays, October 1, 8, 15 & 22
Where: Berlin Senior Center

Learn how to use your smartphone with confidence, stay connected and make everyday life easier! Android Classes are 10:00 - 11:00 am and Iphone classes are from 11:15 to 12:15. Classes will cover

- texting
- email
- photo & Camera
- facetime & video calling
- voice activation
- Wi-Fi vs. Cellular Data
- and much more

Please RSVP to Options at 920-393-1050 or call the Senior Center at 920-361-5422. Space is limited.

DINING CLUB

Date: Thursday, October 8 at 4:30 pm
Where: Rick's Iris Pub, Redgranite
 Games will follow. Call 920-361-5422 to sign up

BRANSON TRIP INFO MEETING

Where: Berlin Senior Center
Time: 1:00 pm
 There will be an informational meeting for all individuals signed up to go on the Branson Trip. Please be there.

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.

LUNCH & LEARN All About Medicare presented by Kathy Krentz

Date: Tuesday, October 20 at noon
Where: Berlin Senior Center

Confused about medicare?

Join us for an informative presentation that breaks down how Medicare works in simple, easy-to-understand terms. Areas covered will be:

- The different parts of Medicare A, B, C & D
- Coverage options and enrollment periods
- What happens if your plan ends
- Making informed choices for your health care needs

Please call the Senior Center at 920-361-5422 to sign up. Please register by October 18. On the menu that day is meatloaf.

DIABETES PREVENTION PROGRAM

Where: Berlin Senior Center
When: Tuesdays from 1-2 pm starting 10/20, Orientation will be on Tuesday, October 6

Did you know that more than 50% of adults over 65 have prediabetes, yet most don't know it? Green Lake County Health Department has a Diabetes Prevention Program (DPP) that works to help people lose weight and get more active-which helps lower your chance of developing diabetes. Diabetes is a costly disease that can cause many complications and impact your quality of life.

This October, the one year long program comes to the Berlin Senior Center (one of three locations offered.) So, if you are ready to make some changes and become healthier, please reach out to Nancy, public health nurse at Green Lake County for more information or to enroll. Her number is 920-294-4070.

FRIENDS OF THE BERLIN SENIOR CENTER

The Board of Directors met on September 14 at the Berlin Senior Center. At that time they acknowledged the Thank You's they received regarding the picnic. Jane Wegner discussed the Branson trip and that they had 51 people going. It was also discussed regarding projects for 2027. If anybody has any suggestions for projects for the Friends to take on in 2027, please let a Friend's board member know. The next meeting will be Monday, December 14 at 9:30 am. at the Berlin Senior Center.

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. Deadline November 1 to sign up



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. Deadline November 1 to sign up.



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

**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**



Mon.	Tues	Wed.	Thurs	Fri.
			01 9:00 Quilters 10:00 Smartphone basics 10:30 Weight Loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Berlin Singers Practice	02 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
05 10:00 Dirt Detectives 10:00 Dementia 10:30 Senior Exercise 12:00 Sheepshead	06 10:00 Harmonic 11:15 Chair Yoga 1:00 Diamond Painting 1:00 Pre-Diabetes Group	07 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise	08 Footcare 9:00 Quilters 10:00 Smartphone basics 10:30 Weight Loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Heartland House 4:30 Dining Club	09 9:00 Painting Together 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
12 10:30 Vets Meeting 10:30 Senior Exercise 12:00 Sheepshead	13 10-11.30 Flu Clinic 10:00 Harmonic 11:15 Chair Yoga 1:00 Chat w/Sheila	14 9:00 Pool at Berlin 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 1:00 Cardmaking w/Judy	15 9:00 Quilters 10:00 Smartphone basics 10:30 Weight Loss 11:15 Chair Yoga 12:30 Cribbage 1:00 Branson meeting 2:00 Berlin Singers	16 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
19 10:00 Dementia Caregivers Group 10:30 Senior Exercise 12:00 Sheepshead 1:00 Farkel	20 10:00 Harmonic 11:15 Chair Yoga Noon Lunch & Learn 1:00 Pre-Diabetes Group	21 9:00 Pool League 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 12:30 Crafting w/Anne	22 Footcare 9:00 Quilters 10:00 Smartphone basics 10:30 Weight Loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Eden Vista	23 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
26 10:30 Senior Exercise 12:00 Sheepshead 1:00 Crocheting	27 9:00 COA 10:00 Harmonic 11:15 Chair Yoga 1:00 Cardmaking w/Judy 1:00 Pre-diabetes 3:00 Jim Strey medicare	28 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise	29 9:00 Quilters 10:30 Weight Loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Juliet Manor	30 10:30 Senior Exercise 12:00 Halloween Party 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323

WHITE CANE SAFETY DAY

October 15 of each year is White Cane Safety Day. The theme for 2026 is "A lack of sight is not a lack of vision." The White Cane Law encourages the year round independence of people in the blind and visually impaired community, creating a sense of empowerment and improving public safety.

Thousands of blind and visually impaired individuals around the State of Wisconsin use a white cane for mobility and safe travel.

The white cane symbolizes independence and freedom. It represents a user's ability to travel safely, navigate unfamiliar environments and move through the world on their own terms. Drivers must come to a complete stop and yield the right-of-way when they encounter a pedestrian carrying a white cane (or utilizing a guide dog). Failing to yield is not a mere traffic discourtesy - it is a legal violation that results in fines or criminal penalties.

The different types of canes are:

- All white cane indicates the user is completely blind with no usable vision
- White cane with a red bottom indicates the user has low vision or partial, usable residual sight
- Red and white striped can indicates the user is deaf & blind, having both sight and hearing impairments.



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.

Call before fraud becomes a bigger problem.

Free and confidential assistance.

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



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



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

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

01-1434

OCTOBER MENU

Mon.	Tues	Wed.	Thurs	Fri.
			01	02
			Scalloped Potatoes w/Ham Corn Taffy Apple Salad	Tuscan Cod Seasoned Potato Wedges Coleslaw Cinnamon Streusel Cake
05	06	07	08	09
Tator Tot Casserole Mixed Vegetables Spinach Salad Pears	Parmesan Breaded Chicken Sweet Potatoes Corn Lemon Blueberry Bundt Cake	Salisbury Steak w/ Carmelized Onions Mashed Potatoes & Gravy Corn Cherry Southern Salad	Loaded Baked Potato w/cheese, Ham & Cowboy Beans 7 layer salad Fresh Fruit	Baked Tilapia Sweet Potatoes Coleslaw Banana Cream Pie
12	13 Birthday meal	14	15	16
Ham/Cheese Sliders Sweet Potato Mixed Vegetables Apple Sauce	Roasted Chicken Mashed potatoes & Gravy Glazed Carrots Pears Birthday Cake	Lasagna Broccoli Spinach Salad Jello w/fruit	Pork Loin Mashed Potatoes & Gravy Peas & Corn Strawberry Shortcake	Tuscan Seasoned Cod Seasoned Tots 3 bean bake Mandarin Orange Cake
19	20	21	22	23
Sloppy Joes 3 Bean Bake Cheesy Hashbrowns Fruit Cocktail	Meat Loaf Twice Baked Potato Mixed Vegetables Blueberry/Pineapple Dump Cake	Spaghetti w/meat sauce California Blend Vegetables Spinach Salad Peaches	Turkey Club Sandwich Broccoli/Cauliflower Salad Banana	Battered cod sandwich Seasoned tator tots Coleslaw Jello Poke Cake
26	27	28	29	30 Halloween party
Mom's Pizza Casserole Broccoli Spinach Salad Pineapple	Ham Sandwich Baby bakers Baked Beans Apple Crisp	Roasted Chicken Onion & Garlic Potato Slices Corn Banana	Ham Loaf Mixed vegetables Sweet Potato Apple Sauce	Boney BBQ ribs Coleslaw Baked Beans Deviled Egg Eyeballs Fruit Cocktail

\$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.

2 Raymond Boeck
 2 Steve Seltzner
 3 Harvey Petty
 4 Ina Mlodzik
 4 Sandra Young
 5 Kay Roethel
 6 Kathy Walker
 8 Diana Czekalski
 8 Joyce Wesner
 13 Richard Frost
 14 Bob Pribnow
 15 Jacilyn Boening
 15 Denice Stumpner
 15 Sue Stumpner
 15 JoAnne Reysen
 15 Donna Krause
 15 Lori Pavelske
 15 Jill Jensen
 16 Victor Dretske
 17 Steven Nelson



BIRTHDAY MEAL

The birthday meal will be on Tues. October 13. The meal will be roasted chicken, mashed potatoes & gravy, glazed carrots, pears and birthday cake donated by Whispering Pines/Eden Vista in Ripon. Please call the Senior Center at least a day before to sign up.

17 Steven Nelson
 17 Jodi Kalkis
 21 Cheryl Coats
 22 Tim Kubis
 23 Evelyn Dally
 23 Lori Johnson
 24 Gary Boening
 24 Gerald Downen
 25 Donna Weitz
 26 Karen Neuman
 26 Teresa Burton
 26 Delores Schwartz
 27 Dennis Schwartz
 28 Caroline Treder
 28 Rich Strebelinski
 30 John Bauer
 30 Christine Brantley
 30 Gail Ewald
 31 Chris Melland

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A woman went shopping, and at the checkout she opened her purse to pay. The cashier noticed a TV remote inside and curious, asked: "Do you always carry your TV remote with you?" She smiled and replied "Not always. But my husband refused to come shopping with me today because he wanted to watch a football match, so I brought the remote with me."

****MORAL:** Accompany and support your wife in her hobbies.** The story continues:

The cashier chuckled, then suddenly returned all the items she had purchased. Surprised, the woman asked "Why are you putting everything back." The cashier replied, "Your husband has blocked your credit card."

****MORAL:** Always respect your husband's hobbies.**The story continues:

Without hesitation, the woman pulled out another card from her purse – her husband's credit card – and swiped it. Unfortunately for him, he hadn't blocked his own card.

****MORAL:** Never underestimate the power and wisdom of your wife. **The story continues:

The payment terminal then displayed: "Enter the pin sent to your mobile phone." The woman froze.

****MORAL:** When a man is about to lose, technology sometimes comes to his rescue! ** The story continues: She smiled and reached into her purse for her phone. Just then the phone rang. It was a text message from her husband--forward to her mobile. You see she had taken his phone along with the TV remote, so he wouldn't be able to call her while she was shopping. She entered the PIN, paid for everything and happily headed home.

****MORAL:** Never underestimate a desperate woman! But the story continues:

When she arrived home, she noticed that her husband's car was gone. There was a note taped to the door: "Couldn't find the remote. I've gone out with the boys to watch the football match. I'll be home late. Call me on my phone if you need anything." She checked her purse. She had the remote. She had his phone. And then she realized he had taken the house keys with him.

****FINAL MORAL:** Don't try to control your husband. In the end, you might just lose the remote, the phone, the credit card, AND the house!

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.