



INSIGHT

NOVEMBER 2026



**HOSPICE CARE IS MORE
ABOUT QUALITY OF LIFE
THAN IT IS ABOUT DEATH
- UNKNOWN**

**DIABETES DOESN'T
DEFINE YOU;
STRENGTH,
PERSONALITY &
SELF-WORTH DO.**



**Diabetes
Awareness
Month**

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

Hospice vs. Palliative Care - What is the Difference, and Why Do I Need to Know This?

When: Thursday, November 12 at 10:00 am.

Where: Berlin Senior Center

Bri Custard, M.Ed., Outreach Specialist for Thedacare at Home & Post-Acute Services will be discussing the differences between Hospice and Palliative Care. Please call the Senior Center at 920-361-5422 to sign up.

Medicare Fraud Information

When: Monday, November 9 at 1 pm

Where: Berlin Senior Center

Have you received calls from someone saying they are with Medicare, wanting your Medicare number? You are not alone! Medicare fraud and abuse can happen to anyone. Come and join this interactive presentation to learn how you can protect yourself from Medicare-related fraud and scams. Call to sign up 920-361-5422.

Holiday Hours

Berlin Senior Center will be closed on the following days:

- November 26 & 27
- December 24 & 25
- December 31 & January 1

Thanksgiving Celebration

When: Thursday, November 19 at noon

Where: Berlin Senior Center

All of your favorite holiday fixings: turkey, mashed potatoes & gravy, stuffing, vegetables, cranberry relish and pumpkin pie.

Call 920-361-5422 to sign up.

Suggested contribution of \$5 for anyone 60+.

Walking Indoors

When: Tuesdays at 3:30 pm

Where: Berlin Senior Center

Walking improves health with regular steps supporting mood, sleep and longevity. Walking is one of the most common ways people stay active. Professionals say you'll also see health links such as improved blood pressure, insulin sensitivity, knee osteoarthritis, pain relief, fall risk reduction and how gait speed can relate to longevity. Walk at your own pace! Have FUN! Improve your health and balance!!

LUNCH & LEARN Understanding our Aging Eyes presented by Bryce Aul, MD Board-Certified Ophthalmologist

When: Thursday, November 5 at 12 pm

Where: Berlin Senior Center

Join Dr. Aul, an SSM Health Fond du Lac Regional Clinic Ophthalmologist as he discusses a variety of eye care issues in older adults and how to treat them, including general eye care, cataracts, glaucoma, macular degeneration and dry eye.

For reservations, call the Berlin Senior Center at 920-361-5422. On the menu that day is Lasagna.

Chats With Sheila What is Dementia? What are the signs?

When: Tuesday, November 10 at 1 pm

Where: Berlin Senior Center

Sheila Canter, from Ripon Senior Living will be at the Berlin Senior Center to discuss dementia and about the different types of dementia.

Dementia Caregivers Support Group

When: 1st & 3rd Monday 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.

Diabetes Prevention Program

When: Tuesdays from 1-2 pm

Where: Berlin Senior Center

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 that works to help people lose weight and get more active; which helps lower your chance of developing diabetes. Call for more information 833-694-0192.

**Do you have a topic you want to
learn more about?
Let us know!**



DANCING HORSES THEATRE ITINERARY

WEDNESDAY, NOVEMBER 18

9:15 am	Meet at Berlin Walmart
9:30 am	Depart
Noon	Lunch & Show
6:00 pm	Return to Berlin Walmart

CHRISTMAS STORY AT THE FIRESIDE ITINERARY

THURSDAY, DECEMBER 10

8:15 am	Meet at Berlin Walmart
8:30 am	Depart
11:15 am	Lunch & Show
6:00 pm	Return to Berlin Walmart

STAY TUNED for many more
exciting Day Trips coming in 2027



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.
02 10:00 Dementia Caregivers Group 10:30 Senior Exercise 12:00 Sheepshead	03 10:00 Harmonic 11:15 Chair Yoga 1:00 Diamond Painting 1:00 Diabetes Prevention Class 3:30 Walking Indoors	04 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise	05 9:00 Quilters 10:30 Weight Loss 11:15 Chair Yoga Noon Lunch & Learn Understanding your eyes 12:30 Cribbage 1:00 Berlin Singers Practice	06 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
09 10:30 Veterans Meeting 10:30 Senior Exercise 12:00 Sheepshead 1:00 Medicare Fraud	10 10:00 Harmonic 11:15 Chair Yoga Noon Birthday Lunch 1:00 Chat w/Sheila What is dementia? 1:00 Diabetes Prevention Class 3:30 Indoor Walking	11 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 1:00 Cardmaking w/Judy	12 Footcare 9:00 Quilters 10:00 Hospice vs. Palliative Care presentation 10:30 Weight Loss 11:15 Chair Yoga 12:30 Cribbage 2:00 Berlin Singers at Prairie Place	13 9:00 Painting Together 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
16 10:00 Dementia Caregivers Group 10:30 Senior Exercise 12:00 Sheepshead 1:00 Crocheting	17 10:00 Harmonic 11:15 Chair Yoga 1:00 Cardmaking w/Judy 1:00 Diabetes Prevention Class 3:30 Indoor Walking	18 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise 12:30 Crafting w/Anne	19 9:00 Pool in Wautoma Noon Thanksgiving Feast 2:00 Berlin Singers at Patriot Place	20 10:30 Senior Exercise 12:00 Sheepshead 12:30 Bridge Call Gerene at 920-361-3323
23 10:30 Senior Exercise 12:00 Sheepshead	24 9:00 COA meeting 10:00 Harmonic 11:15 Chair Yoga 1:00 Diabetes Prevention Class 3:30 Indoor Walking	25 9:00 Woodcarvers 9:30 Mahjong 10:30 Senior Exercise	26 CLOSED	27 CLOSED
30 10:30 Senior Exercise 12:00 Sheepshead				

THANKSGIVING WORDSEARCH

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

WORD LIST

AUTUMN
BONFIRE
FALL
FAMILY
FEAST

GRACE
LEAVES
PARADE
PEACE
TURKEY



THANKSGIVING

— crossword puzzle —



PUZZLES

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**



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

**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

01-1434

Mon.	Tues	Wed.	Thurs	Fri.
02	03	04	05	06
Chili w/beans Spinach Salad Fruit Cocktail Crackers Corn Bread w/honey butter	Salisbury Steak w/caramelized onions Mashed Potatoes & Gravy corn Fruit Fluff	Parmesan Roasted Chicken Green Beans Sweet Potatoes Blueberr/Pineapple Dump Cake	Lasagna Mixed Vegetables Spinach Salad Jello w/Fruit	Fish Sandwich Coleslaw Cheesy Tots Peaches Cinnamon Streusel Cake
09	10 Birthday meal	11	12	13
Baked Macaroni & Cheese Stewed Tomatoes Spinach Salad Pears	Beef Tips Mashed Potatoes Peas & Corn Fruit Cocktail Birthday Cake	Meatloaf Twice Baked Potato Baked Beans Lemon Blueberry Bundt Cake	Spaghetti w/meat sauce California Blend Vegetables Spinach Salad Grapes Magic Bars	Potato Chive Crusted Cod Coleslaw Cheesy Hashbrowns Coleslaw Cherry Southern Salad
16	17	18	19 Thanksgiving meal	20
Shepards Pie Green Beans Spinach Salad Banana	Pork Loin Mashed Potatoes Gravy Mixed Vegetables Apple Sauce	Loaded Baked Potato w/Cheese & Ham Cowbow Beans 7 Layer Salad Strawberry Shortcake	Turkey, Stuffing, Mashed Potatoes & Gravy Mixed Vegetables Orange-Cranberry Relish Pumpkin Pie	Tuscan Cod Cheesy Tots Coleslaw Cherry Southern Salad
23	24	25	26	27
Sloppy Joes 3 Bean Bake Spinach Salad Peaches	Beef Teriyaki Asian Vegetable w/Rice Spinach Salad Blueberry/Pineapple Dump Cake	Ham Loaf Sweet Potatoes Baked Beans Mandarin Orange Fluff	CLOSED	CLOSED
30				
Cheesy Broccoli Soup Ham Sandwich Spinach Salad Pears Magic Bars				

\$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 Betty Konen
 1 Curtis Anderson
 1 Martin Britz
 2 Linda Klauer
 2 Barbara Sobieski
 2 Belinda Dassow
 5 Barbara Born
 6 Paul Hanan
 7 Denise Farrow
 8 Marian Weber
 10 Susan LaBuda
 10 Kenneth Martin
 12 Raymond Stumpner
 12 Anne Murphy
 12 Jeff Kiener
 13 Leanne Hansen
 14 Chuck Fehl
 14 Judith Brano
 15 Harold Wiese
 17 Carlton Nehring



19 Richard Monson
 21 Richard Dieringer
 22 Darrell Dittmann
 22 Gladys Hall
 24 Barbara LeGault
 25 James Appollo
 26 Nancy Kubis
 27 Karen Shurk
 27 Paula Speilman
 28 Joan Barry
 30 Ronald Hoffman
 30 Donna Kirk



BIRTHDAY MEAL

The birthday meal will be on Tues. November 10th. The meal will be beef tips, mashed potatoes & gravy, peas and corn, fruit cocktail and birthday cake. Please call the Senior Center at least a day before to sign up.

Never miss our publication!

Get each new issue delivered straight to your inbox.

Scan to subscribe on MyCommunityOnline.com



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502



WisePath
 INSURANCE SERVICES

Confused about Medicare?

Call today for local Medicare help.



Penny Koehler
 ☎ 920-896-6988



Kathy Krentz
 ☎ 920-987-5169

Not affiliated with Medicare. We do not offer every plan available in your area. Currently we represent 4 organizations which offer 44 products in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

Does your organization need a newsletter?
 We'll cover the printing costs!

Learn more at lpicommunities.com



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

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

01-1434

PERMANENT WAVE

A man was driving down the highway, and he saw a rabbit hopping across the road. He swerved to avoid hitting the rabbit, but unfortunately the rabbit jumped in front of the car and was hit. The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road, and got out to see what had become of the rabbit. Much to his dismay, it was dead. The driver felt so awful, he began to cry. A woman driving down the same road came along, saw the man crying on the side of the road, and pulled over. She stepped out of her car and asked the man what was wrong. "I feel terrible," he explained, "I accidentally hit this rabbit and killed it."

The woman told him not to worry; she knew what to do. She went to her car trunk, pulled out a spray can, walked over to the limp, dead rabbit, and sprayed the contents of the can onto the animal. Miraculously the rabbit came to life, jumped up, waved its paw at the two humans, and hopped down the road. Fifty yards away, the rabbit stopped, turned around, waved again, hopped down the road another fifty yards, waved and hopped another fifty yards. The man was astonished. He couldn't figure out what substance could be in the woman's spray can! He ran over to the woman and demanded, "What was in your car? What did you spray on that rabbit?" The woman turned the can around so that the man could read the label. It said: "Hair spray. Restores life to dead hair. Adds permanent wave."



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 | 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

The Green Lake County Nutrition Program meals will be served at the Berlin Senior Center through the end of this year, Monday through Friday at noon.

Deb Mirr will be cooking through December. Please call 920-361-5422 the day before to sign up.

In 2027 the Berlin Senior Center will continue to host monthly Birthday meals on the 2nd Tuesday of each month, and also our annual Holiday meals. Details will be shared in the near future.

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.