



February

2025

NEWSLETTER
New Phone Number
262-754-1706

February Greetings Everyone!

Happy Valentine's Day... plus Happy President's Day!! I'm sensing a theme here...HAPPY!!!

I hope that happiness is a theme in your life as well!!! Remember, you have a choice... and I hope you **CHOOSE HAPPY!!**... and share that with those around you!

So.... Let's be happy together here at our wonderful new "home" as we move into 2026. Make it a point to meet a new member, try a new activity or share a talent you have....and remember...Bring your HAPPY!!

Enjoy!!

Barb Gosa
NBSCC Coordinator



Welcome to New Members:

Patty Meilicke	Mark & Brenda Richter
Jayne Mann	Janis Paradowski
Karen Meyers	Gail & Lee Krecklow
Jim Fischer	Bonnie Becker
Julie Gozdowiak	JoAnn Matuscak
Ann Hillary	Sandy Tafuri
Dave Harder	Jim & Laurie Knop
Bruce Larson	Rick Taczaka
Judy & Rich Neureuther	Sharon Fuller
Nancy Bannach	Tom Spohn
Lisa Blair	

So Glad You've Joined Us!!



Lu Ziemer

262-993-6516

daluziemer7@gmail.com

Louanne Bartels

262-498-7397

louannebartels@aol.com

Colleen Boettcher

262-617-0416

blakblox131@gmail.com

Please let them know if anyone needs cheering up or well wishes, along with anyone in the hospital, or those who have passed away.

Let's send them happy thoughts!



Attention all Knitters and Seamstresses!

Knitted hats, scarves, and gloves are always needed – as well as a knitted or sewn lap cover (34" x 36" size), child throw (42" x 46") or walker/wheelchair bags.

Please drop off in
Barb's office anytime!

It's up to us to choose contentment and thankfulness now – and to stop imagining that we have to have everything perfect before we'll be happy.

– Joanna Gaines

Pinochle Anyone?

Want to play?... Or Learn?

Join the fun...

Every Thursday

10am-2pm

(Instructor Gloria will be available for easy lessons of 1st & 3rd Thurs. @ 11:45am upon request)



Want a good way to keep
your brain sharp?

Learn something new!

**Samba, Hand & Foot,
Sheepshead, & Mahjong**



WE TEACH IT ALL!

Mahjong will now be on Tuesdays
@ 10:30am

WE LOVE OUR VOLUNTEERS!!

Throughout the year we rely on all of those who step up and volunteer to be on one or more of our many committees that help make our Senior Center great!!

This month we recognize the following committee members and thank them for their service to our club.

BOCCE BALL:

Peggy Hughes
(and the men and women who help set up)

Club Apparel:

Gloria Van Aacken

Card Room:

Claudia Towne
Bea Alexander
Phil Grubisic

THANKS SO MUCH! WE APPRECIATE YOU!!

Sincerely, Barb Gosa and all NBSCC Members



Have you changed your residence, telephone number or e-mail? Please help us keep our records up to date and notify Terrie, Financial Secretary, of any changes you may have:

Send an email to

Terrie203n@gmail.com

Leave a note in the Suggestion Box at the Center.

Thank you!

BRING ON THE GAMES!

“GAME TIME”

***Tuesdays & Thursdays
at 10:30am***

***Come and play Cribbage,
Dominoes, Rummikub, or other
fun board games
with other enthusiasts!***

Location: Lily Room



ATTENTION ALL NBSCC MEMBERS:

Please do your best to wear your name badges while at the Center and on trips or other events that we have here.

It makes getting to know new friends so much easier!!

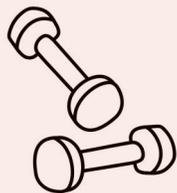
(and let's face it - our memory isn't as sharp as it used to be)



Thanks,
Barb Gosa

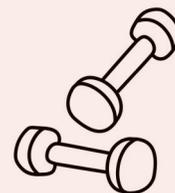
ATTENTION ALL FITNESS MEMBERS:

(As of January 1st 2026)



Participation in any or all Silver Sneaker (SS) fitness classes now requires **PRIOR REGISTRATION to attend**. This can be done at the NB Activity Recreation Center (ARC)...located at 15321 W. National Ave. (Ph # 262-797-2443)

(Note: If your insurance plan DOES NOT offer a fitness benefit, a pay-as-you-go card can be purchased at a reduced rate, through the ARC or See Barb)



Silver Sneakers Classic

Mondays & Thursdays

9:30-10:15am

Hickory Grove - Indigo Room

You'll work with light weights, resistance bands and have access to a chair... all while listening to instruction along with great music. This class will help you build muscles while also improving your balance.

Join the fun and meet new friends... every Monday & Thursday!

Instructor: Julie Fraleigh

Silver Sneakers Stability

Thursdays
10:30-11:15am

Get stronger and improve balance through exercises that strengthen the ankle, knee, and hip joints in a fun and social setting. Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills. (Intensity 2/5)

This class is Free for insurance memberships, you must pre-register in person at the ARC.

Instructor: Julie Fraleigh
Hickory Grove - Indigo Room

Silver Sneakers EnerChi

Balance, Breath, and the
Beginning of Mastery

TUESDAYS at 9:30

Step into the world of Tai Chi with this welcoming entry point to internal movement and mindful practice. The Foundations Class focuses on body awareness, breath, and gentle movement patterns that build strength from the ground up. Whether you're new to movement or returning to fitness, this class helps you develop a rooted base - physically, mentally, and energetically.

Instructor: Eddie Banks
Hickory Grove - Indigo Room



Silver Sneakers CHAIR YOGA



Mondays
10:30- 11:15am

Wednesdays
9:30-10:15am & 10:30-11:15am

Hickory Grove - Indigo Room

CHAIR YOGA will help loosen up your muscles and improve your strength and balance. You will move your body when sitting in a chair or standing using the chair for support.

Please join this gentle form of movement and meet new friends!

Instructor: Julie Fraleigh

LINE DANCE CLASS

Great exercise...not just country music either!!

(Don't worry, it's at a senior friendly pace...give it a try!!)

Tuesdays @ 11:00am in the Indigo Room

COST: \$1.00

(Note: Non-rubber soles work best)



New Walking Club!

Every Friday

10am-11am

**@
the ARC**

15321 W National Ave.

**Starts Friday,
January 9th**

In Sympathy...

To the friends and family of "Frenchi" Trottier -Wasielewski, who passed away on Tuesday, January 13th.

She was an NBSCC member for over 20 years, served as President 2017-18, participated in many activities, and loved going on trips with the Club.

Frenchi was also extremely involved in the community....such as being a part of the Historical Society, selling her wares at the Farmers Market and was a part of the Lions Club as well.

Our thoughts and prayers go out to her family, and may they find comfort in the memories she left behind.

She will truly be missed!!

With Sincere Condolences

Bocce Ball

1st, 3rd & 5th Mondays

@ 11:30am

+

Dartball

Every Wednesday

@ 10:00am

Join the Fun!



Book Club Meets Every 4th Monday at 1:30pm (After the Club Meeting)

Come join the discussion and see what the next month's book selection will be.



March Speaker:

Sharpen Your Memory!

With Shelly Mrozinski
from Three Pillars

Monday, March 9th

@ 1:30

Keep your memory sharp and thriving!
Join us for a **20-minute, upbeat presentation** by Anthem Memory Care, that shares **10 simple and practical ways to support your brain health** at any age. You'll learn easy habits you can start right away—covering movement, nutrition, sleep, social connection, and more—to help boost focus, memory, and overall well-being...

Mark your calendars...

MONDAY, MAY 4TH

Jessica Michna will once again be here to amaze us with her portrayal of one of her “Women in History” presentations... that you don't want to miss!!!

“Helen Keller”

There will be a catered breakfast buffet
(Cost: TBD)

Details coming soon!!





CRAFT CLASS
 FEBRUARY 3, 2026
 12:15PM



“ALL YOU NEED IS LOVE!”

THE FEBRUARY CRAFT IS A VALENTINE HEART DOOR HANGING. YOU WILL BE PROVIDED WITH A WOOD HEART, PLASTIC TILE, ADHESIVE FELT BACKING, RIBBONS, FLOWERS, BEADS AND OTHER TRIMS TO COMPLETE THE PROJECT.

YOU WILL BE USING CRAFT AND HOT GLUE, AND DOING SOME PAINTING AND SEWING.

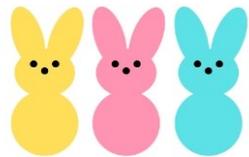
JOIN US TO *“KEEP LOVE IN YOUR HEART”*.

PLEASE SIGN UP AND PAY IN ADVANCE.

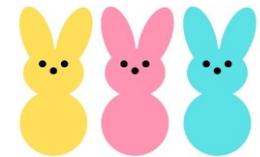
GOT QUESTIONS???

TOTAL FEE: \$13.00

Text Pat Forston: 414-795-9646



CRAFT CLASS
 MARCH 3, 2026
 12:15pm



“Hoppy Snacking”

The March craft is your choice of three sizes of EASTER candy jars (or multiples if you choose).

Large and medium sizes: you will be provided with a jar & pedestal, a figurine, ribbons, a tag, candy, and other trims to complete the project.

Small size: you will be provided with a jar, lid, ribbons, tag & sticker, and candy to complete the project.

You will be painting glueing and using several tools.

Join us to fill our jars with EASTER happiness!

TOTAL FEE:

Large: \$12.00
Medium: \$ 9.00
Small: \$ 5.00

Please sign up and pay in advance. For questions text: Pat 414-795-9646

Held in the “Sunflower” room in the Lower Level at Hickory Grove

Ground Beef and Rice Skillet

Prep Time: 15 min. Cook Time: 30 min. Yield: 6 servings

Ingredients

- 1 onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1 cup long grain white rice
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 2 tablespoons tomato paste
- 1 (14.5 ounce) can diced tomatoes
- 1 1/2 cups lower-sodium beef broth
- 1 (4 ounce can) diced green chiles
- 2 teaspoons Worcestershire sauce
- 1 cup shredded Cheddar or Monterey Jack cheese
- 1 tablespoon chopped green onion or cilantro



This ground beef and rice skillet is a flavorful Mexican-inspired one-pot dish with a casserole feel, but made in a skillet. It's nicely saucy, with a family-friendly mild heat.

Directions

Step 1 - Gather the ingredients.

Step 2 - Cook ground beef, onion, red bell pepper, and garlic in an extra-large tall-sided skillet over medium heat until beef is no longer pink and vegetables are tender, stirring occasionally to break up large chunks of ground beef, about 8 minutes; drain fat.

Step 3 - Stir in rice, salt, and cumin. Cook and stir for 1 minute.

Step 4 - Stir in tomato paste. Cook and stir for 1 minute.

Step 5 - Mix in undrained diced tomatoes, broth, diced chiles, and Worcestershire sauce. Bring to boiling. Reduce heat, cover, and simmer until liquid is reduced and rice is tender, about 20 minutes.

Step 6 - Remove skillet from heat. Sprinkle with cheese. Cover and let stand until cheese melts, about 5 minutes.

Step 7 - Garnish with green onion.

February Day Trip:

“Get on Your Feet”

The Gloria & Emilio Estefan Story

Where: Drury Lane Theater, Oak Brook, Illinois

When: Thursday, February 26th

Bus Leaves at 9:30 / Returns by 5:30

Gloria and Emilio Estefan are a husband-and-wife team who fell in love and got married in 1978 before releasing hits with their band Miami Sound Machine. As a team, the duo has received 26 Grammy Awards, stars on the Hollywood Walk of Fame, and become legends in the Latin music scene. On Your Feet is their story.

Although Gloria's path to stardom was not easy, with a huge car crash debilitating her for over a year, the Music Legend defeated the odds and rose to stratospheric heights. The songstress has not only sold over 100 million records but also has a star on the Hollywood Walk of Fame and received the AMA Lifetime Achievement Award.

MENU SELECTIONS:

Grilled Chicken Breast: White wine and herb sauce, roasted potato wedges, green beans (DF)

Bistro Steak Au Poivre: Peppercorn sauce, potato puree', green beans (GF)

Ratatouille: Baked lattice crust, eggplant, tomatoes, zucchini, bell peppers, aromatic herbs, served with red pepper coulis & long-grain wild rice blend (VG)

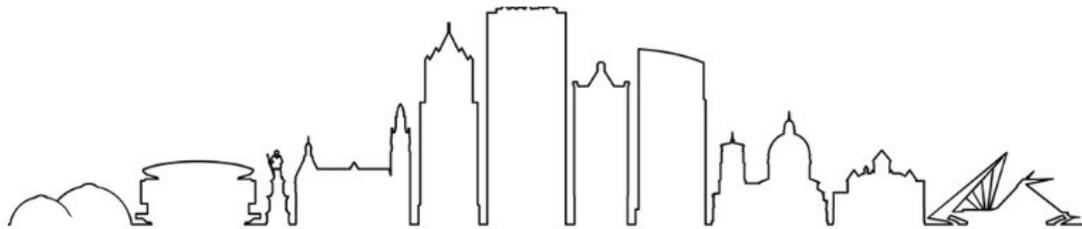
(All meals include a Caesar salad, Cheesecake w/ Raspberry Coulis, plus coffee, tea or soft drinks)

COST: \$115.00

(Includes: Award winning show, bus, dinner at Drury Lane)

Ticket Sale Dates:

January 12, 26 and February 9th



MARCH DAY TRIP:

LET'S SPEND A DAY
IN MILWAUKEE!

Thursday, March 19th

Bus leaves at 8:45 / Returns 5:00

First, we will be heading to the Milwaukee Domes to see the Winter Miniature Train Show, which features 600 feet of train tracks looping through the exhibit, plus over 4,000 plants to create a stunning display.

Then we stop for lunch at the Harley Davidson Restaurant where motorcycles will be on display as we enjoy our meal. Then it's off to the Milwaukee Art Museum / The Calatrava for our guided tour of this magnificent work of art on the lake! (Note: lots of walking)

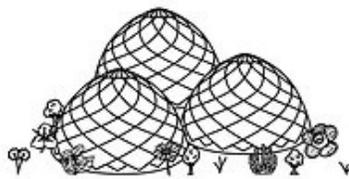
Chicken Caesar Salad: Grilled chicken breast atop a bed of crisp romaine lettuce with made-from-scratch creamy garlic Caesar dressing, topped with fresh garlic-Parmesan croutons and freshly shaved Parmesan cheese

Motor Burger: 8-oz. hand-packed ground chuck patty, topped with lettuce, tomato, pickles, onion, MOTOR's secret sauce and Cheddar cheese on a brioche bun and served with French fries.

Barbecue Pork Sandwich: Slow-smoked, hand-pulled pork topped with fresh jicama slaw, crispy onion straws and MOTOR's signature BBQ sauce on split top bun, served with fries.
(*Non-alcoholic beverage included*)

COST: \$85.00

(Includes: Bus, Show & Lunch)



Ticket Sale Dates:

January 26, February 9 & 23

April Day Trip:



“HAIRSPRAY”



At The Fireside Theater

Friday, April 17th

Bus Leaves at 9:00 / Returns at 5:30

It's 1962 and in the city of Baltimore young Tracy Turnblad, a lovable girl with big hair and an even bigger heart, has only one passion – to dance. When she wins a spot on a popular TV dance show she is transformed from outsider to teen celebrity. She must use her newfound power to defeat the evil plans of teen princess, Amber Van Tussle, win the affections of heartthrob Link Larkin, and integrate a TV network. Winner of 8 Tony Awards including Best Musical, HAIRSPRAY is a story about acceptance and inclusion (and rejection and exclusion) during the early days of the civil rights movement. It's a story of equality told with humor and heart, '60's rock and roll, and spectacular high-energy dancing.

Fireside Menu:

Spring Salad

Blend of Lettuces topped with Strawberries, Candied Walnuts, Feta Cheese, and a Raspberry Vinaigrette.

Entrée Choices:

PRETZEL CRUSTED CHICKEN

Chicken Breast rolled in Seasoned Breadcrumbs and Pretzel Pieces, served on top of a Creamy Havarti and Cheddar Beer Cheese Sauce, Scalloped Potatoes and Green Bean Medley.

BAKED ALMOND CRUSTED COD

8 oz. Cod Filet coated with Dijon Mustard and crusted with Toasted Almonds, Panko Breadcrumbs, and Fresh Herbs. Served with Scalloped Potatoes and a Green Bean Medley.

BARBECUED BABY BACK RIBS

A Half Rack of our Signature Pork Baby Back Ribs, glazed with our special BBQ sauce, slowly roasted. Served with Scalloped Potatoes and a Green Bean Medley.

VEGETARIAN FLATBREAD PIZZA

Flatbread topped with our homemade Italian Pizza Sauce, topped with a variety of Olives, Artichokes, Sun-Dried Tomatoes, Onions, and Mozzarella Cheese.

Also, Freshly Baked Breads from our Artisan Bakery / Key Lime Pie, Coffee, Tea, and Milk

COST: \$109.00

(Includes: Bus, Lunch and Show)

Ticket Sale Dates:

February 9 & 23 and March 9th



May Day Trip:

ROSEWOOD THEATER IN DELAVAN

“AMERICA’S BANDSTAND”

AMERICA’S BANDSTAND takes you back to the sock hop, spotlighting Rockabilly, Doo-Wop, Motown artists, songs, and the early Rock & Roll. Songs by – Chuck Berry, The Marcells, Bill Haley and The Comets, Etta James, Elvis Presley, Chubby Checker, The Platters, Roy Orbison, Buddy Holly and Dianna Ross and The Supremes, Neil Sedaka, The Ronettes, The Temptations, The Shirelles, The Everly Brothers, Frankie Valli and The Four Seasons.

(We will be making a stop along the way, TBD.... Details to follow!)

Tuesday, May 12th

Bus leaves at 9:00am. / Returns 5:30pm.

Menu Selection:

ROASTED CITRUS GARLIC CRUSTED ORGANIC CHICKEN

Chef’s Choice Seasonal Vegetable, Wild Rice Pilaf and Roasted Chicken Herb Au Jus

PAN-ROASTED PORK MEDALLIONS

With Apple Cider Glaze, Sauteed Garlic Spinach, Sweet Potato Hash & Apple Au Jus

PAN-SAUTEED PORK SCHNITZEL

Potato Green Onion Pancetta Hash Brown, Braised Brown Ale Caraway Cabbage and Lemon Caper Butter Sauce

OVEN ROASTED RARE SLICED NEW YORK SIRLOIN

With sauteed Broccolini, Garlic Mashed Potatoes and Cabernet Au Jus

Baby Field Green Salad with Garlic Parmesan Roll in Olive Oil and Spices.
Chef’s Choice Dessert, Coffee, Tea Lemonade and Coke Products Included.

Cost: \$98

(Includes: Bus, lunch, show)

Ticket Sale Dates:

March 23, April 13 & 27

New Berlin Senior Citizens' Club (NBSCC)
General Meeting Minutes, January 12, 2026

Sue Smith – President

- Called meeting to order at 1:05
- Led Pledge of Allegiance and God Bless America
- Attendance - 89

Donna Larson – Vice-President

- Read the minutes from previous meeting. Approved as read.

Sue Smith

- Sunshine committee: Lu Ziemer
 - Frenchi was in a serious car accident; she is at Linden Grove; she appreciates cards and good wishes.
 - Fred is improving
- Read a note from Dorothy Reback
- Read a thank you from Food Pantry
- Led Happy Birthday for Barb Gosa and Peggy Hughes

Barb Gosa

- Next week Board members will cover the office for Barb. There will be no classes with Julie.
- A company that deals with Fire code repairs has to put covers on the sprinklers, so cornhole and dartball are still canceled for next week.
- Thanks everyone for wearing name badges, for the lunch/kitchen crew for lunch today, Ginny Radler for birthday treat of ice cream from Culvers, for creating a cozy atmosphere, and especially for the generous Christmas gift.
- Named 16 new members.
- Committee members are essential to running the club. The lists will be collected at the next meeting.
- The downstairs door will be open on Mondays and Wednesdays. Remember to scan your card for fitness classes.
- Sheepshead Tournament last Saturday was a success.
- Trip updates:
 - January 31 trip to Sunset Playhouse is open to family and friends.
 - 31 tickets have been sold for Gloria Estefan
 - The trip to the Domes and Art Museum will require a lot of walking.
 - April, May, and June trips will have two buses each.
 - June 16 will be the golf outing.
- Future speakers: February – the fire department will speak about safety at home, here, and in winter. March – Sharpen Memories, foods to eat, activities to do, etc.
- Remember to use new phone number for Hickory Grove Center: 262-754-1706
- Julie Fraleigh has been specially trained as a Silver Sneakers instructor and is offering many more classes. Therefore new fees are required for classes by Park and Recreation. \$3 per class for those who do not have insurance coverage. Punch cards are available from Park and Rec.
- Jessica from the Library was here with information on programs and reading challenges. AARP offers tax preparation; sign up for appointments begins Saturday, January 17.

Sue Smith

- Committee thank yous: the card room committee and Barb Gosa

Terrie Peschman

- 350 members have paid for renewals, 148 have not renewed.
- Please give corrected email address if you are not receiving emails from Terrie.

REMINDER: The Senior Center will be closed if New Berlin schools are closed due to weather.

Community News – Friends of the Library will have a Pop-up Book Sale on Saturday, January 17.

Sue read a list of things you realize as you get older.

Marlene Jerges won \$10 door prize.

“The Guys” made a motion to adjourn. Helen seconded. Meeting adjourned

Respectfully submitted by Donna Larson, vice-president for Dolly Thomas, recording secretary

Please mark you calendars for these important dates:

February

Thurs, Feb 26 "On Your Feet" the Gloria Estefan Story @ Drury Lane Theater

March

Thurs, March 19 Domes & Milwaukee Art Museum, Lunch at Harley

April

Friday, April 17 "Hairspray" @ Fireside Theater

May

Tuesday, May 12 "American Bandstand" @ Rosewood Theater in Delavan

June

Wed, June 10 "South Pacific" @ Paramount Theater in Chicago

Tues, June 16 Golf/Picnic @ Edgewood Golf Course

(Note: Cancellation Policy Applies...See NBSCC Guidelines)



Note: All the information in the newsletter can also be found on the Senior Citizens page of the New Berlin city webpage.

Go to: www.newberlinwi.gov

Then follow the menus at the top of the page:

Departments > Recreation Division > Senior Citizens Club