



2025

NEWSLETTER

New Phone Number  
262-754-1706

**Well...HERE WE ARE!!!!**

The message today is HOORAY!!! We're finally in our new building!

What an adventure we've been on and for some of you it's a "Coming Home" moment.... because the Club began in this Hickory Grove location many years ago. The inside is quite different, but the HEART of the club remains constant! We welcome everyone and it's still a place "Where Friendships are Made!"

We have added many new classes, new "Game Time" ...plus a ping-pong table and shuffleboard for some added fun!!....and with all these changes, we need to be flexible and patient while getting used to our new, multi-level surroundings.

I also wanted to thank all of the wonderful members that helped in the packing / moving process!! It definitely takes a village!!

**Enjoy!**

*Barb Gosa*

NBSCC Coordinator



**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!

**Welcome to New Members:**

- Camille Mecikalski
- Bob & Mary Ellen Wylie
- Sue Maleski
- Wendy Heberer
- Tom & Amy Narus
- Mary Moths
- Prati Wojtal
- Marlene Bretzmann
- Antoinette Adkins
- Dorothy Krupa
- Pati Greenless

**So Glad You've Joined Us!!**



# 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!

## Pinochle Anyone?

Want to play?... Or Learn?

Join the fun...  
Every Thursday  
at 12:30

(Instructor Gloria will be available  
for easy lessons)



## Want a good way to keep your brain sharp?

Learn something new!

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



**WE TEACH IT ALL!**

*Be thankful*  
for what you have;  
you'll end up having  
*more.*

If you concentrate on  
what you don't have,  
you will never, ever  
have enough.

- Oprah Winfrey



InspirationCabin.com

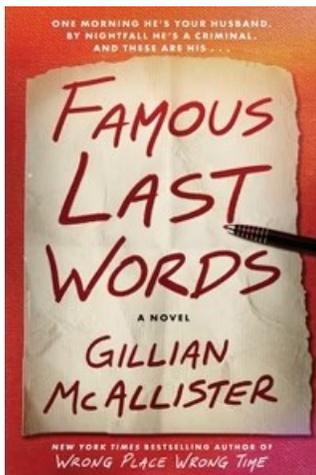
## *In Sympathy...*

*To the family and friends  
of **Patt Cucunato**, who  
passed away on August 18th.  
She was a longtime  
NBSCC member.*

*As those closest to them  
mourn their loss may they  
find comfort in the memories  
they left behind.*

*With Sincere Condolences*

## **September Book Club Selection:**



Group discussion scheduled for  
**Monday, September 29 @ 1:30pm**  
*Meet at New Hickory Grove*

## **October Book Club Selection:**



Group discussion scheduled for  
**Monday, October 27 @ 1:30pm**  
*Meet at New Hickory Grove*  
October book will be distributed at the previous  
group discussion on Sept 29

**NEW BERLIN FOOTBALL  
CLEAN-UP IS BACK!!**

**Mark your calendars  
And make your "to do" lists!**

**Saturday, November 8<sup>th</sup>**

(After their football season ends)

**9:00 am. – 12:00 pm.**

They can put away lawn furniture,  
spread mulch, trim bushes, change  
out screens for storms, etc. ...

(No climbing or chain saws please &  
No Removal at this time)

**Sign up starts Sept 8<sup>th</sup>**  
(limited to 10 homes)



**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](mailto:Terrie203n@gmail.com)**

**Leave a note in the Suggestion  
Box at the Center.**

**Thank you!**

**Hurry Hurry!**

**Get Your NBSCC  
Spirit Wear!**

**Ordering will start Nov 10**



**Details to follow...Stay tuned**

(Spirit Wear selection will be on display prior to the meeting)

**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**

## Silver Sneakers Classic

(formally known as Senior Fitness)

**Mondays & Thursdays**  
**9:30-10:15am**

**Hickory Grove - Lavendar 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.

*No need to sign up... Just come join the fun and meet new friends... every Monday & Thursday!*

Instructor: Julie Fraleigh



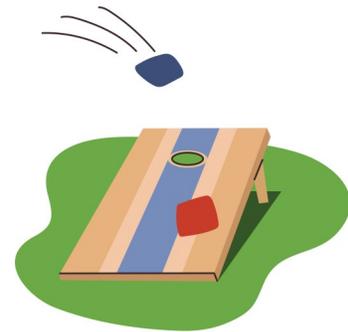
## Cornhole!

**Thursdays**

**11:00am-12:00pm**

**No need to sign up!**  
**Just come for the fun!**

**@ New Hickory Grove!**



## NEW THIS FALL!

### Tai Chi Beginner:

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 & Wednesdays**  
**10:45- 11:30am**

**Hickory Grove - Lavendar 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 @ New Hickory Grove Center  
@ 11:00am in the Indigo Room**

**COST: \$1.00**

(Note: Non-rubber soles work best)



**4 Week  
Beginners**

## Line Dance Class

(Just before the other class)

**Tuesdays in October  
10:15am - 11:00am  
Hickory Grove - Indigo Room**

*Want to learn or need a refresher?*

**Join the Fun!**

**October 7, 14, 21, 28**

Cost: Only \$1

## Bocce Ball

**1st, 3rd & 5th Mondays**

**@ 12:00pm**

Practice on September 29

+

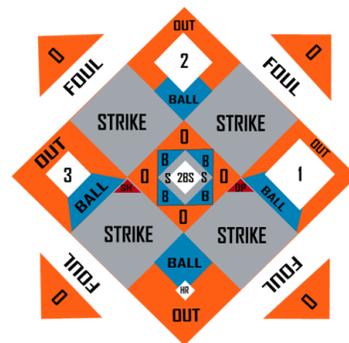
## Dartball

**Every Wednesday**

**@ 10:00am**

Practice on September 24<sup>th</sup>

**@ New Hickory Grove!**



**New this Fall....!**

# **BRING ON THE GAMES!**

**“GAME TIME” will be  
Tuesdays & Thursdays at 10:30am**



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

**In the card room at Hickory Grove!**

**Starting September 9**



## CRAFT CLASS

**OCTOBER 7 @ 12:15PM**

### *Charming Bookmarks*

BOOKS HAVE A SPECIAL WAY OF WARMING OUR HEARTS, AND SO WILL CREATING OUR VERY OWN “ONE OF A KIND” BOOKMARKS! COME LEARN THE BASICS OF WATERCOLOR PAINTING AND LEAVE WITH FIVE “FALL THEMED” WATERCOLOR BOOKMARKS. FOR ADDED CHARM, WE’LL ADD A “CHARM” TO EACH. LET’S “COZY UP” TO A GOOD BOOK THIS FALL AND INSPIRE READERS OF ALL AGES WITH THESE CHARMING BOOKMARKS!

**COST: \$10**

*Possibilities below*





Get ready to laugh....

AND learn to cook some new dishes at the same time with:



## **“JEFF BOYARDEE”**

Yes...that’s truly what his family and friends call him (I’m not kidding!)

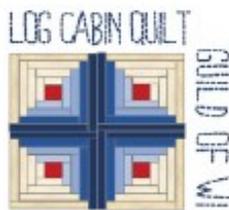
**Thursday, November 20<sup>th</sup>**

**12:30-2:30 pm.**

*(Class will be held at the ARC and limited to 20 NBSCC members- sign up begins Oct 1<sup>st</sup>)*

Menu and cost TBD...

but knowing Jeff...it will be wonderful!



## **We are Putting on a Trunk Show!**

The Log Cabin Quilt Guild of Wisconsin is hosting a Quilt Trunk Show showcasing a variety of quilts and quilted projects. From easy peasy projects perfect for beginners, traditional heirlooms, fun experiments, to pieces that challenge even the most skilled quilters.



**The Trunk Show is FREE!**

September 24th,

6:30 to 7:30pm

Hickory Grove Community Center  
2600 S. Sunny Slope Rd, New Berlin

Sign up with the New Berlin Recreation Department:

<https://www.newberlinwi.gov/REC>



# Chicken Quesadillas



Total Time: 40 min / Yields: 4 servings

## Ingredients

- 6 Tbsp. vegetable oil, divided
- 2 bell peppers, thinly sliced
- 1/2 onion, thinly sliced
- Kosher salt
- 1 lb. boneless skinless chicken breasts, sliced into strips
- 1/2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. dried oregano
- 4 medium flour tortillas
- 2 cups shredded Monterey jack
- 2 cups shredded cheddar
- 1 ripe avocado, sliced
- 2 scallions, thinly sliced
- Sour cream, for serving



## Directions

**Step 1** - In a large skillet over medium-high heat, heat 1 tbsp. neutral oil. Add peppers and onion and season with salt. Cook until soft, 5 minutes. Transfer to a plate.

**Step 2** - Add 1 tbsp. neutral oil to pan and heat over medium-high heat. Add chicken to pan and season with chili powder, cumin, dried oregano, and 1/2 teaspoon salt. Cook, stirring occasionally, until golden and cooked through, 8 minutes. Transfer to a plate. Wipe out skillet.

**Step 3** - Add 1 tbsp. neutral oil in skillet. Add 1 flour tortilla to skillet and top half of the tortilla with a heavy sprinkling of both cheeses, 1/4 of the cooked chicken mixture, 1/4 of the pepper-onion mixture, a few slices of avocado, and a sprinkling of scallions. Fold the other half of the tortilla over and cook, flipping once, until golden, 3 minutes per side.

**Step 4** - Repeat with remaining oil, tortillas, chicken, pepper-onion mixture, avocado, and scallions to make 4 quesadillas.

**Step 5** - Slice into wedges and serve with sour cream.





Special Event:

**WELCOME BACK  
NBSCC MEMBERS!!**

# Happy Oktoberfest

Let's kick off the opening of our new home  
with beer, brats and some oompah-pah!!

**Monday, October 20<sup>th</sup>**

**Doors open at 11:30 / Lunch at 12:15**

We will be serving brats and burgers,  
sauerkraut and onions, German potato salad,  
creamy coleslaw, and dessert.

Beer will be available or BYO

**Cost: \$20**

**(Includes: Lunch and Entertainment)**

**Ticket Sale Dates:**

**September 8, 22 and October 13**



October Day Trip:

**IT'S A MURDER MYSTERY**  
**AT THE JACOB HENRY MANSION**

**WHEN:** Tuesday, October 28

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

**WHERE:** Joliet, Illinois

**WHO DONNIT?.....??**

This 1950's sock hop is a doo wop disaster! When a death on the dance floor makes this fun event a mystery...it's up to you and your fellow guests to trade clues and gather information to solve the crime and find the murderer. You won't want to miss this one, as we work together, tour the mansion and find out whodunit!!

Ladies, get out your poodle skirts and bobby socks. Gentlemen roll up your jeans and dust off your leather jackets...or jocks, put on your white t-shirts and lettermen jackets too. Let's all play our parts and have fun!!!

**Menu Selections:**

**Pot Roast:** Savory and tender beef pot roast combined with fresh potatoes, vegetables and simple seasonings.

**Chicken Marsala:** Boneless breast of chicken with fresh mushrooms and Marsala wine sauce. Served with potato and vegetables.

Entrees include fresh garden salad w/ house dressing, assorted rolls and butter, coffee or tea, and dessert.

Sodas and alcoholic beverages are available for purchase.

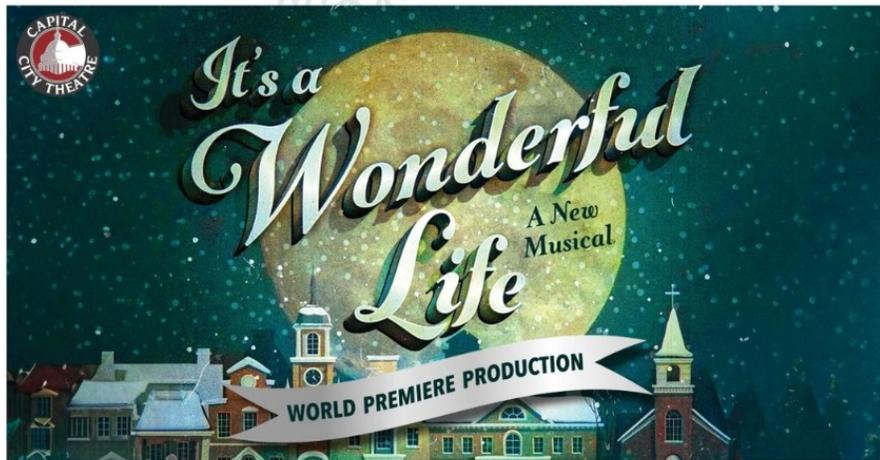
**COST: \$98.00**

(Includes: Bus, Lunch and Mansion Mystery Tour)

**TICKET SALE DATES:**

**September 8 & 22 and October 13**

## November Day Trip:



## “It’s A Wonderful Life A New Musical”

Sunday, November 16<sup>th</sup>

Bus leaves at 10:30 / Returns at 5:00

The classic 1946 film about George Bailey, Clarence the angel, and the sleepy town of Bedford Falls has been a major part of our holiday season for decades. Come experience the **World Premiere** of this newly re-imagined musical version based on the Frank Capra classic with all the characters you love in the film singing their hearts out. With a score that takes a fresh approach to the period style of the story, you’ll see why this timeless holiday classic has met with rave reviews!!

We will start with a Sunday breakfast at Hi-Way Harry’s In Fort Atkinson, on our way to the Theatre.

### MENU SELECTIONS:

- 1) Croissant Scramble - Freshly baked croissant with scrambled eggs, cheddar cheese and crispy bacon, plus side of fruit
- 2) Crab Benedict - English muffin, crab cake, poached egg, citrus salad mix, hollandaise, chives, hash browns and fruit
- 3) Waffle Board - 4 miniature waffles, sweetened whipped cream, with choice of strawberry, blackberry, blueberry or apple plus bacon or sausage links
- 4) Blueberry Flatbread - Blueberry compote, chicken, feta 5 cheese blend, and Italian seasonings.

*Includes: Coffee, tea or soda*

**COST: \$80.00**

(Lunch, Bus and Show)

### Ticket Sale Dates:

Sept 22, October 13 & 27

## December Trip:



At the Marriott Theatre, Lincolnshire, IL  
**Wednesday, December 10, 2025**  
Bus will leave at 9:30 am / Returns 5:30 pm

### **The Boys are Back in a Rockin' Holiday Spectacular**

From the creators of MILLION-DOLLAR QUARTET, your favorite Rock 'n' Roll Legends return this Christmas for a brand-new holiday musical experience. Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley, come together again to celebrate the holidays at Sun Records studio, filled to the brim with Christmas cheer and enough musical talent to power a city grid. Jam-packed with the sounds of the season and the chart toppers that made the "Million-Dollar Quartet" famous, the gang is up to their usual antics as we journey through stories of Christmas past, present and future.

**We will be enjoying lunch at the Three Embers Restaurant, located inside the Marriott, prior to the show.**

#### **Menu Choices:**

**Roasted Turkey Breast** w/ herbed jus, sweet potato mash and vegetables.

**Christmas Salmon** with creamy sun-dried tomato sauce, sweet potato mash and chef's selection of vegetables. **Butternut Squash Ravioli** with toasted pecans, roasted squash and maple cream

*All entrees include a roasted beet salad with arugula, goat cheese, pistachios and balsamic vinaigrette dressing, coffee and tea plus dessert. (Soda & alcoholic beverages are not included)*

**COST: \$103.00**

(Includes: Bus, Lunch and Show)

#### **TICKET SALE DATES:**

**October 13, 27 & November 10**





New Berlin Senior Citizens Club

# CHRISTMAS PARTY

**Monday, December 1<sup>st</sup>**

(Doors open at 11:30...Lunch at 12:00)

## Alioto's Restaurant

3041 N Mayfair Rd, Wauwatosa

- 3 Options:
- Breaded Pork Chops – served with potatoes and applesauce
  - Boneless Chicken Normandy – baked over homemade dressing w/whipped potatoes and gravy
  - Tenderloin Tips served on a bed of noodles

*All Entrees include salad with a choice of dressing, Italian bread, coffee and dessert. (Cash bar available)*

Entertainment provided by...

“Dulce Duo”

**COST: \$30**

**(Includes: Meal, Music, Decorations, Door Prizes)**

Ticket Sale Dates:

October 14 & 28, November 11



ATTENTION **ALL CLUB MEMBERS**

Double Dice Take Away  
(Formerly know as Bunco)

**Wednesday, December 17, 2025**

**You must wear a RED SANTA HAT to attend**

It's that time of year again – for our December Dice session. We will again be at the Golden Corral (By popular demand) Cost of lunch is \$15.00 – which includes all you can eat buffet, beverage, all you can eat deserts, tax, and tip. The **date is Wednesday, December 17, 2025** The time is lunch at 12:00. Please don't arrive before 11:45. The cost for prizes is again \$15 per person **Payable at the time of sign up!!!** (I have been shopping but it's getting harder to find things for under \$10 with a good value)- Lunch needs to be paid for no later than one week prior to Dec. 17. There is a limit of 80 people in the larger dining room. This year we will be over by the deserts and closer to the bathrooms!!

I must have tables of 8 in order to distribute the prizes evenly. Men will sit at their own tables because of the type of prizes to be won – this is also groups of 8 – so men get your groups together – either 8 men OR 16 men – sign up soon! Up to 8 tables of women – (8 at a table also) Due to the popularity with the women I have to limit the men to no more than 16.  
...sorry guys!

**YOU DO NOT HAVE TO KNOW HOW TO PLAY –  
YOU JUST ROLL THE DICE!!**

**Looking forward to a fun and wild time!!!!**  
**If you have any qustions contact FRENCHI at (262) 227-8547**

**A sign up sheet will be posted at our new location in September**



## ATTENTION MEMBERS



### 2026 Membership renewal begins Oct 13

Time is approaching to renew your NBSCC membership. 2026 dues will be collected between October 13 and December 8, 2025. Renewal packets will be available at the Center for the meeting on October 13th and the same information will be included in a subsequent newsletter if you aren't able to make it to the center during this time.

Dues remain the same, at \$15 for New Berlin residents and \$20 for non-residents.

We would like to encourage all members to wear their badge. If you would like to place an order for a badge, the cost is \$10 and it can be included with your dues.

***You make a difference in our New Berlin Senior Citizens Club.  
We hope you will continue your membership in 2026!***

## 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.**

**Information Board:**

Bonnie Shkiele and Pat Sherry

**Sergeant - at - Arms:**

Dolly Thomas

**THANKS SO MUCH!  
WE APPRECIATE YOU!!**



*Sincerely,  
Barb Gosa and all NBSCC Members*



# SILVERSNEAKERS® CLASSES AT THE NEW BERLIN SENIOR CITIZENS CLUB AT HICKORY GROVE



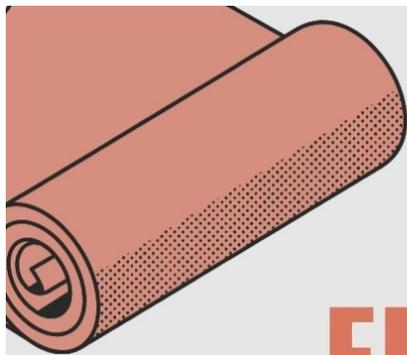
We're excited to bring SilverSneakers® fitness classes to the NBSC this fall! To help us continue offering affordable fitness programming, please check with your insurance provider to see if you qualify for a FREE membership. Eligible members can redeem their fitness benefit at the New Berlin Activity & Recreation Center.

We currently partner with:

- **SilverSneakers® / Tivity Health**
- **Renew Active® / Optum**
- **(Coming Soon) Silver&Fit, Active&Fit**

If your insurance offers a different wellness program, please contact Katie Roth at [kroth@newberlin.org](mailto:kroth@newberlin.org) or call 262-797-2443 for more information.

**Let's stay active together!**



# SILVER SNEAKERS



## FITNESS CLASSES

### Stability:

Standing class designed to decrease risk of falls by improving balance and lower body strength.

Intensity: 2/5

### Yoga:

Seated and standing yoga poses to increase flexibility, balance, and range of motion.

Intensity: 2/5

### Classic:

Standing upper-body strength work alternated with low impact cardio w/ chair for standing support.

Intensity: 3/5

### Boom Move:

High Intensity cardio workout to improves cardio endurance and burn calories while having fun!

Intensity: 4/5

### Boom Muscle:

Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health and functional skill.

Intensity: 5/5

Scan here to learn more about Silver Sneakers memberships!



\*Varies by class\*

	W/ Insurance Membership	W/O Insurance Membership
RESIDENT	FREE!	\$42 - \$75
NON-RESIDENT	FREE!	\$63 - \$112

**New Berlin Senior Citizens' Club (NBSCC)**  
**General Meeting Minutes August 11, 2025**

Sue Smith - President

- Called the meeting to order at 1:00 p.m.

Dolly Thomas - Sergeant at Arms

- Led Pledge of Allegiance & God Bless America

Sue Smith - President

- Attendance 112
- Recognized all members with August birthdays.
- Sign up sheets are out for Bocce ball and Dartball.
- Provided an update on Patt Cucunato. She is currently in the hospital as she is very weak, but continues to improve.

Dolly Thomas - Recording Secretary

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

Terri Peschman - Financial Secretary

- There are currently 383 members.

Barb Gosa - Director

- Introduced 5 new members.
- Provided an update on the Brewer game, including what is acceptable to bring in to the stadium.
- September 8 is the new first day at the new facility.
- Talked about starting the day with a positive attitude, and keeping a positive and open mind when going to the new facility. We are all capable of adjusting to changes.
- A mini- September calendar is available that will show some changes/updates.
- Board members will cover for Barb the week of September 15 when she is on the ARC Encounter trip.
- Craft classes will be September 9<sup>th</sup> and October 7<sup>th</sup>.
- Monday, October 20<sup>th</sup> is welcome back party; Oktoberfest theme.
- Provided a heads up about the new building: Where to park and how to enter.
  - Question about safety for seniors on the 2nd floor. Barb stated it would be the same safety procedures as living in an apartment and there are wide open stairways to go down if elevator is out.

New Business - None

Old Business

- Frenchi Trottier- Wasielewski explained that recycling soft plastic will no longer be collected at the new facility. However, you can bring it to her at the farmer's market on Saturdays from 8 a.m. - noon, through October.
- Explained Double-dice game for those interested on December 17<sup>th</sup>. Cost is \$30 total: Includes food and cost for prizes.

Community News

- Frenchi Trottier-Wasielewski - 2nd Sunday of each month the Historical Society is free to tour the museum.

Pat Wysocki won the \$10 drawing.

Sue Smith and Frenchi Trottier-Wasielewski shared some memories from past years at the senior center.

"The Guys" made a motion to adjourn. Frenchi Trottier-Wasielewski seconded. Meeting adjourned.

Respectfully submitted by Dolly Thomas, Recording Secretary

Please mark you calendars for these important dates:

**September**

Sept 15-19          Creation Museum / Ark Encounter

**October**

Tues, Oct 28        Jacob Henry "Mystery Mansion" Joliet, IL

**November**

Sun, Nov 16        It's a Wonderful Life / Musical at the Orpheum Theater in Madison

**December**

Mon, Dec 1         Christmas Party

Wed, Dec 10        Million Dollar Quartet Christmas at Marriott Theater

Wed, Dec 17        Double Dice Takeaway at Golden Corral



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](http://www.newberlinwi.gov)

Then follow the menus at the top of the page:

Departments > Recreation Division > Senior Citizens Club