



Meeting Old Friends... Making New Friends

January 2022

A MONTHLY NEWSLETTER OF THE MONONA SENIOR CENTER • MONONA, WI (608)222-3415

Healthy Aging: Maintaining and Maximizing Brain Health and Wellbeing Thursday, January 27th at 10:00 a.m.



This is a ZOOM Presentation. Call 608-222-3415 with your e-mail address.



Stacey Schaefer is a cognitive-affective neuroscientist at the University of Wisconsin-Madison's Center for Healthy Minds. Her research focuses on identifying how different emotional styles influence health, wellbeing, and brain aging, as well as the factors that moderate those relationships.



Schaefer leads the Neuroscience Project of the longitudinal Midlife in the United States National Study of Health and Wellbeing (MIDUS), a study in the Wisconsin Registry for Alzheimer Prevention (WRAP) examining how emotion may contribute to the development of Alzheimer's Disease. Also, as a study of how individual differences in the time course of emotional responses are important for mental health, stress regulation, cognition, the immune system, and coping with the impacts of the COVID-19 pandemic. In her talk, she will share findings from these and other studies highlighting the factors that promote healthy aging with a focus on emotion and its impacts on brain health.



✘ Membership Renewal Time!! ✘

If there is a red "X" on the mailing label next to your name, as of the date of this mailing your 2022 membership dues to the **Friends of the Monona Senior Center** have NOT been received. If your check is in the mail or if you have dropped off payment at the Senior Center, please disregard this reminder. For the 2022 calendar year, Monona residents will pay \$8.00 per year and non-Monona residents will pay \$10.00 per year, per person, to join the Friends of the Monona Senior Center. As a benefit of membership, this newsletter will be mailed to the address given through December 2022. **Memberships run from January 1st through December 31st.**

This will be the last newsletter mailed to those whose dues are not paid. Please include the membership form on page three with your payment and drop off or mail to the Monona Senior Center. Checks may be made out to "Friends of MSC."

Donations over and above your membership are always appreciated!

FOR YOUR INFORMATION

Directory

Monona Senior Center Office

1011 Nichols Road • Monona, WI 53716

Phone (608) 222-3415

Fax (608) 222-9225

Hours Monday-Friday, 8:30 a.m. - 4:30 p.m.

Website www.mymonona.com
(Click **Senior Center** in the lower right corner!)

Contact the Center Office to report a change of address, if you wish to become a member, volunteer or if you fail to receive your newsletter each month.

Senior Center Director, Diane Mikelbank

Phone (608) 222-3415

Email dmikelbank@ci.monona.wi.us

Project Assistant, Lori Chapman

Email lchapman@ci.monona.wi.us

Program Coordinator, Lisa Brooks

Email lbrooks@ci.monona.wi.us

Mission Statement

The mission of the Monona Senior Center is to provide those fifty and over with educational, social, recreational, health, and fitness programs as well as volunteer opportunities. We strive to enhance the dignity, support the independence and enrich the lives of and advocate for older adults.

Monona Senior Citizens Committee

The Senior Citizens Committee investigates the needs of senior citizens, develops programs and services specifically to serve senior citizens, and provides public information regarding senior citizens' programs and services.

Aldersperson Molly Grupe (*Chair*), John Anderson, Gwen Feit, Steve Halverson, Peggy McDonald, Judy Runk and Glenn Vosberg



www.NewBridgeMadison.org

Phone (608) 512-0000

Call for information on outreach assistance, medical bill assistance, meal programs or if you wish to volunteer.



Senior Bus Passes

If you use the Monona Lift, did you know Convenience passes (20 rides) are available for purchase on the bus, at Monona City Hall and at the Monona Senior Center?

Group Access Shopping Schedule – East

Please call (608) 294-8747 to make a reservation or with questions. Call a few days ahead to reserve a spot.

Passengers are allowed up to six grocery bags. Drivers will assist you with unloading groceries.

There is a suggested donation of \$2.00 for a round trip. -Passengers must be age 60 and over who live in their own home/apartment or have a disability.



Monday	Tuesday	Wednesday	Thursday	Friday
Pick-up: 10:00 a.m. Return: 1:00 p.m.	Pick-up: 10:00 a.m. Return: 1:00 p.m.	Pick-up: 10:00 a.m. Return: 1:00 p.m.	Pick-up: 10:00 a.m. Return: 1:00 p.m.	Pick-up: 10:00 a.m. Return: 1:00 p.m.
Hy-Vee, Goodwill, Aldi's	Woodman's East, Walmart, Walgreens	Pick-N-Save, Willy St. North, Lakeview Library	Festival Foods, Willy St. East, Woodman's East	Target, Michael's Hobby Lobby, East Towne



Happy New Year to All

Q: Do you know what would make the Friends board happy?

A: New board members to help us fulfill our goals for the center.

The goals of the Friends of the Monona Senior Center are:

- 1) To assure the Senior Center provides quality programs and services;
- 2) Promote knowledge of and interest in the Senior Center;
- 3) Integrate the Senior Center's programs with other community programs;
- 4) Stimulate support for the Center's activities.



If you are interested in helping achieve these goals, board member applications are located on the Friends bulletin board at the Senior Center. If you have questions call 608-222-3415 or come to a meeting and find out more.

However you decide, have a healthy, happy year ahead.

Friends of the Monona Senior Center Board Members

The Friends of the Monona Senior Center, Inc. is a 501(c)3 tax exempt organization dedicated to supporting the Monona Senior Center in its efforts to serve older adults in this and surrounding communities.

Kathy Thomas (*President*), Susan Manning (*Vice President*), Judy Runk (*Treasurer*), Dan Eklof (*Secretary*), Molly Grupe (*Web Page*), Jackie Amati, Dean Bowles, Sandy Homburg, David Joranson, Laura Nielsen and Stan Nielsen.

Peggy Johnson (*Sunshine Chair*) (608-221-9088) *Call Peggy to report the illness or death of a member.*

It is Time to Renew Your “Friends” Membership for 2022!

To receive your monthly newsletter, please fill out the membership form below and mail to “Friends of the Monona Senior Center” at 1011 Nichols Road, Monona, WI 53716 or bring it to the Senior Center. Checks may be made out to “**Friends of MSC.**” All memberships run from January 1st through December 31st. Donations above and beyond membership dues are greatly appreciated and help to support programs and services of the Center.

Friends of Monona Senior Center Membership Form (checks payable to “Friends of MSC”)

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Birthday _____ E-mail _____

Monona Resident \$8.00 Benefactor/Corporate \$150.00

Non Monona Resident \$10.00 Donation \$ _____

Life Member \$100.00 I am new to the area

I am interested in helping with “Friends” Activities Online Newsletter Only



PROGRAMS TO PONDER

NewBridge Presentation

Thursday, January 6th, 10:00 a.m.

Join us as Jenn Garcia-Ludolph from NewBridge shares information on **Home Safety** (*This topic was promoted as the December presentation, but needed to be cancelled.*)



Please call 608-222-3415 if interested.



Virtual Coffee and Conversation!

Wednesday, January 5th at 10:00 a.m.

Share what is on your mind, stories, ideas, recipes, riddles and more...

Call 608-222-3415 to register. We will send you the link.



AARP Tax Preparation

The AARP tax assistance program has been working hard to come up with a safe way to provide this valuable service in the midst of this pandemic.

FREE SIMPLE TAX RETURN ASSISTANCE will be available again this year. There will be fewer appointments available due to Covid 19 safety concerns for all.

Appointments will begin on **Monday, February 14th.**

Please bring the following to your appointment:

- A fully completed form 13614-C (Intake/Interview) and supplemental forms. **The forms need to be picked up ahead of time at the Senior Center. Stop in during open hours.**
- Proof of ID (Photo ID)
- Social security card for you/spouse, and dependents
- Copy of your 2020 Federal and State Tax Return
- Your 2021 Social Security Income statement
- Wage and earning statement(s) W-2s, W2g, 1099R, 1099G
- Interest and dividend statements from banks and investments (1099's)
- Any money gains/loss reports (Stock and Investments)
- 2021 Medical Insurance premiums (WI allows to be deducted)
- Amount of ECONOMIC STIMULUS received. It is not taxable but is reportable
- A blank check (If you want direct deposit)



Call 608-222-3415 starting January 12th to make an appointment.

If you will be filing for Homestead Credit you will need a completed Rent Certificate and/or current property tax bill. To qualify you must have less than \$24,680 income and have been a full year WI resident for the tax year with earned income if under age 62 unless disabled.

At your appointment you will meet with the tax preparer to make sure all necessary documents are provided. Your documents will be either scanned or you will receive a receipt for documents that will be kept so the volunteer can have your taxes computed. You will be notified when your taxes are completed and given a time to pick up your return. **Call for an appointment at 608- 222-3415.**

For alternative service, visit [IRS.gov](https://www.irs.gov) for a variety of online resources and to file with IRS FREE FILE - free for most taxpayers.



R.O.M.E.O. Group Friday, January 21st at 10:00 a.m.

Baseball: *The Early days and how the game has evolved over time.*



Guest Speaker : Ron Lindow

Home Health Advocate, Business Development Interim Healthcare



We will kick off our new year with guest speaker Ron Lindow; who is passionate about spreading home health's message, and also the positive effects it has on care outcomes. Ron will share his passion for baseball & it's history, from the earliest days of the game to how it's played now.

Call 608-222-3415 to sign up for this free event.

Continental Breakfast provided by:



Imperial House • Rivera • Surf & Sands
Heat Included • On Bus Line
3819 Monona Drive #2, Monona, WI 53714
mlv.apts@gmail.com
Call Glen or Mary: (608) 222-6911



Independent and Assisted Living
(608) 849-5016
801 Klein Dr. • Waunakee
www.waunakeemanor.com



608.873.6448
814 Jackson St.
Stoughton, Wisconsin
www.nazarethhealth.com

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Terry Sweeney**
to place an ad today!
tsweeney@lpicommunities.com
or **(800) 477-4574 x6407**

College Football
Legend
Barry Alvarez



**A winning
game plan**
with Medicare benefits
you deserve.



deancare.com/medicareadvantage
H9096_885483R02_C



Zoom Fitness

Register for Classes 608-222-3415

MONDAYS

Tai Chi Balance

January 3rd, 10th, 24th, 31st at 11:00 a.m.

Tai Chi Balance is a body-mind-spirit practice offered by certified Tai Chi Instructor Jody Curley, featuring Tai Chi and Qigong movements and breathing practices for balance. Movements can be done standing or seated. Have a chair nearby!

Chair Yoga Express

January 3rd, 10th, 24th, 31st at 2:00 p.m.

Join Amy Davidson Unitan for 30 minutes of flowing movements to elevate heart rate & warm the body; connecting body, breath & mind.

THURSDAYS

Chair Yoga at 10:00 a.m.

For anyone who has ever hesitated to try yoga now a chair becomes your mat. Beginner to advanced, each pose will be presented in multiple levels of flexibility.

Cup of Chi at 11:30 a.m.

This 30-minute class offers a “just enough!” midday Tai Chi-Chi Kung with the practice of flowing movement, comfortable breath & sensation-based concentration to facilitate the experience of moving meditation. Movement patterns may be practiced standing, seated, & are appropriate for anyone!

Fitness Classes in the Lounge

The Lounge is located upstairs from the Senior Center. Payments of \$5.00 per class will be handled by instructor.

We follow the Dane County public health guidelines. A mask is required indoors.

MONDAY, WEDNESDAY, FRIDAY

No class Monday, Jan. 17th

Stretch & Tone at 10:00 a.m.

Led by Amy Gallagher, this 45 minute class will use light weights and bands to increase tone and flexibility while improving endurance, breathing and core strength.

Pilates at 11:00 a.m.

Stretching & strengthening exercises to improve endurance, posture, balance & circulation.

For Zoom Fitness Programs

A suggested donation of \$5.00 per class is recommended and will go to the instructor. Donations can be mailed to the Senior Center (checks made out to “City of Monona”) or you can pay by credit or debit card at mymonona.com/seniorcenter.



Video Class

Senior Shape Up at 8:45 a.m.

Thursday, January 6th, 13th, 20th, 27th DVD Series - Free

This class combines chair-based exercises with movements to get your heart rate up. Class is held in the Monona Senior Center.

Mindful Movement will not be meeting for the month of January.

Wisconsin Home Energy Assistance Program (WHEAP)

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs.

Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

Heating Assistance/Electric (non-heating) Assistance

WHEAP assistance is a one-time payment during the heating season. The funding pays a portion of the heating costs, but is not intended to cover the entire cost of heating a residence. The amount of the energy assistance benefit varies depending on a variety of factors, including the household's size, income, & energy costs. In most cases the energy assistance benefit is paid directly to the household energy supplier.

How to Apply



Households must complete a Home Energy Plus application through the local WHEAP agency or apply online via: <https://energybenefit.wi.gov/>

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call 1-866-HEATWIS (432-8947).

RETIREMENT LIVING THE LEGACY

INDEPENDENT, ASSISTED LIVING & CLOSER CARE CAMPUS

Our mission is to take care of our loved ones with compassion and grace.

Call For A Tour 608-620-6010
471 Prairie Way Blvd. • Verona, WI
608-620-6010 • noelmanorliving.com

KHT Krueger Hernandez & Thompson SC
Attorneys at Law

Wills | Trusts | Powers of Attorney
Estate Planning | Probate | Medicaid Planning

(608) 824-9540 | KHTLawyers.com

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

4pi Contact us at: careers@4pi.com | www.4pi.com/careers

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



VOLUNTEER OPPORTUNITIES

Make a Difference in Another Vet's Life

It's often said that no one understands a Vet like another Vet. RSVP's Vets Helping Vets program builds on that natural bond by matching Veterans in need with drivers who are fellow Vets-and both parties benefit.

Provide rides to medical appointments.

Help Veterans in Other Ways:

- ◇ Help is needed in Dryhooch (Veteran's coffee shop), the VA Hospital and the homeless day centers.
- ◇ How to Volunteer with Veterans

If you are a Veteran who would like to help, please contact Lorrie Hylkema at 608-238-7901 or lhylkema@rsvpdane.org



Martin Luther King Day is observed every year on the third Monday of January - on January 17 this year. King was an influential civil rights leader - best known for his work on racial equality and ending racial segregation in the United States. His life and achievements are remembered and celebrated on this day.

This January 17th, make the holiday more than just a day off and take time to reflect and take action on civil rights issues across the globe.

<https://nationaltoday.com/martin-luther-king-jr-day>

*Pay for programs /
donate to the Senior
Center!*



Give today through our online payment platform, WeShare.

Support the Monona Senior Center today using your debit or credit card or checking or savings account.

1. Visit mymonona.com/seniorcenter
2. Click on the Online Donations and Payments button.
3. Select the payment type.
4. Set up your donation or payment.

IT'S SAFE. IT'S SIMPLE. IT'S CONVENIENT.








Desk Volunteer Meeting

Thursday, January 27th at 3:00 p.m.

Please add our volunteer meetings to your calendar every other month. We are going to cover important administrative information at each one and you will not want to miss it!

Call 608-222-3415 to register!

MONONA SENIOR CENTER CALENDAR • JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Reflexology 12:00 Adult Coloring 12:30 Bridge 2:00 Chair Yoga Express	4 9:30 <i>Target</i> 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Dan's Open Lab 1:00 Mind/Body Lecture 	5 10:00 Virtual Coffee & Conversation 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre	6 8:45 Senior Shape-up 10:00 Crafts 10:00 Chair Yoga 10:00 NewBridge 12:00 Bingo & Lunch 11:30 Cup of Chi 12:00 Dominoes/ Rummikub	7 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates 12:15 Sheepshead 1:00 Movie
10 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge 2:00 Chair Yoga Express	11 9:00 Foot Clinic 9:30 <i>Woodmans</i> 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Mind/Body Lecture	12 10:00 Stretch & Tone 10:00 Veterans 11:00 Pilates 12:00 Canasta 12:45 Euchre 	13 8:45 Senior Shape-up 10:00 Crafts 10:00 Chair Yoga 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 Stamp Camp	14 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 12:15 Sheepshead 1:00 Movie 
17  Offices Closed	18 9:30 Woodman's 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Dan's Open Lab 1:00 Mind/Body Lecture	19 10:00 Stretch & Tone <i>10:00 Knit & Stitch</i> 11:00 Pilates 12:00 Canasta 12:45 Euchre	20 8:45 Senior Shape-up 9:00 Reflexology 10:00 Crafts 10:00 Chair Yoga 11:30 Cup of Chi 12:00 Dominoes / Rummikub 4:00 Friends Board Meeting	21 8:00 Chair Massage 9:00 Cribbage 10:00 Stretch & Tone 10:00 R.O.M.E.O 11:00 Pilates 12:15 Sheepshead 1:00 Movie
24 8:30 Quilters 8:45 Diabetic Foot Clinic 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge 2:00 Chair Yoga Express	25 10:00 Chorus 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Mind/Body Lecture 3:00 Tech Help W/Dan	26 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre	27 8:45 Senior Shape-up 9:00 Foot Care Clinic 10:00 Brain Health In Aging 10:00 Crafts 10:00 Chair Yoga 11:30 Cup of Chi 12:00 Dominoes/ Rummikub	28 9:00 Foot Care Clinic 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 11:00 Low Vision 12:15 Sheepshead 1:00 Movie
31 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge 2:00 Chair Yoga Express				⇒ <i>Italics denotes offsite event</i> ⇒ Green - Virtual programs

DID YOU KNOW?



HISTORY OF NATIONAL TRIVIA DAY

January 4th

One of the first forms of what we know today as a trivia game debuted on the 1940s radio program “Take It or Leave It”. Not too long after this in 1964, “Jeopardy!” entered millions of Americans’ homes through television and remains arguably America’s most iconic quiz show.

At the same time during the 60s, trivia night swept across college campuses all over the US (think competitive and social plus beer). Then, in the 70s, pub quizzes emerged in the United Kingdom to entice people to head to their local pubs on traditionally slower evenings.

As trivia continued to gain momentum, Trivial Pursuit emerged in Montreal, Quebec, Canada in 1979 thanks to Chris Haney and Scott Abbott, becoming one of the world’s most famous board games. Since then, our love for obscure facts continues to take the world by storm through online gaming and other technology-driven formats.

While some people may find trivia “trivial,” it can be pretty serious business for others. Leagues and competitions are common across the globe and the competitive nature of some has led to drastic measures including cheating. Mobile phones are often banned from competitions to deter secret searches for answers.



At the end of the day, it’s the silly facts and camaraderie that endear trivia to so many competitively social people.

<https://nationaltoday.com/national-trivia-day/>

ALDO LEOPOLD NATURE CENTER

play MADISON PARKS

MONONA PARKS & RECREATION

CANDLELIT SNOWSHOE HIKE

January 15 @ Aldo Leopold Nature Center, 4:30-7:30pm

cedarb



**Tuesday, January 4th & 18th
1:00 or 2:00 p.m.**

Individual appointments

Work with Dan one-on-one via Zoom to answer questions you may have about your Apple or Microsoft computer, tablet or phone. Space is limited for each day and time slot. Be prepared to share your help topic when registering.

Call 608-222-3415 to make an appointment and leave your email address so we can send you the Zoom link.

iPad Lending Program

The Friends of the Monona Senior Center, with help from a donation by the **Monona Volunteer Fire Fighters**, were able to purchase iPads that Monona Senior Center participants can borrow for Virtual Health Care Visits and programs offered through the Monona Senior Center. Our hope is to offer access to virtual programs to anyone who has an interest.



Limited training is available to help you feel comfortable using the device and the length of the loan is based on the purpose of use.

Please call 608-222-3415 if interested.

Tech Help with Dan **Tuesday, January 25th, 3:00 p.m.**

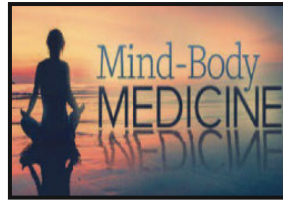
Please note that due to very limited availability, the in person appointment should only be signed up for in the case that your tech help cannot take place over zoom.

Call 608-222-3415 to schedule this appointment in person. Bring your own device; laptop, phone or tablet.



Mind Body Medicine: The New Science of Optimal Health

**Tuesdays in January
at 1:00 p.m.**



A volunteer lead program for a self paced experience to explore and examine tools and strategies for Optimal Wellness. Video lectures average 30 minutes each, with discussion and material to build on.

Call to register for this lecture series at 608-222-3415

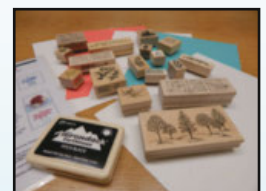
Attend all the FREE sessions you are able to.

January topics include: Public Health & Policy, Cardiovascular Disease, Strain in the Brain, Psychoneuroimmunology

No Sip & Swipe in January

Stamp Camp

**Thursday, January 13th
1:00 p.m.**



Are you in need of some greeting cards and "me" time? Come join us and make your own cards for all kinds of events using Stampin' Up! Products. The products are great for beginning or advanced stampers. Supplies needed: scissors, bone folder and your favorite adhesive (adhesive will be available for purchase if needed).

The cost of the class is \$14 to make six cards, 2 each of 3 designs, with envelopes. Any questions, please contact Terry Schultz e-mail: sraschultz0924@yahoo.com. or by calling 608-712-0572.

Call 608-222-3415 by January 6th to register.

BITS AND PIECES



SAY CHEESE

Monona Senior Center reserves the right to utilize photos of participants for publicity purposes. Participants not wanting their photo used must notify the Senior Center in writing.

You Can Join Us! If you are age 50 and older, you can join us. There are no residency requirements to participate in programs at the Monona Senior Center. There are residency requirements for some services including case management, transportation, and meals on wheels. Call 222-3415 with questions.

Target Shopping Trip

Tuesday, January 4th, 9:30 a.m. - 11:30 a.m.

We will alternate between Target and East Towne Mall monthly as was requested by those recently surveyed.



Woodmans Trip

Tuesday, January 11th
9:30 a.m.

We offer...

- ... puzzles
- ... current magazines
- ... brochures/resources
- ... books

We sell...

- ... greeting cards
- ... senior bus passes
- ... crafts

We recycle...

- ... hearing aids
- ... eyeglasses



The Monona Senior Center is on Facebook. Check us out!



Looking for “Monona Senior Connection” Online?

If you would like to view this newsletter electronically, go to www.MyCommunityOnline.com.

In the Community Name box, type in “Monona Senior Center.” After entering, a list of organizations should appear. Click on Monona Senior Center and either **Download Latest Newsletter** or click **Subscribe** where you can provide an e-mail and be notified each time there is a new edition.

Support Friends of the Monona Senior Center Inc.

When you shop at smile.amazon.com, Amazon donates.

Go to smile.amazon.com

amazonsmile

Don't Let Finances Stop You from Participating



Thanks to donated funds from the Friends of the Monona Senior Center, there are scholarships available for those who cannot afford the fees for Monona Senior Center programs. Ask a staff member if you are interested in applying.



A good time was had by all celebrating Holiday Merriment with the Monona Senior Chorus and treats of cocoa and cookies!

SENIOR HELPERS
 Care and comfort at a moment's notice.
 Help care for those who have cared for us
Now Hiring Caregivers
 * Flexible Hours * Training Provided
 * Great Team
Apply Today 608-729-5365
www.seniorhelpers.com/wi/madison

Just Checking In...LLC
 Providing friendly, caring, and dependable in-home assistance. No charge to meet with you and discuss your needs. We may be smaller, but that's what makes us better!

Mary Fischer
 ofc 608-838-9101
 cell 608-239-9698

SUPPORT OUR ADVERTISERS!

my choice WISCONSIN

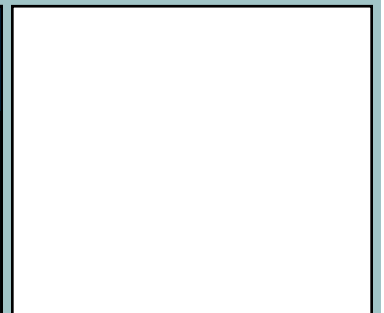
My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.
 DHS Approved 4/22/2021

Monona Motors
 Greg Carlson | Carlos Villota

(608) 222-1342
www.mononamotors.com
 4500 Winnequah Road, Monona, WI 53716



Frost Woods Senior Apartments
 101 & 201 Frost Woods Road, Monona
608-516-4280

lease@horizondbm.com • www.horizonseiorhousing.com

HORIZON

Income Restrictions May Apply

Reflexology

Monday, January 3rd, 12:00 - 4:00 p.m.

Thursday, January 20th, 9:00 a.m. - 4:00 p.m.

Reflexology is a form of massage applying deep pressure to reflex points on the feet, opening nerve pathways to increase circulation and create a sense of balance within the body. The cost for a one-hour session is \$55 and a half-hour session is \$30.

Appointment time frame includes removal and putting on shoes, socks, jackets, making payments and any questions or conversation regarding your session.



Chair Massage

Friday, January 21st, 8:00 - 11:30 a.m.

Gonzalo Reategui, Licensed Massage Therapist at Peak Performance Massage, offers the beneficial service of chair massage. You can experience improved circulation, a reduction in swelling, relaxed muscles, enhanced sleep quality and more. 15 minute session for \$15 or 30 minutes for \$30.

Appointments can be made by calling 608-222-3415.

Foot Clinics: Arrive 10 minutes early and bring two towels with you.

Diabetic Foot Clinic (\$25.00)

Monday, January 24th, 8:45 a.m. - 12:00 p.m. (Checks made payable to Gail Owens)

Gail Owens, RN, BSN will perform a complete foot inspection, warm soak, nail trim and foot rub.

Foot Clinics (\$22.00)

Tuesday, January 11th, 9:00 - 11:30 a.m. (Checks made payable to Franz Foot Care)

Friday, January 7th, 9:00 - 11:30 a.m. (Checks made payable to Sue's Mobile Foot Care)

Thursday, January 27th, 9:00 - 11:30 a.m. (Checks made payable to Sue's Mobile Foot Care)

Friday, January 28th, 1:00 - 3:30 a.m. (Checks made payable to Sue's Mobile Foot Care)

All foot clinics are held in the Monona Room.





On December 6, 2021, the Monona Monday Morning Quilters gathered for a picture with the quilt they made for their former leader Sue Vollbrecht. Sue is a founding member of the group. In October 2003, she was recruited to teach a class on Monday mornings. It was a hands-on class and the participants brought their own sewing machines, fabric, etc. to the Senior Center each week and made a Christmas Mountain table runner. When the class ended, the eight of them, including Sue, decided they liked getting together to sew, so they continued to meet. That was the start of the Monday Morning Monona Quilters. Earlier this year, Sue stepped down as leader.

The present members wanted to honor and thank Sue for her dedication, hard work, humor, and genuine love of quilting. The quilt they made contains 58 blocks. Each block was made by an individual and is a representation of that quilter.

Thanks, Sue!

Thank You



MyChoice Wisconsin for providing refreshments for the Veterans Group tour of the Dean House.

Hyland Campus, Heritage Senior Living and Cornerstone Caregiving for sponsoring Euchre treats in December.

Dave Joranson for the donation to the Open Lab Tech program.

To all who participated in providing Joy Cards to seniors in our community.

Brightstar, Monona Hills and Oak Park Place for providing the bingo lunch in December.

Thank you, **Donna Senzig** for your donation to the **Marion Schey Fund**.

Thank you to all who contributed to our Zoom fitness instructors in December.

Thank you, **Jane McCoy**, for the donation of face masks.

FREE Virtual (Online)
Welcome to Medicare Seminars

*Provided by Area Agency on Aging of Dane County's
Elder Benefits Specialist Program*

**What you need to know
about enrolling in Medicare**

If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

January 22, 9-11:30am
Email aaa@countyofdane.com to register by 1/13/22

March 19, 2022
 May 21, 2022
 July 16, 2022
 September 17, 2022
 November 12, 2022

Additional Dates:
(Location: TBD)





AROUND TOWN

Monona Knit 'n Stitch

Wednesday, January 19th from 10:00 - 11:30 a.m.

Monona United Methodist Church, 606 Nichols Road



If you knit, crochet and/or sew and are looking for a meaningful way to use your skills to help others, the RSVP (Retired Senior Volunteer Program) Project Group is for you. Join this small group of ladies to see what the needs are in the community and choose which projects you may be able to help with. Your help with meeting the needs of the community is appreciated.

Bird and Nature Outings

Saturday, January 22nd 10a.m. to 11:30a.m.



Start at Aldo Leopold Nature Center, Children's Shack & join a naturalist for an easy, family-friendly walk from Aldo Leopold Nature Center into the beautiful Edna Taylor Conservation Park.

These are free nature outings and no registration is required.



Co-sponsored by Madison FUN Friends of Urban Nature partner groups Madison Parks, Madison Audubon, Aldo Leopold Nature Center, and Friends of Edna Taylor Conservation Park. Contact (608) 698-0104 for more info.



Messiah Lutheran Church

5202 Cottage Grove Rd.

Tues. & Thurs. 11:30 a.m. - 12:30 p.m.

Hy-Vee - East

3801 E. Washington Ave.

Wednesday and Friday, 10:00 am-1:00 pm

Do I need a reservation?

Reservations **ARE** required at most congregate nutrition sites **except** at the Hy-Vee Market Grille restaurants. All reservations are due on Thursday at 10:00 a.m. one week prior. Call Candice to order Mon. - Fri. 8:00 a.m.- 4:00 p.m. at 512-0000 Ext. 4006.

How do I reserve a meal? What if I need transportation?

Messiah Lutheran Church: Contact Kristen (608) 512-0000, Ext. 2001.

Orders due by Thursday, 10:00 a.m. the week prior.

Is there a cost?

Our nutrition program is donation-based. There will be a donation box at each congregate and restaurant dining site. If you chose to donate, \$4.00 per meal is recommended. Donate as little or as much as you can afford.

Friday Morning Book Group

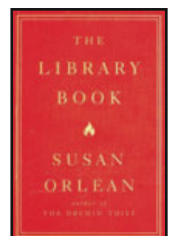
Friday, January 21st, 10:00 - 11:30 a.m.

At Monona Library Municipal Room

The Friday Morning Book Group focuses on thought-provoking and enjoyable reads in a variety of genres, including both fiction and non-fiction.

For January 21st, we will read *The Library Book* by Susan Orlean.

You can contact the library for the current title, and request a copy be set aside for you. Contact Amelia for more information at: (608) 216-7454 amelia@mononalibrary.org



Have Medicare questions? I have answers.

Dawn Guimond
Licensed Sales Agent
(608) 215-5216, TTY 711



Y0066_21SPRJ55188_C



5113 Monona Drive
Monona, WI 53716
Phone: 608-237-6673
Visit: www.HSBELderLaw.com

Areas of Practice

- Estate Planning
- Elder Law
- Probate
- Guardianship
- Special Needs (Disability)
- WisPACT Trusts
- Real Estate
- Medicaid/Medicare
- Family Law
- VA Accredited
- Social Security/Disability

Attorneys:

Brenda R. Haskins • Julie A. Short
Anne M. H. Brindley • Anna M. Dontje
Amy R. Devine • Amanda Pirt Meyer
50+ years combined experience!

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251

Monona Meadows

A Retirement Housing Foundation® Community

250 Femrite Drive
Monona, WI 53716
608-221-4422

Call for your personal tour today!



SUPPORT OUR ADVERTISERS!



When life offers the gift of time...

how will you spend it?

We'll help you every step of the way.

Offering a continuum of care for seniors:

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

Call 608-663-8600 or email
madisonsales@oakparkplace.com

718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison



- Tax Prep & Planning
- Payroll
- Accounting Services
- Financial Statement Preparation
- Quickbooks Services
- Corporations, S-Corporations, & LLC's
- IRS Representation

100 W. Dean Ave - Monona
(608) 630-8888
www.himsel-degrootcpa.com

Complete Family Dentistry of Madison

"Give Us A Call, We Are The Office
You Are Hoping To Find!"

New Patients Welcome



Dr. Daniel Gerdes & Dr. Angie Schasker
4925 Monona Dr Madison, WI 53716
608-222-3403
CompleteFamilyDentistry.org



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

Monona Senior Center, Monona, WI

D 4C 01-1091

CENTER ACTIVITIES

Bridge

Mondays at 12:30 p.m.

No Bridge Jan. 17th

**Bridge Coordinator for January is Pat Smart
who can be reached at 608-839-4545.**

Scrabble

Tuesdays at 1:00 p.m.

Hand & Foot/500

Tuesdays at 12:30 p.m.

To register for 500, call Margaret at 222-5721.

Euchre

Wednesdays, 12:45 p.m.

Canasta

Wednesdays at 12:00 p.m.

Dominoes

Thursdays, 12:00 p.m.



Rummikub

Thursdays at 12:00 p.m.

Easy to play! Great brain exercise.

Cribbage

Fridays at 9:00 a.m.

Sheepshead

Fridays, 12:15 p.m.

Crafters

Thursdays, 10:00 - 11:00 a.m.

Coloring Group

Mondays, 12:00 - 1:30 p.m.

No coloring Jan. 17th

Quilters

Mondays, 8:30 - 10:30 a.m.

No Quilters Jan. 17th

Carve In

Tuesdays, 12:00 - 3:00 p.m.

Chorus returns Jan. 25th

Tuesdays, 10:00 - 11:00 a.m.

Free Friday Movie Matinees

1:00 p.m. (*Selections are subject to change.*)

**Please call to make a reservation for each
movie you plan to attend, 608-222-3415.**

January 7 - Dear Evan Hansen

Starring: Ben Platt•Julianne Moore•Amy Adams

The breathtaking Broadway phenomenon becomes a cinematic event as Tony, Grammy and Emmy Award winner Ben Platt reprises his role as an isolated high schooler aching for belonging amid the chaos and cruelty of the social-media age. PG13, 2 hours, 15 minutes

January 14 - Selma

Starring: David Oyelowo•Cuba Gooding

Selma chronicles the tumultuous period in 1965, when Dr. Martin Luther King, Jr. led a campaign to secure equal voting rights in the face of violent opposition. The epic march from Selma to Montgomery culminated in President Johnson signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement. PG13, 2 hours, 5 minutes

January 21 - You've Got Mail

Starring: Tom Hanks•Meg Ryan

Neighborhood bookstore rivals unwittingly become e-mail pen pals in this charming remake of The Shop Around the Corner. PG13, 2 hours.

January 28 - The Bucket List

Starring: Jack Nicholson•Morgan Freeman

Billionaire Edward Cole and car mechanic Carter Chambers are strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with what they have done with their lives, and a desire to complete a list of things they want to do before they die. Rated PG13. 1 hour, 37 minutes.



Low Vision Support Group Friday, January 28th at 11:00 a.m.

The Low Vision Support Group serves as a gathering of those with various stages of vision loss and their guest.

The meal will include:
pizza, breadsticks and dessert

Bring your ideas for 2022 topics so we can plan ahead and bring you the topics you want to hear.

Cost is \$6.00 per person for the meal.
Call 222-3415 by Wednesday, January 26th for reservations and transportation if needed.

Calling All Veterans...

Wednesday, January 12th at 10:00 a.m.

The Veterans Group meets the 2nd Tuesday each month at 10:00 a.m. We offer the camaraderie of being with your fellow veterans, plus education on veterans benefits and services at your VA Hospital.

Call 608-222-3415 to register.

Refreshments provided by Cedarhurst Senior Living.

Groucho's Men's Club

Don't forget Groucho's online get-together in January. The group is continuing their monthly get-together on Zoom.

Their next meeting will be at 9:00 a.m. on Wednesday, January 5th. To join in the fun, contact Dennis Jenkyns at 608-221-8416 or jenkyns@charter.net. Dennis will send you the Zoom link.



The Monona Senior Center will be closed December 31st in observance of New Year's!

Lunch and Bingo

Thursday, January 6th

Lunch is at Noon followed by Bingo until 3:00 p.m.

Facilities in the area have come together to provide a delicious meal. Cost is only \$5.00 for this satisfying meal and includes your first Bingo card. Additional Bingo cards are available for a donation of \$.50 each.

Unfortunately seating is limited for lunch but all are welcome to play Bingo. **If you would like to join us for Bingo at 12:45 p.m., please let us know when you call.** Cost for Bingo only is \$2.00 for your first card.

Registration: Call 608-222-3415

For February 3rd Bingo lunch, call after 6:00 p.m. on Thursday, December 30th.

For March 3rd Bingo lunch, call after 6:00 p.m. on Monday, January 31st.



**Sponsors include:
Talamore, Nazareth,
Waunakee Manor and Comfort Keepers**

Monona Senior Citizens
1011 Nichols Road
Monona, WI 53716

PRSR STD
US Postage
PAID
Permit #1796
Madison, WI

ADDRESS SERVICE REQUESTED



The Monona Senior Center is accredited by the Wisconsin Association of Senior Centers.



Table of Contents

For Your Information 2
“Friends” 3
Programs to Ponder 4
Fun & Fitness 6
Volunteer..... 8
Calendar..... 9
Never Stop Learning..... 11
For Your Health 14
Around Town.....16
Center Activities.....18
More at the Center.....19

Weather Notice



If Monona Grove schools are closed due to weather, the Monona Senior Center will not be holding scheduled programs. If Monona Grove schools are closed for a portion of the morning, the Monona Senior Center will open at its regular time.

If a trip to East Towne or Woodman’s is scheduled, it will take place unless you are notified otherwise. Please call ahead if you are not sure if a program is running.

