



## *Meeting Old Friends...Making New Friends*

**February 2022**

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

### **Learn to Snow Shoe**

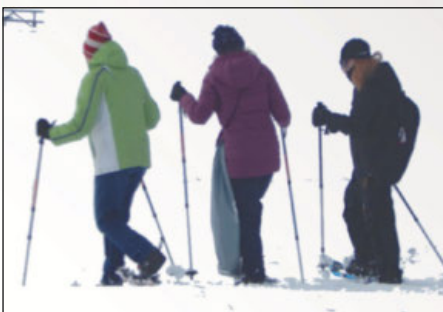
**Thursday, February 10th at 1:00 p.m.**

**Join Brandi, from the Monona Parks and Recreation Department, to learn the basics and have fun in the snow!**

**We have a limited supply of snowshoes, so call early! If you have your own snowshoes and want to join us, indicate that when you call.**

**This class is free.**

**Call 608-222-3415 for reservations today!**



### **Blue Mounds State Park Virtual Hike**

**Wednesday, February 23rd at 10:00 a.m.**

**On this virtual hike we'll explore the highest point in southwestern Wisconsin and dive into the interesting, deep history of our state. From balmy tropical seas to cold winds blowing off massive ice sheets, this journey will be full of stories from the past. Come enrich your understanding of the Driftless Area and share your own memories from this region of our fascinating state.**

**Call 608-222-3415 to get the Zoom link.**



# 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](http://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](mailto:dmikelbank@ci.monona.wi.us)

### Project Assistant, Lori Chapman

Email ..... [lchapman@ci.monona.wi.us](mailto:lchapman@ci.monona.wi.us)

### Program Coordinator, Lisa Brooks

Email ..... [lbrooks@ci.monona.wi.us](mailto: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](http://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 or 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

## Friends of the Monona Senior Center Annual Meeting February 17th from 4:00 to 5:00 p.m.

Please join us on Thursday, February 17th for our annual meeting. We provide a year in review, talk about our 2021 activities and events and financial position. We will share the goals of your Friends Board of Directors and 2022 activities and events. We would also be happy to discuss any business that you may want to come before the Board.

We have openings for additional board members. If interested in attending the meeting or in serving on the board, please contact us at 608-222-3415.



Thank you and I look forward to meeting you,  
*Jackie Amati, Board Member, Friends of the Monona Senior Center*

### 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. Want to pay by credit card? Go to [mymonona.com/seniorcenter](http://mymonona.com/seniorcenter).

### 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





## NewBridge Presentation

Thursday, February 3rd, 10:00 a.m.

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



Please call 608-222-3415 if interested.



## Virtual

### Coffee and Conversation!

Wednesday, February 2nd 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)



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.

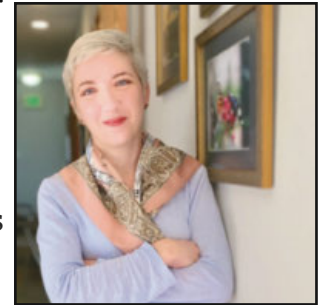
At your appointment you will meet with the tax preparer to make sure all necessary documents are provided. Your documents will be either scanned or you will receive a receipt for documents that will be kept so the volunteer can have your taxes computed. You will be notified when your taxes are completed 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.

## Estate Planning Next Steps By Monona Library [Zoom Presentation]

While none of us likes to think about dying, improper or no planning can lead to family disputes, long court litigation, and excess money paid in taxes. In this 3-part series, you'll learn proactive steps you can take now to help settle your life's affairs later. Attend one or participate in all three!

- Monday, 2/28 @ 6:30 pm | **Take Away Dad's Keys!** | A discussion about age, insight, capacity, agency, and the law.
- Monday, 3/28 @ 6:30 pm | **Life and Death Decisions** | What you need to know to act as a healthcare agent for your loved one.
- Monday, 4/25 @ 6:30 pm | **Anticipate family conflicts** | Often, family conflicts are just below the surface or are kept in check while the parents are alive. These conflicts can erupt after one or both parents pass.



Monona Public Library Foundation presents this estate planning series featuring Amanda Pirt Meyer from Haskins Short & Brindley in Monona.

To register, contact Sally Buffer at 608 216-7452 or [sally@mononalibrary.org](mailto:sally@mononalibrary.org)

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# FUN & FITNESS

## MONDAY

February 7th, 14th, 21st & 28th

### Tai Chi Balance - 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.

### Chair Yoga Express - 2:00 p.m.

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

## TUESDAY

February 1st, 8th, 15th, 22nd

### Mindful Movement for Health - 11:00 a.m.

Led by Laura DiJulius this simple, yet effective practice focuses on body awareness and joint mobility to encourage oxygen & blood flow, increase vitality, release unhealthy tension.

## THURSDAY

February 3rd, 10th, 17th, 24th

### Chair Yoga on Zoom - 10:00 a.m.

Beginner to advanced, each pose will be presented in multiple levels of flexibility.

### Cup of Chi - 11:30 a.m.

This 30-minute class offers a "just enough!" Tai Chi-Chi Kung. Movement patterns may be practiced standing, seated, & are appropriate for anyone!

## Bone Health Presentation

Tuesday, February 8th at 1:00 p.m.

Tune in to this virtual event from Goodman Community Center or from your home. Presented by "Easy Yoga Plus!" Instructor, Ellen L. Millar, Certified Yoga Teacher and Graduate of Duke Integrative Yoga for Seniors Master Class, you will receive a Zoom link the day before the presentation.

### Learn about:

- The skeletal system (bones and joints)
- Bone types and functions
- Bone issues (fractures, cancer, etc.)
- The spine and common problems
- Ways to keep bones healthy and strong
- Osteopenia and osteoporosis
- Effects of aging on bones

Register by email at:

[thewonderofyga@gmail.com](mailto:thewonderofyga@gmail.com)

or call Gayle at (608) 204-8032.



### Fitness Programs In the Lounge

MONDAY,  
WEDNESDAY, FRIDAY  
February 2nd, 4th, and 7th  
ONLY

### Stretch & Tone 10:00 a.m.

Led by Amy Gallagher, this 45 minute class will use light weights and bands to increase tone and flexibility  
\$5.00 per class.

### Pilates 11:00 a.m.

Learn stretching and strengthening exercises to improve endurance, posture, balance and circulation.  
\$5.00 per class.

### Video Class DVD Series

THURSDAYS

Senior Shape Up  
8:45 a.m.

Free video class combines chair-based exercises with movements using tools to increase strength, flexibility & tone.

Class is held in the Monona Senior Center.



### Support our Wellness Instructors

for their time and expertise each week with a **suggested**

**donation of \$5.00 per class.** Donations can be mailed to the Senior Center. Checks may be made out to "City of Monona" or you can pay by credit or debit card at [mymonona.com/seniorcenter](http://mymonona.com/seniorcenter). Indicate which class your donation is to go toward.

## Day Trip

### Milwaukee's Lenten Fish Fry Tour

Friday, April 8, 2022 \$129.00

Register at: [www.traveldeliciously.com](http://www.traveldeliciously.com)  
or call 1-888-426-1993

*There's just nothing quite like a Friday night fish fry – it's a classic! Indulge in Wisconsin's ultimate comfort food, narrated with a little history & trivia along the way.*

- Docent-led tour of one of Milwaukee's beautiful Catholic Churches.
- Two stops for a generously portioned half-sized classic Milwaukee fish fry with sides & fixings.
- Visit a brewery for a tour and two beers to celebrate the original Milwaukee beer brewers that helped make the fish fry what we know today.
- Conclude by celebrating another staple - frozen custard!



## Let's Cook Together Virtual Cooking Class

Wednesdays, January 26th - March 2nd  
4:00 - 5:30 p.m.

Try a new recipe in the comfort of your home and join us on-line as we cook together. UW Med students will demonstrate how to cook the featured dish as well as share nutrition information facts suggested by the group. Each week we will try a different ethnic recipe. Recipes will be sent out prior to the cooking session so you will have time to gather your ingredients.



For questions or to register, contact Gayle at: 204-8032 or [gayle@goodmancenter.org](mailto:gayle@goodmancenter.org)



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# VOLUNTEER OPPORTUNITIES

## Looking to share your gifts of time and talent?



We have opportunities in our foot clinics to assist with appointments and filling water basins. We are also ready to fill a few more desk reception positions.

We offer hands-on training.

If you are looking for a few hours a week or even a few a month, consider some volunteer time with us!

Check in with a staff member if you are interested.

**THANK YOU!**

## Next Desk Volunteer Meeting

**Thursday, March 24th 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!



*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](http://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.

## Shop Our Craft Market








Items are made by our local crafters including aprons, towels, scrubbies, blankets, scarves, table runners and so much more!

Come and shop with us during business hours  
Monday through Friday, 8:30 a.m. - 4:30 p.m.





# MONONA SENIOR CENTER CALENDAR • FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>9:30 East Towne</b> <b>10:00 Mindful Movement</b> 10:00 Chorus 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble <b>1:00 Dan's Open Lab</b> 1:00 Mind Body Medicine	<b>2</b> <b>10:00 Virtual Coffee &amp; Conversation</b> 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre	<b>3</b> 8:45 Senior Shape-up 10:00 NewBridge 10:00 Crafts <b>10:00 Chair Yoga</b> <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>12:00 Bingo &amp; Lunch</b>	<b>4</b> 9:00 Cribbage 9:00 Foot Clinic 10:00 Stretch & Tone 11:00 Pilates 12:15 Sheepshead 1:00 Movie
<b>7</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:00 Reflexology 12:30 Bridge <b>2:00 Chair Yoga Express</b>	<b>8</b> 9:00 Foot Clinic <b>9:30 Woodmans</b> 10:00 Chorus <b>10:00 Mindful Movement</b> 12:00 Carve-In 12:30 500/Hand & Foot <b>1:00 Bone Health</b> 1:00 Scrabble 1:00 Mind Body Medicine	<b>9</b> <b>10:00 Veterans Meet</b> 12:00 Canasta 12:45 Euchre 	<b>10</b> 8:45 Senior Shape-up 10:00 Crafts <b>10:00 Chair Yoga</b> <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>1:00 Learn to Snow Shoe</b> 	<b>11</b> 9:00 Cribbage <b>10:00 Scholarly Scoop</b> 12:15 Sheepshead
<b>14</b> 8:30 Quilters <b>11:00 Tai Chi</b> <b>12:00 Tax Clinic</b> 12:00 Adult Coloring 12:30 Bridge <b>2:00 Chair Yoga Express</b>	<b>15</b> 10:00 Chorus <b>10:00 Mindful Movement</b> 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble <b>1:00 Dan's Open Lab</b> 1:00 Mind Body Medicine	<b>16</b> <b>8:30 Tax Clinic</b> <i>10:00 Knit N Stitch</i> 12:00 Canasta 12:45 Euchre  National Almond Day	<b>17</b> 8:45 Senior Shape-up 9:00 Reflexology 10:00 Crafts <b>10:00 Chair Yoga</b> <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub 1:00 Stamp Camp <b>4:00 Friends Annual Meeting</b>	<b>18</b> 8:00 Chair Massage 9:00 Cribbage 12:15 Sheepshead 1:00 Movie 
<b>21</b> 8:30 Quilters <b>11:00 Tai Chi</b> <b>12:00 Tax Clinic</b> 12:00 Adult Coloring 12:30 Bridge <b>2:00 Chair Yoga Express</b>	<b>22</b> 10:00 Chorus <b>10:00 Mindful Movement</b> 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	<b>23</b> <b>8:30 Tax Clinic</b> <b>10:00 Blue Mounds Virtual Hike</b> 12:00 Canasta 12:45 Euchre	<b>24</b> 8:45 Senior Shape-up 9:00 Foot Clinic 10:00 Crafts <b>10:00 Heart Health</b> <b>10:00 Chair Yoga</b> <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub	<b>25</b> 9:00 Cribbage 9:00 Foot Clinic <b>11:00 Low Vision</b> 12:15 Sheepshead 
<b>28</b> 8:30 Quilters 8:45 Dia. Foot Clinic <b>11:00 Tai Chi</b> 12:00 Adult Coloring <b>12:00 Tax Clinic</b> 12:30 Bridge <b>2:00 Chair Yoga Express</b>				

Zoom Virtual Events in green– Call for login

*Italics denotes offsite event*

# CHECK IT OUT!

## EVERYTHING YOU SHOULD KNOW ABOUT FEBRUARY!

**February 1** marks the **Lunar New Year**, also known as **Chinese New Year**. This is the Year of the Tiger!

**February 2** is **Groundhog Day**-the day we find out whether winter will last six more weeks.

**February 12** is Abraham Lincoln's Birthday. The 16th president of the United States was born in a one-room, 16x18-foot, log cabin with a dirt floor.



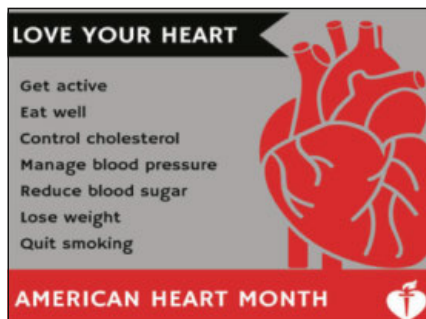
**February 14** is always **Valentine's Day**. Heads up, lovebirds! Today, the holiday is celebrated with love, flowers, and chocolate.

**February 21** brings Presidents' Day, a federal holiday also known as Washington's Birthday that is celebrated on the third Monday in February. (George Washington's actual birthday is February 22!)



February is **African-American History Month**. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

**February Astronomy**—The Full Snow Moon - February's full Moon reaches peak illumination at 11:59 A.M. EST on Wednesday, February 16, 2022. Look skyward on that night to catch the best view of this full Moon!



**FEBRUARY IS  
AMERICAN  
HEART MONTH!**

<https://www.almanac.com/content/month-february-holidays-fun-facts-folklore>

### Groucho's Men's Club

Although Groucho's happy participants look forward to once again having face-to-face gatherings, their monthly get-together is going strong on Zoom. Their next meeting will be at 9:00 a.m. on Wednesday, February 2. To join in the fun, contact Dennis Jenkyns at 608-221-8416 or [jenkyns@charter.net](mailto:jenkyns@charter.net). Dennis will send you the Zoom link.

This is an ideal opportunity for you to reach out to like-minded senior men that enjoy the fellowship of participating in an activity that provides an opportunity to stay engaged. There's no agenda other than letting the pleasant conversation flow. When the pandemic has sufficiently declined they will once again have their gatherings at a local restaurant.





**Tuesday, February 1st & 15th, 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.



## 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.



## Sip & Swipe Café

### Free tablet training for older adults!

Would you like to learn how to access information plus connect with family, friends and more through use of a tablet? The Sip N Swipe Café is a friendly place to learn at your own pace with a coach to assist if you need them.

There will be no Sip N Swipe held in February or March to allow for tax clinics. If you want to take advantage of this class, please call 608-222-3415 and we can try to arrange for a class time that will work for you and our coach.

## Stamp Camp

**Thursday, February 17th**  
**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](mailto:sraschultz0924@yahoo.com). or by calling 608-712-0572.

**Call 608-222-3415 by February 10th to register.**

# BITS AND PIECES

***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.



*Tune into WVMO 98.7 for the latest news and events at the Monona Senior Center!*

## We offer...

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

## We sell...

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

## We recycle...

- ... hearing aids
- ... eyeglasses

## East Towne Shopping Trip

Tuesday, February 1st, 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, February 8th  
9:30 a.m.

## 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.



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



## Support Friends of the Monona Senior Center Inc.

When you shop at [smile.amazon.com](http://smile.amazon.com), Amazon donates.

[Go to smile.amazon.com](http://smile.amazon.com)

[amazon](http://amazon.com)smile

## 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.

## Looking for "Monona Senior Connection" Online?

If you would like to view our newsletter electronically, go to [www.MyCommunityOnline.com](http://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.



## Friday, February 11th at 10:00 a.m. The American Revolution



Free & Open to the Public.  
Call 608-222-3415  
to register.



Dr. Nath will shed light on the concept of diversity in the American Revolution.

Kimberly Nath is an Associate Professor of History who studies loyalists in the American Revolution. She earned her PhD in American History from the University of Delaware.



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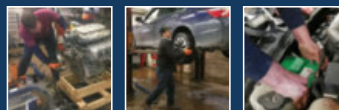
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# FOR YOUR HEALTH

## Reflexology

**Monday, February 7th, 12:00 - 4:00 p.m.**

**Thursday, February 17th, 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, February 18th, 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, February 28th, 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)

**Friday, February 4th, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

**Tuesday, February 8th, 9:00 - 11:30 a.m.** (Checks made payable to Franz Foot Care)

**Thursday, February 24th, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

**Friday, February 25th, 1:00 - 3:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

All foot clinics are held in the Monona Room.

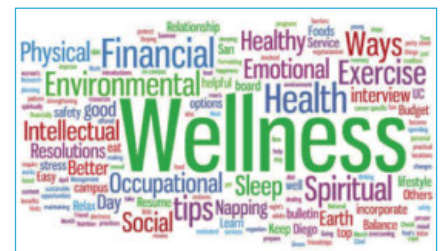
## Wellness Warriors Support Group - Virtual

*We get by with a little help from our friends*

**Wednesdays, Feb. 9th – March 23rd, 3:00 – 4:15 p.m.**

Join us for on-line meetings intended to support you. Facilitated by a Nursing Student and Social Worker. New Topics each week. Suggestions welcome!

For questions or to register, contact Gayle at: 204-8032 or [gayle@goodmancenter.org](mailto:gayle@goodmancenter.org). Sponsored by GCC, NewBridge & Edgewood College.



## Thank You

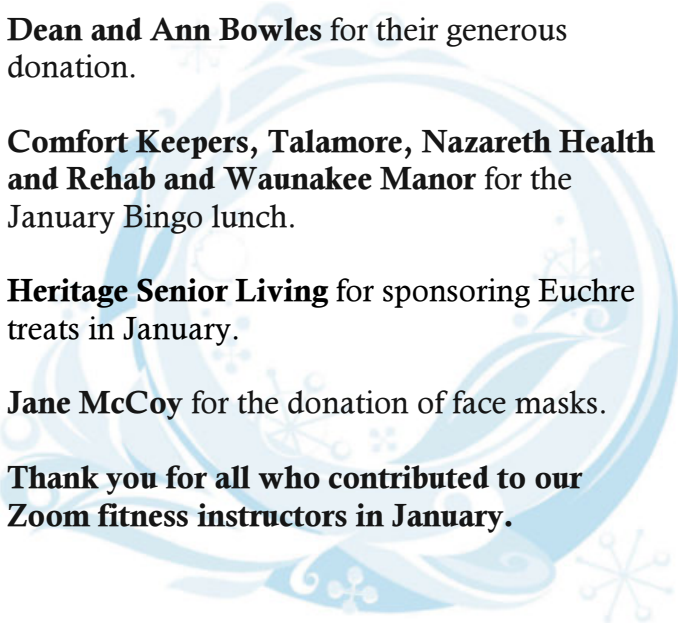
**Dean and Ann Bowles** for their generous donation.

**Comfort Keepers, Talamore, Nazareth Health and Rehab and Waunakee Manor** for the January Bingo lunch.

**Heritage Senior Living** for sponsoring Euchre treats in January.

**Jane McCoy** for the donation of face masks.

**Thank you for all who contributed to our Zoom fitness instructors in January.**



### Caregivers Corner

#### Monona Parkinson's Support Group

Currently on Zoom

The 1st Wednesday of the month  
February 2nd, March 2nd, April 6th  
2:00 p.m. - 4:00 p.m.

Contact: Siv Golding 608-839-3512  
or [jspfgould@gmail.com](mailto:jspfgould@gmail.com)



## Wisconsin Weatherization Assistance Program (WAP)

WAP provides energy conservation services in eligible households to help reduce home energy costs and save energy. Work performed often includes insulation, sealing air leaks, installation of energy-saving products, and repair or replacement of inefficient furnaces or other appliances.

**Who is eligible?** People over 60 y.o, families with one or more members with a disability, families with children. \*You are automatically eligible if you receive Supplemental Security Income (SSI) or Temporary Assistance to Needy Families (TANF). **To be eligible for this benefit program, you must also have an annual household income (before taxes) that is below 60 percent of the State Median Income: see chart**

Contact 1-866-432-8947 or Apply Online for Energy Assistance go to <https://energybenefit.wi.gov/>

### INCOME GUIDELINES FOR THE 2021-2022 HOME ENERGY PLUS PROGRAM YEAR (10/01/2021 through 9/30/2022) Both WHEAP and WAP 60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 2,591.92	\$31,103
2	\$ 3,389.42	\$40,673
3	\$ 4,186.92	\$50,243
4	\$ 4,984.42	\$59,813
5	\$ 5,781.92	\$69,383
6	\$ 6,579.42	\$78,953
7	\$ 6,729.00	\$80,748
8	\$ 6,878.50	\$82,542

# MORE TO DO

## Monona Knit 'n Stitch

Wednesday, February 16th 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.



**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 congregated 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 congregated 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.

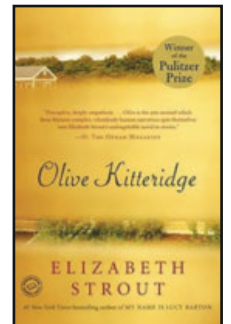
## Monona Library Friday Morning Book Group

Friday, February 18th from 10:00 - 11:30 a.m.

This group focuses on through-provoking and enjoyable reads in a variety of genres, including both fiction and non-fiction.

For February 18th, the book discussed will be *Olive Kitteridge* by Elizabeth Strout.

The group will meet virtually. Call 608-216-7458 if you have questions or to receive the link.



**Note: This publication is produced in advance and it is possible that programs may be modified or cancelled. Thank you for your understanding.**

## Potential New Meal Site in Monona for Older Adults

Dane County is considering opening a meal site in Monona for older adults beginning in April 2022. A survey has been circulated to obtain your input to help assess the community interest. If you have not returned your survey, or want to share your feedback, we need to have them collected by Wednesday, January 26th.



# Have Medicare questions? I have answers.

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Monona Senior Center, Monona, WI

D 4C 01-1091

# CENTER ACTIVITIES

## Bridge

Mondays at 12:30 p.m.

**Bridge Coordinator for February is Tilly Bergsma who can be reached at 608-334-7529.**

*Between the dates of Monday, February 14th and Monday, April 11th, Bridge will be played in the Anderson Room of the Monona Senior Center. We need to make this shift to accommodate the AARP tax clinics for 2022.*

## 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.

## Free Friday Movie Matinees

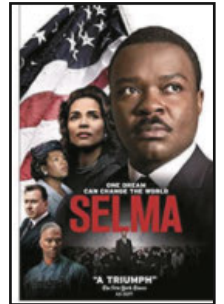
1:00 p.m. (*Selections are subject to change.*)

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

### February 4th - Selma

Starring David Oyelowo, Cuba Gooding Jr.

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. 2 hours, 5 minutes



### February 18th - The Proposal

Starring Ryan Reynolds, Sandra Bullock and Betty White

On the verge of being deported, the controlling Margaret announces she's engaged to her unsuspecting assistant Andrew. The mismatched couple has four days to convince his quirky family and a skeptical immigration agent that their charade is real. Featuring a star-studded supporting cast, including the delightful Betty White. 1 hour, 48 minutes



## Crafters

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

## Carve In

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

## Chorus

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

## Quilters

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

## Coloring Group

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

*Between the dates of Monday, February 14th and Monday, April 11th, Bridge will be played in the Monona Room of the Monona Senior Center. We need to make this shift to accommodate the AARP tax clinics for 2022.*

## **Low Vision Support Group** Friday, February 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 be determined.

**Hadley Presents** is a podcast developed by the Hadley School for the Blind. Listen in to one of their many topics and engage in discussion.

Cost is \$6.00 per person for the meal.

Call 608-222-3415 by Wednesday, February 26th for reservations and transportation if needed.

## **Calling All Veterans...**

**Wednesday, February 9th 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.*



## **Mind Body Medicine: The New Science of Optimal Health**

**Tuesday February 1st, 8th and 15th at 1:00 p.m.**

A volunteer led 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.

Topics include: Sleep & Health, Understanding Anxiety, Lingering Wounds and Tomorrows Biopsychosocial Medicine.

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

Attend all the FREE sessions.



## **Lunch and Bingo**

**Thursday, February 3rd**

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

For April 7th Bingo lunch, call after 6:00 p.m. on Friday, February 25th.

**Sponsors include:**

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## Heart Health Zoom Presentation

Thursday, Feb 24th 10:00 a.m.

Shannon Gabriel, Registered Nurse and Healthy Aging Coordinator at NewBridge will bring us valuable information on Heart Health.

**Call 608-222-3415 and leave your e-mail address.**

