



Meeting Old Friends...Making New Friends

March 2022

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

Apostle Islands Virtual Visit!

Wednesday, March 23rd at 10:00 a.m.

Known for their sculpted beauty and scenic landscapes, the Apostle Islands in Lake Superior are also geologically spectacular. Join this virtual hike (and kayak!) to explore the history of volcanoes, oceans and glaciers in the Upper Midwest. As part of this adventure we'll also have opportunities for participants to share memories they have of visiting this stunning part of Wisconsin.

Please call 608-222-3415 to get the Zoom link.



Irish Tunes with Ian Gould

Thursday, March 10th
10:00 a.m.

Musician Ian Gould is a guitarist and singer from Belfast, Northern Ireland. He shares Irish wit and his striking voice with American audiences. Ian's shows share pub spirit and conjure images of Ireland. You will want to toe tap and sing along to these Irish Tunes with Ian Gould.

Wear your green and get in the Irish spirit!

Call us at 608-222-3415 to register.

Heart-Brain Health - One Step at a Time - Zoom

Thursday, March 10th at 1:00 p.m.

As we age, what can we do to preserve or improve our heart and brain health? It seems like every time a new study comes out there is yet another 'thing' we are supposed to be doing for our heart & brain health. This presentation will discuss the connection between heart & brain health and how to make sense of all the recommendations that are in the media. We will also provide strategies you can use to identify and implement personalized, realistic goals that will help preserve or improve your heart & brain health.

Call 608-222-3415 and share your e-mail address if interested in attending.



*Dr. Bratzke,
PhD, RN Associate
Professor at
UW-Madison*

“ FRIENDS ”

**These Friends Members gave donations beyond their Membership
Thank you for your kind donations!**

Jacqueline Amati	Patricia Easland	Marlys Hegge	Mary Macht-Brooks	Gloria & Virgil
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Betsy Drysen	Judith Hayes	Landers	Doris & Richard	
Helen Dyer	Margie Hays	Elizabeth Lemon	Shropshire	



“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 _____

- | | |
|---|--|
| <input type="checkbox"/> Monona Resident \$8.00 | <input type="checkbox"/> Benefactor/Corporate \$150.00 |
| <input type="checkbox"/> Non Monona Resident \$10.00 | <input type="checkbox"/> Donation \$ _____ |
| <input type="checkbox"/> Life Member \$100.00 | <input type="checkbox"/> I am new to the area |
| <input type="checkbox"/> I am interested in helping with “Friends” Activities | <input type="checkbox"/> Online Newsletter Only |



PROGRAMS TO PONDER

NewBridge Presentation

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

Join us as Jenn Garcia-Ludolph from NewBridge shares information on Healthy Minds.



Please call 608-222-3415 if interested.



Bird and Nature Adventures

Wednesday, March 16th at 10:00 a.m.

March Topic: Trees in Spring

Presentation at Monona Senior Center followed by a walk with Sean Gere.

Sean is an arborist/researcher/educator and tree enthusiast located in Madison, WI.

Call to register for this unique and informative 45 minute presentation followed by a walk around the Monona Community Center.

608-222-3415



Virtual Coffee and Conversation!

Wednesday, March 2nd at 10:00 a.m.

Share what is on your mind, stories, ideas, recipes...



Call 608-222-3415 to register.

Happy Times Tours & Experiences

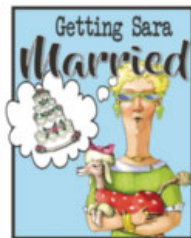
2022 Flyers available

Call (414) 867-2727 to make your reservation. Make sure that you mention you are part of the Monona Senior Center.

Day Trips

Getting Sara Married

Bell Tower Theater Dubuque, IA
Sunday, April 24th \$115.00
9:15 Depart JCPenny East Towne Mall (Est. Return 6:15)



A Sea of Tulips

Lake County, Illinois
Thursday, May 5th \$109.00
7:45 Depart JCPenny East Towne Mall (Est. Return 6:15)



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Phone: (414) 867-2727
Email: info@happytimestours.com
Web: www.happytimestours.com
Facebook/HappyTimesTour

Tom Kastle Irish Music

Wednesday, March 16th

1:00 p.m.

Virtual via Zoom



What is March without a little bit of the Gaelic?

Tom Kastle sings folk songs, standards and old time favorites that are born of decades on the road and on the stage as well as some special songs and stories gleaned from travels to Ireland and Scotland.



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

Monona Parkinson's Support Group

Currently on Zoom the 1st Wednesday of the month - March 2nd and April 6th
2:00 p.m. - 4:00 p.m.

Contact: Sv Golding 608-839-3512
or jspfgould@gmail.com



Friends Garden Committee Update

Spring is coming (imagine we can walk, picnic, & garden!). There is much to be done but it is fun and satisfying work. There will be a meeting for old and new gardeners late in March. Time and place are not yet decided. Check with the Senior Center or call 608-222-3415 for details. Stay healthy and we look forward to a pleasant, productive season.

Caregiver's Corner

Currently in our lives we are hearing about caregiving and caregivers in our communities and families. Being a caregiver can be a labor of love; stressful and rewarding in equal measure. Here are local resources to assist with the well-being of family or friends.



Area Agencies on Aging of Dane County

Office: 608-261-9930

Web: <http://aaa.dcdhs.com>

Email: aaa@countyofdane.com

Advocates, develops and coordinates service for adults 60 and older.

- Elder Benefits Specialists
- Caregiver Support
- Contracts with local agencies.



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Call Glen or Mary: (608) 222-6911



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FUN & FITNESS



**** Monday****

March 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. There is minimal joint impact during practice. While movement patterns are traditionally done standing to increase leg strength and balance, participants may sit as needed and practice in personally modified ways.



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 the body, breath and mind.

**** Tuesday ****

March 1st, 8th, 15th, 22nd & 29th



Mindful Movement @ 10:00 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 ****

March 3rd, 10th, 17th, 24th & 31st



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!

Support our Zoom Fitness Instructors

for their time and expertise each week.

A suggested donation is \$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. Indicate which class your donation is to go toward.



Fitness Programs In the Lounge

March 2nd, 4th & 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/class.

Pilates 11:00 a.m.

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

Free Video Class Senior Fitness at the Monona Senior Center

****Thursday****

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.

The Friends of the Monona Senior Center will hold their annual dance this fall. Stay tuned...



Groucho's Men's Club Wednesday, March 2nd, 9:00 a.m.



Groucho's is now in its twelfth year. Members tell us that their monthly get-togethers are really special. They enjoy the company of other senior men and take pleasure in the informal exchange of thoughts, memories, and ideas. They will soon be meeting face-to-face again. The March meeting will be on Zoom at 9:00 a.m. on Wednesday, March 2nd. To join in the fun, contact Dennis Jenkyns at 608-221-8416 or jenkyns@charter.net. Dennis will send you the Zoom link.



Support the **Monona Senior Center & Friends of the Monona Senior Center** online using your debit/credit card or checking/savings account.

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

1. Visit mymonona.com/seniorcenter
2. Click Online Donations and Payments
3. Select Payment Option
4. Your first time, you will need to establish Yourself as a user.
5. Follow the steps to make your payment.



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VOLUNTEER OPPORTUNITIES



Welcome...

To our new volunteers, Oscar Young, Verna Toliver, Jay Sweers, Susan Houston, Dai Chi Uchigashima, Julie Fraiser and Kristen Acker.

We are glad to have you here and appreciate all you do for the Monona Senior Center!

NOTICE

New start time →

Desk Volunteer Meeting

Thursday, March 24th at 1:00 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!

Polar bears have black skin. And actually, their fur isn't white—it's see-through, so it appears white as it reflects light.

Pound cake got its name because the original recipe required a pound each of butter, flour, sugar and eggs. That's a lot of cake—but it was meant to last for a long time.

The coldest temperature ever recorded occurred in Antarctica, -144 Fahrenheit, as reported by researchers in a scientific journal in 2018.

Sweden has 267,570 islands, the most of any country in the world.

There are no muscles in your fingers: Their function is controlled by muscles in your palms and arms.



<https://parade.com/966564/parade/fun-facts/>

Thank You

The family of **Tana Godfriaux** for the donation of greeting cards.

Christine Fiez for the donation of yarn & fabric.

Thank you for all who contributed to our **Zoom Fitness** instructors in February.

AARP Volunteer Tax Preparers

Cornerstone Caregiving and Heritage for treats.



Sharon Walsh for her donation to the Senior Center.



Programming Ideas?

Do you have a great programming idea you feel would be successful and beneficial at the Monona Senior Center? We would love to hear about it! Please call or stop in and discuss your ideas.

We also appreciate your feedback on our current programs.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>March</p>	1 9:30 Target Trip 10:00 Mindful Movement 10:00 Chorus 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Dan's Open Lab	2 8:30 Tax Clinic 10:00 Virtual Coffee & Conversation 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre	3 8:45 Senior Shape-up 10:00 NewBridge 10:00 Crafters 10:00 Chair Yoga 11:30 Cup of Chi 12:00 Dominoes Rummikub 12:00 Bingo & Lunch	4 9:00 Foot Clinic 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 12:15 Sheepshead 1:00 Movie
	7 8:30 Quilters 11:00 Tai Chi 10:00 Stretch & Tone 11:00 Pilates 12:00 Reflexology 12:00 Tax Clinic 12:30 Bridge 2:00 Chair Yoga Express	8 9:00 Foot Clinic 9:30 Woodmans 10:00 Chorus 10:00 Mindful Movement 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	9 8:30 Tax Clinic 10:00 Veterans Meet 12:00 Canasta 12:45 Euchre	10 8:45 Senior Shape-up 10:00 Irish Tunes 10:00 Crafters 10:00 Chair Yoga 11:30 Cup of Chi 12:00 Dominoes Rummikub 1:00 Heart Brain Health
14 8:30 Quilters 11:00 Tai Chi 12:00 Adult Coloring 12:00 Tax Clinic 12:30 Bridge 2:00 Chair Yoga Express	15 10:00 Chorus 10:00 Mindful Movement 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Dan's Open Lab	16 8:30 Tax Clinic 10:00 Bird & Nature Adventures: Trees 10:00 Knit & Stitch 12:00 Canasta 12:45 Euchre 1:00 Tom Kastle Irish Tunes	17 8:45 Senior Shape-up 9:00 Reflexology 10:00 Crafters 10:00 Chair Yoga 11:30 Cup of Chi 12:00 Dominoes Rummikub 1:00 Stamp Camp 4:00 Friends Board Meets	18 8:00 Chair Massage 9:00 Cribbage 10:00 R.O.M.E.O 12:15 Sheepshead 1:00 Movie 
21 8:30 Quilters 11:00 Tai Chi 12:00 Adult Coloring 12:00 Tax Clinic 12:30 Bridge 2:00 Chair Yoga Express	22 10:00 Chorus 10:00 Mindful Movement 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	23 8:30 Tax Clinic 10:00 Apostle Islands Virtual Hike 12:00 Canasta 12:45 Euchre	24 8:45 Senior Shape-up 9:00 Foot Clinic 10:00 Crafters 10:00 Chair Yoga 11:30 Cup of Chi 12:00 Dominoes Rummikub 1:00 Desk Volunteer Mtg.	25 9:00 Foot Clinic 9:00 Cribbage 11:00 Low Vision 12:15 Sheepshead
28 8:30 Quilters 8:45 Dia. Foot Clinic 11:00 Tai Chi 12:00 Adult Coloring 12:00 Tax Clinic 12:30 Bridge 2:00 Chair Yoga Express	29 10:00 Mindful Movement 10:00 Chorus 12:00 Carve-In 1:00 500/Hand & Foot 1:00 Scrabble	30 8:30 Tax Clinic 12:00 Canasta 12:45 Euchre	31 8:45 Senior Shape-up 10:00 Crafters 10:00 Chair Yoga 11:30 Cup of Chi 12:00 Dominoes Rummikub	<i>Italics denotes offsite event.</i> Zoom Events green Call for login 608-222-3415

CHECK IT OUT!

A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 30%!

Monona Senior Center Stepping On Workshop
1011 Nichols Rd., Monona

Thursdays, April 7 – May 26th (Skip date of April 21st)
from 12:00 p.m. – 2:00 p.m.

Cost: \$35 (includes healthy snack and materials)

To Register: Call the Monona Senior Center at 608-222-3415



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. The length of the loan is based on the purpose of use. Call 608-222-3415.



Tuesday, March 1st and 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.



R.O.M.E.O. Group

Friday, March 18th, 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 & its 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:



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.

We offer...

- ... puzzles
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- ... books

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- ... hearing aids
- ... eyeglasses



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!



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.

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.

Target Shopping Trip

Tuesday, March 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.



Woodman's Trip

Tuesday, March 8th at 9:30 a.m.



The Scholarly Scoop



No More War!

How the War against Obesity Has Become a War against Fat Children

Friday, March 11th, 10:00 - 11:00 a.m.

At The Monona Public Library Municipal Room



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



Elena Levy-Navarro is a professor in English at University of Wisconsin-Whitewater. Her publications are in the area of fat studies, queer theory, and literary studies. She has published on Shakespeare and constructions of fatness as well as cultural criticism on the rhetoric and logic of diet books and the obesity epidemic.

Fat kids and adults are subjected to a war today, one that is often worse in academic environments. From elementary schools to post-secondary institutions, the fat student is all too often marginalized, and therefore unable to be a complete and equal participant in the academic community. This marginalization occurs rhetorically as well as materially, where their body is not allowed to "fit in." This talk will consider the need to adopt more inclusive and humane practices toward the body, including the fat body, as a necessary step to making a livable world for us all.

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DHS Approved 4/22/2021

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

lease@horizondbm.com • www.horizonseniorhousing.com

Income Restrictions May Apply

Reflexology

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

Thursday, March 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, March 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)

4th Monday, March 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)

1st Friday, March 4th, 9:00 - 11:30 a.m. (Checks made payable to Sue's Mobile Foot Care)

2nd Tuesday, March 8th, 9:00 - 11:30 a.m. (Checks made payable to Franz Foot Care)

4th Thursday, March 24th, 9:00 - 11:30 a.m. (Checks made payable to Sue's Mobile Foot Care)

4th Friday, March 25th, 9:00 - 11:30 a.m. (Checks made payable to Sue's Mobile Foot Care)

All foot clinics are held in the Monona Room.



Come Dine with Us!

On Fridays, beginning April 1st, the Monona Senior Center will host a dining site for older adults. You can enjoy a nice, well-balanced meal and have fun socializing with your peers. The meal, catered by Gaylords Catering Service, will be different each week. Dinner will be served at Noon every Friday and reservations are required (at least two business days in advance). Transportation, \$1 round trip, is available upon request. Call Kristen (608) 512-0000, extension 2001, for meal and transportation reservations.



Our Friday dining site, in collaboration with NewBridge, is a donation-based program and funded by the Area Agency on Aging of Dane County. A donation of \$4 for each meal, or whatever you can afford, is suggested. So, if you don't enjoy cooking everyday or you are tired of eating alone, come join us on Fridays for good food and fun.

The Friday menus will be printed each month in the Monona Senior Center newsletter beginning in April or you can always call Kristen to inquire.



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.**

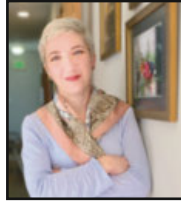
Is there a cost?

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

Estate Planning

Monona Library Zoom Event
Monday, March 28th at 6:30 p.m.

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. Learn proactive steps you can take now to help settle your life's affairs later.



Life and Death Decisions - What you need to know to act as a healthcare agent for your loved one.

Anticipate family conflicts Monday, 4/25 @ 6:30 p.m. 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.

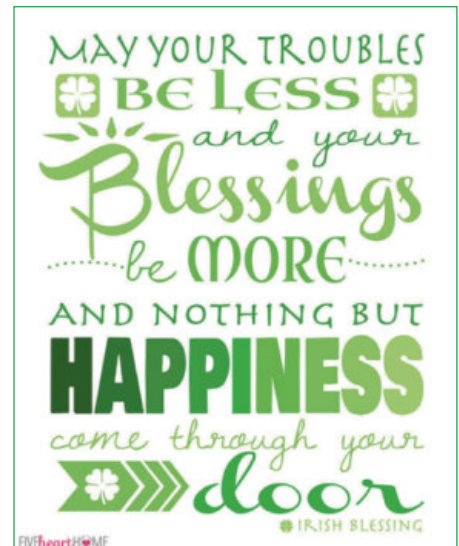
To register, contact Sally Buffet at 608 216-7452 or sally@mononalibrary.org

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.



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.

March 19, 9-11:30am

Email aaa@countyofdane.com to register by 3/10/22

Additional Dates:
 (Location: TBD)

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



Friday Morning Book Group

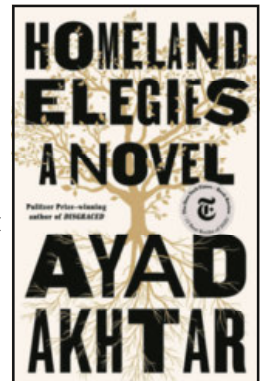
Friday, March 18th, 10:00 - 11:30 a.m.

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

For March 18th
Homeland Elegies A Novel
 by Ayad Akhtar

You can contact the library for the current title, and request a copy be set aside for you.

Contact Ryan at ryan@mononalibrary.org or call 608-216-7458.



Have Medicare questions? I have answers.

Dawn Guimond
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CENTER ACTIVITIES

Free Friday Movie Matinees

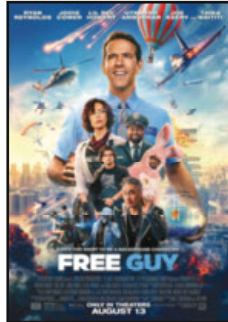
1:00 p.m. (*Selections are subject to change.*)

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

March 4th - FREE GUY

Starring Ryan Reynolds and Jodie Comer

This action-packed comedy is about a mild-mannered bank teller named Guy, who learns he's really a background character in an open-world video game. Every day, he is under assault by players and



objects within the game, where he's robbed, hit by cars, and otherwise mistreated as a "non-playing character" (NPC). To make matters worse, the game's owner has decided to end the game. Teaming with a woman who's both a human and a character in the game, Guy decides to become the hero of his own story.
PG-13. 1 hour, 55 minutes.

March 18th - JUNGLE CRUISE

Starring Emily Blunt and Dwayne Johnson

Lily travels from London to the Amazon jungle and enlists Frank's questionable services to guide her downriver on La Quila-his ramshackle-but-charming boat. Lily is determined to uncover an ancient tree with unparalleled healing abilities possessing the power to change the future of medicine. Thrust on this quest together, the unlikely duo encounters innumerable dangers and supernatural forces, all lurking in the deceptive beauty of the lush rainforest. PG-13. 2 hours, 7 minutes.



Bridge

Mondays at 12:30 p.m.

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

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 at 12:45 p.m.

Canasta

Wednesdays at 12:00 p.m.

Dominoes

Thursdays at 12:00 p.m.

Rummikub

Thursdays at 12:00 p.m.

Easy to play! Great brain exercise.



Cribbage

Fridays at 9:00 a.m.

No Cribbage March 11th

Sheepshead

Fridays at 12:15 p.m.

No Sheepshead March 11th

Crafters

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

Those who sell crafts are invited to meet as a group on March 31st at 10:00 a.m.

Coloring Group

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

No coloring on March 7th

Quilters

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

Carve In

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

Chorus

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

Low Vision Support Group

Friday, March 25th 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

Cost is \$6.00 per person for the meal.

Call 608-222-3415 by Wednesday, March 23rd for reservations and transportation if needed.

Stamp Camp

Thursday, March 17th
1:00 p.m.



Come join us and make your own greeting 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 March 10th to register.

Calling All Veterans...

Wednesday, March 9th 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.

AARP Tax clinics are full!

If you have an appointment, remember to stop by to pick up your intake form prior to your appointment.

Questions? Can't make your appointment?

Call us at 608-222-3415.



Lunch and Bingo Thursday, March 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 April 7th Bingo, call after 6:00 p.m. on Monday, February 28th.

For May 5th Bingo, call after 6:00 p.m. on Wednesday, March 30th.



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*We had a great time snowshoeing in February.
Thank you Brandi, from Monona P & R
Dept., for showing us the ropes!*

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