



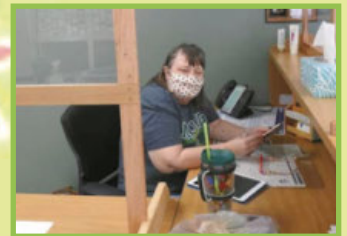
*Meeting Old Friends...Making New Friends*

**April 2022**

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

## **Volunteer Appreciation Week**

April 17 - 23, 2022



Take time to thank all our volunteers!  
These friendly individuals make  
everything we do possible.



**Thank you!**

# 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 Lift: 608-423-4118**

### 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, 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, 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



## A Message from the Friends of Monona Senior Center Garden Committee:

Spring is here--time to indulge our desires for fresh air, the scent of growing things and the feel of earth on our hands. It is time to cut down and remove the dead foliage, prune, fertilize and weed. How can weeds show up so much earlier than flowers?



Let's meet by the walk to the Senior Center at 11:00 a.m. on April 18th, 22nd, 26th and 28th --your choice or attend a couple times. We will spend a couple of hours getting ready for planting. If it is raining or the temp is below 50 degrees, we will put it off until the next scheduled day. We have some tools, hoses and shears. Feel free to bring gloves and your own tools, which you are comfortable with. We hope to see you and THINK SPRING!!!



*Jacki (Friends Garden Committee Chair)*

### 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.*

*Visit our Website: <http://www.friendsofthemononaseniorcenter.org>*

### “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, April 7th, 10:00 a.m.

Join us as Keisha Furnis from NewBridge shares information on volunteer opportunities.



Please call 608-222-3415 if interested in learning how to make a difference in your community.

## Memory Café

Wednesday, April 6th from 10:00 - 11:30 a.m.

Monona Library, 1000 Nichols Road



A memory café is a welcoming place where individuals with memory loss and their caregivers can get together in a safe environment for conversation, connection, games, refreshments and activities. All who are

challenged by memory loss, mild cognitive impairment, early Alzheimer's or other dementia are welcome with their caregivers.

In April our theme will be Spring! Please call 608-222-3415 to register.

*Brought to you by the Monona Area  
Dementia Friendly Community*

## Virtual

## Coffee and Conversation!

Wednesday, April 6th at 10:00 a.m.



Let's Chat! Bring your topic and others will chime in...

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

## Arthritis Info Session

Tuesday, April 19th at 1:00 pm.

Sara Peterson, Executive Director of the Wisconsin Arthritis Foundation will provide an informative talk with plenty of time for questions.

Call 608-222-3415 to register.



## Sip & Swipe

Mondays, April 18th and 25th from 1:00 - 3:00 p.m.

Thanks to a grant from GWAAR (Greater Wisconsin Agency on Aging Resources) we have two iPads and one iPad mini in order to offer FREE tablet training for older adults! The Sip & Swipe Café is a friendly place to learn at your own pace with a coach to assist if you need them.

Register to attend two, two-hour sessions where you will learn the following:

- \*The Basics: Turning the tablet on and off, what the buttons mean and swiping
- \*Texting and E-mail
- \*Using the Camera and sending photos
- \*Using Skype or FaceTime to video chat
- \*Search the Internet

**Limited Availability. Call 608-222-3415 to register.**

*These classes are not designed for repair or technical support.*



## Historical and Contemporary Indigenous Rhetorical Practices: Five Trends with Important Implications

FREE!  
Open to the public!  
Call 608-222-3415  
to register!

Friday, April 8th at 10:00 a.m.



In this talk Dr. Piper will explain what Rhetoric is and how language and linguistic rhetorical practices shape our thinking and actions. She will then point out five rhetorical trends used by prominent contemporary First Nations peoples to advance environmental concerns and Indigenous sovereignty, followed by a discussion of the important ecocentric implications of said rhetorical practices. Dr. Piper's talk will conclude by asking audience-participants to consider the implications of Indigenous rhetorical practices, what we can learn from First Nations Rhetoric, and how we can change given the implications, all while avoiding coercive cultural appropriation.

Alexis F. Piper has a PhD in English-Rhetoric and Composition, and teaches first-year English and academic writing at UWW where she is the Corequisite Coordinator for First-Year English. Her scholarly interests and areas of expertise include Indigenous Rhetorics, Composition pedagogy, Environmental writing, and Rhetorical Theory. She enjoys spending time reading fiction and non-fiction, writing, traveling, playing with her young son, attending to the needs of a plethora of pets, and adventuring in the out-of-doors.

**Monona LAKEVIEW**  
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

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

**NAZARETH**  
Health & Rehabilitation Center  
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](mailto:tsweeney@lpicommunities.com)  
or **(800) 477-4574 x6407**

**SUPPORT OUR ADVERTISERS!**



# FUN & FITNESS

## Zoom Classes

Call (608) 222-3415 to sign up

### TAI CHI EVENTS

**Tai Chi Balance @ 11:00 a.m.**  
**Monday, April 4th, 11th, 18th & 25th**



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. A suggested donation is \$5.00 per class.

**Cup of Chi @ 11:30 a.m.**  
**Thursday, April 7th, 14th, 21st, 28th**



This 30-minute class offers a “just enough!” Tai Chi-Chi Kung movement patterns may be practiced standing, seated, & are appropriate for everyone! A suggested donation is \$5.00 per class.

Support our Zoom Fitness Instructors at <https://mononaseniorcenter.weshareonline.org>

**Senior Shape Up**  
**Thursdays at 8:45 a.m.**  
**Free Video Class**

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

Class is held in the lower level of the Monona Senior Center.

### Fitness Programs in the Lounge CHAIR YOGA

Returns in person & on Zoom  
(Hybrid)

**Tuesdays at 10:00 a.m.**

**April 5th, 12th, 19th & 26th**



Beginner to advanced, each pose will be presented in multiple levels of flexibility. \$5.00/class.



**STRETCH & TONE**  
**Monday, Wednesday, Friday**  
**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**  
**Monday, Wednesday, Friday**  
**11:00 a.m.**

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

### Pickleball Play

**Monona Parks & Recreation Winnequah Court**

Session I	Saturdays April 9th - 30th 11:30 a.m. - 1:30 p.m.	\$40.00
Session II	Saturdays, May 7th - 28th 11:30 a.m. - 1:30 p.m.	\$40.00

Instructor Mark Miller will be present.  
Nets, racquets and ball provided.



Call 608-222-4167 or register on the website [mymonona.com/1418/recreation](http://mymonona.com/1418/recreation) registration.

**Save the Dates:** In person presentations  
May 12th, 10:00 a.m. **Downsizing Basics with Segues**

May 24th, 10:00 a.m. **New Zealand Travelogue with Larry Scheckel**



## All Things Energy with MGE

Thursday, April 21st at 1:00 p.m. at Monona Senior Center

Come uncover the myths of energy efficiency and discover some truths with Laura Paprocki from MGE! Learn about tools to compare your energy use with others and how to log in to your MGE account. Find out how our energy on the grid is getting more sustainable. Enter into a drawing for a free smart plug!



Call 608-222-3415 if interested in attending this in-person event. We will also be offering this presentation virtually. Please indicate your preference when you call.



*noel manor* & *noel manor*  
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

## 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

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



**Krueger Hernandez & Thompson SC**  
Attorneys at Law

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

**(608) 824-9540 | [KHTLawyers.com](http://KHTLawyers.com)**



# VOLUNTEER OPPORTUNITIES

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](http://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.



A riddle for you:

I speak without a mouth and hear without ears.

I have no body, but I come alive with wind.

What am I?



*Answer: An echo*

## Greeting Cards for Sale...

Come in to see a great variety of cards. Our cards are convenient and very reasonably priced.

## ...or to Donate

If you have some unused cards that are in good condition and you can no longer use, consider donating them to the Senior Center. We can use them to bring in additional funds for our programs.



More new volunteers! YEAH!

We are happy to have  
**Jessica Wilde** on board.

## Desk Volunteer Meeting

Thursday, May 26th 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!



**Sonida Senior Living, Comfort Keepers, Cedarhurst Senior Living and Talamore Senior Living** for providing the March Bingo lunch.

**Heritage Senior Living, Haskins, Short & Brindley, Cornerstone Caregiving and Capri Communities** for Euchre refreshments.

**Heritage Monona** for providing meals to our AARP volunteers.

Thank you **AARP Volunteers** for serving many this tax season!

**Friends of Monona Senior Center** for funds to purchase a Cricut Machine!

ROMEO Sponsors including **Interim Healthcare, Stoughton Meadows, McFarland Villa and Madison Pointe.**

All who supported our fitness instructors with their contributions.

**Harvey Witte** for the donation in memory of **Nancy Pederson.**



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates <b>12:00 Nutrition Site</b> 12:15 Sheepshead
<b>4</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Tax Clinic 12:00 Reflexology 12:00 Adult Coloring 12:30 Bridge	<b>5</b> <b>9:30 East Towne</b> 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 	<b>6</b> 8:30 Tax Clinic <b>10:00 Zoom Coffee Conversations</b> 10:00 Stretch & Tone <i>10:00 Memory Cafe</i> 11:00 Pilates 12:00 Canasta 12:45 Euchre	<b>7</b> 8:45 Sr. Shape-up 10:00 NewBridge 10:00 Crafters Meet <b>12:00 Bingo Lunch</b> <b>11:30 Cup of Chi</b> <b>12:00 Steppin On</b> 12:00 Dominoes/ Rummikub	<b>8</b> 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>10:00 Scholarly Scoop</b> <b>12:00 Nutrition Site</b> 12:15 Sheepshead 1:30 Movie 
<b>11</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:30 Bridge 	<b>12</b> 9:00 Foot Clinic <b>9:30 Woodman's</b> 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	<b>13</b> 10:00 Stretch & Tone <i>10:00 Veterans Meet</i> 11:00 Pilates 12:00 Canasta 12:45 Euchre 	<b>14</b> 8:45 Sr. Shape-up 10:00 Crafters Meet <b>11:30 Cup of Chi</b> <b>12:00 Steppin On</b> 12:00 Dominoes/ Rummikub 1:00 Stamp Camp 4:00 Friends Board	<b>15</b> <b>8:00 Chair Massage</b> 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>12:00 Nutrition Site</b> 12:15 Sheepshead 1:30 Movie
<b>18</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe	<b>19</b> 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble <b>1:00 Arthritis Info Session</b>	<b>20</b> 10:00 Stretch & Tone <i>10:00 Knit &amp; Stitch</i> 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:00 Brain Enrichment <b>1:30 Bird &amp; Nature Adventures</b>	<b>21</b> 8:45 Sr. Shape-up <b>9:00 Reflexology</b> 10:00 Crafters Meet <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>1:00 MGE Energy</b> 1:00 Stamp Camp	<b>22</b> 9:00 Foot Clinic 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Low Vision</b> <b>12:00 Nutrition Site</b> 12:15 Sheepshead 1:30 Movie
<b>25</b> 8:30 Quilters 8:45 Diabetic Foot Cl. 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe	<b>26</b> 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 	<b>27</b> 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:00 Brain Enrichment	<b>28</b> 8:45 Sr. Shape-up 9:00 Foot Clinic 10:00 Crafters Meet <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>12:00 Steppin On</b>	<b>29</b> 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>12:00 Nutrition Site</b> 12:15 Sheepshead 

*Italics* denotes offsite events.

**Green** denotes Zoom events.

# CHECK IT OUT!

## Monona Monday Morning Quilt Group



The Monona Quilt Group created and presented 105 lap quilts for the Women's Badger Honor Flight. Recipients in attendance: Lin Haynes, Mary Paulson, Shirley Cook, Mary Scullion.



## What is the Difference Between Loneliness and Social Isolation?

The number of older adults age 65 and older is growing, and many are socially isolated and regularly feel lonely. The coronavirus outbreak in 2020 brought even more challenges due to health considerations and the need to practice physical distancing.

Loneliness and social isolation are different, but related. Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people.



Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.  
<https://www.endsocialisolation.org/policy-priorities>

## Expand Your Circles with the Monona Senior Center

Social isolation and loneliness can be difficult to talk about. But it is a serious problem, especially in older adults, that can cause both physical and mental health problems such as depression, heart disease, and worsening dementia.

Some risks for this are living alone, being a caregiver, having a recent loss or life change, being homebound, being hard of hearing, having sight loss or living in an unsafe or unwalkable neighborhood.

Monona Senior Center offers many programs to help alleviate social isolation and loneliness including games, nature walks, fitness and wellness classes, lectures, volunteer opportunities, socialization, and other chances to expand your circles and stay connected.

**Expand your circles: Call us at (608) 222-3415 or visit our website at [mymonona.com/251/Senior-Center](https://www.mymonona.com/251/Senior-Center)**



Stay Connected

Volunteer

Learn something new!

EXERCISE

SOCIALIZE

608-225-3415

Visit our website

<https://www.mymonona.com>

## Let's Cook Together- 6 Week Virtual Cooking Class

Wednesdays, April 20th – May 25th

4:00 - 5:30 p.m. via Zoom

This is not your ordinary cooking class! Try easy to make recipes from all over the world in the comfort of your own home. UW students will demonstrate how to cook the featured dish, as well as share nutrition & health information/facts.



Recipes will be sent out each week, prior to the cooking session so you have time to gather ingredients. If you would prefer not to cook but would like to join for the information or dinner company, please feel free to join us! For questions or to register, contact Gayle at 608-204-8032 or [gayle@goodmancenter.org](mailto:gayle@goodmancenter.org)

## 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.

## Share your Life Story thru Poetry

Poetry Writing Workshop with Fabu Phillis Carter, PhD

5 Week Session April 1st – 29th Fridays 12:30 – 1:30 p.m.

Via Zoom or On-Site at Goodman CC via Zoom



Fabu Phillis Carter, professionally known as Fabu, is an award winning poet, Madison Poet Laureate (2008 – 2012) and author of seven books. She is an active public lecturer, workshop leader, poetry columnist, and storyteller. Fabu enjoys creating a welcoming space for individuals to discover that, yes you too, can write poetry! The theme to this series is **sharing your life story or legacy**; everyone has a story to tell. Upon completion of your poetry, you will have something to frame and share with your family and friends. You will also have the opportunity, if you choose, to display your poetry at various sites around Madison.

This series is sponsored by the Madison Public Library and in collaboration with Goodman Community Center, NewBridge, Monona Senior Center, & Madison Senior Center.

Sign up online at: [//madpl.org/calendar](http://madpl.org/calendar) or call Gayle at: (608)204-8032.





# BITS AND PIECES

## Looking for “Monona Senior Connection” Online?

If you would like to view this 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.

### We offer...

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

### We sell...

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

### We recycle...

- ... hearing aids
- ... eyeglasses

### 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 (608)222-3415 with questions.



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



## 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.

## 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.

## East Towne Shopping Trip

Tuesday, April 5th 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, April 12th at 9:30 a.m.

## Groucho's Men's Club (Since 2009) Wednesday, April 6th at 10:00 a.m.

Great news! Groucho's Men's Club will once again be meeting in person. The enjoyment of friendships and a monthly forum for an upbeat gathering with other senior men is terrific. These guys take great pleasure in exchanging stories, thoughts, memories, and ideas. They avoid agendas in favor of simply letting their thoughts flow. It's an ideal occasion to relax and enjoy the good times!



The April meeting will be held at **10:00 a.m.** on Wednesday, April 6, at Elie's Café, 909 East Broadway (behind Menard's). Need more information? Contact Dennis Jenkyns at (608) 221-8416 or [jenkyns@charter.net](mailto:jenkyns@charter.net).



MADISON FUN BIRD AND NATURE ADVENTURES  
WITH MONONA SENIOR CENTER

## Bird & Nature Adventures

**Wednesday, April 20th at 1:30 p.m.**

Let's take a walk together at  
Aldo Leopold Nature Center!  
330 Femrite Drive

### April's Topic: Signs of Spring

*Led by Naturalist JoAnn Riecke*

Meet at the Aldo Leopold Parking Lot and  
commence on our FUN adventure.

**Call the MSC at (608) 222-3415 to sign-up.**



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](http://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 is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

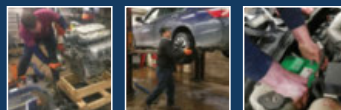
**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

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](http://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](mailto:lease@horizondbm.com) • [www.horizonseiorhousing.com](http://www.horizonseiorhousing.com)

\*\*Income Restrictions May Apply\*\*



## Reflexology

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

**Thursday, April 21st, 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, April 15th, 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, April 25th, 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, April 1st, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

**Tuesday, April 12th, 9:00 - 11:30 a.m.** (Checks made payable to Franz Foot Care)

**Friday, April 22nd, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

**Thursday, April 28th, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

All foot clinics are held in the Monona Room.





## Welcome to Friday Nutrition Site Meals at Monona Senior Center!

*Nutritious meals and socialization for older adults. Meals are well balanced and appealing for those who don't enjoy cooking or eating alone.*

### April Menu

Catered by Gaylords Catering

#### April 1

Turkey Sandwich  
 Potato Leek Soup  
 Mandarin Oranges  
 Chocolate Cake  
 MO – Veg. Stir Fry

#### April 8

Pizza Casserole w/  
 Pepperoni, Sausage Peppers,  
 Onions and Mushrooms  
 Green Beans  
 Banana  
 Brownie  
 MO – Veg. Pizza Casserole

#### April 15

Roasted Herb Chicken  
 Brown Rice Medley  
 Green Beans  
 Multigrain Bread  
 Mandarin Oranges  
 Jello  
 MO – Hummus Sandwich

#### April 22

Scalloped Potatoes & Ham  
 Winter Veg. Mix  
 MG Bread  
 Pears  
 Spice Cake  
 MO – Cheese Sandwich

#### April 29

Cold Beef Sandwich with  
 Lettuce, Tomato, Cheddar  
 Cheese  
 Vegetable Soup  
 Saltine Crackers  
 Peaches  
 Cake  
 MO – Cheese Sandwich

### Interested in Joining us for Lunch?

**Registration:** Meal & transportation reservations/cancellations should be made on-site or by calling (608) 512-0000 Ext. 2001 by **10:00 a.m. the Wednesday** prior to the meal you want to attend.

**When:** Lunch is served at Noon each Friday

**Where:** Main Room of the Monona Senior Center

**Who Can Participate:** Anyone who registers



### Other Meal Sites in our Area:

**Messiah Lutheran Church**  
 5202 Cottage Grove Rd.  
 Tuesday & Thursday at noon

**Hy-Vee East**  
 3801 E. Washington Ave.  
 Monday & Wednesday  
 10:00 a.m.- 1:00 p.m.

#### **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.

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

Messiah 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.

If you are under the age of 60, you are required to pay the total cost of the meal: \$9.07.

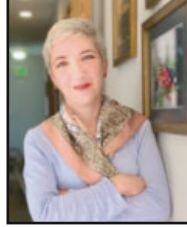
# AROUND TOWN

## Estate Planning: Anticipating Family Conflicts

Monday, April 25th from 6:30 - 8:00 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.

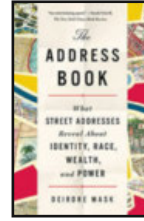
Monona Public Library Foundation presents this estate planning series featuring Amanda Pirt Meyer from Haskins Short & Brindley in Monona.



Register: 608-216-7452 / [sally@mononallibrary.org](mailto:sally@mononallibrary.org)

## Friday Morning Book Group

Friday, April 15th 10:00 - 11:30 a.m.



The Friday Morning Book Group enjoys thought-provoking reads in a variety of genres.

**April 15th Book: *The Address Book* by Diedre Mask.**

This group is currently meeting on Zoom. Registration is required to receive the link. You can contact the library to request a copy of the book be set aside for you. For more info., contact Ryan at: (608) 216-7458 or [ryan@mononallibrary.org](mailto:ryan@mononallibrary.org)

## Special Thanks to the following who Recent Gave Generous Donations to The Friends of Monona Senior Center

Brian & Luanne Alme  
Paul & Joyce Ament  
Rebecca Anderson  
Craig & Ann Aswegan  
Robert & Nancy Barth  
Char Beckner  
Jane & David Beebe  
Cathy and Don Bernards  
Judith and Allen Bodden  
Vern & Pat Breunig  
Julie & Steve Byrnes  
Timothy Casper  
Thomas Conti  
Simone & Roland De Vore  
Jackie Doeler  
Jan Dorschel  
Susan & Michael Fox  
Richard & Judy Fritz  
Camille Haney  
Morrie & Mary Haukerein  
Philip & Nancy Heckman

Molli Rolli & Brian Hicks  
Sandra & Andrew Homburg  
Pat Howell  
Libby & Chuck Howting  
Margaret Jankowski  
Dave & Natalie Joranson  
Scott Kelly  
Nancy Kendrick-Miller  
"Tess" Theresa & Scott Krug  
Ken & Betty Kruska  
Dennis & Nancy Kugle  
Robert & Joanne Cantor Larson  
David & Sharon Lehrer  
Julie & David Lombardo  
Susan Manning  
Jan Marshall Fox  
Charles Martin  
Connie Miley  
Thom Evans & Kim Miller  
Nancy Moore  
Colleen Morchhauser

Ann & Jerald Nelson  
Stan & Laura Nielsen  
Wilma Noot Paul  
Mary O'Connor  
Mark & Susan Rogers  
Terry & Charles Rubash  
Ann Rubin  
Mark Rundle  
Jason Sansone  
Su & James Scheurman  
Katherine & Tom Schirz  
Leslie (Slinde Realty) Slinde  
Erin & Jeff Staver  
Tom Stolper  
Chuck Stonecipher  
Renee Tennant  
Diane Thompson  
Tim & Karen Turino  
Linda Voss  
Judy Ziewacz



## Monona Knit 'n Stitch

Wednesday, April 20th 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.



# 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](http://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](mailto:madisonsales@oakparkplace.com)

718 Jupiter Dr., Madison, WI 53718  
[oakparkplace.com/madison](http://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](http://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](http://www.lpicommunities.com)

Monona Senior Center, Monona, WI

D 4C 01-1091



# CENTER ACTIVITIES

## Bridge

Mondays at 12:30 p.m.

**The Bridge Coordinator for April**  
**Judi Blodgett at (608) 285-9004**

## Scrabble

Tuesdays at 1:00 p.m.

## Hand & Foot/500

Tuesdays at 12:30 p.m.

**To register for 500,**  
**call Margaret at (608) 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.

## 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.

## 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.

**No Chorus April 12th**

## Free Friday Movie Matinees

**NOTE NEW TIME!**

1:30 p.m.

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

### APRIL 8 - AMERICAN UNDERDOG

Starring Zachary Levi, Anna Paquin  
 and Dennis Quaid

This inspirational true story is about Kurt who longs to become an NFL player, but years of setbacks prevent him from reaching his goal. His teammates encourage him to show the world the champion they know him to be. He finally finds the strength to prove anything is possible. PG.  
 1 hour, 52 minutes.

### APRIL 15 - MISS WILLOUGHBY AND THE HAUNTED BOOKSHOP

Starring Kelsey Grammer and Nathalie Con Move over...there is a smart new detective in town! Meet Miss Willoughby! Raised by a family friend and skilled in strategy, literature and martial arts, there is no case she cannot solve! However she is baffled when a friend tells her that a ghost is haunting her bookstore.  
 Hmm....PG. 1 hour, 35 minutes.

### APRIL 22 - A JOURNAL FOR JORDAN

Starring Michael B. Jordan and Chante Adams  
 A Journal for Jordan is based on the true story of First Sergeant Charles Monroe King, a soldier deployed to Iraq who begins to keep a journal of love and advice for his infant son. PG-13.  
 2 hours, 11 minutes.



*(Selections are subject to change.)*

## Low Vision Support Group

Friday, April 22nd 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.**

Hadley Presents Topic:  
*Back in the Kitchen After Vision Loss*

Low Vision participants are welcome to stay for the Nutrition Site meal at Noon. Transportation home will be following the meal. Staff will call in your meal request.

Call (608)222-3415 by Wednesday, April 20th for reservations and transportation if needed.

## Prescription Drug Take Back Day

April 30th, 9:00 a.m. - 1:00 pm.

The Medicine Shoppe  
4205 Monona Drive



Prescription and over-the-counter medications may be disposed of at Drug Take Back Day collection sites.

A total of 57,377 pounds of unused and expired medications were collected in Wisconsin during the last drug take back period that ended with the October 23, 2021, Drug Take Back Day.

[www.dhs.wisconsin.gov/opioids/drug-take-back-day](http://www.dhs.wisconsin.gov/opioids/drug-take-back-day)



## Calling All Veterans...

Wednesday, April 13th at 10:00 a.m.

This month the Monona Group will tour the **Wisconsin Veterans Museum**. Space is limited. Call 608-222-3415 to register. Transportation will be provided for this free event.

We will depart from Monona Senior Center at 10:30 a.m. and returning at 12:30 p.m.  
*Monona Vets meet the 3rd Wednesday of the month at 10:00 a.m.*



## Lunch and Bingo Thursday, April 7th

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

For June 2nd Bingo lunch, call after 6:00 p.m. on Wednesday, April 27th.

**Sponsors include:  
Nazareth, Monona Hills and Brightstar**

**Monona Senior Citizens**  
1011 Nichols Road  
Monona, WI 53716

PRSR STD  
US Postage  
**PAID**  
Permit #1796  
Madison, WI



## Table of Contents

For Your Information .....	2
“Friends” .....	3
Programs .....	4
Fun & Fitness .....	6
Volunteer Opportunities.....	8
Calendar.....	9
Never Stop Learning.....	11
Nutrition Site.....	15
Around Town.....	16
Activities.. ..	18
Programs.....	19

A decorative border at the top and bottom of the event banner, consisting of various electronic devices like a monitor, smartphone, television, tablet, and printer.

**Monona Earth Day  
Electronics Recycling Event**

Saturday, April 23rd  
8AM - 12PM  
Ahuska Park - 400 E Broadway