



## Meeting Old Friends... Making New Friends

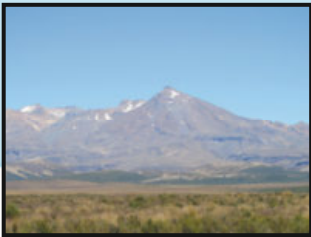
May 2022

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

### New Zealand Travelogue

Tuesday, May 24th at 10:00 a.m.

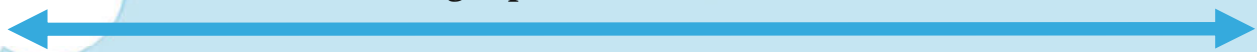
Larry and Ann Scheckel traveled to one of the most spectacular places on earth. Made up of two main islands, New Zealand has a range of breathtaking scenery: forests, beaches, lakes, snow-capped mountains, fjords, volcanoes, and beautiful rolling green pastures. The sheer beauty of the country is why the *Lord of the Rings* was filmed there. The “Kiwis,” as the locals are known, are very welcoming.



We'll explore Auckland, the Maori natives, Christchurch, the Canterbury Plain, the sheep farms, the steam train on the Taieri Gorge Railway, the Scottish city of Dunedin, Baldwin, the steepest street in the world, Queenstown, a walk up the Franz Josef glacier, watch border collies at work, boating on the glacier-carved Milford Sound and a train ride over Arthur's Pass.

The best part of New Zealand is the local people you meet and the fellow tourists from all over the world.

To sign up call 608-222-3415.



### Come Celebrate with Us!

### Monona Senior Center Re-Accreditation Reception

Thursday, May 26th from 12:30 - 2:30 p.m.

Won't you join us for a celebration with music and food to acknowledge the re-accreditation of your Monona Senior Center?

What does re-accreditation mean?



The self-assessment guides senior centers to review nine areas of management to ensure the program is operating at the highest of standards. This review involves staff, participants, volunteers and community members in the review of the senior center. The accreditation self-assessment takes place every five years. Join us to learn a bit more about this process and those who were part of making our successful state re-accreditation a reality.

This reception will also serve as our Brat Fest! A brat lunch, courtesy of Metcalfe's will be served at 12:30 p.m. Don't miss this fun event!

Please call 608-222-3415 to register.

# 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: 11:00 a.m. Return: 1:00 p.m.	Pick-up: 11:00 a.m. Return: 1:00 p.m.	Pick-up: 11:00 a.m. Return: 1:00 p.m.	Pick-up: 11:00 a.m. Return: 1:00 p.m.	Pick-up: 11:00 a.m. Return: 1:00 p.m.
Hy-Vee, Goodwill, Aldi's	Woodman's East, Walmart	Pick-N-Save, Willy St. North, Lakeview Library	Festival Foods, Willy St. East	Target, Michael's Hobby Lobby, East Towne

## Thank You Friends Lifetime Members

The Friends of the Monona Senior Center offer a lifetime membership to anyone interested in no longer needing to remember to renew their membership each year. We are thrilled to report that the number of Lifetime Members we currently have is 96 and growing!

We will honor these lifetime members in the coming weeks by posting the Lifetime Membership list on our bulletin board. Stop by and take a look at this impressive list of Lifetime members.

Thank you for making this impressive contribution to the Friends Group!

*We appreciate your strong support!*



### 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, May 5th 10:00 a.m.

Join us as Jenn Garcia-Ludolph from NewBridge shares information on Advanced Care Planning. She will cover types of advanced directives, common myths and how to begin the planning process.



Please call 608-222-3415 if interested.

## Virtual Coffee & Conversation!

Wednesday, May 4th at 10:00 a.m.

Social connections, resources and stories shared.  
Meeting in person starting in June.

New people are always welcome!

Call 608-222-3415 to sign up and we will send you the link to Zoom with us!



## NewBridge Case Manager Hours

Friday, May 6th at 11:30 a.m.

Stop into the Monona Senior Center and ask a question or obtain information on NewBridge services.

## Memory Café

Wednesday, May 4th 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.

Our May theme will be Baseball!  
Please call 608-222-3415 to register.



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

## Sip & Swipe Café

Mondays, May 9th and 16th  
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! Would you like to learn how to access information plus connect with family, friends and more? 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 basics including what the buttons mean. You will cover how to text and email, use the camera and use skype or facetime to video chat and more....

**Limited Availability.**

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

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



## R.O.M.E.O. Group Friday, May 20th at 10:00 a.m.

### “Service on a Diesel Submarine During the Cold War”

Dave Joranson will present information, artifacts, and experience about the USS Grenadier (SS 525) which operated out of Key West, Florida in the 1960s, following the Cuban Missile Crisis.



Monona Senior Center  
1011 Nichols Road

Call 608-222-3415 to register



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# FUN & FITNESS

Stretch & Tone/Pilates held in the Lounge Upper Level.

Chair Yoga is Hybrid – in person and on Zoom.

Shape-Up is in the Main Room Lower Level.

**Tai Chi & Cup of Chi are on Zoom**

\*No exercise classes on Monday, May 30th

Monday*	Tuesday	Wednesday	Thursday	Friday
10:00 Stretch & Tone	<b>Chair Yoga (Hybrid)</b>	10:00 Stretch & Tone	8:45 Shape -Up	10:00 Stretch & Tone
11:00 Pilates		11:00 Pilates		11:00 Pilates
<b>11:00 Tai Chi</b>			<b>11:30 Cup of Chi</b>	



## Tai Chi Balance

**Mondays at 11:00 a.m.**

Tai Chi Balance is a body-mind-spirit practice offered by certified Tai Chi Instructor Jody Curley, featuring Tai Chi and Qigong movements and breathing practices for balance. Movement patterns can be performed standing or seated as needed and practice in personally modified ways.

## Cup of Chi

**Thursdays at 11:30 a.m.**



This 30-minute class offers a “just enough!” Tai Chi-Chi Kung movement patterns which may be practiced standing, seated, and are appropriate for everyone!

**\$5.00 per class for Tai Chi & Cup of Chi**

For Jody Curley’s fitness classes you can pay online or with check to City of Monona—please note the class you are paying for.

## Senior Shape-Up

**Thursdays at 8:45 a.m.**

This free video fitness class combines chair based exercises with movement tools such as bands and weights. Located in senior center.

## Fitness Programs in the Lounge \$5.00 per class payable to Instructor

### CHAIR YOGA

In person and on Zoom

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

Beginner to advanced, Amy Davidson Unitan leads each pose and routine to gain flexibility, endurance and balance.  
\$5.00/class payable to instructor.

### 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 payable to instructor.

### PILATES

**Monday, Wednesday, Friday**

**11:00 a.m.**

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

## Let's Get Strong!

Stop into the Monona Senior Center to get your FREE 7 day membership pass, 14 day membership pass or 30 day membership pass, compliments of Anytime Fitness!







## Downsizing Done Right!

Thursday, May 12th at 10:00 a.m.



Let's Get Organized! Do you have too much clutter, possibly years of "stuff" you've collected? Do you struggle to get rid of things because "you may need them" or "they were so expensive" or "they have such great sentimental value"?

Is it that time in your life when you are considering a move? You'd like to downsize, but look at the piles of "stuff" in your house, and instantly become overwhelmed? You found that special new place to move to, but you come home and see the massive amount of work needed to make that happen and decide this must not be the right time?

If you answered YES to any of these questions, make plans to join us!!!!

Come and join in the fun and learn some facts on getting rid of "guilty clutter" and learn some quick tips to help you learn to declutter and organize your "stuff."

Please join Dawn Eyre (Segues owner) and Marge Tudor for information and insight mixed in with a little laughter!

RSVP by calling 608-222-3415 for a Door Prize Ticket and a delicious donut!!!!



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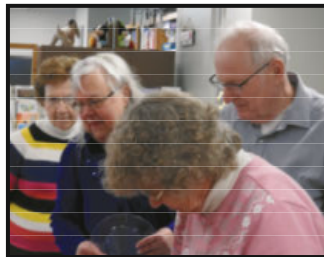
# VOLUNTEERS



## Volunteer Recognition and Appreciation

Thank you to all our volunteers for sharing your time and talent with us throughout the year. We are grateful for you!

The following awards for years of service were presented on Thursday, April 14th at our Volunteer Reception.



**Rosemary Sprang (5)**  
**Molly Grupe (5)**  
**Karen Clough (5)**  
**Joanne Berschet (5)**  
**Jackie Amati (5)**  
**Karen Komprood (5)**  
**Mary Leigh (5)**  
**Sharon Patton (5)**  
**Myrna Springer (5)**  
**Keith Vande Berg (5)**  
**Chris Zwergel (5)**  
**Faye Kimberly (10)**  
**Kathy Larson (10)**  
**John Anderson (10)**  
**Valerie Birrenkott (15)**  
**Sylvia Roeder (15)**  
**Glenn Vosberg (40)**



## Message from the Friends Garden Committee



It is May - the wondrous month of spring in bloom. If you are interested in gardening, come see what is happening at the Senior Center. We can add your e-mail or number to our list so we can contact you when something is going on or answer questions you may have.

My e-mail is [jjsamati@gmail.com](mailto:jjsamati@gmail.com).  
Happy Spring to all. *Jackie*


## NOTE DATE CHANGE !

### Desk Volunteer Meeting

Thursday, May 12th 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!



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Reflexology 12:00 Adult Coloring 12:30 Bridge	<b>3</b> 10:00 Chorus <b>10:00 Chair Yoga</b> 12:00 Carve-In 12:30 500/Hand & Foot 12:30 Dan's Open Lab 1:00 Scrabble	<b>4</b> <i>10:00 Memory Café</i> 10:00 Stretch & Tone 11:00 Pilates <b>10:00 Zoom Coffee &amp; Conversation</b> 12:00 Canasta 12:45 Euchre <b>1:00 Brain Enrichment</b>	<b>5</b> 8:45 Sr Shape-up 10:00 Crafts <b>10:00 NewBridge</b> 12:00 Bingo & Lunch <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>12:00 Steppin On</b>	<b>6</b> 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheepshead 1:30 Movie
<b>9</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>10</b> 9:00 Foot Clinic <b>10:00 Chair Yoga</b> 10:00 Chorus 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	<b>11</b> 10:00 Stretch & Tone 10:00 Veterans 11:00 Pilates 12:00 Canasta 12:45 Euchre <b>1:00 Brain Enrichment</b>	<b>12</b> 8:45 Sr Shape-up <b>10:00 Downsizing!</b> 10:00 Crafts <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>12:00 Steppin On</b> 1:00 Stamp Camp 1:00 Volunteer Meeting	<b>13</b> 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>10:00 Scholarly Scoop</b> 12:00 Nutrition Site 12:15 Sheepshead 1:30 Movie
<b>16</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>17</b> 9:30 Woodman's <b>10:00 Chair Yoga</b> 12:00 Carve-In 12:30 500/Hand & Foot 12:30 Dan's Open Lab 1:00 Scrabble 	<b>18</b> 10:00 Stretch & Tone <i>10:00 Knit &amp; Stitch</i> 11:00 Pilates 12:00 Canasta 12:45 Euchre <b>1:00 Brain Enrichment</b> <i>1:30 Bird &amp; Nature Adventures</i>	<b>19</b> 8:45 Sr Shape-up 9:00 Reflexology 10:00 Crafts <b>11:30 Cup of Chi</b> 12:00 Dominoes/ Rummikub <b>12:00 Steppin On</b> 4:00 Friends Board Meeting	<b>20</b> 8:00 Chair Massage 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates <b>10:00 R.O.M.E.O.</b> 12:00 Nutrition Site 12:15 Sheepshead
<b>23</b> 8:30 Quilters 8:45 D. Foot Clinic 10:00 Stretch & Tone 11:00 Pilates <b>11:00 Tai Chi</b> 12:00 Adult Coloring 12:30 Bridge	<b>24</b> <b>10:00 Chair Yoga</b> <b>10:00 New Zealand Travelogue</b> 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	<b>25</b> 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre <b>1:00 Brain Enrichment</b> 	<b>26</b> 8:45 Sr Shape-up 9:00 Foot Care Clinic 10:00 Crafts <b>11:30 Cup of Chi</b> <b>12:00 Steppin On</b> <b>12:30 Re-Accreditation Celebration</b>	<b>27</b> 9:00 Foot Care Clinic 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 11:00 Low Vision 12:00 Nutrition Site 12:15 Sheepshead 1:30 Movie
<b>30</b> 	<b>31</b> <b>10:00 Chair Yoga</b> 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble			

# CHECK IT OUT!



· **Karen Goebel** and **Margaret Maxey** for their recent donations to the Senior Center and Friends of Monona Senior Center.

· **Pat Gleash** and **Vicky Ross & the Mindful Movement Class** for their donations in memory of **Mary Ann Neupert**.

· **Heritage Senior Living, Cornerstone Caregiving, Hyland Campus and Brookdale Senior Living** for Euchre Group refreshments.

· **Moments Hospice** for providing refreshments for Scholarly Scoop.

· All those who supported our Fitness Instructors with their contributions in April.

· **Brightstar Senior Living, Monona Hills** and **Nazareth Health and Rehab** for Bingo Lunch in April.

· **Bob Pederson** for his donation in memory of his wife, **Nancy Pederson**.

· For the Volunteer Appreciation Event; **Lil'Badger Consignment, Susan Manning & Homburg Cont.**

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.



## *It's finally time...* For Farmers' Market Vouchers!

In June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to senior adults for use in purchasing fruit, vegetables or herbs at farmers' markets/roadside farm stands in WI during the 2022 growing season.

The vouchers are distributed on a first come/first serve basis to those age 60+, who live in Dane County, and have gross incomes under **\$25,142 per year (or \$2,095/month) for a one person household and \$33,874 per year (or \$2,823/month) for a two person household**. One set of vouchers per household regardless of size of household.

Distribution of farmers' market vouchers will be done by mail. Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678. Applications will be mailed during the week of May 15<sup>th</sup>. Once we receive and approve your application, vouchers will be mailed starting on June 1<sup>st</sup>.

*"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."*



## 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 length of the loan is based on the purpose of use.

Please call 608-222-3415 if interested.



**We will be closed on Monday, May 30th for Memorial Day.**



## Groucho's Men's Club Wednesday, May 4th at 9:00 a.m.

Groucho's in-person gathering on April 6<sup>th</sup> was a remarkable success. Note that the guys have decided to meet at 9:00 a.m. once again as they did before the pandemic. These gents take great pleasure in exchanging stories, thoughts, memories, and ideas. They avoid agendas in favor simply letting their thoughts flow. It's an ideal occasion to relax and enjoy good times!



The May get-together will be held at **9:00 a.m.** on Wednesday, May 4th, 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).

**Open Lab with Dan**  
WORK WITH DAN ONE -ON-ONE  
CALL 222-3415 TO REGISTER

**Tuesday, May 3rd & 17th**  
**12:30 - 2:30 p.m.**

**Dan's Open Lab in person is BACK!**

Space is available for five people per two hour period. The lab time is SHARED between all five people. Dan will rotate around the room. All devices, people, and skill levels welcome!

Call 608-222-3415 to sign up, and let us know your lab request.

**Note:** Only one lab appointment per month.

This lab does NOT replace professional technical support, as such, Dan is unable to assist with complex topics such as hacked systems, etc.. Dan can offer advice on these topics but will not be able to directly assist.



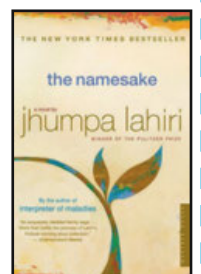
## Friday Morning Book Group

**Friday, May 20th 10:00 - 11:30 a.m.**

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

**May 20th Book: *The Namesake* by Jhumpa Lahiri**

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 to set aside for you. For more info., contact Ryan at: (608) 216-7458 or [ryan@mononalibrary.org](mailto:ryan@mononalibrary.org)





### 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**

## 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.



**Support  
Friends of the Monona  
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When you shop at [smile.amazon.com](http://smile.amazon.com),  
Amazon donates.

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

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

## 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.

**Due to staffing issues, there will be NO Target/East Towne or Woodman's trip this month.**



**Sorry for the inconvenience.**

## We offer...

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

## We sell...

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

## We recycle...

- ... hearing aids
- ... eyeglasses

Refreshments by:



**Friday, May 13th at 10:00 a.m.**  
**A History of a Question; Who is my neighbor?**



“Regard your neighbor’s gain as your gain and your neighbor’s loss as your own loss.”

-Tai Shang Kan Yin P'ien

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



Dr. David Reinhart lectures at the University of Wisconsin, Whitewater. In the Philosophy and Religious Studies Department, he offers courses in Religious Ethics, Philosophical and Religious Perspectives on Death and

Dying, The Holocaust, Sociology of Religion, and World of Ideas. Research and publications are on topics relating to collective memory.



This presentation explores a perennial question found prominently in every world religion. A question that states a central human concern. Yet, a question that still haunts society today. Who is my neighbor? Although a deceptively simple question, it may well ground a global *discourse* capable of addressing difficult social issues related to immigration, economic development, and war crimes, among others.

**SENIOR Helpers**  
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**\*\*Income Restrictions May Apply\*\***

## Reflexology

**Monday, May 2nd, 12:00 - 4:00 p.m.**

**Thursday, May 19th, 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.\*\*\*

DON'T  
STRESS  
GET A  
CHAIR  
MASSAGE

## Chair Massage

**Friday, May 20th, 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, May 23rd, 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, May 6th, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

**Tuesday, May 10th, 9:00 - 11:30 a.m.** (Checks made payable to Franz Foot Care)

**Thursday, May 26th, 9:00 - 11:30 a.m.** (Checks made payable to Sue's Mobile Foot Care)

**Friday, May 27th, 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.*



### May Menu

Catered by Gaylords Catering

#### May 6

Spaghetti with Meat Sauce  
Romaine Salad  
Garlic Bread  
Pears  
Sherbet

MO – Meatless Sauce

#### May 13

Baked Fish  
Baked Sweet Potato  
Coleslaw  
WW Bread  
Pineapple Chunks

MO- Soy Patty

#### May 20

Chicken Pasta Salad  
Pickled Beets  
Croissant  
Tropical Fruit

MO – Egg Salad

#### May 27

Swedish Meatballs  
Wild & Brown Rice  
4 Bean Salad  
Blueberry Muffin  
Cantaloupe

MO – Red Beans & Rice

### Interested in Joining us for Lunch at the Monona Senior Center?



#### *Do I need a reservation?*

Reservations **ARE** required.

**Registration:** Meal & transportation reservations should be made 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 - **Try to arrive after 11:45 to avoid having to wait to be seated.**

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

**Who Can Participate:** Anyone who registers

#### *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.



### 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.**

# MORE TO DO

## Monona Knit 'n Stitch

Wednesday, May 18th 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.

## 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](mailto:aaa@countyofdane.com)

### Advocates, develops & coordinates service for those 60+

Elder Benefits Specialist

Caregiver Support

Contracts with Local agencies.

**Sudoku** is a logic-based, combinatorial number placement puzzle. In classic Sudoku, the objective is to fill a 9x9 grid with digits so that each column, each row and each of the nine 3x3 subgrids that compose the grid contain all of the digits from 1-9.

3	1			9		7		8
		5	2				1	
							2	4
	2	3		1				
		8			9			
9			8	4				1
4	3							2
				5				

[https://www.puzzles.ca/sudoku\\_puzzles/sudoku\\_hard\\_365.html](https://www.puzzles.ca/sudoku_puzzles/sudoku_hard_365.html)

The answers will be in our June newsletter.



## Bird & Nature Adventures

Wednesday, May 18th at 1:30 p.m.

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

**May Topic: Bird is the Word**  
*Led by Naturalist Nancy Fonzen*

Meet at the 1st Aldo Leopold Parking Lot and commence on our FUN adventure.

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

Bring your walking stick, water & a hat for comfort.

# Have Medicare questions? I have answers.

**Dawn Guimond**  
Licensed Sales Agent  
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Monona Senior Center, Monona, WI

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# CENTER ACTIVITIES

## Bridge

Mondays at 12:30 p.m.

**No Bridge on May 30th**

**Bridge Coordinator for May is Beverly Rossi who can be reached at 608-222-6309.**

## 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.

**No Dominoes/Rummikub May 26th**

## Cribbage

Fridays at 9:00 a.m.

## Sheepshead

Fridays, 12:15 p.m.

## Crafters

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

## Coloring Group

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

**No Coloring May 30th**

## Quilters

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

**No Quilters May 30th**

## Carve In

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

## Chorus (Thru May 10th)

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

## 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.**

### May 6 - JUST MERCY

*Starring Brie Larson and Michael B. Jordan*

This true story follows a young lawyer and his history-making battle for justice. He heads to Alabama to defend those wrongly condemned or who were not afforded proper representation. He becomes embroiled in a web of maneuverings and overt racism as he fights for those with the system stacked against them. PG-13. 2 hours, 15 minutes.

### May 13 - MARRY ME

*Starring John Bradley, Jennifer Lopez and Owen Wilson*

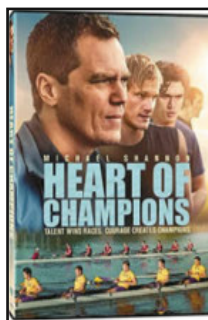
A betrayed pop star slated to marry her pop star fiancé on stage, instead marries a stranger from the audience. Against the odds, their relationship develops into something real, but can it survive the limelight? PG-13. 1 hour, 52 minutes.

### May 27 - HEART OF CHAMPIONS

*Starring Michael Shannon and Alexander Ludwig*

After finishing last in the national championship, a college rowing team finds inspiration when a Vietnam veteran takes over as their new coach.

PG-13. 2 hours.



## Low Vision Support Group

Friday, May 27th 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.

Participate in Container Gardening for the Community Center.

Low Vision participants are welcome to stay for the Nutrition Site meal at Noon.

*Transportation is tentative at this time.*

608-222-3415 by Wednesday, May 25th at 10:00 a.m. for reservations & transportation.

## Calling All Veterans...

Wednesday, May 11th 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.

**Guest Speaker: Dan Connery and staff from the VA Hospital.**

Call 608-222-3415 to register.

*Refreshments provided by*



## Stamp Camp

Thursday, May 12th at 1:00 p.m.



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

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

**Call 608-222-3415 by May 5th to register.**

## Lunch and Bingo

**Thursday, May 5th**

**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 June 2nd Bingo lunch, call after 6:00 p.m. on Wednesday, April 30th.

For July 7th Bingo lunch, call after 6:00 p.m. on Tuesday, May 31st.

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Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

<https://acl.gov/oam/history>