



Meeting Old Friends...Making New Friends

June 2022

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



**Thursday,
June 16th
1:00 p.m.**

Fireman's Park
(corner of Winnequah Road
and Progressive Lane)

Old Black Joe and Ray Trobare



Ice Cream Treats sponsored by:

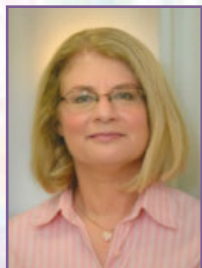


**Entertainment
sponsored by:**



Guy Fields, aka "Old Black Joe" is a retired Memorial High School teacher and local blues/country artist. He performs regularly at The Hop Garden in Paoli and at Beef Butter BBQ. He and his bandmate, Ray Trobare play a mix of blues and country songs you will not want to miss.

Please register by calling 608-222-3415.



Rituals of Romance

Thursday, June 9th at 10:00 a.m.

A bride in a chaste white wedding dress, her face hidden behind a veil, bridesmaids in matching dresses, piles of wedding gifts, all of these have become such entrenched traditions of the wedding ceremony they seem eternal. Yet, these rituals have existed for less than 200 years.

Leslie Bellais will explore how these traditions emerged and why they have fossilized in the wedding rituals we experience today. Ms. Bellais will also compare wedding practices to the rituals of courtship, which in contrast have changed and evolved over time.



Call 608-222-3415 to sign up for this program!

FOR YOUR INFORMATION

Directory

Monona Senior Center Office

1011 Nichols Road • Monona, WI 53716

Phone (608) 222-3415

Fax (608) 222-9225

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

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

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

Senior Center Director, Diane Mikelbank

Phone (608) 222-3415

Email dmikelbank@ci.monona.wi.us

Project Assistant, Lori Chapman

Email lchapman@ci.monona.wi.us

Program Coordinator, Lisa Brooks

Email lbrooks@ci.monona.wi.us

Mission Statement

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

The Aging and Disability Resource Center

Phone: (608) 240-7400

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 Brian Holmquist (*Chair*), John Anderson, Gwen Feit, Molly Grupe, Steve Halverson, Judy Runk and Glenn Vosberg



www.NewBridgeMadison.org

Phone (608) 512-0000

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



Senior Bus Passes

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



Group Access Shopping Schedule – East

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
Pick-up: 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

Friends of the Monona Senior Center bring you... Summer Concerts in Winnequah Park starting July 19th

The Friends Group have, once again, put together a line-up of local music for their summer concert series. Bring your chair or blanket! Food carts will be available, and new this year, Monona’s traveling Biergarten and Kona Ice.

All concerts begin at 6:30 p.m.

- Tuesday, July 19th - Mark Croft Band
- Tuesday, July 26th - Marcy & The Highlights
- Tuesday, August 2nd - Carl Davick & Friends (at Gazebo)
- Tuesday, August 9th - The LoMarie Band



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

Groucho's Men's Club

Wednesday, June 1st at 9:00 a.m.

May's gathering was terrific! Getting together in a spirit of friendliness fosters a sense of happiness and camaraderie. The monthly get-togethers are held on the first Wednesday.

The guys take great pleasure in exchanging stories, thoughts, memories and ideas. They avoid agendas in favor of letting their thoughts flow. It's an ideal occasion to relax and enjoy the good times!

The June get-together will be held at **9:00 a.m.** on Wednesday, June 1st, at Elie's Café, 909 East Broadway (behind Menard's). Need more information? Contact Dennis Jenkyns at (608) 221-8416 or jenkyns@charter.net.



FREE COVID-19 VACCINES

Location Name: Monona Senior Center

Date: Friday 6/17

Time: 9am-11am

Address: 1011 Nichols Road Monona,
WI 53716

No appointments

Pfizer, Moderna, and Johnson & Johnson available while supplies last

No ID or insurance required

Everyone 5 and older is welcome

5-17 year olds need a parent or guardian present

1st, 2nd, or booster doses

NewBridge Case Manager Hours

Friday, June 10th at 11:30 a.m.

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

Memory Café

Wednesday, June 1st 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 June theme will be Dairy Month!
Please call
608-222-3415 to register.

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

In Person Coffee and Conversation!

Wednesday, June 1st at 10:00 a.m.

We will meet outside, weather permitting, so bring your comfy chair and chat with us!

We will start with a game, so come prepared to have fun!

Call 608-222-3415 to register.



Debunking Myths & Explaining Headlines: Buying & Selling Real Estate in 2022

Wednesday, June 22nd at 10:00 a.m.

Local Stark agent, Monona resident and real estate expert, Kellie Unke, will share information on the current real estate market in Dane County and will provide a spotlight on what's happening in Monona. With prices increasing at record levels and mortgage rates climbing, Kellie will help you understand if it's a good time to buy and/or sell. She'll answer questions about whether we're heading for a housing bubble and if a real estate agent can help you create a plan for success.



Kellie Unke
608-225-2930
kunke@starkhomes.com
www.kellieunke.com

Your Real Estate Partner.
Every Step of the Way

Stark

Kellie Unke has been the number one real estate agent in Monona for over a decade and selling real estate for over 25 years. She helped many buyers and sellers find success throughout Dane County over the years. Kellie has enjoyed living in Monona for over 27 years. She is part of Stark Company Realtors, which is consistently recognized as the number one real estate brokerage in Dane County.**
*based on volume sold

Interested in joining us? Call 608-222-3415 to register.



Monona LAKEVIEW

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



Waunakee MANOR

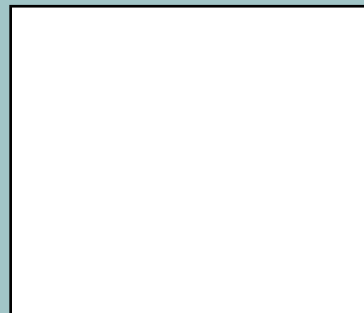
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www.waunakeemanor.com



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or (800) 950-9952 x5887

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Fitness Programs in the Lounge

****Drop in for a Class ** No need to sign up ****

\$5.00 per 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.

PILATES

**Monday, Wednesday, Friday
11:00 a.m.**

Learn stretching and strengthening exercises to improve endurance, posture, balance and circulation.

CHAIR YOGA

Tuesdays at 10:00 a.m.

Class is back in person! Join Amy Davidson Unitan for an hour practice to gain flexibility, endurance and balance.



**Yoga Class will also
be on Zoom - Give us
a call with your email
& we will send
the link.**

Monona Pool Adult Swim

Adult Swim *8 lanes available *3 lanes available	Monday- Friday	11:00 am - 11:45am 11:45 am - 12:30 pm
Aqua Zumba *5 lanes available	Monday - Friday	11:45 am - 12:30 pm
Adult Swim *4 lanes available	Saturday	8:00 - 10:30 am
Adult Swim *8 lanes available	Sunday	8:00 -10:30 am
Aqua Zumba *4 lanes available	Saturday	9:45 - 10:30 am
Aqua Yoga	Sunday	8:30 - 9:15 am



Tai Chi & Ice Cream!

At Grand Crossing Park

11:00 AM - 12:00 Noon

June 6, 13, 20, 27

July 11, 18, 25

Enjoy the best of Wisconsin's balmy season by practicing Tai Chi with friends under a summer sky and treating yourself to Chocolate Shoppe ice cream after!

Jody's Monday Zoom Tai Chi Balance class is **moving outdoors** for June and July!

Practice will be held at Grand Crossing Park, 6320 Inland Way, situated on the banks of the Yahara River and close to the intersection of Bridge Road and Broadway. Parking is plentiful at the ramp under The Current.

The Below Deck concession stand on the perimeter of our practice area offers Chocolate Shoppe ice cream & other refreshments, as well as respite from the summer sun as needed.

Grab your hat & sunglasses and come on down!

- Register onsite with the instructor
- The fee is \$5 per class, payable directly to the instructor. Check or cash accepted; if cash, exact change, please.
- Inclement weather/rain date: Jody will email or phone the group.

For further questions please call 608-222-3415.

Cup of Chi – Tai Chi on Zoom

Thursdays at 11:30 a.m.– 12:15 p.m.



This 45-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**

Senior Shape-Up

Thursdays at 8:45 a.m.

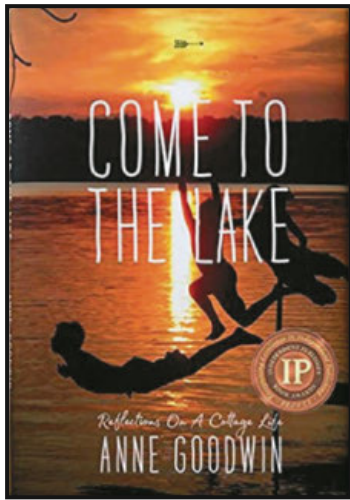
Free Video Series

Chair based exercises with movement.

Bands, weights and plates provided.

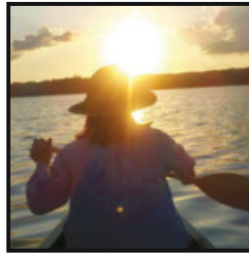
Located in Senior Center.

Author Series presentation at the Monona Senior Center



Come to the Lake Tuesday, June 7th at 10:00 a.m.

Follow the award-winning author/speaker as she encourages audiences to experience the return of connection - to ourselves, loved ones and the natural environment.



Through cottage life anecdotes, vignettes and inspirational pearls, Goodwin transports readers and audiences to a sense of analog living that can be experienced beyond the family's 1920's lake cottage on Pleasant Lake in Southeastern Wisconsin.

This event is held at the Monona Senior Center
1011 Nichols Road

Free and open to the public.
Call 608-222-3415 to sign up.

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VOLUNTEER

Looking for a meaningful opportunity to give back to your community?



We are looking for individuals interested in facilitating a fun adventure. One is working with the **Bird and Nature Adventure Group** monthly and the other working with the **Brain Enrichment 8-week course**. Multiple candidates can apply and share the position.

Make a real difference today. Call 608-222-3415 for more information.

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.

Desk Volunteer Meeting Thursday, July 28th 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!

Call 608-222-3415 to register!



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.

Thank You

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 May.

Comfort Keepers, Bright Star Senior Living and Waunakee Manor for Bingo Lunch in May.

Marlys Hegge and Bill Dixon for there donations to the Senior Center.

Marilee Gorman for donating movies, books and tapes to Senior Center participants.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Coffee & Conversation 10:00 Memory Café 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:00 Brain Enrichment	2 8:45 Senior Shape-up 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 12:00 Bingo & Lunch	3 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheephead
		6 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:00 Reflexology 12:30 Bridge	7 10:00 Come to the Lake 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 12:30 Dan's Open Lab	8 10:00 Stretch & Tone 10:00 Veterans Group 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:00 Brain Enrichment
13 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge	14 9:00 Foot Care Clinic 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 	15 10:00 Stretch & Tone 10:00 Monona Knit & Stitch 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:30 Bird & Nature Adventures	16 8:45 Senior Shape-up 9:00 Reflexology 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 Stamp Camp 1:00 Ice Cream Social 4:00 Friends Board Mtg	17 8:00 Chair Massage 9:00 Cribbage 9:00 Covid Vaccine Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheephead 1:30 Movie
20 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge	21 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 12:30 Dan's Open Lab	22 10:00 Real Estate Presentation 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre	23 8:45 Sr. Shape-Up 9:00 Foot Care Clinic 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub	24 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 Sheephead
27 8:30 Quilters 8:45 Diab.Ft. Clinic 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge	28 10:00 Travel Show 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	29 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 	30 8:45 Sr. Shape-Up 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub	

Italics denotes offsite events.

Green denotes Zoom events.

Blue denotes both in person & virtual.

Do You Enjoy Singing??

If your answer is “yes”, perhaps you may want to consider joining the Monona Senior Chorus. The Chorus, now in its 15th year, is a group of men and women, aged 50+, who enjoy sharing their love of music throughout the Dane County area. We are now recruiting new members for the fall semester start-up on 9/06/2022.**

Rehearsals are held weekly on Tuesdays at the Monona Senior Center from 10:00-11:00 a.m.; from early September until mid-May with a short winter break. Music is provided; no audition is needed!



The Chorus performs approximately 6 concerts each semester (Fall/Winter and Winter/Spring) primarily at care facilities and retirement communities.

If you are interested, please contact the Monona Senior Center. Give the Center your contact information (name, telephone and email) and it will be sent to the Chorus Director for follow up.

We look forward to having more singers and more music making!!!

***Please note: A \$30 per person tuition fee is charged each semester to offset stipends for the Director and Accompanist, and fund purchases of music. (Scholarships may be available based on need.)*



Nutrition Site 50th Anniversary Celebration

Friday, June 17th
10:45 a.m.



Since 1972, the Senior Nutrition Program has supported nutrition services for older adults. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults (60 and older) to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

Sign up for lunch for the Nutrition site on Friday, June 17th and you are in for a day of fun as we celebrate the 50th anniversary of the senior nutrition program. We will play bingo, starting at 10:45 and there will be cake.

Don't miss this tremendous milestone in offering older adults nutrition and socialization.

Call 608-512-0000 to register.



Monona Farmers Market

Ahuska Park
400 E Broadway, Monona
Between Stoughton Road
& Monona Drive

Every Sunday, May – October
8:30 a.m. – 12:30 p.m.
Rain or Shine.



MONONA
Farmers
MARKET



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

Tuesday, June 7th & 21st
12:30 - 2:30 p.m.

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.



MADISON FUN BIRD AND NATURE ADVENTURES
WITH MONONA SENIOR CENTER

Bird & Nature Adventures

Wednesday, June 15th at 1:30 p.m.

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

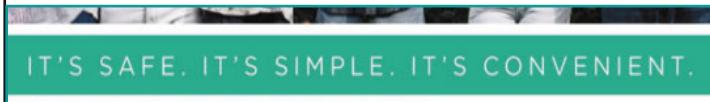
June Topic: Butterflies & Bees

Led by Naturalist Julie Melton

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

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

Please note: Our online payment system has recently been updated, offering more user friendly features. Things may look a little different.



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

1. Visit mymonona.com/seniorcenter
2. Click Online Donations and Payments
3. Select Payment Option
4. Follow the steps to make your payment.



Monona Community Read

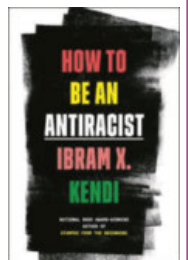


2022 Theme: Antiracism

Come together for a series of three book discussions where we'll explore the concept of antiracism and move toward individual and community action.

Monona Library.org for more information
or 608-222-6127

Adults: Come together for a series of three book discussions where we'll explore the concept of antiracism and move toward individual and community action.



Chapters 1 - 6: June 7, 6pm online & June 9, 10am in-person

Chapters 7 - 12: July 12, 6pm online & July 14, 10am in-person

Chapters 13 - 18: Aug 9, 6pm online & Aug 11, 10am in-person

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.



We offer...

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

We sell...

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

We recycle...

- ... hearing aids
- ... eyeglasses



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



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.

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

Sorry for the inconvenience.



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.



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.



Facts About Cheese and Other Dairy Products

The natural yellow color of butter comes mainly from the beta-carotene found in the grass cows eat. Americans eat more than 300,000 tons of yogurt each year.

Approximately 300 varieties of cheese are sold in the United States.

It takes about 50 licks to finish a single ice cream scoop.

It takes 10 pounds of milk to make one pound of cheese.

It takes 12 pounds of whole milk to make one gallon of ice cream.

<https://www.wisconsincheeseman.com/blog/cheese-nation/june-dairy-month-facts-dairy-foods/>

What is Juneteenth? Why is it celebrated?

Known to some as the country's "second Independence Day," Juneteenth **celebrates the freedom of enslaved people in the United States at the end of the Civil War.** For more than 150 years, African American communities across the country have observed this holiday.

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For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

Monona Motors
 Greg Carlson | Carlos Villota

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

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

lease@horizondbm.com • www.horizonseiorhousing.com

Income Restrictions May Apply

Reflexology

Monday, June 5th, 12:00 - 4:00 p.m.

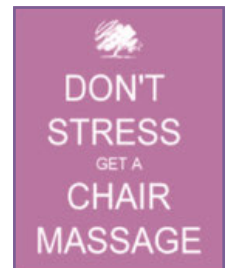
Thursday, June 16th, 9:00 a.m. - 4:00 p.m.

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.

Chair Massage

Friday, June 17th, 8:00 - 11:00 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, June 27th, 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 foot soak, nail trim and foot rub.

Foot Clinics (\$22.00)

Friday, June 3rd, 9:00 - 11:30 a.m. (Checks made payable to Sue's Mobile Foot Care)

Tuesday, June 14th, 9:00 - 11:30 a.m. (Checks made payable to Franz Foot Care)

Thursday, June 23rd, 9:00 - 11:30 a.m. (Checks made payable to Sue's Mobile Foot Care)

Friday, June 24th, 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.



June Menu

Catered by Gaylords Catering

June 3rd

Cheeseburger
German Potato Salad
Applesauce
Pudding

Meatless: Veggie Burger

June 10th

Spaghetti with
Meat Sauce
Romaine Salad
Garlic Bread
Pears
Sherbet

Meatless: Meatless Sauce

June 17th

Baked Fish
Baked Sweet Potato
Coleslaw
Whole Wheat Bread
Pineapple Chunks

Meatless: Soy Patty

June 24th

Chicken Pasta Salad
Pickled Beets
Croissant
Tropical Fruit

Meatless: Egg Salad

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



Do I need a reservation?

Reservations **ARE** required.

Registration: Meal & transportation reservations and cancellations 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

Travel Show

Tuesday, June 28th 10:00 a.m.



We're excited to partner with Collette to offer extended travel! Call to sign up 608-222-3415. Learn about travel opportunities in 2023. This is a free, informational session where you'll learn about Collette, what destinations they visit & hear about the Ireland itinerary in detail.

From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle...kiss the Blarney stone, see the world-famous beauty of the Ring of Kerry, stand in awe at the top of the stunning 700-foot Cliffs of Moher, and live like royalty during an overnight stay on the grounds of a castle!

Now's your chance to experience **Shades of Ireland: March 31st – April 9th, 2023.**



Learn more about upcoming trips such as:

Discover Nashville & the Smoky Mountains Holiday December 7-14, 2022

Monona Knit 'n Stitch

Wednesday, June 15th 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.

3	1	2	4	9	6	7	5	8
6	4	5	2	7	8	9	1	3
8	7	9	1	5	3	6	2	4
7	9	4	3	8	2	1	6	5
5	2	3	6	1	7	8	4	9
1	6	8	5	4	9	2	3	7
9	5	6	8	2	4	3	7	1
4	3	7	9	6	1	5	8	2
2	8	1	7	3	5	4	9	6

Answer from the Sudoku game in the May newsletter, page 16.

Friday Morning Book Group

Friday, June 17th, 10:00 - 11:30 a.m.

At Monona Library Municipal Room

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

For June 17th, we will read
Stiff by Mary Roach.



You can contact the library for the current title, and request a copy be set aside for you. Contact Ryan for more information at: (608) 216-7458
ryan@mononalibrary.org

Have Medicare questions? I have answers.

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CENTER ACTIVITIES

Free Friday Movie Matinees

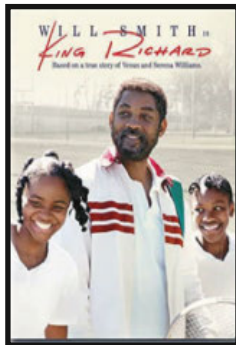
1:30 p.m. (Selections are subject to change.)

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

June 10th - KING RICHARD

Starring Will Smith & Aunjanue Ellis

Basted on the profoundly moving true story that will inspire the world, this follows the journey of Richard Williams, a father instrumental in raising two of the most gifted athletes of all time. Driven by a vision of their future, he has a plan that will take Venus and Serna Williams to the global stage as legendary icons. PG-13. 2 hours, 25 minutes.



June 17th - BELFAST

Starring Judi Dench, Jamie Dornan & Caitriona Balfe

This British-Irish drama is centered on a glamorous working-class family and their young's son childhood, as they get caught in the mayhem of Belfast's troublesome times. This semi-autobiographical film is director's Kenneth Branagh (Murder on the Orient Express) most personal film, filled with excitement, emotion and humor. PG-13. 1 hour, 40 minutes.



Bridge

Mondays at 12:30 p.m.

**Bridge Coordinator for June is Margie Hays
608-222-6024**

Scrabble

Tuesdays at 1:00 p.m.



Hand & Foot/500

Tuesdays at 12:30 p.m.

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

Euchre

Wednesdays, 12:45 p.m.

Canasta

Wednesdays at 12:00 p.m.

Dominoes

Thursdays, 12:00 p.m.

Rummikub

Thursdays at 12:00 p.m.

Easy to play! Great brain exercise.



Cribbage

Fridays at 9:00 a.m.

Sheepshead

Fridays, 12:15 p.m.

Crafters

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

Coloring Group

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

Quilters

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

Carve In

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



Lunch and Bingo Thursday, June 2nd

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

Starting with the Aug. Bingo Lunch Sign up, you will call in after 6:00 p.m. on the **last Wed.** of the Month.

For August 4th Bingo lunch, call after 6:00 p.m. on Wednesday, June 29th.

Sponsors include:

Sonida Senior Living, Talamore, Cedarhurst of Madison and Waunakee Manor

Calling All Veterans...

Wednesday, June 8th at 10:00 a.m.

The Veterans Group meets the 2nd Wednesday each month at 10:00 a.m. We offer the camaraderie of being with your fellow veterans, plus education on veterans benefits and services at your VA Hospital. Call 608-222-3415 to register.

Refreshments provided by Cedarhurst Senior Living.



FLAG DAY
June 14th



Low Vision Support Group

Friday, June 24th 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.

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, June 8th at 10:00 a.m. for reservations & transportation.

Stamp Camp

Thursday, June 16th at 1:00 p.m.

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. Questions? Contact Terry Schultz e-mail: sraschultz0924@yahoo.com. or by calling 608-712-0572.

Call 608-222-3415 by June 9th to register.

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Save the Dates for July Events:



Craft Market “Christmas in July”

Thursday, July 21st
10:00 a.m. - 3:00 p.m.

**Health and Wealth
with Akaimi**

Wednesday, July 27th
10:00 a.m.



Ice Cream Social
Friday, July 29th at 1:00 p.m.
with **Minor Changes**

