

The Wisdom Years



Jefferson Senior Activity Center • 859 Collins Road— 920-674-7728

'OH WHAT FUN!' FUNDRAISER

****Public Invited** Rain or Shine!**

Saturday, November 6 11 A.M. until food is gone

—Drive Thru—

Grilled Festival Foods

Oktoberfest Brats and

1/4 lb. Nathan Hot Dogs

German potato salad or chips

and a cookie meal



Raffle held at 1 p.m.

Need not be present to win

Tickets \$1 or 8 for \$5

1st—3rd prize \$100 each

4th prize—\$50 Kwik Trip gift card

5th & 6th—\$25 Piggly Wiggly gift cards

7th-25th—gift cards to local merchants



HOLIDAY PARTY TICKET SALE Week of Nov. 1—5

Holiday party date: **Monday, December 6 (eat 12 noon)**

Cost \$10 per ticket (No refunds.)

Enjoy a Bon Ton Swiss steak dinner, dessert and music
with Denny Diamond (Neil Diamond music & more!)



AlignWELL CHAIR EXERCISE

CLASS BEGINNING IN NOVEMBER

See page 6 for the exciting details!

Senior Center Closed Thur., Nov. 11—Senior Dining OPEN
Senior Center Closed Nov. 24, 25 and 26 for programs.
Senior Dining Closed Nov. 25 and 26. (Open Nov. 24)

NOVEMBER 2021



“The mission of the
Jefferson Senior
Activity Center is to
enrich the quality of life
and maintain
independence for adults
age 50+”

Accredited by
the
Wisconsin
Association
of
Senior
Centers
(WASC)



2006

2011

2016

FOR YOUR INFORMATION

DIRECTORY

Sheila Frohmader—Coordinator

859 Collins Road • Jefferson, WI 53549

Phone..... (920) 674-7728

Hours..... Monday-Friday 8 am-4:30 pm

Website www.jeffersonwis.com

(click on Departments and Senior Center)

Jefferson/Johnson Creek

Meals to Go—Joy Clark—Manager

Phone..... (920) 728-0259

—Meals for those age 60+

—Meals on Wheels (for qualifying persons) within the Jefferson city limits and delivered to persons who are infirmed or can not drive. Meals delivered by volunteer drivers.

Aging & Disability Resource Center of Jefferson County

Benefit Specialist & Dementia Specialist

Phone..... (920) 674-8734

Toll Free..... 1-866-740-2372

Website..... www.jeffersoncountywi.gov

The mission of the Aging and Disability Resource Center is to connect older adults, persons with disabilities and their caregivers, to give information about resources, and to help them live an independent life with security and dignity.

Social Security

Phone..... 1-800-772-1213

Cab Rides for Elderly Coupons

Phone..... 1-920-674-5294

Jefferson Park & Recreation Dept.

Phone..... 1-920-674-7720

Jefferson Library

Phone..... 1-920-674-7733

Jefferson Food Pantry—164 Garland Ave.

Open Mondays & Thursdays 1-4:00 p.m.



GREETING CARDS \$1 EACH

We offer a nice variety of birthday, anniversary, get well, thinking of you, sympathy and thank you cards, Please pay at the front desk.

SENIOR DINING GIFT CERTIFICATES

These gift certificates are available for \$4 and make a great gift for the hard-to-buy for person. These certificates can be used at any senior dining site throughout Jefferson County or for meals-on-wheels.

SENIOR CENTER DONATIONS

Monetary donations can be made to the Senior Center in honor of, or in memory of, someone or just show appreciation. Checks made out to: City of Jefferson

Thank you in advance!

WANT TO ADVERTISE?



CONTACT LITURGICAL
PUBLICATIONS AT
1-800-950-9952

Jefferson Senior Center MAILED Subscriptions

\$6 for 12 month subscription

Name _____

Address _____

City _____

State _____ Zip Code _____

CENTER ACTIVITIES

3

ADVISORY BOARD

Volunteer meeting—Mon., Nov. 1 11 am

Members: Jean Allen, Jeanette Brumm, Barb Chwala, Nancy Haberman, Deanna Pfeifer, Barb Schmitt and Doris Walker



BENEFIT SPECIALIST

Thursday, Nov. 4 9 a.m. to 4:30 p.m.

You must call **920-674-8734** and ask for an appointment at our senior center. This is for Medicare open enrollment.

BINGO!

Tuesdays at 1 p.m. Cost \$2 for 3 cards

Tuesdays: Nov. 2, 9, 16, 23 & 30

Please pay with \$1 bills if possible.

All money paid in goes back as prizes.

BOOK DISCUSSION GROUP

Monday, November 1—10 a.m.

"In God We Trust—
All Others Pay Cash"

By Jean Shepard

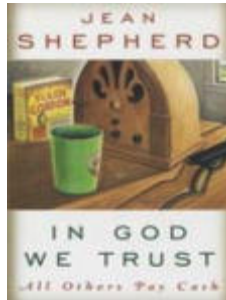
Book available at library.

Enjoy a good discussion,
beverage and sweet treat.

*Synopsis: This is the be-
loved bestselling classic
that became the movie*

"A Christmas Story."

No book group in December



BUNCO

Monday, November 29 1 p.m. \$2

Bunco is rolling dice and trying to get the numbers needed. Easy, social game.



This means to SIGN UP AHEAD

CARD GAMES

All games at 1 p.m. Cost is \$2 per day.

Monday—Sheepshead

Thursday—Euchre

KITCHEN BAND

Wed., Nov. 3 at 1 p.m.

All percussion "band" (group).

No music to read—just keep a beat.

We have all sorts of noisemakers or you can bring your own.

PEGS & JOKERS

Wednesdays at 10 a.m. (No game 11/24)

Stop in to learn how to play. A fun game—like the game "Sorry".

QUILT GROUP

(No group on 11/24)

Wednesdays 9 a.m. to 1 p.m.

Do you like to quilt? Our group is part of the Linus Blanket Group and Tomorrows Hope quilters.

Stop in to learn more!

SANDWICH GROUP On hold this month

SCRUNCH No Scrunch meal in November

SIT & STITCH (No group on 11/24)

Wednesdays at 1 p.m.

Conversing, lively bunch who create!

DAY OF THE DEAD (Hispanic tradition)

Tuesday—November 2 3 p.m.

Day of the Dead is a Hispanic/Catholic culture holiday celebrated in association with All Saints Day—held on November 2.

Family and friends gather and serve

Pan de Muertos

(Dead Bread).

Come to a small presentation about this holiday with treats!



CENTER ACTIVITIES

WRITE & SHARE YOUR OWN STORY

Thursday, November 4 10 a.m.

TOPIC: "Tried once, never again!"

Start a journal and write down some reminisce items. This topic is not your ordinary topic but you can only imagine what could be written that you "tried once, but never did again!"

Everyone is welcome, whether you write a story or not. Enjoy a Bon Ton Bakery treat and some juice or coffee.

'65' CARD GAME

Tuesdays at 2:45 p.m.

We are starting this game back up.

Stay after bingo or come in at 2:45 p.m.

Cost: 65-cents



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For more information on your long-term care
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DHS Approved 4/22/2021

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- Life After High School
- Avoiding the Nursing Home

Are you on Medicaid or eligible for it?

If you are living at home and need a caregiver, call us about the
Familiar Faces, Familiar Places program.



(800) 378-9128

Website: www.societysassets.org
Email: info@societysassets.org

REMINISCE AND FUN!

5



“Dime” Store—downtown Jefferson



Happy Thanksgiving!

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STAY HEALTHY

FOOT CARE

No openings in November & December



**Grab & Go Meals on Wheels
Menu on Page 8
Call 920-728-0259 to order**

- Meals are offered by Feils Supper club
- Food delivered hot to the Senior Center and packed up hot for pick up
- Meals are for those age 62+
- Cost is \$4—or your affordable donation
- Jefferson County ADRC will bill you
- Meals available Monday thru Friday (except on Labor Day Monday)
- Call by noon the day prior to order a meal
- Call by noon Friday to order a Monday meal
- Meals on Wheels for qualified persons and are delivered hot Monday thru Friday. These meals are delivered by wonderful, caring volunteers in all types of weather
- Kindly expect to fill our initial paperwork



EXERCISE OPPORTUNITIES

—New participants are welcome!—

Toning and Walking with Norm

Tuesdays 9 a.m.

Toning and walking class

Do as much as you can

Hand weights are optional. No fee.

Line Dance Fee

Fridays 10-11:30 a.m.

Upbeat music and dance

Call Nancy **920-674-6974** for information



AlignWELL EXERCISE

Mondays 4:30 p.m.

Thursdays 9:30 a.m.

Cost 10 class pass \$40

Beginning Monday, November 1

(No class November 11 or November 25)

Join Dr. Ana on focusing on your wellness. Dr. Ana is a licensed physical therapist, certified strength and conditioning coach, and certified in nutrition from the physical therapy lens.

AlignWELL is a 45-minute class that will build your strength, endurance, flexibility and balance through standing and seated exercises.

Designed by Dr. Ana, you can feel assured that you will be guided with your safety and needs in mind.

Expect to have fun, get your heart rate up and build your confidence in movement!

Reach out to Dr. Ana to sign up!
ana@alignwellnessservices.com or call
Her at 608-332-2905



LET'S GET AWAY!

7



ALASKA IDITAROD

Feb. 27-March 7, 2022 9 Days 11 meals

\$3,999 per person double/**\$4,758** single

- You will be given a ride to and from the airport
- Spend 2 nights in Fairbanks with Northern Lights viewing and a guided city tour
- Visit the Denali National Park's Murie Science and Learning Center & hear from a Park Ranger
- Ride the Alaska Railway in Adventure Class
- Narrated sightseeing tour of Anchorage
- Iditarod festivities, dinner and ceremonial start
- Travel to Willow for the official start of the race



(South Carolina, Georgia & Mountains)

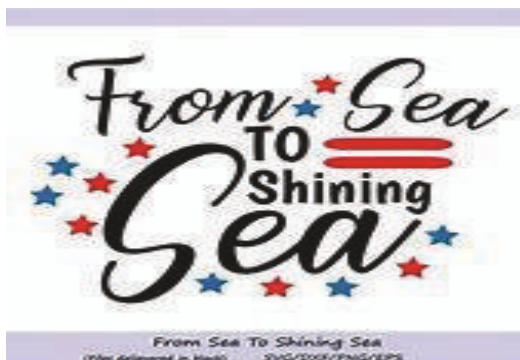


SEA ISLANDs 2022 VALUE TOUR



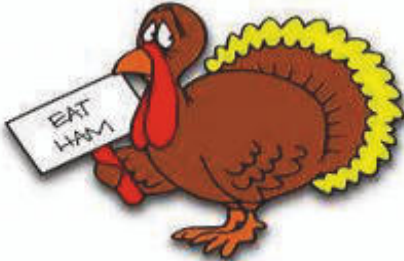
March 20-27, 2022 8 Days 11 meals

\$1,659 per person double/**\$2,168** single

- Motor coach pickup at Johnson Creek P & R
- Spend three nights in Beaufort
- Guided tour of **Charleston**, SC
- Tour of **Beaufort**, SC & Beaufort River cruise
- Narrated trolley tour of **Savannah**, GA
- Tour Boone Hall Plantation and Gardens
- Hunting Island State Park and beaches
- Tour the Kazoobie Kazoo Factory
- Guided Tour of Great Smokey National Park
- Gatlinburg, Tennessee and more!




NOV. MENU 920-728-0259

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Chicken teriyaki Baked potato Oriental veg Pineapple tidbit Cinnamon roll Bread	2 Baked spaghetti Mixed Italian salad Pear slices Creamsicle torte French bread	3 Bread Swedish meatballs Mashed potatoes Baby carrots Fruited Jello Chocolate pudding	4 Chicken & a biscuit casserole Broccoli cuts Petite banana "Birthday" cake	5 Brat on a whole wheat bun Baked beans Corn Cantaloupe Cookie	6
7	8 Ham roll Squash Health slaw Apple slices Butterscotch pudding Bread	9 Pepper steak Baby red potatoes Wax beans Pineapple tidbit Alexander torte Dinner roll	10 Bread Baked chicken Garlic mashed potatoes Copper penny salad Fruit salad Butterfinger torte	11 Mushroom pork cutlet Mashed potatoes 3-Bean salad Petite banana Spice cake Dinner roll	12 Chili casserole Tossed salad Peach slices Raspberry sherbet Cornbread	13
14	15 Bread Swiss steak Mashed potatoes Peas & Carrots Applesauce Tapioca pudding Cookie	16 Beef stroganoff Casserole Spinach salad Honeydew melon Chocolate sundae cup Bread	17 Baked chicken Twice mashed potatoes Pickled beets Pineapple tidbit Ice cream cup Bread	18 BBQ pork cutlet Calico beans Mixed veg Cantaloupe Cookie Onion rye roll	19 Liver & onions Baked potato Corn Pear slice Fudge brownie Bread	20
21	22 Bread Salisbury steak Mashed potatoes Green beans Tropical fruit salad Chocolate cloud torte	23 Dinner roll Escalloped potatoes & ham casserole Tossed salad Applesauce Ice cream cup	24 Roast turkey Mashed potatoes Escalloped corn Cranberry Jello Pumpkin pie Bread	25 CLOSED	26 CLOSED	27 
28	29 Bread Honey mustard meatballs Brown rice Broccoli cuts Apple slices Butterscotch pudding	30 Dinner roll Baked chicken Twice baked style potatoes Baby carrots Fruit cocktail Coconut cream pie dessert				

NOVEMBER CALENDAR

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10 Book group 11 Volunteer mtg 11 Meals to Go 1 Sheepshead 1 Qwixx 4:30 Chair ex	2 9 Exercise 10 Sequence 11 Meals to Go 1 Bingo 2:45 '65' cards 3 Day of Dead presentation	3 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 1 Kitchen Band 1 Sit & Stitch 2 Ukulele group	4 9 Benefit Spec 9:30 Chair ex 10 Story group 11 Meals to go 1 Euchre	5 10 Line dance 11 Meals to Go 12 Fundraiser set up	6 DRIVE THRU BRAT/ HOT DOG SALE 11 A.M.
7	8 11 Meals to Go 1 Sheepshead 1 Qwixx 4:30 Chair ex	9 9 Exercise 10 Sequence 11 Meals to Go 1 Bingo 2:45 '65' cards	10 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 1 Kitchen Band 1 Sit & Stitch 2 Ukulele group	11 CLOSED  11 Meals to Go	12 10 Line dance 11 Meals to Go	13
14	15 11 Meals to Go 1 Sheepshead 1 Qwixx 4:30 Chair ex	16 9 Exercise 10 Sequence 11 Meals to Go 1 Bingo 2:45 '65' Cards	17 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 1 Sit & Stitch	18 9:30 Chair ex 11 Meals to Go 1 Euchre	19 10 Line Dance 11 Meals to Go	20
21	22 11 Meals to Go 1 Sheepshead 1 Qwixx 4:30 Chair ex	23 9 Exercise 10 Sequence 11 Meals to Go 1 Bingo 2:45 '65' Cards	24 SENIOR CENTER CLOSED 11 Meals to Go	25 CLOSED 	26 CLOSED	27
28	29 11 Meals to Go 1 Sheepshead 1 Bunco 4:30 Chair ex	30 9 Exercise 10 Sequence 11 Meals to Go 1 Bingo 2:45 '65' Cards				

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Jefferson Area Senior Center, Jefferson, WI

C 4C 01-1099

ROUND OF APPLAUSE

11

**The Jefferson Area Senior Center
wishes to thank the following people
for their recent donations:**

Anonymous—6 Crystal Light containers
Anonymous—Paper towel & paper plates

**We appreciate your donations and want
to give you credit. Please put your
name and items donated on the sheet
at the front desk window area**

Thanks for Giving— Volunteers!

Jean Allen	Shirley Behm
Marilyn Biwer	Jeanette Brumm
Doris Cavin	Michele Clark
Barb Chwala	Bob DeWolff
Irene Gentz	Joanne Gross
Roger Gross	Nancy Haberman
Judy Holmes	Patricia Kamenick
Karen Koenig	Ellie LeMacher
Bud Lincks	Norm Matzinger
Darlyn Oschmann	Deanna Pfeifer
Barb Schmitt	Barb Schuld
Russ Schuld	Doris Walker
Norma Walker	Shirley Wilson
Carol Wright	



Saturday, Nov. 6 Drive thru Brat and
Nathan Hot Dog sale at the senior center.
—Buy a raffle ticket or two!
—Can't come? You can donate to the
cause. Checks made payable to:

City of Jefferson

Thank you for your support & interest!



This means SIGN UP AHEAD
OF TIME FOR A PROGRAM!

WINTER WEATHER CLOSINGS

The Senior Center, the Senior Dining and
Meals on Wheels programs will be closed
if the Jefferson School District is closed
due to poor winter weather. There will be
no programs or meals that day.



Newsletters Available At:

Cambridge Community Library Cambridge
The Drug Store (Mueller Drugs) Jefferson
Four Sisters Family Restaurant—Jefferson
Jefferson City Hall
Jefferson Public Library
Pick N Save—Fort Atkinson
Piggly Wiggly—Jefferson
St. John's Lutheran Church—Jefferson

Thank You Sponsors

County-City Credit Union—Jefferson
(5th Tuesday of month Bingo)



Find us on Facebook:
Jefferson Senior Center



JEFFERSON AREA SENIOR CENTER

859 Collins Road
Jefferson, WI 53549



Better late than never! Here are photos from this past August National Night Out. Above L-R Carol, Marilyn & Barb S. putting together goodie bags. Top right Barb S and Michele helping to welcome people to our info table. Bottom L-R Barb H & Bonnie .

