

The Wisdom Years



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

HAPPY HEARTS MONTH GATHERING \$5 pay ahead

Wednesday, Feb. 2 11:30 a.m. Sign up & pay ahead!

Lunch—Group games—Socialization—Kitchen Band
Lunch will be safely served and eaten in Great Room
Meal to include: 1/4 lb Jumbo Beef hot dog, tater
tots, baked beans, sweet treat and beverage.

Stay and listen or participate with the Kitchen
Band at 1 p.m. (See page 3) No refunds after 1/31



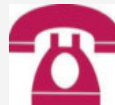
UKULELE GROUP Sign Up ahead \$4 fee each week

Class dates: February 8—March 29

Beginner Group Tuesdays 10-11 a.m. Feb. 8-March 15

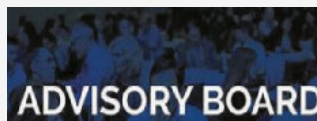
Intermediate Group Tuesdays 11-12:00 noon

Instructor Kellen Roggenbuck



ADVISORY BOARD CANDIDATES

We are currently looking for candidates who would like to be on our Advisory Board. The Advisory Board is advisory in nature only. Members help with policies and program input as needed. The group follows a written agenda given out the week prior.



Advisory Board Commitment: Three-year term
Meetings 2nd Monday of the month from 10-11:30 a.m.
Applications due: by Tuesday, February 15 by 4:30 PM
Participant voting in March.

New candidates attend April
Volunteer Appreciation party and
begin their tenure in May.



Senior Center Closed Mon., Feb. 21 —Senior Dining OPEN

FEBRUARY 2022



We're going outside.

“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—Jefferson Site Manager

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

—Meals for those age 60+ for carryout and home delivered to qualifying persons.

Must call by noon day before for meal pickup.
(Call by Friday noon for a Monday meal).

Aging & Disability Resource Center of Jefferson County

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 (Janesville Office)

Phone..... 800-772-1213

Cab Rides for the Elderly Coupons

Phone..... 920-674-5294

Jefferson Park & Recreation Dept.

Phone..... 920-674-7720

Jefferson Food Pantry—164 Garland Ave.

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

Jefferson Library—321 S. Main St.

Phone..... 920-674-7733



GREETING CARDS \$1 EACH

We offer a nice variety of birthday, anniversary, get well, thinking of you, sympathy, thank you cards and money/gift card holders.

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
Gift cards to Wal-Mart, Piggly Wiggly,
Bon Ton Bakery & Kwik Trip for treats

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

Next meeting: **Monday, Feb. 14—10 a.m.**
Members: Jean Allen, Jeanette Brumm;
Barb Chwala, Nancy Haberman, Deanna
Pfeifer, Barb Schmidt and Doris Walker

****We are taking names for candidates for
three-year terms. Voting will be in March.****

BINGO!

Tuesdays at 1 p.m. Cost \$2 for 3 cards
Please pay with \$1 bills if possible as we
do not have always have change available
50/50 raffle each week!

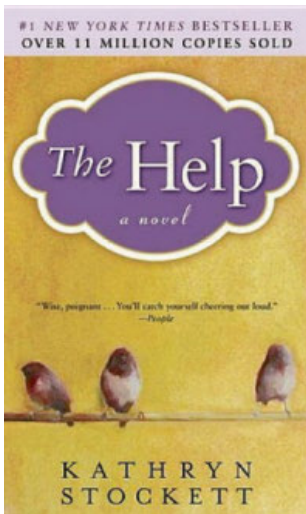
BOOK DISCUSSION GROUP

Monday, February 7 10 a.m.

“The Help” by Kathryn Stockett

Synopsis: Aibileen is black maid in 1962
Jackson, MS, raising her 17th white child.

She has always taken
orders quietly, but
lately it leaves her
with a bitterness she
can no longer hold
back. Her maid friend
Minnie has never held
her tongue and white
socialite Skeeter has
returned from college
with ambition, but no
husband, looking to
find solace in her own
maid Constantine, but



she has inexplicably disappeared.
Together these women join to work on a
project that could forever alter
their destinies and life of a
small town.

****We will show the movie
Fri., Feb. 11 at 1 p.m.!**



This means SIGN UP
AHEAD!



BUNCO/SNACK PROGRAM

Monday, Feb. 28 1 p.m. \$5



**Sign up and pay ahead for this
combined program**

No refunds after Feb. 25

Bunco is an easy, social, dice game.
Person with the most “Buncos” gets \$10
(Prize split if more than one winner)

“Snack” served afterwards:

This takes the place of SCRUNCH meal.

Snack: Hot ham and cheese melts

CARD GAMES

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

Monday—Sheepshead

Thursday—Euchre

DOMINOES

Thursdays—February 10 & 24 10 a.m.

KITCHEN BAND

Wed., Feb. 2 and 16 1 p.m.

All percussion band. No note reading, you
just keep a beat with our instruments or
your own.

LUNCH BUNCH

Thursday, Feb. 10—11:30 a.m.

**4 Sisters Restaurant—Collins Rd.—Jeff
Space is limited for 12 people.**

Transportation and meal cost on your own.
Men & women welcome.

QUILT GROUP

Wednesdays 9 am. To 1 p.m.

Do you have an interest in quilting?
This group is part of the Linus Blanket
Group and Tomorrow’s Hope quilters.
Stop in and say hello and learn more!

SIT & STITCH

Wednesdays at 1 p.m.

Conversing, lively bunch who create!

REMINISCE & FUN



Rock River Dam—Not sure of year

**Dear Mother Nature,
Having received my
free sample of winter,
I would like to cancel
the remainder of my
subscription.
Thank you.**

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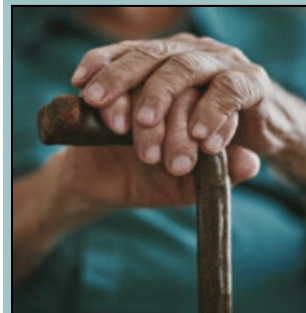
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For more information on your long-term care
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DHS Approved 4/22/2021

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Do you have a disability?

- We can help you live independently in the community with these services.
- ◆ Advocacy
 - ◆ Assistive Technology
 - ◆ Benefits Counseling
 - ◆ Peer Support
 - ◆ Home Assessments
 - ◆ Daily Living Skills Training
 - ◆ 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



LET'S GET AWAY! DAY TRIPS




Sea of Tulips
May 5, 2022
 Depart: Sr. Ctr.
 8:30 a.m.
 Return: 5:30 p.m.

\$109. Pay when signing up.

- Start your day at the Richardson Farm with 5 acres of tulip fields with gift shop.
- Explore quaint shops & boutiques in Antioch, IL and a pastry treat & beverage at the Lovin' Oven Cakery
- Make your lunch choice at sign up: Meatloaf or Swedish meatballs or Chicken parmesan.

*****Tulips planted in a hay field with some lumps & bumps with walking. Walkways grass but can get mushy with rain. Slopes are within ADA guidelines but staff can not help a walker or wheelchair person.**

FIRESIDE THEATRE—Ft. Atkinson
“A Mighty Fortress”
 Church Basement Ladies saga 
Wednesday, May 4 10:30 a.m.
\$70

Entrée Choice of one at Sign Up—
 —Roast boneless pork chop with sauerkraut & sausage dressing, whipped potatoes, green beans & carrots
 --Chicken Cordon Bleu, whipped potatoes, green beans & carrots
 —Chef Mike’s lasagna with ricotta cheese and meat sauce
 **Chopped salad, Fireside breads and homemade apple pie & ice cream dessert

“Mothers Day” ideas for Grandparents, Mothers, Aunts, Sisters, Friends

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 or **(800) 950-9952 x5887**

STAY HEALTHY

FOOT CARE

Tuesday, Feb. 8—Full

Tuesday, March 8—Full

Foot soak, nail trim and light massage.

Bring your own towel.

****While it may say full, put your name on a wait list. Appointment openings do come along and we can call you!**

**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. Meals are delivered by wonderful volunteers.

EXERCISE OPPORTUNITIES

—New participants are welcome!—



**Norm has added Fridays!
TONING, BALANCE &
WALKING CLASS**

Tuesdays and Fridays at 9 a.m.

Toning and walking class

Exercises can be done sitting or standing

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

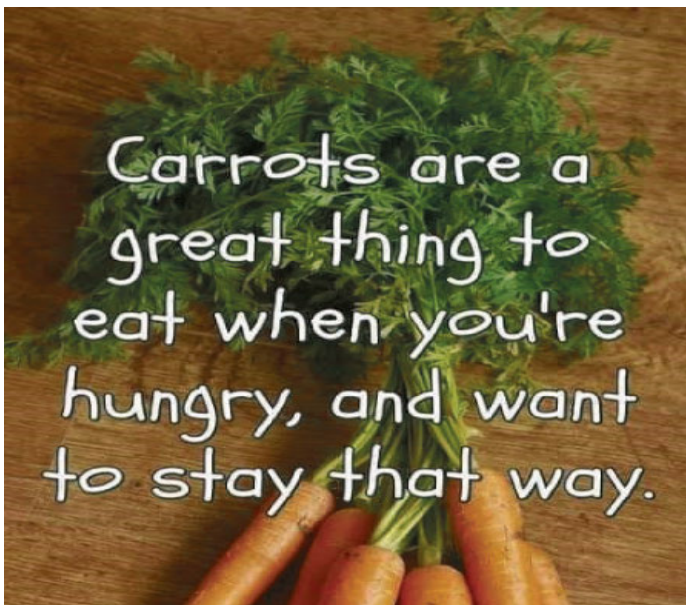
AlignWELL is a 45-minute class that will build your strength, endurance, flexibility and balance through standing and seated exercises. Modifications can be made to help everyone with different abilities. Dr. Ana is a licensed physical therapist, certified strength and conditioning coach, and certified in nutrition from the physical therapy lens.

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

(Sheila attends the Monday night class. She says it's like having your own personal trainer!)

SNOWSHOE GROUP

The snowshoe group gets together when the weather is conducive to winter walking. For more information, contact Dar at 920-674-8871.



LET'S GET AWAY! EXTENDED TOURS ⁷



HAPPY TIMES TOURS & EXPERIENCES

“BEAUTIFUL BILOXI MISSISSIPPI”

March 27-April 1, 2022

Double per person \$765—Single \$949
Optional Travel Protection \$79

Depart 5:30 a.m.—Johnson Creek P & R
—Two nights Fitz Casino Hotel Tunica, MS
—Three nights Beau Rivage Casino Resort Biloxi
—\$30 in Play \$ at the Fitz & \$15 at Beau Rivage
—\$30 in Food vouchers at Beau Rivage
Optional Tour #1—\$109 Explore Beautiful Biloxi
Narrated city tour, Maritime & Seafood Industry
Museum; Biloxi Shrimp Marine Adventure Cruise,
Biloxi Dockside Shrimp Boil
Optional Tour #2—No cost—Go to New Orleans



MAYFLOWER TOURS

—Trip previews *Thurs., March 24 10 am*
Sign up for these trips now so you
reserve your spot.

THE GRANDKIDS OF COUNTRY MUSIC

June 30-July 3, 2022—4 Days 7 meals

\$1,399 per person double/ **\$1,748** single

—Pickup at Johnson Creek Park & Ride
—3 Nights in Clarksville, TN
—Enjoy a Bluegrass brunch featuring Passenger
Creek and Uncle Dave Macon's great grandson
—Visit Old Glory Distillery with samples
—Dinner and concert at Hidaway Farm featuring
Hilary Williams—daughter of Hank Jr. and Mark
Alan Cash—nephew of Johnny Cash
—See the grandkids of Country music royalty—
Show at Loretta Lynn's Ranch featuring
Tayla Lynn granddaughter of Loretta Lynn and
Tre Twitty grandson of Conway Twitty
—Enjoy the southern fried gospel luncheon show
—Tour historic Collinsville & Clarksville market

AUTUMN IN DOOR COUNTY (+ more)



October 3-6, 2022—4 Days 6 meals

\$1,199 per person double **\$1,628** single

—Pickup at Johnson Creek Park & Ride
—Spend 3 nights in Sturgeon Bay
—Door County touring inc. Peninsula State Park
—Traditional Door County fish boil dinner
—Northern Sky Theatre in Ephraim
—Visit the Nat'l Railroad Museum in Green Bay
—Narrated cruise on the Fox River with lunch
—Visit “Ten Chimneys” in Pewaukee
—Enjoy a narrated cruise on Lake Geneva



FEBRUARY MENU 920-728-0258

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Dinner roll Hawaiian meatballs Baked potato Green beans Pear slices Chocolate pudding	2 Glazed ham Squash Cole slaw Apple slices Cinnamon roll Bread	3 Chicken biscuit casserole Broccoli Petite banana "Birthday" cake	4 Pepper steak Baked beans Cali vegetables Pineapple tidbit Sugar cookie Bread	5
6	7 Pork steak Mashed potatoes Red cabbage Applesauce Coconut cream pie Bread	8 Escalloped potatoes & ham Tossed salad Peach slices Ice cream cup Dinner roll	9 Baked chicken Garlic mashed potatoes 3-bean salad Pear slices Applesauce cake Bread	10 Baked spaghetti Vegetables Fruited gelatin Creamsicle torte French bread	11 Orange chicken Brown rice Mixed veg Cantaloupe Vanilla pudding Bread	12
13	14 Swiss steak Mashed potatoes Corn Apple slices Valentine's Day cake Bread	15 Chicken tetrazzini Broccoli Pineapple tidbit Peanut butter cookie Dinner roll	16 Bread Swedish meatballs Mashed potatoes Baby carrots Tropical fruit salad Cinnamon roll	17 Chicken marsala Calico beans Spinach salad Cantaloupe Fudge brownie Dinner roll	18 Mushroom pork cutlet Mashed potatoes Peas & carrots Petite banana Chocolate cloud torte & bread	19
20	21 Roast turkey Mashed potatoes Pickled beets Fruited gelatin Pumpkin torte Bread	22 Chili casserole Cali vegetables Peach slices Orange sherbet Cornbread	23 Bread Chopped steak in burgundy mushroom sauce Mashed potatoes Carrots Pear slices Alexander torte	24 Dinner roll Cranberry/Kraut meatballs Baby red potatoes Brussel sprouts Fruited gelatin Spice cake	25 BBQ pork cutlet Red beans/rice Heath slaw Applesauce Molasses cookie	26
27	28 Bread Baked chicken Twice baked Style mashed Potatoes Copper penny salad Butterfinger torte					

FEBRUARY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9 Norm's ex 11 Meals to Go 1 Bingo	2 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 11:30 Heart party 1 Kitchen Band 1 Sit and Stitch 2 Aging Mastery	3 9:30 AlignWELL 10 Story group 11 Meals to Go 1 Euchre	4 9 Norm's ex 10 Line Dance 11 Meals to Go	5
6	7 10 Book group 11 Meals to go 1 Sheepshead 1 Qwixx dice 4:30 AlignWELL	8 8:30 Foot care 9 Norm's ex 10 Ukulele grp 11 Meals to Go 1 Bingo	9 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 1 Sit & Stitch 2 Aging Mastery	10 9:30 AlignWELL 10 Dominoes 11 Meals to Go 11:30 lunch bunch 1 Euchre	11 9 Norm's ex 10 Line Dance 11 Meals to Go 1 Movie "The Help"	12 (Park & Rec Painting class)
	13	14 10 Advisory bd 11 Meals to go 1 Sheepshead 1 Qwixx dice 4:30 AlignWELL	15 9 Norm's ex 10 Ukulele grp 11 Meals to Go 1 Bingo	16 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 1 Kitchen Band 1 Sit & Stitch 2 Aging Mastery	17 9:30 AlignWELL 11 Meals to Go 1 Euchre	18 9 Norm's ex 10 Line dance 11 Meals to Go
20 	21 <u>SENIOR CENTER CLOSED</u> (Meals to Go Open)	22 9 Norm's ex 10 Ukulele grp 11 Meals to Go 1 Bingo	23 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 1 Sit & Stitch 2 Aging Mastery	24 9:30 AlignWELL 10 Dominoes 11 Meals to Go 1 Euchre	25 9 Norm's ex 10 Line Dance 11 Meals to Go	26
27	28 11 Meals to Go 1 Sheepshead 1 Bunco/Snack 4:30 AlignWELL					

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

Anonymous—Cookies
Kathy Schmidt—Chips & 24 pack Diet Pepsi



BINGO CALLER

Day—4th Tuesday of the month
Time commitment: 12:30-2:30 p.m.
Duties: Call 14 games of bingo and help distribute the prize money

BOOK CAROUSEL MANAGER

Day and time: Anytime Sr. Ctr. Is open
Duties: Keep books neat and tidy in racks
Check for dates of older books

BUNCO DICE GAME LEADER

Day—4th Monday of the month
Time commitment 12:30-2:30 p.m.
Duties: Set out dice, score sheets, pens, collect the fee
Welcome participants & get seated
Distribute prize money
Can play along with the group

MONDAY MORNING RECEPTIONIST

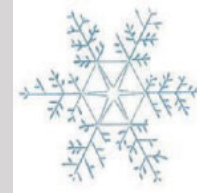
Day—Monday mornings
Time commitment: 9—11:30 a.m.
Duties—Answer telephone, greet participants as they come in

This means SIGN UP AHEAD OF TIME FOR A PROGRAM!



WINTER WEATHER CLOSINGS

The Senior Center will be closed if the Jefferson School District is closed due to poor winter weather and/or if there is a *Winter Storm Warning* for Jefferson Co.



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

Do you know of places that would like to have our newsletter out? Let us know! (If you could deliver it for us that would be great!)



Sign in every time you walk in the door at the senior center. Our program number stats are very important to show city officials how many people are using the Senior Center!

Find us on Facebook:
Jefferson Senior Center



JEFFERSON AREA SENIOR CENTER

859 Collins Road
Jefferson, WI 53549

AGING MASTERY PROGRAM

This is a **BILINGUAL** class!



**Wednesdays, Feb. 2, 9, 16 & 23
March 2 and 9 2-4:00 p.m.**

Topics of discussion:

- Community Connections
- Creativity and learning
- Finance
- Health and well-being
- Gratitude and mindfulness
- Legacy and purpose

**Excellent
discussions
with guest
speakers**



**Bunco dice
table and
fresh baked
Cookies!**

