

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

MARCH TO YOUR OWN DRUM Fri, Mar. 11 12:30 p

It's your day to *March to a different drum!* You may wear a costume, a hat, even pajamas! Games & socializing **3 p.m.—The Flame** music group here. Treats served! **\$5—Sign up and pay by March 9. No refunds after 3/9/22**

Our menu:

M=Marshmallow fluff

A=Applesauce

R=Roll & butter

C=Cookie

H=Hotdish (Cheesy Italian casserole—meatless)

THE FLAME—High School student musical group Friday, March 11—3 p.m. Refreshments served

DOUG LEY-ATTORNEY "How to Protect your Stuff"

Wed., March 23 10:30 a.m. No cost

Join us for an in-person educational workshop with Attorney Doug Ley to discuss "How to Protect your Stuff" from devastating long-term care costs. Doug will also identify planning options for you—in this down to earth talk. Please sign up ahead.

MOVING FORWARD PRESENTATION

Monday, March 28 10:30 a.m. No cost

Moving Forward is a business that assists both seniors and their families when they feel overwhelmed on how to manage all of the belongings when downsizing.



They make it easy to sort through items and prepare to move. Good information.

MARCH 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 Departm	nents 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.

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

Aging & Disability Resource Center (ADRC) 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......1-800-772-1213

Cab Rides for the Elderly coupons

Phone 1-920-674-5294

Jefferson Park & Recreation Dept.

Jefferson Library—321 S. Main St.—Jefferson

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, along with money/gift card holders. Pat at 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 for meals when billed.

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 We can use gift cards to purchase items for programs: Walmart, Piggly Wiggly, Bon Ton Bakery & Kwik Trip.

WANT TO ADVERTISE?



CONTACT LITURGICAL PUBLICATIONS AT 1-800-950-9952

Jefferson Senior Center **MAILED** Subscriptions

\$6 for 12 month subscription

Name		
Address_		

State _____ Zip Code ____

CENTER ACTIVITIES

ADVISORY BOARD

Next meeting: Mon., March 14—10 a.m. Members: Jean Allen, Roland Altreuter, Barb Chwala, Nancy Haberman, Deanna Pfeifer, Barb Schmitt and Doris Walker.

ADVISORY BOARD VOTING

Voting is March 21—24, 2022

Deanna Pfeifer is finishing her second, three-year term and will need to be off of the Advisory Board at least one year. Jean Allen and Doris Walker have each finished a three-year term.

Doris has chosen to continue while Jean has respectfully declined. (Jean has served 9 years total of time on your Senior Center Advisory Board!) We have 3 openings and 3 candidates this election: (See pg. 11)

Barb Schuld, Doris Walker & Norma Walker. 1 ballot per participant per our by-laws. Roland Altreuter is an appointee to fulfill the remaining one-year term of Jeanette Brumm due to her untimely passing.

BINGO!

Tuesdays at 1 p.m. Cost \$2 for 3 cards Please pay with \$1 bills if possible.

March 1—Caller—Shirley Wilson

March 8—Caller—Steve Adams

March 15—Callers—Shorewest Realty

March 22—Looking for a volunteer caller

March 29—Sponsor: County-City Credit Union of Jefferson

We are looking for a 4th Tuesday bingo caller and "short notice" substitute callers.

BOOK DISCUSSION GROUP

Monday, March 7—10 a.m. "Where the Crawdads Sing" By Delia Owens



April book: "The Runaway Jury" By John Grisham

BUNCO/SNACK

Monday, March 28 1 p.m. \$5 Sign up/pay by March 25. No refunds after March 25.



Bunco is just rolling dice and

"counting spots". Easy, social, dice game. (Most Buncos gets \$10 prize split if tied)

"Snack" served afterwards: "Maid-Rite burgers"

CARD GAMES - 1 p.m. each \$2 each Monday—Sheepshead Thursday—Euchre

KITCHEN BAND (See back page) Wed., March 2 and 16 1 p.m.

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

SIT & STITCH

Wednesdays at 1 p.m. Conversing, lively bunch who create!

QUILT GROUP

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

Do you have an interest in sewing or guilting? Stop in and say hello.

WINTER RESTAURANT LUNCH BUNCH

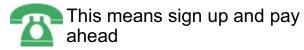
Thursday, March 10—11:45 a.m. Heron's Landing -200 W. Milwaukee St.

**Limited to first 12 people who sign up

We make a reservation ahead of time Men & women welcome.

This means sign up ahead





VOLUNTEER OPPORTUNITIES

See Sheila if interested

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

MONDAY MORNING RECEPTIONIST

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

> Save The Date! **Volunteer Appreciation** May 6, 2022—12 noon

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

The volunteer can play along with group!

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

DHS Approved 4/22/2021

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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



DAY TRIPS AND FIRESIDE THEATRE

Sea of Tulips - Thurs. May 5, 2022 Return: 5:30 p.m. Depart: 8:30 a.m. \$109. Pay when signing up.

No refunds unless there is a wait list.

- —Start your day at the Richardson Farm with 5 acres of tulip fields and a 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 are grass but can get mushy with rain.



Slopes are within ADA guidelines but staff can not help a walker or wheelchair person.

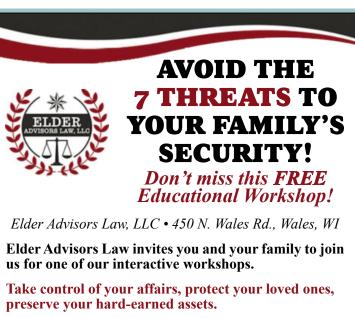
FIRESIDE THEATRE—Ft. Atkinson Transportation on your own "A Mighty Fortress" Church Basement Ladies Wed. May 4 10:30 a.m. \$70 Pav by April 4 Choice of one entrée at Sign Up-

- —Roast boneless pork chop & whipped potatoes
- --Chicken Cordon Bleu & whipped potatoes
- —Chef Mike's lasagna with meat sauce
- **Chopped salad, Fireside breads and homemade apple pie & ice cream dessert, milk, tea & coffee

"What Happens in Vegas" Live Band Show Thurs., June 9 10:30 a.m. \$70 Pay by May 9 Choice of one entrée at Sign Up-

- —Reuben chicken breast & Charleston rice
- —Roasted pork tenderloin with Charleston rice
- -Coconut cod w/ Charleston rice **Fresh summer salad, Fireside breads, lemonade cake dessert, milk, tea & coffee





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STAY HEALTHY

FOOT CARE - \$17 Tuesday, March 8 Tuesday, April 12 Foot soak, nail trim

March 8
April 12
nail trim assage.

and light massage.

Bring your own towel.

**Call for availability. If the schedule is full, put your name on a wait list. (Cancellations do happen)

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
- —Call by noon the day prior to order
- —Call by noon Friday for a Monday meal
- —Meals on Wheels delivered to qualified persons and are delivered hot Monday through Friday. Meals are delivered by wonderful volunteer drivers.

I BURN ABOUT 2000 CALORIES EVERY TIME I PUT ON FITTED SHEETS BY MYSELF.

EXERCISE OPPORTUNITEIS

—New participants are welcome!—

Mondays 10 a.m.

<u>Happy Yoga DVD</u>—Easy chair yoga with beautiful, calm scenery. Sitting. No fee

Tuesdays 9 a.m. & Fridays 9 a.m. Norm's exercise class

Toning, balance and walking class. Exercises can be done sitting or standing. Hand weights optional. No fee.

Fridays 10-11:30 a.m.
Line Dance with Nancy
Upbeat music and dance
Call Nancy for info
920-674-6974 Fee



Mondays 4:30-5:15 p.m.
Thursdays 9:30-10:15 a.m.
AlignWELL Exercise with Dr. Ana
Cost: 10 class pass \$40

—This class is open to the public—AlignWELL is a 45-minute class that will build your strength, endurance, flexibility and balance through standing and seated exercises. Modifications can be made as everyone has different capabilities.

Dr. Ana is a licensed physical therapist and certified strength and conditioning coach.

Expect to have fun, listen to music, get stronger and build your confidence in movement!

(Sheila attends the Monday evening class and says "it's like having your own personal trainer!)

SNOWSHOE GROUP

This group meets when the weather is cooperative. For more information, contact Dar at 920-674-8871.

LET'S GET AWAY!



HAPPY TIMES TOURS & EXPERIENCES

AMISH COUNTRY, CONFECTIONS & CONCOCTIONS

(Goshen & Shipshewana, IN) **Featuring Marie Osmond**

May 20-21, 2022 2 days 5 meals

Final payment due: March 20, 2022

\$549 per person double/\$599 single room Opt. Travel protection: \$79 per person Pickup: 6 a.m. Johnson Creek Park & Ride Trip Highlights:

—Marie Osmond Show. (Singer, performer, talk show host, dancer, actor, author & speaker)

You will receive a goodie bag to fill up!

- —Fill your "goodie bag" at these fun places: Olympia Candy Kitchen; Shirley's popcorn; Soapy Gnome; Ben's Pretzels; Amish jelly and Dave's Mercantile
- —Stay one night: Hampton Inn & Suites
- —Boxed breakfast on motor coach
- —Lunch at Maple Indian Kitchen
- —Buffet dinner prior to Marie Osmond Show
- -Breakfast at the hotel
- —Amish meal plus a cooking class



MAYFLOWER TOURS

New Date—Mayflower Trip Preview Thursday, April 21, 2022 (Sign up for tours now earn promo \$)

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 Ephiram
- —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

HOLLY JOLLY CHRISTMAS in Ohio November 10-13, 2022—4 Days 8 meals

\$1,199 per person double **\$1,498** single

- —Pickup at Johnson Creek Park & Ride
- —Spend 1 night at beautiful Salt Fork Lodge
- —Dinner & Jingle Jangle Christmas Jubilee Show
- —Visit Castle Noel "America's Largest Christmas **Entertainment Attraction**"
- —Live band show at the Palace Theatre
- —Shopping at Hein's Cheese Chalet, Kaufman Bakery & 'Tis The Season Christmas Shop More!

MARCH MENU 920-728-0259

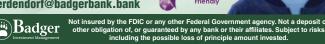
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AP.		I Roast beef Mashed potatoes Peas & carrots Fruited gelatin Butterscotch pudding Dinner roll	2 Breaded fish fillet German potato salad Broccoli cuts Cantaloupe Raspberry sherbet Bread & butter	3 Chicken teriyaki Baked potato 3-bean salad Apple slices "Birthday" cake Dinner roll	4 Vegetarian lasagna casserole Italian salad Petite banana Sugar cookie French bread	5
6	7 Roast pork loin Mashed potatoes Baby carrots Applesauce Ice cream cup Bread & butter	8 Beef stroganoff casserole Broccoli cuts Peach slices Chocolate raspberry torte Dinner roll	9 Liver & onions Garlic mashed potatoes Corn Fruited gelatin Tapioca pudding Bread & butter	10 Bratwurst on a bun Baked beans Health slaw Petite banana Chocolate chip cookie	Il Macaroni & cheese Tossed salad Green beans Cantaloupe Fudge brownie Bread & butter	12
13	l4 Chicken breast Mashed potatoes Vegetables Apple slices Dreamsicle torte Bread & butter	15 Beef stew Spinach salad w/ Honey French Dressing Fruited gelatin Applesauce cake Cheddar biscuit	16 Bread Baked chicken Garlic mashed potatoes 3-bean salad Orange Oatmeal-raisin cookie	17 Corned beef Baby red potatoes Cabbage/carrots Pear slices Key lime pie Dinner roll	18 Tuna casserole Broccoli cuts Petite banana Ambrosia Dessert Bread & butter	19
20	21 Ham roll Sweet potato bake Cole claw Fruit cocktail Orange sherbet Bread & butter	22 Country fried steak Mashed potatoes Swiss spinach Peach slices Cinnamon roll Dinner roll	23 BBQ meatballs Red beans/rice Vegetables Cantaloupe Vanilla pudding Bread & butter	24 Orange chicken Baby red potatoes Tossed salad Pineapple tidbit Snickerdoodle Dinner roll	25 Salmon loaf Baked potato Peas/pearl onion Tropical fruit salad Spice cake Bread & butter	26
27	28 Salisbury steak Mashed potatoes Carrots Applesauce Chocolate pudding Bread & butter	29 Dinner roll Baked chicken American potato salad Vegetables Pear slices Peanut butter cookie	30 Pork steak Mashed potatoes Corn Apple slices Fudge brownie Bread & butter	31 Dinner roll Honey mustard meatballs Baked beans Broccoli Honeydew melon Chocolate sundae cup		

MARCH CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
We're Luc Have O ADVERT Support T	ky to construct the construction of the constr	1 9 Norm's ex 10 Ukulele class 11 Meals to Go 1 Bingo	2 9 Quilt Group 10 Pegs/Jokers 11 Meals to Go 1 Kitchen Band 1 Sit and Stitch 2 Aging Mastery	3 9:30 AlignWELL 10 Write Your 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 class 11 Meals to Go 1 Bingo	9 Quilt Group 10 Pegs/Jokers 11 Meals to Go 1 Sit & stitch 2 Aging Mastery	9:30 AlignWELL 10 Dominoes 11 Meals to Go 11:45 Winter Lunch Bunch 1 Euchre	9 Norm's Ex. 10 Line dance 11 Meals to Go 12:30 March to Your Own Drum 3 Flame group	12
13 SPRING FORWARD	14 10 Advisory Bd 11 Meals to Go 1 Sheepshead 1 Qwixx dice 4:30 AlignWELL	15 9 Norm's ex. 10 Ukulele class 11 Meals to Go 1 Bingo	16 9 Quilt Group 10 Pegs/Jokers 11 Meals to Go 1 Kitchen band 1 Sit & stitch	17 9:30 AlignWELL 11 Meals to Go 1 Euchre	18 9 Exercise 10 Line Dance 11 Meals to Go	19
20	21 VOTING 11 Meals to Go 1 Sheepshead 1 Qwixx dice 4:30AlignWELL	22 VOTING 9 Norm's ex 10 Ukulele class 11 Meals to Go 1 Bingo	23 VOTING 9 Quilt Group 10 Pegs/Jokers 10:30 Doug Ley Protect your stuff 11 Meals to Go 1 Sit & Stitch	24 VOTING 9:30 AlignWELL 11 Meals to Go 1 Euchre	25 9 Exercise 10 Line Dance 11 Meals to Go	26
27	28 10:30 Moving Forward Talk 11 Meals to Go 1 Sheepshead 1 Bunco/snack 4:30 AlignWELL	29 9 Norm's ex 10 Ukulele class 11 Meals to Go 1 Bingo	30 9 Quilt Group 10 Pegs/Jokers 11 Meals to Go 1 Sit & Stitch	31 Accreditation Review Day! 9:30 AlignWELL 11 Meals to Go 1 Euchre		

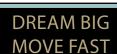


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Fax: 920-541-3538

www.SunsetRidgeMemoryCare.com

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US

Contact Jeff Parkinson to place an ad today! jparkinson@lpicommunities.com or (800) 950-9952 x5887



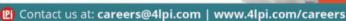


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EXTRA INFORMATION

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

Sheila Frohmader Refreshment corner snacks Irene Gentz—Treats for bingo & Euchre Darlyn Oschmann—Treats & bingo prizes Deanna Pfeifer—4-12 packs of soda Barb Schmidt—5 new puzzles Barb & Russ Schuld—Valentine flowers



Time to vote for Advisory Board members per our By-laws Voting will be held March 21-24.

Barb Schuld—Barb had been on the Advisory Board for 6 years, took some time off, and now wishes to be a part again. You can find her attending social parties, Fireside trips and tending to the front door barrel flower pot.

Doris Walker—Doris has served one term and is eligible to continue for a second, 3-year term. She enjoys Bingo, Bunco dice, Euchre, Qwixx dice, social parties and day tours.

Norma Walker—Norma is a new candidate for the Senior Center Advisory Board. You can find her at the front reception desk on Tuesday mornings, Bingo and social parties.

THEMEMBRANCE



Jeanette Brumm was a dedicated participant and volunteer for many years at the Senior Center - recently the Chairperson of the Advisory Board.

Memorials to the Senior Center: **Barb & Russ Schuld—**\$50 **Irene Gentz—**\$10

WINTER WEATHER CLOSINGS

The Senior Center <u>will be closed</u> 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

THANK YOU SPONSORS!

County-City Credit Union—Jefferson (5th Bingo) Shorewest Realty of Watertown (3rd Tues. Bingo)

NEW SPONSOR OPPORTUNITIES:

Do you or your business want to sponsor a program or activity at the Senior Center? (Newsletter, Bingo, cards, parties, programs)

Contact Sheila 920-674-7728

- —Your name printed in our newsletter. 800 copies printed & distributed each month! —Your name/business printed in two weekly newspaper articles for your event
- -Your name announced at the event

WEDNESDAY WISDOM YEARS EMAILS

Do you want to get on our weekly e-mail list for news, updates and reminders? Contact us: sheilaf@jeffersonwis.com

Find us on Facebook: Jefferson Senior Center



JEFFERSON AREA SENIOR CENTER

859 Collins Road Jefferson, WI 53549





February Kitchen Band group:

Above—

Shirley P, Marilyn B., and Deanna P.

Top right: Barb & Russ S., Carolyn G. with Richard P. in the back on "humstrum" Right: Jean A. and Bud L.

