

The Wisdom Years



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

KLEENEX FOR A CAUSE Donate by Friday, April 8

Donate a box or two of facial tissue (any brand) and if you wish—a note or cheerful card—and we will give them to some of the local Assisted Living facilities in Jefferson just in time for Easter—on Wed., April 13. We will put the Kleenex boxes in a gift bag with a note and a treat. Don't forget to sign the donation sheet at the front desk window. Thank you in advance!

MAYFLOWER TOURS TRIP PREVIEWS

Thursday, April 21—10:30 a.m. (See page 7)

- Trip incentives and a light lunch will be served afterwards—
Judy from Mayflower Tours who will discuss these tours:
- Grandkids of Country Music (June 30-July 3, 2022)
 - Autumn in Door County & More! (September 2022)
 - Timeless Holiday Treasures (November 2022)
 - Wonders of Australia & New Zealand (February 2023)
 - Texas Cowboy Country—Value Tour (April 2023)



SAFELY SECURE MEDICINE & RECYCLING TALK

Wednesday, April 20 10:30-11:30 a.m.

Jefferson County nurses will be here to talk about how to safely secure your medication and dispose of them to protect family members, children and pets, and to keep them out of the wrong hands.

****They will collect unused/expired medications too!**

A member of Jefferson County Solid Waste Dept. will answer questions about recycling—what can/can not be picked up and how to dispose of items correctly.



**This phone means
call to sign up ahead**



APRIL 2022



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

Jefferson Senior Activity Center will provide equality to all participants irrespective to their gender, race, ethnic origin or nationality, disability, age, sexual orientation or social class.

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

HoursMonday-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 Grab & Go and home delivered.

Must call by noon day before for a meal.

Must call by noon Friday for Monday meal.

Aging & Disability Resource Center of Jefferson County

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

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

Website..... www.jeffersoncountywi.gov

Jefferson County Benefit Specialist

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

Social Security (Janesville office)

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

County Veterans Services

Phone..... 920-674-7240

Cab Rides for the Elderly coupons

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

Jefferson Park & Recreation Dept.

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

Jefferson Public 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 Grab and Go meal 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

Wish list: Paper towels, bottled water, soda, Gallon size Ziplock bags

WANT TO ADVERTISE?



CONTACT LITURGICAL
PUBLICATIONS AT
1-800-950-9952

Jefferson Senior Center MAILED Subscriptions

\$6 for 12 month subscription

Name _____

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City _____

State _____ Zip Code _____

CENTER ACTIVITIES

ADVISORY BOARD

Next meeting: **Monday, April 11—10 am**
Members: Jean Allen, Roland Altreuter
Barb Chwala, Nancy Haberman, Deanna Pfeifer,
Barb Schmitt and Doris Walker

BINGO!

Tuesdays—April 5, 12, 19, 26
Tuesdays at 1 p.m. Cost \$2 for 3 cards
Please pay with \$1 bills if possible.
All money paid in goes back for prizes
**We are looking for a 4th Tuesday of the month caller and “short notice” substitute callers. Contact Sheila if interested!

BOOK DISCUSSION GROUP

Monday, April 4—10 a.m.
“The Runaway Jury” by John Grisham

The May 2 book is: “Rules for Visiting”
by Jessica Francis Kane

Books can be found at your public library

We will show the Movie:
“The Runaway Jury”
Friday, April 8 1 p.m.



Sign up ahead

BUNCO DICE GAME/SNACK

Monday, April 25 1 p.m. Cost \$5
Sign up and pay by April 22
No strategy—just roll dice and see what you get! (Try to get 3 of a kind)
Person with most Buncos gets \$10 (prize split if tied).
—Snack: Chicken & rice casserole



This symbol means sign up and pay ahead of time.



This means SIGN UP AHEAD!

EUCHRE Thursdays 1 p.m. Cost \$2

KITCHEN BAND

Wednesday, April 6 & 20 1 p.m.
All percussion “band”. No note reading!
You keep a beat with our instruments or bring your own “noisemaker!”

MAH JONGG—Mondays at 1 p.m.

April 4—Informational get together & play
New participants welcome!

SIT & STITCH

Wednesdays at 1 p.m.
Conversing, lively bunch who create
Bring in your own craft to work on.

QUILT GROUP

Wednesdays 9 a.m. to 1 p.m.
Do you have an interest in sewing or quilting? Stop in and say hello!

QWIXX

Mondays 1 p.m. (April 4, 11 & 18)
Refreshments are served afterwards.

WINTER LUNCH BUNCH

No group outing in April

WRITE YOUR OWN STORY

Thursday, April 7—10 a.m.
Write a bit about your memories of springtime, Easter and the month of April. Come join the group to read your story or just listen. Coffee, juice and a Bon Ton Bakery treat will be served.



VOLUNTEER OPPORTUNITIES

See Sheila if interested

BINGO CALLER

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

FOOT CARE RECEPTIONIST

- 2nd Tuesday of each month
- Time commitment 8:30—11:30 a.m.
- Duties: Welcome foot care participants, receive payment and make change, Make appointments

Save the Date!
Volunteer Appreciation
May 6, 2022 11:30 a.m.

MEALS ON WHEELS VOLUNTEERS

The ADRC of Jefferson County (Aging & Disability Resource Center) seeks kitchen volunteers and volunteer drivers for Meals on Wheels in Jefferson (Monday thru Friday) and Johnson Creek (Monday, Wednesday and Friday).

Drivers use their own vehicles to pick up and deliver meals and check on the well-being of participants of the Jefferson County Senior Nutrition Program.

Mileage reimbursement is provided at .585 cents per mile of a delivery route.

A background check is required

Time commitment 10:30 a.m. to 12 noon

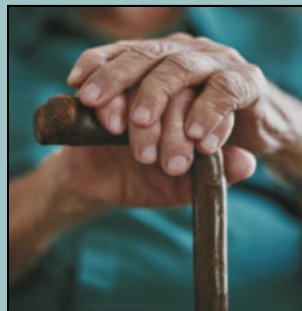
Kitchen Help arrives at 9:15 am. To help package the meals and clean up the kitchen in preparation for the next day. Volunteer one day a week or more—you choose.

Contact Kimberly Swanson 920-674-8134
KimberlyS@Jeffersoncountywi.gov



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

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 - ♦ 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



MILWAUKEE'S GOLD COAST

Wed., July 20, 2022 \$125

(Checks made out to Happy Times Tours or Call Happy Times to use a credit card.)

No refunds unless there is a wait list)

8:45 a.m. pickup Johnson Creek Park & Ride
 —Villa Terrace Decorative Arts Museum (overlooking Lake Michigan—Lake Shore Dr.)
 —Milwaukee River & Harbor boat tour
 —Lunch at Sobelman's Pub on St. Paul Ave.

Choice of one entrée at sign up—

—Classic four piece fish fry, mac salad & fries
 —"Famous" cheeseburger melt & fries
 —Chicken cordon Bleu sandwich & fries



FIRESIDE THEATRE—Fort Atkinson

(Checks made out to: City of Jefferson)

"What Happens in Vegas"

Thurs. June 9 10:30 am \$70

Choice of one entrée at sign up—

—Reuben chicken breast OR Coconut cod OR Roasted pork tenderloin
 —Fresh summer salad, Fireside breads, lemonade cake, milk, tea or coffee

"Wizard of Oz"

Thurs., August 18 10:30 am \$74

Choice of one entrée at sign up—

—Pretzel chicken OR Barbecued ribs OR Shrimp

"GREASE"

Thurs., September 29 10:30 am \$74

Choice of one entrée at sign up—

—Chicken/Ribs OR Sliced beef tenderloin OR Grilled salmon



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STAY HEALTHY

BIKE RIDING (GROUP)

Thursdays—April 7 and 21 9 a.m.

Easy going group ride April thru October
Start at the senior center. No ride if raining

FOOT CARE—with Deb Scullin “Joyful Toes”

Tuesday, April 12 \$17

Foot soak, nail trim and light massage.
Bring your own towel.

GRAB & GO MEALS
JEFFERSO CO MEALS
ON WHEELS
920-728-0259



—Meals are catered by Feils Supper Club of Randolph, WI. Food is delivered to the Senior Center and packaged up hot for pick up
—Meals are for those that are age 62+
—Jefferson County will bill you monthly
—Cost is \$4 or your affordable donation
—Grab & Go meals are available Monday thru Friday. Call by 12 noon the day before to order. (Call by Friday for a Monday meal).
—Meals on Wheels for qualified persons delivered Monday thru Friday. These meals are delivered by wonderful, caring volunteers.

The adult version of
"head, shoulders,
knees and toes" is
"wallet, glasses,
keys and phone."

EXERCISE OPPORTUNITIES

—New participants are welcome!—

Mondays 10 a.m. “Happy Yoga” video Classroom #2 (No fee)

—Easy chair yoga—sitting & standing
Beautiful, calm scenery

Tuesdays and Fridays 9 a.m. (No fee) Toning & balance—Norm Matzinger

—Sitting & standing exercises
—Walking time available
—Great for men and women!

Fridays 10-11:30 a.m. (Fee)

Line Dance—Upbeat music and dance
Call Nancy **920-674-6974** for information

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 balance and movement!

(Sheila attends the Monday evening class and says “it’s like having your own personal trainer!”)

LUNCH & LEARN SERIES

“The Science of Natural Healing”

Tuesdays—April 19 & 26 10:30 a.m.

View the video and have a discussion.
Lunch from the Grab & Go program can be ordered by noon the day before.

April 19—Shifting the Healthcare Paradigm

April 26—Understanding Holistic Medicine

LET'S GET AWAY!

7

MAYFLOWER TOURS

Trip previews
Thursday, April 21
10:30 am
Incentives & light lunch



Call to sign
up

AUTUMN IN DOOR COUNTY (+ more)

Sept. 27-30, 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 show 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



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



WONDERS OF AUSTRALIA AND NEW ZEALAND

Feb. 15-March 2, 2023 15 Days 20 Meals

\$6,999 per person double **\$8,928** single

Price includes airfare & intra country air

- Cairns—Sydney—Melbourne—Queenstown
 - Tour Sydney's famed Opera House and enjoy a dinner cruise in Sydney Harbor
 - Cruise Australia's Outer Barrier Reef
 - Experience the majesty of the Blue Mountains
 - Encounter native animals at a wildlife park
 - See Christchurch, New Zealand **& more!**
- (Optional-4 day Extension—Continue your experience on New Zealand's North Island. See the flyer for more information and pricing).

TIMELESS HOLIDAY TREASURES Ohio

Nov. 10-13, 2022—4 Days 8 meals

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

- Pickup at Johnson Creek Park & Ride
 - Enjoy 3 shows: "Christmas in the Country" A live show at the Historic Palace Theatre and A "Dazzling Diamond Variety Show".
 - Visit a candy store, & country Amish bakery
 - Visit a museum with Christmas movie props
 - Free time shopping
- And MORE!**




TEXAS COWBOY COUNTRY

April 16—24, 2023 9 Days 13 Meals




\$1,999 per person double **\$2,598** single

- Spend 3 nights at the Texas Y.O. Ranch Hotel
 - City of San Antonio, River walk & Alamo tours
 - Guided tour of Fort Worth, Lyndon B. Johnson Ranch State Park, Fort Worth Stockyards
 - Enjoy dinner at Coopers Old Time Pit Bar-B-Que open since 1953
- AND A LOT MORE!!**

859 CAFÉ MENU—APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Breaded fish fillet Red potatoes Cole slaw Tropical fruit salad Cinnamon roll Bread	2
3	4 Swiss steak Mashed potatoes Peas & Carrots Apricots Butterscotch pudding Bread	5 Chili casserole Corn Cantaloupe Applesauce cake Cornbread	6 Teriyaki chicken Brown rice Broccoli Pineapple tidbit Sugar cookie Bread	7 Mushroom pork cutlet Mashed potatoes Carrots Fruited jello "Birthday" cake Dinner roll	8 Vegetarian lasagna Italian veg. Petite banana Orange sherbet French bread	9
10	11 Chopped steak in a Burgundy Mushroom sauce Mashed potatoes Mixed vegetable Pear slices Vanilla pudding	12 Honey mustard meatballs Baked potato Vegetables Apple slices Fudge brownie Dinner roll	13 Bread Baked chicken Garlic mashed potatoes 3 bean salad Fruit cocktail Chocolate chip cookie	14 Glazed ham Sweet potatoes Health slaw Peach slices Tapioca pudding Dinner roll	15 No Meals Meal sites are closed 	16
17 	18 Bread Chicken breast Mashed potatoes Spinach salad w/ raspberry vinaigrette Fruited gelatin Sundae cup	19 Meatloaf Baked potato Peas & onions Applesauce Chocolate cloud torte Dinner roll	20 Pork Jaegerschnitzel Mashed potatoes Baby carrots Apricots Cookie Bread	21 Pepper steak Red potatoes Brussel sprouts Tropical fruit salad Spice cake Dinner roll	22 Beef frank on A bun Baked beans Corn Cantaloupe Ice cream cup	23
24	25 Bread Cranberry kraut meatballs Brown rice Swiss spinach Apple slices Chocolate pudding	26 Dinner roll Baked chicken Twice baked style potatoes Copper penny salad Fruit cocktail Cookie	27 Baked spaghetti Broccoli cuts Orange Key lime pie dessert French bread	28 Dinner roll Scalloped potatoes & ham 3 Bean salad Honeydew melon Butterscotch pudding	29 Chicken marsala Baked potato Carrots Petite banana Frosted cake Bread	30

APRIL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>Call our Advertisers First!</p>		<p><u>Kleenex for a Cause</u> <u>March 28-</u> <u>April 8</u></p>	<p>1 9 Norm's Ex. 10 Line Dance 11 Meals to Go Senior Center Closing at 1 pm</p>	<p>2</p>
<p>3</p>	<p>4 10 Book group 10 Happy Yoga 11 Meals to Go 1 Mah Jongg Info 1 Sheepshead 1 Qwixx 4:30 AlignWELL</p>	<p>5 9 Norm's Ex 10 Ukulele grp 11 Meals to Go 1 Bingo</p>	<p>6 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 1 Kitchen band 1 Sit & Stitch</p>	<p>7 9 Bike riding 9:30 AlignWELL 10 Story group 11 Meals to Go 1 Euchre</p>	<p>8 9 Norm's Ex 10 Line Dance 11 Meals to Go 1 Runaway Jury Movie</p>	<p>9</p>
<p>10</p>	<p>11 10 Advisory Bd 10 Happy Yoga 11 Meals to Go 1 Mah Jongg 1 Sheepshead 1 Qwixx 4:30 AlignWELL</p>	<p>12 8:30 Foot care 9 Norm's Ex 10 Ukulele grp 11 Meals to Go 1 Bingo</p>	<p>13 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 1 Sit and Stitch</p>	<p>14 9:30 AlignWELL 10 Dominoes 11 Meals to Go 1 Euchre</p>	<p>15 SENIOR CENTER CLOSED</p>	<p>16</p>
<p>17</p> 	<p>18 10 Happy Yoga 11 Meals to Go 1 Mah Jongg 1 Sheepshead 1 Qwixx 4:30 AlignWELL</p>	<p>19 9 Norm's Ex. 10:30 Lunch/Learn "Healing" 11 Meals to Go 1 Bingo</p>	<p>20 9 Quilt group 10 Pegs/Jokers 10:30 Safe Meds 11 Meals to Go 1 Kitchen Band 1 Sit and Stitch</p>	<p>21 9:30 AlignWELL 10:30 2022-23 Trip previews 11 Meals to Go 1 Euchre</p>	<p>22 9 Norm's Ex 10 Line Dance 11 Meals to Go</p>	<p>23</p>
<p>24</p>	<p>25 10 Happy Yoga 11 Meals to Go 1 Bunco-Snack 1 Sheepshead 1 Mah Jongg</p>	<p>26 9 Norm's Ex. 10:30 Lunch/Learn "Healing" 11 Meals to Go 1 Bingo</p>	<p>28 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 1 Sit and Stitch</p>	<p>29 9:30 AlignWELL 10 Dominoes 11 Meals to Go 1 Euchre</p>	<p>30 9 Norm's Ex 10 line Dance 11 Meals to Go Senior Center Closing 12:30 p</p>	

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Jefferson Area Senior Center, Jefferson, WI

C 4C 01-1099

EXTRA INFORMATION

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

Roland & Bonnie Altreuter—2 cakes and 4 Crystal Light containers

Sheila Frohmader—Bon Ton Bakery Treats

Russ & Barb Schuld—Outside flower decorations by the front door

Amy Spangler—Modern Woodman of America—Games galore! Backgammon, dice, Left-Right-Center, Mexican Train Dominoes, playing cards, Scrabble, Yahtzee, large print Crossword, word search and Soduko books and pencils.

Barb Schmitt—2 new puzzles

IN LOVING REMEMBRANCE



Norma Walker Memorials

- Barbara Benton—\$100
- Barb Chwala—\$20
- Sheila Frohmader—\$50
- Irene Gentz—\$10
- Russ & Barb Schuld--\$50
- Elsie Sauer—\$10
- Dorothy Trewyn—\$25

Evelyn Robb Memorials

- Irene Gentz—\$10
- Dorothy Trewyn—\$25

Marilyn Klettke Memorials

- Irene Gentz—\$10



Re-Accreditation Award & 20-ys "In our Building" Celebration!

Friday, May 6—1 p.m. Entertainment

SEVERE WEATHER PROCEDURE



Severe Thunderstorm **Watch** or Tornado **Watch**—participants will be told, weather monitored

Tornado Warning:

- Activities will STOP
- Participants take shelter in East hallway
- Participants may leave if they wish
- Activities will resume as weather permits

Newsletters Available At:

- Cambridge Public Library
- The Drug Store—Jefferson
- Four Sisters Restaurant—Jefferson
- Jefferson City Hall
- Jefferson Public Library
- Pick N Save—Fort Atkinson
- Piggly Wiggly—Jefferson
- St. Johns Lutheran Church—Jefferson

April is Volunteer Month



We thank all of the volunteers that have helped at the Senior Center. We also thank our advertisers for this newsletter!

Volunteer Appreciation Event: May 6

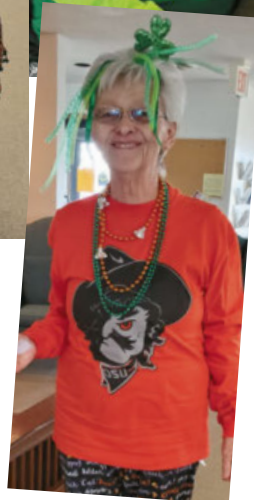
Sign up for the "Wisdom Years" weekly e-mails at sheilaf@jeffersonwis.com



Find us on Facebook: Jefferson Senior Center

JEFFERSON AREA SENIOR CENTER

859 Collins Road
Jefferson, WI 53549



MARCH to your own drum!
Left picture—Doris
Top—Bud & Noey, Jean &
Barb
Right—Shirley and Barb .