

The Wisdom Years



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

JEFFERSON HIGH SCHOOL STEEL DRUM BAND

Wednesday, June 8—1 p.m. Ice cream social after

Come and see our talented musicians from our local high school and enjoy the sounds of this unique band

Florence Veith Memorial Bench dedication

Wednesday, June 8—12:30 p.m.

ENJOY MINI GOLF

Thursday, June 16—10:30 am

Rock River Lanes—Fort Atkinson

Transportation and lunch on your own.

Afterwards—lunch at Brickhouse Restaurant—Fort Atkinson



PICNIC LUNCH BUNCH

Wednesdays—12 noon—Tensfeldt Park Shelter

Bring a lunch, snack or restaurant carryout + beverage.

Socialize in some fresh air. Restrooms are available.

OUTSIDE BINGO *Bingo at Sr. Ctr for rain or extreme heat*

Tuesdays—1 p.m.—Tensfeldt Park Shelter

Cost is \$2 for your cards. 50/50 raffle

Bring a marker or pen to mark your bingo cards.

Picnic tables and restrooms available.

MEMORY SCREENING **Monday, June 6 11 am-1 pm**

15 minute appointments—For apt call: 920-675-4035

Screening by Jefferson Co Dementia Care Specialist

Screening is a wellness tool that helps identify possible

changes in memory and cognition. It creates a baseline

of where a person is if there are other changes.

FARMERS MARKET VOUCHERS **—Wed. June 1 10am-12 noon**



We're going outside.

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

Accredited
by the
Wisconsin
Association
of
Senior
Centers
(WASC)



2006 2011 2016 2022

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)

Grab and Go & Meals on Wheels program

Joy Clark—Jefferson Site 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.

Jefferson County

Aging & Disability Resource Center

—Benefit Specialist & Dementia Specialist

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

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

Website..... www.jeffersoncountywi.gov

Social Security

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

Cab Ride Vouchers

Phone..... **920-674-5294**

Jefferson Park & Recreation Dept.

Phone..... **920-674-7720**

Jefferson Public Library

Phone..... **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 some holiday cards.

We have graduation cards out now!
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.** We can use napkins & store bought cookies too

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, June 13—10 a.m.**
Members: Jean Allen, Roland Altreuter, Barb Chwala, Nancy Haberman, Gary Kramer, Barb Schmitt and Doris Walker.


BINGO at the PARK (See Page 1)

Bingo at Sr. Ctr in extreme heat or if raining
Tuesdays at 1 p.m. - Tensfeldt Park
June 7, 14, 21 and 28
Cost \$2—We use paper bingo cards
Bring a pen or marker to mark them.

BOOK DISCUSSION GROUP

Next group in September. Keep reading!

BUNCO DICE GAME & SNACK

Monday, June 27 1 p.m. Cost \$5 
Snack: Chicken pasta salad & dessert
—Sign up and pay by Friday, June 24
Easy, social game. Roll the dice trying for 3 of a kind-see what comes up!
Person with the most Buncos (3 of a kind) gets \$10! (Prize split if there is a tie).



EUCHRE

Thursdays 1 p.m. Cost is \$2

KITCHEN BAND

Group will meet again in September.

PEGS AND JOKERS

Wednesdays at 10 am
New participants welcome!
A game of luck and simple strategy.

PICNIC LUNCH BUNCH See page 1
Wednesdays 12 noon Tensfeldt Park
Bring a lunch or restaurant carry out
(County Grab & Go meals are great too!)

SHEEPSHEAD

Mondays 1 p.m. \$2



SIT & STITCH

Wednesdays 1 p.m.
Conversing, lively bunch who create!
Bring your own materials to work on.

QWIXX DICE GAME

Mondays at 1 p.m.
New participants welcome!
Qwixx is simple to play but each decision is crucial. Everyone helps and you even score off of everyone else's roll of the dice!


(DROP IN) UKULELE GROUP

Tuesdays—June 14 and 28 10 am
Bring your instrument and practice right along with the beginning group that was taking lessons this past spring.

WRITE YOUR OWN STORY

Thursday, June 2 10 a.m.
Topic: "What have you seen recently?"
This can be anything new, fun and/or interesting in your world. Write a paragraph or a page or two. A Bon Ton Bakery treat with coffee and juice will be served!



 This symbol means sign up and Pay ahead of time for the program.



This means SIGN UP AHEAD!
920-674-7728

FIRESIDE THEATRE & DAY TOURS

FIRESIDE THEATRE—Fort Atkinson
(Checks made out to: City of Jefferson)
Transportation on Your Own

“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

“WHITE CHRISTMAS

Thurs., November 10 10:30 am \$74

Choice of one entrée at sign up—
—Grilled pork ribeye OR Beef short ribs
OR Grilled shrimp

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



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DHS Approved 4/22/2021

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- Daily Living Skills Training • Aging in Place • Avoiding the Nursing Home

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Familiar Faces, Familiar Places program. Get the help you need.



(800) 378-9128

www.societysassets.org



VOLUNTEER OPPORTUNITIES

FOOT CARE RECEPTIONIST

- 2nd Tuesday of each month
- Time commitment 8:30—11:30 a.m.
- Duties: **Welcome participants
- **Take payment of \$17 and make change from a \$20 bill if needed
- **Make future appointments

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





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STAY HEALTHY

BICYCLE RIDING GROUP

Thursday, June 5 and 19 9 a.m.

Bring your bicycle to the Senior Center and enjoy a leisure—beginner ride with Norm Matzinger leading the way. No ride if raining.

FOOT CARE

R.N. Deb Scullin of “Joyful Toes”

2nd Tuesday of the month

Call for an appointment or to be put on a waiting list (We often have cancellations)
920-674-7728

GREAT COURSE VIDEOS

THE SCIENCE OF NATURAL HEALING

Tuesdays 10:30-11:30 am

Video course with handouts/discussion

June 7—Vitamins & Supplements &
—Herbal Remedies

June 14—Lowering cholesterol naturally &
—Treating high blood pressure naturally

June 21—Treating diabetes naturally &
—Stress and the mind-body connection

June 28—Turning stress into strength &
—Meditation, yoga and guided imagery

EXERCISE OPPORTUNITIES

—New participants are welcome!—

Tuesdays and Fridays 9 a.m.

Toning with Norm

Toning and walking class.

Hand weights optional. No fee.



Fridays 10-11:30 a.m. Fee

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

Thursdays in June 9-9:45 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!



HIKING WITH MICHELE



Wednesday, June 15

9 am –Meet at senior center Rose Lake area & lunch on your own with the group
Come to the senior center to meet the group and go together. Bring water, wear comfy clothes and shoes and bring money to go to lunch!

**GRAB AND GO MEALS
JEFFERSON AREA MEALS
ON WHEELS**

920-728-0259

LET'S GET AWAY!

7

—MAYFLOWER TOURS—

TIMELESS HOLIDAY TREASURES

Featuring 3 Holiday Shows!

Nov. 10-13 2022 4 Days 8 meals

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

—Pickup at the Johnson Creek Park & Ride —
—Enjoy 3 shows: “Christmas in the Country” and
“A Dazzling Diamond Variety Show”
(with Neil Diamond music)

And a live show at the Historic Palace Theatre too

—Visit an Amish bakery and a candy store
—Visit a museum with Christmas movie props
from “Elf” “The Grinch” and “Jingle All the Way”
—and MORE!

WONDERS OF AUSTRALIA AND NEW ZEALAND Airfare included!

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

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

Price includes airfare & intra-country air flight

—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).



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!!

HAPPY TIMES TOURS & EXPERIENCES

- Motor coach tours

ADULTS OF ALL AGES ARE WELCOME

DUELING PIANOS ON THE CELEBRATION BELLE (Quad Cities, IA)

August 26-27, 2022 2 Days 3 Meals

\$299 per person double/**\$359** single

\$100 down payment. \$49 traveler protection fee

Depart 8 am Johnson Creek Park & Ride

—Stay 1 night at the Isle Casino Bettendorf, IA

—Dueling piano cruise on the Mississippi River

—Free time in Galena, IL. And MORE!!!

—Tour Waterman Winery & Farmstead and take
home a bottle of wine

PENNSYLVANIA’S DUTCH COUNTRYSIDE (Hershey, Lancaster & Philadelphia, PA)

September 12– 18, 2022 7 Days 13 Meals

\$1,899 person double/**\$2,289** single

\$100 down payment –Ins. \$143 double/\$172 single

—HOME PICKUP!—

—Hershey PA including Hershey World, gardens,
Butterfly Atrium and museum

—Philadelphia sightseeing tour– view Liberty Bell
and National Constitution Museum

—Amish farmland tour W/ in home dinner & MORE

LOUISVILLE & SOUTHERN INDIANA BOOS & BOOZE

October 19-22, 2022 4 Days 8 Meals

\$999 per person double/**\$1,189** single

Depart 6:30 am Johnson Creek Park & Ride

—Tour & tasting Huber’s orchard Winery

—Dinner with Chef Demo at MESA

—Jack O’Lantern Spectacular

—Bourbon Trail exhibit at Frazier History Museum

—Samples at Angel’s Envy Distillery AND MORE!

A NEW YORK CITY NEW YEARS

Dec. 28, 2022-Jan. 3, 2023 7 Days 9 Meals

\$4,625 per person double/**\$5,599** single

--HOME PICKUP!—

—3 nights at Marriott Marquis Hotel-Times Square

—VIP Suite at hotel to watch the ball drop 12/31/22



—Enjoy a Broadway show and watch the

Rockettes at Radio City Christmas Spectacular

—Free time in New York. AND MORE!!!

—Hershey Chocolate World, Hershey PA

JUNE MEALS—920-728-0259

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
MILK SERVED WITH THE MEAL			1 Bread Baked chicken Twice baked style potatoes Copper penny salad Peach slices Cookie	2 Chili casserole Spinach salad Petite banana Cornbread “Birthday” cake	3 Bread Pepper steak Baby red potatoes 3-bean salad Fruited gelatin Chocolate pudding	4		
		5	6 Bread BBQ pork cutlet White bean salad Broccoli cuts Tropical fruit salad Chocolate torte	7 Roast beef Mashed potatoes Carrots Peach slices Butterscotch pudding Dinner roll	8 Baked spaghetti Vegetables Pineapple tidbit Applesauce cake French bread	9 Chicken teriyaki Brown rice Tossed salad Orange Sugar cookie Dinner roll	10 Bread Country fried steak Mashed potatoes Corn Fruit cocktail Chocolate sundae cup	11
		12	13 Glazed ham Squash Cole slaw Applesauce Frosted cake Bread	14 Dinner roll Honey mustard meatballs Baked potato Peas & carrots Fruited gelatin Raspberry sherbet	15 Salisbury steak Mashed potatoes Swiss spinach Apple slices Spice cake Bread	16 Beef Frank /bun Baked beans Corn Cantaloupe Vanilla pudding	17 Bread Chicken, broccoli & rice Casserole Tossed salad Petite banana Chocolate chip cookie	18
		19	20 Swiss steak Mashed potatoes Vegetables Pear slice Applesauce cake Bread	21 Dinner roll Baked chicken Garlic mashed potatoes 3-Bean salad Pineapple tidbit Oatmeal-raisin cookie	22 Bread Meatloaf Sweet potato bake Health slaw Tropical fruit salad Tapioca pudding	23 Chicken cacciatore Baby red potatoes Italian salad Apple slices Red velvet cake\ Dinner roll	24 Pork Jaegerschnitzel Mashed potatoes Pickled beets Apricots Cinnamon roll Bread	25
		26	27 Chicken breast Mashed potatoes Baby carrots Fruited gelatin Cookie Bread	28 Dinner roll Cranberry & kraut meatballs Baked potato Corn Orange Key lime pie dessert	29 Smoked sausage Calico beans German cole slaw Honeydew melon Bread	30 Hamburger/bun German potato Salad Peas & carrots Petite banana Fudge brownie		

JUNE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9 Quilt group 10 Pegs/Jokers 10 Farmer Voucher coupons 11 Kids Move/play 11 Meals 12 Picnic bunch 1 Sit & Stitch	2 9 Bike riding gr 9:30 Alignwell 10 Write your story class 11 Meals to go 1 Euchre	3 9 Exercise 10 Line dance 11 Meals to go	4
5	6 11 Memory screenings 11 Meals to go 1 Sheepshead 1 Qwixx dice	7 9 Exercise class 10:30 Natural healing video 11 Meals to go 1 Outside bingo 2:30 Bilingual Aging Mastery	8 9 Quilt group 10 Pegs/Jokers 11 Meals to go 11 Kids Move/play 12 Picnic bunch 12:30 Florence bench dedication 1 Sit & Stitch 1 Steel drum band	9 9:30 Alisgnwell 10:30 Fireside 11 Meals to go 1 Euchre	10 9 Exercise 10 Line Dance 11 Meals to go	11
12	13 10 Advisory Bd 11 Meals to go 1 Sheepshead 1 Qwixx dice	14 9 Exercise class 10 Ukulele grp 10:30 Natural Healing video 11 Meals to go 1 Outside bingo 2:30 Bilingual Aging Mastery	15 9 Hike w/Michee 9 Quilt group 10 Pegs/Jokers 11 Meals to go 11 Kids move/play 12 Picnic bunch 1 Sit & Stitch	16 9 Bike ride gr 10 Mini golf 11 Meals to go 1 Euchre	17 9 Exercise 10 Line Dance 11 Meals to go	18
19	20 11 Meals to go 1 Sheepshead 1 Qwixx dice	21 9 Exercise class 10:30 Natural Healing video 11 Meals to go 1 Outside bingo 2:30 Bilingual Aging Mastery	22 9 Quilt group 10 Pegs/Jokers 11 Meals to go 11 Kids move/play 12 Picnic bunch 1 Sit & Stitch	23 9 Alignwell 11 Meals to go 1 Euchre	24 9 Exercise 10 Line Dance 11 Meals to go	25
26	27 11 Meals to go 1 Sheepshead 1 Bunco/Snack	28 9 Exercise class 10:30 Natural Healing video 11 Meals to go 1 Outside bingo	29 9 Quilt group 10 Pegs/Jokers 11 Meals to go 11 kids move gr 12 Picnic bunch 1 Sit & Stitch	30 9 Alignwell 11 Meals to go 1 Euchre		



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

Anonymous—Crystal Light, cups,
cookies, cake
Maryann Gleisner—Cookies
Toots Koch—\$30 for program supplies
Deanna Pfeifer— 1 case of Diet Coke
4-12 packs Diet & Reg Pepsi
Russ & Barb Schuld—Flowers for Easter
& spring for front entrance flower pot
Dorothy Walker—Paper towels

THANK YOU VOLUNTEERS!

Steve Adams—*Bingo caller*
Jean Allen— *Advisory Board,
Dominoes, Qwix*
Pegs/Jokers, Book group
Shirley Behm— *Bingo helper*
Marilyn Biber— *Seasonal decorator*
Barb Chwala – *Advisory Board,
fundraising and Program helper as needed*
Michele Clark—*Leader for group hikes
National Night Out Ambassador*
Joanne & Roger Gross—*Sheepshead*
Nancy Haberman—*Advisory Board*
Dorothy Harwell-James—*Receptionist*
Karen Koenig—*Bingo helper*
Ellie LaMacher—*Euchre and fundraising*
Bub Lincks—*Write Your own Story*
Lisa Madison—*Christmas decorations*
Norm Matzinger—*Tues/Fri Exercise class
Bike riding group*
Darlyn Oschmann—*Snowshoeing*
Deanna Pfeifer—*Advisory Board, fundraising*
Barb Schmitt—*Advisory Board, librarian,
Great Course video leader
National Night Out Ambassador*
Barb & Russ Schuld— *Advisory Board
and upkeep on the front flower pot*
Shirley Wilson—*Bingo caller, fundraising*
Carol Wright— *Program helper as needed*
Doris Walker— *Advisory Board*
Bob DeWolfe— *Master gardner*



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

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Jefferson Senior Center



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- | | |
|--------------------|--------------------|
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| —Kathy Schmidt | —Barb Schmitt |
| —Doris Walker | |

**"Director of Senior Center—Thank you
for all for the gift bags with the
Kleenexes and treats for our
residents. They truly appreciated
your thoughtfulness and being remem-
bered. Thanks again!**

- Sylvan Crossings"

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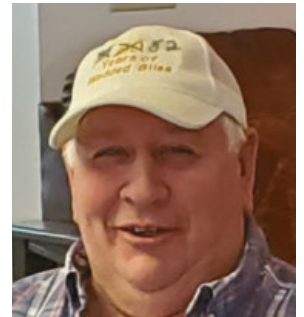
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Jefferson Area Senior Center, Jefferson, WI

C 4C 01-1099

JEFFERSON AREA SENIOR CENTER

859 Collins Road
Jefferson, WI 53549



Scenes from Volunteer Appreciation 2022 Top left Doris W & Jean A.; Bob D. & Roland A. Bottom left Nancy H., Marilyn B., Shirley W. Ice cream social pic Jean, Carol Marilyn & Roland. More pics next month!