

The Wisdom Years



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

SUMMER SANDAL & FROCK POTLUCK PARTY

Monday, July 18—10:30 a.m. Bring dish to pass

Potluck meal at 11:30 am, group games and social time. Sign up ahead with what you will be bringing to eat (We have an oven for items needing warming) Come as you wish—(sandals and “frocks” optional)



BEAN BAGS & LIGHT BREAKFAST See Page 12

Wednesdays—9 am. July 6, 13 and 20. (No July 27)

Light breakfast food served. No drop ins please.

—Sign up by 4 pm on Tuesdays each week

(We need to know how many to prepare for.)

—Just want to play, not eat? Just sign up ahead

Sponsored by Sylvan Crossings of Jefferson

What is bean bags? You toss bean bags at target on floor (Also known as soft horseshoes or tailgate toss).

Fun way to get out, laugh, get exercise & socialize!



“AQUA” AUTHOR AT SENIOR CENTER See Page 11

Thursday, July 21 11 a.m. Light lunch provided

Sign up by Wed., July 20 to attend



“SPEAK OUT” - PARKINSON’S VOICE PROJECT

Wednesday, July 13—10 a.m.—Classroom #2

Kelly Foster Fort Healthcare—Speech/Language Pathologist

Nine out of ten people with Parkinson’s are at risk of developing a weak voice which can lead to serious speech or swallowing issues. Come to this information session and education session regarding the Voice Project.



Senior Center & Senior Dining Closed Monday, July 4

JULY 2022



We're going outside.

“The mission of the Jefferson Area Senior 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 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.

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 Rides 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. 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
Needed supplies: Cookies, napkins, name brand soda 12 packs

WANT TO ADVERTISE?



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\$6 for 12 month subscription

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City _____

State _____ Zip Code _____

CENTER ACTIVITIES

3

ADVISORY BOARD

Next meeting: **Monday, July 11—10 a.m.**
Members: Roland Altreuter, Barb Chwala, Nancy Haberman, Gary Kramer, Barb Schuld, Barb Schmitt and Doris Walker

BINGO AT THE PARK

Tuesdays at 1 p.m. - Tensfeldt Park
July 5, 12, 19 and 26

Cost \$2 for paper bingo cards

Bring a pen or marker to mark cards

*If it is raining or the heat index is 95-
degrees or more, we are at Senior Center.

BUNCO & SNACK

Monday, July 25 1 p.m. Cost \$5

Snack: Subway sub sandwich

—Sign up and pay by July 22

Bunco is just rolling dice and watching for certain numbers.. Easy, social game.

Person with most Buncos gets \$10

(Prize split if tied).



CARD GAMES

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

Monday—Sheepshead

Thursday—Euchre

KITCHEN BAND

Group will meet again in September

PEGS & JOKERS

Wednesdays at 10 a.m.

New participants welcome.

Board game similar to the game “Sorry”

This means Sign Up & Pay AHEAD



PICNIC LUNCH BUNCH

Wednesdays—12 noon—Tensfeldt Park

Bring a lunch, snack or restaurant carryout
You can always order from Joy a “Grab & Go” lunch of the day. Call by 12 noon the day before—920-728-0259 for pickup

SIT & STITCH

Wednesdays at 1 p.m.

Bring your own items to work on.

(Drop In) UKULELE GROUP

Tuesdays—July 12 and 26 10 a.m.

WRITE AND SHARE YOUR OWN STORY

Thursday, July 7—10 a.m.

“Fair Memories—The First Time you Went”

Enjoy coffee, lemonade & a Bon Ton treat!

Not a writer but want to listen? Come join

for discussion. It’s just plain fun!

Written by participant Bud Lincks:

“Imagine sharing your stories among friends at the senior center. Tales become more memorable when shared—especially when enhanced with a cup of coffee, lemonade and something sweet from the Bon Ton Bakery in Jefferson.

Past subjects have included childhood homes, jobs, schools, vacations & camping with other fun topics for the future.

Our emphasis is on having fun. We are all amateur writers. If we “mess up” while reading, we laugh it off. Sharing stories is an occasion to have fun. Please join us!”



FIRESIDE THEATRE & DAY TOURS

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

"Wizard of Oz"

Thursday, August 18 10:30 am \$74

*Pretzel chicken OR *Barbecued Ribs
OR *Shrimp tempura

Tomato bisque, Fireside breads, broccolini,
Scalloped potatoes, blueberry-lemon curd tart

"White Christmas"

Thursday, November 10 10:30 am \$74

*Grilled pork ribeye OR *Beef short ribs
OR *Grilled shrimp

Seafood St. Jacques appetizer, Fireside breads,
Whipped potatoes, baby carrots, cheesecake

Fireside Theatre price includes:
Meal, show, tip, coffee OR tea OR milk
***One entrée meal choice due at sign up**

Stocking Stuffer-Manitowoc November 12, 2022 \$129

7:30 am pickup Johnson Creek Park Ride
You will receive a "stocking" and at
each stop you receive something fun to
put in that stocking!

(Lunch choice: In house smoked ribs with
BBQ sauce or "mock lobster" - 2 seasoned
haddock fillets. Meal includes soup and a
baked potato, dessert and non-alcoholic
beverage)

—Wisconsin Maritime Museum
—Hamilton Wood Type &
Printing Museum
—Renee's Popcorn



**Payment is due at the time of sign up.
Checks made out to Happy Times Tour
All day tours are non-refundable unless there
is a wait list. (Per Happy Times Tours)

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options, contact your local ADRC.

DHS Approved 4/22/2021

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- Aging in Place
- 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. Get the help you need.

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(800) 378-9128
www.societysassets.org

VOLUNTEER OPPORTUNITIES

5

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

“ON CALL” VOLUNTEERS TO HELP WITH SET UP/CLEAN UP OF LARGE SENIOR CENTER PROGRAMS

We are taking names of those that would be interested in helping out when we have larger programs/gatherings. Let staff know of your interest and we will keep you in mind!





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STAY HEALTHY

BICYCLE RIDING GROUP

Thursday, July 7 and July 21 9 a.m.
Bring your bicycle to the Senior Center and enjoy a leisure ride with Norm Matzinger leading the way. No ride if raining.

FOOT CARE

R.N. Deb Scullin of "Joyful Toes"

Tuesday, July 12 Full

Call to be put on a wait list.



(We had 4 openings come up in June!)

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



**GRAB & GO MEALS AND
JEFFERSON/JOHNSON CREEK
MEALS ON WHEELS**

920-728-0259

- Meals are catered by Feils Supper Club.
- Food delivered hot to the Senior Center and packaged up hot for pick up
- Meals are for those that are age 62+
- Jefferson County ADRC will bill you monthly
- Cost is \$4 or your affordable donation
- Meals available Monday thru Friday
- Call by noon the day prior for a meal.
- Call by noon on Friday for a Monday meal.
- Meals on Wheels for qualified persons and are delivered hot, Monday thru Friday.
- These meals are delivered by wonderful, caring volunteers.
- Kindly expect to fill out initial paperwork.



This means call ito sign up

EXERCISE OPPORTUNITEIS

—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 July 9-9:45 a.m.

AlignWELL Exercise with Dr. Ana

Cost: 10 class pass \$40

—This class is open to the public—

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

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

GREAT COURSE VIDEOS

THE SCIENCE OF NATURAL HEALING

Tuesdays 10:30-11:30 am

Video course with handouts/discussion

July 5—Biofield therapies &

—Natural approaches to mental health

July 12— The power of love &

—Spirituality in health

July 19—Components of spiritual wellness

&—Applying the lessons of natural healing

July 26—Ecology and Health &

—Healthy people, healthy planet &

—You are your own best medicine!

LET'S GET AWAY!

7

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.

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

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

LOVELY LACROSSE

OVERNIGHT STOCKING STUFFER TRIP

Dec. 10-11, 2022 2 days 5 Meals

\$489 per person double **\$549** single room

\$100 down payment. Full payment 11/5/22

—Stay Hampton Inn

Fill up a stocking with some great goodies at:

—Pleasuring Seasoning

—LaCrosse Distilling Company

—Great River Popcorn & Ice Cream

—Bauer's Market & Garden Center

—Old Country Cheese and MORE!.

—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).

—MAYFLOWER TOURS—

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



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AND A LOT MORE!!

JULY MEALS—920-728-0259

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Milk Served With The Meals					1 Country fried steak Mashed potatoes Green beans Apple slices Sherbet Bread	2
3 	4 SENIOR DINING CLOSED	5 Pork steak Mashed potatoes Carrots Pear slices Chocolate pudding Dinner roll	6 Lasagna casserole Italian vege. Fruited gelatin Cinnamon roll French bread	7 Sweet & sour Pork over rice Brussel sprouts Fruit cocktail "Birthday" cake Dinner roll	8 Bread Burgundy/mushroom chopped steak Mashed potatoes Corn Petite banana Cookie	9
10	11 Ham roll Sweet potatoes Cole slaw Applesauce Butterscotch Pudding Bread	12 Swedish meatballs Mashed potatoes California veg. Orange gelatin Fudge brownie Dinner roll	13 Beef stew Spinach salad Cantaloupe Applesauce cake Cheddar biscuit	14 Beef tips with mushrooms Brown rice Broccoli cuts Apple slices Cookie Dinner roll	15 Bratwurst on a bun Baked beans Wax beans Orange White brownie	16
17	18 Meatloaf Baked potato Peas & Onions Peach slices Tapioca pudding Bread	19 Baked chicken Twice baked style potatoes Copper penny salad Pineapple tidbit Dinner roll	20 Beef stroganoff Casserole Tossed salad Apricot halves Carrot cake Bread	21 Roast pork loin Mashed potatoes Red cabbage Applesauce Chocolate cloud torte Dinner roll	22 Teriyaki chicken Baby red potatoes Baby carrots Petite banana Cinnamon roll Bread	23
24/31	25 Bread Salisbury steak Mashed potatoes Corn Butterscotch pudding Pear slice	26 Dinner roll Chicken tetrazzini Casserole Spinach salad Honeydew melon Cookie	27 Bread BBQ Pork cutlet White bean salad Broccoli cuts Orange sherbet Tropical fruit salad	28 Dinner roll Chicken marsala Baked potato Peas & carrots Apple slices Spice cake	29 Bread Liver & onions Garlic mashed potatoes Picked beets Peach slices Cookie	30

JULY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Support our ADVERTISERS this Summer</p> 				<p>1 9 Exercise 10 Line Dance 11 Meals to Go</p>	2
3	<p>4 SENIOR CENTER CLOSED</p> 	<p>5 9 Exercise 10:30 Natural Healing Video 11 Meals to Go 1 Bingo in Park 2 Bilingual Aging Mastery Program</p>	<p>6 9 Breakfast & Bean Bags 9 Quilt Group 10 Pegs & Jokers 11 Meals to Go 12 Picnic lunch 1 Fireside-Vegas 1 Sit & Stich</p>	<p>7 9 Bike ride 9 AlignWELL 10 Write Story 11 Meals to Go 1 Euchre</p>	<p>8 9 Exercise 10 Line Dance 11 Meals to Go</p>	9
10	<p>11 10 Advisory Bd 11 Meals to Go 1 Sheepshead</p>	<p>12 8:30 Foot care 9 Exercise 10 Ukulele grp 11 Meals to Go 1 Bingo in Park 2 Bilingual Aging Mastery Program</p>	<p>13 9 Breakfast & Bean Bags 9 Quilt group 10 Pegs & Joker 10 Speak Out 11 Meals to Go 12 Picnic lunch 1 Sit & Stich</p>	<p>14 9 AlignWELL 11 Meals to Go 1 Euchre Jefferson Co. Fair Senior Day Sheila at Fort Healthcare tent 2-4:00 pm</p>	<p>15 9 Exercise 10 Line Dance 11 Meals to Go</p>	16
17	<p>18 10:30 Sandal & Frock potluck 11 Meals to Go 1 Sheepshead</p>	<p>19 9 Exercise 11 Meals to Go 1 Bingo in Park 2 Bilingual Aging Mastery Program</p>	<p>20 9 Breakfast & Bean Bags 9 Quilt group 10 Pegs & Joker 11 Meals to Go 12 Picnic lunch 1 Sit & Stich</p>	<p>21 9 AlignWELL 9 Bike ride 11 Meals to Go 11 "Aqua" book 1 Euchre</p>	<p>22 9 Exercise 10 Line Dance 11: Meals to Go</p>	23
24/31	<p>25 11 Meals to Go 1 Sheepshead 1 Bunco/Snack</p>	<p>26 9 Exercise 10 Ukulele grp 11 Meals to Go 1 Bingo in Park</p>	<p>27 9 Quilt group 10 Pegs/Jokers 11 Meals to Go 12 Picnic lunch 1 Sit & Stich</p>	<p>28 9 AlignWELL 11 Meals to Go 1 Euchre</p>	<p>29 9 Exercise 10 Line Dance 11 Meals to Go 12:30 Closing</p>	30

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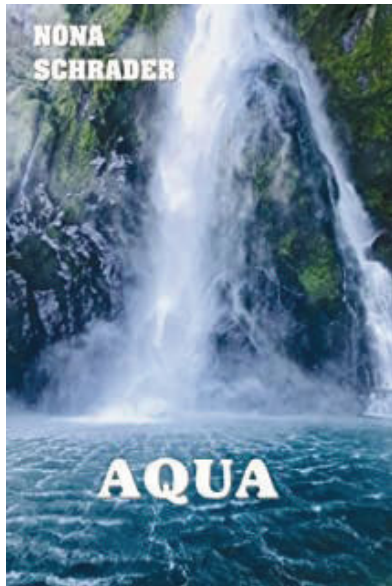
Jefferson Area Senior Center, Jefferson, WI

C 4C 01-1099

ROUND OF APPLAUSE

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

- Jean Allen & daughter**—Kleenex for “Kleenex for a Cause”
 - Sheila Frohmader**—Case of bottled water
 - Deanna Pfeifer**—4-12 packs of Pepsi
 - Dorothy Trewyn**—\$20 for supplies
- *****



Join local author Nona Schrader on Thurs., July 21, 11 a.m.—to discuss her book “Aqua”. Nona uses Greek mythology and the beauty of the Wind River Mountains to encourage others to protect clean water on our planet. Nona has a M.A. in English from the University of Wyoming and is a retired teacher of the Jefferson School District.



**Thursday, July 11
Jefferson County
Fair Senior Day!
2-4:00 p.m. Sheila
at the Fort
Healthcare tent
promoting your
Senior Center!**

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
- Pick n Save—Fort Atkinson
- Piggly Wiggly—Jefferson
- St. John’s Lutheran Church—Jefferson



Find us on Facebook:
Jefferson Senior Center



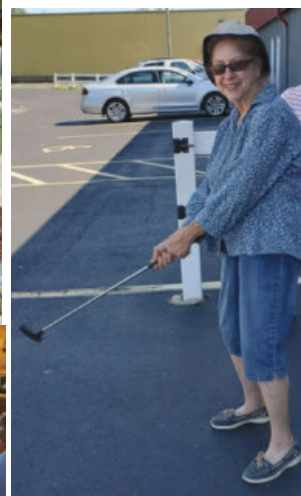
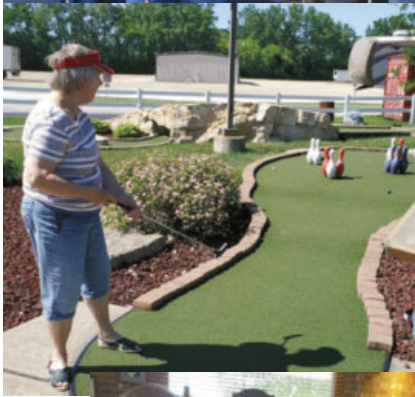
Do you want email notifications?
Let staff know by email at
sheilaf@jeffersonwis.com to be put
on the list.!



The Senior Center will be participating in the City of Jefferson National Night Out event on **Wed., August 3 6-8 p.m.** Jefferson Fair Park

JEFFERSON AREA SENIOR CENTER

859 Collins Road
Jefferson, WI 53549



**June Mini golf
And Indoor
Breakfast
& Bean Bags
activity**