



February 2022 Vol.39 No.2



Our Mission:

We are dedicated to the enrichment of the lives of older adults and their families by providing diverse programs, social services and volunteer opportunities.

February is American Heart Month

It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans.

During American Heart Month, the American Heart Association and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

For the latest on heart-healthy living, read the latest news from the American Heart Association at heart.org, the National Institute of Health (NIH), and the National Heart, Lung, and Blood Institute (NHLBI) at nhlbi.nih.gov/education/american-heart-month.



NOTICE: Some programs and services may be suspended or attendance numbers limited due to COVID restrictions. For latest updates call (608) 873-8585 or see website.

248 W. Main Street, Stoughton WI • (608) 873-8585 • stoughtonseniorcenter.com

Local Services

Case Management Service Area Stoughton, Towns of Albion & Dunkirk

The Case Management program links older adults with services (food, housing, legal, medical, financial, social well-being, etc.) that are available to help them remain as independent as possible in their own homes and community. Our Senior Center's case managers are devoted to coordinating, evaluating and advocating for such services to meet each individual's needs and preferences. **See back cover for contact information.**

Equipment Loan Closet

Equipment such as wheelchairs and walkers may be checked out on a short-term basis to those residing in our case management service area: City of Stoughton, Albion and Dunkirk Townships. Monetary donations accepted.

Foot Care Clinic

Stoughton Health provides foot care services at their Community Health & Wellness Center at 3162 Co Hwy B. Call (608) 873-2332 to schedule an appointment.

Home Delivered Meals

Meal delivery is available to homebound older adults in the Stoughton service area every weekday. Details and menu on pages 16 & 17.

Tech Help Volunteers

Do you have questions on how to use your tablet, phone or computer? We have tech savvy volunteers ready to give you a hand by phone. Call the Center to set up a meeting.

Elder Law & Local Estate Plans

As a service to the community, Attorney Eric Christoffersen offers meetings at his local office at 194 W. Main St. on Mondays at no charge. If additional work is required, you may be offered to retain his law firm for a fee. Call for details at (608) 662-0440 or edc@dfgrams.com.

Local Transportation

City Cab / Running Inc.—Lift Equipped Van
(608) 873-7233 runninginc.net/Stoughton-transit

Rides for Shopping

Transit Solutions Inc./Lift Equipped Van
Rides to in-town stores and Farmers Market. Mondays -Fridays, 9:30 AM to 2:00 PM. Suggested donation: \$1 round trip. Rides to Madison stores on Fridays for \$3 round trip. Check the activity calendar for the stores. No one is denied rides based on ability to pay. To register, call the Senior Center (608) 873-8585.

Volunteer Ride Programs

RSVP Driver Program

Contact: RSVP request line 205-9422
Donation-based transportation to medical appointments for Stoughton based seniors, 60 years or older who live independently. Rides are based on driver availability; 5 day advance notice & proof of COVID vaccination is now required for all riders. Please allow for additional time to complete registration paperwork.

Affordable Transportation Program

Contact: Richard Hoffman 873-6112, 9AM-4PM
Low-income residents of all ages are eligible for free transportation Monday – Friday to various types of appointments in the Madison area. Donations are appreciated. Qualifying individuals are considered based on driver availability. Masks and proof of COVID vaccination required. Discuss exceptions with Coordinator.

Vets Helping Vets Program

Contact: Lorrie Hylkema (608) 238-7901
Volunteer drivers provide medical, job application and support transportation within Dane County for any veterans, including immediate family members regardless of age.

Veterans Assistance

Call (608) 266-4158 to speak with a Dane County Veterans Assistance Representative.

Support & Resources



Alzheimer's Disease & Dementia

- **Alzheimer's Association**, alz.org/wi
24/7 Helpline: (800) 272-3900
- **Alzheimer's & Dementia Alliance of WI**
alzwisc.org, (608) 232-3400
- **Stoughton Center: Memory Loss Caregiver Support Group**, 2nd Thurs., 2:00 PM, Senior Center, Stoughton Room; Led by Dorie Arkin, Alzheimer's Association trained facilitator.
Contact: (608) 873-8585

Caregiver Support Group

For information on support groups available to Dane County caregivers, contact Jane De Broux, Caregiver Program Coordinator at 608-261-5679.

Diabetes Support

American Diabetes Association, diabetes.org

Grandparents & Other Relatives as Parents

Generations United, gu.org

Grief Support Group

- **Stoughton Grief Support Group**: in-person led by Heartland Hospice Bereavement Counselor. Contact Carmen Sperle at (608) 819-0033 to register.
- **Agrace**, Virtual support groups for adults
agrace.org/grief-support or call (608) 327-7118

Hearing Loss Support

Office for the Deaf & Hard of Hearing
dhs.wisconsin.gov/odhh, (855) 359-5252

LGBTQ 50+ Alliance

Offering in-person Gay, Gray & Beyond, Current Events, Mindfulness Movement & Yoga Groups
For more information, please call Karen Kane at (608) 712-3411 or email lgbtq50plus@gmail.com.
More resources at: bit.ly/LGBTQMadison

Low Vision Support

- WI Council of the Blind & Visually Impaired
wcblind.org, (800) 783-5213
- **Stoughton Low Vision Group**
3rd Thursday, 1:00 –2:30 PM
Senior Center, Stoughton Room
Contact: (608) 873-8585

Multiple Sclerosis Group

- **National MS Society**, nationalmssociety.org
- **Stoughton MS Support Group**
2nd Tuesday, 10:00-11:30 AM
Meeting via teleconference in Feb. & March
Contact: (608) 873-8585 to register.

Parkinson's Disease

- **American Parkinson Disease Association**
apdaparkinson.org/community/wisconsin
- **WI Parkinson Association**: wiparkinson.org
- **Stoughton Parkinson Group**
2nd Tuesday, 1:00 - 2:00 PM
Group will meet via Zoom in Feb. Call Hollee at (608) 873-8585 for link or phone number.

Project Recovery, projectrecoverywi.org

Free crisis counseling program in Wisconsin

Stepping On Fall Prevention

Concerns about balance, home safety or falls?
Call Ashley Hillman, Safe Communities Falls Prevention Program Manager (608) 235-1957.

Substance Abuse

- **Stoughton Alano Club**
500 Giles Street, (608) 873-6004
- **Alcoholics Anonymous**
mtg.area75.org, (608) 222-8989
- **Al-Anon Family Support**
alanonmadisonwi.org, (608) 258-0314
- **Narcotics Anonymous**
badgerlandna.org, (608) 258-1747

Institute on Aging's Friendship Line: (800) 971-0016

24-hour crisis line in for people aged 60 years and older, and adults living with disabilities.

News & Information



Choose A Representative Payee for Social Security Before You Need One

Advance Designation enables you to identify up to three people, in priority order, whom you would like to serve as your potential representative payee. Since Social Security launched the Advance Designation program in March 2020, more than one million eligible individuals have opted to participate.

You may choose an Advance Designation if you are capable of making your own decisions and are an adult or emancipated minor that does not have a representative payee.

You can submit your Advance Designation information when you:

- File a claim for benefits online.
- Use the application available in your personal My Social Security account at: ssa.gov/myaccount.
- Call us by telephone at 1-800-772-1213 (TTY 1-800-325-0778).

In the event that you can no longer make your own decisions, you and your family will have peace of mind knowing you already chose someone you trust to manage your benefits. You may also find more information about representative payees at blog.ssa.gov.

*Article by Elida Elizondo,
Social Security Public Affairs Specialist*

Tips to Help with Seasonal Affective Disorder (SAD)

If you start feeling down during this time of year, you are not alone. Known as the “winter blues”, Seasonal Affective Disorder, or SAD, affects millions of people during the winter months in the northern hemisphere. This year may be especially difficult for people with SAD when added to the social isolation of COVID-19. According to the National Institute of Mental Health (NIMH), Seasonal Affective Disorder (SAD) is not considered a separate disorder but is a type of depression that has a recurring seasonal pattern.

Seasonal Affective Disorder includes all the symptoms of major depression such as:

- Feeling depressed for prolonged periods
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed,
- Having problems with sleep
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Additionally, symptoms of SAD that recur in wintertime include:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”)

So, if you’re feeling this way around this time every year and if it’s especially difficult this year, what can you do feel better? First, talk to your doctor. According to NIMH, there are four major types of treatment for SAD that may be used alone or in combination with each other that your doctor may recommend: medication, light therapy, psychotherapy, and vitamin D.

News & Information

Medication

Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat SAD. The FDA has also approved the use of bupropion, another type of antidepressant, for treating SAD. As with other medications, there are side effects to SSRIs. These medications can only be prescribed by a doctor so you will want to discuss risks and benefits of different medications with your doctor.

Light Therapy

The idea behind light therapy is to replace the diminished sunshine of the fall and winter months by using daily exposure to bright, artificial light. Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning on a daily basis from the early fall until spring. For an article from the Mayo Clinic about how to select and use a light box, see: [mayoclinic.in/3GJeJcQ](https://www.mayoclinic.org/healthy-lifestyle/seasonal-affective-disorder/expert-answers/light-therapy/faq-2021)

Psychotherapy

According to NIMH, traditional cognitive behavioral therapy (CBT) has been adapted for use with SAD. CBT-SAD relies on basic techniques of CBT such as identifying negative thoughts and replacing them with more positive thoughts along with a technique called behavioral activation. Behavioral activation seeks to help the person identify activities that are engaging and pleasurable, whether indoors or outdoors, to improve coping with winter.

Vitamin D

According to NIMH, at present, vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of vitamin D were found in people with SAD. The low levels are usually due to insufficient dietary intake or insufficient exposure to sunshine. However, the evidence for its use has been mixed. While some studies suggest vitamin D supplementation may be as effective as light therapy, others found vitamin D had no effect.

For more information visit: bit.ly/infosad

Excerpts from an article by GWAAR Legal Services Team [gwaar.org](https://www.gwaar.org)



Free Tax Assistance in Stoughton

Saturdays (1/22 - 2/26, 3/12, 3/19 & 4/2)

9:00 AM - 1:00 PM

Stoughton Area Senior Center

IRS certified volunteers are providing free tax preparation through the Dane County Volunteer Income Tax Assistance (VITA) Site at the Stoughton Area Senior Center. This free assistance is available to senior individuals, and individuals with disabilities with low-to-moderate income, and who qualify for homestead credit or the earned income credit. The VITA site's assistance is limited to 1040, 1040X, WI Form 1, and WI homestead credit.

Appointments are walk in only: Packets will be available for pick up on the above Saturdays. Volunteers will begin preparing returns on 2/5/2022. Packets will also be available for pick up at the Senior Center during normal business hours: Monday - Friday 8:00 AM to 4:30 PM

For more details regarding the VITA program and locations call (608) 266-2486 or visit: revenue.wi.gov/Pages/FAQS/pcs-vita.aspx

Do you or someone you know need assistance accessing mental health and/or substance use services?

The Behavioral Health Resource Center (BHRC) is a community resource available to any Dane County resident regardless of insurance, financial or legal status, identity, ability or age.

(608) 267-2244 • BHRC@countyofdane.com
danebhrc.org • interpretation services available

News & Information

How To Know When

It's Time to Retire from Driving

Mobility and accessibility are important to our independence and overall mental and physical well-being. In most cases, driving has provided us the ability to work, provide for our families, socialize, and live independently. Removing the ability to drive can feel debilitating, but driving isn't our only tool to access the world around us.

There are many reasons why it may become unsafe for a person to continue driving. Some signs it might be time to hang up the keys include:

- Making unsafe decisions like failing to observe traffic signs, driving at the wrong speed, or not using turn signals
- Making errors such as not obeying laws at intersections, hitting curbs, or poor lane control
- Not reacting quickly to various circumstances
- Mixing up the gas and brake pedals
- Forgetting where you are going or how to find familiar places
- Taking longer to return home from a routine drive than normal
- Anger or confusion while driving
- Car crashes, new dents or dings on the vehicle, or receiving multiple traffic tickets or warnings

The best thing to do is make a transportation plan before driving even becomes an issue for you. Part of creating this plan is figuring out who you can count on when you need help. You are definitely not in this alone, and it may help ease your fears to know exactly who is willing and able to help you if you eventually need it.

You can also take steps now to reduce your reliance on driving, such as getting your groceries and prescriptions delivered to you. There are many transportation resources listed on p. 2 of this newsletter, and you can even try asking a friend or family member if they can recommend any services and/or show you how to use them.

Excerpts from an article by GWAAR Legal Services Team gwaar.org



Energy Services Inc.

Energy Service Inc. is now booking appointments for the 2021 heating season. Appointments will not be in person. Returning and new clients may apply three ways:

- 1) Apply online: energybenefit.wi.gov
- 2) Schedule an appointment by phone: 1-800-506-5596
- 3) Book an appointment online at: esiwi.com/book-an-appointment

2021-2022 Home Energy Plus Program Year (10/01/2021 - 9/30/2022)

60% of State Median Income Guidelines:

Household Size	One Month Income	Annual Income
1	\$2,591.92	\$31,103
2	\$3,389.42	\$40,673
3	\$4,186.92	\$50,243
4	\$4,984.42	\$59,813
5	\$5,781.92	\$69,383
6	\$6,579.42	\$78,953
7	\$6,729.00	\$80,748
8	\$6,878.50	\$82,542

Water assistance programs are also available for households in need.

To apply, call 2-1-1 or Energy Services Inc. at 1-800-506-5596.

Get Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are free. Orders will usually ship in 7-12 days. Order your tests now at covidtests.gov so you have them when you need them.

If you need a COVID-19 test now, please see covidtests.gov/#resources for free area testing locations.

COA & Community News

Commission on Aging January 4, 2021 at 11:00 AM

Director Comments:

- Discussed the plan for COA to continue meeting via Zoom. While the building's doors are currently open to the public, the virtual meeting option keeps the group active and participating.
- We are so grateful to the volunteers who took the time to spread holiday cheer by decorating our Center inside and out.
- Many volunteers and some staff were absent due to COVID spread after the holidays. We are thankful that none of these recent absentees have reported anything more than mild symptoms. We are grateful to volunteers who took extra shifts to help.

Fundraising:

- Cindy is working with the City Planning Department to get an architect to help figure out the development of the annex building's construction needs and a more specific budget report. We currently have around \$100,000 in donations to support our \$200,000 costs to renovate the space.
- We continue to offer *ShopwithScrip*. We see this being an ongoing fundraising option and welcome a volunteer to help coordinate it as orders pick up.
- We look forward to opportunities for fundraising events in the spring and summer months when we can meet outdoors and hopefully more safely indoors, including events to celebrate our 50th anniversary.

Committee Reports: Julia Hayde scheduled a Program Committee for next week

Legislative Update: No report

**Next meeting via Zoom:
February 1, 2022 at 11:00 AM**

**Full meeting minutes and Zoom meeting links are available at:
stoughtoncitydocs.com**

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Jessica Michna as Jenny Appleseed Wednesday, Feb. 9, 1:00 PM

Meet Jenny Appleseed, the fictional sister of "Johnny Appleseed", as she takes you on a journey through American Folklore. Relive the stories you may have heard as a child. Learn of stories and legends that perhaps you missed. These stories include both Native American and European American tales. Along the way you will meet such memorable characters as Rip Van Winkle, Pecos Bill, Paul Bunyan and of course, John Chapman/Appleseed. Join us for this hour long, entertaining and lively performance, by Jessica Michna, Presidential Service Center's Distinguished Service Award recipient. Ms. Michna will take questions following the presentation.



Michael Hecht Presents: Armchair Gallery Tours of American Artists Thursday, Feb. 10, 1:00 PM

In this presentation, the artwork of Andrew Wyeth, John Steuart Curry, Georgia O'Keeffe and the artists of Santa Fe will be explored. Mr. Hecht has presented his artwork on the Discovery Channel, Wisconsin Veteran's Museum exhibits, and Wisconsin Public Television. His designs have been presented with American Dance Companies and the Colorado Opera Company and he was recently interviewed by the Edgerton Reporter on how to read a painting. This month's program is generously sponsored by Skaalen Nursing and Rehabilitation Center. Please call (608) 873-8585 to register.



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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.





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In-Person Activities & Events

Fitness & Wellness Activities

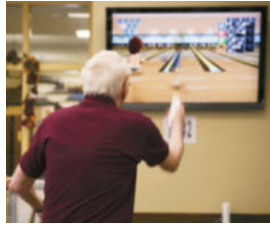
Blood Pressure Screening, FREE

Thursday, Feb. 10 and 24, 10:00AM - Noon

Chair Exercise

Mondays, Wednesdays, Fridays, 8:15 AM

Cost: \$2/class



Line Dancing, FREE

Tuesdays, 2:00 PM

Ping Pong, FREE

Mondays & Wednesdays, 3:00 - 4:00 PM

Fridays, 10:30 AM

Wii Bowling, FREE

Mondays & Fridays, 10:00 AM

Thirteen Moves Tai Chi

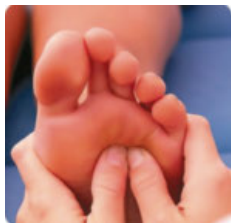
Monday Drop-in Class

Beginners: 10:30 -11:30 AM

Advanced: 1:00 - 2:00 PM

Senior Center Yahara Room

Cost: \$10/per class or 4 classes for \$36.



Reflexology

with Heidi Fromi

Thursday, Feb. 3, 1- 4:30 PM

Tuesday, Feb. 15, 1- 4:30 PM

Reflexology is a form of massage applying deep

pressure to reflex points upon the feet, opening nerve pathways to increase circulation. The feet are like a roadmap that connect to organs and glands within the body and by working the feet it can return the body to normal function and flow. Heidi has been practicing reflexology for over 23 years. Space is limited, call to schedule an appointment (608) 873-8585.

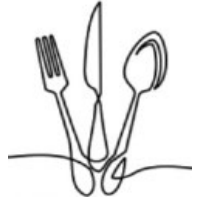
Cost: \$35/30 minutes or \$60/hour.

NOTICE: Some programs and services may be suspended or attendance numbers limited due to COVID restrictions. For latest updates call (608) 873-8585 or see website.

Lunch Bunch

Friday, February 11, 11:00 AM

Join others for a lunch outing on the 2nd Friday of the month. This month the group will be meeting at the Stoughton VFW. Please call the Senior Center at (608) 873-8585 to register.



Social & Recreation Activities

Bridge

Tuesdays, 9:30 AM



Cribbage

Mondays, 1:00 PM

Euchre, cost \$1 to play

2nd Friday, 1:00 PM

Handiwork Group

Mondays, 1:00 PM



Mahjong

Mondays, 1:00 PM

Pinochle

Wednesday, 1:00 PM

Pool Tables

Available daily, 8:00-4:30 PM

Rosemaling

Wednesdays, 9:30 AM - 12:30 PM

Sheepshead

Thursdays, 1:30 PM



Train Dominoes

Thursdays, 1:30 PM

In-Person Activities & Events

Coffee with the Mayor Friday, February 11, 10:00 AM

Mayor Tim Swadley of the City of Stoughton holds monthly meetings with the public at the Senior Center. This time he will have three guests! Dan DeGroot, President/CEO of Stoughton Health, Sarah Ebert, President of the Stoughton Chamber of Commerce, and a representative from the Stoughton Area School District. Join in on the discussion of the latest news.



Come See A Movie At The Center Friday, February 18, 1:00 PM



Senior Moment

Victor Martin (William Shatner) is a retired NASA test pilot who loves speeding around Palm Springs in his vintage Porsche convertible. When his drivers license is revoked, and car is impounded for drag racing, he meets his polar opposite while taking

public transportation. He learns to navigate life and love when he fights the state's new DA to get back his car and license.

Writers Group Tuesday, February 22 1:00 PM

Do you love to write? Are you interested in exploring and developing your creative writing skills? If so, the Writing Group is for you! Join facilitator and published author, Lynn Perez-Hewitt, and meet with others who also have an interest in writing. This will become a monthly group that meets on the last Tuesday of each month at 1:00 PM at the Senior Center. Please call (608) 873-8585 to RSVP for this group. If unable to meet in person due to COVID precautions, this group will meet virtually or by phone so your contact information is required.



BINGO!

Wednesday, February 16
1:00 PM

Thank you to our friends at Nazareth Health & Rehab for sponsoring Bingo at the Senior Center.



Talking with Your Doctor Tuesday, February 22, 1:00 PM



You are the most important member of your health care team! Let's learn about how to be more efficient and productive during our medical appointments. We will talk about strategies to be a stronger team member and

a stronger self-advocate. You are invited to attend and participate in this educational session sponsored by SSM, presented by Janet Bollig, LISW. Please call the Center at (608) 873-8585 to reserve your spot. We hope to see you there!

Page Turners: Adult Book Discussion Wednesday, February 23, 1:00 PM

Join library staff at the Senior Center for an in-person discussion of the *Wide Sargasso Sea* by Jean Rhys. Inspired by, but independent of Charlotte Brontë's *Jane Eyre*. The author tells the story of the childhood and marriage of the first Mrs. Rochester, the West Indian Creole heiress who went insane in a haunting, intense, and tragic tropical world. Bonus: read *Jane Eyre* or watch a film version for comparison. Contact the Adult Services Desk at the library with any questions and to check out copies of books at storef@stolib.org or (608) 873-6281. Masks are required to attend this event.



Ways to Engage



The following classes have been highly requested. Register now!

QiGong 6-Week Class

Friday, February 25 - April 1, 1:00 - 2:00 PM

QiGong is a practice which uses simple, repetitive flowing movements and deep breathing to help promote personal health and mental calm. It is a practice of moving meditation and has been shown to improve balance, lower blood pressure and promote good sleep, energizing the body as it relaxes the mind. Because QiGong is all about your own personal health and wellbeing, people of all ages and abilities can benefit, modifying movements as needed. QiGong can even be done from a seated position and no equipment or special clothing is needed. Instructor, Jo Chern, is a Level 3 certified QiGong teacher and director of Five Element QiGong in Madison. Reserve your spot for this 6-week class by calling (608) 873-8585. **Cost:** \$42 for 6-weeks; drop-in rate of \$9.

Introduction to Drawing Workshop

Tuesdays, March 8 – 29, 9:00 - 11:00 AM

Drawing is the easiest and most affordable way to let your creative side bloom. Join retired art instructor Kathy E. Esch, BFA, in a 4-week workshop that will teach you the art of drawing on paper anywhere. You will learn to look at the world with an artist eye. No experience necessary and all levels of skill are welcome. Cost for the class is \$20 and all supplies are provided. Masks are required and socially distanced spacing is provided. Space is limited for this class so RSVP early by calling (608) 873-8585 to reserve your spot.



Volunteer Opportunities

Please contact Julia at 873-8585 for more information on these and other volunteer opportunities at the Senior Center:

RSVP Driver Escort*

Driver Escorts provide seniors rides to medical appointments on weekdays, between the hours of 8:30 am and 4:00p m. Both drivers and passengers are masked and required to be vaccinated for Covid-19.

Substitute & Regular Meal Drivers*

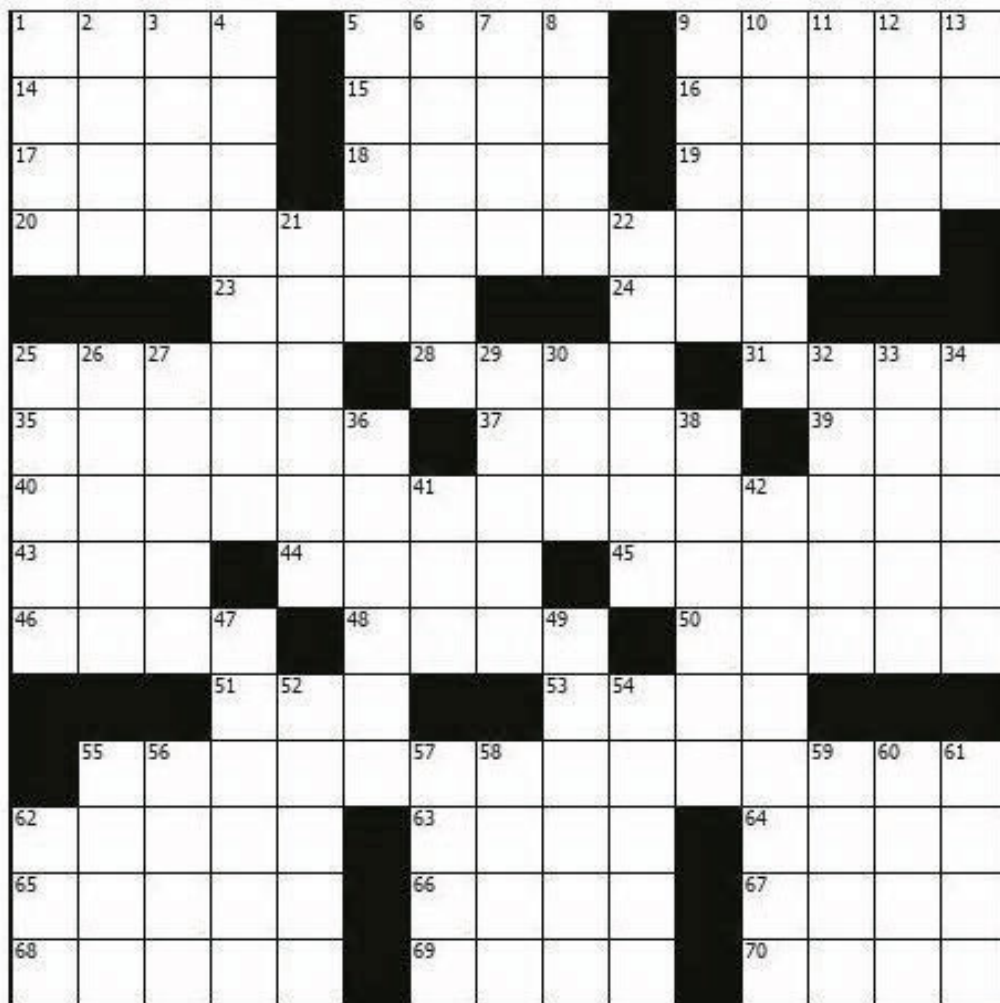
Being a Meals on Wheels volunteer is a wonderful way to support home bound seniors in our community. The trained volunteer picks up meals at the Senior Center and delivers them along a pre-determined route directly to the homes of several older adults. Once you're done, you return the delivery packaging items to the Senior Center. Make a positive difference in someone's life today!

Kitchen Volunteers

Kitchen volunteers assist in the packaging of meals to be delivered to home bound older adults and in serving and cleaning up after congregate meals at the Senior Center. Hands on training is provided. Volunteer 1-2 days per week or on a substitute basis. Must be able to stand for 1-2 hours. Enjoy fellowship while helping others!

*RSVP-registered volunteers receive mileage reimbursement at .56 cents/mile and additional liability insurance coverage while volunteering.

Crossword Puzzle



ACROSS

- 1 Weightlifter's maneuver
- 5 Penn or Connery
- 9 Bang your boot
- 14 Bunyan's Babe, et al.
- 15 Voice below soprano
- 16 Passion
- 17 Ms. Lollobrigida
- 18 Appear imminent
- 19 Nutty as a fruitcake
- 20 Makeshift procedure
- 23 "Smooth Operator" singer
- 24 Old piano tune
- 25 Mars sighting
- 28 Leave in, editorially
- 31 Musical film of 1965
- 35 Prophet
- 37 Alpine bounceback
- 39 Miss Piggy, to herself
- 40 Georgia tourist attraction
- 43 Hero's suffix
- 44 Stage accessory
- 45 Employ again
- 46 Simon or Diamond
- 48 Decides
- 50 Takes out, editorially
- 51 Cleo's doom
- 53 Hangs back
- 55 Heed sound advice
- 62 Their members aren't stupid
- 63 More than suggest
- 64 "___ Jury" (Spillane novel)
- 65 Now partner
- 66 Desirable to a dieter
- 67 Second start
- 68 Word with down or up
- 69 "Stormy Weather" Horne
- 70 Futuristic Disney film

DOWN

- 1 Helps, as a memory
- 2 One type of poll
- 3 Place of many, many deals
- 4 Hiker's load
- 5 Waldorf, e.g.
- 6 Eschews wedding formalities
- 7 Proton's place
- 8 Seward Peninsula town
- 9 Zesty dip
- 10 Livestock lunch site
- 11 Polecat's trademark
- 12 Engage in self-pity
- 13 Lever
- 21 It's faster than a canter
- 22 Dundley Moore rule
- 25 Gen. Powell
- 26 Ceased being supine
- 27 Mother Judd
- 29 Lure
- 30 Tree-hugger's prefix
- 32 It could have a virus
- 33 France's longest river
- 34 Respighi's "___ of Rome"
- 36 Place football is played
- 38 Jumpy
- 41 It may be blown
- 42 Val Kilmer film
- 47 Timmy's best friend
- 49 Catch phrase
- 52 Defensive effort
- 54 Boxing locale
- 55 Big name in little blocks
- 56 Words with instant uproar
- 57 Zip
- 58 Shoe holder
- 59 Cowboy's emblem
- 60 "Heaven forbid!"
- 61 Broadway blinker
- 62 Wrestler's spot



Virtual Classes & Social Events



ONLINE EXERCISE OPTIONS

QiGong Online Classes

Led by Jo Chern of Five Element QiGong.

For more information, visit fiveelementqigong.net and email Jo at: jochern5@gmail.com

Gentle Exercise

Tuesdays, 11:00 AM - 12:00 PM

For more information and to register contact [Rachel Sandretto](mailto:sandretto.taiji@gmail.com) at sandretto.taiji@gmail.com
Chairs are used for stabilization and no mats are necessary.

Senior Strength & Stretch Classes

Mondays & Wednesdays at 9:00 AM

Virtual classes via Zoom for light cardio, balance, strength training, and flexibility. \$20/month. Contact Becky Otte-Ford at (608) 215-4119 or raonine@gmail.com.

Learn Online Skills Over the Phone

In the pandemic, all of us are challenged to adapt to new ways of doing things. If you have not had a chance to learn how a smartphone or tablet can help, call us to set up a private, 30-minute session over the phone to learn about the basics. We'll explain a few common skills you might use, like sending email and finding answers to questions.

Don't have a device? Tablets can be borrowed for a 90-day renewable term at no cost! Please call the Center for more details at (608) 873-8585 and to schedule a coaching session to use it.



Consuming Happiness: Research and Application

Speaker: Christine Whelan

Wednesday, February 2, 6:30 PM

This is a free talk online hosted by Middleton Public Library. You CAN buy happiness, if you know how to spend your money right. (Think experiences, relationships and time-not the latest gadget!) Christine Whelan will delve into various research regarding happiness. Further, she will apply this vast knowledge to present countless solutions and action steps that you can take. Registration for this event is required. Simply register by visiting: midlibrary.org/Events

The Costs and Economic Opportunities of Climate Change

Speaker: Tom Eggert

Thursday, February 10, 6:30 PM

This is a free event hosted by the Waunakee Public Library. This talk examines the societal and individual costs of a changing climate and looks at the economic potential of developing solutions that reduce the emission of greenhouse gases, replace stuff with information and improved the production of food.

For more information: badgertalks.wisc.edu/

Kanopy

Kanopy is a free streaming service now available to Stoughton Public Library cardholders! Explore over 30,000 films: hit movies, world cinema, indies, documentaries, and more. Also includes access to Kanopy Kids and lectures in the Great Courses series. To get started, go to stolibwi.kanopy.com Questions? Email storef@stolib.org or call the Stoughton Library at (608) 873-6281.



More Highlights



**Stepping Up
Your Nutrition**
Monday, March 14,
1:30-3:30 PM
Online via Zoom;
Cost: **FREE**
Did You Know?

Malnutrition can cause muscle loss and dizziness and increase your risk of falls. You may be at risk if you are: losing weight without dieting, not getting enough to eat, losing muscle strength, have two or more chronic conditions, or not drinking enough fluids.

Join a 2-hour virtual workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health

Facilitator: Shannon Gabriel, RDN, CD
Registered Dietitian Nutritionist & Healthy Aging Coordinator at the Area Agency on Aging of Dane County

To Register Contact: Shannon at 608-261-5678 or Gabriel.Shannon@countyofdane.com

Norwegian Dancers to Perform at Lakeview Church

February 4 & February 11, 10:45 AM
2200 Lincoln Avenue, Stoughton

This event is open to the public.



Traveling for Tootsies Mobile Pedicurist

Safe practices for diabetics, seniors & immunocompromised clients. Services in your home by Amy Foster, a Certified

Master Pedicurist. Contact Amy directly to schedule an in-home appointment at (608) 576-8986 or travelingfortootsies@gmail.com.

Cost: Nail trims, \$35. Full pedicure, \$55.

Puzzle Solution © OnlineCrosswords.net

J	E	R	K		S	E	A	N		S	T	O	M	P
O	X	E	N		A	L	T	O		A	R	D	O	R
G	I	N	A		L	O	O	M		L	O	O	P	Y
S	T	O	P	G	A	P	M	E	A	S	U	R	E	
				S	A	D	E			R	A	G		
C	A	N	A	L		S	T	E	T		H	E	L	P
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L	O	O	K	O	U	T	M	O	U	N	T	A	I	N
I	S	M		P	R	O	P		R	E	H	I	R	E
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T	O	N	E	D		L	E	N	A		T	R	O	N

Donate While You Shop!

By using *ShopwithScrip*, you may buy gift and e-cards from your favorite brands to use for your daily purchases, and the Stoughton Area Senior Center will receive a percentage of the purchase. Buy them as gifts, or purchase for stores you frequent all year. Some participating stores in town include Pick 'n Save, Kwik Trip, Starbucks and Dunkin'. You may check out the full list of over 700 vendors at shopwithscrip.com. Order forms are available at our front desk.



CLASS POSTPONED: Rag Rugs Crocheting Baskets, Rugs and More!

If you would like to be contacted when this class will meet next, please call Julia at (608) 873-8585.

Nutrition News

Tuesday Salad Options

Notice the new day: **Tuesday!** You may choose a salad option for Meals on Wheels or meals at the Senior Center. You must call (608) 873-8585 by noon the **Friday** before to sign up.

Tues. Feb. 1: Chicken Salad

Mixed greens topped with cranberry chicken salad, tomatoes, and cucumber, cornbread, warm cinnamon spiced apples and chocolate chip cookie



Tues. Feb. 8: Hummus Platter

Pita wedges, hummus, roasted vegetables, mixed green garnish, peaches and brownie.

Tues. Feb. 15: Chicken Cranberry Bacon Bleu (CCBB) Salad

Mixed greens topped with diced chicken, bacon crumble, dried cranberries, bleu cheese crumbles and croutons, balsamic vinaigrette dressing, biscuit, chunky applesauce, banana bar.

Tues. Feb. 22: Tuna Salad

Mixed greens topped with tuna salad, tomato, and cucumber, white bread slice, orange juice, and carnival cookie.

Kim's Home-Cooked Curbside Pick-Up Meal

For those 60 years of age and older, we are offering Kim's home-cooked meals via curbside pick-up on these dates:

Thurs. Feb. 10: Roast pork, red potatoes, vegetables, fruit, roll and dessert

Thurs. Feb. 24: Stuffed chicken breast with cream cheese and bacon over rice, vegetables, fruit, roll and dessert

Please bring exact cash or check payment. Suggested donation: \$4.00. Pay what you can afford. Call (608) 873-8585 at least one day in advance to reserve your meal. Pick up is between 11:00 AM & Noon.

Senior Center Nutrition Program:

Meals provided by Dane County Consolidated Food Services. They are packed, delivered and served by Senior Center staff & volunteers. * Contains Pork on the menu. MO=Meatless Option. NCS= Low Sodium

Home Delivered Meals: Delivery is available to homebound older adults in the Stoughton Area School District in Dane County every weekday.

Nutrition Site: Note the additional salad choice available on Tuesdays. See pg. 2 for transportation information.

Cost for Meals: Individuals 60 years or older pay by donation. **Suggested minimum donation is \$4.** Individuals under age 60 must pay the total cost of **\$9.69.** Drivers can take meal payments. Any cancellations made on the day of are still subject to payment to the Senior Center or Dane County.

All menu items are prepared in kitchens that are **not** allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.

During Inclement Weather:

No meals will be served when Stoughton schools are closed due to snow or other dangerous weather conditions.



Stoughton Area Senior Center

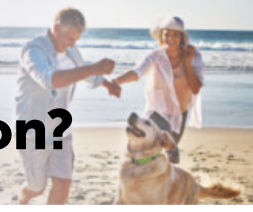


**FEB 2022
MENU**

All meals provided by: **DANE COUNTY CONSOLIDATED FOOD SERVICES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 Chili Cheese/garnish Baked potato Sour cream/butter Cornbread Warm Cinn.Spiced Apples Choc. Chip Cookie MO – veggie Chili NCS – SF cookie</p>	<p>2 Chicken a la King Brown Rice Capri blend Broccoli Salad Fruit Cocktail Frost Chocolate Cake MO – soy a la king NCS – SF pudding</p>	<p>3 Traditional Meatloaf Yams Broccoli White Bread/Butter Chunky Applesauce MO – black bean burger NCS – n/a</p>	<p>4 Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread/Butter Marble loaf cake MO – hummus wrap NCS – SF Jell-o</p>	
<p>7 *Pork Loin/Gravy Mashed Potatoes Peas WW Bread/Butter Mandarin Oranges Lemon Bar MO – egg salad NCS – SF cookie</p>	<p>8 Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Dressing Peaches Brownie MO – marinara a/soy NCS – SF pudding</p>	<p>9 *Italian Sausage (NAS-chicken breast) Coney Bun. Roasted potatoes Stewed Tomatoes Mandarin Orange Vanilla Ice Cream Cup MO-multigrain burger NCS – SF ice cream</p>	<p>10 Chicken Broccoli Rice Cass. Carrot Coins Chickpea Salad Tropical Fruit GlazeLemon Loaf Cake MO-vegg. casserole NCS – SF jell-o</p>	<p>11*Meatballs in gravy NAS-no gravy Mashed potatoes Mix Greens/Dressing WW Roll/Butter Mixed Fruit Butterscotch PudCup MO- veggie meatballs NCS – SF pudding</p>
<p>14 Bone-in Garlic Parmesan Chicken Stewed tomatoes Spinach Casserole WW Bread/Butter Peaches Cherry Crisp MO-veggie chicken i NCS – SF cookie</p>	<p>15 Beef Stew Biscuit Corn Chunky Apple Sauce Banana Bar MO – veggie stew NCS – spiced pears</p>	<p>16 Sausage Veg. Egg Bake Fruit Cup Oven Roast Potatoes Orange Juice Cinnamon Raisin Bread Butter MO – veg. egg bake NCS – n/a</p>	<p>17 Chicken Strips Honey Must. Sauce NAS – honey packet Steam Brussel Sprouts Kidney Bean Salad WW Roll/Butter Mix Fruit Sugar Cookie MO – veggie chicken NCS – SF cookie</p>	<p>18 Pot Roast in Gravy WW Roll/Butter Garlic herb mashed Potatoes Carrots Pineapple tidbits Frosted Pumpkin Bar MO – garden burger NCS – SF pudding</p>
<p>21 *Ham/Potato Casserole NAS-Chick/Potato WW Roll/Butter Peas Peaches Strwb. jell-o w/pears MO-soy potatocasserole NCS – SF jell-o</p>	<p>22 Chicken/Gravy Over White bread NAS– no gravy Carrots Broccoli Orange juice Carnival Cookie MO – veggie chicken in gravy NCS – SF cookie</p>	<p>23 Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana FrostStrawberry Cake MO – chickpea joe NCS – pineapple tidbit</p>	<p>24 Chicken Stew Mixed greens & Dressing Crackers Copper Penny salad Applesauce Chocolate Pudding MO-veg. chicken stew NCS – SF pudding</p>	<p>25 *BBQ Ribs Cheesy Potatoes Pickled Beets WW Roll/Butter Warm spiced pears MO – multigrain burger NCS – n/a</p>
<p>28 Cheeseburger: Beef Patty / WW Bun American Cheese Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie MO-black bean burger NCS – SF cookie</p>				<p>DURING INCLEMENT WEATHER: NO MEALS WILL BE SERVED WHEN STOUGHTON SCHOOLS ARE CLOSED DUE TO SNOW OR OTHER DANGEROUS WEATHER CONDITIONS. Thank you.</p>

Do you have a chronic condition?



A Special Needs Plan just for you

A Special Needs Plan may provide you with extra benefits if you have a qualifying condition and live in the plan's approved area. Verification from your doctor is required.

Qualifying Illnesses



Cardiovascular Disease (CVD)



Chronic Obstructive Pulmonary Disease (COPD)



Congestive Heart Failure (CHF)



Diabetes

Schedule an appointment to find out if you qualify:

Anew Insurance Agency
(608) 884-0362

4 Lord Street, Edgerton, WI 53534

By calling the number above, you will be directed to a licensed insurance agent.



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12 Garfield St., Edgerton

608-209-5099 or
608-209-5355

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My Choice Wisconsin

is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



A unique affordable apartment community designed for age 62+ and/or disabled. Income limits apply.



Greenspire Apartments
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608-873-7855



This institution is an equal opportunity employer & provider.

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Stoughton Rehabilitation & Sports Medicine Clinic
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(608) 873-2292



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jparkinson@lpicommunities.com
or **(800) 950-9952 x5887**



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Stoughton Area Senior Center, Stoughton, WI

C 4C 01-1133

Stoughton Area Senior Center Activities

FEB 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:30 Bridge 11:00 Commission on Aging Meeting via Zoom 2:00 Line Dancing</p>	<p>2 8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 3:00 Ping Pong</p>	<p>3 8:15 Woodcarving 1-4:30 Reflexology by Appt. 1:30 Train Dominoes 1:30 Sheepshead 1:30 Ukulele</p>	<p>4 Shop @ Kohl's South Town 8:15 Chair Stretch 10:00 Wii Bowling 10:30 Ping Pong</p>
	<p>7 8:15 Chair Stretch 10:00 Wii Bowling 10:30 & 1 Tai Chi 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 3-4:00 Ping Pong</p>	<p>8 9:30 Bridge 10 :00 MS Support Group via teleconference 1:00 Parkinson Support Group via Zoom 2:00 Line Dancing</p>	<p>9 8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Jessica Michna presents Jenny Appleseed 1:00 Pinochle 3:00 Ping Pong</p>	<p>10 8:15 Woodcarving 10-12 Blood Press. Readings Kim's Meal Pickup 1:00 Michael Hecht Art Program 1:30 Train Dominoes 1:30 Sheepshead 1:30 Ukulele 2 :00 Memory Loss Support Group</p>
<p>14 8:15 Chair Stretch 10:00 Wii Bowling 10:30 & 1 Tai Chi 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 3-4:00 Ping Pong</p>	<p>15 9:30 Bridge 1-4:30 Reflexology by Appt. 2:00 Line Dancing</p>	<p>16 8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Bingo 1:00 Pinochle 3:00 Ping Pong</p> <p>Grief Support (call Carmen to register see p. 3)</p>	<p>17 8:15 Woodcarving 1:00 Low Vision Grp. 1:30 Train Dominoes 1:30 Sheepshead 1:30 Ukulele</p>	<p>18 Shop @ West Town 8:15 Chair Stretch 10:00 Wii Bowling 10:30 Ping Pong 1:00 Movie Time</p>
<p>21 8:15 Chair Stretch 10:30 & 1 Tai Chi 10:00 Wii Bowling 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 3-4:00 Ping Pong</p>	<p>22 9:30 Bridge 1:00 Writers Group 1:00 Talk with Your Doctor Presentation 2:00 Line Dancing</p>	<p>23 8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 1:00 Page Turners 3:00 Ping Pong</p>	<p>24 8:15 Woodcarving 10-12 Blood Pressure Readings Kim's Meal Pickup 1:30 Ukulele 1:30 Train Dominoes 1:30 Sheepshead</p>	<p>25 8:15 Chair Stretch 10:00 Wii Bowling 10:30 Ping Pong 1:00 QiGong</p>
<p>28 8:15 Chair Stretch 10:30 & 1 Tai Chi 10:00 Wii Bowling 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 3-4:00 Ping Pong</p>	<p>Available Daily: Computers/I-Pads WiFi 2 Pool Tables</p> 			



Yahara Senior News

248 West Main Street
Stoughton, WI 53589
Phone: (608) 873-8585
Fax: (608) 873-8162
stoughtonseniorcenter.com

The Stoughton Area Senior Center, a municipal agency, coordinates, develops, supports and monitors programs and services for adults 55 years and older. Aside from our case management and nutrition services, which have area and eligibility restrictions, all adults over 55 years are welcome to participate at the center.

If you wish to have this newsletter mailed to you, the cost is \$9.00 per year. Call (608) 873-8585 for details.



WASC
Wisconsin Association of Senior Centers



Senior Center Staff

Cindy McGlynn—*Director*
Holle Camacho—*Assistant Director*
Tanya Kelly—*Case Manager-Stoughton*
Brian Aarstad—*Case Manager-Stoughton*
Marla Janssen—*Case Manager-Stoughton (M-W)*
Kim Whitford—*Nutrition Coordinator*
Julia Hayde—*Program & Volunteer Coordinator (M-Th)*
Kristin Ott—*Receptionist/Office Assistant (M-Th)*

Township Case Managers

Albion & Dunkirk
Murl MacKinnon—*Case Manager*
Cell Number 608-335-6677
Office is at the Stoughton Area Senior Center

Cambridge, Christiana, Dunn, Pleasant Springs, Rockdale, and McFarland
838-7117 McFarland Senior Outreach

Rutland & Village of Oregon
835-5801 Oregon Senior Center
See page two for a detailed description of the case management program.

Commission On Aging

All COA Meetings Are Open To The Public

Cathy Christman—*City of Stoughton*..... 205-2214
Rosalind Gausman—*Town of Dunn*..... 835-3077
Lou Havlik—*City of Stoughton*..... 873-4915
Barb Manson—*City of Stoughton*..... 873-9901
Bob McGeever—*City of Stoughton* 873-4529
Dr. Tim Onsager—*School District Rep*..... 877-5001
Faith Schuck—*Town of Pleasant Springs*..... 234-0759
Jeanne Schwass-Long—*Town of Dunkirk* 873-9227
David Sharpe—*City of Stoughton*..... 332-8723
Marcia Standard—*Town of Albion*..... 561-6354
David Thomas—*City of Stoughton*..... 205-2166
Joyce Tikalsky—*City Council Rep*..... 205-8158
Sue Wollin—*Town of Rutland*..... 455-4374



We are active members of the Stoughton Dementia Friendly Community Coalition. Visit [Facebook.com/StoughtonDFC](https://www.facebook.com/StoughtonDFC) or call the Senior Center for more information on this initiative.