

the **GATHER 'round**

Live your life & forget your age

Volume 29 Number 5

March 2021



7 1 5 C A M P U S S T . • M I L T O N W I S C O N S I N 5 3 5 6 3 6 0 8 • 8 6 8 • 3 5 0 0

Parking Lot Bingo is Back!

It's time to start playing Bingo in the Parking Lot!! Join us on March 9, 18, 22 and 31 at 1:30 p.m. for Bingo! All you need to do is come to our parking lot and park in a marked stall. As you come in the lot you will be given instructions and a paper Bingo sheet with games on it.

(Bring along something to put under the paper bingo sheet). You will also be given a dauber to use if you don't have one. There is no cost to play Bingo. At 1:30 we will start calling the numbers over your car radio (The radio station is 90.3FM. This information will be on your instruction sheet when you drive in). When you have a Bingo beep your horn or wave your arm and someone will come to your car with your winnings. We will have cash winners (but don't expect any big bills!!!). You have to stay in your car the whole time so everyone stays safe.

+++Bingo will be cancelled IF it is too cold or snowing. Just too tough for staff!



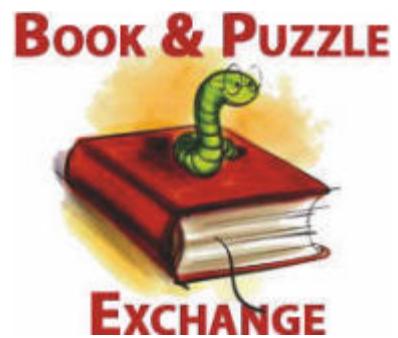
Book or Puzzle Exchange (again!)

Our Book/Puzzle Exchange will once again open starting on Wednesday,

March 10 if you would like to stock up books or puzzles. You may return them sometime in the future or share with other people. You may enter the front driveway from 11:45 a.m. to 1:00 p.m. We

will have a table of books and puzzles outside. You can pull up in the front of the building or in the parking lot. There is a box where you can return books and puzzles. We also could use some **newer books and puzzles**. Books should be three years old or newer. We've gone through a lot over this past winter and lockdown!

***If the weather is OK Sue will put out movie and music DVDs and audio books.



HUGE Thank You to Mask Makers

We'd like to thank all the people who made masks for

TGP this whole year!! We had 100's and 100's of them, all colors and designs. It was great for the staff, kitchen crew and anyone who walked in the door. You definitely made us all safer.



Spring Ahead!



Sunday, March 8 brings back daylight savings time! Don't forget to move your clocks forward one hour.

GREETINGS FROM THE DIRECTOR

"Yesterday is history, tomorrow is a mystery, but today is a gift, that's why it's called the present."

Bill Keane

Well folks, it's been an entire year since TGP doors have been open to regular programming, fundraisers and rentals. The COVID 19 has dramatically altered our lifestyles affecting us quite possibly, forever. We have lost dear friends/members to this devastating pandemic. We miss them and think of them often. We must remain vigilant, mindful of the circumstances if we do not. Please know that we are exploring every avenue to bring creative programming to TGP in the months ahead as loosening restrictions occur.



Let me share with you what we know moving forward. Our outdoor summer concerts will occur located on the south lawn. Moving the concerts to this new location allows the development contractors the freedom to complete their tasks in getting the Gathering Green ready for use in 2022. Mark your calendars and circle the following dates. Thursday, June 10 the **Back 40 Band** returns. Followed by the **GoDeans**, performing on Thursday, July 8. The **Piper Road Spring Band** will conclude our summer concert series on Thursday, August 12. We will advertise these concerts as the time nears. I know many of you are hoping we can resume some of our fundraising activities as well. John Bauer's family has assured us that they are ready and willing to bring another Fish Boil to TGP, all they need is a little notice. If all goes well, early fall is what we are looking at. We are also considering a dinner dance with live music before year's end. Dine upstairs and dance down. It will have a similar flare as previous Cabin Fever events.

March usually brings us the return of the robins. I hope they don't lose their way. We all need a little hope that spring is on its way.

These uncharted times will certainly give our children and grandchildren something to recall when they reach our ages reflecting back on 2020. Hopefully they will find some silver lining in what has been the most changing year in many of our lifetimes. Speaking for The Gathering Place family, we miss you all and wish you well.

Dave

PRES SEZ

Sara emailed me this morning and reminded me that it was time to submit another Prez Sez article. It seems that I just wrote one but I guess it shows how fast time flies.



I started thinking about this past year and how it has changed the way all of us interact with one another. March 13, 2020 was a day that separated the life that we knew from the life that has become reality for us all. How do I remember that date so vividly? That is the day that I flew back to Milton from my winter home in Arizona. It is also the last day that The Gathering Place was open for activities. The Rock County Health Department issued a decree that we were entering the first day of Phase One of the fight against Covid. I don't believe any of us could foresee at that time that we would be here a year later and that we still can't participate in any organized activities. Our staff has been searching and researching for activities that can be presented in the open spaces. A few ideas have been implemented, but by and large there has been very little organized activity happening. Behind the scenes the staff and board have been working diligently to keep our finances viable. Upkeep and repairs have been addressed even though our financial income has fallen off because of the lack of fundraisers. I was just informed that the Allen Foundation has honored our grant request and that will be a big help in keeping The Gathering Place financially viable until we can once again open our doors to the membership. Changing the subject of this article, I have been asked by numerous people how Covid is affecting us here in Arizona. The RV Resort that I live in is working under basically the same handicap as The Gathering Place. Social distancing and mask wearing is required in the park as well as in most businesses. Organized activities are few and far between. Restaurants are a bit more restricted as many are takeout only. Those that allow indoor dining space out the tables. Food and gasoline prices are higher than back in Wisconsin. It is rather strange the way gas prices vary. A lot of busy traffic interchanges have two or more gas stations on the corners. The strange thing is that the price can vary as much as ten cents per gallon at the same intersection. As you know back home when one station sets a price almost everybody else uses the same price. Gas is about twenty cents per gallon higher than Milton. Our state sales tax out here is also higher than Wisconsin. But our weather is much better than back home. As I am writing this our temps are nearing 80 degrees! Stay warm and hope for normal to return to our lives.

Gene

March Quilt

This brightly colored quilt is done by Candy Schroeder. She started it about a year ago at a quilt retreat. The fabrics come from Candy's stash at home. The color choices were ones she loves.

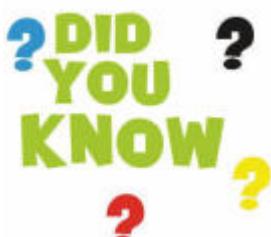
***If you have a quilt you would like to show in our conference room and have a story to go with it just let Sue know. You can send her a picture and story to tgpstaff@charter.net. It will also appear in the Gather 'round.*



Weird Facts Most People Don't Know

People used to say “prunes” instead of “cheese” when having their pictures taken.

In the 1840s, a big (dare we say, cheesy) grin was seen as childish, so one London photographer told people to say “prunes” to keep their mouths taut. And that look predated today’s “fish face” selfie by, oh, about 180 years. Incidentally, the first selfie was really invented in 1839 by this guy, Robert Cornelius.



The original 3 Musketeers bars of the 1930s came in three-packs, with a different nougat flavor in each: vanilla, chocolate, or strawberry. World War II rations made that triple threat expensive, so the company cut down to one. Three Musketeers bars got their name because they used to come with three flavors.

Michelangelo wrote a poem about how much he hated painting the Sistine Chapel. One translation of the poem he sent to his friend begins:

I've already grown a goiter from this torture,
hunched up here like a cat in Lombardy
(or anywhere else where the stagnant water's poison).

Bleach expires. Did you know that household bleach expires? It's news to us, too! This home cleaning product lasts about six months.

In 1923, jockey Frank Hayes won a race at Belmont Park in New York despite being dead – he suffered a heart attack mid-race, but his body stayed in the saddle until his horse crossed the line for a 20–1 outsider victory.

Casu marzu is a Sardinian cheese that contains live maggots. The maggots can jump up to five inches out of cheese while you're eating it, so it's a good idea to shield it with your hand to stop them jumping into your eyes.

During World War II, the crew of the British submarine HMS *Trident* kept a fully grown reindeer called Pollyanna aboard their vessel for six weeks (it was a gift from the Russians).

Online Games

How sharp is your eye? In this collection of hidden object games, spot elusive items amongst a variety of scenes and storylines! From word search games to puzzle games, You will have fun with this collection of free online word games.



<https://www.arkadium.com/free-online-games/word/>

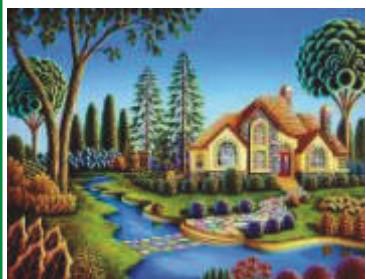
AARP games online

There is an AARP site that has several kinds of games you can play online. There are daily games to sharpen your skills such as Mahjongg, Sudoku, Crossword Puzzles, Solitaire, Word games and more! You do not need to be a member to play the games.

<https://games.aarp.org/>

Jigsaw Puzzles Online

Let's say you just finished your puzzle and have nothing to do!! You will find thousands of online jigsaw puzzles. There are some easy and some very hard. The puzzles come in all kinds of colors and designs. This will keep you occupied for the entire day! Just go to <https://www.jigsawplanet.com/> to find countless puzzles to do!



13 of the Best Short Stories You Can Read Right Now Online!

If a novel is a marriage, then a short story is a love affair. So said Lorrie Moore, one of the undisputed masters of the form. There's an inherent intensity to really good short fiction, an every-word-matters fervor urging readers to a revelatory finish. These stories span crime, magical realism, and snackable tales you can devour on the beach or in a warm, cozy chair. An added bonus? You can read these all online for free.

Go to: <https://www.oprahmag.com/entertainment/books/g28339164/best-short-stories/>



The Abominable Snowman?



Nope, just John doing what he loves! Kudos to John for the awesome job of keeping the parking lot and sidewalks clear all winter. This photo was taken on February 16. Hopefully that was the last snow of the season. Great work John!

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The Gathering Place, Milton, WI

A 4C 01-1147

WORD SEARCH FUN

St. Patrick's Day

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.



BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNED BEEF

DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY

HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT

POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARLY

The Importance of Mental Exercise!

There are a great number of older people who experience a loss of cognitive skills and abilities to different degrees. Just as your body needs physical exercise to keep fit, the brain needs mental exercise to stay active and alive. Mental exercise stimulates the brain, providing long-lasting positive effects regarding thinking, reasoning skills and memory. A fun way to get your dose of mental exercise is through playing games. Maybe check out the games online. Please see page 4 for ideas.

We are all looking forward to the day when our doors can be opened wide and welcome you all back to TGP.



Milton Food Pantry

The Milton Food Pantry located at 36 Hilltop Drive is open every Wednesday from 2:00 to 4:00 p.m. for food distribution and the first and third Monday of the month from 6:00 to 7:30 p.m. These items are needed at the food pantry.



Canned spaghetti (Spaghetti O's or ravioli), granola bars, all kinds of crackers, mac & cheese, muffin mixes, cake mixes, brownie mixes, frosting, shampoo and dish soap. They can also use paper grocery bags (not plastic). You may drop off Wednesday mornings from 9-11 a.m. or Wednesday afternoons from 2:00 to 4:00 p.m.

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AARP Tax Preparers

At this time , the AARP tax preparers will not be doing tax preparation at The Gathering Place in 2021.



Irish Soda Bread Muffins

Ingredients:

3c. all purpose flour
1 c. raisins
1/2 c. white sugar
2T. white sugar
1T. caraway seeds
1T. baking powder
1 t. salt
1/4 t. baking soda
1 3/4 cup buttermilk
1 egg
1/4 c. butter, melted



Directions

1. Preheat oven to 400 degrees. Line muffin tin with paper liners.
2. Mix flour, raisins, 1/2 c. plus 2 T. sugar, caraway seeds, baking powder, salt, and baking soda in a large bowl.
3. Whisk buttermilk and egg together in a small bowl. Stir into flour mixture. Fold butter into the batter.
4. Spoon batter into the prepared muffin tin.
5. Bake in preheated oven until a toothpick inserted into the center comes out clean, 20-30 minutes.

Why chair exercises are helpful for seniors

A major benefit of chair exercises is the reduced risk of falling. It's also a great way for seniors with limited mobility to get the health benefits of exercise.

Chair exercises can be just as challenging as regular standing workouts, especially for upper body or abdominal muscles.

Another advantage is that exercising while sitting takes less effort than standing and puts less pressure on lower body joints like knees or ankles.

Please search online for chair exercises. You'll be healthier for it!



Daily caring.com chair exercises.



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The Gathering Place, Milton, WI

B 4C 01-1147

Calendar of Events

March
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Chair Yoga 9:00 Zumba Gold 10:00 Tai Chi 12:30 Scrabble 12:30 Mah Jong 1:00 Leather Tooling 1:00 Knitting/Crochet 1:00 P 1:00 R	2 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group	3 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre	4 9:15 Strong Women 10:00 Open Art Studio 10:45 Stretching Class 11:30 Alterations	5 8:00 Dance Aerobics 8:00 Pool Players
A few activities have opened up again. Check this calendar :)				
8 9:00 Chair Yoga 9:00 Zumba Gold 10:00 Tai Chi 12:30 Scrabble 12:30 Mah Jong 1:00 Leather Tooling 1:00 Knitting/Crochet 1:00 Pinochle 1:00 Rag Ruggers	9 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Quilt Club 1:30 Parking Lot BINGO!	10 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre 11:45 Book and Puzzle Exchange	11 9:15 Strong Women 10:00 Open Art Studio 10:45 Stretching Class 11:30 Alterations	12 8:00 Dance Aerobics 8:00 Pool Players
15 9:00 Chair Yoga 9:00 Zumba Gold 10:00 Tai Chi 12:30 Scrabble 12:30 Mah Jong 1:00 Leather Tooling 1:00 Knitting/Crochet 1:00 Pinochle 1:00 Rag Ruggers	16 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group	17 9:00 Chair Yoga 9:00 Zumba Gold 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre 11:45 Book and Puzzle Exchange	18 9:15 Strong Women 10:00 Open Art Studio 10:45 Stretching Class 11:30 Alterations 1:30 Parking Lot BINGO!	19 8:00 Dance Aerobics 8:00 Pool Players
22 9:00 Chair Yoga 9:00 Zumba Gold 10:00 Tai Chi 12:30 Scrabble 12:30 Mah Jong 1:00 Leather Tooling 1:00 Knitting/Crochet 1:00 Pinochle 1:00 Rag Ruggers 1:30 Parking Lot BINGO!	23 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group	24 9:00 Chair Yoga 9:00 Zumba Gold 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre 11:45 Book and Puzzle Exchange	25 9:00 Chair Yoga 9:00 Zumba Gold 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre	26 8:00 Dance Aerobics 8:00 Pool Players
29 9:00 Chair Yoga 9:00 Zumba Gold 10:00 Tai Chi 12:30 Scrabble 12:30 Mah Jong 1:00 Leather Tooling 1:00 Knitting/Crochet 1:00 Pinochle 1:00 Rag Ruggers	30 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group	31 9:00 Chair Yoga 9:00 Zumba Gold 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre 11:45 Book and Puzzle Exchange 1:30 Parking Lot BINGO!		

Café 715

Rock County Nutrition Site
608-757-5474

March
2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Hot Pork Red Potatoes Stewed Tomatoes Whole Wheat Bread Mandarin Oranges Poke Cake	2 Creamy Chicken & Vegetables Mashed Potatoes Broccoli Whole Wheat Bread Strawberry Yogurt	3 Spaghetti & Meatballs Green Beans Cauliflower Romaine salad w/dressing Carrot Spice Bar	4 Hamburger Patty Whole Wheat Bun Baked Beans Carrots Coleslaw Jello	5 Lemon Parsley Cod Asparagus Cooked Carrots Rice Pilaf Applesauce
8 Chicken Parmesan Pasta Cauliflower Peas & Carrots Wheat Breadstick Cherry Orchard Bar	9 Baked Cod Sweet Potatoes Broccoli Whole Wheat Bread Pineapple Vanilla Yogurt	10 Roast Beef w/Gravy Rosemary Red Potatoes Green Beans Whole Wheat Bread Banana Chocolate Cake	11 Baked Chicken Breast Mashed Potatoes w/gravy Steamed Spinach Whole Wheat Bread Peaches Snickerdoodle Cookie	12 3-Bean Vegetarian Chili Carrots Cauliflower Wheat Roll Orange Pineapple Cottage Cheese Fluff
15 BBQ Rib Patty Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Pears	16 <u>St. Patrick's Menu</u> Corned Beef Cabbage Red Potatoes Carrots Rye Bread Mint Brownie	17 Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Wheat Breadstick Fruited Applesauce	18 Chopped Steak Scalloped Potatoes Green Beans Asian Carrot Salad Whole Wheat Bread Cherry Orchard Bar	19 Macaroni & Cheese Green Beans Winter Blend Vegetables Cottage Cheese Melon Mix
22 Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in Jello	23 Baked Cod Red Potatoes Stewed Tomatoes Rye Bread Peaches Carrot Cake	24 Chicken & Wild Rice Broccoli Beets Whole Wheat Bread Mandarin Oranges Vanilla Yogurt Sugar Cookie	25 Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears	26 Broccoli & Cheese Egg Bake Breakfast Potatoes Asparagus Cottage Cheese Orange Juice Cinn. Raisin Bread
29 Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges	30 Roast Turkey Mashed Potatoes Corn Whole Wheat Bread Peaches Pumpkin Bar	31 Lasagna Casserole Romaine w/dressing Cauliflower Breadstick Warm Cinnamon Applesauce Butterscotch Pudding	Dining Centers are Closed Due to COVID-19 Please arrive for curbside pick-up meals at 11 a.m.	

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The Gathering Place, Milton, WI

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GIFT GIVING

Planned Gift Giving

If you are planning a gift, whether to The Gathering Place's Memorial Fund or to the general operations of TGP, you can be assured that the long term support of this community treasure will be appreciated. Your gift will help us continue to bring quality programming and activities for all ages to the Milton area community for generations to come. Specific bequest can be made in the form of securities, a will, a trust, a life insurance policy, a gift annuity or simply cash. All gifts will ensure that Marion Allen's dream is kept alive.

For more information about planned giving contact
Dave by phone at 608-868-3500 or by e-mail at
tgpdirector@charter.net.



SERVICES

Many services and resources are offered to participants at The Gathering Place. Check the calendar on page 11 for days and times.

- * Free Blood Pressure Screening
- * Notary Public
- * Benefit Assistance
- * Ride to Dining Center
- * Exercise Equipment
- * Audio Books, Books and DVDs
- * Facility Rental
- * Nutritionist
- * Alterations

Disclaimer!

Just to let everyone know that any activity in the newsletter is subject to change. We at press time have not been able to move past Phase One of Rock County's recommendations. We are waiting to hear if we can move to Phase Two. Please call in advance to see if we are open in limited capacity. Thank you for being patient and we can't wait to see you again.



Gather 'Round is published monthly from the offices of The Gathering Place, Milton's senior activity center.

Individual membership is \$30 yearly and includes monthly newsletter. Couples yearly membership is \$50 and includes monthly newsletter.

Please indicate your preference below. Checks may be mailed to:
The Gathering Place, 715 Campus Street, Milton, WI 53563.

Name _____

Address _____

City _____ State _____

Zip _____

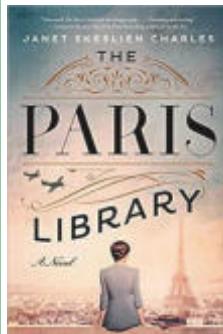
1 year individual membership

1 year couples membership

MILTON PUBLIC LIBRARY

Milton Public Library Book of the Month The Paris Library: A Novel

by Janet Skeslien Charles

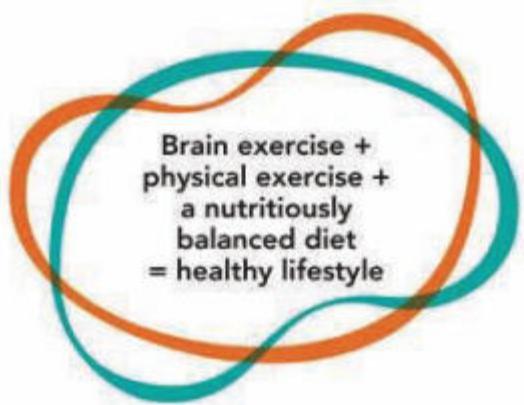


Based on the true World War II story of the heroic librarians at the American Library in Paris, this is an unforgettable story of romance, friendship, family, and the power of literature to bring us together, perfect for fans of *The Lilac Girls* and *The Paris Wife*.
From Amazon.com

MORE

Still Closed!

TGP is still closed to the public. We are following the Rock County Health Dept. guidelines. The staff is in contact with the health dept. and they still advise that we keep the doors shut for the time being. Please know that we miss you all and hope and pray this doesn't last much longer.



The library is following the City of Milton and Rock County's plan for reopening. At this time, the library is not open for browsing or in-person events, however curbside pick-up is available. Call 868-7462 for details.

Check out our website, miltonpubliclibrary.org, to see all our virtual events, including ones for kids & teens.

Scrabble Name Tiles. Tuesday, March 2 at 6 p.m. Does your family love board games? Need a unique decoration for your living room? Turn your family members' names into giant Scrabble tiles. See the tutorial on the Milton Public Library's Facebook page or YouTube channel.

American Lives. Tuesday, March 9 at 6:30 p.m. via Zoom.

This non-traditional book group will be focusing on remarkable women who have influenced policy, practice, and the political landscape of the United States. Read any material about the assigned person and participate in the discussion. Contact the library for reading suggestions and the Zoom session link. March's topic is *Jane Addams, Dorothea Dix, Mary McLeod Bethune & Frances Perkins*.

Mystery Book Club. Tuesday, March 16 at 6:00 p.m. via Zoom.

This book club meets the third Tuesday of each month for informal discussions. March's title is *The Drifter* by Nick Petrie. Please e-mail the library at mpl@als.lib.wi.us if interested in attending. All who have read the book are welcome to attend.

Sage Advice. Tuesday, March 23 at 6 p.m.

It may be cold outside, but you can still explore gardening techniques to get a head start on your spring time planting! Reserve a take-home kit and watch the video to learn about different herbs and their uses. This month's kit will feature: Dill & Chives

ROCK COUNTY NUTRITION PROGRAM

The Benefits of Ch-Ch-Ch-Chia

When you hear the word "chia," your first thought may be the clay figurines that were popular in the 1980's. But did you know that those tiny seeds used to grow the green hair or fur on your favorite Chia Pet are actually packed full of nutrients?

Chia seeds come from the desert plant *Salvia hispanica*, a member of the mint family. They are an excellent source of omega 3 fatty acids, protein, and minerals such as iron, calcium, phosphorus, magnesium and zinc. They are also high in dietary fiber (one tablespoon contains about 5 grams)

Although research on the health benefits of chia seeds is limited, studies have shown they may help in lowering cholesterol, triglycerides, and blood pressure; as well as improve bone, liver, and intestinal health. Chia seeds become gel-like when mixed with fluid and expand in your stomach. This makes you feel full longer, which can reduce calorie intake and help promote weight loss.

How to incorporate chia seeds into your diet: Chia seeds are versatile and can be worked into a number of dishes. Because they absorb fluid, it is easy to add them to foods such as soup, hot cereal, jams and pudding. They also can be eaten dry. Try sprinkling on top of salads, cold cereal, cooked vegetables, rice dishes or yogurt.

Don't like the texture of the chia seed? Try grinding them prior to use.

Did you know you can use chia seeds to replace eggs when baking? To replace 1 large egg: Mix 1 Tbsp. chia seeds with 3 Tbsp. water. Let mixture sit for a few minutes until a gel forms. Adding chia seeds to your baked goods will boost fiber, protein, and omega-3 content.

Chia seeds can usually be found in the rice aisle, baking aisle, or health section of most grocery stores.



Easy Blueberry Chia Jam

1 cup frozen blueberries
1/2 Tbsp. Maple Syrup
1/2 Tbsp. Lemon Juice
1 Tbsp. Chia Seeds

Add blueberries to a saucepan and cook on low for about 5-10 min.
Mash blueberries with a fork while they are cooking (to break them up).
Remove from heat. Stir in maple syrup, lemon juice, and chia seeds.
Let stand until cooled, then place in glass jars for storage.
Store in refrigerator for about 2 weeks or freeze.





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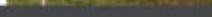
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Mask Mandate

A statewide mask mandate issued by Gov. Tony Evers is still in effect in Wisconsin as of this press time. The mandate requires face coverings in all indoor public spaces for Wisconsinites five and older.



We Will Take Your Used Books!

If your library at home is getting filled to the brim, then please think about donating books to the TGP library. We will accept hard cover or paperback books in good condition that are three years or newer. Please wear a mask if you are entering the building. Someone is here Monday through Friday from 9:00 until 3:00 p.m.



Parkinson's Support Group of Janesville/Beloit and Stateline Area

If you have Parkinson's Disease, are a Caregiver for someone with Parkinson's, a family member or interested in learning more about Parkinson's Disease, there is a support group right here in Rock County for you!

The Parkinson's Support Group meets at SOL Personal Fitness, 2100 E. Milwaukee, Janesville, WI at 2p.m. the first Wednesday of the Month. Different topics are covered every month with input from the participants. The support group schedules speakers throughout the year with expertise in the area of Parkinson's Disease. The group is free to attend. Support group leader is Pat Burhans. She may be contacted with any questions at 608-436-9277. We hope you will attend one of our meetings! You will find this is a very friendly and welcoming group of people! Masks are to be worn. Safety protocols due to the virus will be followed!

Please join us!

Protect Yourself • / AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access (unless it is your healthcare provider.)
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

Protect Yourself. Do not give out your personal information to unknown sources.

THE GATHERING PLACE DIRECTORY

The Gathering Place
715 Campus Street
Milton, Wisconsin 53563
608-868-3500

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Administrative Assistant.....Sara Pickett
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The Mission Statement:

The Gathering Place Supports Positive Living for All Ages.

Our Vision Statement is: To provide Milton area residents with a place to gather for programs, activities, and services to enhance their dignity, support their independence, and encourage their involvement with each other and the community.

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Contact Mary Jurgens-Jones at 608.290.3793 or email her at rentaltgpmjj@gmail.com. Members receive 10% off rental fees.

Please Support The Gathering Place

Rock County Dining Center

Eligibility: Any person age 60+ (and a spouse of any age)
Reservations are required, and must be made no later than noon of the prior business day.

Suggested donation: \$4.00. All donations appreciated.
Please call 757-5474 for reservations.



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NISC (National Institute of Senior Centers)

COVID-19 Vaccine Sign Up for Ages 65+

Do you have a regular doctor or clinic?

Your doctor's office should contact you by MyChart, email or phone when they have vaccine.

Uninsured or without a doctor?

Call to Schedule:

(608) 352-6727

or

Sign up Online:

Have a regular doctor or clinic?

Your doctor's office should contact you by MyChart, email or phone when they have vaccine.

COVID-19 Vaccine

Sign Up for Ages 65+

- 1) Go to the Rock County Public Health Department website: <https://www.co.rock.wi.us/publichealth>
- 2) Click on COVID-19 information
- 3) Click on Vaccine Information and Request Forms
- 4) Fill out the 65+ Form <https://bit.ly/3b7rRZR>
- 5) Appointments scheduled by phone or email

