



the GATHER 'round

Live your life & forget your age

Volume 29 Number 8

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

Farewell Sue.....

Program Coordinator Sue Eckert is retiring and we are throwing her a party. Please join us on **Friday,**

June 25 at 2:00 p.m. for her going away bash. We will have snacks and surprises and probably a few tears.

Sue has made many friends and created many memories in her time at The Gathering Place.

She started her career as program coordinator in 2012 and was rental supervisor for four years prior. Between trips and lunches and great programs it is time to celebrate Sue. She has made many life long friends while doing her job. The Gathering Place was so lucky to have her and we wish her well. Please RSVP by Monday, June 22.



Elvis Returns!

From the moment Elvis steps out, you will feel a part of his act. Sit back and watch Elvis

perform all the greatest hits from the 50's through the

70's. Elvis will be at The Gathering Place on **Wednesday, June 2 at 1:30 p.m.** This Elvis tribute show is open to the public. We will have the concert outside on the south lawn of the building. You will need to bring your own lawn chair. In the case of inclement weather the concert will be held inside.



Concerts on the Lawn Summer Series...

"Concerts on the Lawn" summer series will kick off **Thursday, June 10.**

The 2021 summer Concerts on the Lawn series is organized by **The**

Gathering Place and made possible by a grant from the **Milton Fund.** Our first concert will feature the **Back 40 Band.**

Guests can bring lawn chairs, blankets, etc. to sit on while listening to the music on the south lawn under the oak trees. The grills will be hot with hamburgers and hotdogs which will be sold starting at

5:30 p.m. Additionally, adult beverages will also be available. All concerts begin at 6:30 p.m., ending at 8:00 p.m. In the event of inclement weather, the concerts will move inside TGP. We look forward to seeing you this summer and Dave can't wait to sell you the winning 50/50 ticket!



Fish Boil Tickets Still Available!

Join us on **Friday, June 4** for our



version of the Door County Fish Boil! A cash bar starts at 5:00 p.m.

with the boil over at 6:00 p.m. Tickets are \$40 and available at the front desk.

GREETINGS FROM THE DIRECTOR

“Often when you think you’re at the end of something, you’re at the beginning of something new.”

Fred Rogers

It’s apparent from the pages of this month’s newsletter that June 2021 is Sue Eckert appreciation month! It has been a pleasure to work with someone who always puts others first and has advocated on their behalf. All who have met Sue and spent time with her feel the conviction she has about The Gathering Place. We will miss her, think of her often and revel in the memories shared with her. I miss her and she hasn’t even left yet! Oh my, this is sounding like an obituary tribute, I’ll stop. In closing, the beauty is knowing that as Sue transitions to the next phase of her, a fair amount of her time will be spent here with us, just in a different capacity.



There still is time to purchase tickets to our Fish Boil Fundraiser. I know I always say that I guarantee a good time to those who attend, but folks, I mean it. Our staff and volunteers are committed to making this a unique dining experience and an unforgettable evening out with friends at The Gathering Place.

If you haven’t marked your calendar yet, put down these dates. The Summer Concert series on the Lawn begins Thursday, June 10. The sounds of the Back 40 Band will liven up the south lawn as folks enjoy a variety of selections, many of which will have a country flare. I know you’ll recognize many of them. We might even see some toe tapping going on. Thursday, July 8 will feature the GoDeans from Janesville. August will feature the Piper Road Spring Band. Again this summer we will feature a light meal menu that will include hotdogs with brats or hamburgers. Popcorn and root beer floats will also be available. Food and refreshments will be available starting at 5:30 p.m. with the music to begin at 6:30 p.m. Join us, I’ll sell you a 50/50 ticket!

We are lifting the mask mandate effective June 1. It has been a long 15 months living under the thumb of COVID 19. We at The Gathering Place will respect everyone’s choice to wear a mask or not. Let’s all do our due diligence in keeping this pandemic at bay as we slowly return to some form of normalcy. We wish you all the best of health and look forward to the reunions that lie ahead for all of us.

Dave

PRES SEZ

The time has come that I have been dreading for quite awhile now. Our staff is approaching the age of retirement. Sue Eckert is the first to announce that she has reached that time in her life where she wants and is entitled to the freedom that those of us who are retired are enjoying. Sue has been an ever smiling face behind her desk on every occasion that I have approached her door.



We can thank her for the many activities that she has continued and also for the many new activities that she has initiated. I won’t try to list her accomplishments because I would surely miss a lot of them so I will just say that The Gathering Place is a better prepared activity center because of Sue’s dedication and commitment to her job.

This past year has been a very trying time for all of the staff but especially for Sue. Researching the internet for activities that could be adapted to the quarantine rules has occupied a great deal of her time. I would hope that all of our members will stop by and tell Sue good luck in her future endeavors and thank her for the great job that she has done.

As of this writing a replacement Program Coordinator has not been chosen. I am confident that Dave and the Personnel Committee will find and hire someone to continue the outstanding activities that we offer to our members.

Phase Two of the development of the Gathering Green is rapidly becoming a reality. At a special Board of Directors meeting a contract for the building of the pavilion was awarded to Corporate Contractors Inc of Beloit, WI. If you have driven by the property recently you have seen the lawn has been graded and seeded. The trees that we have planted are greening up nicely and the concrete sidewalks are in place. We have made arrangements with Milton High School construction classes to erect the two pergolas. The gazebo is ready to take its place on the north end of the sidewalk. The center wind structure will be placed in the center of the lawn soon.

All in all I am very excited about the progress that has taken place and the prospect of the completion of Phase Two this summer. I found this picture taken April 4, 2014. Burning the Korth house on the Gathering Green property. We have come a long way!



Gene

It's Senior Farmers' Market Voucher Time!

What is the Senior Farmers' Market Nutrition Program?

Eligible seniors receive vouchers worth \$25 per household to purchase locally grown produce at approved farmers' markets.

The purpose of the program is to: Provide fresh fruits, vegetables and herbs from farmers' markets and roadside stands to low income seniors, and increase the consumption of agricultural commodities by expanding or aiding in the expansion of farmers' markets and roadside stands.

Who is Eligible?

Rock County residents age 60 or older (Native Americans age 55 or older)

Monthly household income which does not exceed \$1,986 for one person or \$2,686 for two people, etc. (see chart below)

Each eligible household may receive vouchers only once in 2021.

Available vouchers are limited and will be distributed on a first call, first served basis.

Due to COVID, in-person distributions will not be held this year.

What Do I Need To Do?

Eligible persons should call: 608-757-5428 and leave a voicemail. **Applications will be done by phone and vouchers mailed.**



Golda Meir "The Journey Home"

Jessica Michna, recipient of the Presidential Service Center's Distinguished Service Award, is widely known for her riveting portrayals of First Ladies, notable women of history and fictitious characters. She has entertained groups throughout America including guests from as far away as New Zealand, Japan and Brazil.



Audiences ranging from young children to senior citizens have been equally enthralled. She has appeared before historical societies, schools, libraries, living history museums, senior centers, churches, and has been guest hostess at parties and weddings.

Mrs. Michna's performances are compelling and emotionally enthralling. Audiences laugh along with her humorous anecdotes. They share in her tears as she relates how the horrors of war have impacted families. She has a powerful effect on an audience. "The Journey Home." How does a girl born in the Ukraine, and raised in Milwaukee, Wisconsin, travel a path that will lead her to become the first woman to become Prime Minister of Israel? This program is not only informative, but also entertaining. In 1916-17 Golda Mabovitch attended Milwaukee Normal School (now the University of Wisconsin-Milwaukee). Jessica Michna (Salem witch portal) will present Golda Meir on **Thursday, July 1, 2021**. There is no charge and it is open to the public.

Wine Social with Sue

We will social gather safely with wine! On **Wednesday, June 16 at 1:30 p.m!** We will meet on the lower level patio outside. We can visit, check out the flowers and enjoy a glass of wine or soda and snacks. You will need to wear your mask coming into the building, but when outside you can remove it. Also we will have tables set up a safe distance from each other. No charge, but a donation is appreciated. You do need to sign up so we have plenty of supplies !! Call 608-868-3500 to get on the list.



Scrabble

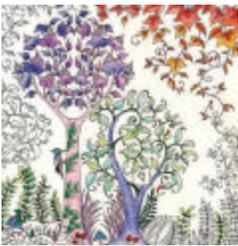
Scrabble is offered on Monday afternoons and it is open to all people. If you are a scrabble fan or you would like to learn, join us each **Monday afternoon at 12:30 p.m.** Come and play for FUN.

Mah Jong

Do you need to challenge your mind or are you looking for something to do in the afternoon. Come join us on **Monday and Wednesday afternoons at 12:30 pm (note earlier time)** to play the Chinese tile game of Mah Jong. If you like a challenge this is the game for you. No need to sign up. The group loves to show off the game to new people and will gladly help you learn.

Color Therapy for Adults

Our coloring book group has expanded each week. We frequently have between five and 12 people coming in with their favorite coloring book and gel pens. This group will be meeting every **Tuesday at 1:00 p.m.** Please bring your own coloring book and pencils/pens but we do have extras just in case.



We will keep the chairs a distance apart.

What is Phase 10 card game?

Phase 10 is a rummy-type card game with a challenging and exciting twist! The object of the game is to be the first player to complete 10 varied Phases —two sets of three, one run of seven, seven cards of one color and more. The twist is that each Phase to be completed is specific for each hand dealt. Those who complete the Phase advance to the next, but those who don't must try again! Finish all 10 and win the game. For 2 to 6 players. Phase 10 is played every **Wednesday at 12:30 p.m.**



Pool Room News

We have several groups using our Pool Room. There are the men pool players on Friday mornings at 8:00 a.m. Mondays at 1:00 p.m. is reserved for the



Ladies Billiards. The pool room is also open Monday through Friday from 8:00 a.m. to 4:00 p.m. **except** for the first Tuesday and Thursday of each month. Stop in and get some practice.

Leather Tooling Class

This is a great time to learn a new craft. Andy Navarro will be here on **Mondays at 1:00 p.m.** to show you how to use leather to make a wallet, smartphone case, belt, coin pouch, key fob, coasters and more. Tooling leather is a great craft that can be picked up by even the least crafty among us. It is the process of cutting into the leather to create shapes and designs. Feel free to stop in and talk to Andy to determine if this is for you and cost of products.



Bingo!

Bingo games are back in the building! Join us for Bingo on **Thursday, June 10 at 1:15 p.m.** and on **Tuesday, June 22 at 1:15 p.m.** Cash prizes are awarded. Cost is only 50 cents a card with a maximum of four cards. There will be snacks and beverages. You never know you might be lucky and yell "BINGO."



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CLUBS, CLASSES ETC

Diamond Painting

Sherilyn Aures will be teaching us how to make a heart shaped key ring out of diamonds! There are also totes, Christmas cards, boxes, bookmarks and more new items to choose from. Prices run between \$10 and \$30 depending on difficulty.



Diamond painting is based on the same concept as mosaics and paint-by numbers. You use tiny "diamond"-like facets to create colorful designs with a pick-up pen. This class will be on **Friday, June 11 at 10:00 a.m.** You do need to sign up with the receptionist. The class is limited to 10 people. Feel free to stop in and check out the class.

New

The Book Club

The Book Club will meet on **Thursday, June 24 at 1:00 pm.**

They will be discussing the book; **The Glass Hotel by Emily St.**

John Mandel. If you are

interested this would be a good time to meet the other members

and find out what the reading list will be like. Feel free to just drop in that day. They will be meeting in the library.



Rag Ruggers

The Rag Ruggers group meet on Thursdays from 1:00 p.m. to 3:00 p.m. Bring your current project or start a new one or just stop in to check out these beautiful and unique rugs. Nance and Fran will be there to help you. If you have any question you can call **Nance at 868-4527.**



Painting with Katie

Katie is going to have a small group of people work on a Water Pitcher and Fruit painting. The class is on **Monday, June 14 from 1:00 p.m. to 3:00 p.m.** Cost is \$25 payable to Katie that day (cash or check). Class will be limited to six people. Sign up at the receptionist desk (608-868-3500). Katie will provide all the paints, canvas, brushes, etc. that you will need.



New

Writing Group

It's been a long year so hopefully you all have plenty of stories to share. The group meets every **Wednesday at 1:00 p.m.** This will be a great time to share stories from the past year. New writers are welcome!



Paint Pouring with Nancy

Nancy has a new project for us to try! She has been working with wood rounds which she makes into clocks! This is a two-part class. **Part one** will be held on **Monday, June 7 at 1:00 p.m.** During this class you will be pouring the paint onto an 8" wooden circle. You will then use a hair-dryer (provided) to move the colors around. You will also pick the color of the clock hands. The clocks will stay here to dry. **Part two** will be held on **Monday, June 21 at 1:00 p.m.** You will top coat the clock and again they will have to stay here to dry. When your clock is completely dry, you will take it home and assemble the hands on the clock. Total cost is \$45 and limited to 6 people. Please sign up with the receptionist.



New



Pastries on the Patio Begins!

You are invited to Pastries on the Patio on Tuesday, June 8 and Tuesday, June 22 at 10:00 a.m. The TGP gardens are blooming beautifully and our comfortable patio furniture is in place. Join Mary on the patio for coffee and sweet treats as well as lively conversation! Please sign up in advance so Mary can know how many treats to purchase. Hope to see you there!



June Quilt Display

Barb Hass found this quilt at an Antique Show, wadded up in a ball on a shelf. She asked if it was for sale. The answer was “no, it’s my packing blanket.” She offered the guy \$25 and he finally sold it to her for \$35. It was filthy dirty and most of the flowers were falling off. She sewed them all back on and after a few washings, got all the stains out. Her sister-in-law put a new border on it. It is her favorite of all her quilts.



If you have a quilt you would like to show in our conference room and have a story to go with it, let Sue know. You can send her a picture and story to tgstaff@charter.net

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HEALTHY LIVING

New

Zumba Gold is back!

Jackie will be starting *in person* classes on **Wednesday June 2 at 9:00 a.m.** Zoom classes will be going at the same time for those of you not quite ready to come in person.



Masks are optional. You will need to wear one coming in, but you do not have to wear one during class unless you want to. There is plenty of room to spread out! Punch cards available either online or at class time. A five punch card is \$22.50 or a 10 punch card is \$45.00. Please sign up at Edgertonhospital.com under classes or email Jackie at jrichardson@edgertonhospital.com Zumba login remains the same.

Tai Chi

Sue Whitford is the instructor for the classes. They meet every **Monday at 10:00 a.m.** The cost is \$3 per session, but feel free to check out one class for free. Tai Chi can have many benefits; decreased stress and anxiety; increased energy and stamina; increased flexibility, balance and agility to name a few.



New Session

Strong Women Classes

This is a strength training class to help women maintain muscle mass, strength and function as they age. Stop in and talk free with an instructor for more information. **Next session starts June 1.** They meet every **Tuesday and Thursday at 9:15 a.m.** Classes run for 12 weeks and cost \$36.

Foot Clinic

We have a new Foot Clinic RN working **Tuesday, June 1 and Thursday June 3, 2021.** His name is George Daniels and his wife Anell comes with him to assist. He is a member of the *American Foot Care Nurses Association*. Hours will be 9:00 a.m. 3:00 p.m. He will be here on the first Tuesday and Thursday of each month. George will need each patient to bring a current list of their medications and a short medical history the first time you meet with him. Cost is \$40 for a half hour appointment paid to him that day in cash or check. Be sure to sign up with the receptionist. Masks are required.



Chair Massage

Our Massage Therapist, Alicia Jenki, LMT, is offering chair massages twice a month. She will be here on **Thursday, June 10 and 24 from 10:00 a.m. to 12:40 p.m.** You can sign up for 20 or 40 minute sessions. Cost is \$10 per 20 minutes or \$20 for 40 minutes. If you have to cancel please do it as soon as possible so we can reschedule another person.



Free Blood Pressure Screening

Wednesday, June 23 at 10:15 a.m. No appointment necessary.

Chair Yoga

Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. You can do chair yoga nearly anywhere you can find a place to sit. Yoga has been shown to improve overall health when practiced regularly. As with many forms of exercise, it can be modified for people of varying abilities. Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. **Join our Chair Yoga group every Monday and Wednesday at 9:00 a.m.**





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Alterations

Janet Butler is an accomplished seamstress and is our alteration person. She owns her own business called "Sew Affordable," located in her Janesville home. Janet will be here every **Thursday from 11:30 a.m. to 12:30 p.m.** Meet with Janet in our library for all your alteration needs.



Honey News!

Honey for sale at TGP! Creamed honey and regular honey. Creamed honey is smooth and spreadable honey with the same fabulous taste as the liquid honey.



Honey left alone will crystalize and harden and is still eatable. Some people like crystalized

honey. To make creamed honey, a starter is needed. The starter is creamed honey that is added to the liquid honey and stirred til the starter disappears; then refrigerated for a couple weeks. When it turns solid (so it won't pour out of the jar), you can store it in the pantry. The consistency is smooth and spreadable, so it won't run off your toast. Creamed honey has very fine crystals that make the liquid honey spreadable, but not chunky like crystalized honey.

If you pay by a check please make checks out to Tom Garrett, thanks.

Given in Memory of Jim Polarski
by
James Fowler

Given in Memory of Ralph Uhe
by
Lois Conklin

Given in Memory of Richard Boehm
by
Jim and Mari Anne Warren

Given in Memory of Jane Nelson
by
Jim and Mari Anne Warren

Given in Memory of Dick Kitzman
by
Dave and Nancy Lader

Given in Memory of Luci Byan
by
Phyllis Schemehorn

Please know that every effort is made to include everyone who donated in memory of loved ones to The Gathering Place. If we have inadvertently omitted a name or printed a name in error, please contact Sara to correct it.

Thank you.

Benefit Specialist Returns



This is a Federal and State mandated advocacy program through the Rock County Council on Aging, funded through the Older Americans Act and State dollars. Benefit Specialists are trained in the areas of benefit and entitlement programs as well as other issues. Great place to ask questions about Medicare. The Elder Law Center in Madison provides them in-depth, on-going training and assistance. The Benefit Specialist works with county residents 60 years of age and older, regardless of financial status. Benefit Specialist Lachel Fowler will be here on **June 15, from 11:30-1:00 p.m.** If you need to schedule an appointment during that time call her at

608-757-5414 or you can just drop in.

Calendar of Events

June
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:00 Dance Aerobics 9:00 Foot Clinic 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group	2 9:00 Chair Yoga 9:00 Zumba 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre 1:00 Writing Group 1:30 Elvis	3 9:00 Foot Clinic 9:15 Strong Women 10:00 Open Art Studio 10:45 Stretching Class 11:30 Alterations 1:00 Rag Ruggers 1:15 Movie: Playing with Fire	4 8:00 Dance Aerobics 8:00 Pool Players 1:00 Chess 5:00 Fish Boil
	7 9:00 Chair Yoga 9:00 Zumba 10:00 Tai Chi 12:30 Scrabble 12:30 Mah Jong 1:00 Leather Tooling 1:00 Knitting/Crochet 1:00 Pinochle 1:00 Ladies Billiards 1:00 Paint Pouring Part one	8 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 10:00 Pastries on the Patio 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Quilting Club	9 9:00 Chair Yoga 9:00 Zumba 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre 1:00 Writing Group	10 9:15 Strong Women 10:00 Open Art Studio 10:00 Chair Massage 10:45 Stretching Class 11:30 Alterations 1:00 Rag Ruggers 1:15 BINGO (inside) Concert on the lawn
14 9:00 Chair Yoga 9:00 Zumba 10:00 Tai Chi 12:30 Scrabble 12:30 Mah Jong 1:00 Leather Tooling 1:00 Knitting/Crochet 1:00 Pinochle 1:00 Ladies Billiards 1:00 Painting with Katie	15 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 11:30 Benefit Specialist 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group	16 9:00 Chair Yoga 9:00 Zumba 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre 1:00 Writing Group 1:30 Wine Social	17 9:15 Strong Women 10:00 Open Art Studio 10:45 Stretching Class 11:30 Alterations 1:00 Rag Ruggers 1:15 Movie: Let Him Go	18 8:00 Dance Aerobics 8:00 Pool Players 1:00 Chess
21 9:00 Chair Yoga 9:00 Zumba 10:00 Tai Chi 12:30 Scrabble 12:30 Mah Jong 1:00 Leather Tooling 1:00 Knitting/Crochet 1:00 Pinochle 1:00 Ladies Billiards 1:00 Paint Pouring Part two	22 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 10:00 Pastries on the Patio 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Quilting Club 1:15 BINGO (inside)	23 9:00 Chair Yoga 9:00 Zumba 10:15 Blood pressure 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre 1:00 Writing Group	24 9:15 Strong Women 10:00 Open Art Studio 10:00 Chair Massage 10:45 Stretching Class 11:30 Alterations 1:00 Rag Ruggers 1:00 Book Club 2:00 Fishing Club Meeting	25 8:00 Dance Aerobics 8:00 Pool Players 1:00 Chess 2:00 Sue's Good-bye Party
28 9:00 Chair Yoga 9:00 Zumba 10:00 Tai Chi 12:30 Scrabble 12:30 Mah Jong 1:00 Leather Tooling 1:00 Knitting/Crochet 1:00 Pinochle 1:00 Ladies Billiards	29 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group	30 9:00 Chair Yoga 9:00 Zumba 12:30 Mah Jong 12:30 Phase-10 Card Game 1:00 Euchre 1:00 Writing Group		

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June
2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



	<p>1 Baked Salmon w/Dill Mashed Potatoes Corn Whole Wheat Bread Peaches Fudgy Fiber Brownie</p>	<p>2 Spaghetti & Meatballs Italian Vegetables Romaine Salad w/ Dressing Warm Fruit Salad</p>	<p>3 Chicken Fajita Casserole Carrots Green Beans Cottage Cheese Fruit Fluff</p>	<p>4 Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower Pears Cake w/Berry Frosting</p>
<p>7 Hamburger Wheat Bun Baked Bean Medley Asian Carrot Salad Warm Spiced Pears</p>	<p>8 Herbed Pork Loin Sweet Potato Spinach w/Cheese Whole Wheat Bread Peanut Butter Peaches Pudding</p>	<p>9 Macaroni & Cheese Broccoli Cauliflower Cottage Cheese Whole Wheat Bread Banana</p>	<p>10 Chicken Breast Parmesan Red Potatoes Brussels Sprouts Whole Wheat Bread Mandarin Oranges Pumpkin Bar</p>	<p>11 Taco Salad Tomato & Bean Salad Corn Whole Wheat Bread Light Yogurt</p>
<p>14 Chicken Marsala Au Gratin Potatoes Mediterranean Veg. Cottage Cheese Whole Wheat Bread Mandarin Oranges</p>	<p>15 Baked Cod Mashed Potatoes Broccoli Whole Wheat Bread Peaches Sugar Cookie</p>	<p>16 Chicken Pasta Salad Potato Salad Tomato Juice Melon Mix Lemon Bar</p>	<p>17 BBQ Rib Patty Whole Wheat Bun Baked Bean Medley Stewed Tomatoes Fruited Applesauce</p>	<p>18 Stuffed Pepper Casserole Green Beans Carrots Light Vanilla Yogurt Strawberries</p>
<p>21 Grilled Chicken Breast Broccoli Beets Whole Wheat Bread Pineapple Carrot Bar</p>	<p>22 Tuna Pasta Salad Romaine w/Dressing Cottage Cheese Tomato Juice Banana Chocolate Chip Cookie</p>	<p>23 Polish Sausage Hot Dog Bun Calico Beans Potato Salad Warm Fruit Salad</p>	<p>24 Salisbury Steak w/ Mushroom Gravy Green Beans Mashed Potatoes Mandarin Oranges Whole Wheat Bread Pumpkin Fluff</p>	<p>25 Southwest Turkey Bake Carrots Cauliflower Applesauce</p>
<p>28 Lemon Pepper Chicken Sweet Potatoes Cooked Red Cabbage Whole Wheat Bread Peaches Pumpkin Bar</p>	<p>29 Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Spiced Pears</p>	<p>30 Swedish Meatballs Egg Noodles Stewed Tomatoes Peas & Carrots Strawberry Applesauce</p>	<p>Dining Centers are Closed Due to COVID-19 Please arrive for curbside pick-up meals at 11 a.m.</p>	

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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



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.*

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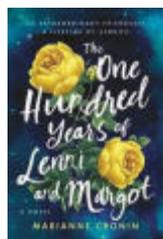
1 year individual membership

1 year couples membership

MILTON PUBLIC LIBRARY

MPL Book of the Month

The One Hundred Years of Lenni and Margot
by Marianne Cronin



A 17-year-old girl befriends an 83-year-old woman at the terminal ward of a Glasgow hospital. An unlikely friendship blooms and they both decide to make the most of the time they have left. They plan to make 100 paintings to celebrate the 100 years they have lived between them.

Summer Learning Program Kickoff: Wednesday, June 9, 10 a.m. - 5 p.m.

Bring the family to the library to start your walking safari. We'll give you some clues to search the neighborhood for wild animals. When you finish, receive a swag bag filled with tiny treats and materials to make your own wild animal backpack bling. Get your summer reading log and register for the program while you're here! All ages can participate in the reading program and earn prizes.

Urban Forestry: Tues., June 1 at 6 p.m. via Zoom
Meet Brian Wahl from the Wisconsin Department of Natural Resources and discover what urban forestry is and the important role that trees play within our cities. Call the library to register to attend.

American Lives. Tues. June 8 at 6:30 p.m. 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. Contact the library for reading suggestions and the Zoom session link. June's topic is *Justice at Last*, featuring Sandra Day O'Connor, Ruth Bader Ginsberg and Sonia Sotomayor.

Mystery Book Club. Tues., June 15 at 6:00 via Zoom

This book club meets the third Tuesday of each month for informal discussions. June's title is *The Satapur Moonstones* by Sujata Massey. 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.

Getting Started with Etsy. Tuesday, June 29 at 6 p.m. with Avery Watkins via Zoom

Do you have homemade, custom, or unique gifts you would like to sell? Learn from someone who has successfully launch an Etsy store about the ins and outs of starting your own. Presentation will be done via Zoom and recorded for later viewing. Call the library to register to attend.

Movies at The Gathering Place

Playing with Fire

When straight-laced fire superintendent Jake Carson and his elite team of firefighters come to the rescue of three siblings, they quickly realize that no amount of training could prepare them for their most challenging job yet ~ babysitting. As their lives, jobs and fire station get turned upside down, the three men soon learn that children ~ much like fires ~ are wild and unpredictable. This is a Comedy rated PG. It runs 96 minutes. It will be shown on our large screen on **Thursday, June 3 at 1:15 p.m.** *There is no charge, but a donation is appreciated for popcorn and beverages.*



Let Him Go

Following the loss of their son, a retired sheriff and his wife leave their Montana ranch to rescue their young grandson from the clutches of a dangerous family living off the grid in the Dakotas. This is a Western/Thriller rated R for violence. It runs 114 minutes. It will be shown on our large screen on **Thursday, June 17 at 1:15 p.m.** **We ask that you wear a mask and keep a distance.** *There is no charge, but a donation is appreciated for popcorn and beverages.*



MORE INFO

Fishing Club News

By Al Hutchinson

The Gathering Place Fishing Club runs a Big Fish contest every year. This past year a custom fishing rod was made by member Al Hutchinson for the winner of the contest. The 2020 winner of the contest was Jim Polarski. Jim passed away before receiving the custom made rod.



The Fishing Club decided to raffle off the rod in honor of Jim. Jim's wife Carol drew the winning ticket with Chuck Hanauska's name on it. Congrats Chuck!

The club was also busy this winter building fish cribs on Gibbs lake. Along with crib building, a trail restoration project was completed at Mud Lake. Thanks to member Tom Presny for leading the club in these projects.

Our summer will be filled with many outings on local lakes fishing and enjoying many fish fries.



Milton Fund Grant

The Gathering Place was the lucky recipient of a three thousand dollar grant from the Milton Fund. Derek Henze presented the news to Dave Fisher. The grant money will go towards our Concert on the Lawn series. Thank you so much to the Milton Fund.



A Huge Thank You!

A huge thank you to our friends at Kwik Trip in Milton and Festival Foods in Janesville for the donations toward our annual Fish Boil. Kwik Trip provided the butter and Festival donated the rye bread. We could not do this without their generosity! Again thank you!

Thank you!

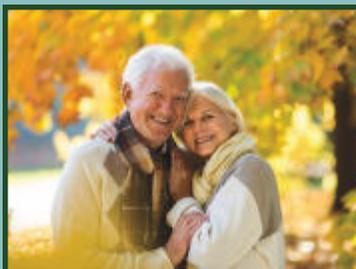
Exercise Room

You may want to check out our exercise room because it continues to grow with new equipment. We now have eight pieces to work out on. Spend a few minutes or few reps on each piece and then move on. This will work lots of muscles in your arms and legs. There is a TV set up in the room to help distract you.



EXERCISE ROOM

You do need to sign up ahead of time and we limit it to two people at a time.



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Staying Hydrated One Glass at a Time

Summer is right around the corner, and as the temperatures start to rise, so does the risk for dehydration. Knowing how to prevent dehydration as well as being able to recognize early signs of dehydration are important parts of staying safe during the warm weather.

Many people say that they tend to drink when they feel thirsty, but feeling thirsty is actually an early sign of dehydration. Other symptoms of dehydration include fatigue, dizziness, headaches, and cramps. Since water is essential for almost every process in our body, even becoming just mildly dehydrated can have a negative impact on how the body functions.

As we age, our risk for dehydration increases. One reason is because our sense of thirst starts to diminish; so even when our body needs fluid, we may not realize it. Other factors that increase dehydration risk for seniors include certain medications (like the use of laxatives or diuretics that remove fluid from the body); also, the kidneys don't process fluids as efficiently as they used to.

So how much fluid do you need? Well that depends on several factors such as age, gender, activity level, and overall health. Your doctor or a registered dietitian can help you determine your exact needs. A simple starting place is to follow the **8 x 8 rule, which is 8 eight ounce glasses of fluid per day**. Aiming for an 8-oz (1 cup) beverage with each meal and snack and sipping on beverages between meals should help you reach your goal. Since everyone's needs are different, a quick way to see if you are getting enough fluid is to check the color of your urine. If you are well hydrated, the urine color will be pale yellow. If it is a dark yellow or amber color you need to increase your fluid intake.

Maintaining proper hydration doesn't have to be boring. Although water is the best choice, smoothies, milk, and 100% fruit or vegetable juices are also good nutritious choices. Just be sure to watch the calories in these beverages. Our bodies also get fluid from the foods we eat. Consuming foods which have a higher water content like soups, gelatin, yogurt, pudding, or fruits and vegetables like melons, strawberries, tomatoes, grapes and cucumbers can help keep us hydrated.

Additional Tips to Help Prevent Dehydration

- Keep a variety of beverages in the refrigerator and cupboard to prevent boredom
- Add a slice of lemon or make ice cubes out of juice to lightly flavor water
- Have a beverage within reach at all times throughout the day
- If nighttime trips to the bathroom are a concern, try drinking more in the morning and early afternoon
- Have a full glass of water or other beverage with medications
- Plan a cup of tea or glass of milk for an afternoon beverage
- Try setting an alarm to remind you to have a beverage

For updates & information, visit www.co.rock.wi.us/aging-nutrition-meals

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- Keeps joints and muscles lubricated
- Aids in flushing toxins from the body
- Helps deliver oxygen all over the body
- Regulates body temperature
- Promotes good kidney function
- Helps prevent constipation



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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Events CoordinatorMary Jurgens-Jones
Maintenance.....John Bauer
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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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Farewell Letter from Sue

I want you all to know that I'm going to miss all of you as I retire June 30!!! But since I still live in Milton I probably will see you occasionally!! I have loved my last nine years as your Program Coordinator. We've had so much fun at lunches where I usually found a short cut home, which frequently meant I was lost! I loved the overnight trips we took where we played, drank wine and talked into the night, usually in my room. Of course Halloween was a favorite of mine and many of you joined me in wearing costumes and dancing. And we can't forget Hot Dogs with Santa. You volunteered to help the little kids with games, food, toys, etc. I can't list all the places we've traveled to or all the speakers, musical performances we've had here at TGP. There's still a million other events we participated in! I also have to thank the staff of TGP, Dave, Sara, John, Mary and Stan and all the receptionists. Each of you played a part in making me look good and keeping me from freaking out! Dave told me "not to worry, people will show up for your programs." Sara listened to me rant and rave when things weren't going right and got me off the ledge. John was always there to make sure I was set up for my programs so I could calm down. Mary helped me with ideas for trips and speakers and always listened when I needed to talk. Stan put everything away at the end of day even when I didn't want him to! And the receptionists were always there to keep me on track of where I was supposed to be! Again thank you for all the memories and friendships and I will see you around!



Sue