

# the GATHER 'round

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Volume 29 Number 9

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

## Welcome Briana!

We would love to introduce you to our new Program Coordinator Briana Sindahl! Briana began her duties in late June. We are so excited to have her join the TGP team!

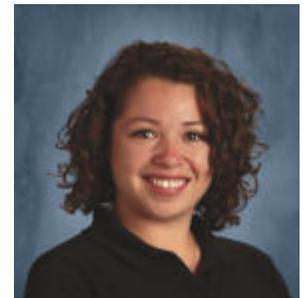
Briana has written a few words to introduce herself to you.

Welcome Briana and we hope your stay at The Gathering Place is a long and happy one!

## Hello TGP Members and Milton Community!

Introduction letters and greetings hold a strong purpose and a great way to learn about someone new in your life.

To members of the TGP, I'll be the definition of new for a little while, and I'm okay with that. It's a bit hard to find the right words to express excitement, but I'll give it my best shot. I'm overwhelmingly ecstatic to be part



of the TGP team and getting to know all of you, the members!

Even though I'll be a new presence at TGP, it doesn't mean I'm new to recreational programming. I graduated from the University of Wisconsin-Whitewater in May 2018 with a Bachelor of Science in Physical Education with a Health, Human Performance, and Recreation emphasis. My professional career started at the beginning of 2018 as a recreation intern with the City of Janesville Recreation Division. I started with Big Foot Recreation District (BFRD) as the Program Coordinator in May 2018. At BFRD I oversaw, planned, and implemented a wide variety of recreational programs. Some of my favorites were Doggie Egg Hunt, Adult Enrichment Courses, Music Lessons, Summer Day Camp, and Adult Day Trips to name a few of the programs I enjoyed planning and executing.

On a more personal note, I'm originally from Minnesota and have lived in Wisconsin since 2014. I enjoy a lot of outdoor activities such as camping, fishing, and swimming. I'm always excited to try new recreational activities whenever possible because I don't know if I will completely love it unless I give it a try!

Sue has done a fantastic job creating enjoyable activities. I'm eager to enhance the work she has done for TGP members and the Milton community and introduce my activities for everyone to enjoy!

*Meet and greet Briana. Details on page three.*

## GREETINGS FROM THE DIRECTOR

"In the forest there is no master tree that plans and dictates change when rain fails to fall or when spring comes early. The whole ecosystem reacts creatively, in the moment."

Fredrick Laloux

Ok, let this be known, he hates it when I single him out. But when John Bauer steps out of the shadows, he leaves a mark that identifies him as a true renaissance man. What am I referencing now? Let's begin with how he starts his day during the warm weather months of the year. Aside from opening the building, making coffee, putting on the morning receptionists favorite music, preparing the morning exercise areas, and watering the grass on the Gathering Green, he has little to do prior to the rest of us staff showing up at 8:00 a.m. John is without doubt, the cornerstone of The Gathering Place. On Fish Boil Day, John was the first to arrive and the last to leave. He started the fire shortly after noon and attended to it until the "Boil Over" shortly after 6:15 p.m. Prior to that he, his family and friends prepared the fish, potatoes, carrots and onions. This Bauer tradition has been celebrated over the years and is renowned in the Sparta area. We are so fortunate that they give of their time and talent to make this event our most successful fund raiser each year.

Speaking of the Fish Boil, I cannot express enough appreciation for the efforts of the volunteers in pulling this fundraiser together. A special thanks to an anonymous donor that picked up the cost of the meal and dessert. As a result of the generosity of so many members and friends we are able to continue providing an outstanding program/facility that meets the need of so many in our community.

On June 10 we sponsored our first "Concert on the Lawn" since the summer of 2019. TGP's front lawn was filled with people enjoying the sounds of the Back 40 Band. The early summer heat did not deter the concert goers.

The Gathering Green is finally taking shape after years of discussions and preparation. The signed contract with Corporate Contractors, Inc. declares that the second phase (pavilion) will be completed before September 1. I'm hoping that when you read this we will have received some much needed rain. Wouldn't you know the one year we plant grass seed, we experience a record breaking drought with limited rain and humid conditions.

I would be remiss if I didn't mention the privilege it has been to work with Sue Eckert, TGP's Program Coordinator for the last nine years. Sue was quite helpful to me as I transitioned into my position years ago. Her ability to arouse enthusiasm is obvious through the creative programming we have all seen over the years. We are all better off by knowing her especially those of us that worked closely with her. We are confident her next stage of life will include us here at TGP, just in a different role. Sue will always be a member of The Gathering Place family. Best of luck Sue with all your future endeavors.

## PRES SEZ

*An apology to our readers. I have been doing a lot of doctoring the last few months and really haven't had time to write an article. Sara advises me to go back and retrieve an old article. The following was written for the May 2015 newsletter and I think it may be as relevant today as it was then.*

Into every life, many changes happen. We change from adolescent to adult, from single life to marriage and finally from marriage into widowhood. The reality that we don't face is that every marriage will eventually end with one of the spouses surviving the other. We plan for all of the changes in our lives except for the final change of losing our spouse.



Maybe it is because we know that there is a 50/50 chance of not being the survivor, or we don't want to think about the vow we made of "until death do us part". I am going to get personal now. It is about five months since I lost my wife, Cathy. I can assure you that I think about the circumstances of her death every day. One of the stages of coping with the change is going over the event and asking myself "What could I have done different to change the outcome of that evening?" What signs did I miss? The reality of course is that I can't change anything, but I still think that if I had done this or that, maybe Cathy would still be with me.

Another of the stages of coping is remembering the life we had together. Cathy would always take my hand as we walked anywhere. Be it from the car, to a store or restaurant or to The Gathering Place or church. When I opened the door to that destination, she would always say "Thank you my gentle man". You can't imagine how much I miss that simple little phrase.

We dined out a lot. Since I became a widower, I have visited many restaurants. Unless you have experienced it, being seated at a table by yourself makes you feel guilty that you are taking up a whole table that could be seating a larger party. I have discussed this feeling with several hostesses that I have come to know and they keep assuring me that I shouldn't have this feeling of guilt, but I still do.

One solution would be if friends and acquaintances would invite surviving spouses to join them when they see us alone, it could lead to an interesting meal. One evening this past winter this happened to me. I joined a couple from Ontario, Canada and a couple and their daughter from Alberta, Canada at their invitation. I got to know them much better than I did before and I think they probably got to know me better also.

Many of our members are in this "Club of surviving spouses", if this article opens a memory that is difficult for any of you, I apologize, but also encourage you to talk to someone to help you cope.

Gene

## SPECIAL EVENTS

### Beverage with Briana

The Gathering Place has found a new face to be a part of the team! Come enjoy a beverage and a small snack with Briana. Briana is excited to meet everyone and would love to take this time to chat with our members. This is the perfect opportunity to put a “bug” in her ear of activities you would like to see at TGP. Join her on **Wednesday, July 13 at 1:30 p.m.** Please sign up at the front desk.



### Wine Social

Briana will be social gathering with wine! On **Wednesday, July 21 at 1:30p.m.!** You will meet on the lower level patio outside where you can visit, check out the beautiful garden and enjoy a glass of wine or soda. There is no charge but a donation is always appreciated. You do need to sign up so we have plenty of supplies! Call 608-868-3500 to get on the list.



### 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 portrayal) will present Golda Meir on **Thursday, July 1, 2021 at 1:30 p.m.** There is no charge and it is open to the public.



### Concert on the Lawn for July

Our second of three **Concerts on the Lawn** will feature the **GoDeans on Thursday, July 8!** The 2021 summer **Concerts on the Lawn** series is organized by **The Gathering Place** and made possible by a grant from the **Milton Fund**. Guests can bring lawn chairs, blankets, etc. to sit on while listening to the music on the east lawn. 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!



## 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** 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.



## 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.



## 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 1:00 p.m.**



## Bingo!

Come join us for Bingo on **Thursday, July 8 at 1:15 p.m.** and on **Tuesday, July 27 at 1:15 p.m.** Cash prizes are awarded. Cost is only 50 cents per 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, July 16 at 10:00 a.m.** You do need to sign up with the receptionist. Feel free to stop in and check out the class.

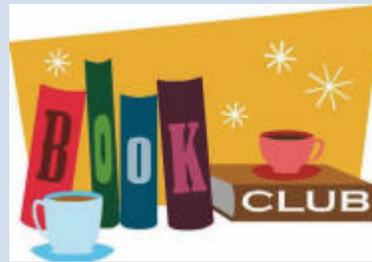
## Open Art Studio

The Open Art Studio will now be offered on **Thursday mornings**. They will meet from **10:00 a.m. until noon**. Any level of painting can join the group. They do a wide variety of mediums from acrylic to pencil to chalk to water-colors. There are always other artists willing to help you with your project. There is no cost.



## The Book Club

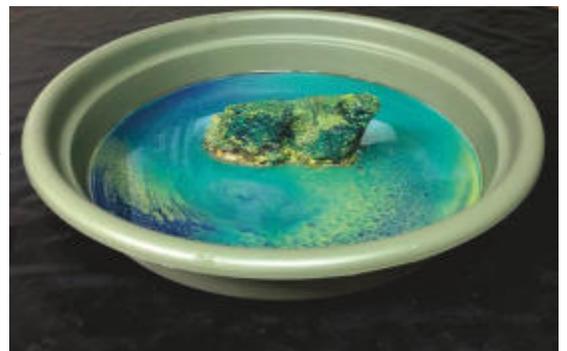
The Book Club will meet on **Thursday, July 22 at 1:00 pm**. They will be discussing the book *American Dirt* by **Cummins**. Lydia Quixano Perez runs a bookstore in the Mexican City of Acapulco until one violent day changes everything. Forced to flee, Lydia and eight-year-old Luca soon find themselves miles and worlds away from their comfortable middle-class existence. Instantly transformed into migrants, Lydia and Luca ride la bestia—trains that make their way north toward the United States, which is the only place they might feel safe. As they join the countless people trying to reach el norte, Lydia soon sees that everyone is running from something. But what exactly are they running to? 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.



The Writing Group is taking the summer off. See you in September!

## Paint Pouring with Nancy

Nancy has another new project for us to try! It is an Outdoor Bird Bath. Perfect for summer. Easy for beginners. 14 inch compost saucer (all weather). Color choices will be a variety of pigments and Part one will be held on **Monday, July 12 at 1:00 pm and Part 2 on Monday July 19 at 1:00 p.m.** If you choose to put a rock or perch in the birdbath, please bring it to class. Bird Baths will need to stay at TGP to dry between Part 1 and Part 2. Limited to 8 people so sign up soon! Cost is \$45 payable to Nancy McKinnon at the first class.



*From the Friends of The Gathering Place...*

**WHAT HAPPENED TO THE ROOT BEER FLOATS?**

That was a question that came up at our first concert of 2021. Why are no root beer floats for sale? Scooping ice cream when it is really frozen is very hard on the scoopers. If we let the ice cream soften before scooping it melts as soon as the root beer is poured into the cup. Can't Friend's of The Gathering Place come up with a solution? Sure, we could scoop the ice cream and put it in the freezer (if we had room to keep it in the freezer). We could "suck" it up and have sore wrists for the following week.

OR, we could purchase a soft-freeze ice cream machine!!! This is something we are looking into. This would be an expensive purchase for our group. Maybe someone reading this article might know of a used machine that is available or know someone who could give us a great deal; maybe a restaurant that is going out of business or a dealer who might want to donate one to The Gathering Place. We will accept all ideas (and donations).



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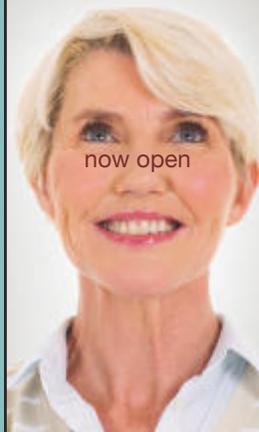
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# HEALTHY LIVING

## Zumba Gold!

Jackie will be having *in person* classes on **Wednesdays at 9:00 a.m.** Zoom classes will be going at the same time



**ZUMBA**  
gold

for those of you not quite ready to come in person. Masks are optional. 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](http://Edgertonhospital.com) under classes or email Jackie at [jrichardson@edgertonhospital.com](mailto:jrichardson@edgertonhospital.com)

**Zumba login remains the same.**

Zoom login will stay the same. Jackie will email that to you before every class session.

## 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.

## 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. Classes are Tuesdays and Thursdays at 9:15 a.m.

## Foot Clinic

George Daniels will be here on **Thursday, July 1 and Tuesday July 6.** He is a member of the *American Foot Care Nurses Association.* Hours will be



9:00 a.m. to last appointment 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 directly to him that day in cash or check. Be sure to sign up with the receptionist. Mask is required.

## Chair Massage

Our Massage Therapist, Alicia Jenski, LMT, is offering chair massages twice a month. She will be here on **Thursday, July 8 and 22 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 schedule another person.



## Free Blood Pressure Screening

Blood pressure will be taken on **Wednesday, July 14 and July 28 at 10:15.**

## 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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by  
Sandi Ploszaj

Given in Memory of Doris Geiter  
By  
Nancy Linsley

Given in Memory of Bob Warren  
by  
Janet Rote

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.



## ETC.

### Alterations

Janet Butler is an accomplished seamstress and is our alteration person. 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.

*Please note: Janet will not be here July 1 or July 8.*



### 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.*

### 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 **July 13, 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



July  
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b> 9:00 Foot Clinic 9:15 Strong Women 10:00 Open Art Studio 10:45 Stretching Class 1:00 Rag Ruggers <b>1:30 Golda Meir Program</b></p> <p>No Alterations</p>	<p><b>2</b> 8:00 Dance Aerobics 8:00 Pool Players 1:00 Chess</p>
<p><b>5</b> <b>Fourth of July Holiday</b> <b>TGP is Closed</b></p>	<p><b>6</b> 8:00 Dance Aerobics <b>9:00 Foot Clinic</b> 9:00 Quilt Tying 9:15 Strong Women <b>10:00 Pastries on the Patio</b> 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group</p>	<p><b>7</b> 9:00 Chair Yoga 9:00 Zumba 12:30 Mah Jong 1:00 Phase-10 Card Game 1:00 Euchre</p>	<p><b>8</b> 9:15 Strong Women 10:00 Open Art Studio <b>10:00 Chair Massage</b> 10:45 Stretching Class 1:00 Rag Ruggers <b>1:15 BINGO</b> <b>Concert on the lawn</b> <b>Concert begins at 6:30</b> No Alterations</p>	<p><b>9</b> 8:00 Dance Aerobics 8:00 Pool Players 1:00 Chess</p>
<p><b>12</b> 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 <b>1:00 Paint Pouring Part 1</b></p>	<p><b>13</b> 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women <b>11:30 Benefit Specialist</b> 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Quilting Club <b>1:30 Beverages with Briana</b></p>	<p><b>14</b> 9:00 Chair Yoga 9:00 Zumba 10:15 Blood Pressure 12:30 Mah Jong 1:00 Phase-10 Card Game 1:00 Euchre</p>	<p><b>15</b> 9:15 Strong Women 10:00 Open Art Studio 10:45 Stretching Class 11:30 Alterations 1:00 Rag Ruggers <b>1:15 Movie: The Personal History of David Copperfield</b></p>	<p><b>16</b> 8:00 Dance Aerobics 8:00 Pool Players <b>10:00 Diamond Painting</b> 1:00 Chess</p>
<p><b>19</b> 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 <b>1:00 Paint Pouring Part 2</b></p>	<p><b>20</b> 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women <b>10:00 Pastries on the Patio</b> 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group</p>	<p><b>21</b> 9:00 Chair Yoga 9:00 Zumba 12:30 Mah Jong 1:00 Phase-10 Card Game 1:00 Euchre <b>1:30 Wine Social</b></p>	<p><b>22</b> 9:15 Strong Women 10:00 Open Art Studio <b>10:00 Chair Massage</b> 10:45 Stretching Class 11:30 Alterations 1:00 Rag Ruggers <b>1:00 Book Club</b> <b>2:00 Fishing Club Meeting</b></p>	<p><b>23</b> 8:00 Dance Aerobics 8:00 Pool Players 1:00 Chess</p>
<p><b>26</b> 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</p>	<p><b>27</b> 8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Quilting Club <b>1:15 BINGO</b></p>	<p><b>28</b> 9:00 Chair Yoga 9:00 Zumba <b>10:15 Blood pressure</b> 12:30 Mah Jong 1:00 Phase-10 Card Game 1:00 Euchre <b>1:15 Movie: The Father</b></p>	<p><b>29</b> 9:15 Strong Women 10:00 Open Art Studio 10:45 Stretching Class 11:30 Alterations 1:00 Rag Ruggers</p>	<p><b>30</b> 8:00 Dance Aerobics 8:00 Pool Players 1:00 Chess</p>

# Café 715

Rock County Nutrition Site  
608-757-5474

July  
2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Dining Centers are Closed  
Due to COVID-19  
Please arrive for curbside pick-up  
meals at 11 a.m.

			<p><b>1</b> Chicken Salad Baby Spinach w/dressing Potato Salad Whole Wheat Bread Mandarin Oranges</p>	<p><b>2</b> Roast Beef w/gravy Mashed Potatoes Broccoli Whole Wheat Bread Peanut Butter Fresh Apple Slices Pudding</p>
<p><b>5</b> <b>Fourth of July Holiday No Meals</b></p>	<p><b>6</b> Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Whole Wheat Bread Applesauce Oatmeal Cookie</p>	<p><b>7</b> Meatloaf Au Gratin Potatoes Mediterranean Blend Whole Wheat Bread Pears</p>	<p><b>8</b> Chicken &amp; Broccoli Casserole Carrots Cauliflower Cottage Cheese Mandarin Oranges</p>	<p><b>9</b> Sloppy Joe Whole Grain Bun Baked Bean Medley Italian Vegetables Peaches</p>
<p><b>12</b> Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower Pears Cake w/Berry Frosting</p>	<p><b>13</b> Chicken Fajita Casserole Carrots Green Beans Cottage Cheese Fruit Fluff</p>	<p><b>14</b> BBQ Pulled Pork Baked Beans Broccoli Whole Wheat Bun Cinnamon Applesauce</p>	<p><b>15</b> Baked Salmon w/dill Mashed Potatoes Corn Whole Wheat Bread Peaches Fudgy Fiber Brownie</p>	<p><b>16</b> Spaghetti &amp; Meatballs Italian Vegetables Romaine Salad w/ Dressing Warm Fruit Salad</p>
<p><b>19</b> Macaroni &amp; Cheese Broccoli Cauliflower Cottage Cheese Whole Wheat Bread Banana</p>	<p><b>20</b> Chicken Breast Parmesan Red Potatoes Brussels Sprouts Whole Wheat Bread Mandarin Oranges Pumpkin Bar</p>	<p><b>21</b> Taco Salad Tomato &amp; Bean Salad Corn Whole Wheat Bread Light Yogurt</p>	<p><b>22</b> Herbed Pork Loin Sweet Potato Spinach w/cheese Whole Wheat Bread Peanut Butter Peaches Pudding</p>	<p><b>23</b> Hamburger Wheat Bun Baked Bean Medley Asian Carrot Salad Warm Spiced Pears Yogurt</p>
<p><b>26</b> Chicken Marsala Au Gratin Potatoes Mediterranean Veg. Cottage Cheese Whole Wheat Bread Mandarin Oranges</p>	<p><b>27</b> BBQ Rib Patty Whole Wheat Bun Baked Bean Medley Stewed Tomatoes Fruited Applesauce</p>	<p><b>28</b> Chicken Pasta Salad Potato Salad Tomato Juice Melon Mix Lemon Bar</p>	<p><b>29</b> Baked Cod Mashed Potatoes Broccoli Whole Wheat Bread Peaches Sugar Cookies</p>	<p><b>30</b> Stuffed Pepper Casserole Green Beans Carrots Light Vanilla Yogurt Strawberries</p>

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The Gathering Place, Milton, WI

C 4C 01-1147

## 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](mailto: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.*

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



Country Time Lemonade  
Cocktail Napkins  
Small Plates

*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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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

1 year individual membership

1 year couples membership

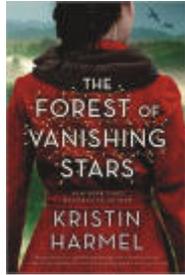
# MILTON PUBLIC LIBRARY

## Milton Public Library Book of the Month Club

### *The Forest of Vanishing Stars*

by Kristin Harmel

An evocative coming-of-age World War II story about a young woman who uses her knowledge of the wilderness to help Jewish refugees escape the Nazis until a secret from her past threatens everything. (Amazon.com)



## DIY Wire-Wrap Button Ring: Tuesday, July 6 at 6 p.m. Video & Take Home Kit

Create a fun button ring with some wire and a few household tools. Reserve and pick up your kit from the library, then follow the video tutorial on MPL's Facebook page or YouTube channel. For teens and adults, ages 13 and up.

## American Lives. Tues., July 13 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. July's topic is *Madam Secretary*, featuring Madeleine Albright, Condoleezza Rice and Hillary Clinton.

## Mystery Book Club. Tues. July 20 at 6 p.m. via Zoom

This book club meets the third Tuesday of each month for informal discussions. July's title is *The Long Rode to Mercy* by David Baldacci. Please e-mail the library at [mpl@als.lib.wi.us](mailto:mpl@als.lib.wi.us) if interested in attending. All who have read the book are welcome to attend.

## Valley of the Kings Sanctuary Blanket Drive & Fundraiser. Wednesday, June 9-August 6

Help support Valley of the Kings by bringing your donations of gently used blankets or comforters to the library. We'll make sure they get to the animals who need them! You can also donate other non-perishable supplies from the votk wish list on their website.

## Wisconsin K9 SOS Search & Rescue Dogs. Wednesday, July 7, 10:30 am

Everyone knows that dogs are amazing, but did you know that dogs are also heroes? Learn about hero dogs from the WI k9 SOS search & Rescue. For families with kids 12 & under.

## Rock County Police K9s Wed., July 14 at 2:30 pm

Learn how K9 officers do their jobs in a demonstration with a Q&A session with the Rock County Sheriff's Office. For families with kids 12 & under. Rain date scheduled for August 5.

## Movies at The Gathering Place

### Personal History of David Copperfield

*The Personal History of David Copperfield* puts a fresh, funny, and utterly charming spin on Dickens' classic, proving some stories truly are timeless. In this fresh adaptation of Charles Dickens' semiautobiographical novel, young David Copperfield finds himself adrift in a tumultuous landscape when his widowed mother takes a new husband, and David is cast out of the house. This is a Comedy/Drama rated PG. It runs 2 hours. It will be shown on our large screen on **Thursday, July 15 at 1:15 p.m.** *There is no charge, but a donation is appreciated for popcorn and beverages.*



### The Father

Anthony Hopkins won the best Oscar for his role in **The Father**. The story of a man who refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality. It will be shown on our large screen on **Wednesday, July 28 at 1:15 p.m.** *There is no charge, but a donation is appreciated for popcorn and beverages.*



# THIS 'N THAT

## Conference Room Quilt Display

During the months of July and August check out the new quilt hanging in our Conference Room. This quilt was made by Laureen Presny during the time we were closed. The fabric used was from donated fabric used by our Tuesday



Quilting group. She put it together at her home during Covid. It is tied not quilted. The pattern developed from what fabric was available in a modern style known as improvisational quilting. Laureen did not know what the design was going to be until she laid it out. It looks like it came together very well!

## Hot Dogs with Santa

While Christmas seems light years away, it is time to start collecting toys for our annual Hot Dogs with Santa event! You may drop off prizes for the kids at the reception desk. Hopefully we can run the event this year! As always we can use kids prizes from one to 10 years old. Boys and girls. Small and large. Thank you so much!



## Pastries on the Patio!

You are invited to Pastries on the Patio on Tuesday, July 6 and Tuesday, July 20 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!

## Thank you Janet!

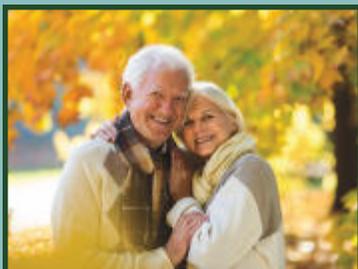
Chances are if you have been to The Gathering Place, you have seen our beautiful garden by the back patio. A huge thank you to Janet Sessler, our gardener extraordinaire. Janet is often the first person here in the morning. We can't thank her enough for all the effort and love she puts into the garden. Thank you so much Janet. You are very much appreciated! Also when you admire her work in the garden please note the new retaining wall which was generously donated by the Sesslers. Again thank you!



## And Thank You Tom!

Board member Tom Presny has donated several hours in recent weeks watering the grass and trees in the Gathering Green space. Both he and John collaboratively work together with watering chores that occur both early mornings and late evenings. Thank you Tom, your efforts do not go unnoticed!





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The Gathering Place, Milton, WI

D 4C 01-1147

## Safe Grilling

Now that summer is here, more people are firing up their grills! July is National Grilling Month. July also tends to be the hottest month in Wisconsin, so the risk of foodborne illness tends to be higher. This is because bacteria love hot, humid temperatures and it is easier for them to multiply in the heat of the summer. But keeping a few things in mind, your summer grilling can be both enjoyable and safe! Let's take a look:



### Shopping

Safe grilling starts at the store. Purchase perishable foods like meat, poultry, fish and produce last, to reduce the time they sit at room temperature in your cart. Put raw meat, poultry, and fish in bags and place them in your cart away from other foods. Also, when checking out, pack them separately from other foods to prevent juices from dripping on your other groceries.

### Heading Home

If you have multiple errands to run, plan your day so that grocery shopping is last on your list. Perishable foods need to be refrigerated within two hours, or within one hour if the outside temperature is around 90° F. If you are unable to get home within that time, take a cooler filled with ice in which to pack your perishable foods until you get home. Use a separate cooler for raw meat, poultry, and fish.

### Marinating

Marinate foods in the refrigerator, not on the counter. If the marinade is going to be used as a sauce for the cooked food, set some aside before combining with the raw meat. Throw out marinades which have come in contact with raw meat, as they can contain harmful bacteria which can cause foodborne illness.

### Cooking

Be sure to use clean utensils. Cook foods to the appropriate temperature to kill any harmful bacteria. Use a food thermometer to make sure food reaches the following temperatures:

- 145°F - whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)
- 145°F - fish
- 160°F - hamburgers and other ground beef
- 165°F - all poultry and pre-cooked meats, like hot dogs

Put cooked foods on a clean plate. Keep foods at 140° F until served.

**DIVIDE LEFTOVERS INTO SMALL PORTIONS AND PLACE IN COVERED, SHALLOW CONTAINERS. REFRIGERATE LEFTOVERS WITHIN 2 HOURS AND BE SURE TO EAT THEM WITHIN 4 DAYS.**

**HAPPY GRILLING!!**

For updates & information, visit [www.co.rock.wi.us/aging-nutrition-meals](http://www.co.rock.wi.us/aging-nutrition-meals)

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# THE GATHERING PLACE DIRECTORY

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

## STAFF

Executive Director.....Dave Fisher  
Administrative Assistant..... Sara Pickett  
Program Coordinator ..... Briana Sindahl  
Events Coordinator .....Mary Jurgens-Jones  
Maintenance.....John Bauer  
Custodian.....Stan Braun

## BOARD OF DIRECTORS

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## THE GATHERING PLACE E-MAILS

Dave Fisher.....tgpdirector@charter.net  
Sara Pickett.....tgpadmin@charter.net  
Briana Sindahl .....tgpstaff@charter.net  
Mary Jurgens-Jones.....rentaltgpmjj@gmail.com  
Web site .....gatheringplacemilton.com

### *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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**Please Support The Gathering Place**

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**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**

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	SOFTBALL	
	SWIMMING	