

the GATHER 'round

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Volume 29 Number 10

715 CAMPUS ST. • MILTON WISCONSIN 53563 608•868•3500

August Concert on the Lawn

Our final Concert on the Lawn will feature Piper Road Spring Band on Thursday, August 12! 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 front 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 for sale. 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 and



Dave can't wait to sell you the winning 50/50 ticket!

Duds and Suds!

The Friends of The Gathering Place are excited to invite you to an evening of fun.

Duds and Suds will be a style show featuring



fashions from Agrace Thrift Store in Janesville. Beer, wine or soda will be available for purchase and complimentary snacks will be also be served. *Duds*

and Suds, get it? The cost is \$10.00. Please join us on **Thursday, August 26 at 7 p.m.** Invite your friends to help two wonderful organizations, Agrace Thrift Store and The Gathering



Place. Call TGP today at 868-3500 to reserve your spot.

Thank You from Sue

I want all of you to know how much I appreciate all of your good wishes, gifts, hugs and warm words. Also thanks to the staff and their committee for my wonderful party. This has been a perfect job for me at this time in my life. I got to meet hundreds of new people, take trips, run around to different restaurants, drink wine, visit all kinds of sites in Wisconsin and neighboring states, stay in beautiful hotels and have hundreds of friends!! I couldn't have asked for more. Thank You from the bottom of my heart.



Love, Sue

GREETINGS FROM THE DIRECTOR

“Music can name the unnamable and communicate to the unknowable.” Leonard Bernstein

Rarely, if ever, have we had the parking lot as full as it has been in the last few months.

In house programming is showing a dramatic increase in attendance now that restrictions have been lifted from COVID. We are seeing folks return whom we have missed for nearly a year and a half. It appears everyone is ready to be out and about returning to their routines that includes participation at The Gathering Place. Without exception, we are excited to see them and if finding a parking spot from time to time is difficult, we welcome the reason why.

As you know “Concerts on the Lawn” have returned and in a big way! The Back 40 band performed in June to a crowd that was eager to be back for our outdoor entertainment. Friends we hadn’t seen since 2019 made their presence known. I had a hard time selling 50/50 tickets due to the time spent visiting with everyone and catching up on time lost. It was a great problem to have. On July 8, TGP and Milton was treated to a concert that will be hard to forget. The GoDeans from Janesville entertained a front lawn full of visitors. The band consists of several physicians from Dean Medical and their friends. This was their break out concert since COVID hit. They did not disappoint. We had a perfect night and everyone I spoke to raved about their talents and insisted that that I bring them back next year. In keeping concert conversation going, mark your calendars for Thursday, August 12. Come early and stay late, enjoy a hot off the grill dinner and a favorite beverage. Did I mention that the Piper Road Spring Band will be performing? This band has been together for over 40 years and were area favorites back in the Milton College days. We expect a packed lawn so bring your most comfortable lawn chair and plan to spend your evening with us at TGP. You will not be disappointed. If you find time, wander behind our building and check out the Gathering Green development, the future site of concerts in 2022 and beyond. Wait till you hear our lineup for next year, you won’t want to miss any of them!

Stay safe. Dave



PRES SEZ

I have been writing this column for over 10 years. Visiting with Dave Fisher yesterday I questioned if I should make the effort of searching my head for a topic to write about. If anyone actually reads this article I would appreciate it if you responded with what topic(s) you would like to see addressed in this column.



The Board of Directors had a rather long June meeting. We discussed at length the extra needs that our staff is going to be facing when the Gathering Green improvements are put into use. We are hoping that the facilities will be rented much more which will mean more setups for maintenance and more duties for the Events Coordinator. Our staff members, like the rest of us, are getting older and don’t need more work. That means more staff will need to be hired. Will the additional rental revenue cover the increased cost of more staff? Many ideas have been tossed out there but no firm decision has been made. Partnering with another entity was suggested. How that would work no one knows. Needless to say, the board has some decisions to make.

The progress on the pavilion is moving along towards the estimated mid August completion date. I know that I am not the only one that is looking forward to using the new facility. We have seen many people walking the smooth oval concrete path. How nice to see little ones being pushed in strollers and others riding scooters with parents or grandparents. This brings up the topic of the usage of the facility. Is this a community asset or should we try to limit the public from utilizing it? Again, another decision for the board to make.

I was talking to one of the Gathering Green neighbors yesterday. The day that the workers started cutting the trees to clear the lot was a shock to many of the locals. They have had to put up with the eyesore of the bare, rough site for almost a year. Now that the improvements are shaping up the whole beautiful facility is adding to the neighborhood's appearance. There is no doubt in my mind that our Gathering Green is going to be a tremendous asset to the Milton community!

Gene

SPECIAL EVENTS

Lunch Trip with Briana

Lunch Trips are back! We will be enjoying lunch and the view of Lake Koshkonong at **Lakeview Bar**. We will be leaving at **11:00 a.m. on Thursday, August 26**. The van will be taken, however, we will need extra drivers willing to carpool to make our way to lunch. **NOTE:** The limit will be 30 people to attend, please sign up early. Call 608-868-3500 to get on the list.



Ping Pong Anyone?

We have had some interest in possibly setting up a time to play Ping Pong. If you are interested in playing please let Briana know. Let's see if we can get this going!



Join our Walking Group

We are starting a walking group! Bring a friend and enjoy the company of others while walking throughout the Milton community. Receive the benefits of walking: improve your circulation, lower cholesterol, and increase longevity. We'll meet on the patio to stretch and discuss where we will be walking that day. Walking group will be meeting **Fridays at 10:00 a.m.** each week weather permitting.



Pumpkin Fest 2021!

Please let Mary JJ know if you would like to be on the volunteer squad for Pumpkin Fest 2021 OR if you would like to make a donation, ask Mary for a list of what we need. As always your help is appreciated! The following are items needed for Pumpkin Fest:

- Pumpkins, 80 to 100 all sizes
- Tattoos, water soluble
- Three Gallons of Vanilla Ice Cream,
- 150 small treat bags
- Candy, Treats etc.



Volunteers Needed, all ages, call 868-3500 to sign up or stop in!

Thanks

Fishing Club News...



The Gathering Place Fishing Club honored former member Jim Polarski by continuing his tradition of frying a locally caught fish meal for the Janesville Men's Homeless Shelter. Between 15 and 20 fishermen showed up to prepare and serve a great fish fry with all the fixings plus wonderful desserts. They cooked approximately 300 filets and served 40 meals, with plenty of left overs. Great job, Fishing Club crew!

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.**

Need Players!

Mah Jong

Do you need to challenge your mind or are you looking for something to do in the afternoon? Join us on **Monday and Wednesday afternoons at 12:30 pm** to play the Chinese tile game of Mah Jong. This tile based game will have you addicted in no time! Don't know how to play? We will teach you!

Coloring 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.



Phase 10!

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!

Join us for Bingo on **Thursday, August 12 at 1:15 p.m.** and on **Tuesday, August 24 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

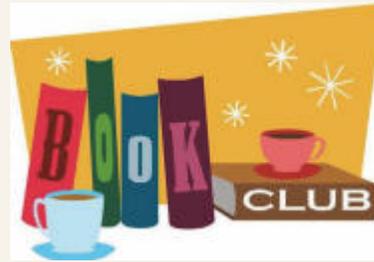
Diamond Painting

We will have Sherilyn Aures coming in to teach us how to make a heart shaped key ring out of diamonds! There is 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, August 13 at 1:00 pm.** You do need to sign up with the receptionist.



The Book Club

The Book Club will meet on **Thursday, August 26 at 1:00 pm.** They will be discussing the book **The Lost Apothecary** by Sarah Penner. Sarah Penner's debut novel is an enthralling work of mystery, murder, trust, and betrayal. Set in an atmospheric London, Penner's immersive story flows skillfully from past to present, revealing the heartaches and lost dreams of three captivating main characters in a page-turningly tense drama that surprises right up until the final paragraph. Please feel free to join the Book Club. All readers welcome!



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 watercolors. There are always other artists willing to help you with your project. There is no cost.



The Writing Group and the Chess players are taking the summer off. See you in September!

Painting with Katie

Join Katie in a Sunflower painting class. No painting experience needed with this opportunity. Paint, brushes, and a canvas will all be provided. Katie will lead you step by step on how to create beautiful sunflowers you'll be proud to hang up in your home. This class will meet on **Monday, August 16** from **1:00 p.m. to 3:00 p.m.** Cost is \$25 and should be paid to Katie the same day of class. Please sign up at the reception desk, attendance will be limited to six individuals.



Pastries on the Patio!

You are invited to **Pastries on the Patio** on **Thursday, August 5 and Tuesday, August 17 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!



What Do Older Americans Want to be Called?

The research team at *TheSeniorList* asked more than 600 men and women ages 55+ this question and found that traditional terms like “senior” are on the way out, in favor of modern, inclusive labels.

Key findings:

“Senior” terms are on their way out. Traditional labels like “senior” or “senior citizen” were only preferred by a small percentage of older adults - 17% and 10%, respectively. Younger respondents were less tolerant of both terms, foreshadowing a continued decline in popularity.

Inclusive terms are most appreciated. Terms that slightly altered words like “adult” were most embraced by the group. 79% were positive about being called “older adults” or “mature adults”. On the flip side, terms that might make older adults feel alienated, like “the elderly” or “golden agers”, proved least popular.

Emphasis on lifestyle was preferred over longevity. The only term that focused on status rather than age (“retiree”) performed surprisingly well. Though 1/2 of respondents were under 65, only 17% disliked the term “retiree”, suggesting that older Americans may prefer stage-of-life labels over references to lifespan.



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HEALTHY LIVING

Zumba Gold!

Join Jackie every Monday and Wednesday 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. 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.

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

Beginning in August, George Daniels will be here on the first Thursday morning of the month only.

Appointments will be from 9:00

a.m. until 11:30. George is a

member of the *American Foot Care Nurses Association*. 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, August 12 and**

August 26 from 10:00 a.m. to 12:40

p.m. You can sign up for 20 or 40 minutes. 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 other people.



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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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.

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 August 12 and 19.



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.



Blood Pressure!

This is the perfect opportunity to get your blood pressure checked! On the second and fourth Wednesday of every month the blood pressure readings will start at 10:30 a.m. and last 11:30 a.m. You can wait outside the conference room for your turn. Of course, there is no charge!



Calendar of Events

August
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>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 Ladies Billiards</p>	<p>3</p> <p>8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Euchre</p>	<p>4</p> <p>9:00 Chair Yoga 9:00 Zumba Gold 12:30 Mah Jong 1:00 Phase-10 Card Game</p>	<p>5</p> <p>9:00 Foot Clinic 9:15 Strong Women 10:00 Open Art Studio 10:00 Pastries on the Patio 10:45 Stretching Class 1:00 Rag Ruggers</p>	<p>6</p> <p>8:00 Dance Aerobics 8:00 Pool Players 10:00 Walking Group 1:00 Chess</p>
<p>9</p> <p>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 Ladies Billiards</p>	<p>10</p> <p>8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Euchre 1:00 Quilt Club</p>	<p>11</p> <p>9:00 Chair Yoga 9:00 Zumba Gold 10:15 Blood Pressure 12:30 Mah Jong 1:00 Phase-10 Card Game</p>	<p>12</p> <p>9:15 Strong Women 10:00 Open Art Studio 10:00 Chair Massage 10:45 Stretching Class 1:00 Rag Ruggers 1:15 BINGO</p>	<p>13</p> <p>8:00 Dance Aerobics 8:00 Pool Players 10:00 Walking Group 1:00 Chess 1:00 Diamond Painting</p>
<p>16</p> <p>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 Ladies Billiards 1:00 Painting with Katie</p>	<p>17</p> <p>8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 10:00 Pastries on the Patio 11:00 Benefit Specialist 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Euchre</p>	<p>18</p> <p>9:00 Chair Yoga 9:00 Zumba Gold 12:30 Mah Jong 1:00 Phase-10 Card Game</p>	<p>19</p> <p>9:15 Strong Women 10:00 Open Art Studio 10:45 Stretching Class 11:30 Alterations 1:00 Rag Ruggers 1:00 Movie: The Aviator</p>	<p>20</p> <p>8:00 Dance Aerobics 8:00 Pool Players 10:00 Walking Group 1:00 Chess</p>
<p>23</p> <p>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 Ladies Billiards</p>	<p>24</p> <p>8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Euchre 1:00 Quilt Club 1:15 BINGO</p>	<p>25</p> <p>9:00 Chair Yoga 9:00 Zumba Gold 10:15 Blood Pressure 12:30 Mah Jong 1:00 Phase-10 Card Game</p>	<p>26</p> <p>9:15 Strong Women 10:00 Open Art Studio 10:00 Chair Massage 10:45 Stretching Class 11:00 Lunch Trip w/Briana 11:30 Alterations 1:00 Rag Ruggers 1:00 Book Club 2:00 Fishing Club Meeting Duds and Suds 7:00 p.m.</p>	<p>27</p> <p>8:00 Dance Aerobics 8:00 Pool Players 10:00 Walking Group 1:00 Chess</p>
<p>30</p> <p>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 Ladies Billiards 1:15 Movie: The War w/Grandpa</p>	<p>31</p> <p>8:00 Dance Aerobics 9:00 Quilt Tying 9:15 Strong Women 1:00 Sheepshead 1:00 Bridge 1:00 Coloring Group 1:00 Euchre</p>			

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August
2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Grilled Chicken Breast Broccoli Beets Whole Wheat Bread Pineapple Carrot Bar</p>	<p>3 Tuna Pasta Salad Romaine w/Dressing Cottage Cheese Tomato Juice Banana Chocolate Chip Cookie</p>	<p>4 Polish Sausage Hot Dog Bun Calico Beans Potato Salad Warm Fruit Salad</p>	<p>5 Salisbury Steak w/ Mushroom Gravy Green Beans Mashed Potatoes Mandarin Oranges Whole Wheat Bread Pumpkin Fluff</p>	<p>6 Southwest Turkey Bake Carrots Cauliflower Applesauce</p>
<p>9 Lemon Pepper Chicken Sweet Potatoes Cooked Red Cabbage Whole Wheat Bread Peaches Pumpkin Bar</p>	<p>10 Roast Beef w/ Gravy Mashed Potatoes Broccoli Apple Slices Whole Wheat Bread Peanut Butter Pudding</p>	<p>11 Chicken Salad Baby Spinach Potato Salad Whole Wheat Bread Mandarin Oranges</p>	<p>12 Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Spiced Pears</p>	<p>13 Swedish Meatballs Egg Noodles Stewed Tomatoes Peas & Carrots Strawberry Applesauce</p>
<p>16 Sloppy Joe Baked Bean Medley Italian Vegetables Whole Grain Hamburger Bun Peaches</p>	<p>17 Chicken and Broccoli Casserole Carrots Cauliflower Cottage Cheese Mandarin Oranges</p>	<p>18 Meatloaf Au Gratin Potatoes Mediterranean Blend Pears Whole Wheat Bread</p>	<p>19 Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Applesauce Whole Wheat Bread Oatmeal Cookie</p>	<p>20 Broccoli Egg Bake Breakfast Sausage Links Asparagus Tomato Juice Cinnamon. Raisin Bread Pineapple</p>
<p>23 BBQ Pulled Pork Baked Beans Broccoli Whole Wheat Hamburger Bun Cinnamon Applesauce</p>	<p>24 Baked Salmon w/Dill Mashed Potatoes Corn Whole Wheat Bread Peaches Fudgy Fiber Brownie</p>	<p>25 Spaghetti & Meatballs Italian Vegetables Romaine Salad w/ Dressing Warm Fruit Salad</p>	<p>26 Chicken Fajita Casserole Carrots Green Beans Cottage Cheese Fruit Fluff</p>	<p>27 Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower Pears Cake w/Berry Frosting</p>
<p>30 Hamburger Wheat Bun Baked Bean Medley Asian Carrot Salad Warm Spiced Pears Yogurt</p>	<p>31 Chicken Breast Parmesan Red Potatoes Brussels Sprouts Whole Wheat Bread Mandarin Oranges Pumpkin</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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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.



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



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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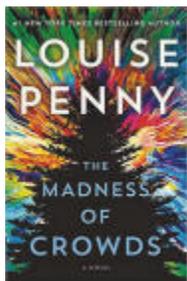
1 year individual membership

1 year couples membership

MILTON PUBLIC LIBRARY

Milton Public Library Book of the Month

The Madness of Crowds by Louise Penny. Chief Inspector Armand Gamache returns to Three Pines in #1 *New York Times* bestseller Louise Penny's latest spellbinding novel.



Movies at The Gathering Place

Movie— *The Aviator* (2004)

Billionaire and aviation tycoon Howard Hughes (Leonardo DiCaprio) is a successful public figure: a director of big-budget Hollywood films such as "Hell's Angels," a passionate lover of Hollywood leading ladies Katharine Hepburn (Cate Blanchett) and Ava Gardner (Kate Beckinsale), and an aviation pioneer who helps build TWA into a major airline. But in private, Hughes remains tormented, suffering from paralyzing phobias and depression. Rated PG-13 Language | Crash Sequence | Nudity | Sexual Content | Thematic. This is a History/Drama. It runs 2 hours and 46 minutes. It will be shown on our large screen on **Thursday, August 19 at 1:00 p.m.** (NOTE: Early Start Time).



The War with Grandpa (2020)

Sixth-grader Peter is pretty much your average kid. He likes gaming, hanging with his friends and his beloved pair of Air Jordans. But when his recently widowed grandfather Ed moves in with Peter's family, the boy is forced to give up his most prized possession of all, his bedroom. Unwilling to let such an injustice stand, Peter devises a series of increasingly elaborate pranks to drive out the interloper, but Grandpa Ed won't go without a fight. Soon, the friendly combatants are engaged in an all-out war with side-splitting consequences. Rated PG. This is a Comedy. It runs for 1 hour and 34 minutes. It will be shown on our large screen on **Monday, August 30 at 1:15 p.m.** *There is no charge, but a donation is appreciated for popcorn and beverages.*

The Bird Friendly Yard. Tuesday, August 3 at 6 p.m. via Zoom

Love backyard birds? Want to attract more to your garden? Meet local bird expert Susan DeVries and learn how to make your yard bird friendly. Presentation will be done via Zoom and recorded for later viewing. Call the library to register to attend.

American Lives. Tuesday, August 10 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. August's topic is *Forward into Light - Women's Rights*, featuring Susan B. Anthony, Elizabeth Cady Stanton, Alice Paul and Bella Abzug.

DIY Décor: Garden Totem. Tuesday, August 10 at 2 p.m.

Learn how to create your own garden totem or peace pole. Video will be available on the Milton Public Library-Wisconsin YouTube channel starting August 10 at 2 p.m.

Mystery Book Club. Tuesday, August 17 at 6 p.m. via Zoom

This book club meets the third Tuesday of each month for informal discussions. August's title is *The Crow Trap* by Ann Cleeves. 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.

Food Truck Rally. Sunday, Aug. 29 from 10 a.m. - 2 p.m.

Support the library and eat some delicious food! Several food trucks will be located around the east side of Milton, and a percentage of their proceeds will go towards the library.

THIS 'N THAT

Benefit Specialist Hours

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 **Tuesday, August 17, from 11:00 a.m. to 12:00 p.m.** If you need to schedule an appointment during that time call her at 608-757-5414 or you can just drop in.



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!



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 always needed at the food pantry: Canned spaghetti (Spaghetti O's or ravioli), granola bars, all kinds of crackers, pudding cups, muffin mixes, cake mixes, brownie mixes, frosting, shampoo and dish soap. You may drop off Wednesday mornings from 9-11 a.m. or Wednesday afternoons from 2:00 to 4:00 p.m.



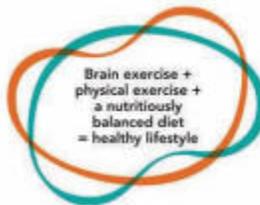
Parkinson's Support Group of Janesville/Beloit and Stateline Area

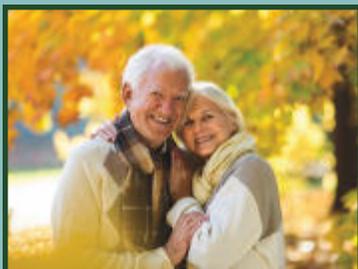
If you have Parkinson's Disease, are a caregiver for someone with Parkinson's, a family member or interested in learning more about Parkinson's, there is a support group here in Rock County for you! The Parkinson's Support Group meets at SOL Personal Fitness, 2100 E. Milwaukee, Janesville, WI at 2:00 p.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!

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.





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The Gathering Place, Milton, WI

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Cooking in a Crock Pot / Slow Cooker

Just imagine walking through your front door and being greeted by the aroma of hearty beef stew or chicken noodle soup that has been cooking in a crock pot all day long! Aaahhh! Crock pot cooking is a safe, convenient way to make meals. Crock pots can be used at any time of year and are so easy to use that even the most inexperienced cook can prepare healthy nutritious meals with minimal effort. *Note: The terms “slow cooker” and “crock pot” are typically used interchangeably.*

Benefits of Using a Slow Cooker/Crock Pot

- They use less electricity than an oven
- Their slow cook process tenderizes tougher, less expensive cuts of meat
- They produce less heat than an oven, which keeps your house cool on a hot summer day
- Less mess since all ingredients are put into one pot and cooked
- Can be used to cook a variety of foods: stews, soup, meats, poultry, and even desserts

Know your slow cooker

Most slow cookers have two or three settings (low, high and warm). Food typically cooks in six to 10 hours on the low setting or four to six hours on the high setting. Be sure to read and follow manufacturer instructions as different sizes may have different instructions.

Choosing the Right Slow Cooker

1 to 3 Quarts: Ideal for singles or couples who want to cook enough for one meal.

4 to 5 Quarts: A family of four would find the 4- to 5-quart size handy.

6 to 7 Quarts: Most crockpot recipes are designed for a 6-quart slow cooker. This size can feed a large family a single meal or provide lots of leftovers.

Slow cookers and food safety

- Be sure that your slow cooker, utensils, and work area are clean.
- Keep all perishable foods refrigerated until preparation time.
- Always thaw meat and poultry before putting into the slow cooker.
- Vegetables cook more slowly than meat and poultry, so always place them in the slow cooker first.
- Use the right sized slow cooker: it should be one half to two thirds full. Cooking too much or too little food can impact cooking time, quality of food, and food safety.
- Keep the lid in place; resist the temptation to stir the food; remove lid only to check for doneness at the end of cooking time.
- Always use a food thermometer to ensure food has reached proper (safe) temperature.
- Store leftovers in shallow containers within 2 hours after cooking is complete; reheat leftovers to 165°F prior to eating.
- If you are not home during the whole cooking process and the power goes out, throw away the food even if it looks done.

Not sure where to start?

The internet has a lot of crock pot recipe resources. Here are a couple sites with recipes to feed one or two people:

<https://www.tasteofhome.com/collection/crockpot-recipes-for-two/>

<https://www.delish.com/cooking/recipe-ideas/g30538179/crockpot-recipes-for-two/>

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

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THE GATHERING PLACE E-MAILS

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