

# SILVER NOTES



## 2022 AARP Tax Assistance

Do you need assistance preparing your taxes? The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer **free basic tax return preparation to qualified individuals.**



### Waunakee Senior Center

333 South Madison Street  
Waunakee, WI 53597  
Phone: 608-849-8385  
Fax: 608-850-9722

<http://www.waunakee.com/seniorcenter>

#### Director

**Cindy Mosiman**

[cmosiman@waunakee.com](mailto:cmosiman@waunakee.com)

#### Case Managers

**Melissa Woznick**

[mwoznick@waunakee.com](mailto:mwoznick@waunakee.com)

**Candice Duffek**

[cduffek@waunakee.com](mailto:cduffek@waunakee.com)

#### Program Coordinator

**Diane Goldensoph**

[dgoldensoph@waunakee.com](mailto:dgoldensoph@waunakee.com)

#### Nutrition Site Coordinator

**Carrie Karls**

[ckarls@waunakee.com](mailto:ckarls@waunakee.com)

#### Welcome Desk Receptionist /

#### Driver Escort Coordinator

**Danielle Wagoner**

[dwagoner@waunakee.com](mailto:dwagoner@waunakee.com)

**To qualify for this program, you should be a senior (age 60 and above), disabled and/or low income. Individuals that do not live within our service area, wish to itemize, have stocks and bonds, and/or bank at more than 3 banks are asked to call back after March 15 and if we still have openings you may schedule an appointment at that time.**

Tax Appointments will be held on Tuesdays starting February 15 through April 12. This year the preparers are asking that you arrive a few minutes prior to the start of your appointment time, come prepared with the paperwork listed below, and plan to remain in the building from the start of your appointment to the completion of your taxes. **Please set aside approximately 2 hours for your appointment.**

Please plan ahead for your appointment and come prepared with the following documents on the day of your appointment.

- A complete copy of your 2020 federal and state income tax returns
- Form 13614-C (Intake/Interview & Quality Review Sheet) fully completed in advance. This form is lengthy and needs accurate completion. It must be picked up ahead of time at the Senior Center
- A fully completed 2021 Wisconsin Tax-Aide Information Sheet. This form must be picked up ahead of time at the Senior Center
- A completed Form 14446 Virtual VITA/TCE Taxpayer Consent form. This form must be picked up ahead of time at the Senior Center

*Continued on Page 5*

## QUOTE OF THE MONTH

“Kindness is spreading sunshine into people’s lives regardless of the weather.”

~ Unknown

# January Meal Calendar

For meal reservations call 608-849-8385. Reservations are due by 1:00 p.m. the day before.

M	3	Scalloped Potatoes & Ham, 7-Layer Salad, Spiced Pinto Beans, WW Roll, Strawberries MO: No Ham, Add Cheese Potatoes
T	4	Baked Breaded Chicken, Roasted Broccoli, Corn, Honeydew, Muffin MO: Veggie Wrap
W	5	Chicken Pesto Mozzarella Bake with Noodles, Popeye Salad, Cauliflower, Applesauce, Turnover MO: Veggie Stew
Th	6	Salisbury Steak, Mashed Potatoes, Stewed Tomatoes, WW Bread, Blueberry Cobbler MO: Veggie Patty Salad: Chef Salad
F	7	Egg Salad Sandwich, Lettuce Leaf, Cherry Tomatoes, Creamy Cucumber Salad, Apple Juice, Yogurt Cup
M	10	Green Bean Tator Tot Casserole, Baked Beans, Banana, Warm Tapioca w/Cinnamon MO: Veggie Burger
T	11	<b>Birthday Bingo:</b> Boneless Chicken Breast & Gravy, Mashed Potatoes, Broccoli, WW Bread, Banana in Strawberry Jell-O, Frosted Cake MO: Veggie Patty
W	12	Sweet & Sour Pork, Brown Rice, Broccoli, Mandarin Oranges, Pumpkin Pie MO: Crumbles in S&S Sauce
Th	13	Loaded Mac & Cheese Casserole (w/Bacon, Beef, & Broccoli), Peas, WW Bread, Pears MO: Mac & Cheese Salad: SW Chicken Salad
F	14	Sliced Ham, Yams, Asparagus, Pineapple, Potato Roll, Frosted Cake MO: Cheese Slices
M	17	<b>Senior Center Closed</b> No Site Meals and No Home Delivered Meals
T	18	BBQ Rib, Mac & Cheese, Coleslaw, Baked Beans, Blueberries BBQ Crumbles

W	19	Chicken Tenders, Mashed Potatoes & Gravy, Seasoned Zucchini, WW Bread, Grapes, Rice Krispy Bar MO: Cottage Cheese
Th	20	Stuffed Beef Cabbage Roll in Tomato Sauce, Roasted Potatoes, Rye Bread, Applesauce MO: SW Vegetarian Wrap Salad: Chicken Caesar Salad
F	21	Italian Beef Sandwich on a WW Bun, Italian Mixed Veggies, Corn, Grapes, Cookie MO: Hummus Wrap
M	24	Ham & Cheese Chowder, Tossed Salad w/Crackers, Peaches, Spiced Cake MO: Vegetable Soup
T	25	Chicken Cordon Bleu, Wild Rice Mix, Carrots, Broccoli, Mixed Fruit Cup, Fruit Crisp MO: Veggie Patty
W	26	Pulled Pork on a Bun, Braised Red Cabbage, Baked Beans, Pineapple, Cookie MO: Soy Crumbles
Th	27	Baked Haddock, Baked Potato/Sr Cream, Asparagus, WW Dinner Roll, Apple Betty MO: Shredded Cheddar & Cottage Cheese Salad: Apple Harvest Cobb Salad
F	28	Swedish Meatballs, Mashed Potatoes & Gravy, Beets, WW Bread, Apple Slices in Peanut Butter MO: Soy Crumbles in Sauce
M	31	Pot Roast w/ Gravy, Mashed Potatoes, Glazed Carrots, WW Roll, Orange MO: Soy Patty

All menu items served for our lunch program as well as home delivered meals are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.

No substitutions allowed.

# Meals Coffee Groups & More!

## Meals Served at the Senior Center

Lunch is served in the Senior Center Dining Room at 11:30, Monday through Friday.

Reservations for meals must be made by 1:00 the day before. Reservations can be made by calling 608-849-8385 or can be done in person at the Senior Center.

## Home Delivery/Meals on Wheels

Seniors (aged 60 or older) may be eligible to receive home-delivered meals, Monday through Friday. These meals are available for people who are homebound, recovering from an illness or surgery, or who have a difficult time preparing meals on their own. Meals are delivered by volunteer drivers, usually between 11:00 and 12:00. The home delivered meal program also serves as a safety check for those living alone. If the door is not answered when the delivery is made, and there is no response from within the home, Senior Center staff follow up to make sure the individual is alright.

For more information, or to see if you qualify for the home delivered meal program, please call the Senior Center at 608-849-8385. Ask to speak to the Case Manager who provides service in your area of residence (Candice Duffek – Village of Waunakee, or Melissa Woznick – Town and Village of Dane, Towns of Springfield, Westport and Vienna). **The Case Manager will conduct an assessment to determine eligibility for this program.**

Our daily menu options include regular, diabetic and meatless meals and an additional salad option on Thursdays. You must be 60 or older to participate in the Nutrition Program.

**The suggested donation for a meal is \$4. Please make a donation at the level you can afford.**

## Coffee Available

Daily starting at 8:30 a.m.

Coffee is available Monday through Friday starting at 8:30 a.m. Cost is .50 a cup.

## R.O.M.E.O. Breakfast

Tuesday, January 25

The Senior Center will serve the R.O.M.E.O.s (Retired Older Men Eating Out) a full breakfast in the Senior Center Dining Room at 9:00 a.m. Cost per meal is \$5.00 (this includes tip). Reservations are required; please call ahead for reservations no later than Thursday, January 20.

## R.O.M.E.O. Coffee Group

The R.O.M.E.O. (Retired Older Men Eating Out) Group gathers for coffee and conversation on Tuesday and Thursday mornings starting at 9:00 a.m. in the Dining Room. Coffee is .50 cents.

## J.U.L.I.E.T. Coffee Group

Each Thursday morning at 9:00 a.m. the J.U.L.I.E.T. (Just Us Ladies Idle Every Thursday) ladies meet in the Dining Room for coffee, conversation, and friendship. Coffee is .50 per cup. Everyone is welcome.

## Waunakee Food Pantry

806B S. Division Street / 608-850-4346

### Open Hours:

January 5, 15 and 19 from 10:00 am - Noon and  
January 26 from 2:00 pm to 4:00 pm.

Transportation may be available. See Page 10 for more information.

**Like Us on Facebook!**



<https://www.facebook.com/waunakeeseniorcenter>

# Support & Services

## RSVP Driver Escort Program

The R.S.V.P. Driver Escort Program is now open for ride requests to medical appointments. Rides will be limited to one ride per passenger per week and rides must be completed by 4:00 p.m.

To qualify for a ride through the program passengers must be 60 or older, live within our service area, live in their own home, condo or apartment, be able to walk on their own or aid of cane or walker and cannot be on state aid or Medicaid. Requests must be made at least 3 days before the ride is needed. At this time drivers and passengers are required to wear a mask for the entire ride.

RSVP is now requiring that all passengers be fully vaccinated for covid-19. RSVP mailed paperwork to all current passengers. If you did not receive forms from RSVP or are a new passenger please call Danielle.

Please call 608-849-9908 to speak with Danielle our Ride Coordinator.

## Caregiver Support Group

Tuesday, January 4  
from 2:30 - 4:00 pm

Caregiver Support is held the 1st Tuesday each month. Come join us in a private and confidential setting for an opportunity to meet others in your situation and develop a mutual support system. Through discussion, education and problem solving, you will learn ways to adapt to the continuing stress of coping with the challenges of care giving.



For more information or if you have any questions, please contact Case Manager, Melissa Woznick, at 608-849-8547.

## Parkinson's Support Group

The Wauke Parkinson's Support Group will not be meeting in January. Beginning in February, we will be meeting the third Thursday of each month at 1:00 p.m. We hope to see you in 2022!



If you have any questions about the group, contact the Parkinson's Support Group Leader, Candice Duffek, at 608-850-5877.



## Wauke Neighborhood Connection

Hours are Monday, Wednesday, Friday from 9:00 a.m. to 4:00 p.m. and the 4th Saturday each month from 9:00 a.m. - 2:00 p.m. **They will be closed for the holidays through January 9.**

### Shopping in the Community Store

Registered clients are able to shop in our Community Store during our open hours. To make an appointment call 608-849-5740, send an email to [wncteam@waukeenc.org](mailto:wncteam@waukeenc.org), or visit their website at [waukeeneighborhoodconnection.org](http://waukeeneighborhoodconnection.org)

### Senior Shopping Days

Senior shopping will take place the first Friday of each month. During this time, seniors can shop the Community Store at Neighborhood Connection and experience a more quiet shopping atmosphere while spending time with other seniors. Sign up by calling 608-849-5740 or email [wncteam@waukeenc.org](mailto:wncteam@waukeenc.org)



## Health & Fitness

### Blood Pressure Clinic

Blood pressure screening is held on the 1st Tuesday each month from 12:00 p.m. to 12:30 p.m. by appointment only. Please call 608-849-8385 to schedule your appointment. Service is provided by Shirley Kubiak, RN.

### Foot Care

Held the 1st, 2nd, 3rd, and 4th Tuesday and the 1st, 2nd, and 3rd Wednesday of each month starting at 8:15 a.m. If you are diabetic please indicate this at the time you make your appointment. The fee is \$25. Please bring two towels and a face mask to your appointment. Appointments can be made by 608-849-8385. Service is provided by Gail Owens, RN, BSN.

### Fingernail Polish & Pamper

Polish & Pamper is held the first Thursday of each month at 9:00 a.m. in the dining room. Come to have your nails polished. Visit with other ladies. Bring your own nail polish or choose from a variety of colors at the Senior Center. This is a complimentary service.

### Massage Therapy

Massage Therapy is available weekly on Monday, Thursday and Friday. **Please note that effective January 1st the fee is \$42 for half an hour and \$67 for a full hour.** To make an appointment call the Senior Center at 608-849-8385. If you need to cancel your appointment, please give 24-hour notice or you will be charged 50% of the scheduled appointment fee.



### TOPS (Take Off Pounds Sensibly)

Interested in weight loss support and education? Meetings are Wednesdays from 9:00 to 10:00 a.m. in the Activity Room. Weigh in begins at 8:30 a.m. If you would like to learn more about joining the group, please contact Betsy Acker at 608-850-4248 or at [betsyacker@yahoo.com](mailto:betsyacker@yahoo.com)

## Taxes Continued from Page 1

- If filing Homestead, single income must be less than \$24,680 and you must have been a Wisconsin resident for at least 12 months
- All 2021 informational statements, including but not limited to:
  1. Proof of identification (Photo ID)
  2. Social Security cards for you and your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration
  3. Your 2021 SSA-1099 from Social Security
  4. Rent Certificate (if you are a renter)
  5. Birth dates for you and your spouse on the tax return
  6. Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers
  7. Interest and dividend statements from banks (Form 1099)
  8. Bring a blank check which is needed for your direct deposit (you will be taking your blank check back home with you)

Appointments are limited. Please call 608-849-8385 on or after Wednesday, January 5 to schedule your appointment and to arrange to pick up your paperwork that is needed for completion prior to your appointment.



# Case Management Services

## Case Management Services 2021 – Year in Review

We are looking forward to a New Year and are very hopeful that life will soon be back to “normal”! There was so much loss experienced by older adults over the past year; from the loss of loved ones, to the loss of freedom and purpose. Through all the losses and hardships, the Case Managers continued to be an integral part of our client’s lives.

Having empathy is very important to us as Case Managers, and even more so this past year. By showing empathy with our clients, it has helped build rapport, and has assisted with tackling some challenging situations. Some of these situations have included health issues, financial concerns, housing, isolation, and death of loved ones. Our relationship building and rapport is not only with our clients, but also in many cases, their families as well.

We are usually contacted by the client or family member because there is a need of something. The need could be better nutrition, transportation, help in the home, financial, health, safety, and explaining complicated topics such as Medicare. Often these needs are able to be met with the knowledge of resources that we have and are able to connect the client to.

The most utilized resource is the Home Delivered Meal program. It’s our responsibility to conduct an assessment and determine if the person is eligible for this service and provide on-going monitoring. We had an average of 85 clients on the Home Delivery Meal program, in 2021.

Another main need is financial. Many clients are living off of fixed incomes. To help them with their monthly expenses, we provide information on programs such as Energy Assistance, Food Share, and Homestead Taxes. We assist clients with filling out applications and making phone calls for these programs. We also provide information on local resources such as the Waunakee Food Pantry and the Waunakee Neighborhood Connection.

With the Pandemic, we were very involved with re-

ceiving and providing information on COVID-19. The Spring of 2021, we spent a lot of time assisting clients with scheduling their COVID-19 vaccines and arranging transportation to the appointments.

This past year, Social Isolation was a very big concern, especially with older adults. We made it a point to check in with our clients to see how they were doing with their overall health and well-being during the Pandemic. We let our clients know about what activities were being offered at the Senior Center, what mental health resources were available, and encouraged them to remain active and connected.

We find it very rewarding, when we see positive outcomes for clients that we have spent time assisting. Whether it’s someone finding housing, receiving financial benefits, getting connected to activities, getting a ride to a medical appointment, receiving help from a local organization, or saving money on prescription drugs.

We are here to listen to your concerns, help problem solve, provide resources, and guidance. If you are 60 and older, and need any assistance please call the Case Manager that serves your area:

Candice Duffek - 850-5877  
(Village of Waunakee)

Melissa Woznick - 849-8547  
(Village of Dane, Towns of Dane, Springfield, Vienna and Westport)



*Case Management Services are funded by the Village of Waunakee, surrounding communities, and Dane County.*

### Medicare Part D 2021

The Case Managers provided counseling to **168** individuals with their Prescription Drug Coverage (10/15/21 – 12/7/21). The Monetary impact of this service, was **\$477,000** dollars.

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\*Online arrangement price. Does not include required cremation permit (Varies by county).  
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**Growing old is mandatory,  
Growing up is optional.**

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Waunakee Area Senior Center, WI

A 4C 01-1150



# Matinee Movies



## Matinee Movies!

Movies are shown on a BIG screen with a LCD projector and sound system! It's just like being at a theater. **Popcorn and beverages are served for a suggested \$2 donation.**

### The Last Black Man in San Francisco

Friday, January 7 at 12:45 pm

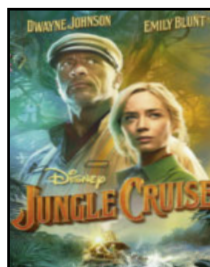
Jimmie Fails dreams of reclaiming the Victorian home his grandfather built in the heart of San Francisco. Joined on his quest by his best friend Mont, Jimmie searches for belonging in a rapidly changing city that seems to have left them behind. As he struggles to reconnect with his family and reconstruct the community he longs for, his hopes blind him to the reality of his situation. A wistful odyssey populated by skaters, squatters, street preachers, playwrights, and the other locals on the margins, *The Last Black Man in San Francisco* is a poignant and sweeping story of friendship, community, and the true meaning of home. Joe Talbot's directorial debut is a deep and resonant meditation on the stories we tell ourselves to find our place in the world. Rated R for language, brief nudity and drug use. Run time is 2 hours. Starring Jimmie Fails, Jonathan Majors, and Rob Morgan.



### Jungle Cruise

Friday, January 21 at 12:45 pm

Join fan favorites Dwayne Johnson and Emily Blunt for the adventure of a lifetime on Disney's *Jungle Cruise*, a rollicking thrill-ride down



the Amazon with wisecracking skipper Frank Wolff and intrepid researcher Dr. Lily Houghton. Lily travels from London, England to the Amazon jungle and enlists Frank's questionable services to guide her downriver on La Quila-his ramshackle-but-charming boat. Lily is determined to uncover an ancient tree with unparalleled healing abilities-possessing the power to change the future of medicine. Thrust on this epic quest together, the unlikely duo encounters innumerable dangers and supernatural forces, all lurking in the deceptive beauty of the lush rainforest. But as the secrets of the lost tree unfold, the stakes reach even higher for Lily and Frank and their fate-and mankind's-hangs in the balance. Rated PG-13. Run time is 2 hours and 7 minutes. Starring Emily Blunt, Dwayne Johnson, and Jesse Plemons.



**January:** Braiding Sweetgrass  
by Robin Wall Kimmerer

**February:** The Silent Patient  
by Alex Michaelides

**March:** Knight Road  
by Kristin Hannah

Book Club is held the fourth Tuesday of each month at 10:00 a.m. in the Senior Center Stage Room.

We welcome new participants anytime. Please feel free to join us.



## Library

Come check out our books.

The Senior Center has a variety of books available to borrow. Many books belong to the Senior Center and can be taken home to read for as long as you like.



We also have many large print books provided by the Dane County Library Service. These books are rotated regularly and we ask you to sign them out and sign them back in upon return.

## Computers Available to Use

The Senior Center has two computers available to area seniors for internet, email and basic computer work during our usual business hours. No reservations are necessary, but please respect others by limiting your time. There is no charge.

## My Senior Center Forms

Did you know that if you forget an item at the Senior Center (your purse, your keys, your jacket) and we need to contact you it may be difficult to do if you haven't filled out a My Senior Center form. We can sometimes find your phone number in the white pages, but with so many of you now relying on a cell phone only, those numbers are not listed.

The My Senior Center form is helpful in allowing us to quickly access your phone number and emergency contact information if ever needed.

If you have not completed a My Senior Center form, please do so and if you've filled out a form longer than a year ago, please update a new one for us.

**Thank you!**

## Used Ink Cartridges

Through a program with Office Depot, the Senior Center is collecting small used ink/prINTER cartridges. This recycling program not only keeps ink cartridges out of our nation's landfills but also raises funds to benefit the center.

If you have any used printer cartridges (we are not able to take large cartridges or copy machine cartridges), help your environment by donating them. Thanks for your support!



## Looking For Old Cell Phones

By partnering with Cellular Recycler, the National Coalition of Aging has developed a way for the National Institute of Senior Centers to collect used cell phones for fundraising and to help the environment by keeping phones out of your nation's landfills. We have a box at the Senior Center's north entrance to collect old cell phones. Ninety percent of our proceeds go to our Senior Center.

### MEMORY CAFE

First Thursday each month  
January 6 from 9:30 - 11:00 AM

#### Steeplechase Condominium Clubhouse

5636 Conway Glen, off Woodland Drive  
A Memory Café is designed for persons with mild cognitive impairment or early to mid-stage dementia, along with a family member or friend. Activities will be tailored to the interests of the participants.

**Please call to make a reservation to attend.**

For more information, call the Senior Center at 608-849-8385 or 608-849-8547.

*Waunakee's Memory Café is sponsored by Dementia Friendly Waunakee and the Waunakee Senior Center*

# Trips & Excursions

## Transit Solution Bus Service:

- Please contact the Waunakee Senior Center to make a reservation. Call 608-849-8583.
- Shopping riders are allowed up to six grocery bags. The driver will assist you with unloading your groceries.
- No fare will be collected. Donations accepted. Suggested donation: \$1 round trip in town, \$3 round trip out of town. No one will be denied a ride if unable to pay.
- Passengers must be age 60 and over who live in their own home/apartment or have a disability.



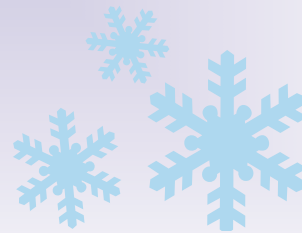
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Rides</b> Pick-Up: 10:30 am Return: 12:30 pm ~ ~ ~	<b>Lunch Rides</b> Pick-Up: 10:30 am Return: 12:30 pm ~ ~ ~	<b>Lunch Rides</b> Pick-Up: 10:30 am Return: 12:30 pm ~ ~ ~	<b>Lunch Rides</b> Pick-Up: 10:30 am Return: 12:30 pm ~ ~ ~	<b>Lunch Rides</b> Pick-Up: 10:30 am Return: 12:30 pm
<b>Out-of-Town Shopping</b> Pick-up: 9:30 am Return: 1:15 pm	<b>In-Town Shopping</b> Pick-up: 10:00 am Return: 12:00 pm	<b>Food Pantry</b> 1st and 3rd Wednesdays Only	<b>In-Town Shopping</b> Pick-up: 10:00 am Return: 12:00 pm	

### Shuttle Rides:

Available every day between 9:30 a.m. and 2:00 p.m. in Waunakee. Call the Senior Center to inquire. Rides cannot interfere with other scheduled trips.

### Monday Out-of-Town Shopping Trips:

- |                    |                           |
|--------------------|---------------------------|
| Monday, January 3  | East Towne Mall - Madison |
| Monday, January 10 | Menards - Sun Prairie     |
| Monday, January 24 | West Towne Mall - Madison |
| Monday, January 31 | Super Walmart - Monona    |



Home pick-up is available with a departure time of approximately 9:30 a.m. and a return time of approximately 1:15 p.m. A minimum of 2 passengers are needed in order for an Out-of-Town Shopping trip to go.



**WI Home Energy Assistance Program**  
 Assistance for Heating and Energy Costs

**2021 – 2022 Gross Income Guidelines**

Number in Household	Gross Monthly Income Limit
1	\$2591.92
2	\$3389.42

**How to Apply for Home Energy Assistance**  
 Apply Online at: <https://energybenefit.wi.gov/OnlineApps/OnlineApp/Default#!> Or type in ESI.HELP  
 OR  
**Call Energy Services, Inc. at (800) 506-5596 to schedule a phone appointment**

*Appointments are not held in-person at this time.*

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**Loan Closet**

The Senior Center has a loan closet of health care aids such as walkers, canes, wheelchairs, bath benches, and commodes. If you are in need of borrowing any of the above items, please stop in or contact the Senior Center **between 8:00 a.m. and 4:00 p.m., Monday through Friday**. These items are lent out free of charge. Due to limited storage space we are not accepting equipment donations at this time.

**Inclement Weather Closing:**

Please pay attention to school closing announcements during inclement weather. If the Waunakee School District is closed, the Senior Center is closed. There will be no on-site meals or home delivered meals. The Transit Solutions bus will not provide transportation and all programs at the center will be cancelled.



**Tai Chi / Qi Gong**

Thursdays, 1/6/22—2/24/22

Rita Hohlstein leads this slow and graceful movement program in the lower level Studio Room. Tai Chi / Qi Gong enhances mental focus, posture, and relaxation. It is a very effective non-impact exercise that builds muscular endurance and improves flexibility as it promotes balance and coordination.

Beginning Tai Chi

10:00 a.m. - 10:45 a.m.

Continuing Tai Chi

11:00 a.m. – 11:45 a.m.

Fee is \$60 for eight 45 minute sessions. Please call 608-849-8385 for reservations. Be sure to indicate if you are signing up for Beginning or Continuing Tai Chi.



# Active Endeavors & Clubs

## Monday Bridge

Senior Bridge is played each Monday at 1:00 p.m. in the Activity Room.

## Drop In Bridge

Come play Drop-In Bridge each Monday at 1:00 p.m. in the Board Room.

## Tuesday Sheephead

Sheephead is played every Tuesday at 1:00 p.m. here at the Senior Center.

## Thursday Euchre

Euchre is played each Thursday starting at 1:00 p.m. Cost to play is \$2.00. All money is given out as prizes.

## 500

500 is played every Tuesday starting at 1:00 p.m.

## Poker

Poker is played in the Stage Room starting at 1:00 p.m. each Monday and Friday.

## Texas Hold 'em

Every Thursday at 1:00 p.m. we offer Texas Hold 'em in the Stage Room.

## Euchre - Six Rounds

This casual, "leisurely" version of weekly Euchre will be played on Monday afternoons at 1:00 p.m. in the dining room. This group plays an abbreviated game of 6 rounds. We welcome you to join us.

## Mah Jongg

American Mah Jongg is played here Tuesday and Friday afternoons starting at 1:00 p.m.

## Scrabble

The Scrabble Group welcomes new players. Please join us for this fun and casual game played each Wednesday and Thursday morning at 10:00 a.m.

## Wii Bowling

Wii Bowling takes place every Tuesday and Thursday starting at 9:30 a.m.



## Painting Group

Meets every Wednesday from 2:00 - 4:00 p.m. in the Senior Center Dining Room (unless otherwise specified on the calendar page).

## Stamping Group

The Stamping group meets on the third Wednesday of each month from 11:00 a.m. - 4:00 p.m. Bring your own projects and enjoy each other's company.

## Quilting Group

This month the Quilting Workshop is scheduled to run 1/26, 1/27 and 1/28 (see the calendar on Page 19 for details). Space is limited.

## Waunamakers

Waunamakers meet the 2nd Wednesday of each month from 1:00 p.m. to 2:30 p.m. in the Activity Room. Gather with others to work on knitting, sewing, and crocheting projects for RSVP to be donated to individuals and families in need.

## Ukulele

Held on Friday each week from 1:00 p.m. to 2:30 p.m. However, there is no Ukulele on 12/3/21.

## Wood Carvers

Wood carvers are invited to meet and carve each Wednesday morning from 9:00 a.m. to noon in the Stage Room. (Sorry no electronic carving tools).

## Book Club

Book Club is held the 4th Tuesday of each month from 10:00 a.m. to 11:00 a.m. in the Stage Room. New participants are always welcome!

## Yes....You Can Join Us!

There are no membership or residency requirements to participate in most programs at Waunakee Senior Center. There is no membership fee. There are age and residency requirements for some programs as well as for services including case management services, transportation, and meals on wheels. For additional information, please feel free to contact us at 608-849-8385.

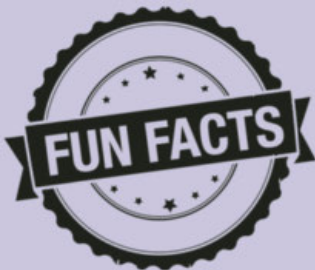
# Front Row Seats

## Birthday Bingo

Tuesday, January 11

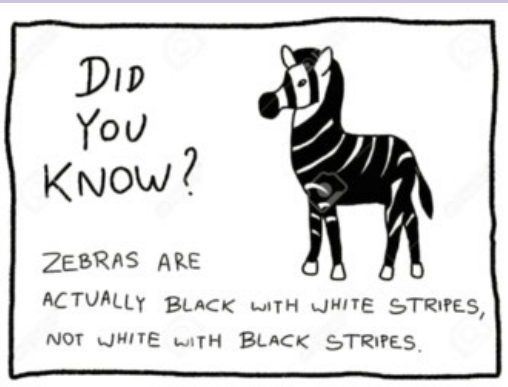
Birthday Bingo is held the 2nd Tuesday of the month! We hope you will come and enjoy our Birthday lunch including Birthday cake and a chance at prizes. Be sure to make your lunch reservation no later than 1:00 p.m. the day before.

For those that wish to stay, we offer Bingo starting at 12:45 p.m. Cost is fifty cents per Bingo card and all proceeds are paid out to the winners. Bingo lasts as long as the prize money lasts.



**FUN FACTS**

**Zonkeys, Hinnies and Zebrasses**  
*(Oh My!)*



Here's what you get when you mix-match these equine breeds:...

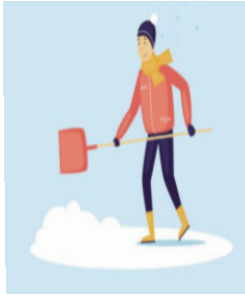
- Male Donkey (Jack) + Female Horse (Mare) = Mule
- Male Horse (Stallion) + Female Donkey (Jenny) = Hinny
- Male Donkey (Jack) + Female Zebra (Mare) = Zebrass
- Male Zebra (Stallion) + Female Donkey (Jenny) = Zonkey

*...Now you know!*

### Snow Angels

If you would like to help your neighbors and don't mind the cold, you can help by becoming a "Snow Angel". The Waunakee Senior Center is looking for people who are willing shovel snow from walkways and driveways for older adults living within our community and service area. If you are willing to volunteer, please contact Diane at 608-849-8385.

If you are an older adult, living within our service area that would like some assistance with snow removal, please call Diane at 608-849-8385 and we will try to pair you with a volunteer that would be willing to help.



## Exciting News for 2022 ~

Planning has begun for some fun outings in 2022! Watch future SilverNotes to learn all of the details!

**Dinner Theater Trips**

**Ballgames at American Family Field**

**Casino Trips**

**And More!**

13

# Waunakee Police Crime Prevention



Winter has a lot of positives like, holiday celebrations, visits from family and friends, and seasonal treats that we don't get any other time of the year. Winter has some challenges as well. One thing none of us like about winter is the challenges it sometimes presents when driving. Below are some tips and reminders to help make our drives safer through this sometimes treacherous season.

## Preparation Tips

**Prepare your vehicle:** check the battery, tire tread depth, tire inflation level, windshield wipers, antifreeze, and make sure you don't get below a half tank of gas.

**Prepare your vehicle supplies:** make sure you have an ice scraper, snow brush, jumper cables or charged jump pack, blanket, and extra winter clothing you can leave in your vehicle.

**Plan your drive:** have a map and GPS with you, check the weather before heading out to see conditions or road closures. Let others know what route you are taking and when you plan to leave and arrive at your destination.

## Driving Tips:

**Go slow:** give yourself extra time as the conditions aren't as good as other seasons

**Leave space:** due to slippery road conditions you can't stop as easily. Make sure you leave more room between vehicles in case you try to stop on a slippery patch.

**Know your brakes:** with antilock brakes step on them hard and push down, with regular brakes "pump" them to best maintain control.

**Steer into a skid**

## Safety Tips:

**Stopped or stalled:** stay in your vehicle, call for assistance, make sure your exhaust pipe isn't blocked by debris before running the car and only run it for short periods of time to stay warm.

**Don't idle your vehicle in an enclosed place**

**Bring a cellphone and cellphone charger with you**

By following these tips, we can get to our destinations safely and enjoy the fun things about winter.





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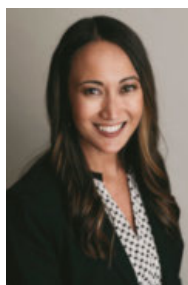
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DHS Approved 4/22/2021



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Waunakee Area Senior Center, WI

B 4C 01-1150

# Birthday Wishes

- |                    |                     |
|--------------------|---------------------|
| 2 Letty Acker      | 18 Mary Marks       |
| Joan Straus        | Leon Ripp           |
| 3 Marjorie Ziegler | Mary Jo Acker       |
| 6 Steve Kruschek   | 19 Bob Fleiner      |
| 7 Donna Ripp       | Eugene C Smith      |
| 8 Fred Becker      | 20 Ronald Acker     |
| Elaine Breunig     | 21 Doris Schroeder  |
| 9 Lois Zeman       | 20 Charlotte Vitek  |
| 10 Hal Wissink     | 23 Fred Ziegler     |
| 12 Norman Maly     | 24 Bill Fehling     |
| 15 Pidge Meffert   | 26 Jim Meyer        |
| Shirley Noltemeyer | Barb Paar           |
| Marty Meinholz     | 27 Lynne Spielman   |
| 16 Lucy Barman     | Flo Breunig         |
| Jan Breitenfeld    | 29 Dan Endres       |
| Don Goeden         | Robert Goss         |
| 17 Glenn Mack      | 30 Darlene Raemisch |

# Wedding Anniversaries

- |    |                           |        |
|----|---------------------------|--------|
| 2  | Jim & Linda Marty-Schmitz | 29 yrs |
| 21 | Jim & Letty Acker         | 55 yrs |
| 26 | Richard & Joyce Riedner   | 59 yrs |
| 28 | Norbert & Rosalie Michels | 66 yrs |
| 30 | Gerry & Mary Kruschek     | 62 yrs |

## Would you like your Birthday or Anniversary Published?

Contact Char Hellenbrand at  
608-849-4514 or e-mail [hbrand@tds.net](mailto:hbrand@tds.net)



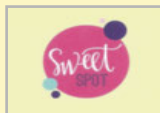
## We Thank The Following For Their Donations

- |                                 |                                     |                          |
|---------------------------------|-------------------------------------|--------------------------|
| Adler, Gary and Mary            | Kalscheur, Mark & Margaret          | Ripp, Lori               |
| Ballweg, Carrie                 | Kaltenberg, Lucy                    | Ripp, Paulyn             |
| Barman, Jan                     | Kenney, Julie; Graves, Greg;        | Ross, Sally              |
| Bodenstein, Tina                | Graves, Laura; Mead, Jill (In honor | Schmitz, Eunice          |
| Bridge, Fran                    | of their Uncle, Robert Steinhauer)  | Schroeder, Ann and Don   |
| Clemens, Russell and Gloria     | Koch, Jerome                        | Schwartz, Mary Ann       |
| Crahen, Gary                    | Kruchten, Barb                      | Shatavsky, Valerie       |
| Dahmen, Don                     | Kundsvig, Phil and Karen            | Statz, Cyril and Barb    |
| Dahmen, Jerilyn                 | Maier, Ed and Louise                | Statz, Herb and Eileen   |
| Dorn, Judy                      | McDonald, Shirley                   | Statz, Patrick and Joann |
| Dresen, John and Barb           | Meyer, Marianne (in memory of       | Straus, Joan             |
| Drinkwine, Edward and Mary Rose | Jerome Meyer)                       | Swanson, Yvonne          |
| Emond, Rene D                   | Miller, Lester                      | Thompson, Barbara        |
| Epping, Jeanne                  | Moravec, John                       | Tutsch, Kendra           |
| Greiber, Charles                | Niesen, Bob and Cathy               | Vervoort, Darlene        |
| Gumpf, Julie                    | O'Connor, Bernette                  | Wagner, Robert & Coletta |
| Hellenbrand, Delmer             | Olive, Barbara                      | Wipperfurth, Leroy       |
| Hensen, Jean                    | Rayburn, Sue                        | Ziegler, Linda C         |
| Jesse, Norman and Ann           | Riedner, Joyce & Dick               | Ziegler, Shirley         |
| Jukes, Phyllis                  | Ripp, Dave                          |                          |

### Greeting Cards for Sale

Come in to choose from a wide variety of birthday, anniversary, get well, sympathy, and other cards.

**We carry cards for all occasions and have a nice selection of birthday cards for 75th, 80th, 85th, 90th, 95th, and 100th birthdays!** Our quality cards are convenient and very reasonably priced.



Fravessi, Marian Heath, and Sweet Spot Greeting cards **are priced as marked** on the back of the card.

**All other brands of greeting cards are \$1.**

### Newsletter Subscriptions

Newsletter subscriptions run from January to December each year. Annual Subscription is \$6.

If you received this newsletter by mail, you have already paid your 2022 subscription and no further action is needed.



### 2022 Subscription Form

Please mail the Silver Notes directly to my home each month from January through December 2022

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

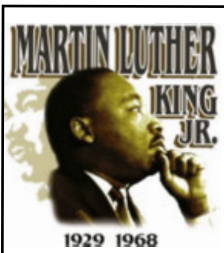
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I have enclosed: \$ \_\_\_\_\_ for subscription.

I have enclosed: \$ \_\_\_\_\_ for donation.

Complete and return to the Senior Center at 333 S. Madison St., Waunakee, WI 53597 with your \$6.00 payment. Thank you for your continued support of the Waunakee Senior Center.



### Reminder...

The Senior Center is closed on Monday, January 17th in honor of Martin Luther King Jr. Day.

### Please Remember to Swipe Your Card

Each time you visit the Senior Center, please swipe your card and use the touch the screen to choose the purpose for your visit. Don't forget to touch the finish button when you are through. This important step will assure you are entered in and accounted for. **Hand sanitizer is available at each swipe station for your use.**



If you forgot to bring your card, you can sign in manually using the "Sign in I forgot my card" button.

Thanks for doing your part to help us keep accurate attendance records!

### Receive the Silver Notes by Email

If you wish to receive your newsletter electronically via email (at no charge), contact Diane at 608-849-8548 or email [dgoldensoph@waunakee.com](mailto:dgoldensoph@waunakee.com)



# Event Calendar

Monday	Tuesday	Wednesday
<p><b>3</b></p> <p>8:00 am Massage (Deb)            9:30 am TSI Bus: East Towne Mall            11:30 am Lunch            1:00 pm Bridge (Act Room)            1:00 pm Drop-In Bridge (Board Rm)            1:00 pm Euchre 6 Rounds (Din Rm)            1:00 pm Poker (Stage Rm)</p>	<p><b>4</b></p> <p>8:15 am Footcare            9:00 am ROMEO Coffee            9:00 am Watercolor 7 (Act Rm)            9:30 am Wii Bowling            11:30 am Lunch            12:00 pm Blood Pressure Clinic            2:30 pm Caregivers Support            1:00 pm MahJongg/Sheepshead/500</p>	<p><b>5</b></p> <p>8:15 am Footcare            8:30 am TOPS (Act Rm)            9:00 am Wood Carving (Stage)            10:00 am Scrabble (Board Rm)            11:30 am Lunch            2:00 pm Painting Group (Din Rm)</p>
<p><b>10</b></p> <p>8:00 am Massage (Deb)            9:30 am TSI Bus: Menards Sun Pr.            11:30 am Lunch            1:00 pm Bridge (Act Room)            1:00 pm Drop-In Bridge (Board Rm)            1:00 pm Euchre 6 Rounds (Din Rm)            1:00 pm Poker (Stage Rm)</p>	<p><b>11</b></p> <p>8:15 am Foot Care            9:00 am ROMEO Coffee            9:00 am Watercolor 8 (Act Rm)            9:00 am Dementia Mtg (Stage)            9:30 am Wii Bowling            11:30 am Birthday Lunch            12:45 pm Birthday Bingo (Act Rm)            1:00 pm MahJongg/Sheepshead/500</p>	<p><b>12</b></p> <p>8:15 am Foot Care            8:30 am TOPS (Act Rm)            9:00 am Wood Carving (Stage)            10:00 am Scrabble (Board Rm)            11:30 am Lunch            1:00 pm Waunamakers (Act Rm)            2:00 pm Painting Group (Din Rm)</p>
<p><b>17</b>  <b>Senior Center Closed</b></p> 	<p><b>18</b></p> <p>8:15 am Foot Care            9:00 am ROMEO Coffee            9:00 am Watercolor 8 (Act Rm)            9:30 am Wii Bowling            11:30 am Lunch            1:00 pm MahJongg/Sheepshead/500</p>	<p><b>19</b></p> <p>8:15 am Foot Care            8:30 am TOPS (Act Rm)            9:00 am Wood Carving (Stage)            10:00 am Scrabble (Board Rm)            11:00 am Stamping Group (Act Rm)            11:30 am Lunch            2:00 pm Painting Group (Din Rm)</p>
<p><b>24</b></p> <p>8:00 am Massage (Deb)            9:00 am Basketry            9:30 am TSI Bus: West Towne            11:30 am Lunch            1:00 pm Bridge (Act Room)            1:00 pm Drop-In Bridge (Board Rm)            1:00 pm Euchre 6 Rounds (Din Rm)            1:00 pm Poker (Stage Rm)</p>	<p><b>25</b></p> <p>8:15 am Foot Care            9:00 am ROMEO Breakfast            9:00 am Watercolor 8 (Act Rm)            9:30 am Wii Bowling            10:00 am Book Club (Stage Rm)            11:30 am Lunch            1:00 pm MahJongg/Sheepshead/500</p>	<p><b>26</b></p> <p>8:30 am TOPS (Act Rm)            9:00 am Wood Carving (Stage)            10:00 am Scrabble (Board Rm)            11:30 am Lunch            11:30 am Quilt Workshop            2:00 pm Painting Group (Din Rm)</p>
<p><b>31</b></p> <p>8:00 am Massage (Deb)            9:00 am Basketry            9:30 am TSI Bus: Super Walmart            11:30 am Lunch            1:00 pm same card groups as 1/24</p>		

# January 2022

Thursday	Friday	Sat/Sun
		1 Happy New Year! 2
6 8:00 am Massage (Diana) 9:00 am ROMEO/JULIET Coffee 9:00 am Polish & Pamper 9:30 am Wii Bowling 9:30 am Memory Cafe (Steeplechase) 10:00 am Scrabble (Board Rm) 10:00 am Beginning Tai Chi 11:00 am Continuing Tai Chi 11:30 am Lunch 1:00 pm Texas Hold 'em (Stage Rm) 1:00 pm Euchre (Dining Rm)	7 8:00 am Massage (Diana) 11:30 am Lunch 12:45 pm Movie: The Last Black Man in San Francisco 1:00 pm Ukulele (Act Room) 1:00 pm Mah Jongg (Board Rm) 1:00 pm Poker (Stage Rm)	8 9:00 am CACW (Dining Rm) ..... 9
13 8:00 am Massage (Diana) 9:00 am ROMEO/JULIET Coffee 9:30 am Wii Bowling 10:00 am Scrabble (Board Rm) 10:00 am Beginning Tai Chi 11:00 am Continuing Tai Chi 11:30 am Lunch 1:00 pm Texas Hold 'em (Stage Rm) 1:00 pm Euchre (Dining Rm)	14 8:00 am Massage (Diana) 11:30 am Lunch 1:00 pm Ukulele (Dining Rm) 1:00 pm Mah Jongg (Board Rm) 1:00 pm Poker (Stage Rm)	15 9:00 am Watercolor (Dining Rm) ..... 16
20 8:00 am Massage (Diana) 8:30 am Attorney Hours (Stage) 9:00 am ROMEO/JULIET Coffee 9:30 am Wii Bowling 10:00 am Scrabble (Board Rm) 10:00 am Beginning Tai Chi 11:00 am Continuing Tai Chi 11:30 am Lunch 1:00 pm Texas Hold 'em (Stage Rm) 1:00 pm Euchre (Dining Rm)	21 8:00 am Massage (Diana) 11:30 am Lunch 12:45 pm Movie: Jungle Cruise 1:00 pm Ukulele (Act Room) 1:00 pm Mah Jongg (Board Rm) 1:00 pm Poker (Stage Rm)	22 9:00 am Watercolor (Dining Rm) ..... 23
27 8:00 am Massage (Diana) 9:00 am ROMEO/JULIET Coffee 9:00 am Quilt Workshop 9:30 am Wii Bowling 10:00 am Scrabble (Board Rm) 10:00 am Beginning Tai Chi 11:00 am Continuing Tai Chi 11:30 am Lunch 1:00 pm Texas Hold 'em (Stage Rm) 1:00 pm Euchre (Dining Rm)	28 8:00 am Massage (Diana) 9:00 am Quilt Workshop 11:30 am Lunch 1:00 pm Ukulele (Dining Rm) 1:00 pm Mah Jongg (Board Rm) 1:00 pm Poker (Stage Rm)	29 9:00 am Watercolor (Dining Rm) ..... 30



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## Give the Gift that Lasts

In an ongoing fundraising effort, the Waunakee Senior Center is offering an opportunity to purchase an engraved tile to be placed on the patio. The Senior Center Patio, which over looks beautiful Village Park, has 136, 24" by 24" tiles. Your purchase of a whole or half engraved tile will be a lasting symbol of your generosity to your community and support of the Senior Center.

You may wish to have your name, the name of a loved one, family or business engraved on a tile.

The cost of a full 24" by 24" tile is \$500. A half tile is \$300. For an additional cost, a logo may be placed on the tile.

For more information contact Cindy Mosiman, Senior Services Director at 849-8385 or stop at the Senior Center and take a look at the beautiful tiles which have already been engraved.

