

301 Blankenheim Lane, Sun Prairie, Wisconsin 53590, 608-837-4611

*Mission Statement—"To enhance the well-being and independence of older adults"*

# StrawberryFest will be here soon!

## 34<sup>th</sup> Annual StrawberryFest

Mark your calendar for **Saturday, June 19, 2021 from 10:00 am to 3:00 pm.**

There will be something for everyone: brats, beer and wine, entertainment, 50/50 raffle and a craft fair. The art cart and Pop Art balloon will be onsite for the kids. The first 300 attendees get a bag of goodies with special cash surprises found in a limited number of bags. You might be the lucky recipient.

Once again, we will be selling strawberries by the quart, provided by Creek Bed Country Farmacy in Poynette, while supplies last (& Mother Nature cooperates!). We will also be selling strawberry shortcakes with whipped cream.

The band Nine Thirty Standard will be performing from 11:30 am to 2:30 pm. Something new this year will be paid reserved seating on the front lawn. Since public health restrictions still require social distancing, this will allow us to manage the size of the crowd. Two sizes and two time sessions (11:30 am to 12:45 pm and 1:15 pm to 2:30 pm) are available, a large space will have seating for up to 12 people, the smaller space will have seating for up to 6 people. The large pod is \$40 or \$60 for both sessions and the small pod is \$20 or \$40 for both sessions. Reservations and payment are due by June 16th. Space will be limited so gather your pod of people and reserve your table today! Every person in your pod will receive complimentary beverages & snacks.

All events will occur outside and in accordance with any Dane County orders at the time.

Mark your calendar and plan on supporting Colonial Club and the community during this annual summer tradition.



# From Where I Sit

May Greetings!

As life slowly but surely returns to some sort of normal, the staff at the Colonial Club are constantly monitoring all the changing guidance on health and safety protocols. Just when we think we have them all memorized, something else happens and we're re-examining our approaches. Needless to say, your health and safety are of paramount importance to us.

We get calls every day asking about re-opening plans and we're doing what we can to offer some activities on site. However, we still have not just thrown the doors open and hollered "y'all git in here now! We still believe that a safe and slow approach is best and we humbly ask you to abide the rules we have established.

Masks are still required when you come to the Colonial Club. If you have an appointment to use the treadmill, work in the woodshop or are coming to bingo, we ask that you wear your mask when you enter the building and when you move about the building. We also ask that you avoid gathering in close proximity to others. The CDC and Public Health Madison Dane County stress that physical distancing and masks are effective means of prevention when it comes to COVID-19. Vaccines, which have now been available for some time, are also paramount to stopping the spread. It can be a controversial topic, but we strongly encourage you to get the facts about vaccines either from your own personal physician or the CDC/public health.

May normally means our Mother's Day luncheon, which again is cancelled for this year. It is also the month that we normally have our Annual Meeting of the Board of Directors. Given where we are now, we are moving that meeting back to August in the hopes that by then we'll be able to gather without too many restrictions.

We continue to plan for an all outdoor StrawberryFest. Something new this year will be the ability to rent a table and chairs for seating on the front lawn for food, drink and the music of Sun Prairie's own Nine Thirty Standard band. See elsewhere in the Courier for more details. Thanks again for your patience, support and friendship. It's been a heckuva year, but it seems as though there is, indeed, light at the end of the tunnel.

All the best! *Bob*

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## Management Staff

608-837-4611

**Bob Power**, Executive Director,  
ext. 110

**Melody Riedel**, Director of Operations,  
ext. 115

**Laura Jennings**, Director of Activities,  
Volunteer and Special Events Coordinator,  
ext. 129

**Nick Curran**, Director of Finance

**Gail Brooks**, Case Management  
Coordinator, ext. 127

**Todd Schultz**, Building & Grounds  
Coordinator, ext. 114

**Jean Detert**, Nutrition Coordinator,  
ext. 112

# Programs and Activities



## KG and the Ranger

On **Thursday, May 20 at 1:30 p.m.**, saddle up your imagination for a ride to the Old West with award-winning cowboy yodelers KG & The Ranger when they perform their smooth harmony that will bring back memories of the Sons of The Pioneers, Roy Rogers, Gene Autry and other cowboy stars of the Silver Screen. They yodel in harmony and they keep the audience entranced with interesting bits of history about the cowboy songs they sing. Western entertainment guarantees fun for all ages! Call 608-837-4611 to reserve your spot. The cost is \$4 or free for Club 301 members.

## Bingo

Join us for bingo at **1:00 pm on Tuesday, May 4, Thursday, May 13 and Tuesday, May 25.**  
Call 608-837-4611 to reserve your spot.

## Exercise Class Opportunities

In person QiGong classes remain cancelled until further notice. However, there is an online class available to Sun Prairie class members via Zoom on Tuesdays at 1:00 pm. If you wish to join the class, contact Jo through her website, [fiveelementqigong.net](http://fiveelementqigong.net), specify your request to join the class and she will get back to you.

You can find a Music and Motion class on KSUN, Charter channel 983, and TDS channels 13 and 1013, at 9:00 am, Wednesdays, and 9:30 am, Thursdays. Other classes available on television are Beginning Tai Chi/QiGong on Tuesdays at 11:00 am; Continuing Tai Chi/QiGong on Thursdays at 10:00 am; Chair Tai Chi/QiGong on Thursdays at 11:00 am on cable channel 979 or 980 on Charter/Spectrum.

**All activities require an RSVP to the Main Office at 608-837-4611.** You can also leave a message on Main Office Voice Mail, extension 100. We will call back **only** if the activity is full.

**Music and Motion: Mondays and Wednesdays at 9:00 am.** Bring a ball you can squeeze or at least go through the motions (some are using a small rubber ball), a stretch band such as those used in physical therapy, two sticks (most are using wooden spoons) and a weight (some are using a small soup can). Mondays with video; Wednesdays with DJ.

**Beat to the Music: Thursdays at 11:00 am with Marge.** This class combines aerobic movements with chair tapping, walking and stretching. Bring a water bottle and wear a mask.

**All activity attendance levels will be determined by social distancing requirements and are subject to change or cancellation in accordance with most current Dane County public health orders. Participants are required to wear a mask.**

# Programs and Activities



Let's  
Connect!!

1st & 3rd  
Wednesdays at 10 a.m.  
Throughout 2021

# Spring

Dane County agencies are partnering to provide educational and entertaining **FREE** programs **by phone** in an effort to reduce feelings of isolation.

Topics available here:

<https://aaa.dcdhs.com/COVID-19.aspx>

Please join us by calling 1-833-558-0712.  
**Follow the prompts.**

Passcodes:

First Wednesday code 199 641 6875 ##  
Third Wednesday code 199 195 6932 ##

A variety of programs will be offered. Each Wednesday there will be something new, including music, poetry reading, sports celebrities, museum resources, health information, community resources and much more!

## WANTED: Donors for Memorial Benches

The Colonial Club is looking to add some new outside benches on our property and looking for donors willing to sponsor one. Price range would be between \$600-\$900. Interested donors please call Bob at 608-837-4611 ext. 110 or email him at [rpower@colonialclub.org](mailto:rpower@colonialclub.org).

## RSVP Group Projects

Do you enjoy sewing, knitting, or crocheting? As an RSVP Group Projects/Homeworker volunteer, you can make quilts, hats, mittens, scarves, shawls, fidget blankets, masks, and other items that help children, families, and adults in need! Volunteers are unable to meet in groups during the pandemic but can make these items at home. There is still a strong need for these handcrafted creations in Dane County. Supplies can be dropped off (if needed) and finished items picked up. Contact Kate Seal at [kseal@rsvpdane.org](mailto:kseal@rsvpdane.org) or 608-310-7280 to make arrangements. Please do not drop items off at the Colonial Club. Thank you.

Tallgrass residents enjoy living steps away from the Colonial Club Senior Activity Center and close to downtown Sun Prairie.



## Staying Connected is easy (and fun!) at Tallgrass

Tallgrass is quite affordable and, in addition to a robust lifestyle, offers an impressive array of amenities and a la carte services.

of **SUN PRAIRIE**  
**Tallgrass**  
ASSISTED LIVING

605 Chase Boulevard  
Sun Prairie, WI 53590  
PHONE: **608.837.2124**  
[tallgrassofsunprairie.com](http://tallgrassofsunprairie.com)

*We Warmly Welcome Newcomers*  
Learn more! Schedule a Tallgrass Tour  
by calling **608-837-2124**.



# Programs & Activities



## Crafts with Sally

**Tuesday, May 11, 9:30 am.** We will be making ribbon yarn necklaces. Supplies will be provided. No charge this month. Please sign up in the Main Office so that we have an idea of what supplies are needed and can plan for space.

If you have an idea or want to make a special request for something new and different, please bring your suggestions for future projects to the Main Office. Instructor: Sally Keyel.

## Sunshine Suppers for May 2021

The Sunshine Supper is a free community meal and is now being served, *drive thru only*, **Mondays and Wednesdays from 5:00 to 6:00 pm** at the Sunshine Supper building, 1632 W Main St, Sun Prairie, as long as volunteers are healthy. While we are dealing with the coronavirus, plans may continue to change at any time. **To confirm that the meal will be served as scheduled or to learn what the schedule and procedures will be, please check online at the website [www.sunshinesupper.org](http://www.sunshinesupper.org) or call 608-561-1632.**

## Book Club Meeting

The next Book Club meeting is scheduled for **Thursday, May 27, at 1:00 pm** at the Colonial Club. Our book will be ***No Time Like the Future*** by Michael J. Fox. We anticipate that the new book will be available for pick up in the Main Office by appointment. Please call the Main Office at the Club, 608-837-4611. to make your reservation for the meeting.

## Chimes



There is still time to join chimes. If you have never played chimes and want to try something new, Join us on **Tuesdays from 2:30 to 3:30 pm** to try it. We still have openings for beginners. You don't have to be able to read music. Notes are color coded. If you plan to come, please call the Main Office at 608-837-4611 to let us know you are coming so we have adequate supplies and social distancing space.

## A Gift to Your Family – Funeral Planning

Join Darrin Kolka from Cress Funeral & Cremation Service on **Monday, May 10, 2021, at 2:00 pm** to learn why having an Advance Funeral Plan is a gift to your family. Options and benefits will be reviewed followed by informal questions and answers. Register by calling 608-837-4611.

# Going forward



## What We Know

As of the date of printing most businesses are open. Please call ahead to confirm your destination facility is open and confirm their COVID safety protocols. Masks will be required. Clinics are now scheduling telemedicine and routine office medical appointments; some elective surgeries are now allowed. Vaccine distribution continues in Wisconsin; contact Melody at 608-837-4611 to register on O'Connell Pharmacy list or see page 20 for other options. Dane County Order #15 eased restrictions on indoor gatherings and exercise so we are able to offer a few more activities in May. Of course, these are subject to change in accordance with any new Dane County orders. See page 3 for the exercise class schedules.

### At the Colonial Club:

- Daily delivery of regular meals (see the menu on page 21) continues. We still will not be able to serve meals on site until further notice.
- Massage therapist John Santiago plans to continue his regular schedule for the first Tuesday of the month and he is adding the third Tuesday of the month to the schedule. For April he will be here on **Tuesdays, May 4 and 18**. You may call him directly at 608-446-2844 to schedule an appointment.
- Our Foot Care provider will be here the first and third Wednesday morning each month from 9:00 am until noon. May dates are **May 5 and 19**. Call the Main Office at 608-837-4611 to schedule an appointment. The cost is \$20. We are not able to provide care for diabetics at this time.
- The RSVP Driver Escort Program remains unavailable until further notice. Dane County Transportation Center, 608-242-6489, is continuing to provide rides to essential medical appointments such as dialysis, chemotherapy and infusion treatments.
- Transit Solutions and Care Van Service (Group Access Service & Rural Senior Group) "Dane County Delivers: Senior Grocery Solutions": This is a new program where volunteers shop for groceries and Transit Solution/Care Van Service delivers groceries to homes. Contact the Call Center at 608-242-6489 with your grocery list.
- **No Time Like the Future** by Michael J. Fox is available in the Main Office for Book Club members. Members can pick up this new book in the Main Office by appointment. If you still have a copy of any of the previous books, you can return them when you pick up the new book. Call the office at 608-837-4611 to make arrangements.
- The Red Hats will not be meeting until further notice. Call Carla Minter at 608-249-7539 if you have questions. Carla will notify members if there are any changes. Please wear a mask and stay safe. Happy Mother's Day to all.
- If an in-person meeting with a staff member is necessary, please schedule an appointment and follow all protection protocols listed on page 8.
- Madison College will not be offering any classes at the Colonial Club this spring or summer. Watch your mail for the catalog of classes offered at other locations.

## Upcoming Changes As of the time of publication

We will be answering the phones on a modified schedule of 9 am to 3 pm Monday– Thursday and 9 am to 12 pm on Friday. You can also leave a message and we will return your call. The Main Office will continue to schedule appointments for one person at a time for the areas listed below. The Main Office, 608-837-4611, can also provide information about Adult Day Care, Case Management, Supportive Home Care and Nutrition.

**Woodshop - 2 hour** appointments at **9 am** and **1 pm**

**Giftshop - 30 minute** appointments at **9 am, 10 am, 11 am, 1 pm, and 2 pm**

**Computer Lab - 45 minute** appointments at **9 am, 10 am, 11 am, 1 pm & 2 pm**

**Exercise Room - 30 minute** appointments at **9 am, 10 am, 11 am, 1 pm & 2 pm**

**Book Club book pick up - between 9 am and 3 pm**

If you wish to leave a message, please do so on the Main Office Voice Mail, extension 100, and the Main Office will forward your call to the correct individual or return your call directly.

For your safety and the safety of our staff, volunteers and participants, please follow these guidelines:

1. Please arrive no earlier than 5 minutes before your scheduled appointment time.
2. Enter at the sliding glass door on Chase Blvd only.
3. Wear a mask at all times while you are in the building. Please bring your own mask if you have one. If not, we will provide a mask when you arrive. Please practice 6 ft social distancing.
4. Please refrain from touching anything outside the area you are working or visiting.

We ask that you reschedule if you have any of the following symptoms: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, diarrhea, sore throat, congestion or runny nose, nausea or vomiting.

Please refer to the CDC website, [cdc.gov](https://www.cdc.gov), for more information.



Come hear Nine Thirty Standard at StrawberryFest on June 19, 2021, from 11:30 am to 2:30 pm on the Colonial Club front lawn.



# Resources and Support



## Cottage Grove Memory Café

The Cottage Grove Neighborhood Memory Café is a meeting place for anyone experiencing beginning changes in their memory or persons with dementia and their caregivers. It is a fun, social experience for caregivers and their loved ones to connect with others who are dealing with similar issues of memory loss. Participants come together with family or friends in a relaxed setting to enjoy some treats and conversation as well as interesting programs or activities. There are no fees and preregistration is not needed.

When it is safe, we will again begin meeting at Hope Lutheran Church, the fourth Wednesday of each month, 9:00 to 11:30 am. The volunteer hosts for the Memory Café are Camilla Farwell, Pat Donovan, Carol Kelley and Georgia

Although we have not met as a group since February 2020, we keep in touch with our Café friends by sending cards, emails and making phone calls to let them know we are thinking of them. There are five Memory Care Kits available for participants to check out and enjoy at home.

## Farmers' Market Vouchers

The Area Agency on Aging of Dane County offers vouchers to seniors for use in purchasing \$25 worth of fruit, vegetables or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2021 season (June to October). The vouchers are distributed on a first come/first served basis to those 60 or older who have gross incomes under \$23,828 per year, \$1,986/month for a one person household and \$32,227/year, \$2,686/month for a two person household, and live in Dane County. One set of vouchers per household regardless of household size.

If you received vouchers last year, you will be mailed a letter mid-May with information regarding voucher distribution. For those who have never participated in the program and wish to apply, contact AAA Dietitian, Shannon Gabriel, 608-261-5678. Vouchers may not be distributed until June 1. Please stay tuned for more information in the June newsletter.

For more information on the vouchers, contact your Case Manager at the Colonial Club or Shannon Gabriel at 608-261-5678.

## ARMADA Study is seeking Volunteers

A new study, ARMADA: Advancing Reliable Measurement in Alzheimer's Disease and Cognitive Aging, will test a new set of measures on the iPad to determine whether they can detect early signs of cognitive decline. This study is open to individuals 65 years old and diagnosed with Alzheimer's disease, and/or African Americans diagnosed with Mild Cognitive Impairment (MCI). If you take part, you will be asked to come to University Hospital for testing for up to five hours once a year for up to three years. During these visits, the coordinator will guide you through some interviews and several tests on the iPad and on paper. This will test your thinking abilities, emotions, and sensory and motor functions. For questions about the study, contact the lead research coordinator, Colleen Mellert: (608) 263-6561 or [cmellert@medicine.wisc.edu](mailto:cmellert@medicine.wisc.edu)

# Colonial Club Travel Shoppe

**Social distancing and masks are currently required on all coach buses**

**HoChunk Casino in Wisconsin Dells. June 24, 2021.** Pick up at the Colonial Club at 10:00 am. Receive \$25 in Slot play and it is Sweet Silver Thursday – anyone 50 or older Spin to Win. This tour is operated by Happy Times Tours and Experiences. **Deadline for sign up and payment is Monday, June 7.** Cost is \$42 or \$40 for Club 301 members.

**LaCrosse Boats & Bluffs – September.** More information in upcoming newsletters. Please contact Laura if you might be interested.

# Resources and Support



**Alzheimer's Association 24/7 Caregiver Hotline: 800-272-3900**

## Alzheimer's Association Virtual Support Groups

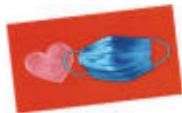
These support groups are designed to provide a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia. The meetings typically take place monthly and are always free and open to the public. There are support groups for persons living with mild cognitive impairment, general family caregivers, family caregivers for a loved one with dementia living at a facility or a loved one with dementia in the early stages or a loved one with frontotemporal degeneration, and a support group for grief and bereavement.

To register or to get more information about a specific group or group schedules, contact the 24/7 Helpline 800-272-3900 or visit [www.crf.com](http://www.crf.com). All support groups are virtual at this time.

## Elder Abuse Hotline

The purpose of the Elder Abuse Hotline is to make sure that elders who are experiencing abuse have a place to turn in order to find the right resource in their community. Joanna Reinstein is the Elder Abuse Hotline Coordinator at GWAAR.

The Elder Abuse Hotline website is [www.reportelderabusewi.org](http://www.reportelderabusewi.org). There are printable program materials under the Resources tab on the website. Individuals are also able to report elder abuse on the website under the Report Elder Abuse tab or by calling the Hotline at 1-833-586-0107.



Masks available for purchase:

\$4 pleated/\$6 pleated with bendable nose piece  
Good quality, handmade and washable  
Please call Rosalie at 608-515-2449



## Alterations

Need a hem or trousers altered?  
Check out In Stitches Alterations and Repairs  
For information and pricing, call Rosalie at 608-515-2449

## COVID-19 Special Enrollment Period for Marketplace Health Insurance

*By the GWAAR Legal Services Team*

People have a new opportunity to enroll in health insurance for 2021 on HealthCare.gov, but only for a limited time. This new COVID-19 Special Enrollment Period (SEP) **ends on May 15, 2021**.

Consumers enrolling in a plan on HealthCare.gov are guaranteed to receive comprehensive coverage, with no pre-existing condition exclusions or markups. All plans cover essential benefits, including doctor and hospital visits, prescription drugs, mental health treatment, and maternity care. In addition, consumers receive free preventive care services, such as immunizations and health screenings. Testing and treatment of COVID-19 are considered essential health benefits and are covered by all HealthCare.gov plans.

Consumers should avoid insurance plans offered outside of HealthCare.gov that seem too good to be true. "Junk insurance" products pose huge financial risks to consumers. These products can refuse to pay for care for pre-existing conditions, charge consumers more based on their gender, and impose annual coverage limits.

Consumers should log on to HealthCare.gov by May 15, 2021 to get the comprehensive health insurance they need.

To learn more, please visit: <https://www.healthcare.gov/coronavirus/>.

# Resources and Support



## RSVP

**RSVP medical rides remain unavailable due to Covid 19. You can call the Dane County Transportation Center, 608-242-6489, if you have a need for a ride to a medical appointment. RSVP looks forward to resuming normal operations as soon as the updated guidelines permit.**

## Express Bus Service to Madison

The City of Sun Prairie and Metro Transit offer express commuter service between the park-and-ride on the corner of Reiner Road and O’Keeffe Avenue (south of Reiner Rd Hwy 151 exit) and downtown Madison.

Additional stops available within Prairie Lakes, on West Main Street, and on O’Keeffe Avenue by Walmart.

## Dane County Transportation Center

The DCTC provides a Mobility Manager who can provide information on all travel options available and personalized assistance with your transportation needs.

Call the Mobility Manager at the Dane County Transportation Center for assistance at 608-242-6489.

## Bus For NE Dane County

All shopping trips are available for people over the age of 60 and/or those with a disability.

### Transit Solutions—Shopping bus from Marshall and Sun Prairie

—1st & 3rd Thursdays. East Towne Mall. Pick up **at your home** around 10:00 am. Return trip 1:30. Drop off and pick up at Food Court. \$3 round trip. Marshall residents can go to east Pick & Save in Sun Prairie on same trip. Call Transit Solutions at 608-294-8747—24 hours in advance to make a reservation. Request for wheelchair accessible bus must be made when making reservation.

Cottage Grove and Deerfield-Wednesday pick up at **9:30 am** to shop at Piggly Wiggly. They’ll leave from Piggly Wiggly at approximately **11:00 am**. \$2 Round Trip.

East Towne Mall Shopping Trips-Southern Region Deerfield/Cottage Grove **1st and 3rd Tuesdays**. Pick up at **10:00 am** in Deerfield and then Cottage Grove. They will leave the Mall about **1:30 pm**. \$3 round trip.

## Taxi Vouchers available for the Sun Prairie Emergency Food Pantry

Contact the Sun Prairie Taxi service at 837-5550 to schedule a ride and let them know you want to go to the Food Pantry. When you arrive at the Pantry, a voucher will be provided to you to give to the taxi driver and you will be given a second voucher for return trip home.

Call the Food Pantry, 608-825-3875, with questions and to confirm availability/hours.

## Sun Prairie Shared-Ride Taxi Service

This service provides one-way trips within the city limits at affordable fixed rates. To request a ride, please call 608-837-5550. Regular fare prices listed are for one-way trips within the city limits: Senior and disabled adults, youth aged six to 18 years-\$4.00. Additional passengers-per rates listed. Wait fee-\$50 per minute.

Income qualified residents are eligible for a reduced \$2.00 fare. To apply for this program, pick up an application at the Sun Prairie City Hall or call 608-825-1192. Funding is limited and operates on a first-come/first-served basis.

You may now purchase Shared-Ride Taxi Booklets at City Hall or the Sun Prairie Public Library during their regular business hours. Each booklet will contain 5 tickets for regular fare or reduced fare rides. Booklets can also be purchased through drivers or by contacting Running, Inc., the service provider for Sun Prairie’s Shared-Ride Taxi service at sunprairietaxi@runninginc.net.

This service also provides rides to the bus stop at the East Towne Mall seven days a week with pick up at your home or another location you specify. The fare for this service is \$5 each way, cash only. A one hour notice is required and rides leave Sun Prairie on the hour, 6:00 am to 6:00 pm, and return from the Mall on the half hour, 6:30 am to 6:30 pm. To request this service, call 608-837-5550.

All images in the Courier are taken from the LPI Arts & Media Portal, MS Publisher ClipArt, and Bing free clipart online except for photographs taken by Colonial Club staff and participants.

# May Calendar

**All activities require advanced registration.  
Call 608-837-4611 to reserve your spot.  
Masks and Social Distancing are also required.**

**Monday, May 3**  
9:00 Music and Motion

**Tuesday, May 4**  
9:00 Massage Therapy  
1:00 Bingo  
1:30 Chimes

**Wednesday, May 5**  
9:00 Foot Care Clinic  
9:00 Music and Motion  
1:45 Commodity Box Distribution

**Thursday, May 6**  
11:00 Beat to the Music

**Friday, May 7**  
2:00 Mother's Day Gift Pick Up

**Monday, May 10**  
9:00 Music and Motion  
2:00 Cress Presentation  
*A Gift to Your Family*

**Tuesday, May 11**  
9:30 Crafts with Sally  
1:30 Chimes

**Wednesday, May 12**  
9:00 Music and Motion

**Thursday, May 13**  
11:00 Beat to the Music  
1:00 Bingo

**Friday, May 14**

**Monday, May 17**  
9:00 Music and Motion

**Tuesday, May 18**  
9:00 Massage Therapy  
1:00 Bingo  
1:30 Chimes

**Wednesday, May 19**  
9:00 Foot Care Clinic  
9:00 Music and Motion

**Thursday, May 20**  
11:00 Beat to the Music  
1:30 KG and the Ranger

**Friday, May 21**

**Monday, May 24**  
9:00 Music and Motion

**Tuesday, May 25**  
1:00 Bingo  
1:30 Chimes

**Wednesday, May 26**  
9:00 Music and Motion

**Thursday, May 27**  
11:00 Beat to the Music

**Friday, May 28**

**Monday, May 31**  
**Memorial Day**  
**Closed**



**Jojo's**  
is now open to the public  
by appointment only  
Tuesdays  
Thursdays  
Fridays

Call 608-834-9393 or  
608-444-4513  
in advance to schedule your  
appointment

Enter through main door of  
the Colonial View. Corridor  
from the Colonial Club to  
the Colonial View  
remains locked.



## Remember

**Mother's Day**  
**Gift Basket**  
**Pick Up**

**Friday, May 7**  
**2:00-4:30 pm**

# Resources and Support



## COMMODITY SUPPLEMENTAL FOOD PROGRAM



Commodity Supplemental Food Program (CSFP) works to improve the health of low-income adults ages 60 years and older by supplementing their diets with nutritious foods. Talk to one our Case Managers to see if you qualify. If you are eligible you will receive a monthly package of nutritious food provided by the U.S. Department of Agriculture (USDA) including: Canned fruits and vegetables, canned meat, fruit juices, cheese, milk, dry powdered or shelf stable cartons, peanut butter or dried beans, cereal & grains, rice, instant potatoes or pasta.

### Income Eligibility

**Use total GROSS income –before taxes  
and deductions –of ALL household members\***

Every 60+ year old household member is eligible to receive his/her own monthly food package.

\$16,744 annually or \$1,396 monthly    1 Person Household

\$22,646 annually or \$1,888 monthly    2 Person Household

\*For 3 person or more household, a Case Manager can provide income guidelines

**Colonial Club Senior Center plans to host the next Commodity Supplemental Food Program**

**Wednesday, May 5, 2021**

**1:45-2:30 pm (Must arrive at the Colonial Club,  
Chase Boulevard sliding glass doors during this time)**

**1:00-1:30 pm for Colonial View residents  
in their dining room**

Contact Case Management at the Colonial Club at 837-4611 ext 135, if you have questions.

## Are Home Energy Costs Putting the Squeeze on You?

Dane County Energy Services, Inc., has not scheduled any outreach service days at the Colonial Club but they are scheduling appointments directly for the 2021 heating season.

Clients can apply one of three ways. **Apply directly online at <https://energybenefit.wi.gov/>; Book an appointment via phone: 608-333-0333 or 608-267-8601; Book an appointment online at: <http://www.esiwi.com/index>**

**\*\*\*New and returning clients can apply online or via phone.\*\*\***

### INCOME GUIDELINES FOR THE 2020-2021 HOME ENERGY PLUS PROGRAM YEAR (9/01/2020 through 9/30/2021)

| 60 PERCENT OF STATE MEDIAN INCOME GUIDELINES |                  |               |
|--|------------------|---------------|
| HOUSEHOLD                                    | ONE MONTH INCOME | ANNUAL INCOME |
|  | \$ 2,490.08      | \$29,881      |

## ADRC Services

The Aging and Disability Resource Center of Dane County offers free, unbiased information and assistance on resources and services for older people and adults with disabilities. The ADRC provides information to all callers regardless of their income, assets, age, or disability. ADRC staff will help callers identify options, solve problems and plan for the future. The ADRC is accepting calls at 608-240-7400, **7:45 am – 4:30 pm, Monday through Friday**. You can also visit their website at <http://www.daneadrc.org>; or e-mail them at [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com) or visit [Facebook.com/ADRC Dane Co](https://www.facebook.com/ADRC Dane Co). The ADRC is not accepting walk-ins at this time.

# Resources and Support

## You won a raffle from Amazon? Watch out – it’s another scam!

In 2020, the Better Business Bureau (BBB) received 771 reports of scams impersonating Amazon. Amazon was the second most-impostored brand after the Social Security Administration. Scammers are again impersonating Amazon, this time through a text scam that claims you’ve won a raffle for a fitness watch, ear buds or other tech gadget.

### How the scam works:

A congratulatory text comes to your phone indicating you have won. The text message includes instructions to click a suspicious link to arrange delivery of your prize.

Don’t click! The text message is not from Amazon. The bogus raffle and suspicious link are part of a con used to trick you into visiting a phishing website to share account credentials, as well as personal and financial information with fraudsters.

### How to avoid text scams:

**Don’t believe every text you receive.** As a general rule, companies cannot send you text messages unless you opt in. If you receive a text message from a company you have not given permission to contact you by text, proceed with caution.

**Know the classic signs of a text scam.** In most cases, bogus text messages include an unusual link and may promise a reward, threaten a punishment, or generally appear harmless because it seems to be coming from a well-known individual or organization.

**Think before you click.** Don’t click on links in strange or suspicious text messages. It’s likely an attempt to gain access to your personal information or install malware on your device.

**Confirm the information.** If an offer seems strange or too good to be true, call or email the company directly by looking up official contact information.

**Ignore instructions to text “STOP” or “NO.”** Even if you know the message is a scam, don’t text back. Scammers want you to text back to verify your number is a working number. Instead, simply block the number so you won’t receive future messages.

**Double down on security.** It’s always a good practice to periodically update and strengthen the login credentials for your shopping and financial accounts. If you clicked on the link, do a security sweep for viruses and malicious software that may have been installed on your device.

**Report encounters with this scam.** Your report helps to warn others of scams taking place in the marketplace. Report this scam the Better Business Bureau at [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker), and to Amazon at [stop-spoofing@amazon.com](mailto:stop-spoofing@amazon.com).

**Free Drive-thru COVID-19 Testing**  
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Call 800-936-0524 for more information.

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# Resources and Support



## FREE Virtual (Online) Welcome to Medicare Seminars

*Sponsored by Area Agency on Aging of Dane County's  
Elder Benefits Specialist Program*

### What you need to know about enrolling in Medicare

If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

**March 20, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by **3/11/21**

**May 15, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by **5/6/21**

**July 17, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by **7/8/21**

Seminars will be offered via Zoom.

Email for more information.



# projecthome

## Dane County Home Rehabilitation Program Accepting Applications

The Dane County Rehabilitation Program (DCRP), funded by the Dane County Community Development Block Grant and operated by Project Home, is currently accepting applications to serve low-to-moderate income (LMI) homeowners in Dane County.

The DCRP is a non-interest bearing, deferred-payment loan program available through Project Home. A mortgage will be signed and filed to secure the re-payment of the loan when a customer's home is sold or is no longer their main residence.

Eligible repairs may include roofing, siding, HVAC, plumbing, electrical, safety concerns, and accessibility modifications. The home must be fully code-compliant at the completion of renovations done through DCRP. **Condos and mobile homes on leased land are not eligible.**

For more information about this program and a list of eligibility and income requirements, please come to the Main Office. Contact information to schedule an interview will also be available.

# Resources and Support

## COVID Testing/Vaccine Fraud Alert

Remember:

You can't pay to put your name on a list to get the vaccine.

You can't pay to get early access to the vaccine.

Medicare covers the lab tests for COVID 19 testing at no cost to you.

Medicare covers the vaccine at no cost to you.

Medicare covers medically necessary hospitalizations after regular deductible, copay or coinsurance that apply.

DO NOT share any personal or financial information if someone calls, texts or emails you promising access to the vaccine for a fee.

## Agrace Offers Virtual Grief Support Groups

### VIRTUAL-Bridges Support Group

Conversations at Bridges reflect the concerns of the people who attend that day. We suggest waiting at least two months after the death before joining Agrace's other support groups, but Bridges may be helpful sooner.

Pre-registration is now required, please call (608) 327-7118.

Meeting time and dates: **May 12 and 26; June 9 and 23, 9:30-11:00 am.**

COST: \$15 per session, payable in advance online or at the time of service. If needed, this fee can be lowered or waived. There is no fee if your family member was served by Agrace or another hospice in the past 12 months.

## Don't miss *The Commentator*



Check out *The Commentator* on Charter Channel 983 or TDS Channel 13 or 1013. Pat features events and programs happening at the Colonial Club. Check the Star or [www.ksun.tv](http://www.ksun.tv) for times and to view over 100 archived programs; catch up on Colonial Club events you've missed.

If you would like to have a personal history interview for the *Living History* program contact Laura at 608-837-4611 to set up an interview.

## Emergency Supplies Available

Are you or is someone you know in temporary need of toothpaste, shampoo or other toiletries or supplies? Call case manager Peggy Draeger to make a request or for more information at 608-837-4611 before coming to the Colonial Club.

## Sun Prairie Food Pantry Hours

Monday, Wednesday and Friday - 12:00 to 3:30

Tuesday (Same Hours) - 5:00 to 7:00 pm

Saturday - 9:00 to 11:00 am

18 Rickel Rd, Sun Prairie  
608-513-1044

## Free Masks and Hand Sanitizer

Thanks to generous donors, Colonial Club has hand sanitizer and masks available at no cost to anyone in need. We will provide up to 10 disposable masks and one container of hand sanitizer per household while supplies last. Please call 608-837-4611 to make a request. Items can be picked up at Colonial Club, 301 Blankenheim Lane in Sun Prairie.

## Generations Online

As Covid19 tragically forces many of us into isolation, we can at least enjoy virtual togetherness. **Easy Tablet Help for Seniors** is a free app to guide you on using FaceTime, Zoom or Skype, texting, taking photos and email with large type, simple on-screen instructions. Go to [www.gol4apple.org](http://www.gol4apple.org) or [www.gol4android.org](http://www.gol4android.org) for simple instructions.

# Health and Wellness



## Help for the Blind/Visually Impaired

Identify keys on a keyboard, numbers on microwave, buttons on a remote, oven temp settings, washing machine settings, keys, stereo controls with Bump Dots-Peel and Stick Tactile Markers to make distinguishing buttons on an item easy by touch. Available at Walmart and WI Council of the Blind Sharper Image Store.

COVID-19

vaccines add  
another layer  
of protection.

Go to [cdc.gov](https://www.cdc.gov) for more info.

## Nutrition Counseling

One-on-one nutrition counseling is available to older adults seeking information on ways to improve their overall health. Older adults (age 60 and older) who reside in areas served by Dane County's Senior Nutrition Program are eligible to meet with a Registered Dietitian to discuss nutrition-related questions or difficulties. While there is no charge for this service, donations are always welcome. Common topics include: diabetic diet, unintended weight loss, heart healthy diet, taste and smell changes, poor appetite, Parkinson's disease, difficulty chewing or swallowing, basic nutrition for older adults, constipation, acid reflux, cooking for one or two. Please note: counseling for desired weight loss will not be approved for this service unless accompanied by a doctor's referral.

To learn more about this resource or to schedule an appointment, contact Shannon Gabriel, RDN, CDN, (608) 261-5678, or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com).



## Monthly MIPPA Moment: May is Arthritis Awareness Month

*MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.*

In the United States, more than 54 million people have arthritis. That number is expected to grow to 67 million by 2030. Arthritis is the nation's No. 1 cause of disability and there are over 100 different types of Arthritis, the two most common are: osteoarthritis (OA) and rheumatoid arthritis (RA). While OA occurs from normal wear and tear, RA is caused by your immune system attacking the tissues of the body.

### Arthritis & Medicare Preventive Services

Among older Americans with RA and OA, studies have shown that important preventive tests and services such as influenza and pneumococcal vaccination were substantially underutilized. Based upon higher rates and risk factors for adverse events (for example, serious infections, fracture, malignancy, and cardiovascular disease) among patients with inflammatory arthritis, the need for the preventive tests and services we studied is generally more compelling for RA patients than for patients with OA or the general population and it is important to speak with your provider to see what preventive services you may be eligible to receive.

Original Medicare (parts A and B only) will cover services and supplies for any arthritis treatment and comorbid preventive services if your doctor has determined that it's medically necessary. If you have Medicare Part B (medical insurance), you'll most likely pay the monthly premium, which in 2021, for most people that amount is \$148.50. In 2021, you'll also probably pay \$203 for your annual Part B deductible.

*After the deductible, you typically pay a 20% copay of Medicare-approved amounts for most doctor services (including while a hospital inpatient), outpatient therapy, durable medical equipment, such as a walker or wheelchair*

*Adapted from Health.com and Medicare.gov. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.*

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# Health and Wellness

## COVID-19 Vaccine Resources

### Centers for disease Control FAQs

[www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html)

### WI Department of Human Services Weekly Newsletter of COVID-19 Response & Vaccine Progress

[www.dhs.wisconsin.gov/covid-19/newsletter.htm](http://www.dhs.wisconsin.gov/covid-19/newsletter.htm)

### Public Health Madison & Dane County COVID-19 Vaccine Info

[www.publichealthmdc/coronavirus/covid-19-vaccine](http://www.publichealthmdc/coronavirus/covid-19-vaccine)

### Websites for Healthcare Providers in the County

#### Access Community Health Centers

[www.accesscommunityhealthcenters.org/covid-19-vaccine/](http://www.accesscommunityhealthcenters.org/covid-19-vaccine/)

#### Group Health Cooperative UW Health

[www.ghcscw.com/covid19-vaccine-information](http://www.ghcscw.com/covid19-vaccine-information)

#### SSM Health

[www.ssmhealth.com/newsroom/2021/1/covid-19-vaccine-rollout-in-wisconsin](http://www.ssmhealth.com/newsroom/2021/1/covid-19-vaccine-rollout-in-wisconsin)

#### UnityPoint Health—Meriter

[www.unitypoint.org/madison/covid-19-vaccine.aspx](http://www.unitypoint.org/madison/covid-19-vaccine.aspx)



### COVID-19 Vaccine Transportation for Dane County Older Adults, 65+



*Have you exhausted all options available to you and still need a ride to your COVID-19 vaccine appointment?*

**NO COST FOR DANE COUNTY RESIDENTS.**



*Funded by Dane County  
Department of Human Services.  
Coordinated by NewBridge.*

**(608) 512-0000 Ext. 3**

## Healthy Living with Chronic Pain

A six week workshop of one hour phone sessions is being offered for adults dealing with chronic pain, teaching skills to effectively manage pain, improve energy, mental health and quality of life. The workshop runs **Tuesdays, May 4-June 8, 10:00 to 11:00 am**. Contact Deanna Truedson-McKillips at 608-669-7352 to register. Presented by Wisconsin Institute for Healthy Aging.

# Client Services



## Contact us at 608-837-4611

**Adult Day Center—Hours of operation are Monday-Friday, 8:00 am to 4:30 pm.** For information or a brochure, contact Mary Martin.

**Case Management Services**-For information or a brochure, call Rosalie at the Main Office. Existing clients can call their case managers: Gail Brooks, Peggy Draeger, or Deb Klein.

**Nutrition**-Meals served at the Colonial Club or at home to the homebound. Contact Jean Detert.

**Supportive Home Care**-SHC aides can provide numerous home care services. Contact Aileen Ostermeier.

As of the time of this printing, the Colonial Club will continue to provide these services during the coronavirus outbreak. For updates and changes, please check our website, [colonialclub.org](http://colonialclub.org).



# May 2021



**Please note:** For meal reservations/cancellations, call the office by noon the day before at 608-837-4611. Our nutritious lunches are currently offered Monday-Friday by home delivery only. The suggested minimum donation for those 60 and older is \$4.00 per meal, but please pay only what you can afford. Anyone under 60 is required to pay the full cost to provide the meal, which is \$9.07 as set by Dane County. Help keep the program going. Donate what you can afford. Please remember, there may be last minute substitutions on the menu due to unexpected shortages in the supply chain. When meatless and salad options are available, they must be specified one day in advance. Transportation is available.

|  |  |  |  |  |
|--|--|--|--|--|
| 3-Monday<br>Sloppy Joe<br>Wheat Bun<br>Baked Beans<br>Carrots<br>Fresh Fruit Cup<br>Sherbet<br>MO: Cheese Sandwich                             | 4-Tuesday<br>Roast Chicken<br>Garlic Mashed Potatoes<br>Brussel Sprouts<br>Wheat Dinner Roll<br>Strawberries<br>White Cake<br>MO: Vegetarian Lasagna | 5-Wednesday<br>Lemon Baked Fish<br>Baby Red Potatoes<br>Carrots<br>Peaches<br>Wheat Dinner Roll<br>Pudding<br>MO: Veggie Egg Bake  | 6-Thursday<br>Chef Salad: Lettuce,<br>Veggies, Meat, Cheese,<br>Egg, Croutons<br>French Salad Dressing<br>Nutri Grain Bar<br>Peaches<br>Frozen Yogurt<br>MO: No meat, add beans        | 7- Friday<br>BBQ Rib<br>Corn<br>Baked Beans<br>Wheat Dinner Roll<br>Fresh Fruit<br>Pudding<br>MO: Cheese Sandwich  |
| 10- Monday<br>Seafood Pasta Salad<br>Tomato Slices<br>Chinese Cabbage Salad<br>Wheat Bread<br>Mixed Melon<br>Brownie<br>MO: Veggie Pasta Salad | 11-Tuesday<br>Stuffed Chicken<br>Twice Baked Potato<br>Green Beans<br>Cantaloupe<br>Wheat Dinner Roll<br>Chocolate Ice Cream<br>MO: Veggie Burger    | 12-Wednesday<br>Pork Loin & Gravy<br>Mashed Potatoes<br>Glazed Carrots<br>Applesauce<br>Rye Bread<br>Fruit Crisp<br>MO: Veggie Lasagna   | 13-Thursday<br>Chicken Salad<br>Lettuce Leaf<br>Croissant<br>Veggie Soup<br>Pears<br>Sherbet<br>MO: Cheese Sandwich  | 14-Friday<br>Cheeseburger<br>Tomato, Onion, Lettuce<br>Wheat Bun<br>Calico Beans<br>Potato Wedges<br>Watermelon<br>Chocolate Chip Cookie<br>MO: Veggie Burger    |
| 17- Monday<br>Chicken Pasta Salad w/<br>grapes<br>Tomato Slices<br>Pickled Beets<br>Wheat Bread<br>Apple Pie<br>MO: Pasta Salad w/<br>beans    | 18- Tuesday<br>Egg cheese Omelet<br>Hash browns<br>Pork Sausage<br>Broccoli<br>Banana Muffin<br>Orange Juice<br>MO: Cheese Omelet/<br>veggie sausage | 19- Wednesday<br>Turkey Salad w/<br>Lettuce, Turkey, Cran-<br>berries, Egg, Onion,<br>Cheese, Beans, Carrots<br>Italian Dressing<br>Bean Salad<br>Muffin<br>Banana<br>MO: No meat, add<br>cheese | 20- Thursday<br>Lasagna<br>Green Beans<br>Mandarin Oranges<br>Garlic Bread<br>Blueberry Crisp<br>MO: Veggie Lasagna  | 21- Friday<br>Philly Cheese Steak Sand-<br>wich<br>Sautéed Peppers, Onions,<br>Mushrooms<br>Romaine Salad<br>Peaches<br>Taffy Apple Salad<br>MO: Cheese Sandwich |
| 24- Monday<br>Parmesan Tilapia<br>Baked Potato<br>Carrots<br>Multi Grain Bread<br>Fresh Fruit Salad<br>Pudding<br>MO: Red Beans & Rice         | 25- Tuesday<br>Egg Salad<br>Croissant<br>Spinach & Romaine Sal-<br>ad<br>Dressing<br>Fruit Medley<br>Apple Cake<br>MO: Cheese Sandwich               | 26-Wednesday<br>Scalloped Potatoes &<br>Ham<br>Stewed Tomatoes<br>Applesauce<br>Rye Bread<br>Sugar Cookie<br>MO: Veggie Egg Bake   | 27- Thursday<br>Taco Salad w/Lettuce,<br>Beef, Cheese, Tomato,<br>Onion, Black Beans,<br>Salsa, Sour Cream<br>Spanish Rice<br>Tropical Fruit<br>Apple Slices<br>MO: No Meat, add beans | 28- Friday<br>Pot Roast<br>Parsley Potatoes<br>Green Beans<br>Wheat Dinner Roll<br>Peach Crisp<br>MO: Veggie Patty   |
| 31- Monday<br><br><b>Memorial Day<br/>Closed</b>             |  |  |  |  |

**Menu Guidelines:** Menus for the Dane County Senior Dining Centers are averaged over one month to meet one third of the Daily Reference Intake for Adults. A menu analysis is available at most meal sites for you upon request. Ask for it from your site manager. Hot foods are served at 140+ degrees F. and Cold foods at 40 degrees F. All menus are reviewed by Shannon Gabriel, RDN, CDN. Your comments are welcome.

**\*\*\*DON'T FORGET TO RENEW\*\*\***

**Colonial Club's 2021 Courier Home Delivery Information**

If you want the convenience of having the newsletter mailed to your home, please complete the form below and either mail it to the Colonial Club, 301 Blankenheim Lane, Sun Prairie, WI 53590 with your check or drop it off with your payment at the main office.

**All Courier subscriptions expire December 31, 2021. Subscription cost is \$10.64 (June-December).**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Box/Apt#:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Donor Information**

Donors often wonder how their donation actually impacts an organization. Take a look at how your donation to the Colonial Club can make a difference:

- \$500 provides 43 hours of care in our Adult Day Center
- \$250 provides 10 hours of Supportive Home Care services
- \$100 provides 5 hours of case management assistance
- \$50 provides 2 roundtrip rides for seniors in need of specialized transportation
- \$25 provides 8 meals for home bound seniors

All contributions are tax-deductible. (Consult your tax advisor for details.) The Colonial Club publicly acknowledges donor names while maintaining strict confidentiality of all other personal information.

If you wish to contribute by credit card, please call the Business Office at 608-837-4611, ext. 125.

**Business Donor** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**Phone/Email** \_\_\_\_\_

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**City State Zip** \_\_\_\_\_  
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**Wish List**

- iPad/tablet computer
- Gas cards
- Gift Cards for Dollar Stores/Michael's/ Grocery Stores
- Sandwich fold top baggies
- Sugar free candies, individually wrapped
- Prizes for Adult Day Center, Day for Seniors, Bingo and other events
- Pre-packaged snacks for Movie Day (second Tuesday of each month)
- White copy paper
- Brown Lunch Bags XL
- Dry Erase Markers
- Construction Paper

**Cash donations are always welcome!**

Please contact Laura at the Colonial Club at 608-837-4611 before making a donation to assure your gift can be accepted. Our storage space is extremely limited.

**Thank you!**

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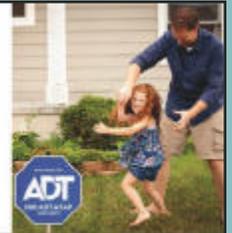
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[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)

WisconsinSeniorMedicarePatrol



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# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## Yes! Sign me up for Club 301



Today's Date: \_\_\_\_\_

|                                     |  |       |  |
|-------------------------------------|--|-------|--|
| Name                                |  |       |  |
| Address                             |  |       |  |
| City/Town/Village ( where you vote) |  |       |  |
| Email                               |  | Phone |  |

|   |         |
|---|---------|
| Premium Card-October 1, 2020-September 30, 2021 | \$50.00 |
|---|---------|

Check enclosed or charge my Visa, MasterCard: Card \_\_\_\_\_  
 Exp. Date \_\_\_\_\_ Signature (if using credit card): \_\_\_\_\_

**Please note: Memberships are nonrefundable 30 days after purchase.**

**Return to:** Colonial Club Senior Activity Center, 301 Blankenheim Lane, Sun Prairie, WI 53590.

**Membership Card:** New, renewal and replacement cards are issued in the Main Office. Membership year begins October 1. Membership fees prorated for Premium Membership only. **Scholarships:** Please consider donating towards a member scholarship. If you are in need of a scholarship, please apply by contacting **Laura Jennings, Director of Activities**, at **608-837-4611**.

### The following discounts are for use with Premium Membership only:

|   |  |
|---|--|
| Beans 'N Cream CoffeeHouse, 345 Cannery Square    | 10% discount on total purchase on Mondays and Tuesdays   |
| Capitol Physical Therapy, 1266 W Main St, Suite 1 | Free wellness and/or balance screening appointment. Call 608-318-1357  |
| Clements Wright Vision Care, 1455 W Main St       | 10% off a complete set of glasses-not to be combined with insurance  |
| Club Pilates, 390 S Grand Ave #106                | 3 free classes and 10% discount on membership  |
| Collectors Choice Coins, 211 E Main St            | One hour free appraisal. Call for appointment  |
| Colonial Club, 301 Blankenheim Ln                 | Selected activities for free or at reduced rates   |
| Day One Pizza, 355 E. Linnerud Dr                 | Free breadsticks with any \$10 purchase dine-in or carry-out. Not valid with other coupons or offers   |
| El Patron, 1303 W. Main St                        | 10% off of your total bill   |
| Forever Yours Jewelry, 211 E Main St              | 10% off any single store item. Not to be used with any other promotion   |
| Ganser Company, 1906 W Beltline Hwy, Madison      | \$500 off window replacement project. \$500 off bathroom remodel.  |
| Gus's Diner, 630 N Westmount Dr                   | One free cup of coffee   |
| Harms Insurance Group, 804 Liberty Blvd #203      | Special program through Auto-Owners for home and auto insurance. Call 837-2484 for details   |
| Hometown Pharmacy Sun Prairie, 13 N Bird St       | 10% off all over the counter medications and vitamins every day  |
| Jo-Jo's Beauties, 601 Thomas Dr                   | \$5.00 off one service the month of your birthday  |
| Market Street Diner, 110 Market St                | 10% senior discount daily. Colonial Club members 20% off on Wednesdays   |
| Michaels Arts and Crafts, 4271 Lien Rd            | 10% off class fees, which includes a 10% discount on supplies purchased for the class (the Bob Ross Painting class is not included). Contact Michael's for a list of classes |
| Prairie Athletic Club, 1010 N Bird St             | Free soda and brewed coffee refills at the Lost Court Restaurant and Bar. Smoothies and alcoholic beverages not included   |
| Sonic Sun Prairie, 2564 Ironwood Drive            | 10% off food purchase and free cup of coffee between 7:00 and 11:00 am   |
| Take 5 Oil Change, 1900 McCoy Rd                  | \$20 off full service oil change. Not valid with other oil change offers   |
| The Salt Room, 1738 Eagan Rd, Madison             | Intro Session \$15 plus 25% off all packages and memberships (including Gold memberships). Ask us how you can salt or sauna for less than \$1/day                            |
| Two Men and a Truck, 3817 Kipp St,                | 5% discount on a move  |
| What's Brew'N, 3140 Edmonton Dr                   | 10% off your total bill  |

**Be sure to take show your membership card and take advantage of your membership discount when you visit these businesses. When patronizing other local businesses, mention that you are from the Colonial Club so that they too become aware that they could benefit from supporting us and/or advertising with us.**