

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

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

# StrawberryFest is here!

## 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. 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

June Greetings!

Here we are getting prepped for StrawberryFest, but unfortunately still not the one we've grown accustomed to over the past 34 years.

This year's event will be all outdoors focusing mainly on food, drink and entertainment. We found a new vendor for fresh strawberries out of Poynette. So as long as Mother Nature cooperates we'll be selling fresh strawberries. We'll also have strawberry shortcake with whipped cream (no ice cream this year), brats and hot dogs. Instead of a wine tasting tent, we'll be selling individual bottles/cans of beer & wine. And in a story elsewhere in this newsletter, we'll be taking reservations for outdoor seating on the front lawn. We're doing this to help us control the number of people that gather outside. Nine Thirty Standard, a great Sun Prairie-based band, will be playing two shows between 11:30 and 2:30.

There will be a selection of crafters in the park across the street. The kids will enjoy a visit from the Art Cart and Pop Art Balloons. There will be 50/50 raffles and the first 300 people will receive a free tote. Some of those totes will have a special prize inside, along with items donated from our sponsors & great information from our local nonprofit organizations in Sun Prairie.

As mentioned in last month's letter, our Annual Board of Directors Meeting has been moved to August 26<sup>th</sup>. There will be more details in the July & August Couriers regarding that meeting's agenda.

We want to again say thank you all for the many generous donations that keep coming in. Your support is critical to our success and we are very grateful.

Hope to see you on June 19<sup>th</sup>!

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



## Welcome Back Plan

Good news! With easing of mask restrictions and social distancing guidelines from the CDC and Dane County, we will be rolling out our plan for scheduling programs and activities. There have been many changes over the past year with some of our regulars “retiring” as activity leaders. Your patience is appreciated as we figure out our “normal” for 2021.

As we start gathering again, we ask that you still follow safe practices:

- Kindness, understanding and respect are key if we are to come back together to enjoy those activities and friends that we have in the past. Please remember we all have different comfort levels on how we reintroduce ourselves into our communities, including the Colonial Club.
- Non-vaccinated individuals are encouraged to wear a mask and practice safe distancing. Some of us have become accustomed to wearing a mask, regardless of our vaccination status, and may continue to do so in the upcoming months. Colonial Club staff will not ask you to wear a mask nor inquire about your vaccination status. We will leave it up to the individual’s discretion, knowing that we all want to keep each other safe. Please refer to the CDC website: [cdc.gov](http://cdc.gov), for more information.
- We will begin using the computer sign in system at each entrance. Hand sanitizer is located by each computer and we ask that you use it and assure your hands are dry before using the touch screen.
- The computer lab, exercise room, giftshop and wood shop will be available again on a drop-in basis.

We look forward to welcoming you back and appreciate your patience, cooperation and support! If you have a group that would like to meet and have a group leader, please call Laura to set up a regular schedule. We hope to re-open our on-site dining some time in June, but please call in advance for a reservation and to make sure it has re-opened.

Currently at the Colonial Club:

- Daily delivery of regular meals (see the menu on page 21) continues.
- 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 June, he will be here on **Tuesdays, June 1 and 15**. 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. **Our provider will be here June 2 and 16**. 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.
- **Daylight** by David Baldacci is available in the Main Office for Book Club members. Members can pick up this new book after June 14 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.
- **Red Hats:** Carla Minter and Kathy Wetzel will be sending out a post card asking that you indicate if you are interested in a July meeting and also stating a restaurant preference. You can call Carla at 608-249-7539 or Kathy at 608-772-2167 if you have questions.
- Madison College will not be offering any classes at the Colonial Club this summer. Watch your mail for the catalog of classes offered at other locations.

# Programs and Activities



## 1<sup>st</sup> Wednesdays

1-833-558-0712

Access Code:

199 641 6875 ##

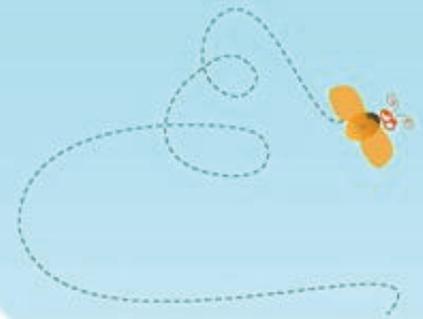
## 3<sup>rd</sup> Wednesdays

1-833-558-0712

Access Code:

199 195 6932 ##

## Let's Connect!!



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

1st & 3rd

Wednesdays at 10 a.m.  
Throughout 2021

Topics available here:

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

or by calling 608-240-7400



Toll

**FREE!!!**



## **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! There is a 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

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

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

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

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



# Programs & Activities



## Book Club Meeting

The next Book Club meeting is scheduled for **Thursday, June 24, at 1:00 pm** at the Colonial Club. Our book will be **Daylight** by David Baldacci. 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



Chimes is continuing on **Tuesdays at 2:30** in the Auditorium. If you are still interested, you can check us out at our practice. Just let the office know you are coming. We have enough to perform, but we need substitutes. You do not need to be able to read music, but it is helpful. Notes are color coded.

## Watch out for phony deals and scams when booking your next trip

Travel is coming back, thanks to the availability of the Covid-19 vaccine. It's great news for summer vacationers...and scammers. BBB ScamTracker is receiving reports of con artists creating fake airline ticketing websites and phony rental car deals.

### How the scams work

You find a great online deal for airfare and book the flight via the website or provided customer service number. After booking, you receive a confirmation email, but never receive your ticket. In another version of this scam, the consumer pays for the airline ticket but receives a follow-up phone call saying there has been a sudden price increase or an extra charge to finalize the ticket. In both cases, the tickets were booked through a scam website or phony customer service number and there is no record of the booking.

Con artists are also impersonating rental car companies. A significant discount is offered on the website, but you need to call the customer service number and pay upfront, using a gift card or pre-paid debit card. The "representative" claims the deal is a partnership with the gift card or pre-paid debit card provider. Once you pay with the requested form of payment and share the card number and pin with the "representative," you are told the money didn't transfer and you need to purchase another card. This may take place multiple times. The "special offer" is a scam, promoted on a fake website, and the rental car doesn't exist.

### How to avoid travel scams

**Do your research on unfamiliar companies.** Check BBB.org for reviews and complaints. If you can't find information on a company, proceed with caution. No information is not necessarily good information.

**Check the URL before you enter personal and payment information.** Travel websites should be secure. The URL should start with https and include a lock icon on the purchase page.

**Be wary of 3<sup>rd</sup> party websites.** Some websites are fronts for a scam. Be suspicious of websites without a working customer service number, physical address, and typos and grammatical errors.

**Watch out for sponsored links.** Scammers purchase ads to lure victims. Be careful when clicking. Hover over the URL to be sure you are on the company's official website.

**Make online purchases with a credit card.** Credit card charges can usually be disputed, unlike other payment methods. Personal information cannot be recovered.

**When in doubt, verify special deals directly with the company.** If you are unsure about a promotional offer, call the company directly from the customer service number listed on the official website. Don't rely on an internet search for a customer service phone number.

# Programs and Activities



## Crafts with Sally

**Tuesday, June 8, 9:30 am.** We will be making an easy beaded bracelet using a needle and special thread. Materials provided. Please sign up by **Friday, June 4**, so we know what supplies to get. \$3 charge.

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 June 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.**

## Bingo

Join us for bingo at **1:00 pm on Tuesday, June 1, sponsored by Drumlin Communities, Thursday, June 10, and Tuesday, June 22.**

## 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.

**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 in effect at the time and are subject to change or cancellation in accordance with most current Dane County public health orders.**

# Programs and Activities



## Healthy Living with Diabetes Workshop

More than 100 million adults in the U.S. are now living with diabetes or pre-diabetes, according to the Centers for Disease Control and Prevention (CDC). While that statistic is startling, there is good news. People with diabetes or pre-diabetes can improve their health by joining a Healthy Living with Diabetes workshop sponsored by Area Agency on Aging of Dane County. The program has been researched and proven to improve the health of adults with diabetes or pre-diabetes.

In just 6 weekly sessions Healthy Living with Diabetes gives participants strategies for managing diabetes including techniques to deal with symptoms and information about healthy eating, appropriate use of medication, exercise and working effectively with health care providers. Participants learn to make realistic, achievable action plans, share their experiences and help each other solve problems.

**Healthy Living with Diabetes will be held on Wednesdays from September 1 to October 6** at the Colonial Club Senior Activity Center.

The workshop fee is \$20 and limited to 12 students. For questions or to register for the program, call 608-837-4611. Registration deadline is **August 19, 2021**.

## VOLUNTEERS NEEDED

We are in need of volunteers willing to help seniors with various chores such as lawn mowing, snow shoveling and companionship. In addition, the home delivered meal program has expanded and we have an ongoing need for drivers! If you are interested in helping seniors stay healthy at home by delivering a noon meal, please let us know! Ideally, a meal driver volunteer is someone who can make a weekly commitment of approximately 2 hours.

With our expanded StrawberryFest this year, we are looking for volunteers for the big event on Saturday, June 19.

Apply online at [colonialclub.org](http://colonialclub.org) or contact Laura Jennings at 608-837-4611 or [ljennings@colonialclub.org](mailto:ljennings@colonialclub.org) for more information.

## JOB OPPORTUNITIES

Interested in part time work or volunteer opportunities with the City of Sun Prairie? You can see a full list of available opportunities here: <https://www.governmentjobs.com/careers/SunPrairieWI>.

## A Gift to Your Family – Funeral Planning

Join Darrin Kolka from Cress Funeral & Cremation Service on **Monday, August 2, 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.



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



## FoodShare Updates

By the GWAAR Legal Services Team

Unless a household is paying money owed due to a previous overpayment, all FoodShare households will get the following benefits, starting in April, 2021: fifteen percent of their typical amount based on household size; and the maximum benefit for their household size (a minimum of \$95). All members will receive notices explaining the additional benefits.

You can always check the balance of a QUEST card through the ebtEDGE website, the ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164.

For up-to-date information, visit: <https://www.dhs.wisconsin.gov/covid-19/forwardhealth-foodshare.htm>

## 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 should have received 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**

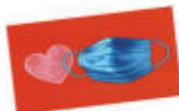
## Alzheimer's Association Virtual Support Groups

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.



## In Stitches

Need a hem or trousers altered?  
Looking for good quality, handmade, washable  
Facemasks?  
Check out In Stitches Alterations and Repairs  
For information and pricing,  
call Rosalie at 608-515-2449.

## 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.

## 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

# Resources and Support



## RSVP

**RSVP is still unable to provide routine medical rides 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.

# June Calendar

## Tuesday, June 1

9:00 Massage Therapy  
1:00 Bingo  
2:30 Chimes

## Wednesday, June 2

9:00 Foot Care Clinic  
9:00 Music and Motion  
2:45 Commodity Box Distribution

## Thursday, June 3

11:00 Beat to the Music

## Friday, June 4

## Monday, June 7

9:00 Music and Motion

## Tuesday, June 8

9:30 Crafts with Sally  
2:30 Chimes

## Wednesday, June 9

9:00 Music and Motion

## Thursday, June 10

11:00 Beat to the Music  
1:00 Bingo

## Friday, June 11

## Monday, June 14

9:00 Music and Motion

## Tuesday, June 15

9:00 Massage Therapy  
2:30 Chimes

## Wednesday, June 16

9:00 Foot Care Clinic  
9:00 Music and Motion

## Thursday, June 17

11:00 Beat to the Music

## Friday, June 18

## Saturday, June 19

10:00 StrawberryFest

## Monday, June 21

9:00 Music and Motion

## Tuesday, June 22

1:00 Bingo  
2:30 Chimes

## Wednesday, June 23

9:00 Music and Motion

## Thursday, June 24

10:00 HoChunk Trip departs

11:00 Beat to the Music  
1:00 Book Club

## Friday, June 25

## Monday, June 28

9:00 Music and Motion

## Tuesday, June 29

2:30 Chimes

## Wednesday, June 30

9:00 Music and Motion

## 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  
will be open  
as of Tuesday, June 1.



# 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, June 2, 2021**

**2:45-3:30 pm (Must arrive at the Colonial Club,  
Chase Boulevard sliding glass doors during this time)**

**2:00-2:30 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.

## Wisconsin Emergency Rental Assistance Program

By the GWAAR Legal Services Team

The Wisconsin Emergency Rental Assistance Program is a program to assist eligible renters impacted by the COVID-19 pandemic who need help with their rent, utilities, and/or other housing stability. Eligible households may receive up to 12 months of assistance to help with current and/or overdue utility bills, rent, and/or other services that help them remain in their homes.

**Who is Eligible?** A household may qualify if at least one or more individuals in the home meet all of the following criteria: 1. Qualifies for unemployment or has experienced a reduction in household income, experienced major costs, or experienced financial struggles due to COVID-19; 2. Demonstrates a risk of being evicted or losing your home; and, 3. Has a household income at or below 80 percent of the county median.

**Note:** The counties of Brown, Dane, Milwaukee, and Waukesha, as well as the cities of Madison and Milwaukee, are operating their own emergency rental assistance programs and are not participating in the Wisconsin Emergency Rental Assistance program. For more information, visit: <https://doa.wi.gov/Pages/WERA.aspx>

## 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 |
| 1  | \$ 2,490.08      | \$29,881      |
| 2  | \$ 3,256.33      | \$39,076      |

# Resources and Support



## Monthly MIPPA Moment: Medicare Preventive Services

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

It may surprise many to know that June 28<sup>th</sup> of every year is National Insurance Awareness Day. This day in June encourages us all to be aware of and review our insurance policies, including health insurance annual enrollment timelines and checking to make sure you are not over or under-insured, as well as are utilizing cost-saving measures. One benefit to be aware of with Medicare are the various preventive services and screenings it may cover.

Starting in 2011 Medicare began covering more preventive services and screenings – all at low or no cost. Preventive health care focuses on preventing disease and maintaining proper health which will allow beneficiaries to live a longer, healthier life. Medicare Part B covers many preventive services, such as screenings, vaccines, and counseling. If you meet the eligibility requirements and guidelines for a preventive service, you must be allowed to receive the service. This is true for Original Medicare and Medicare Advantage Plans. However, your Advantage plan's coverage rules may apply. Follow up needs based on these screenings will have difference coverage rules under Medicare to also be aware of.

Please see this [guide](https://www.medicare.gov/Pubs/pdf/I0110-Medicare-Preventive-Services.pdf) of preventive services Medicare can cover and the schedule at which it may be covered. (<https://www.medicare.gov/Pubs/pdf/I0110-Medicare-Preventive-Services.pdf>)

*For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.*

## COVID-19 Funeral Assistance

*By the GWAAR Legal Services Team (for reprint)*

The Federal Emergency Management Agency (FEMA) is now accepting applications for financial assistance for COVID-19 related funeral expenses. If you paid for funeral services and burial or cremation for someone whose death was caused by or likely a result of COVID-19, you can apply by calling the COVID-19 Funeral Assistance Line at 844-684-6333 (TTY: 800-462-7585) between 8 am and 8 pm central time. Interpreters will be available. A representative will review eligibility requirements with you and make a determination as to your eligibility.

FEMA is not able to duplicate benefits received from other sources.

If the death certificate does not list COVID-19 as a cause of death, you should contact the person who certified the death. This may be a treating doctor or a coroner or medical examiner. Their name and address will be on the death certificate.

At this time, there is no deadline to apply for COVID-19 funeral assistance. FEMA has reported that the agency is experiencing high call volumes, so if your call is not able to connect, please try calling again later. If you are found eligible for funeral assistance, you will receive either a check by mail or funds by direct deposit. You can choose either option when you apply for assistance. If FEMA determines that you are not eligible for funeral assistance, you will have 60 days to appeal.

**Be aware that FEMA has received reports of scammers reaching out to people offering to register them for funeral assistance. Please note that FEMA will not contact people before they apply for assistance.**

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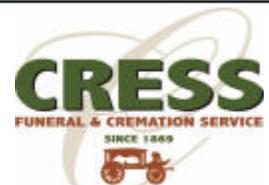


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# Resources and Support



## 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.

### Dates

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

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

**September 18, 2021, 9-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by 9/9/21

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

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Sit more than 6 hours/  
day?  
Learn how and why to  
Stand Up and Move More!

M  
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- **Stand Up and Move More** is a four-week group health education workshop done over the phone
- Meetings are 1.5-2 hours long
- The program involves: taking the workshop and attending a refresher meeting at 8 weeks
- Set goals and specific strategies for standing up and moving more
- Join in group discussion and learn from your peers
- Learn about the health benefits of sitting less

Get off the couch! | Get motivated! | Be more active!  
**YOU CAN DO IT!**

Classes will be held June 8, 15, 22, 29, & July 27 10:00-11:30am  
Participate from your home over the phone

Free for adults 55+

Questions? Interested in participating? Then call:

Erin Eggert at the Wisconsin Institute for Healthy Aging  
at 608-852-4303



Stand Up is not a fitness program, but rather a health education program.



## 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.

## 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 [wwwgol4android.org](http://wwwgol4android.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.

## Free Drive-thru COVID-19 Testing Summit Headquarters 1709 Landmark Drive Cottage Grove Monday-Friday 8 am-3 pm

Tests are self-administered.  
Results will be available within 3-7 days via email or text.  
Call 800-936-0524 for more information.

## 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).

**Every time you eat or  
drink, you are feeding disease or fighting it.**

Heather Morgan

## A Note of Thanks from Jean Detert, Nutrition Coordinator

I would like to thank everyone who sent a card or gift to me for my twentieth work anniversary here at the Colonial Club. It was a wonderful surprise to receive them and I enjoyed reading them.

Thank you all for your kind thoughts.

Jean

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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**

## 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.

# 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).



# JUNE 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.



|  |  |  |   |   |
|--|--|--|---|---|
|   | 1-Tuesday<br>Alfredo Stuffed Shells<br>Lettuce Salad<br>Pea Salad<br>French Bread<br>Cherry Pie<br>MO: Veggie Lasagna                          | 2-Wednesday<br>Chicken Tenders<br>Yams<br>Broccoli<br>French Bread<br>Ambrosia Salad<br>MO: Cheese Sandwich  | 3-Thursday<br>Brat w/Bun<br>Stewed Tomatoes<br>Baked Beans<br>Fresh Fruit<br>Frosted Cupcake<br>MO: Veggie Sausage  | 4- Friday<br>Chicken Ranch Salad<br>Lettuce, Celery, Chicken,<br>Tomato, Carrots, Croutons<br>Ranch Dressing<br>Mandarin Oranges<br>Muffin<br>Ice Cream<br>MO: No Meat, Add Beans |
| 7- Monday<br>Breaded Fish Sandwich<br>Wheat Bun<br>Baby Red Potatoes<br>California Blend Veggies<br>Watermelon<br>Lemon Pudding<br>MO: Cheese Sandwich | 8-Tuesday<br>Cabbage Roll<br>Mashed Potatoes<br>Carrots<br>Wheat Roll<br>Fresh Melon<br>Lemon Bar<br>MO: Red Beans & Rice                      | 9-Wednesday<br>BBQ Pulled Pork Sand.<br>Wheat Bun<br>Coleslaw<br>Baked Beans<br>Applesauce<br>Sherbet<br>MO: Veggie Lasagna                          | 10-Thursday<br>Chicken Apple Salad<br>Grilled Chicken, Apples,<br>Cheese, Cranberries,<br>Almonds, Dressing<br>Wheat Dinner Roll<br>Strawberries<br>Angel Food Cake<br>MO: No meat, Add Egg | 11-Friday<br>Pineapple Glazed Ham<br>Rice Mix<br>Five Way Veggies<br>Wheat Bread<br>Mandarin Oranges<br>Tapioca Pudding<br>MO: Veggie Patty                                       |
| 14- Monday<br>Swedish Meatballs<br>Mashed Potatoes<br>Broccoli<br>Wheat Bread<br>Blushing Pears<br>MO: Cheese Sandwich                                 | 15- Tuesday<br>Seasoned Baked Cod<br>Sweet Potato<br>Baked Beans<br>French Bread<br>Strawberries<br>Ice Cream<br>MO: Veggie Patty              | 16- Wednesday<br>Tuna Salad w/Lettuce &<br>Tomato Slices<br>Croissant<br>Broccoli/Cauliflower Mix<br>Applesauce<br>Cherry Pie<br>MO: Cheese Sandwich | 17- Thursday<br>Beef Tips with noodles<br>Carrots<br>Tossed Salad<br>Wheat Bread<br>Peaches<br>Oatmeal Cookie<br>MO: Veggie Egg Bake  | 18- Friday<br>Smoked Sausage<br>Baby Red Potatoes<br>Sauerkraut<br>Rye Bread<br>Pineapple<br>Coconut Cream Pie<br>MO: Veggie Lasagna  |
| 21- Monday<br>Chicken and Biscuit<br>Peas<br>Carrots<br>Mixed Melon Cup<br>Jell-O<br>MO: Veggie Patty  | 22- Tuesday<br>Sloppy Joe<br>Wheat Bun<br>Baked Beans<br>Carrots<br>Fresh Fruit<br>Sherbet<br>MO: Cheese Sandwich                              | 23-Wednesday<br>Roast Chicken<br>Garlic Mashed Potatoes<br>Brussel Sprouts<br>Wheat Roll<br>Strawberries<br>Angel Food Cake<br>MO: Veggie Lasagna    | 24- Thursday<br>Chef Salad w/Lettuce,<br>Veggies, Meat, Cheese,<br>Egg, Croutons<br>French Dressing<br>Nutri Grain Bar<br>Peaches<br>Frozen Yogurt<br>MO: No meat, add beans                | 25- Friday<br>Lemon Baked Fish<br>Baby Red Potatoes<br>Carrots<br>Peaches<br>Wheat Roll<br>Pudding<br>MO: Veggie Egg Bake   |
| 28- Monday<br>BBQ Rib<br>Corn<br>Baked Beans<br>Wheat Roll<br>Fresh Fruit<br>Pudding<br>MO: Cheese Sandwich  | 29-Tuesday<br>Seafood Pasta Salad<br>Tomato Slices<br>Chinese Cabbage Salad<br>Wheat Bread<br>Mixed Melon<br>Brownie<br>MO: Veggie Pasta Salad | 30-Wednesday<br>Stuffed Chicken<br>Twice Baked Potato<br>Green Beans<br>Cantaloupe<br>Wheat Roll<br>Chocolate Ice Cream<br>MO: Soy Patty             |   |   |

**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 \$9.12 (July-December).

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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.

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Phone/Email \_\_\_\_\_

Personal Donor \_\_\_\_\_  
City State Zip \_\_\_\_\_  
Contribution Amount: \_\_\_\_\_

**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.



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Remember us when planning your estate. All donations to the Colonial Club are tax deductible and stay right here in Northeast Dane County.



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
 1-800-963-0035

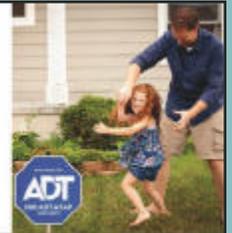
For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

### ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

1-855-225-4251

### Concerned about Medicare fraud? Give us a call...

**PROTECT** your personal information

**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

**Toll-free Helpline:**  
 888-818-2611

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

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

WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

**BE YOURSELF.  
 BRING YOUR PASSION.  
 WORK WITH PURPOSE.**

### LPI is Hiring Ad Sales Executives

- Full-Time with Benefits
- Paid Training
- Expense Reimbursement
- Travel Required

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)

# 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.**