

JULY 2021
VOLUME 51 ISSUE 7
The Courier

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

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

July 1, 2021

To our Colonial Club Stakeholders,

As we begin to emerge from the past year of COVID restrictions, the Colonial Club leadership has decided to bring back a discussion on considering a new name for the Colonial Club.

Why change a name that we've had for 50 plus years? Primarily it's about the inference of the word "club". Case managers tell us that it is not uncommon to learn from potential new clients/participants that they didn't think they could use the Colonial Club because "they didn't belong to the Club". The word club implies exclusivity and "paid" memberships. While we do have an optional Club 301 membership program, receiving services and support does not require a membership. On the contrary, we want to invite **every** older adult in Sun Prairie and the surrounding communities to our table and we want them to feel welcome. Other concerns that we have heard are that Colonial Club doesn't say what we really do and others feel the word colonial is out of date.

When volunteers started working on our 50th anniversary planning, this topic was brought up and stimulated a great discussion. There are certainly pros and cons. Most folks felt that their decision would depend on what the new name would be. But before we even get to thinking about a name, we really just need to know if a name change would be supported. So today we are asking for your input and ask that you send any of your comments/thoughts to:

Colonial Club Name Discussion
301 Blankenheim Lane
Sun Prairie, WI 53590

Or email your comments to info@colonialclub.org. We will collect all the suggestions and comments to share with the Colonial Club leadership. Results will be presented at this year's Annual Meeting of the Board of Directors on **Thursday, October 28**.

We appreciate your help and respect the differing opinions this topic raises. We hope you will, too!

Sincerely,

Bob Power

Executive Director

Peggy Draeger and Deb Klein

Case Managers

From Where I Sit

July Greetings!

We made it through another StrawberryFest, still not the event we're accustomed to, but it was a great gathering nonetheless. Thanks to all who came out to support this great tradition. On Tuesday, July 6th, we will be hosting our first on-site noon meal since the pandemic began! We plan on grilling brats and celebrating our emergence from these challenging times. You need a reservation to join us, so please call the main office to secure a spot.

After some discussion, we have decided to move the Annual Meeting of the Board of Directors yet again. Instead of August, as previously mentioned, we decided to move it to our October 28th meeting and make it our 50th Anniversary celebration. This will more closely coincide with the 50-year anniversary of opening the Colonial Club doors for the first time on October 31, 1971. We'll have our formal meeting first, then have a special presentations regarding the Club's 50 year history. We will need you to RSVP so we can be sure to accommodate everyone. More to come in the next Courier.

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're very grateful.

Enjoy the summer!

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

Thank you *34th Annual StrawberryFest Sponsors*

Premier Berry

Cress Funeral & Cremation Service
Everdry Waterproofing
Numbers 4 Nonprofits
Service Specialists
Sun Prairie Utilities
Sysco
Talamore Senior Living
Tallgrass Senior Living
TDS Telecom Service
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Silver Berry

Ager Chiropractic LLC
Brookdale Senior Living
Conrad Real Estate Services
Kobussen Buses
Liberty Square Senior Living
Pro Health Chiropractic



And our Volunteers

Paul Bennett, Marge Birrenkott, Jean Brignone, Patrick Brooks, Jerry (JB) Brown, Mike Caliva, Lily Cooksey, Deloma Cotter, Mike Cotter, Karen Creviere, Maureen Crombie, Holly Cullen, Jerry Detert, Gloria Fish, Kathy Forest, Velma Hockenberry, Grace Hoffman, Rachel Iselin, Jacob Jennings, Kevin Jennings, Paige Jennings, Debra (D) Johnson, Hunter Martin, Jim Mastrangelo, Judy Mayer, Josh McAusland, Kieran O'Connor, Tom Otto, Marcia Peotter, Janet Poff, Mark Riedel, Kylee Riedel, Sarah Rublein, W. Earle Smith, Amie Stinson, Pastor Dale Stinson, Steve Stocker, Mike Szombatfalvy, Talamore, Phil Wiedenbeck, Wredberg Family.

We couldn't have done it without you!

Programs and Activities



1st Wednesdays

1-833-558-0712

Access Code:

199 641 6875 ##

3rd 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.

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. Meetings are held at the Colonial Club the **first Wednesday of the month at 10:00 am**. Supplies can be dropped off (if needed) and finished items picked up; please do not drop finished items off at the Colonial Club. Contact Kate Seal at kseal@rsvpdane.org or 608-310-7280 to make arrangements. Thank you.



Day for Seniors

Join us on **Thursday, July 15, 2021 at 1:30 p.m.** for a live performance from Elvis tribute artist Davis Beck.

Davis Beck was born in 1999 in Madison, Wisconsin. During second grade, he heard "Burning Love" on the radio and didn't stop asking questions about the singer, Elvis Presley. Davis started competing at the Elvis Explosion in LaCrosse, and has been a competitor every year since. The cost is \$4 per person or free for Club 301 members.

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

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, July 29, at 1:00 pm** at the Colonial Club. Our book will be ***Hillbilly Elegy*** by J. D. Vance. The new book will be available for pick up in the Main Office.

Chimes



Chimes is continuing on **Tuesdays at 2:30** in the Lamplighter room. If you are interested, you can still 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.

Chorus

Colonial Club Chorus is coming back! Mark your calendar. All interested singers are invited to a meet and greet on **Tuesday, August 10, at 1:30** in the Lamplighter Room. All old and any interested new singers, please join us.



WHAT'S FOR LUNCH?

Congregate Meal Site to Reopen Monday, July 6!

Beginning Monday, July 6, the Colonial Club will begin serving on-site meals at **11:30 am**. To reserve your meal, call Jean Detert at 608-837-4611 before noon one day in advance. The menus are available in the Courier and on the bulletin board by the Gift Shop.



Strawberry Fest Fun

Programs and Activities



Crafts with Sally

Tuesday, July 13, 9:30 am. We will be making super duo pendants or earrings. The earrings do not have the outer row of super duos. Materials provided. Please sign up by **Friday, July 9**, 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 July 2021

The Sunshine Supper is a free community meal and is now being served, *drive thru only*, on **Mondays 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 or call 608-561-1632.**

Bingo

Join us for bingo at 1:00 pm on Thursday, July 1, sponsored by Drumlin Communities, Tuesday, July 20, sponsored by Hyland Park, and Thursday, July 29.

Please do not arrive any earlier than 12:45 pm for bingo and other 1:00 pm programs scheduled in the Dining Room. We need to follow new guidelines for cleaning after lunch and need to have the tables cleared. If you arrive early, you may be asked to move until the tables can be cleaned. Thank you for your cooperation.

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, 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 10:30 am with Marge. This class combines aerobic movements with chair tapping, walking and stretching. Bring a water bottle. Please note time change.

Indoor Walking Class: Mondays at 10:30, beginning July 12. The class will be led by Marge and held in the Auditorium. The 45-60 minute class will also include stretching and chair exercises. Please wear "walking" shoes and bring your water bottle.

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, 12:00 to 2:30 pm 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.

Apply online at colonialclub.org or contact Laura Jennings at 608-837-4611 or ljennings@colonialclub.org for more information.

Volunteers come in all sizes

Thank you to first grader Eliot Held who provided 75 handmade greeting cards for our home delivered meal recipients. Eliot brightened the day for 75 seniors and earned his Cub Scout Tiger Badge! Way to go, Eliot!



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.

Computer Tutor is Back!

Sheila and Rob will be here to help with your computer, tablet or smart phone questions on **Mondays from 2-4 pm, starting July 12**. Drop in and get your questions answered!

Resources and Support



EAT RIGHT WHEN MONEY IS TIGHT!

The FoodShare Helpline is a service of Feeding Wisconsin and its member food banks. FoodShare is a monthly benefit deposited on a debit-like card, the QUEST Card, to help with food purchases, freeing up money for bills, medications and other necessities. It's easier than ever to apply and you can even get free, confidential assistance. No future appointments are currently scheduled.



Did you know...

Even the minimum benefit would give you **\$180 per year!** Eligibility is based on income and certain expenses, so you can own a home and car and even have a savings account. Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers. Receiving benefits does NOT take away from others. **EVERYONE who is eligible and applies will get benefits.**

For more information, call Heidi at 608-630-4113 or the FoodShare Helpline at 1-877-366-3635 today.

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 and live in Dane County. One set of vouchers per household regardless of household size. If you have not received vouchers for 2021 but you still wish to apply, contact AAA Dietitian, Shannon Gabriel, 608-261-5678. 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

Colonial Club Travel Shoppe

La Crosse Paddlewheel Cruise – Thursday, September 30, 2021– Enjoy the beautiful fall scenery as you make your way to La Crosse, WI and board the La Crosse Queen paddle wheeler for a scenic cruise on the Upper Mississippi River. Watch for eagles and other wildlife and cruise past steep bluffs adjacent to the Great River Road. Before returning home, enjoy lunch at the Blue Moon Restaurant, serving Swedish meatballs, carved roast beef, tossed salad, roasted red potatoes and a brownie. Reservations and payment are due by Monday, August 23. This trip is provided by Happy Times Tours & Experiences. \$137 or 1\$131 for Club 301 premium members.

Resources and Support



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

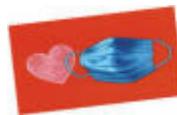
Alzheimer's Association Virtual Support Groups

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. 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. 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 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.

July Calendar

Thursday, July 1

9:00 Bridge and Lessons
1:00 Bingo

Friday, July 2

10:00 Mahjong

Monday, July 5

**CLOSED for
Independence Day**

Tuesday, July 6

9:00 Massage Therapy
11:30 Lunch
12:30 Canasta
2:00 Mahjong
2:30 Chimes

Wednesday, July 7

9:00 Music and Motion
9:00 Foot Care
10:00 RSVP Projects
10:00 Rummikub
11:30 Lunch
12:00 Commodities Pick Up
1:00 Euchre

Thursday, July 8

9:00 Bridge and Lessons
10:30 Beat to the Music
11:30 Lunch

Friday, July 9

10:00 Mahjong
10:00 Dominos
11:30 Lunch

Monday, July 12

9:00 Music and Motion
10:30 Indoor Walking
11:30 Lunch
1:00 Skat
1:00 Sheephead
2:00 Computer Tutor

Tuesday, July 13

9:30 Crafts with Sally
11:30 Lunch
12:30 Canasta
2:00 Mahjong
2:30 Chimes

Wednesday, July 14

9:00 Music and Motion
10:00 Rummikub
11:30 Lunch
1:00 Euchre

Thursday, July 15

9:00 Bridge and Lessons
10:30 Beat to the Music
11:30 Lunch
1:30 Day for Seniors

Friday, July 16

10:00 Mahjong
10:00 Dominos
11:30 Lunch
12:45 All Staff Meeting

Monday, July 19

9:00 Music and Motion
10:30 Indoor Walking
11:30 Lunch
1:00 Skat
1:00 Sheephead
2:00 Computer Tutor

Tuesday, July 20

9:00 Massage Therapy
11:30 Lunch
12:30 Canasta
1:00 Bingo
2:00 Mahjong
2:30 Chimes

Wednesday, July 21

9:00 Music and Motion
9:00 Foot Care
10:00 Rummikub
11:30 Lunch
1:00 Euchre

Thursday, July 22

9:00 Bridge and Lessons
10:30 Beat to the Music
11:30 Lunch
1:00 Book Club

Friday, July 23

10:00 Mahjong
10:00 Dominos
11:30 Lunch

Monday, July 26

9:00 Music and Motion
10:30 Indoor Walking
11:30 Lunch
1:00 Skat
1:00 Sheephead
2:00 Computer Tutor

Tuesday, July 27

11:30 Lunch
12:30 Canasta
2:00 Mahjong
2:30 Chimes

Wednesday, July 28

9:00 Music and Motion
10:00 Rummikub
11:30 Lunch
1:00 Euchre

Thursday, July 29

9:00 Bridge and Lessons
10:30 Beat to the Music
11:30 Lunch
1:00 Bingo

Friday, July 30

10:00 Mahjong
10:00 Dominos
11:30 Lunch

Please note time change for Beat to the Music.

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, July 7, 2021

12:00 to 1:00 pm in the Gathering Place

for Colonial Club participants and Colonial View residents

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

Top tricks used to scam older adults

No matter your age, we're all vulnerable to scams. The Better Business Bureau Serving Wisconsin recommends consumers take the following precautions to avoid becoming a victim.

Watch out for phone fraud. Fraudulent telemarketers claim to be with a government agency or pose as a bank employee. The caller may sound friendly and courteous or aggressive and threatening. The caller ID may even match the claim. Caller ID can easily be spoofed, and **government agencies won't make unsolicited calls.** It's ok to distrust unsolicited callers and not share personal information until the claim has been verified with the official source. Never feel pressured to act.

To reduce the number of unsolicited calls, landline and cell phone numbers can be registered on the National Do-Not-Call registry at (888) 382-1222, or at DoNotCall.gov. Phone numbers can also be blocked on individual phones by utilizing the phone's blocking function. Nomorobo.com is another legitimate source to help block unwanted calls.

Know the red flags. Scammers use too-good-to-be-true claims to get money or personal information from consumers, such as:

- “Free,” “low cost,” or “buy one, get one” deals
- Payment by pre-paid debit cards, gift cards or wired funds
- “Only” paying postage or administrative fees
- Urgency to act now and/or using aggressive tones
- Deals that must be secured with a credit card or bank account information
- Sure-fire investment opportunities
- Charities that send 100% of your donation directly to victims

Only hire trustworthy, licensed contractors. Never hire someone who just shows up at the door unsolicited.

Strange phone call? It might be the emergency scam. This trick starts with a phone call, impersonating a grandchild or other young family member in a financial emergency to be hidden from parents.

Watch out for Medicare fraud. A large part of this fraud centers around durable medical equipment, such as knee braces or walkers. Scammers make repeated calls and badger Medicare recipients into taking “free” medical equipment. They then bill Medicare for it.

Research before making an investment. Investment cons target older adults because of their financial resources. Scammers prey on longstanding group connections, such as religious organizations, where members trust each other. Con artists learn about the weaknesses of their targets and tailor the sales pitch accordingly.

Think before clicking. Older adults may be less comfortable with technology, making them more vulnerable to phishing schemes and hacking. Avoid this scam by keeping the antivirus software up-to-date, and only clicking on links that are sent from trusted individuals.

Be on guard for “sweetheart” swindles. Scammers swindle older adults who are widowed or divorced through romance scams. These scams start online and can take months to develop to the point where money changes hands.

Reach out to a trusted friend or family member. Scammers want victims to feel isolated. Don't hesitate to contact a trusted individual for advice.

If you've been the victim of a scam, take time to report it at BBB.org/ScamTracker. Your report helps warn others of the scams taking place in the marketplace.

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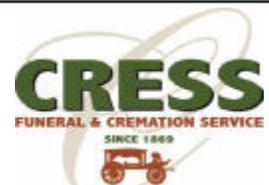


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Resources and Support



FREE Virtual (Online) Welcome to Medicare Seminars

*Sponsored by Area Agency on Aging of Dane County's
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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 to register by 7/8/21

September 18, 2021, 9-11:30 am

Email 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

2021 Senior Advocacy Training

Presented by the Area Agency on Aging of Dane County's Legislative/Advocacy Committee

Make Your Voice Count!



Tuesdays, 27 July and 3 & 10 August 2021, 9am-Noon, Online Via Zoom, Free

- Meet with Federal, State, and County elected officials
- Understand County level legislative & budget processes
- Learn effective advocacy leadership skills

Register by 7/19/21 to aaa@countyofdane.com



Make Your Voice Count!

Dane County is looking for your thoughts and ideas that will help improve programs and services for residents as you age. Your responses will help develop a plan for 2022-2024 that will guide our work & funding of existing and needed programs. Please visit this link during June & July:

https://www.surveymonkey.com/r/DCAging_2022_2024



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 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.

Copies of the online survey are available in the main office and can be returned to the Case Management department when completed.

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 or wwwgol4android.org for simple instructions.



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.

Life Line Screenings is coming back to the Colonial Club

Life Line Screening, the nation's leading provider of preventive health screenings will once again offer health screenings at the Colonial Club Senior Activity Center on Tuesday, August 10. Register by calling toll free 1-888-653-6441.

A package of five screenings to identify risk for stroke, heart disease and other chronic conditions will be offered:

- Carotid artery ultrasound to identify plaque buildup in the carotid arteries, a major risk factor for stroke
- Abdominal aortic aneurysm ultrasound to identify presence of an enlargement in the largest blood vessel in the body
- An EKG to identify the presence of atrial fibrillation, which increases the risk for stroke
- Ultrasound of the lower legs to look for plaque buildup known as peripheral artery disease
- Ultrasound of the shin bone to identify risk for osteoporosis

These 5 vital screenings are offered for only \$149 and take 60-90 minutes to complete.

Monthly MIPPA Moment: Preventive Services Reminder

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

One of the most popular holidays is Independence Day, or the Fourth of July! This holiday is about the United States gaining our independence from England. Unfortunately, it can also be associated with gaining unwanted weight by over-indulging in festive barbeque celebrations loaded with calories, saturated fats, cholesterol and sodium.

If you become concerned, Medicare Part B (Medical Insurance) covers "obesity screenings" and behavioral therapy and counseling if you have a body mass index (BMI) of 30 or more. Medicare covers that counseling if your primary care doctor or other qualified provider gives the counseling in a primary care setting (like a doctor's office), where they can coordinate your personalized prevention plan with your other care. You pay nothing for this service if your primary care doctor or other qualified primary care practitioner accepts Medicare assignment.

Remember: focus on your overall positive well-being by practicing healthy behaviors, regardless of your weight or BMI. Be aware that Medicare preventive services can help!

Adapted from <https://www.medicare.gov/coverage/obesity-behavioral-therapy>.

For more information on MIPPA Programs, 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

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

www.dhs.wisconsin.gov/covid-19/newsletter.htm

Public Health Madison & Dane County COVID-19 Vaccine Info

www.publichealthmdc/coronavirus/covid-19-vaccine

Websites for Healthcare Providers in the County

Access Community Health Centers

www.accesscommunityhealthcenters.org/covid-19-vaccine/

Group Health Cooperative UW Health

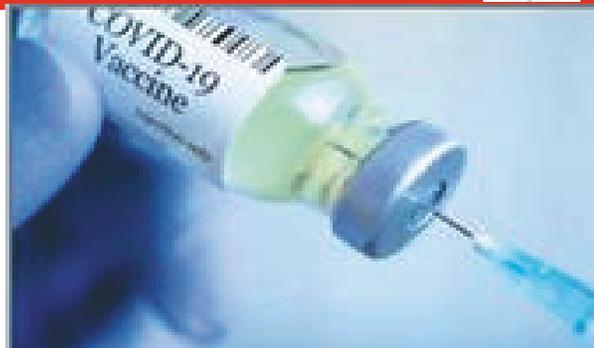
www.ghcscw.com/covid19-vaccine-information

SSM Health

www.ssmhealth.com/newsroom/2021/1/covid-19-vaccine-rollout-in-wisconsin

UnityPoint Health—Meriter

www.unitypoint.org/madison/covid-19-vaccine.aspx



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

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Call 800-936-0524 for more information.

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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.



JULY 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-Thursday Pork Loin & Gravy Mashed Potatoes Glazed Carrots Applesauce Rye Bread Fruit Crisp MO: Veggie Patty	2- Friday Chicken Salad w/Lettuce Croissant Vegetable Soup Pears Sherbet MO: No Meat Soup
5- Monday Closed for July 4 th Holiday	6-Tuesday Welcome Celebration Brat/Wheat Bun Stewed Tomatoes Baked Beans Fresh Fruit Cup Frosted Cupcake MO: Veggie Sausage	7-Wednesday Chicken Pasta Salad w/ grapes Tomato Slice Pickled Beets Wheat Bread Apple Pie MO: Pasta Salad w/ beans	8-Thursday Cheese Egg Omelet Hash Browns Pork Sausage Broccoli Banana Muffin Orange Juice MO: Cheese Egg Omelet	9-Friday Philly Cheese Steak Sandwich Sautéed Peppers, Onion, Mushrooms Romaine Salad Peaches Taffy Apple Salad MO: Egg Salad
12- Monday Turkey Salad w/Lettuce Turkey, Cranberries, Egg, Onion, Cheese, Beans, Carrots Italian Dressing Bean Salad Muffin and a Banana MO: No Meat, Add cheese	13- Tuesday Lasagna Green Beans Mandarin Oranges Garlic Bread Blueberry Crisp MO: Veggie Lasagna	14- Wednesday Parmesan Tilapia Baked Potato Carrots Multi Grain Bread Fresh Fruit Salad Pudding MO: Red Beans & Rice	15- Thursday Egg Salad Croissant Spinach/Romaine Salad Dressing Fruit Medley Apple Cake MO: Egg Salad	16- Friday Scalloped Potatoes & Ham Stewed Tomatoes Applesauce Rye Bread Sugar Cookie MO: Egg Bake
19- Monday Pot Roast Parsley Potatoes Green Beans Wheat Dinner Roll Peach Crisp MO: Veggie Patty	20- Tuesday Taco Salad w/Lettuce, Beef, Cheese, Tomato, Onion, Black Beans, Salsa, Sour Cream Spanish Rice Tropical Fruit Sliced Apples MO: No Meat, add beans	21-Wednesday Alfredo Stuffed Shells Lettuce Salad Pea Salad French Bread Cherry Pie MO: Veggie Lasagna	22- Thursday Chicken Tenders Yams Broccoli French Bread Ambrosia Salad MO: Cheese Sandwich	23- Friday Cheeseburger Tomato, Onion, Lettuce Wheat Bun Calico Beans Potato Wedges Watermelon Chocolate Chip Cookie MO: Veggie Burger
26- Monday Chicken Ranch Salad w/ Lettuce, Celery, Chicken, Tomato, Carrots, Croutons Ranch Dressing Mandarin Oranges Muffin and Ice Cream MO: No Meat, add beans	27-Tuesday Bread Fish Sandwich Wheat Bun Baby Red Potatoes California Blend Veggies Watermelon Lemon Pudding MO: Cheese Sandwich	28-Wednesday Cabbage Rolls Mashed Potatoes Carrots Wheat Roll Fresh Melon Lemon Bar MO: Red Beans & Rice	29-Thursday BBQ Pulled Pork Sandwich Wheat Bun Coleslaw Baked Beans Applesauce Sherbet MO: Veggie Lasagna	30- Friday Pineapple Glazed Ham Rice Mix Five Way Veggies Wheat Bread Mandarin Oranges Pudding MO: Veggie 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).

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 _____ Personal Donor _____
Address _____ City State Zip _____
Phone/Email _____ 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
- 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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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.

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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.