



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



Day For Seniors

Join us on Thursday, January 20, 2022, at 1:30 pm to hear Chaos in the Kitchen perform. Chaos in the Kitchen is a Jazz Quintet with Lorene Armstrong on trumpet, Gary Lensmeyer on Saxophone/Clarinet, Wayne Seiter on Guitar, Andrew Brien on Bass and Tim Seery on Drums. The music they play is from the mid-twentieth century and features Benny Goodman, Louis Armstrong, Miles Davis, among others. They have been playing in the Madison area for the last 5 years.

Cost is \$5.00 and free for Club 301 premium members.

The Dane County Mask Mandate has been extended to February 1, 2022.

Programs and Activities

Happy New Year!

And just like that, another year has passed. Our hopes for a return to normal in 2021 were dashed with lingering effects of COVID and all the public health restrictions that came with it. But as they say, when life gives you lemons.....have a lemonade party!

With new strains of the virus emerging, we continue to follow public health guidelines which includes wearing a mask while you're in the building. As we go on to year two of wearing masks during the winter months, it is almost getting to seem normal. The flu season is always dangerous, especially for older adults, so adding a mask to your routine seems like a good idea for general good health practices. So please, vaccinated or not, we request your continued support and wear your mask when you're in the building.

As we look to a new year, we encourage you to join us at Colonial Club and stay active and involved. Even with limits, there are still lots of things to do to keep yourself busy. From exercise groups, to cards and bingo to volunteering, there's no excuse for being bored.

Here's hoping the New Year brings you much good health and happiness.

Bob

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Management Staff

608-837-4611

Bob Power

Executive Director ext. 110

Melody Riedel

Director of Operations & Services ext. 115

Laura Jennings

Director of Support Services & Activities ext. 129

Volunteer & Special Events Coordinator ext 129

Gail Brooks

Case Management Coordinator ext. 127

Todd Schultz

Building & Grounds Coordinator ext. 114

Jean Detert

Nutrition Coordinator ext. 112

Programs and Activities

Thoughts on New Year's Resolutions

A New Year's Resolution is something that goes in one year and out the other.

www.wow4u.com

Good resolutions are simply checks that men draw on a bank where they have no account.

Oscar Wilde

Valentine's Day-Stories from the Heart The True Meaning of Love and Kindness 365 Days a Year



Join author Bev Davis on **Monday, February 14, at 10:00 am** to learn more about how kindness can lead us to better relationships and interactions. Learn more about Bev as described on the cover page of the December 2021 Courier.

Chorus



The Chorus will perform in the ADC on **Thursday, January 6, at 2:00 pm**, singing snow related winter songs. We will practice on **Thursday, January 27, at 2:30**, for our **Tuesday, February 8, performance in the ADC at 2:00 pm**. In February, we will be singing love songs for Valentine's Day.

If you enjoy singing, come and join us.

Red Hats

Friday, January 14 11:30 am

Our January luncheon will be at Gus's Diner on **January 14, at 11:30 am**. Our Queen will be Lynn Krueger. Please call Queen Lynn at 715-305-2459 to **make your reservation by Tuesday, January 11**.

New members are always welcome-there are no dues and no "to do's", just fun and friendship each month. Call Laura at 608-837-4611 for more information.

Programs and Activities



AARP Tax Assistance for 2021 Personal Income Tax Returns

Do you need assistance preparing your taxes? The VITA Program and Tax Consulting for the Elderly (TCE) will offer appointments at the Colonial Club again this year. To qualify for this program, you should be a senior, disabled or low income.

Appointments will start Monday, February 14, and run on Mondays through April 11. We will start taking call for appointments on Monday, January 10.

Because of COVID restrictions, the procedures will be different again this year.

Client will arrive for appointment and submit all **completed** paperwork.

Client will be directed to safe area for completion of preparer review and asked to wait.

Returns will be prepared and printed the same day.

Returns will be e-filed as soon as possible the same week they are prepared.

If you plan to take advantage of this service, you should assemble the following documents **in advance**. Be prepared to bring the documents to your appointment:

◇ Intake/Interview worksheets (state and federal) **completed in advance** ◇ 2021 Medical insurance premium information. Wisconsin allows **all** medical insurance premiums to be deducted. Be sure to provide this information if you want the deduction. ◇ **A complete copy of your 2020 federal and state income tax returns is required.**

Bring all 2020 informational statements, including but not limited to:

1. Proof of identification-photo ID.
2. Social Security cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration.
3. Social security income from the 2020 statement with the pink total in box 5.
4. Rent Certificate (completed) if you are a renter.
5. Homestead qualifications: less than \$24,680 income; 12 months Wisconsin residency, **2021** property tax bill.
6. Birth dates for you, your spouse and dependents on the tax return.
7. Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers.
8. Interest and dividend statements from banks (Form 1099).
9. Bring a voided check which is needed for your direct deposit of refunds or direct debit for money owed (you will be taking your blank check back home with you).
10. Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security number or the provider's business Employer Identification Number).
11. Stock transactions must reflect the cost basis and totals only.

Please note: To itemize your deductions, they must exceed \$14,050 for a single person, \$26,100 for married filing jointly. Only \$10,000 of taxes can be deducted. All donations must be totaled by category. Medical expenses will only be deductible if they exceed 7.5% of AGI. They must be totaled by category (i.e. doctors, prescriptions, optical, dental, insurance premiums and Medicare). Cash donations to charity are deductible up to \$300 for an individual, \$600 for a couple filing jointly this year without itemizing. Proof of contribution is required.

All plans are subject to change depending on COVID conditions and any state or local restrictions.



Experience the Charm

YOUR FUTURE LIFESTYLE AWAITS

Our residents enjoy the very best of senior living in a charming community where ample amenities, time-saving services and classic creature comforts make you feel at home. It's an active, social lifestyle with top-notch support when you need it.

Call to learn about Colonial Club savings and schedule your visit: **608-856-3453**.



ONE MONTH FREE FOR COLONIAL CLUB MEMBERS*

*Terms and conditions may apply. For complete information, contact Tallgrass of Sun Prairie.

605 Chase Boulevard | Sun Prairie, WI 53590
Independent Living | Assisted Living
TALLGRASSSUNPRAIRIE.COM



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Programs & Activities



Colonial Club Book Club

Our next Book Club meeting is scheduled for **Thursday, January 27, at 1:00 pm**, at the Colonial Club. The book will be **Pieces of Her** by Karin Slaughter. The new book will be available for pick up in the Main Office.

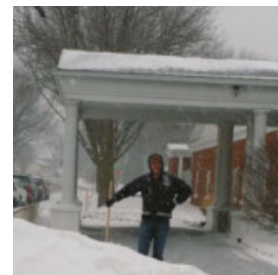
Circle of Friends Book Club

The Circle of Friends Book Club will be meeting on the **second Wednesday each month at 10:00 am** at the Colonial Club. The January meeting will be on **Wednesday, January 12**. We will read **This is How It Always Is** by Laurie Frankel. New members are welcome.

Winter Weather Policies

We do our best to maintain a constant temperature inside the Club; however, everyone's internal thermometer is different. You may want to dress in layers for your own comfort.

Please note: If the Sun Prairie public schools are closed for weather, the Colonial Club will be closed. No meals will be served. If the Sun Prairie Schools are closed for a portion of the morning, the Club will open at the regular time. The noon meal will be served. If a trip is scheduled, it will take place unless you are notified. If the Sun Prairie Schools close early, the Colonial Club staff will determine if afternoon and/or evening activities will be cancelled.



Computer Tutor to the Rescue

Did you get a new phone, tablet or laptop for Christmas? Are you wondering how to set it up and use it? Or do you just wonder how to use a computer? Sign up for a 15 min session with one of our computer volunteers on **Monday, January 24, from 2:00 to 4:00 pm**.

Computer Tutor Schedule

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

Rob-January 17

Rob and Sheila-January 24-sign up for a 15 minute appointment

Sheila-January 10 and 31

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.

Programs and Activities

Crafts with Sally

Tuesday, January 11, at 9:30 am. For the craft day, we will be making ribbon yarn necklaces. Materials provided. Cost \$2.00.

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.



Beanbag Toss

We are in need players. Come join us **Fridays at 10:00 am.** It's an easy and fun way to stay active during the cold months. Call Laura at 608-837-4611 if you are interested. New players welcome.



Bingo

Join us for bingo at 1:00 pm on

Thursday, January 6, sponsored by Drumlin Communities

Tuesday, January 18, sponsored by Hyland Park

Thursday, January 27

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 Covid 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

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.

You can also find a Music and Motion class on KSUN, Charter channel 983, and TDS channels 13 and 1013, at 10:30 am, Thursdays.

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 am. 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.

Volunteer Updates



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. Enjoy reading the Courier? We need volunteers to help us compile and deliver it to area businesses.

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

AARP SEEKING VOLUNTEERS TO HELP LOCAL TAXPAYERS

The AARP Foundation is now recruiting volunteers for its in-person and virtual Tax-Aide program, the nation's largest volunteer-based free in-person and online tax preparation service for taxpayers with low to moderate incomes. This Tax-Aide program is offered in coordination with the IRS. There are a number of volunteer opportunities: virtual or in-person counselors, client facilitators, technology coordinators, as well as leadership and administrative positions. Training and support are provided. You can get more information or volunteer by going to aarpfoundation.org/taxaidevolunteer or calling 888-AARP-NOW (888-227-7669).

The Main Office will begin taking calls for appointments in January 2022. The appointment schedule and sign up information will appear in the January Courier.

Volunteer Videographer Needed

Do you enjoy working with video and media? We need a volunteer can record various Colonial Club events, onsite, to be aired on local KSUN TV. If you are interested, contact Laura Jennings at 608-837-4611, ext 129, for more details.

Did You Know?

Volunteering is one of the most rewarding things you can do. It gives you a chance to: gain confidence, make a difference, meet new people, make new friends be part of a community, learn new skills, take on a challenge (good for our brains), have fun

2017 Volunteer Development Scotland

Keep us Informed

The beginning of the new year is a good time to double check that the personal information we have on file—address, phone, email, doctor, hospital of choice and emergency contact—are all correct. IF there should be an emergency situation for you while you are at the Club, you want us to handle it according to your instructions and we can only do that if we have accurate information.

The Club keeps track of how many people use the facility, so whether you are here to participate in an activity or to volunteer, **PLEASE SCAN YOUR CARD**. Making sure that we have accurate information and that you sign in for activities and events you attend ensures that we are able to notify you if an event is cancelled or rescheduled; it also benefits the Colonial Club funding when we report participation numbers to local communities. **Funders often determine their donation level based on the number of people using our services.**

If you don't have a card, if you have difficulty scanning in, or if you have questions about the check-in system, please come to the main office. If you have requested a new card, please call the office at 608-837-4611 to confirm that your card is ready before you stop in to pick it up.

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.

Protect Your Personal Information Online

Revealing your birth date and/or place of birth to another person/agency provides them 98% of the keys necessary to obtain the rest of the information they need to defraud you. Do not give this information to anyone calling you on the phone or disclose the information on social media. Most of us are honest and do not have a deceptive mind and can, therefore, fall for scams more easily.

From interviews with Frank Abagnale, author of *Scam Me if You Can* and *Catch Me if You Can*; Security Consultant with Abagnale and Associates

Emergency Supplies Available

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

Sun Prairie Food Pantry Hours

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

Tuesday and Thursday - 5:00 to 7:00 pm

Saturday - 9:00 to 11:00 am

18 Rickel Rd, Sun Prairie

608-513-1044

Sunshine Supper

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.**

Can't find the Courier online?

You can now find the Courier on our website, www.colonialclub.org. Go to the "About" section on the home page, and click on the "Courier Newsletter" heading. There you will find several months of the Courier available. If you press the subscribe button, you will receive notification each month when the new Courier is available.

Resources and Support

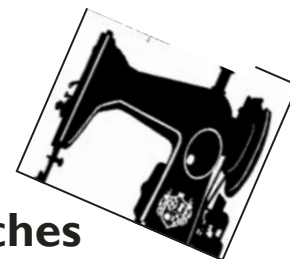
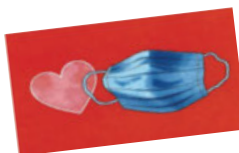
Alzheimer's Association 24/7 Caregiver Hotline: 800-272-3900

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 of a loved one with dementia living at a facility; family caregivers of a loved one with dementia in the early stages; family caregivers of 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 DaneCo](https://www.facebook.com/ADRC DaneCo). The ADRC is not accepting walk-ins at this time.

RSVP Vaccination Requirement for Rides to Medical Appointments

Rides to medical appointments are available through the RSVP Driver Escort Program. **Reservations must be made at least 4 business days in advance.** To schedule a ride, call Rosalie at the Main Office, 608-837-4611. If she is not available, leave a message with your name, phone number, date, time and location of your appointment. Rides are available only between the hours of 8:30 am and 2:30 pm. You must be ambulatory to take advantage of this service. RSVP rides are on a donation basis and scheduled based on volunteer availability.

If you are new to this service, there is a registration process to complete. Please allow as much time as possible before your first ride request to complete this process, which includes providing proof of vaccination against COVID-19 to RSVP. **You cannot schedule a ride until this proof of vaccination is received by RSVP.**

Resources and Support

RSVP Ride Program

Please see page 10 for vaccination requirement instructions.

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.

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.

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.

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.

January 2022 Calendar

MON	TUE	WED	THU	FRI
JAN 3 Closed- Holiday	JAN 4 9am GTE Men's Group 11:30am Lunch 12:30pm Canasta 1pm Bridge 2pm Mahjong 6pm Line Dancing	JAN 5 9am Foot Care 9am Music and Motion 10am RSVP Group Projects 10am Rummikub 11:30am Lunch 12pm Commodity Food Distribution 1pm Euchre	JAN 6 9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Bingo-Drumlin 1pm Watercolor Group 2pm Chorus in the ADC	JAN 7 9am Beginning Euchre 10am Bean Bag Toss 10am Dominos 10am Mahjong 11:30am Lunch
JAN 10 9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Skat 1pm Sheepshead 2pm Computer Tutor	JAN 11 9am GTE Men's Group 9:30am Crafts with Sally 11:30am Lunch 12:30pm Canasta 2pm Mahjong 6pm Line Dancing	JAN 12 9am Music and Motion 10am Rummikub 10am Circle of Friends Book Club 11:30am Lunch 1pm Euchre	JAN 13 9am Bridge Lessons 10:30 am Beat to the Music 11:30am Lunch 1pm Bid Euchre	JAN 14 9am Beginning Euchre 10am Bean Bag Toss 10am Dominos 10am Mahjong 11:30am Lunch 11:30 am Red Hats at Gus's Diner

<p>JAN 17</p> <p>9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Skat 1pm Sheephead 2pm Computer Tutor</p>	<p>JAN 18</p> <p>9am GTE Men's Group 9am EMS Wellness Checks and Vaccine 9am Foot Care 11:30am Lunch 12:30pm Canasta 1pm Bingo-Hyland Park 2pm Mahjong 6pm Line Dancing</p>	<p>JAN 19</p> <p>9am Foot Care 9am Music and Motion 10am Rummikub 11:30am Lunch 1pm Euchre</p>	<p>JAN 20</p> <p>9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Watercolor Group 1:30pm Day For Seniors</p>	<p>JAN 21</p> <p>9am Beginning Euchre 10am Bean Bag Toss 10am Dominos 10am Mahjong 11:30am Lunch</p>
<p>JAN 24</p> <p>9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Skat 1pm Sheephead 2pm Computer Tutor</p>	<p>JAN 25</p> <p>9am GTE Men's Group 9am Foot Care 11:30am Lunch 12:30pm Canasta 1pm Bridge 2pm Mahjong 6pm Line Dancing</p>	<p>JAN 26</p> <p>9am Music and Motion 10am Rummikub 11:30am Lunch 1pm Euchre</p>	<p>JAN 27</p> <p>9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Bingo 1pm Book club 2:30pm Chorus Practice</p>	<p>JAN 28</p> <p>9am Beginning Euchre 10am Bean Bag Toss 10am Dominos 10am Mahjong 11:30am Lunch</p>
<p>JAN 31</p> <p>9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Skat 1pm Sheephead 2pm Computer Tutor</p>				

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, January 5, 2022

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.

Vaccinations and Health and Wellness Checks

Sun Prairie EMS will be at the Colonial Club providing Covid vaccinations, including boosters, free blood pressure and glucose checks **between 9 and 11 am on Tuesday, January 18. Stop in, no appointment needed.**

Are Home Energy Costs Putting the Squeeze on You?

The new heating season started October 1. Clients can start to schedule appointments using one of the methods below. They can also apply online. As of now, Energy Services is not doing office appointments unless absolutely necessary; they are still working out their outreach options.

**Clients can apply directly online at <https://energybenefit.wi.gov/OnlineApps/OnlineApp/Default#!>
OR type in ESI.HELP; schedule a phone appointment by calling (1) 800-506-5596; book an appointment online at: <http://www.esiwi.com/book-an-appointment>**

**INCOME GUIDELINES FOR THE 2021-2022 HOME ENERGY PLUS PROGRAM YEAR
(10/01/2021 through 9/30/2022)**

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES		
HOUSEHOLD	ONE MONTH INCOME	ANNUAL INCOME
1	\$2,591.92	\$31,103
2	\$3,389.42	\$40,673



WALK IN WEDNESDAYS!

30 Mammogram ✓

7 a.m. to 5 p.m. Last Wednesday of each month

**While a physician referral is not needed, the name of a primary care physician (for notification of results), insurance information, and form of payment must be provided prior to the screening.*

1515 Park Avenue, Columbus WI 53925 | 920.623.6466 | PrairieRidge.Health

Walk In Wednesdays are for screening mammograms only.
All Participants must:

- ✓ Be at least 1 year since last mammogram
- ✓ Be 40 years of age or older
- ✓ Not have had breast cancer in the past 5 years
- ✓ Not have had breast surgery or biopsy in past year
- ✓ Not have breast implants

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Emergency Medical Services Community Outreach

Sun Prairie EMS can now give COVID shots to Sun Prairie residents who may be homebound. They can also provide free in-home visits to support and monitor the recently vaccinated and provide free thermometers and pulse oximeters. For more information or to schedule a free in-home visit, contact Sun Prairie EMS, 608-837-3604 or email EMS@cityofsunprairie.com.

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

Sun Prairie EMS

Email @EMS@cityofsunprairie.com

For Current Testing sites: <https://jangodx.com>



Concerned about Identity Theft?

File your income tax return early and consider using an IRS PIN

Tax season is here, and so are the scammers. Con artists use the Social Security numbers of unsuspecting consumers to file phony tax returns and steal refunds.

How the scam works:

Online filers who go through the IRS website usually expect a refund. Instead, a written IRS notice arrives in the mail, stating more than one tax return was filed using your Social Security number. This means that scammers got ahold of personal information, typically the account holder's Social Security number, address and birth date. They filed the return early and received the refund before you got around to filing. Tax ID theft is a sneaky con because victims don't realize they've been targeted until they file their taxes.

How to avoid Tax ID theft scams:

File early. The best way to avoid tax identity theft is to file your taxes as early as possible, before a scammer has the chance to use your information.

Watch out for red flags. If a written notice from the IRS arrives in the mail about a duplicate return, respond promptly. Or, if an IRS notice arrives stating you received wages from somewhere you never worked, or you receive other notices that don't apply to you. Another red flag is if you receive a notice that "additional taxes are owed, the refund will be offset or a collection action is being taken against you for a year you did not file a tax return." Contact the IRS at 1-800-908-4490 if you have any suspicions that your identity has been stolen.

Protect your Social Security number. Don't provide your Social Security number unless there's a good reason to do so, and you're sure who you're giving it to.

Research your tax preparer. Make sure your tax preparer is trustworthy before handing over personal information.

Consider getting an Identity Protection PIN (IP PIN). This is a six-digit number, in addition to your Social Security number, that confirms your identity. Once you apply, you must provide the IP PIN each year when you file your federal returns. Visit IRS.gov for more information.

Resources and Support

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 www.gol4android.org for simple instructions.

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.



Easy New Year's Resolutions

- | | |
|--------------------------------|---------------------------------|
| Get outside | Send birthday cards |
| Compliment someone and mean it | Stay in touch |
| Make your bed | Take a road trip |
| Keep your car clean | Pay down debt |
| Grow something | Go for a walk |
| Don't hit snooze | Declutter |
| Journal one line a day | Go on a spending fast |
| Read more | Schedule more time with friends |
| Write a snail mail letter | Plan one meal a day |
| Drink more water | Try one new thing each month |
| Learn a new hobby | Put laundry away |

from Country Living Magazine

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 at ext 133.

Case Management Services-For information or a brochure, call Rosalie at the Main Office. Existing clients can call their case managers: Gail Brooks, ext 127; Peggy Draeger, ext 152; or Deb Klein, ext 135.

Nutrition-Meals served at the Colonial Club or at home to the homebound. Contact Jean Detert, ext 112.

Supportive Home Care (SHC)-SHC aides can provide numerous home care services. Contact Aileen Ostermeier, ext 131.

Fat Thursday Polish Holiday– Thursday, February 24, 2022 – Start your day with Paczki from a local Milwaukee bakery and learn about this amazing sweet treat. Next, visit the Polonez restaurant and choose between dill pickle, red borscht or Czernina soup. You will also be served a sampler platter of 4 pierogi and a flight of 3 traditional polish vodkas. Entertainment will also be part of the experience. End your day with a tour of the Basilica of St. Josaphat.

Reservations and payment are due by Monday, January 24. This trip is provided by Happy Times Tours & Experiences \$143 or 1\$137 for Club 301 premium members. Pickup will be at 8:15 am at the JC Penney lot near Dick’s Sporting Goods at East Towne Mall in Madison and return at approximately 5:15 pm.

Lights, Camera, Action Milwaukee – Friday, March 18, 2022 – Tour the movie and television sights of Milwaukee. Several films and television shows were filmed and/or set in the city. This narrated tour focuses on 13 movie and television shows including Bridesmaids (2011); The Blues Brothers (1980); Transformers: Dark of the Moon (2011); Public Enemies J(2009); Tommy Boy (1995); Dahmer (2002); Laverne & Shirley (1976-1980); Happy Days (1974-1984); Hell’s Kitchen (2021); Mr. 3000 (2004); Major League (1989); Milwaukee Blacksmith (2016); Restaurant Impossible (2022).

See sights such as the Milwaukee Art Museum, American Family Field, Milwaukee’s City Hall, the Bronze Fonz, and many more. Lunch is included and prepared by a Hell’s Kitchen chef. End the day with a refreshing Margarita at a restaurant featured on Restaurant Impossible.

Reservations and payment are due by Friday, February 18. This trip is provided by Happy Times Tours & Experiences \$105 or \$100 for Club 301 premium members. Pickup will be at 8:30 am at the JC Penney lot near Dick’s Sporting Goods at the East Towne Mall in Madison and return at approximately 3:15 pm.

Notice from Dane County:

Important Information about Home Delivered and Congregate Meals

Due to disruptions in the supply chain at all levels-product availability, manufacturing, delivery, and warehousing, food and packaging suppliers are no longer able to guarantee product availability or delivery. We are at the mercy of our suppliers and will only be able to prepare and send what is provided. Please be conscious of the fact that regular menu substitutions may become necessary with little or no notice. Your nutrition coordinator, kitchen staff and volunteers have no control over this. We are asking for your patience as we deal with these issues over the next 6 to 8 months.

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Monthly MIPPA Moment:

2022 Medicare Costs and the Medicare Savings Programs

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

The Social Security Administration's announced a 5.9% Cost-of-Living Adjustment (COLA) increase for 2022 benefits. Correspondingly, the Centers for Medicare & Medicaid Services (CMS) recently announced the 2022 Medicare premiums, deductibles, and coinsurance amounts for Medicare Parts A and B are increasing. For example, the standard Part B monthly premium amount will increase from \$148.50 in 2021 to \$170.10 beginning in January of 2022 (higher costs apply if income is higher). The majority of Medicare beneficiaries do not pay a premium for Medicare Part A, Hospital services. If you don't qualify for premium-free Part A, you can buy Part A.

To help with Medicare costs, low-income beneficiaries may qualify for financial assistance from the **Medicare Savings Programs (MSPs)**. The MSPs help millions of Americans access high-quality health care at a reduced cost. The MSPs help pay Medicare premiums and may also pay Medicare deductibles, coinsurance, and copayments for those who meet the conditions of eligibility. People with Medicare interested in learning more can visit: <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs>.

To see if you may qualify for the Medicare Savings Programs, apply online at access.wi.gov, over the telephone at **1-888-794-5556**, by mail (<https://www.dhs.wisconsin.gov/library/F-10101.htm>), or in person with your local Medicaid agency. The local agency in Dane County is the **Capitol Consortium**, at 1819 Aberg Avenue, Madison, WI 53704. The Capitol Consortium can also send you an application and answer any questions you may have about the application or these programs if you call the number above.

Adapted from: <https://www.cms.gov/newsroom/fact-sheets/2022-medicare-parts-b-premiums-and-deductibles2022-medicare-part-d-income-related-monthly-adjustment>. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC. 20201.

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.



January 2022



Please note: For meal reservations/cancellations, call Jean Detert , ext 112 by noon the day before at 608-837-4611. Our nutritious lunches are currently offered Monday-Friday . The suggested minimum donation for those 60 and older is \$4.00 per meal, but please pay only what you can afford. Anyone under 60 is required to pay the full cost to provide the meal, which is \$9.07 as set by Dane County. Help keep the program going. Donate what you can afford. Please remember, there may be last minute substitutions on the menu due to unexpected shortages in the supply chain. When meatless and salad options are available, they must be specified one day in advance. Transportation is available.

3-Monday Closed	4-Tuesday Sweet & Sour Chicken Seasoned Rice Broccoli Pineapple Sherbet MO: Rice/Beans	5-Wednesday Egg Bake Sausage Patty Hash browns BP Biscuit Orange Juice Kringle MO: No meat egg bake/ Veggie Sausage	6-Thursday Ham Scalloped Potatoes Baked Beans Wheat Bread Strawberries Cookie MO: Veggie Burger	7- Friday Chicken Stuffing Casserole Mixed Veggies Wheat Roll Cranberries Frozen Yogurt MO: Veggie Lasagna SO: Chef's Salad
10- Monday Salisbury Steak Mashed Potatoes Mixed Veggies Wheat Dinner Roll Applesauce Pie MO: Veggie Burger	11-Tuesday Goulash Glazed Carrots French Bread Peaches Frosted Cupcake MO: No meat goulash	12-Wednesday Minestrone Soup Roast Beef Sandwich Wheat Bun Lettuce/Tomato Fruited Applesauce Cake MO: Cheese Sandwich	13-Thursday Tuna Casserole Lettuce Salad Wheat Bread Tropical Fruit Brownie MO: Mac N Cheese	14-Friday Tomato Bisque Soup Egg Salad Sandwich Wheat Bread Broccoli Salad Banana Cream Pie MO: Cheese Sandwich SO: Chicken Salad no pasta
17- Monday Stuffed Chicken Garlic Mashed Potatoes Wheat Bread Blueberries Cookie MO: Veggie Lasagna	18- Tuesday Tator Tot Casserole Green Beans Wheat Roll Mixed Berries Ice Cream MO: Rice/Beans	19- Wednesday Breaded Fish Potato Wedges Baked Beans Applesauce Rye Bread Pie MO: Cheese Sandwich	20- Thursday Pot Roast Parsley Potatoes Carrots Peaches Wheat Roll Ice Cream MO: Veggie Burger	21- Friday Spaghetti w/Meatballs Corn WW Garlic Bread Fruit Cocktail Cream Pie MO: Pasta, no meat SO: Taco Salad
24- Monday Roast Chicken Mashed Potatoes/Gravy Broccoli BP Biscuit Pears Jell-O MO: Mac N Cheese	25- Tuesday Parmesan Tilapia Cheesy Potatoes Green Beans Mandarin Oranges Rye Bread Sherbet MO: Veggie Lasagna	26-Wednesday Chicken and Biscuit Peas Carrots Blushing Pears Cookie MO: Veggie Burger	27- Thursday Turkey Mashed Potato/Gravy Broccoli Wheat Roll Cranberries Frosted Cupcake MO: Veggie Burger	28- Friday Pulled Pork Wheat Bun Calico Beans Yams Ambrosia MO: Cheese Sandwich SO: Garden Salad
31- Monday Swedish Meatballs Mashed Potatoes Mixed Veggies Wheat Bread Pears Sherbet MO: Veggie Burger				

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 2022 Courier Home Delivery Information

If you would like 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. There is no charge for delivery by email.

All Courier subscriptions expire December 31, 2022. Subscription cost is \$17.16 (February-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.

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 Address _____ City State Zip _____
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- 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 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 your membership.

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
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
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
Two Men and a Truck, 3817 Kipp St,	5% discount on a move

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.