

The Red Brick Agenda

January 2022



♥
365 New Days
365 New Chances
Happy
New Year!

**THE BEHRING
SENIOR CENTER**
1113 10th Street
Monroe, WI 53566
(608) 325-3173

AGE REQUIREMENT

Participants must be 55 years of age or older to attend and participate in Senior Center programs. If your spouse is 55, but you are not, you will still qualify.

MISSION

The Behring Senior Center of Monroe provides services, assistance, and support through cultural and recreational activities in a positive environment to individuals 55 and over.

ADVERTISERS

To run an ad in our newsletter, please call Liturgical Publications at: 1-800-950-9952 extension 2440

NEWSLETTER

“The Red Brick Agenda” is the Behring Senior Center’s newsletter that is published online and mailed out once a month. To receive a copy of our monthly newsletter, please follow the listed instructions.

To get the newsletter by mail, please call the Senior Center at (608) 325-3173 so we can add you to our mailing list.

For electronic newsletters, go to www.ourseniorcenter.com to sign up. Type in “senior center” and “Monroe, WI” in the boxes, and hit enter. The Behring Senior Center will appear, and you need to click on it to continue. Then, you can click “subscribe” in the upper right corner.

Enter your name and email. You will receive an email to confirm the subscription.

SENIOR CENTER STAFF

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Theresa Klemm, *Program Assistant*

Shannan Kaiser, *Exercise Instructor & Wellness Center*

Cheryl Tertin, *Wellness Center*

Lucy Whyte, *Exercise Instructor & Wellness Center*

Lisa Park, *Receptionist*

Mark Scheppele, *Custodian*

HOURS

Monday - Friday

Wellness Center

7:00am-5:00pm

Main Building

8:00am-4:00pm

In This Issue

Bingo.....	6
Board Minutes.....	16
Book Club.....	6
Calendar.....	13
Chair Massage.....	18
Exercise Classes.....	8-9
Flippo.....	6
Foot Care.....	18
Green County Dining.....	12
Hide-and-Seek.....	3
Knitting Class.....	7
Movies.....	14
Pie Party Pictures.....	15
Snowman Craft.....	5
Valentine Program.....	17
Veterans Lunch.....	10
Winners.....	19
Winter Blahs Program...	11
Winter Weather Policy..	17

Hide-n-Seek

In each issue of the Red Brick Agenda, we've hidden a small illustration of a familiar object for you to find! Those who find it will be entered in a drawing for \$10.00 in "Monroe Money" that can be used at local retailers. Simply mail your entry to us (or drop in box inside the front door) by **January 12th**. Include your name, phone number, and the page number where you found the hidden object and if you are correct, we'll enter your name in the drawing (one entry per person).

This month you'll be searching for this
New Year's Eve DISCO BALL:





Congratulations **MARCIA FOLEY!**

As of December 31st, Marcia may have retired from working here, but you won't stop seeing her around the Senior Center! We plan to see Marcia at movies, programs, events, and trips! We've been blessed to have her work at the Behring Senior Center for over 4 years, and we wish her happiness and relaxation in her retirement! Thank you for helping to make the Senior Center feel like home to so many people! You're one special lady! Congratulations!



Thank You **PAUL HANNES!**

Paul Hannes retired from the Senior Center Board of Directors after serving for many years. He has been a vital part of the Center's success, and he continues to donate and take care of the Senior Center. He's been a huge supporter of the annual Brat Bash. He plants flowers, and he makes sure the Behring Senior Center sign is in top condition. He and his wife Linda have loaned their collection of Lavern Kammerude artwork for Seniors to enjoy. They've also given us a beautiful wishing well and a cigarette butt disposal. Paul's generosity and never-ending support of the Behring Senior Center is deeply appreciated!!!

Let's Make a Baggy NO-SEW SNOWMAN



with Theresa

DATE: Friday, January 28th

TIME: 9:00am-11:00am

COST: \$12.00

Join Theresa and make this adorable craft together! You'll have a variety of fabrics to choose from for the snowman's cute overalls, and you'll make it your own by picking out your own buttons and accessories. This is definitely a class you don't want to miss!

Space is limited, and reservations are required.

Call 325-3173 or stop by the Senior Center to sign up.

5



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A 4C 01-1178

BINGO

DATE: Friday, January 14th

TIME: 1:30pm

Join Aster Assisted Living at the Behring Senior Center for a fun afternoon of Bingo! We'll have refreshments and great prizes.

Registration starts at 8:00am on Tuesday, January 4th. Space is limited.

Call us at (608) 325-3173 or stop by the Senior Center Front Desk to sign up.

Flippo!

DATE: Friday, January 28th

TIME: 1:30pm

Come to the Senior Center to play FLIPPO! It's a fun and easy game to learn with lots of nice prizes. **Players must bring their own deck of cards.**

Registration starts at 8:00am on Wednesday, January 5th.
Space is limited.

Call 325-3173 or stop by the Senior Center to sign up.

Coffee & Chat BOOK CLUB

DATE: Monday, January 10th

TIME: 10:00am

Our group will meet to discuss the book, "*The Great Alone*," by Kristen Hannah.

If you would like to join us at the Book Club or need more information, please call us at (608) 325-3173 or stop by the desk.

Begin to

Knit-Socks

with Jocelyn

4 SESSIONS

**Mondays: January 3rd, 10th, 17th, and 24th
10am-12pm ~ \$60.00 per person**

Supplies: 200+ yards of worsted weight yarn and a set of double pointed needles in size 6-7 or 8.
Class includes handouts.

Call 325-3173 to sign up.



Students need to know how to use double pointed needles. As always, students who purchase supplies for classes at the Orange Kitten will receive a 10% discount.

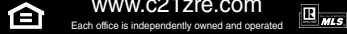
7

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Exercise Classes

FITNESS FIRST

This 45-minute class uses free weights, resistance bands, stretch bands, sand balls, and chairs. In each class we have a warm-up, cardio, strength, balance, and cool-down.

8:30AM - 9:15AM
MONDAY, WEDNESDAY,
& FRIDAY

MEN'S EXERCISE

This class is designed for men and will last 45 minutes. We will use free weights, resistance bands, sand balls, and chairs. Each session will have a warm-up and a cool-down.

9:30AM - 10:15AM
MONDAY, WEDNESDAY,
& FRIDAY

FUSION

This high-intensity class will get your heart pumping and your muscles burning. Every session is different as we mix in high intensity interval training, circuit training, stability balls, balance drills, and versa bar, resistance band, and free weight routines. If you are looking for a challenge and love variety, this is the class for you! Participants must be able to do floor exercises.

10:45AM - 11:30AM
WEDNESDAY & FRIDAY

CHAIR PILATES

Chair Pilates focuses on improving physical strength, flexibility, posture, balance, and focus through low-impact exercises. Gentle toning movements. Modifications will be provided.

10:45AM - 11:30AM
MONDAY

DANCE AEROBICS

Dance Aerobics provides a great cardio workout. Class is a dance party that begins with a warm up and ends with a cool down. Due to the popularity of this class, we offer it at two times.

8:30AM - 9:15AM
10:45AM - 11:30AM
TUESDAY & THURSDAY

BALANCE YOGA

This class combines chair yoga and balance exercises. We will focus on breathing and help with flexibility. No floor exercises are done in this class.

9:30AM - 10:15AM
TUESDAY &
THURSDAY

YOGA

Learn foundational yoga postures and alignment, breathing practice, meditation, deep relaxation, and basic yoga teachings. This class will focus on increasing flexibility, range of motion, core strength, balance, focus, and relaxation.

11:45AM - 12:30PM
TUESDAY &
THURSDAY

All exercise classes are drop-in, so **NO REGISTRATION IS REQUIRED.** You will need to sign a liability waiver to participate.

2022 EXERCISE CLASS RATES

Drop-In Class: \$4.00 per class
Punch Cards: 10 classes = \$30
20 classes = \$55

NOTE: Punch cards purchased in 2021 do not expire.

INSTRUCTORS

Bridget Cotter
Lucy Whyte
Shannan Kaiser

VETERANS LUNCH

**WEDNESDAY, JANUARY 5TH
11:00AM - 1:00PM**

Calling all veterans who are 55 years of age and over! Join us at the Behring Senior Center for a hot lunch! We'll have hearty potato soup, rolls, desserts, and beverages.

Spouses are welcome!

PLEASE SIGN UP IN ADVANCE
so we know how much food to prepare!
Call us at (608) 325-3173 or stop by the
Senior Center to sign up.

There is a suggested donation of \$2.00. We ask that you do not arrive before 10:45am.

If you have any questions or need more information, feel free to call us or stop by!

SSM Health at Home Presents

Surviving the Winter Blahs

**MONDAY,
JANUARY 24th
10:00AM**

Call 325-3173 to sign up

Learn about why so many of us feel tired or down during the winter months and gain tips on what you can do to prevent this and improve your mood and health during this time of year.

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Green County Nutrition Program

- Reservations are required.
- Reservations must be made by 12:30pm of the prior business day by calling the meal site at (608) 325-3040.
- Participants are asked to monitor their symptoms prior to coming to the meal site.
- Participants are asked to enter at the Wellness Center Entrance (lower level).
- Only nutrition program staff and volunteers are allowed in the kitchen.

If you have additional questions about the Meal Site, please contact Morgan Kennison, Aging Programs Coordinator at (608) 328-9368.

JANUARY MENU

MON	1/3	Sloppy Joes on a Bun
TUE	1/4	Breaded Fish with a Bun
WED	1/5	Chicken Breast
THU	1/6	Hot Turkey Casserole
FRI	1/7	Apple Pork Loin with Gravy
MON	1/10	Hamburger with a Bun
TUE	1/11	Chicken Casserole & Noodles
WED	1/12	Beef Tips with Mushrooms
THU	1/13	Beef Noodle Casserole
FRI	1/14	Lemon Rosemary Chicken
MON	1/17	Chicken Thigh with Gravy
TUE	1/18	Baked Spaghetti
WED	1/19	Ghoulash
THU	1/20	Scalloped Turkey Casserole
FRI	1/21	Roast Beef with Gravy
MON	1/24	Turkey Slice with Gravy
TUE	1/25	Cabbage Rolls / Tomato Sauce
WED	1/26	Creamed Chicken
THU	1/27	Tater Tot Casserole
FRI	1/28	Ham Slices with a Bun
MON	1/31	Taco Casserole & Black Beans

12



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January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10-12 Knit Socks 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre</p> 	<p>4 8:30 Dance 9-4 Pool 9:00 Stitch 'n Chat 9:30 Balance Yoga 10:45 Dance Aerobics 11:30 Dining 11:45 Yoga 12:30 Horse & Pepper 12:30 Canasta 1:00 Table Tennis 2:00 Pickleball 2</p>	<p>5 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11-1 Veterans Lunch 11:30 Dining Site 2:00 Pickleball 1</p> 	<p>6 8:30 Dance Aerobics 9-4 Pool 9:30 Balance Yoga 10:45 Dance Aerobics 11:30 Dining 11:45 Yoga 12:30 500 12:30 Yass 1:00 Table Tennis 2:00 Pickleball 2</p>	<p>7 8:30 Fitness First 9-4 Pool 9:30-1 Chair Massage 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 2:00 Pickleball 1</p> 
<p>10 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10-12 Knit Socks 10:00 Book Club 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre</p> 	<p>11 8-4 Foot Care 8:30 Dance 9-4 Pool 9:00 Stitch 'n Chat 9:30 Balance Yoga 10:45 Dance Aerobics 11:30 Dining 11:45 Yoga 12:30 Horse & Pepper 12:30 Canasta 1:00 Table Tennis 2:00 Pickleball 2</p>	<p>12 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 1:00 Card Making Club 2:00 Pickleball 1</p> 	<p>13 8:30 Dance Aerobics 9-4 Pool 9:30 Balance Yoga 10:45 Dance Aerobics 11:30 Dining 11:45 Yoga 12:30 500 12:30 Yass 1:00 Table Tennis 1:30 MOVIE 2:00 Pickleball 2</p>	<p>14 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 1:30 Bingo 2:00 Pickleball 1</p> 
<p>17 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10-12 Knit Socks 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre</p> 	<p>18 8-4 Foot Care 8:30 Dance Aerobics 9-4 Pool 9:00 Stitch 'n Chat 9:30 Balance Yoga 10:45 Dance Aerobics 11:30 Dining 11:45 Yoga 12:30 Horse & Pepper 12:30 Canasta 1:00 Table Tennis 2:00 Pickleball 2</p>	<p>19 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 2:00 Pickleball 1</p> 	<p>20 8:30 Dance Aerobics 9-4 Pool 10:00 Board Meeting 9:30 Balance Yoga 10:45 Dance Aerobics 11:30 Dining 11:45 Yoga 12:30 500 12:30 Yass 1:00 Table Tennis 2:00 Pickleball 2</p>	<p>21 8:30 Fitness First 9-4 Pool 9:30-1 Chair Massage 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 2:00 Pickleball 1</p> 
<p>24 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10-12 Knit Socks 10:00 Winter Blahs 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre</p> 	<p>25 8:30 Dance Aerobics 9-4 Pool 9:00 Stitch 'n Chat 9:30 Balance Yoga 10:45 Dance Aerobics 11:30 Dining 11:45 Yoga 12:30 Horse & Pepper 12:30 Canasta 1:00 Table Tennis 1:30 MOVIE 2:00 Pickleball 2</p>	<p>26 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10-12 Garden Club 10:45 Fusion 11:30 Dining Site 2:00 Pickleball 1</p> 	<p>27 8:30 Dance 9-4 Pool 9:00 Stitch 'n Chat 9:30 Balance Yoga 10:45 Dance Aerobics 11:30 Dining 11:45 Yoga 12:30 Horse & Pepper 12:30 Canasta 1:00 Table Tennis 2:00 Pickleball 2</p>	<p>28 8:30 Fitness First 9-11 Snowman Craft 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 1:30 Flippo</p> 
<p>31 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre</p> 				

NOW SHOWING



THE FAMILY MAN

Thursday, January 13th ~ 1:30pm

A modern-day Frank Capra story. Jack Campbell, a successful and talented businessman, is happily living the single life. He has everything, or so he thinks. One day he wakes up in a new life where he didn't leave his college girlfriend for a London trip.

Starring Nicolas Cage, Tea Leoni, Jeremy Piven, Saul Rubinek, and Don Cheadle.

RATED PG-13. Run Time: 2 hours, 5 minutes

RESPECT

Tuesday, January 25th ~ 1:30pm

Following the rise of Aretha Franklin's career - from a child singing in her father's choir to her international superstardom - it's the remarkable true story of the music icon's journey to find her voice.

Starring Jennifer Hudson, Forest Whitaker, Marlon Wayans, Audra McDonald, Marc Maron, Tituss Burgess, and Mary J. Blige.

RATED PG-13. Run Time: 2 hours, 25 minutes



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Friendsgiving Pie Party



SENIOR CENTER BOARD MEETING MINUTES

Date: Thursday, November 18, 2021 **Time:** 10:00am **Place:** Senior Center/WebEx

A. CALL TO ORDER AND ROLL CALL: The meeting was called to order by Chairman Tim Kubly. Roll - Present: Mickey Beam, Cheryl Bystry, Mary Deininger, Deb Hutchinson, Tom Kelly, Chuck Koch, Tim Kubly, Robin McLeish, Ron Spielman, Rob Jacobson, Marge Klinzing, and Elizabeth Sorn

B. READING OF THE MINUTES: The October meeting minutes were read. Deb Hutchinson made a motion to approve the minutes, and Chuck Koch seconded the motion.

C. APPROVE THE FINANCIAL STATEMENT: The October financial statement was reviewed. Tom Kelly made a motion to approve the financial statement, and Robin McLeish seconded the motion.

D. APPEARANCES BY THE PUBLIC: none

E. BUSINESS:

1. Update and Discussion on Current Programs, Exercise Classes, Wellness Center, and Future Programs: Elizabeth updated the Board on the current programs and classes. The Board was concerned about Green County Public Health's press release on 11/16/2021. Elizabeth explained that the Senior Center is continuing to offer limited programming with smaller class sizes to accommodate the social distancing guidelines. After much discussion, Chuck Koch made a motion to require masks at the Behring Senior Center in accordance with the Green County Public Health's guidelines, and Mickey Beam seconded the motion.

2. Discussion and Possible Approval on 2022 Wellness Center Promotion: The approval of the 2022 Wellness Center promotion has been put on hold due to the recent increase in Covid cases in Green County.

3. Staff Update: The Senior Center's Administrative Secretary position has been posted, and applications will be accepted through December 19, 2021. Applicants will be required to do keyboard and computer testing, and then we will move onto interviews.

4. Facility Report: Rob reported that he had the roof over the gym replaced. He is monitoring the number of cars and trucks parked in our lot. Rob also reported that he had the tree outside of the Wellness Center analyzed. The tree is dead and needs to be removed. More details will be provided at a future meeting. Elizabeth reported that she and Rob met with Patrick McGowan of McGowan Architecture. Patrick will be at the Board meeting on January 20th to do a presentation on the space needs study results. **There will not be a December Board meeting.**

F. ADJOURNMENT: Tom Kelly made a motion to adjourn, and Mary Deininger seconded the motion.

On Voice Vote Motion was carried

Valentine's Day Party



Date: Monday, February 14th ♥

Time: 1:30pm ♥

Acoustic Duo Fred & Ginger will entertain us with songs from the Everly Brothers, Simon and Garfunkel, The Searchers, The Beatles, and many more! Refreshments will be served and a fun photo opportunity will be available!!! Let's spread the love on this Valentine's Day! ♥♥♥♥♥

Space is limited and reservations are required. We will start taking reservations at 8:00am on Tuesday, February 1st.

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FOOT CARE with Julie

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Call us at (608) 325-3173 or stop by the Front Desk to make an appointment.

If you need to cancel your appointment, PLEASE CALL 24 HOURS IN ADVANCE so we can fill your spot with someone on the waiting list.

2022 Schedule
JANUARY 11, 18
FEBRUARY 1, 8, 22
MARCH 15, 22, 29
APRIL 5, 12, 26
MAY 10, 17, 24
JUNE 7, 21, 28
JULY 12, 19, 26
AUGUST 9, 23, 30
SEPTEMBER 6, 13
OCTOBER 4, 11, 25
NOVEMBER 1, 8, 15, 29
DECEMBER 13, 20, 27

608-325-3173

CHAIR MASSAGE with Melissa Kieler of Healing Notes

2022
January 7
January 21
February 4
February 18
March 4
March 18

Melissa Kieler is a Massage Therapist at Healing Notes here in Monroe. She offers Chair Massage at the Senior Center on Fridays from 9:30am to 1pm. The cost is \$20.00 for a 20-minute session, and you will pay Melissa directly the day of your appointment.

She accepts cash or check.

Call us at (608) 325-3173 or stop by to set up a Chair Massage appointment

If you need to cancel your appointment, PLEASE CALL 24 HOURS IN ADVANCE so we can fill your spot with someone on the waiting list.

608-325-3173

Winners!

**November Healthy Holiday Challenge
Linda Sonnenberg**

**Punch Card Drawing
Carole Morgan**

**December Hide-and-Seek
Ella Sanderson**

**Found on Page 18*

Congrats!

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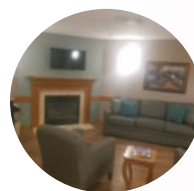
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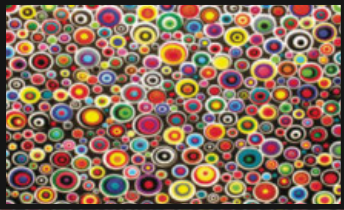
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If you would like to learn more about making a donation to the Senior Center Endowment Fund or the Friends of the Behring Senior Center Fund, please contact the Community Foundation of Southern Wisconsin or the Behring Senior Center. The Foundation can also assist you with estate giving and gifts of stock or property. The Community Foundation is located on the West side of the square. Donations made to the "Senior Center Endowment Fund" are a great way to support the Senior Center for years to come as only the earnings from the money are used, the principle is never spent. Over the next several years the Senior Center will be focusing on growing this fund and improving the financial stability of the Senior Center.

Donations can also be made to the "Friends of the Behring Senior Center." The Friends Group is a separate fund for the Senior Center that is not connected to the City of Monroe. The money in the Friends Group is primarily used for programs and special events at the Senior Center. Both funds are held by the Community Foundation of Southern Wisconsin.

For more information on these funds, please call Linda Gebhardt at the Community Foundation of Southern Wisconsin at (608) 325-4060 or Elizabeth Sorn at the Behring Senior Center at (608) 325-8890.

