

The Red Brick Agenda ~ February 2022

A publication of the Behring Senior Center, 1113 10th Street, Monroe, WI 53566

Happy Valentine's Day!



We're mutts about you!

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 older

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.

BE
MINE

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.

HOURS

Monday - Friday
Wellness Center
7:00am-5:00pm
Main Building
8:00am-4:00pm

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 February 9th. 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 PENGUIN:



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Mark Scheppele, Custodian



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



Flippo!

DATE: Friday, February 25th

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 Tuesday, February 8th.

Coffee & Chat BOOK CLUB

DATE: February 14th TIME: 10:00am
Our group will meet to discuss the book, "Destiny of the Republic" by Candice Millard. If you would like to join us at the Book Club or need more info, please call us or stop by the front desk.

BINGO!

DATE: Friday, February 11th

TIME: 1:30pm

Join ASTER at the Behring Senior Center for a fun afternoon of BINGO! ASTER always brings great prizes, and we'll have refreshments.

Registration starts at 8:00am on Friday, February 4th.

Call
(608) 325-3173 OR
stop by the Desk
to sign up for
programs.

Valentine's Day Party



Date: Monday, February 14th
Time: 1:30pm

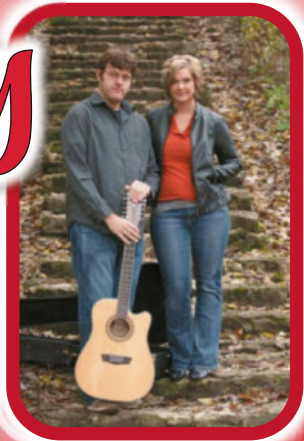
Acoustic Duo Fred & Ginger will entertain us with songs from the Everly Brothers, Simon and Garfunkel, The Searchers, The Beatles, and many more! Refreshments will be served and a fun photo opportunity will be available!!!

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.

Call us at 325-3173 or stop by to sign up.



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New Glarus Home
 welcome home.



Farm-House-Wreath with Theresa Klemm

Date: Wednesday, February 16th
Time: 10:00am
Cost: \$12.00 ~ Includes all materials

Let's chase those winter blues away with some crafting fun! Come make this cute embroidery hoop farm house wreath with Theresa. We will have all the twine, letters, flowers and embellishments, you just bring yourself and your creativity. As with all of Theresa's crafts, this class is going to fill up quickly so sign up now!
This is one craft you don't want to miss!

LOVE-GNOMES! with Tracy Signer

Date: Monday, February 21st
Time: 1:30pm
Cost: \$35.00 ~ Includes all materials

**Make payments to Tracy Signer*

Let's get creative this February with painting a gnome on a canvas as well as some cards to give away as valentines, thank you cards, or just because you want to say, "I love you." Class will run 2-3 hours.



Call us at (608) 325-3173 to sign up.

LINE DANCING is BACK!

DATE(S): MONDAYS: March 7, 14, 21, and 28
April 4, 11, 18, and 25

TIME: 2:00pm ~ 3:00pm

COST: \$5.00 Drop-In Fee
**Pay instructor directly*
**Please have exact amount*

PLACE: Senior Center Gym

No need to sign up in advance!
Just drop in for a fun time!!!



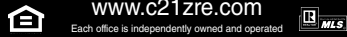
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B 4C 01-1178

Exercise ♥ Classes

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

BFF

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

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

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

BE
MINE

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

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

INSTRUCTORS

Bridget Cotter
Lucy Whyte
Shannan Kaiser

TRUE
LOVE

YOU &
ME

XOXO

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

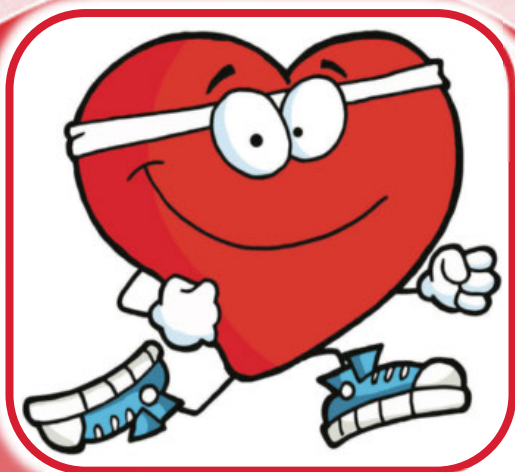
All exercise classes are drop-in.
NO REGISTRATION IS REQUIRED.
You will need to sign a liability
waiver to participate.

2022 EXERCISE CLASS RATES

Drop-In Class
\$4.00 per class

Punch Cards
10 classes = \$30
20 classes = \$55

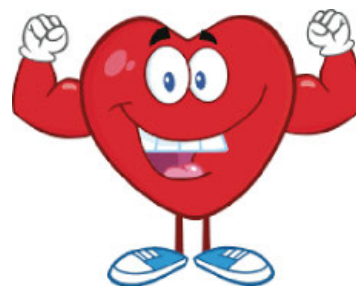
KISS
ME



Heart Health CHALLENGE

Let's keep our hearts healthy and happy together! Sign up today for this fun **TEAM-BASED CHALLENGE!**

How it Works



- Sign up at the Wellness Center Desk
- Each team will consist of 5 participants
- Team totals will be displayed on Bridget's office door
- Teams are randomly drawn together
- You will be earning HEART POINTS in this challenge.
- The only way to earn a HEART is by working out in our Wellness Center, Exercise Classes, and/or our Facebook Live Classes.
- You report to the Wellness Center how many HEARTS you earned for the previous week. You can earn up to 1 HEART a day (7 is the MAXIMUM number of HEARTS you can earn for the week).
- The 1st team to reach 100 HEARTS will win! The prize will be a \$10.00 gift certificate to the Fitness Nutrition Center in Monroe for each team member.
- The Heart Health Challenge begins on Monday, February 7th and ends once the 1st team reports in with 100 HEARTS! If we have a tie, a random drawing will be done to choose the winning team.

SSM Health at Home Presents



"SCAM & IDENTITY THEFT"

Monday, February 7th 1:30pm

Call 325-3173 to sign up

At any given time, there are new scams and identity theft tactics that can potentially affect all of us. Let's learn what some of these scams are so that we are more aware of how to protect ourselves and our loved ones.

11

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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.

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FEBRUARY MENU

TUE	2/1	BBQ Beef Tips
WED	2/2	Breaded Cod Patty
THU	2/3	Sage Chicken Thigh & Gravy
FRI	2/4	Lasagna
MON	2/7	Meatloaf with Gravy
TUE	2/8	Baked Fish
WED	2/9	Chicken Thighs
THU	2/10	Pork Roast with Gravy
FRI	2/11	Roast Beef with Gravy
MON	2/14	Hot Turkey Noodle Casserole
TUE	2/15	Breaded Fish on a Bun
WED	2/16	Chicken Breast
THU	2/17	Sloppy Joes on a Bun
FRI	2/18	Apple Pork Loin with Gravy
MON	2/21	Hamburger on a Bun
TUE	2/22	Chicken Casserole & Noodles
WED	2/23	Beef Tips with Mushrooms
THU	2/24	Lemon Rosemary Chicken
FRI	2/25	Beef Noodle Casserole
MON	2/28	Chicken Thigh with Gravy



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February 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 2:00 Pickleball 1 	3 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	4 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 
7 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre 1:30 Scam & Identity Theft Program 	8 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	9 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11-1 Veterans Lunch 11:30 Dining Site 1:00 Card Making Club 2:00 Pickleball 1 	10 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	11 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 
14 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:00 Book Club 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre 1:30 Valentine Party 	15 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	16 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:00 Wreath Class 10:45 Fusion 11:30 Dining Site 2:00 Pickleball 1 	17 8:30 Dance Aerobics 9-4 Pool 9:30 Balance Yoga 10:00 Board Meeting 10:45 Dance Aerobics 11:30 Dining 11:45 Yoga 12:30 500 12:30 Yass 1:00 Table Tennis 2:00 Pickleball 2	18 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 
21 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre 1:30 Love Gnomes! 	22 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 1:30 MOVIE 2:00 Pickleball 2	23 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 2:00 Pickleball 1 	24 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	25 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 1:30 Flippo 2:00 Pickleball 1 
28 8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre 				

NOW SHOWING



GHOST BUSTERS: AFTERLIFE

Thursday, February 10th ~ 1:30pm

When a single mother and her two children move to a new town, they soon discover they have a connection to the original Ghostbusters and the Secret legacy their grandfather left behind.

Starring Carrie Coon, Finn Wolfhard, McKenna Grace, Annie Potts, and Paul Rudd

RATED PG-13. Run Time: 2 hour, 4 minutes

DEAR EVAN HANSEN

Tuesday, February 22nd ~ 1:30pm

Evan Hansen is an anxious, isolated high-school student who's aching for understanding and belonging amid the chaos and cruelty of the social media age. He soon embarks on a journey of self-discovery when a letter he wrote for a writing exercise falls into the hands of a grieving couple whose son took his own life.

Starring Ben Platt, Amy Adams, Julianne Moore, Kaitlyn Dever, Amandla Stenberg, Colton Ryan, Danny Pino, and Nik Dodani

RATED PG-13. Run Time: 2 hours, 17 minutes



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VETERANS LUNCH

WEDNESDAY, FEBRUARY 9TH
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 Shepherd's Pie, 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
Front Desk 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!



10 Interesting Facts About the HUMAN HEART

- ♥ The average heart is the size of an adult fist.
- ♥ A woman's heart beats slightly faster than a man's.
- ♥ The human heart weights less than one pound, but a man's heart is typically two ounces heavier than a woman's.
- ♥ There is such a thing as a broken heart. Symptoms are similar to a heart attack, but the cause is usually stress and not heart disease.
- ♥ Your heart will beat about 115,000 times each day.
- ♥ The beating sound your heart makes is caused by the opening and closing of its valves.
- ♥ Each day your heart pumps about 2,000 gallons of blood.
- ♥ If you were to stretch out your blood vessel system, it would extend over 60,000 miles.
- ♥ Laughing is good for your heart. It reduces stress and gives a boost to your immune system.

Fun facts brought to you by www.flushinghospital.org

BOARD UPDATE

The Behring Senior Center Board of Directors did not have a Board meeting in December. The minutes for the January 20th meeting will be published in the March 2022 issue of the Red Brick Agenda (newsletter).

We will also post the minutes from the January 20th Board meeting by January 24th on the bulletin board near the lobby.

ADVERTISERS

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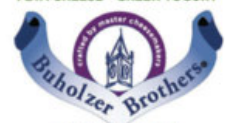
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FOOT CARE with Julie



Do you have difficulty trimming your toenails? The Behring Senior Center offers Foot Care with Julie several Tuesdays per month from 8am to 4pm. The cost is \$42.00, and you pay Julie at the time of your appointment. Your feet will be soaked, your toenails will be clipped, and rough areas will be exfoliated. You'll also get a mini leg & foot massage, as well as a refreshing lemon mist.

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
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
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!

Healthy Holiday Challenge
DECEMBER

Deb Hutchinson

Punch Card Drawing
Ada Swanton

Healthy Holiday Challenge
HIGH SCORE
Kathy Kuebli

HIDE-AND-SEEK

Ella Sanderson

**Found on page 9*

NOTE: for all who guessed page 4, that is actually an oscillating fan.

Congrats!

19

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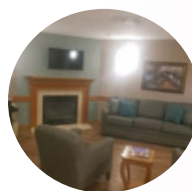
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If you would like to learn more about making a donation to the Senior Center Endowment Fund or the Friends of the Behring Senior Center Fund, please contact the Community Foundation of Southern Wisconsin or the Behring Senior Center . The Foundation 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.