

The Red Brick Agenda • April 2022

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

Have a Happy Easter



FOR PEEPS SAKE!



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.

NEWSLETTER

“The Red Brick Agenda” is the Behring Senior Center’s newsletter that is published online and mailed out once a month. To get the newsletter by MAIL, call the Senior Center at (608) 325-3173 so we can add your name to our mailing list. For ELECTRONIC (EMAIL) newsletters, visit 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. You will receive an email to verify your account.

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.

HOURS

Monday ~ Friday
Wellness Center
7:00am - 5:00pm •
Main Door
8:00am - 4:00pm
*Closed Weekends
& Holidays*



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

STAFF

Elizabeth Sorn
Coordinator

(608) 325-8890 esorn@cityofmonroe.org

Bridget Cotter

Wellness Specialist & Program Coordinator
(608) 325-8891 bcotter@cityofmonroe.org

Jazmyn Thoman
Administrative Secretary

Theresa Klemm
Program Assistant

Shannan Kaiser
*Exercise Instructor
& Wellness Center*

Lucy Whyte
*Exercise Instructor
& Wellness Center*

Cheryl Tertin
Wellness Center

Lisa Park
Receptionist

Mark Scheppele
Custodian

HIDE & SEEK

In each issue of the Red Brick Agenda, we've hidden a small picture for you to find! Those who find it will be entered into a drawing for \$10 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 APRIL 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 BUNNY:



In This Issue

Advertisers	16
Badger Honor Flight	4
Bingo	6
Board Minutes	14
Book Club	6
Bowling Outing	7
Calendar	13
Chair Massage	19
Emerald Isle Program	5
Exercise Classes	8-9
Flippo	6
Foot Care	19
Green County Dining	12
Line Dancing	6
Medicare Q & A	16
Movies	10-11
Painting with Nina	5
Protect Your Stuff	16
Quilts of Valor	4
Scam Update	18
Spring Fling	17
Tech Time	16
Trips	15
Veterans Lunch	4
Winners	7



VETERANS LUNCH

Breakfast-for-Lunch!



Wednesday, April 6th • 10:00am to 12:00pm

Calling all veterans who are 55 years of age and over! Join us at the Behring Senior Center for lunch! This month, we're changing it up a bit and serving breakfast for lunch. Plus, WE'RE STARTING AN HOUR EARLIER.



We'll have breakfast casserole, sausage, cinnamon rolls, 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 9:45am. If you have any questions or need more information, feel free to call us or stop by!

QUILTS OF VALOR

A Quilt of Valor is awarded to a Service Member or Veteran who has been touched by war. Honor, freedom, and comfort are stitched into each Quilt of Valor in honor of his/her service and sacrifice. The next Quilts of Valor presentation at the Behring Senior Center is scheduled for Wednesday, July 13th. To be considered for selection, you may stop by the Senior Center front desk and fill out a request form. The Senior Center will then pass your request onto the Quilts of Valor Foundation for consideration. If you are selected, you will be contacted.

If you have any questions, please call us at (608) 325-3173



WI BADGER HONOR FLIGHT

Have you been on a Badger honor flight? If not, please consider signing up for this wonderful experience and view the memorial built in your honor.

SPRING FLIGHTS

- Thursday, April 21st
- Saturday, May 14th
All Women Veterans Flight
- Saturday, June 4th

Contact Bea Patterson for more information at (608) 575-0671.

Painting with Nina "SPRING DAFFODIL"

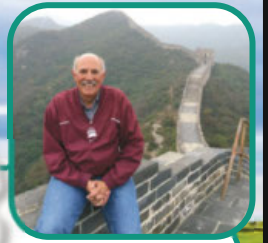
Tuesday, April 12th ~ 9:30am

Join Nina as she guides you through your project step-by-step. Remember to wear worry-free clothes to the class, and bring your own paper towels. **The cost of the class is \$25 and you will make your payment directly to Nina Stachewicz by check or cash (exact amount).**



Call (608) 325-3173 or stop by the Front Desk to sign up for this popular class.

IRELAND: A Colorful Tour of the EMERALD ISLE



Monday, April 18th ~ 1:30pm

We are excited to have Joe Fahey entertain us with pictures and humorous storytelling of his travels. Over the course of his career, Joe has traveled to 45 countries. Now blessed with countless experiences and thousands of pictures, Joe will share them with us here at the Behring Senior Center. With this fun and informative pictorial presentation, he'll discuss some of the key points of Irish culture, both past and present. And of course, no Irish discourse would be complete without visiting a few pubs to tilt a Guinness along the way!
Call us at (608) 325-3173 or stop by the Front Desk to sign up.

5



Richard E. Hager Tallie Everson III Diana Lincicum
1455 Mansion Drive, Monroe shgfuneralhome@tds.net
(608) 325-4306 www.shriners111.com



55+ Retirement Community
700 8th Avenue
Monroe, WI 53566
(608) 329-4400
www.twining-valley.com



P.O. Box 84
406 W. 10 1/2 St., Monroe
325-7663
gei@tds.net

HEARING AID CENTER

Highlander Mall
753 10th Ave., Monroe (608) 325-6606
30 Day FREE Trial
We Carry Phonak Hearing Aids



ASSISTED LIVING
Senior Living... Redefined!
Spacious Apartments, Chef-Inspired Meals, Exciting Activities, Group Outings, Transportation & Unmatched Caregiving!
Call us today at (608) 558-1783!
AsterSeniorCommunities.com
616 8th Avenue - Monroe, WI



FARM • HOMEOWNERS
RENTERS • LIABILITY
COMMERCIAL • AUTO
Agents: Harvey Mandel
Ralph Johnson • Steve Babcock
608-325-1303
1922 10th Street, Monroe, WI
www.clarnomutualinsurance.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



GLANER LODGE

ALL INCLUSIVE INDEPENDENT AND ASSISTED LIVING
608-636-2424 | NGHOME.ORG



Line Dancing

MONDAYS

April 4, 11, 18, and 25

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!!!



COFFEE & CHAT BOOK CLUB

Monday, April 11th

10:00am

Our group will meet to discuss the book, "Code Girls" by Liza Mundy. 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 Front Desk.



FLIPPO

Friday, April 29th

1:30pm

Come to the Senior Center to play FLIPPO! It's a fun and easy game to learn with a lot of great prizes. Call (608) 325-3173 or stop by the desk to sign up for Flippo!

Bingo

Sponsored by ASTER

Friday, April 8th

1:30pm

Join ASTER at the Behring Senior Center for an afternoon of BINGO! ASTER always brings great prizes, and we have a fun time!

Registration starts at 8:00am on Friday, April 1st.

Winners!

HIDE-AND-SEEK

Bernie Schulz

**Found on page 14*

PUNCH CARD DRAWING

Kathy Patrick

HEALTHY HEART CHALLENGE

Phyllis Ziegler

Kathy Kuebli

Barb Buetow

Wanda Grossen

Congrats!

Let's Go Bowling!

Date: Monday, April 25th

Time: 10:30am

Cost: \$8.00 (Pay at Leisure Lanes)

***Includes 2 games of bowling, shoe rental, pizza, and soda.**

Join us for a fun day of bowling at Leisure Lanes!

Call us at (608) 325-3173

or sign up at the Front Desk.



7

Tonya Briggs

Licensed Real Estate Agent



Advantage

521 6th Street

Monroe, WI 53566

Cell **608-214-8982**

Office **608-329-2240**



tonyabriggs1@gmail.com

www.c21zre.com



Each office is independently owned and operated



KITTELSEN, BARRY, WELLINGTON & THOMPSON, S.C.

Experienced Attorneys

- Estate Planning • Real Estate • Personal Injury/Wrongful Death
- Probate • Elder Law • Trusts • Business Planning

608-325-2191

- Scott Thompson • R. Scott Jacobson • Charles R. Wellington
- Robb Leach • John Sauer



Monroe Glass Company, Inc.

(608) 325-4185

For All Your Glass Needs

1408 11th Street
Monroe, WI



MONUMENTS & HEADSTONES

Local service in Monroe & Southern Wisconsin

Call Monique Newcomer

608.558.6117

Your Monroe Area Representative



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

College Football Legend
Barry Alvarez



Paid Spokesperson

A winning game plan

with Medicare benefits you deserve.



DeanHealthPlan

A member of SSM Health

deancare.com/medicareadvantage

H9096_885483R02_C



For ad info. call 1-800-950-9952 • www.lpiconmunities.com Behring Senior Center, Monroe, WI

B 4C 01-1178

Egg-ercise 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



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

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, 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





INSTRUCTORS

Bridget cotter
Lucy Whyte
shannan kaiser

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
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 through 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



CLASS RATES

All exercise classes are drop-in classes, no registration is required. You can pay for one class at a time or you can purchase a punch card:

- 1 class = \$4.00
- Punch Card (10 classes) = \$30.00 (\$3/class)
- Punch Card (20 classes) = \$55.00 (\$2.75/class)

You must sign a liability waiver to participate in our classes.



NOW SHOWING



RED NOTICE

Thursday, April 7th ~ 1:30pm

When an Interpol-issued Red Notice (the highest level warrant) to hunt and capture the world's most wanted goes out, the FBI's top profiler John Hartley is on the case. His global pursuit finds him smack dab in the middle of a daring heist where he's forced to partner with the world's greatest art thief Nolan Booth in order to catch the world's most wanted art thief, "The Bishop." The high-flying adventure that ensues takes the trio around the world, across the dance floor, trapped in a secluded prison, into the jungle, and worst of all for them, constantly in each other's company. **Run Time: 1 hour, 58 minutes. Rated PG-13**

Starring Dwayne Johnson, Ryan Reynolds, Gal Gadot, Rita Arya, and Chris Diamantopoulos

MARRY ME

Tuesday, April 19th ~ 1:30pm

Marry Me is a romantic comedy focusing on an unexpected relationship being created in front of millions. Kat Valdez and Bastian are superstars in the music industry, so much so that the world plans to make an event out of their impending wedding. However, things fall apart when Kat learns that Bastian has been unfaithful mere moments before the vows can take place. Making an abrupt choice, she picks a man in the crowd named Charlie, not realizing that he's holding a "Marry Me" sign, and decides to follow the sign's suggestion.

Run Time: 1 hour, 52 minutes. Rated: PG-13

Starring Jennifer Lopez, Owen Wilson, Maluma, John Bradley, Chloe Coleman, and Sarah Silverman



**MOVIES ARE FREE AND WE SERVE FREE POPCORN & BEVERAGES.
RESERVATIONS ARE REQUIRED. PLEASE CALL US AT (608) 325-3173 TO SIGN UP.**

THROWBACK THURSDAY

NO TIME FOR SERGEANTS

Thursday, April 28th ~ 1:30pm

Sergeant King thinks backwoods hillbilly-turned-new recruit Will Stockdale might be the dumbest private to ever join the Air Force. When King puts him permanently in charge of the latrines, Stockdale thinks it's a promotion. Somehow, all of King's attempts to make Stockdale look foolish backfire, and one of them even finds the sergeant demoted to private by his superiors. Meanwhile, Stockdale squeaks through training and soon begins wreaking havoc in the skies.

Run Time: 1 hour, 59 minutes. Not Rated.

Starring Andy Griffith, Myron McCormick, Nick Adams, and Murray Hamilton



11

Churchill Woods Apartments



608-325-2949 • 800-13th Avenue

Luecke's Diamond Center

"Your Trusted Family Jeweler
Since 1921"

West Side of Square

325-2600

www.lueckesjewelers.com



GROW YOUR BUSINESS
BY PLACING AN AD HERE!

CONTACT US!

Contact Jeff Parkinson to place an ad today!
jparkinson@lpicommunities.com
or (800) 950-9952 x5887



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

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021



Insurance can be complicated,
but getting help understanding it is easy.

Call us today
to learn more.



Prepare. Pursue. Protect.

608.325.6060
825 6TH AVE WEST
MONROE WI

WWW.FIGIFINANCIAL.COM



For ad info. call 1-800-950-9952 • www.lpicommunities.com Behring Senior Center, Monroe, WI

C 4C 01-1178

GREEN COUNTY NUTRITION PROGRAM

• Reservations are required and must be made by 12:30pm of the prior business day.

Call the meal site at (608) 325-3040.



• Participants are asked to enter at the Wellness Center doors (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.

APRIL MENU

FRI	4/1	Apple Pork Loin with Gravy
MON	4/4	Hamburger
TUE	4/5	Chicken Casserole & Noodles
WED	4/6	Beef Tips & Mushroom Gravy
THU	4/7	Lemon Rosemary Chicken
FRI	4/8	Beef Noodle Casserole
MON	4/11	Goulash
TUE	4/12	Spaghetti
WED	4/13	Chicken Thigh with Gravy
THU	4/14	Scalloped Turkey Casserole
FRI	4/15	CLOSED
MON	4/18	Turkey Slice with Gravy
TUE	4/19	Cabbage Rolls
WED	4/20	Creamed Chicken
THU	4/21	Hot Ham Slices
FRI	4/22	Tater Tot Casserole
MON	4/25	Breaded Cod Patty
TUES	4/26	BBQ Beef Tips
WED	4/27	Lasagna
THU	4/28	Sage Chicken Thighs & Gravy
FRI	4/29	Taco Casserole / Black Beans

12

129 N 29th Ave., Monroe, WI 53566
606-325-3417
customerservice@regezsupply.com
Web: www.regezsupply.com

Monroe
250 N. 18th Ave., Suite 106
Across from Alphorn Ford
on Monroe's North Side
New Glarus
1101 State Hwy 69
Above The Bank of New Glarus
in the Swiss Miss Center

Friends Helping Friends by Donating • Volunteering • Shopping

Open M-F 9-5, Sat. 9-4
What Starts Local, Stays Local
501 1st Ave. Monroe, WI
608-329-7837
Tax Deductible Donations Accepted During Business Hours

Worried about market volatility? Let's talk.

Cody Page
Financial Advisor
1015 18th Ave Ste 111
Monroe, WI 53566
608-328-1040

Edward Jones
MAKING SENSE OF INVESTING

LAW FIRM
Attorneys
Todd Schluesche
Amanda Fields
Trevor Paulson
(608) 325-2500
www.sflawwisconsin.com

Estate Planning • Wills • Trusts
Elder Law • Personal Injury
Probate • Business
Real Estate

Trouble Stepping Over Your Tub?
Install "The Step" today!
Works on Existing Tubs

Fully Installed for as low as \$895!

CALL BEFORE YOU FALL!

Free Estimates • Call Steve at 608-225-3938
www.wi-walkinshowers.com • Locally owned in Verona, WI

INSURE CAREFULLY. DREAM FEARLESSLY.

Tim Young, Agent

820 17th Ave
Monroe, WI 53566
Bus: (608) 325-9115
Cell: (608) 558-9115
tyoung@amfam.com



APRIL 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 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



4 8:30 Fitness First
9-4 Pool
9:30 Men's Exercise
10:45 Chair Pilates
11:30 Dining Site
12:30 Euchre
2:00 Line Dancing



5 **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

6 8:30 Fitness First
9-4 Pool
9:30 Men's Exercise
10-12 Veterans Lunch
10:30 Medicare Q&A
10:45 Fusion
11:30 Dining Site
2:00 Pickleball 1



7 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

8 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



11 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
2:00 Line Dancing



12 **8-4 Foot Care**
8:30 Dance Aerobics
9-4 Pool 9:00 Stitch/Chat
9:30 Painting with Nina
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

13 8:30 Fitness First
9-4 Pool
9:30 Men's Exercise
10:45 Fusion
11:30 Dining Site
1:00 Protect Your Stuff
1:00 Card Making Club
2:00 Pickleball 1



14 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

15 **Senior Center CLOSED**



18 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 Ireland
2:00 Line Dancing



19 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
1:30 Movie
2:00 Pickleball 2

20 8:30 Fitness First
9-4 Pool
9:30 Men's Exercise
10:30 Medicare Q&A
10:45 Fusion
11:30 Dining Site
2:00 Pickleball 1



21 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

22 8:30 Fitness First
9-4 Pool
9:30 Men's Exercise
10:45 Fusion
11:30 Dining Site
2:00 Pickleball 1
2-4 Tech Time



25 8:30 Fitness First
9-4 Pool
9:30 Men's Exercise
10:30 Bowling Outing
10:45 Chair Pilates
11:30 Dining Site
12:30 Euchre
2:00 Line Dancing



26 **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

27 8:30 Fitness First
9-4 Pool
9:30 Men's Exercise
10:45 Fusion
11:30 Dining Site
2:00 Pickleball 1



28 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 Throwback Movie
2:00 Pickleball 2

29 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



MARCH 2022: SENIOR CENTER BOARD MEETING MINUTES

Date: Thursday, March 17, 2022 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, Bridget Cotter, Rob Jacobson, and Elizabeth Sorn.
- B. READING OF THE MINUTES:** The February meeting minutes were read. Mary Deininger made a motion to approve the minutes, and Mickey seconded the motion.
- C. APPROVE THE FINANCIAL STATEMENT:** The February 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:**
- E. BUSINESS:**
- 1. Mask Policy:** Elizabeth presented the Board with the current report from Green County Public Health, as well as mask policies from area businesses, fitness centers, and senior living facilities. Tom Kelly made a motion to make masks optional, and Mickey Beam seconded the motion. The Board will revisit the Mask Policy at future meetings when necessary.
 - 2. Silver Sneakers:** Bridget Cotter discussed the possibility of bringing Silver & Fit, Silver Sneakers, and other insurance programs for fitness to the Senior Center. This is something that could possibly work in the Wellness Center, and it is much easier to track with our new computer system. Due to space concerns, we would only be able provide these programs to new members of the Wellness Center at this time. Implementing these programs takes time, and it may be months before we go forward with anything. Tom Kelly made a motion for Bridget to contact Silver Sneakers and other fitness insurance programs, and Mickey Beam seconded the motion.
 - 3. Bus Trip Update:** Elizabeth updated the Board about bus trips for the fall. She has one trip tentatively reserved for September, and the bus rate increased \$375 due to rising gas prices and employee pay rates. She will try to possibly find a couple more bus trips for later in the year.
 - 4. Coordinator Update:** Jazmyn Thoman, has been a very positive addition to the Senior Center staff, and she has assisted Elizabeth tremendously. Elizabeth will be attending the Wisconsin Association of Senior Centers' (WASC) Spring Conference that is scheduled for April 28 & 29 in Appleton, Wisconsin.
 - 5. Building Update:** Rob Jacobson spoke with Patrick McGowan about the building plans. Patrick is meeting with a Civil Engineer to create a site plan, and then they will move forward with more accurate building costs. Rob will schedule a presentation at the April Board meeting. Rob had the lighting in the hallways replaced.
 - 6. Discussion on Potential Collaboration with the YMCA:** Rob Jacobson and Matt Skibba were invited to tour the YMCA. The leaders of the YMCA suggested a collaboration between the YMCA and the Behring Senior Center. Rob reported the information from the tour and meeting to the Board. After a lengthy discussion, Mary Deininger made a motion stating that we are not prepared to talk about collaborative efforts regarding the building, however, we are always open to collaborative programming. Deb Hutchinson seconded the motion.
- F. ADJOURNMENT:** Tom Kelly made a motion to adjourn, and Mary Deininger seconded the motion.

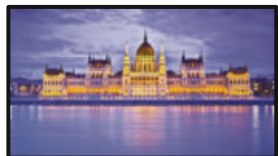
On Voice Vote Motion was carried

Minutes from the February 2022 meeting are available at the Behring Senior Center and on the City of Monroe's website in the Agenda/Minutes Center.



Mayflower Cruises & Tours 2022 ~ 2023 TRIPS

DANUBE EXPLORER



AUGUST 31 - SEPTEMBER 10, 2022

The Czech Republic • Germany
Austria • Slovakia • Hungary

SAN FRANCISCO & WINE COUNTRY



SEPTEMBER 25 - 29, 2022

Featuring the Napa Valley Wine Train
Tour of San Francisco

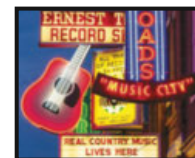
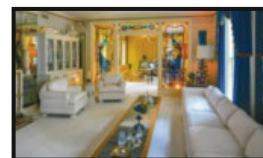
COSTA RICA



FEBRUARY 17 - 24, 2023

Cano Negro National Wildlife Refuge
Jungle Crocodile Safari • Trail of Bridges
Arenal Volcano • Nauyaca Waterfalls

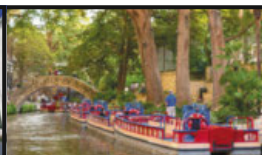
AMERICA'S MUSIC CITIES



MAY 19 - 26, 2023

Grand Ole Opry • Nashville • Graceland
BB King Museum • New Orleans

RIVERS & RAILS OF TEXAS



OCTOBER 23 - 30, 2023

San Antonio • Texas Ranger Hall of Fame
The Alamo • Magnolia Market at the Silos
Texas State Railroad • Amtrak's Texas Eagle
Austin • Fort Worth Stockyards

TRAVEL SHOW

Judy will be here from *Mayflower Cruises & Tours* to go through all of the trips we have scheduled.

DATE: Tuesday, June 7th

TIME: 1:00pm

If you would like to attend the travel show, please sign up in advance. Call us at (608) 325-3173 or stop by the front desk to register.

Travel brochures, applications, and pricing will be available at the front desk mid-April.

"How to Protect Your Stuff"

Wednesday, April 13th ~ 1:00pm

Join us for an in-person educational workshop with Elder Life Group to discuss, "How to Protect Your Stuff" from devastating long-term care costs. An Elder Life Advisor will discuss the reality of the long-term crisis we face as we age and the exceptions to the rules laid out for us. We will also identify planning options available to you that you may not be aware of. The first step in preparing for long-term care costs is education!



**Register today
by calling
(608) 325-3173 or
sign up at our
Front Desk.**

Tech Time



Tech help will be here at the Senior Center from 2:00pm to 4:00pm on the following dates:

- **Friday, April 22nd**
- **Friday, May 20th**

Help is provided by students of the Monroe High School, and they can assist you with questions about your iPad, tablet, and cell phone. You must register in advance for a 20-minute appointment. **Please call us at (608) 325-3173 or stop by the front desk to register.**

Medicare & Social Security Q&A

EVERY OTHER WEDNESDAY • 10:30AM-?

Starting on Wednesday, April 6th through the end of July, the Behring Senior Center will offer a general Question and Answer session on Medicare and Social Security **EVERY OTHER** Wednesday. You can bring all of your questions to Nitza Pfaff as she has vast knowledge and an extensive background on Medicare and Social Security. For example: Is my Medicare premium too high? What are my options? Does my Medicare plan cover fitness? Can I get my Medicare Part B premium reduced? Or can I delay taking my Social Security benefits? Nitza can help answer these questions and MANY more!

You do not need an appointment! Just bring your questions, and she is happy to help!

ADVERTISERS

**To run an ad in
our newsletter,
contact:**

**LITURGICAL
PUBLICATIONS**

**1-800-950-9952,
extension 2440**

LPI

Spring Fling

Musical Performance by Top Shelf



Monday, May 9th • 1:30pm • \$5.00 per person

We're getting ready for our Spring Fling, and we hope you'll join in the fun! It will be an afternoon filled with music, refreshments, and good company. Tracy Jane Comer sings, plays the keyboard and the guitar while her duo partner Alan Malowski sings and plays percussion. They perform a lively mix of tunes including swing, jazz, country, rock 'n roll, and show tunes. Space is limited.

Registration begins at 8:00am on Wednesday, April 27th.

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



17

Thrive
Locally

**MONROE
1 HOUR
CLEANERS**

Professional Garment Cleaning
JACOB SCHERER
MONDAY - THURSDAY 7:00 AM TO 5:30 PM
FRIDAY 7:00 AM - 6:00 PM
**1629 9th Street
325-5860**

**Professional
Roofing & Repair**

COMMERCIAL
RESIDENTIAL

Monroe
(608) 293-0504

Heating & Air Conditioning Systems
Designed and Installed by:

**Monroe Heating
& Sheet Metal**

608-325-6030

615 - 17th St. Monroe WI
www.monroeheat.com

Welcome Home!

New Glarus Home
A RETIREMENT COMMUNITY

- INDEPENDENT LIVING • ASSISTED LIVING
- LONG TERM CARE • MEMORY CARE • REHABILITATION
- ***NEW*** • IN HOME CARE • ***NEW***

600 2ND AVE. NEW GLARUS, WI 53574
FACEBOOK.COM/NEWGLARUSHOME66 • WWW.NGHOME.ORG • 608-527-2126

**TOLLAKSON-EMERY
MEMORIALS**

Beauty, Quality, Craftsmanship

Hwy. 78N, Argyle
(608) 543-3233

2913 13th St., Monroe
(608) 325-5115

Odyssey
FETA CHEESE • GREEK YOGURT

Buholzer Brothers
NATURAL CHEESES
Produced by Klondike Cheese Co.
www.klondikecheese.com

The Grandparent Scam

Scam artists are impersonating your grandchildren to scam you out of thousands of dollars! This scam is happening right here in Monroe.



HOW THE SCAM WORKS:

Nearly every version of this scam starts with a phone call from the senior's grandchild. Unfortunately, it's only a con artist pretending to be a grandchild. You may think that it would be easy to spot the scam, but the scammers are skilled at what they do. And older consumers who may have some cognitive decline may not recognize what's going on until it's too late.

Examples of how these scams work:

- Scammer calls and says "Hi Grandma this is your favorite grandchild!" Often times these scammers know your grandchild's name and will use it.
- Next, they may say, "I need help, I am in trouble and need you to send me money." He/she will say the money is for car repairs, medical bills, travel expenses, or bail money. The caller will usually say that he doesn't want his parents to find out, and he'll ask to keep it a secret.
- To make the story seem more credible, the caller might also put another person on the phone to act like a police officer, lawyer, mechanic, friend of the grandchild, or even a clergy member.
- Then, the caller will ask you to send money through a wire transfer or gift card.

HOW TO HELP AVOID GETTING SCAMMED:

- **Verify the Caller's Identity.** Ask questions that only a real family member would know. Call other family members to check if the person calling is actually who they say they are.
- **Don't Give Out Any Personal Information.** This includes credit card number, bank account information, family members names, or even your name.
- **Be Skeptical about Requests for Wire Transfers & Gift Card Numbers.** Sending money through a wire transfer or gift card since the money is impossible to trace or recover. If someone insists that you pay one particular way, you're probably dealing with a scammer. If someone insists that you pay with a gift card, you are definitely dealing with a scammer.
- **Do Not Act Quickly.** It's okay to take your time and check to make sure that you aren't getting scammed.

If you think you're a victim, call your local police department. Remember, this is not your fault. Con artists will lie, cheat, steal, and make up plausible stories to convince you to wire money or reveal sensitive information. The callers are often professional criminals who are skillfully able to get you to wire money or give personal information before you have time to properly assess the situation.

REPORT THE SCAM

File a complaint with your local police department and the Federal Trade Commission (FTC).
MONROE POLICE DEPARTMENT - 1811 12th Street, Monroe, WI 53566 (608) 329-2400
FEDERAL TRADE COMMISSION - Call toll-free at 1-877-382-4357 (877-FTC-HELP)

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, and a refreshing lemon mist.

Foot Care Schedule

APRIL 5, 12, 26
 MAY 10, 17, 24
 JUNE 7, 21, 28
 JULY 12, 19, 26
 AUGUST 9, 23
 SEPTEMBER 20, 27
 OCTOBER 4, 11, 25
 NOVEMBER 1, 8, 15, 29
 DECEMBER 13, 20, 27

CHAIR MASSAGE with Melissa

Chair Massage

April 1st
 May 6th,
 May 20th

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 pay Melissa directly the day of your appointment.** She accepts cash or check.

To schedule an appointment, call us at (608) 325-3173. If you need to cancel your appointment for Foot Care or Chair Massage, PLEASE CALL 24 HOURS IN ADVANCE so we can fill your spot with someone from the waiting list.

19

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


PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

Toll-free Helpline:

888-818-2611

Email: smp-wi@gwaar.org

www.smpwi.org

 WisconsinSeniorMedicarePatrol



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

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Jeff Parkinson to place an ad today!
jparkinson@lpicommunities.com
 or (800) 950-9952 x5887



Newly Remodeled
Newcomer
Funeral Home & Cremation Service
 ~Monroe~
325-4634

 **Woodford**
 STATE BANK 
 Your Full Service Bank
 Keeping it Local.

Serving you with offices in Monroe, Argyle, South Wayne, Blanchardville, and New Glarus for all your banking needs.

608.325.7766
www.woodfordstatebank.com
 /woodfordstatebank



St. Clare Friedensheim
Independent & Assisted Living

608-636-2424 | www.nghome.org



Behring Senior Center
1113 10th Street
Monroe, WI 53566



Find us on:
facebook®

APRIL 2022



Presort Standard
U.S. Postage

PAID

Permit # 228
Monroe, WI 53566

**RETURN
SERVICE
REQUESTED**

Creating a Lasting Legacy

Behring Senior Center Endowment Fund

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.

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.

