

The Red Brick Agenda • May 2022

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

Make Each New Day



a Celebration!

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 ONLINE 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.

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.

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

STAFF

Elizabeth Sorn, Coordinator
esorn@cityofmonroe.org
Bridget Cotter, Wellness Specialist & Program Coordinator
bcotter@cityofmonroe.org
Jazmyn Thoman, Administrative Secretary
jthoman@cityofmonroe.org
Theresa Klemm, Program Assistant
Lucy Whyte, Exercise & Wellness
Shannan Kaiser, Exercise & Wellness
Cheryl Tertin, Wellness Center
Lisa Park, Receptionist
Mark Scheppele, Custodian

HOURS

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

HIDE & SEEK

In each issue of the newsletter, we've hidden a small picture for you to find! If you find it, you'll 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 **MAY 12th**. Include your name, phone number, and the page number where you found the hidden object. If you are correct, your name will be entered into the drawing (one entry per person).

This month, we'll be searching for this PINATA:



In This Issue

Advertisers	11
Artist of the Month	19
Badger Honor Flight	10
Bingo	4
Book Club	5
Bus Trip	18
Calendar	13
Chair Massage	8
Craft Class with Theresa	7
Dancing in Life's Storms	5
Exercise Classes	14
Flippo	4
Foot Care	8
Golf Outing	9
Green County Dining	12
Let's Get MOO-ving	17
Medicare Q & A	15
Movies	6
Quilts of Valor	10
Spring Fling	4
Tech Time	11
Trips	16
Veterans Brunch	10
Waffle Day	8
Winners	10



Spring Fling

Musical Performance by Top Shelf

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

We're having a 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.

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



MAY 9th: LOST SOCK MEMORIAL DAY



BINGO

Kentucky Derby Style

FRIDAY, MAY 6th - 1:30PM

Join ASTER at the Behring Senior Center for an afternoon of BINGO! This month we'll be celebrating the Kentucky Derby by wearing fun, over-the-top hats! If you wear a hat, your name will be entered into a drawing for Monroe Money. Aster always brings great prizes, and we'll serve refreshments.

Space is limited, so sign up early. Call us at (608) 325-3173 or stop by the front desk to register.

Registration starts at 8:00am on May 3rd.

Sponsored by
Aster Assisted Living



**MAY 6th:
INTERNATIONAL
TUBA DAY**

FLIPPO

Friday, May 20th
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!

**MAY 20th:
NATIONAL
RESCUE
DOG DAY**



Dancing in Life's Storms

Wednesday, May 25th ~ 1:30pm

Author Leanne Lippincott-Wuerthele shares her profound story of surviving three 'life storms' with faith, love, and humor. She is an inspiration for anyone who feels life has dealt them an unfair hand. She shows, by example, how to awaken humor and gratitude in the dark times.



This is definitely a program you don't want to miss! Space is limited. Call us at (608) 325-3173 or stop by the Front Desk to sign up.

Coffee & Chat BOOK CLUB

Monday, May 9th
10:00am

Our group will meet to discuss the book, **Women Rowing North, by Mary Pipher**. 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.

May 25th: National Tap Dance Day



5



Richard E. Hager Tallie Everson III Diana Lincicum
1455 Mansion Drive, Monroe shgfuneralhome@tds.net
(608) 325-4306 www.shriner111.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



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



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

A 4C 01-1178

MOVIES 1:30PM



THREE AMIGOS

THROWBACK THURSDAY, MAY 5TH

Three cowboy movie stars from the silent era -- Dusty Bottoms, Lucky Day, and Ned Nederlander -- are fired when one of their movies bombs. In what seems to be a career-saving offer, young Mexican woman Carmen offers them a high-paying gig in her village. The three jump at the opportunity, expecting to do their typical act, but Carmen believes they are really heroes and asks them to rid her village of bad guy El Guapo. **Rated: PG. Run Time: 1 hour, 44 minutes.**

Starring: Steve Martin, Chevy Chase, Martin Short, Alfonso Arau, Tony Plana, and Patrice Martinez

May 5th:
Cinco de Mayo



May 12th:
National
Odometer
Day



DOG

THURSDAY, MAY 12TH

With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance of finding happiness. **Rated: PG-13. Run Time: 1 hour, 41 minutes.**

Starring: Channing Tatum, Jane Adams, Kevin Nash, Q'orianka Kilcher, Ethan Suplee, Emmy Raver-Lampman, and Nicole LaLiberte



HIDDEN FIGURES

TUESDAY, MAY 24TH

Three brilliant African-American women at NASA, Katherine Johnson, Dorothy Vaughan and Mary Jackson, serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. **Rated: PG. Run Time: 2 hours, 7 minutes.**

Starring: Taraji P. Henson, Octavia Spencer, Janelle Monae, Kevin Costner, Kirsten Dunst, Jim Parsons, Mahershala Ali, Aldis Hodge, and Glen Powell



May 24th:
International
Tiara Day



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

Clothespin Wreaths

Craft Class with Theresa Klemm

Tuesday, May 17th • 10:00am • \$12.00 per person

Join Theresa as we make new front door décor! These cute clothespin wreaths are simple and fun to create. You pick your theme and color, and we'll have all the paint, flowers, and ribbon you'll need. We have some embellishments, but if you have any special items you want to add or a special theme in mind, please bring what you might need with you.

Call (608) 325-3173 or stop by the Front Desk to register.



May 17th: National Graduation Tassel Day

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

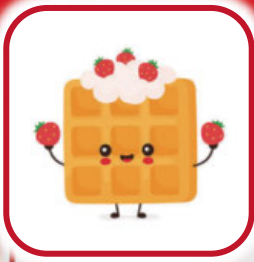
deancare.com/medicareadvantage

H9096_885483R02_C



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

B 4C 01-1178



Waffle Day

MONDAY, MAY 23RD • 10:00AM • \$2.00 PER PERSON

Let's enjoy a spring morning together at the Senior Center, enjoying good company and yummy waffles! Bridget will be whipping up those delicious, mouth watering waffles, served with all of the fixings! We'll also have coffee, milk, and water.

Space is limited, and advanced reservations are required.

Please call (608) 325-3173 or stop by to register.

May 23rd: Drinking with Chickens Day



Chair Massage

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.

*Rates increase to \$30.00 starting June 1, 2022

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.

2022 Schedule

MAY 6, 20
JUNE 3, 17
JULY 1, 22
AUGUST 5, 19
SEPT 16
OCT 7, 21
NOV 4, 18
DEC 2, 16

To schedule an appointment, please 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 from the waiting list.

2022 Schedule

MAY 10, 17, 24
JUNE 7, 21, 28
JULY 12, 19, 26
AUGUST 9, 23
SEPT 20, 27
OCT 4, 11, 25
NOV 1, 8, 15, 29
DEC 13, 20, 27



May 20th:
World Bee Day

May 10th:
Clean your
Room Day



THE BEHRING SENIOR CENTER'S ANNUAL GOLF OUTING

Wolf Hollow • 6546 N Shippee Road • Lena, IL 61048
Wednesday, June 1st • 9:00am Shot Gun Scramble

We will be playing a scramble style golf game. Each team will consist of 4 players, and each member of a team hits his or her ball throughout the match. The team captain will choose the best shot from the first stroke and use that same spot for each player. After completing one round, everyone on the team tees off, and again they select one spot and play the balls from there. The process continues until all holes are completed.

Hole Prize Categories: Teams Best Score, Men's Longest Putt, Women's Longest Putt, Closest to the Pin. We will also do a few random drawings for extra prizes.

Lunch Menu: Choice of Pulled Pork or Italian Beef, Potato Salad, Chips, and Dessert.

Cost: \$25.00 per person - includes 9 holes of golf with a cart, lunch with dessert, and prizes.

Call the Senior Center at (608) 325-3173 to sign up. You will pay at Wolf Hollow the day of the event. Limited to 36 Golfers.



National Olive Day



VETERANS BRUNCH

**WEDNESDAY, MAY 4TH
10:00AM - 12:00PM**

Calling all veterans who are 55 years of age and over! Join us at the Behring Senior Center for brunch! 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!

BADGER HONOR FLIGHT *Benefit Breakfast*

**SUNDAY, JUNE 5TH
8:00AM - NOON**

*Monroe Moose Lodge
639 3rd Avenue, Monroe*

**BUFFET STYLE - ADULTS \$8.00
CHILDREN 6 YRS-11 YRS \$4.00
CHILDREN 5 YRS & UNDER FREE**

**Help send our Veterans to
Washington DC to see the
memorials built in their honor.**



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**

**May 21st: National
Armed Services Day**

**May 31st:
Memorial Day**

**Thank you for
your service!**



WINNERS!

HIDE-AND-SEEK

LeRoy Frauchiger

***Found on
page 13**

PUNCH CARD

Mary Andrews

CONGRATS!

BEHRING SENIOR CENTER BOARD OF DIRECTORS

The May newsletter was transmitted prior to the April Board meeting. Minutes from the April meeting will be available online at: cityofmonroe.org. in the agenda center.

TECH-TIME

**FRIDAY, MAY 20TH
2:00PM-4:00PM**

If you have questions about your iPad, tablet, or cell phone, Monroe High School students will be here to assist you! 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.**

ADVERTISERS

To run an ad in our newsletter, contact:

**LITURGICAL
PUBLICATIONS**

1-800-950-9952, ext. 2440

**May 4th:
Star Wars Day**

**STAR WARS DAY
MAY THE 4TH
BE WITH YOU**



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.

f FIGI INSURANCE & FINANCIAL SERVICES
Prepare. Pursue. Protect

608.325.6060
825 6TH AVE WEST
MONROE WI
WWW.FIGIFINANCIAL.COM





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.

• Only nutrition program staff and volunteers are allowed in the kitchen.

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

MAY MENU

MON	5/2	Breaded Fish
TUE	5/3	Sliced Turkey with Gravy
WED	5/4	Taco Casserole with Black Beans
THU	5/5	Beef Tips in Mushroom Gravy
FRI	5/6	Sage Roasted Pork
MON	5/9	Roasted Chicken Thigh
TUE	5/10	Hamburger
WED	5/11	Hot Ham Slices
THU	5/12	Goulash
FRI	5/13	Chicken Salad
MON	5/16	Tuna Casserole
TUE	5/17	Basil Chicken Parmesan
WED	5/18	Turkey Salad on Lettuce
THU	5/19	Tater Tot Casserole
FRI	5/20	Hot Beef Noodle Casserole
MON	5/23	Cranberry Roast Pork
TUES	5/24	Lasagna
WED	5/25	Craisin Chicken Salad on Spinach
THU	5/26	BBQ Country Beef Tips
FRI	5/27	Ham & Scalloped Potatoes
MON	5/30	CLOSED / MEMORIAL DAY
TUE	5/31	Tuna Salad on Lettuce

12



129 N 29th Ave., Monroe, WI 53566
608-325-3417
customerservice@regezsupply.com
Web: www.regezsupply.com

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

MKT-58941-A



**INSURE CAREFULLY.
DREAM FEARLESSLY.**

Tim Young, Agent

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



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

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



**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



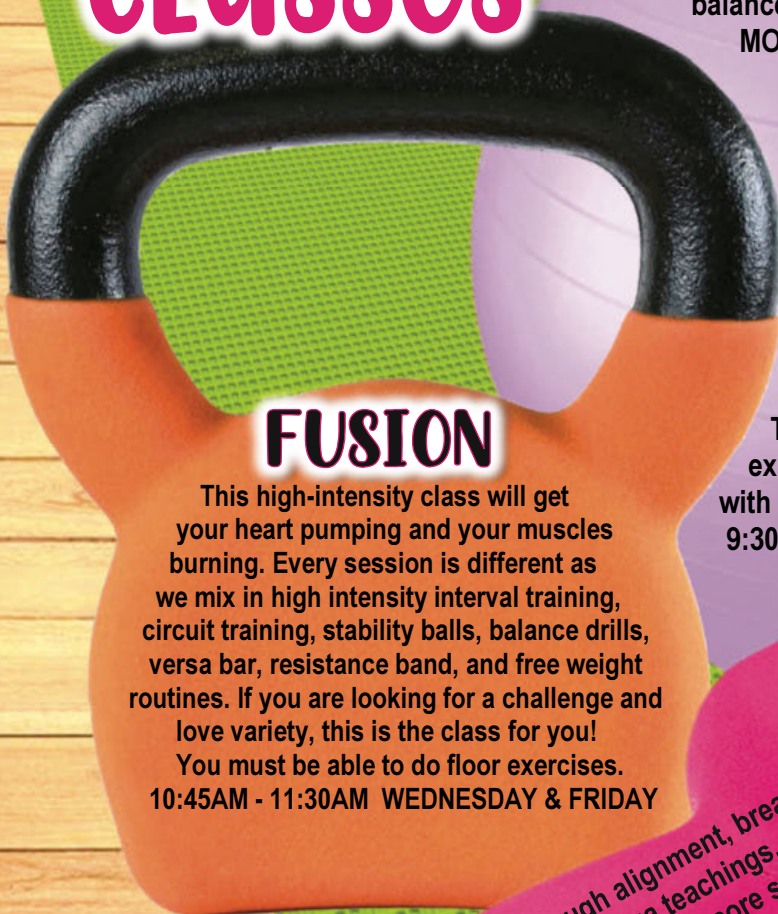
For ad info. call 1-800-950-9952 • www.lpcommunities.com Behring Senior Center, Monroe, WI

D 4C 01-1178

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre</p> 	<p>3</p> <p>8:30 Dance 9-4 Pool 9:00 Stitch/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>4</p> <p>8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10-12 Veterans Brunch 10:30 Medicare Q&A NITZA PFAFF 10:45 Fusion 11:30 Dining Site 2:00 Pickleball 1</p> 	<p>5</p> <p>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>6</p> <p>8:30 Fitness First 9-4 Pool 9:30-1 Chair Massage 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 1:30 BINGO 2:00 Pickleball 1</p> 
<p>9</p> <p>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 SPRING FLING!</p> 	<p>10</p> <p>8-4 Foot Care 8:30 Dance 9-4 Pool 9:00 Stitch/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>11</p> <p>8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 1:00 Card Making Club</p> 	<p>12</p> <p>8:30 Dance Aerobics 9-4 Pool 9:30 Balance Yoga 10:00 Medicare Q&A APPEL AGENCY 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>13</p> <p>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>16</p> <p>Let's Get MOO-ving Green County! 1 Week Free in Wellness Center</p>  <p>8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre</p>	<p>17</p> <p>8-4 Foot Care 8:30 Dance 9-4 Pool 9:00 Stitch 'n Chat 9:30 Balance Yoga 10:00 Clothespin Craft 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>18</p> <p>8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:30 Medicare Q&A NITZA PFAFF 10:45 Fusion 11:30 Dining Site 2:00 Pickleball 1</p> 	<p>19</p> <p>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</p>	<p>20</p> <p>8:30 Fitness First 9-4 Pool 9:30-1 Chair Massage 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 1:30 Flippo 2:00 Pickleball 1 2-4 Tech Time</p> 
<p>23</p> <p>8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:00 Waffle Day 10:45 Chair Pilates 11:30 Dining Site 12:30 Euchre</p> 	<p>24</p> <p>8-4 Foot Care 8:30 Dance 9-4 Pool 9:00 Stitch/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>25</p> <p>8:30 Fitness First 9-4 Pool 9:30 Men's Exercise 10:45 Fusion 11:30 Dining Site 1:30 Dancing in Life's Storms Program 2:00 Pickleball 1</p> 	<p>26</p> <p>8:30 Dance Aerobics 9-4 Pool 9:30 Balance Yoga 10:00 Medicare Q&A APPEL AGENCY 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>27</p> <p>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>30</p>  <p>SENIOR CENTER CLOSED</p>	<p>31</p> <p>8:30 Dance 9-4 Pool 9:00 Stitch/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> May 8th: Mother's Day</p>		<p>Each day is a gift... Toss some confetti in the air and celebrate!</p> 

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, versa bar, resistance band, and free weight routines. If you are looking for a challenge and love variety, this is the class for you!

You must be able to do floor exercises.
10:45AM - 11:30AM WEDNESDAY & FRIDAY

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 - 9:15 AM
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

BALANCE YOGA

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

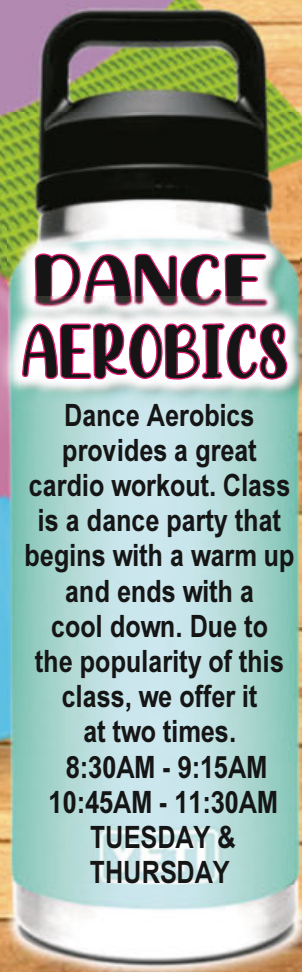
MEN'S EXERCISE

This class is designed for men and lasts 45 minutes. We use free weights, resistance bands, sand balls, and chairs. Each session has warm-up and a cool-down. 9:30AM - 10:15AM MONDAY, WEDNESDAY & FRIDAY

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



May 25th: National Senior Health & Fitness Day



MEDICARE

We bring a variety professionals to the Behring Senior Center to provide information and answer questions about Medicare, Social Security, and other important topics to the people who come here. For the next couple of months, we have two different Medicare specialists who will be here to provide assistance. Appointments are not necessary, as they are here to answer your question!



**May 12th:
International
Nurses Day**

APPEL AGENCY



Appel Agency has 10 years of specialized experience in Medicare and its products. They are a local, independent agency out of Monticello. If they don't know the answer, they will get it for you. If they are unable to help, they will direct you to someone that can. Being independent allows them to work with multiple carriers. This is a benefit in order to find a carrier and plan that best suits every individual's needs. This Father/Daughter dynamic duo will be here **at 10:00am on the following Thursdays: May 12th, May 26th, June 9th, June 23rd.**

Be sure to stop by to meet Elyse and Eric Appel!!!



NITZA PFAFF

Is my Medicare premium to high? What are my options? Does my Medicare plan cover fitness?

Can I get my Medicare Part B premium reduced? Can I delay taking my Social Security benefits? Nitza Pfaff can help you answer these questions and MANY more! She has vast knowledge and an extensive background on Medicare and Social Security, and she will be at the Behring Senior Center **starting at 10:30am on the following Wednesdays: May 4th, May 18th, June 1st, June 15th, June 29th, July 13th, and July 27th.**

Bring your questions, and come in to meet Nitza!



**May 18th:
National
visit your
Relatives
Day**

Mayflower Cruises & Tours

2022 Trips

TRAVEL SHOW

2023 Trips



DANUBE EXPLORER

August 31 -
September 10, 2022

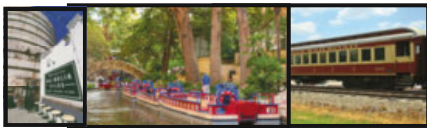
The Czech Republic • Germany
Austria • Slovakia • Hungary



SAN FRANCISCO & WINE COUNTRY

September 25 - 29, 2022

Featuring the Napa Valley Wine
Train & Tour of San Francisco



RIVERS & RAILS OF TEXAS

October 23 - 30, 2022

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

**Tuesday,
June 7th
1:00PM**

Judy will be here from
Mayflower Cruises &
Tours to go through
all of the trips we
have scheduled. If
you would like to
attend the travel
show, please sign up
in advance.

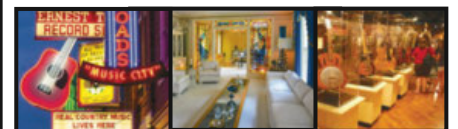
**Call us at
(608) 325-3173 or
stop by the Front
Desk to register.**



COSTA RICA

February 17 - 24, 2023

Cano Negro National Wildlife
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



THE GREAT BUFFALO ROUNDUP

September 26 - October 1, 2023

Black Hills Central Railroad
Mount Rushmore
Crazy Horse Memorial
Deadwood • Wall Drug Store
Badlands National Park

Travel brochures, applications, and
pricing are available at the front desk.

**JUNE 7th: NATIONAL
CHOCOLATE ICE CREAM DAY**





Let's Get MOO-ving!

The Behring Senior Center is participating in the 5th Annual "Let's Get Moo-ving Green County!" Wellness Week by offering the following:

MAY 16th - 20th

1 WEEK FREE in the WELLNESS CENTER

***participants must sign a liability waiver**

The Green County Healthy Community Coalition's 5th Annual "Let's Get Moo-ving Green County!" Wellness Week is for all community members and companies of Green County, WI. The purpose is to connect with one another, encourage incorporating physical activity & healthy lifestyle habits into our daily routines, and build awareness of all the great resources Green County has to offer.



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

Betty Lou & Butterflies

After 2 years, it's time to get back on the bus, and that's exactly what we're going to do! Keep in mind that inflation, current gas prices, limited supplies, and staff shortages have significantly impacted trip costs.

Tuesday, August 2nd • 9:30AM - 4:30PM

\$95.00 per person

Registration STARTS at 9:00am on June 20th
(Deposit required to register - See details below)

Experience Madison from the water! First, we'll have lunch aboard the Betty Lou as we cruise Lake Mendota. We'll take in the incredible views of the Madison skyline, the highlights along the shoreline, and the history of this fascinating city. After the lunch cruise, we'll visit the The Bolz Conservatory at Olbrich Gardens in Madison. We'll be there for Olbrich's Blooming Butterflies exhibit. Free-flying butterflies emerge from chrysalises daily and fly around the Conservatory. It's a sunny 50-foot-high glass pyramid, and it houses a diverse collection of tropical plants, a rushing waterfall, free-flying birds, and blooming orchids. You are also free to stroll through the 16 acres of outdoor gardens.

ACTIVITY LEVEL 2 / MODERATE: There is average walking and activity throughout the trip. The ability to climb stairs and walk on uneven surfaces is required.
PLEASE NOTE: Betty Lou is not wheelchair accessible. Travel Time: 1 hour

TRIP REGISTRATION

DATE: Wednesday, June 20th • TIME: 9:00AM - full

LOCATION: Behring Senior Center - Dining Room

You can sign up for a MAXIMUM of 2 people. You must pay at least 50% of the trip cost at the time of registration. The balance is due by July 2nd. Trip policies will be available at the Front Desk and in the June newsletter. Early registrations are not accepted.

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



August 2nd: National Coloring Book Day



ARTIST OF THE MONTH: *Linda Shannon*

Wisconsin born and raised, artist Linda Shannon lived in Monticello for five years and painted the lovely barns and scenery of Green County. Her watercolor paintings were displayed in art fairs in New Glarus, Brodhead, Janesville, Dubuque, and other locations. She went to college for art but opted to work for 20 years in the graphic arts field. Nowadays, Linda is a school nurse, but she continues to create art and do shows in the Brunswick, Georgia area near her grandkids.

Some of Linda's artwork is on display in the Senior Center lobby for the month of May. To purchase any of her paintings, please see the Front Desk staff.



If you are interested in displaying your artwork at the Senior Center, please call us at (608) 325-3173.

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@gvaar.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 Member FDIC
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
[f /woodfordstatebank](https://www.facebook.com/woodfordstatebank)



St. Clare Friedensheim
Independent & Assisted Living
608-636-2424 | www.nghome.org

Behring Senior Center
1113 10th Street
Monroe, WI 53566



MAY 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.