

# THE RED BRICK AGENDA • JUNE 2022

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

I'm walking on  
**SUNSHINE**



**AND DON'T IT FEEL GOOD!**

# AGE REQUIREMENT

Participants must be 55 years of age

participate in Center programs. If your spouse is 55, but are not, you will still qualify.

older to attend and Senior Center If your you

## 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](http://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.

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## Sun Block

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

**SPF 30**

# 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 Scheppelle, Custodian

# 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.

# HOURS

Monday through 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 JUNE 9th. 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 PINK FLAMINGO:





# ANNUAL GOLF-OUTING

WEDNESDAY, JUNE 1ST • 9:00AM - SHOT GUN SCRAMBLE

Wolf Hollow • 6546 N Shippee Road • Lena, IL

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 PRIZES:** Teams Best Score, Men's Longest Putt, Women's Longest Putt, Closest to the pin. There will also be 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.

## O'Canada!

Tuesday, June 28th  
at 10:00am

Join us for a fun and informative presentation about Canada! Paul Schoenike will guide us through Canada Day, a day that commemorates the anniversary of the Constitution Act which consolidated three territories into a single nation way back in 1867. It's always fun to learn something new!

Call us at (608) 325-3173  
or stop by the Senior  
Center front desk to  
sign up for O'Canada!



## Bingo

Sponsored by Aster Assisted Living

Friday, June 17th • 1:30pm

Join the staff of ASTER ASSISTED LIVING at the Behring Senior Center for an afternoon of BINGO! 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 in to register.

Registration starts at 8:00am on June 8th.

## Flippo



Friday, June 10th • 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!

# Coffee & Chat BOOK CLUB

Monday, June 13th  
10:00am

Our group will meet to discuss the book, ***The Water Dancer*, by Ta-Nehisi Coates.** 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.



# Garden Toadstools

Craft Class with Theresa Klemm

Wednesday, June 22nd  
9:30am • \$12.00 per person

Join Theresa as you make these adorable garden art toadstools. Paint these to complete your flower garden or to make a cute house for your fairy garden. We will supply everything you will need for this class. Feel free to bring an apron or a paint shirt to help keep your clothing paint-free. Theresa always has great craft classes, and this is one you don't want to miss!



Call (608) 325-3173 or stop by the front desk to register for this class.



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# exercise classes

## 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

## chair pilates

Chair Pilates focuses on improving physical strength, flexibility, posture, balance, and focus through low-impact exercises and 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 - 9:15 AM - 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! You must be able to do floor exercises.

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

## 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

## 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

## 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

# Water Aerobics

June 20 - August 26 • No Class July 4th

12:00pm-12:45pm ~ Monday • Wednesday • Friday

Join Bridget for this fun and energizing class! Water Aerobics is a low-impact workout that uses the natural resistance of the water and offers a safe way to improve muscles, strength, flexibility, and balance. It's a great outdoor activity to help enhance your fitness routine!

## PAYMENT INFORMATION

- \$4.00 per class OR free with a season pass to the Monroe Pool.
- You are also able to use your Senior Center Punch Card.
- Please check-in at the pool's front desk to pay or get your card punched.

Drop-ins are welcome, but will NOT receive information about cancellations.

Classes cancelled due to inclement weather will not be rescheduled.

To register in advance, call the Pool's Front Desk at (608) 329-2475.

## Get AQUA FIT with Bridget!



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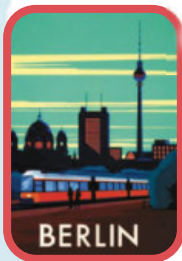
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# SUMMER TIME

## Walking Challenge

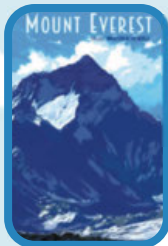
Let's get creative and do a Virtual Walk! Each time you complete a distance-based exercise, such as walking, running, biking, or swimming, you will track your miles. Over a period of time, those distance-based exercises will add up to you walking the distance of either the Berlin Wall, Mount Everest, or Niagara Falls.



### Berlin Wall

This inspirational journey takes you through the center of Berlin, Germany, from Waltersdorfer Chaussee to Hermsdorf. Today, this location represents freedom and unity.

TOTAL DISTANCE  
30 MILES



### Mount Everest

Wouldn't you love to say, "I've hiked Mount Everest?"

Let's virtually walk up to the highest peak in the world together!

TOTAL DISTANCE  
40 MILES



### Niagara Falls

Experience Niagara Falls in all its glory!

We will (imaginatively) travel from the town of Niagara on the Lake in Canada to Fort Niagara State Park in New York.

TOTAL DISTANCE  
70 MILES



Bridget will post images on our Behring Senior Center Facebook page of these 3 locations to help you visualize yourself there, accomplishing your goal. You will have from June 6th to August 31st to complete your virtual walk. Pick up your tracking chart from the Wellness Center. Once you've completed your chart, please turn it in to the Wellness desk to receive your MEDAL! **GOOD LUCK!!!**





# Fitness App Workshop

DATE: MONDAY, JUNE 6th

APPLE PHONE USERS: 1:30PM-2:30PM

SAMSUNG HEALTH (Non-Apple Phone Users): 2:30PM-3:30PM

**PLEASE BRING YOUR SMART PHONE WITH YOU TO CLASS.**

Staying active as we age is imperative to our overall health and independence. The world of technology has evolved so much that you can now use your smart phone to track your health and wellness goals. The wide array of apps on your device can be overwhelming, but learning which ones to use and how to utilize them can make life easier. Perhaps your doctor has recommended a minimum amount of steps or a minimum distance you should be walking each day. Your smart phone can track those for you to help you reach your goals and keep yourself accountable. Join Shannan Kaiser in an informative class about using the two major fitness apps: APPLE HEALTH and SAMSUNG HEALTH. When registering for the event, please inform the Behring Senior Center staff which smart phone you will be bringing. Call (608) 325-3173 or stop by the front desk to register.



## DIABETES MANAGEMENT

**Thursday, June 23rd  
1:30pm**

Diabetes management is crucial in making sure that we follow our medical plan of care. We all need to take ownership of our diabetes diagnosis. What does this mean? How do I control and make sure I'm managing my condition? What if I need more help? Please join us to learn more about managing your diabetes.



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

## SUMMER TIME LUNCH IN THE PARK

**Every Tuesday in June  
NOON • Honeycreek Park**

Enjoy the outdoors and good conversations with friends! Bring a sack lunch, and you'll have your own picnic in the park!

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

**July - Northeast Park  
August - Twining Park**



# Veterans Breakfast

**Wednesday, June 8th**  
**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 a biscuits & gravy egg 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 \$3.00 per person or \$5.00 per couple. We ask that you do not arrive before 9:45am.**



# Badger Honor Flight

## BENEFIT BREAKFAST

**Sunday, June 5th • 8:00AM - 12:00PM**

**MONROE MOOSE LODGE**  
*639 3rd Avenue, Monroe*

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

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



## Quilts of Valor

**WEDNESDAY, JULY 13th**

To be considered for selection, you may stop by the Senior Center Front Desk and fill out a request form. We would love to honor your service and sacrifice with a Quilt of Valor. We need 6 more applicants in order to host this event on July 13th.

Join us for our next upcoming workshop!

# Stepping On: Falls Prevention

**When: Mondays, 12:30pm - 2:30pm**  
**July 11th through August 22nd, 2022**

**Where: Behring Senior Center**  
**located in Monroe, WI**

**Cost: FREE!!**

Pre-registration is required. Spots are limited. No living in county requirements.

**To register, please call**  
**the Green County ADRC**  
**office at 608-328-9499.**



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# Foot Care

Do you have difficulty trimming your toenails? The Behring Senior Center offers Foot Care with Julie Ostrander several Tuesdays per month from 8:00am to 4:00pm. **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. Call us at (608) 325-3173 to make a foot care appointment.

# 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 1:00pm. **The cost is \$30.00 for a 20-minute session, and you pay Melissa directly the day of your appointment.** She accepts cash or check. Call us at (608) 325-3173 to make an appointment.

### 2022 Schedule

JUNE 7, 14, 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

### 2022 Schedule

JUNE 3, 17  
 JULY 1, 22  
 AUG 5, 19  
 SEPT 16  
 OCT 7, 2  
 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.**

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# 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.



## JUNE MENU

WED	6/1	Breaded Fish
THU	6/2	Ham Slices
FRI	6/3	Bratwurst Patty
MON	6/6	Chicken Patty
TUE	6/7	Bourbon Glazed Ham
WED	6/8	Cranberry Roast Pork
THU	6/9	Baked Fish
FRI	6/10	Roasted Chicken Breast
MON	6/13	Sliced Turkey with Gravy
TUE	6/14	Breaded Fish
WED	6/15	Taco Casserole with Black Beans
THU	6/16	Beef Tips in Mushroom Gravy
FRI	6/17	Sage Roasted Pork
MON	6/20	Hamburger
TUES	6/21	Roasted Chicken Thigh
WED	6/22	Chicken Salad
THU	6/23	Ham Slices
FRI	6/24	Goulash
MON	6/27	Basil Chicken Parmesan
TUE	6/28	Tuna Casserole
WED	6/29	Turkey Salad on Lettuce
THU	6/30	Hot Beef Noodle Casserole

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# JUNE 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**1** 8:30 Fitness First  
**9:00 GOLF OUTING**  
 9-4 Pool  
 9:30 Men's Exercise  
**10:30 Medicare NITZA**  
 10:45 Fusion  
 11:30 Dining Site



**2** 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



**3** 8:30 Fitness First  
 9-4 Pool  
**9:30-1 Chair Massage**  
 9:30 Men's Exercise  
 10:45 Fusion  
 11:30 Dining Site



**6** 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 Apple Apps**  
**2:30 Samsung Apps**



**7** **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  
**12:00 Lunch in the Park**  
 12:30 Horse & Pepper  
 12:30 Canasta  
 1:00 Table Tennis  
**1:00 TRAVEL SHOW**

**8** 8:30 Fitness First  
 9-4 Pool  
 9:30 Men's Exercise  
**10-12 Veterans Brunch**  
 10:45 Fusion  
 11:30 Dining Site  
**1:00 Card Making Club**



**9** 8:30 Dance Aerobics  
 9-4 Pool  
 9:30 Balance Yoga  
**10:00 Medicare APPEL**  
 10:45 Dance Aerobics  
 11:30 Dining 11:45 Yoga  
 12:30 500 12:30 Yass  
 1:00 Table Tennis  
**1:30 Throwback Movie**



**10** 8:30 Fitness First  
 9-4 Pool  
 9:30 Men's Exercise  
 10:45 Fusion  
 11:30 Dining Site  
**1:30 FLIPPO**



**13** 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



**14** **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  
**12:00 Lunch in the Park**  
 12:30 Horse & Pepper  
 12:30 Canasta  
 1:00 Table Tennis



**15** 8:30 Fitness First  
 9-4 Pool  
 9:30 Men's Exercise  
**10:30 Medicare NITZA**  
 10:45 Fusion  
 11:30 Dining Site



**16** 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



**17** 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**



**20** 8:30 Fitness First  
 9-4 Pool  
**9:00 Betty Lou Sign-Up**  
 9:30 Men's Exercise  
 10:45 Chair Pilates  
 11:30 Dining Site  
**12:00 Water Aerobics**  
 12:30 Euchre



**21** **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  
**12:00 Lunch in the Park**  
 12:30 Horse & Pepper  
 12:30 Canasta  
 1:00 Table Tennis  
**1:30 Movie**



**22** 8:30 Fitness First  
 9-4 Pool  
 9:30 Men's Exercise  
**9:30 Garden Toadstool Craft Class**  
 10:45 Fusion  
 11:30 Dining Site  
**12:00 Water Aerobics**



**23** 8:30 Dance Aerobics  
 9-4 Pool  
 9:30 Balance Yoga  
**10:00 Medicare APPEL**  
 10:45 Dance Aerobics  
 11:30 Dining 11:45 Yoga  
 12:30 500 12:30 Yass  
 1:00 Table Tennis  
**1:30 Diabetes Program**



**24** 8:30 Fitness First  
 9-4 Pool  
 9:30 Men's Exercise  
 10:45 Fusion  
 11:30 Dining Site  
**12:00 Water Aerobics**



**27** 8:30 Fitness First  
 9-4 Pool  
 9:30 Men's Exercise  
 10:45 Chair Pilates  
 11:30 Dining Site  
**12:00 Water Aerobics**  
 12:30 Euchre



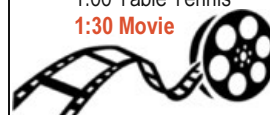
**28** **8-4 Foot Care**  
 8:30 Dance 9-4 Pool  
 9:00 Stitch/Chat  
 9:30 Balance Yoga  
**10:00 O' Canada!**  
 10:45 Dance Aerobics  
 11:30 Dining 11:45 Yoga  
**12:00 Lunch in the Park**  
 12:30 Horse & Pepper  
 12:30 Canasta  
 1:00 Table Tennis



**29** 8:30 Fitness First  
 9-4 Pool  
 9:30 Men's Exercise  
**10:30 Medicare NITZA**  
 10:45 Fusion  
 11:30 Dining Site  
**12:00 Water Aerobics**



**30** 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**



**Pickleball Players contact Monroe Parks & Rec for Outdoor Summer Leagues at (608) 329-2460**



# MAYFLOWER CRUISES & TOURS



San Francisco & Wine Country  
September 25 - 29, 2022



Danube Explorer  
August 31 - September 10, 2022



America's Music Cities  
May 19 - 26, 2023



Rivers & Rails of Texas  
October 23 - 30, 2022



The Great Buffalo Roundup  
Sept. 26-Oct. 1, 2023



Costa Rica  
February 17-24, 2023



TRAVEL SHOW  
TUESDAY, JUNE 7th  
1:00PM - 2nd FLOOR  
Judy from Mayflower Tours will  
be here! Call us to attend at  
(608) 325-3173.



# BUS TRIPS

## Betty Lou & Butterflies

Tuesday, August 2nd

9:30AM - 4:30PM • \$95.00 per person

**REGISTRATION STARTS: 9:00AM on JUNE 20th**

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 Olbrich Gardens in Madison for the 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

## MILWAUKEE BREWERS GAME

Sunday, September 11th • 9:15am-6:30pm • \$80.00 per person

**REGISTRATION STARTS: 9:00AM on JULY 27th**

We're heading to Milwaukee for a game against the Cincinnati Reds, and everyone will take home a limited-edition Brewers Giannis bobblehead -- featuring the Greek Freak in a Brewers jersey! For all of you Cub fans, those games are sold out. We have great seats right on the first baseline, and you'll be dropped off and picked up in front of the doors. Lunch is on your own. If you have a wheelchair, please let us know at the time of registration so we can make arrangements with the bus company and the stadium. The Milwaukee Brewers will continue the tradition of honoring those whose lives were affected or lost on September 11, 2001, and pay tribute to the men and women who continue to bravely serve our country.

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. Travel Time: 2 hours

Home  
Sweet  
Home



- You can sign up for a maximum of 2 people. No early registrations will be accepted, and 50% deposit is required to at the time of registration. The balance is due 1 month prior to the trip date.
- The Behring Senior Center accepts cash, check, gift certificates, and Monroe Money. **We do not take credit or debit cards at this time.**
- Activity levels are listed to make sure participants sign up for trips that are appropriate to their abilities.
- **FULL TRIP POLICIES ARE AVAILABLE AT THE SENIOR CENTER FRONT DESK.**

# MOVIES 1:30PM



## GOOD MORNING, VIETNAM

**THROWBACK THURSDAY, JUNE 9TH**

In 1965, Airman Second Class Adrian Cronauer is sent to Saigon to work as a DJ for Armed Forces Radio Services. His mission is to bring a little comedy back into the lives of the soldiers. After setting up shop, Cronauer delights the GI's but shocks his supervisor, Sergeant Major Dickerson, with his irreverent take on war. While Dickerson attempts to censor Cronauer's broadcasts, Cronauer pursues a relationship with a Vietnamese girl named Trinh, who shows him the horrors of war first hand.

**RATED: R. Run Time: 2 hours, 1 minute. *Starring: Robin Williams and Forest Whitaker***

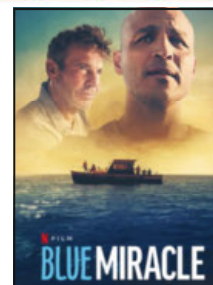
## BLUE MIRACLE

**TUESDAY, JUNE 21ST**

To save their crash-strapped orphanage, a guardian and his kids partner with a washed up boat captain for a chance to win a lucrative fishing competition. Based on a true story.

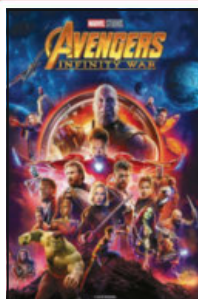
**RATED: PG. Run Time: 1 hour, 35 minutes.**

***Starring: Dennis Quaid, Jimmy Gonzales, Anthony Gonzalez, Dana Wheeler-Nicholson, Fernanda Urrejola, Bruce McGill, and Miguel Angel Garcia***



## INFINITY WAR

**THURSDAY, JUNE 30TH**



Iron Man, Thor, the Hulk, and the rest of the Avengers unite to battle their most powerful enemy yet, the evil Thanos. On a mission to collect all six infinity stones, Thanos plans to use the artifacts to inflict his twisted will on reality. The fate of the planet and existence itself has never been more uncertain, and everything the

Avengers have fought for has led up to this moment. **RATED: PG-13. Run Time: 2 hours, 29 minutes.**

***Starring: Robert Downey Jr., Chris Hemsworth, Mark Ruffalo, Chris Evans, Scarlett Johansson, Benedict Cumberbatch, Don Cheadle, Tom Holland, Chadwick Boseman, Paul Bettany, Elizabeth Olsen, Anthony Mackie, Sebastian Stan, Danai Gurira, Letitia Wright, Dave Bautista, Zoe Saldana, Josh Brolin, Chris Pratt***



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



# BEHRING SENIOR CENTER BOARD OF DIRECTORS

## Minutes

Senior Board meeting minutes are available online as listed below:

- [cityofmonroe.org](http://cityofmonroe.org)
- **GO TO:** Government (top of page)
- **THEN TO:** CITY COUNCIL - Agenda Center
- **THEN:** Senior Citizens Board
- **FINALLY:** Legal Minutes (far right side of row)



## Chuck Koch

After over 7 years of service, Chuck Koch has retired from the Senior Center Board of Directors. His business

knowledge and experience, as well as his customer service skills, have been vital to the forward progression of the Senior Center. Chuck is definitely comfortable working with people, and he loves to get to know people in town. Community service has always been an important part of Chuck's life, and we've been very lucky to have had him serve on our Board of Directors! If you see him around town, be sure to thank him for all he's done and all he continues to do for Monroe!

## Board Members

- |                                  |   |
|----------------------------------|---|
| • Tim Kubly,<br><i>President</i> | • Tom Kelly   |
| • Mickey Beam                    | • Robin McLeish   |
| • Cheryl Bystry                  | • Ron Spielman  |
| • Mary Deininger                 | • Heidi Treuthardt,<br><i>City Council Representative</i> |
| • Deb Hutchinson                 |   |

17

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# MEDICARE HELP

If you have questions about Medicare, we have two different specialists who will be here to help you. They're not here to pressure you into buying anything. They want to HELP you, and they have the knowledge and experience to do just that!



## NITZA PFAFF

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? Can I delay taking my Social Security benefits? With over 20 years of experience in the insurance industry, Nitza Pfaff can help you answer these questions and MANY more! She was a former insurance regulator, and is now a licensed insurance agent specializing in Medicare. She knows what she's talking about and is here to help you!

### SCHEDULE

June 1st • June 15th • June 29th  
July 13th • July 27th

**STARTING AT 10:30AM**

Meet Nitza, bring your questions,  
and expect to be impressed!

## 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.

### SCHEDULE

June 9th • June 23rd

**STARTING AT 10:00AM**

Be sure to stop by  
to meet this father &  
daughter dynamic duo,  
Elyse and Eric Appel!



# WINNERS!

## HIDE-AND-SEEK

**Marlene Bergemann**

\*Found on page 12

## PUNCH CARD DRAWING

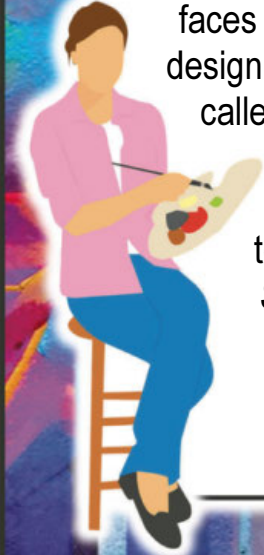
**Tom Kelly**

# CONGRATS!

# ARTIST OF THE MONTH: *Pat Sellon*

Pat Sellon is retired and spends her time creating art pieces, learning to play piano, reading, and writing a weekly recipe column for the newspaper. She studied art with Sarah Spencer, before striking out on her own and doing over 200 studies of women's faces in oils, then moving on to collage. She is now concentrating on color and design in geometric pieces that generally include mirrors. These works of art are called "Reflections on Designs." Pat spent 6 years conducting weekly programs with seniors, as well as presenting at conferences for activity directors. Her joy is to help people of all ages explore their creativity. She also loves to turn unlikely pieces into art. **Some of Pat's artwork is on display in the Senior Center lobby for the month of June. To purchase any of her work, 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.**



## 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](mailto:smp-wi@gwaar.org)  
[www.smpwi.org](http://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.



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## *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.

