

# THE RED BRICK AGENDA • JULY 2022

A PUBLICATION OF THE BEHRING SENIOR CENTER, 1113 10TH STREET, MONROE, WI 53566

*Hands • Heart • Head • Health*



**It's the FAIREST  
time of the year!**

*John Bartels at the Green County Fair - photo courtesy of Rhonda Bartels*

## MISSION

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



## AGE REQUIREMENT

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



daisy

**Behring  
Senior Center**  
1113 10th Street  
Monroe, WI 53566  
**(608) 325-3173**

## 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, call the Senior Center at (608) 325-3173 so we can add your name to our mailing list.

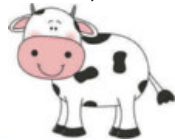
## HOURS

Monday -Friday  
Wellness Center 7AM-5PM  
Main Building 8AM-4PM  
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, simply mail your entry to us or drop it in the box inside the front doors **by July 11th**. 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 for \$10 in "Monroe Money" that can be used at local retailers. One entry per person. This month, we'll be searching for

**THIS COW:**



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## STAFF

**Elizabeth Sorn, Coordinator**

**Bridget Cotter, Wellness Specialist & Program Coordinator**

**Jazmyn Thoman, Administrative Secretary**

**Theresa Klemm, Program Assistant**

**Lucy Whyte, Exercise Instructor & Wellness Center**

**Shannan Kaiser, Exercise Instructor & Wellness Center**

**Cheryl Tertin, Wellness Center**

**Lisa Park, Receptionist**

**Mark Scheppele, Custodian**



# BRAT BASH IS BACK

**The Behring Senior Center is holding Brat Bash again!!!**

Brat Bash is the Senior Center's largest fundraiser, and the proceeds allow us to continue to offer our wonderful programs, special events, classes, and trips, all while keeping costs low. In past years, we held Brat Bash on the first Thursday after Labor Day. With all of the activities and events happening in our area during the first part of September, we've decided to move it to later in the month.



**DATE: Thursday, September 29th**  
**TIME: 10:00am - 6:00pm (or sell-out)**

Brat Bash is not possible without the help of our amazing volunteers, and we need your help! Please stop at the front desk and talk to Jazmyn about volunteering. You can also contact her by email at: [Jthoman@cityofmonroe.org](mailto:Jthoman@cityofmonroe.org).

**Brat Bash is sponsored by the  
FRIENDS OF THE BEHRING SENIOR CENTER**

## Stepping On: Falls Prevention

**WHEN:**

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

**WHERE:**

Behring Senior Center

**COST: FREE!!**

**YOU MUST REGISTER  
IN ADVANCE. SPACE  
IS LIMITED.**

**TO REGISTER, PLEASE CALL  
THE GREEN COUNTY ADRC  
OFFICE AT (608) 328-9499.**



**Researched  
and proven  
to reduce  
falls by 31%!**

## Lunch in the Park

**EVERY TUESDAY  
AT NOON**

***JULY - Northeast Park  
AUGUST - Twining 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.**

I LOVE Presidential Trivia! Get ready to hear all about ME, boys!

# PRESIDENTIAL TRIVIA

TUESDAY, JULY 5TH - 1:30PM

We could call ourselves, "THE BLOCKHEADS!!!" HA HA HA HA HA HA!

It's a shame that we don't sing together! We'd be the world's greatest ROCK GROUP!

Do you guys ever feel like people just take us for GRANITE?

Join Bridget for a fun afternoon of Presidential Trivia! You may even learn something new about our Presidents and U.S. History! The top scorer will win a PRIZE!!! Call (608) 325-3173 to sign up.

5



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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. 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!



### 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**

# Foot Care



# Chair Massage

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.

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.

## Foot Care Schedule

JULY 12, 19, 26  
AUG 2, 9, 16, 23  
SEPT 20, 27  
OCT 4, 11, 25  
NOV 1, 8, 15, 29  
DEC 13, 20, 27

## Chair Massage Schedule

JULY 1, 22  
AUG 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.

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# Water Aerobics

Now through 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 for the 12:00pm-12:45pm class.
- 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.



## We are now a Proud Participating Fitness Facility with Silver & Fit !

If you have Silver&Fit in your insurance plan, you can join our Wellness Center for FREE! Your insurance provider will cover the cost of your Wellness Center Membership!

Check to see if you have Silver&Fit. It's available through some Medicare Advantage and Medicare Supplement plans for those who are Medicare eligible.

***Please note that this is NOT the Silver Sneakers program. We have filed all of the necessary paperwork to become a facility that offers benefits to those who are Silver Sneakers members, but we are waiting to be added to their program.***

If you have any questions, feel free to contact Bridget Cotter at (608) 325-8891.



## Behring Senior Center BOARD OF DIRECTORS

- Tim Kubly, *President*
- Mickey Beam
- Cheryl Bystry
- Mary Deinger
- Heidi Treuthardt, *City Council Rep*
- Deb Hutchinson
- Tom Kelly
- Robin McLeish
- Ron Spielman

## MEETING MINUTES

Meeting minutes are now available online.

- [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)



# exercise classes

Instructors: Bridget Cotter, Lucy Whyte, & Shannan Kaiser

## PRICES:

Single Class = \$4.00

## Punch Cards

10 classes = \$30.00

20 classes = \$55.00

## 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

TUES & THURS

## 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

## 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

TUES & THURS

## 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

## fusion

This high-intensity class will get your heart pumping and your muscles burning. We mix in high-intensity interval training, circuit training, stability balls, balance drills, versa bar, resistance band, and free weight routines. You must be able to do floor exercises.

10:45AM - 11:30AM

WED & FRI

## 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 in this class..

9:30AM - 10:15AM

TUES & THURS

All exercise classes are drop-in classes, no registration is required. You must sign a liability waiver to participate

# VETERANS BRUNCH

Wednesday, July 13th • 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 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 \$3.00 per person or \$5.00 per couple. We ask that you do not arrive before 9:45am.

**NOTE: The Quilts of Valor presentation has been postponed due to lack of applicants. Call us if you would like to apply.**



# FLIPPO!

Friday, July 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 front desk to sign up for Flippo!



*Patriotic*

# BINGO

Sponsored by **ASTER ASSISTED LIVING**

**Friday, July 15th ~ 1:30pm**

Join the staff of ASTER ASSISTED LIVING at the Behring Senior Center for an afternoon of PATRIOTIC BINGO! If you wear red, white, and blue, your name will be entered into a drawing for \$10 in Monroe Money! Aster Assisted Living 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 Thursday, July 7th.**

Coffee & Chat  
**BOOK CLUB**

Monday, July 11th • 10:00am

Our group will meet in the Senior Center dining room to discuss the book, *"The Dry"* by Jane Harper. You can return your book and pick up the new book the day of the meeting. Otherwise, you will need to pick up your book from the library.

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.



Behring Senior Center  
**LIBRARY**

We are currently NOT accepting donations to our library. We will let you know when library donations will be accepted again.

We appreciate your understanding!

**Thank you!**



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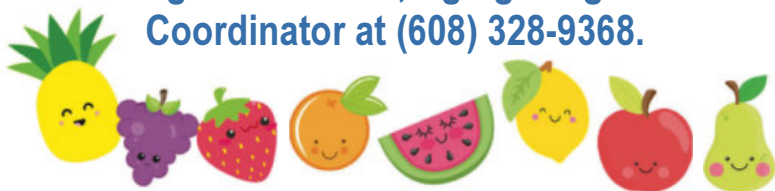
# Green County Nutrition Program

• 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.



## JULY MENU

FRI	7/1	Tater Tot Casserole
MON	7/4	<b>CLOSED</b>
TUE	7/5	Craisin Chicken Salad on Spinach
WED	7/6	Lasagna
THU	7/7	Ham & Scalloped Potatoes
FRI	7/8	BBQ Country Beef Tips
MON	7/11	Hot Turkey Noodle Casserole
TUE	7/12	Tuna Salad on Lettuce
WED	7/13	Breaded Fish
THU	7/14	Ham Slices
FRI	7/15	Bratwurst Patty
MON	7/18	Chicken Patty
TUES	7/19	Bourbon Glazed Ham
WED	7/20	Cranberry Roast Pork
THU	7/21	Baked Fish
FRI	7/22	Roasted Chicken Breast
MON	7/25	Sliced Turkey with Gravy
TUE	7/26	Breaded Fish
WED	7/27	Sage Roasted Pork
THU	7/28	Beef Tips in Mushroom Gravy
FRI	7/29	Taco Casserole with Black Beans

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# JULY 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



*Life is like a Roller Coaster.  
You can scream at every  
bump, or you can throw  
your hands up in the air  
and enjoy the ride.*



**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  
**12:00 Water  
Aerobics**



**4**   
**Senior Center  
CLOSED**

**5** 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



**6** 8:30 Fitness First  
9-4 Pool  
9:30 Men's Exercise  
10:45 Fusion  
11:30 Dining Site  
**12:00 Water Aerobics**



**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**



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



**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  
**12:00 Water Aerobics**  
12:30 Euchre  
**12:30 Stepping On**  
**BOOK CLUB**



**12** **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



**13** 8:30 Fitness First  
9-4 Pool  
9:30 Men's Exercise  
**10-12 Veterans Brunch**  
**10:30 Medicare NITZA**  
10:45 Fusion  
11:30 Dining Site  
**12:00 Water Aerobics**  
**1:00 Medicare Program**



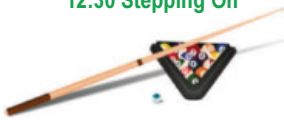
**14** 8:30 Dance Aerobics  
9-4 Pool  
9:30 Balance Yoga  
10:45 Dance Aerobics  
11:30 Dining 11:45 Yoga  
12:30 500 12:30 Yass  
1:00 Table Tennis  
**1:30 MOVIE**



**15** 8:30 Fitness First  
9-4 Pool  
**9:30-1 Chair Massage**  
9:30 Men's Exercise  
10:45 Fusion  
11:30 Dining Site  
**12:00 Water Aerobics**  
**1:30 BINGO**



**18** 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  
**12:30 Stepping On**



**19** **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



**20** 8:30 Fitness First  
9-4 Pool  
9:30 Men's Exercise  
10:45 Fusion  
11:30 Dining Site  
**12:00 Water Aerobics**  
**1:00 Collette Travel Show**



**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



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



**25** 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  
**12:30 Stepping On**



**26** **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**

**27** 8:30 Fitness First  
9-4 Pool  
**9:00 BREWERS GAME  
REGISTRATION**  
9:30 Men's Exercise  
**10:30 Medicare NITZA**  
10:45 Fusion  
11:30 Dining Site  
**12:00 Water Aerobics**



**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



**29** 8:30 Fitness First  
9-4 Pool  
9:30 Men's Exercise  
10:45 Fusion  
11:30 Dining Site  
**12:00 Water Aerobics**  
**1:30 FLIPPO**



# BUS TRIPS

Registration started on June 20th

## BETTY LOU & BUTTERFLIES

August 2nd  
9:30AM-4:30PM  
\$95.00 per person  
*Lake Mendota Cruise,  
Lunch, & Olbrich Gardens  
Butterfly Exhibit*

Registration Wednesday, August 24th at 9:00am

## HISTORIC MILWAUKEE & BASILICA OF ST. JOSAPHAT

October 18th  
8:00AM-6:30PM  
\$74.00 per person  
*Tour of Basilica of St. Josaphat,  
Lunch at Mader's, a 2-Hour  
Historical Tour of Milwaukee,  
and free time at the  
Milwaukee Public  
Market.*

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

Registration Wednesday, July 27th at 9:00am

## MILWAUKEE BREWERS GAME

September 11th  
9:15AM-6:30PM  
\$80.00 per person  
*Milwaukee Brewers play the Cincinnati Reds. Free limited-edition Brewers Giannis bobblehead. EXCELLENT SEATS. Front door drop-off and pick-up. Lunch on own.*

ACTIVITY LEVEL 2 / MODERATE  
Travel Time: 2 hours

### TRIP REGISTRATION

#### DIRECTIONS:

- You can sign up for a maximum of 2 people. No early registrations will be accepted, and a 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.**

**FULL TRIP POLICIES ARE AVAILABLE AT THE SENIOR CENTER FRONT DESK.**

# TRAVEL

The Behring Senior Center works with outside travel companies to offer extended trips throughout the world. If you have questions, please feel free to call us at (608) 325-3173.

## Mayflower Cruises & Tours



**DANUBE EXPLORER**  
Aug 31-Sep 10, 2022



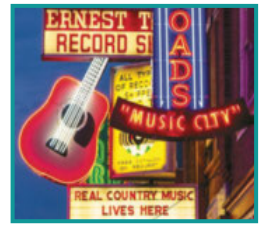
**DATE CHANGE**  
**SAN FRANCISCO & WINE COUNTRY**  
Oct 2-6, 2022



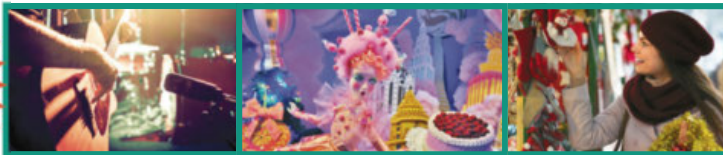
**RIVERS & RAILS OF TEXAS**  
Oct 23-30, 2022



**COSTA RICA**  
February 17-24, 2023



**AMERICA'S MUSIC CITIES**  
May 19-26, 2023



### TIMELESS HOLIDAY TREASURES • NOV 10-13, 2022

Amish Country Christmas Show, Warther Tree Fest, Victorian Mansion, Christmas Show in the Country, Harry London's Candy, Christkindle Market, Canton Palace Theatre, Castle Noel, and Miss Molly's Tea Room

### OHIO MOTORCOACH TOUR

\$75 TRAVEL SAVINGS WHEN YOU BOOK BY JUNE 30th!



**THE GREAT BUFFALO ROUNDUP**  
Sept 26-Oct 1, 2023



## Collette Tours

Many of you have been asking for Niagara Falls, and Collette has a trip for you! We will have more trip details available at the front desk mid-July.



**THE BEST OF EASTERN CANADA • APRIL 21 - 29, 2023**

**NIAGARA FALLS, Quebec, Montreal**



**TICKETS**

**FREE MOVIES**

**1:30PM**

**FREE POPCORN**

MORGAN FREEMAN

THE MAGIC OF BELLE ISLE

A RE-COMING OF AGE STORY.

**THURSDAY**

**JULY 7TH**

RATED: PG  
RUN TIME: 1 HR, 49 MINS

**THE MAGIC OF BELLE ISLE**

A retired and disabled writer moves to a remote village in an effort to regain his strength and passion for words. He soon meets a single mother with three children, and with their help and inspiration, he rejuvenates his life work.

*Starring: Morgan Freeman, Virginia Madsen, Madeline Carroll, Emma Fuhrmann, Kenan Thompson, and Nicolette Pierini*

THE GREAT OUTDOORS

OUTDOOR FUN FOR EVERYONE VOL. 1 NO. 1

DAN AYKROYD  
JOHN CANDY

**THE GREAT OUTDOORS**

When an unannounced, uninvited, and unwelcome family of fun-loving misfits converge upon a lakeside resort to join their relatives for a summer of relaxation, the result is anything but restful.

*Starring: Dan Aykroyd, John Candy, Rebecca Gordon, Hilary Gordon, Stephanie Faracy, Annette Bening, Ian Giatti, and Chris Young.*

**THROWBACK**

**THURSDAY**

**JULY 14TH**

RATED: PG  
RUN TIME: 1 HR, 39 MINS

THE MAGNIFICENT SEVEN

**THE MAGNIFICENT SEVEN**

Seven gunmen from a variety of backgrounds are brought together by a vengeful young widow to protect her town from the private army of a destructive industrialist.

*Starring: Denzel Washington, Chris Pratt, Ethan Hawke, Vincent D'Onofrio, Byung-hun Lee, Manuel Garcia-Rulfo, Martin Sensmeier, and Peter Sarsgaard.*

**TUESDAY**

**JULY 26TH**

RATED: PG-13  
RUN TIME: 2 HRS, 13 MINS

**Reservations Required (608) 325-3173**



# MySeniorCenter



## Computer Registration Program

Please remember to fill out an official registration form for your key tag. This is now how you sign in for programs, and the form gives us necessary information in case of an emergency.

The information we need includes your name, phone number, email address, emergency contact, and medical information. When an incident occurs, we can get in touch with your emergency contact and/or provide pertinent information to paramedics. We DO NOT share your information with others or sell our list to anyone.

### PHOTOS

Your photo also adds an extra level of security to the Senior Center.

If there is an emergency, it helps us identify who is in the building.

Please stop by the Front Desk or the Wellness Center Desk to fill out your registration form and have your photo taken.



# WINNERS!



## PHOTO ID DRAWING

Frank Gmeinder

## PUNCH CARD DRAWING

Diana Oostdik

## HIDE-AND-SEEK

Sue Boelke

\*Found on page 14

Each winner receives \$10.00 in Monroe Money!



17

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# MEDICARE



It seems like Medicare is constantly changing! With all of the ups and downs, it can feel like you're on a roller coaster ride! If you are confused or have questions about Medicare, we have three Medicare professionals coming to the Senior Center 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! You do not need an appointment, just stop by!

## MEDICARE BASICS

**Wednesday, July 13th • 1:00pm**

Join Eric and Elyse Appel as they go through the basics of Medicare! There will be lots of time to answer questions, so please feel free to write them all down and bring them with you!

**Call us at (608) 325-3173 or stop by the front desk to sign up for this program.**



## 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

- July 13th - 11:00am Dining Room
- July 13th - 1:00pm Medicare Basics Program
- July 21st - 10:00am Dining Room (Free Donuts)

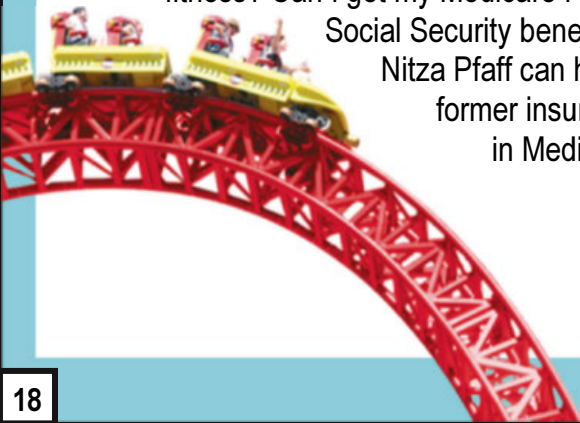
# NITZA PFAFF



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

- July 13th - 10:30am Dining Room
- July 27th - 10:30am Lobby



# END OF SUMMER LUAU PARTY

Tuesday, August 23rd • 11AM-2PM • \$3.00 Per Person  
Twining Park - Klinzing Shelter

Let's celebrate the end of summer in style with a Luau Party! We'll be serving sandwiches, potato salad, chips, drinks, and dessert from 11:00am to Noon. After lunch, we can sit back and relax to Todd Donnelly's tropical-style music! Be sure to wear your best tropical-style clothing as we say, "Goodbye" to summer! Reservations are required. Please call (608) 325-3173 or stop by the front desk register. Payments must be made AT the Senior Center PRIOR to the event. **PLEASE DO NOT BRING PAYMENTS TO THE PARK.**



## 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**  
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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Contact Jeff Parkinson to place an ad today! [jparkinson@lpicommunities.com](mailto:jparkinson@lpicommunities.com) or (800) 950-9952 x5887



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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.