OCTOBER 2021

THE RIVER VIEW

THE CITY OF WATERTOWN
Opportunity runs through it.

Watertown Senior & Community Center

514 South First Street • Watertown, Wisconsin 53094 • 920-262-8099

Senior Center Rummage Sale

The Senior Center's annual rummage sale was a huge success earning over $1,600! Items remaining from the rummage sale went to the American Veterans for their annual rummage sale. To all of the volunteers who helped make this so successful, "Thank you!"

Learn Games at the Center

Phase 10—Thursday, October 7 @ 9:00 am
Office Staff will teach you how to play Phase 10!

Learn Euchre—Thursday, October 7 @ 10:00 am
Donna Harshbarger and Phyllis Krahn will teach you how to play Euchre.

"How to Protect Your Stuff" (from Devasting Long-Term Care Costs)
October 12 @ 10:00 am

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

Please be aware programs are subject to change (COVID, weather, etc.)

The Center Is Closed

November 25-26—Thanksgiving
December 23-24—Christmas
December 30-31—New Year's

Flute & Guitar Concert
October 5 @ 1:00 pm

Linda Chatterton and Maja Radovanlija will be at the center to hold a Flute & Guitar Concert. Come and hear what wonderful songs they will perform!! Hope to see you there!

Medicare 101
October 12 @ 1:00 pm & 6:00 pm

David Hartjes, Physician's Mutual, will be at the center to talk about Medicare. Learn about the different parts of Medicare A, B, C, and D. What's new with the Medicare plans? Learn how to make Medicare work for you!

Coffee with a Cop
October 26 @ 10:00 am

Meet Capt. Ben Olsen! Ask him questions about the Police Department, voice your concerns, learn what they do, and get to know the men and women in blue!

Hearing Presentation & Screenings
October 28 @ 10:00 am

Members of Elite Hearing Center-Watertown will be at the center to discuss hearing loss, tinnitus, and hearing aids. After the presentation, they will do FREE hearing screenings!!

Welcome to the Watertown Senior & Community Center

514 South First Street
Watertown, WI 53094
920-262-8099

The center is open Monday through Friday, 8:00 am through 4:30 pm. Anyone age 50 and older may become a member of the Watertown Senior Center.

The 2021 new membership fees: $5.00 for city residents and $7.50 for non-city residents. Fees can be paid anytime during regular office hours.

Make Checks Payable to:
City of Watertown

Guests (>50 years old), excluding inactive members, can participate the first time at no charge before they are asked to pay a $1.00 activity fee or the membership fee.

Senior Center Advisory Board

Phyllis Krahn

Becky Shult

Lori Fort-Hoerig

Mary Withers

Open Position

Kim Henze,
Watertown Healthcare Center
at Large Member

Kailey Jo Gruling,
Hafemeister Funeral Home
Community at Large Member

Mayor

Emily McFarland, 920-262-4000

Parks & Recreation Staff

Randy Wojtasiak, Parks & Rec Director
Andrea Draeger, Senior Center Director/ Office Manager
Kelli DeCoto, Aquatics Manager
Megan Schwefel, Admin Assistant
Dale Tietz, Maintenance Custodian

Jefferson County Benefit Specialist

A Jefferson County Benefit Specialist will be at the center on a few Mondays of the month. See calendar for dates. Assistance can be given for Medicare Part D, SeniorCare, Medicare, insurance and more for those ages 60 and older. Call 920-674-8734 to make an appointment.

Dodge County Benefit Specialist

A Dodge County Benefit Specialist will be at the center on the 4th Monday of the month. Assistance can be given for Medicare Part D, SeniorCare, Medicare, insurance and more for those ages 60 and older. Call 1-800-924-6407 to make an appointment.

New Member Fees

are now half price!
$5.00 city residents
$7.50 non city residents

Volunteer Hours

The Volunteer Timesheets have been moved to the Receptionist Desk. Please stop by the desk to enter your hours on the volunteer timesheets.

Parkinson's Exercise
is temporarily suspended.

Program Start Times

Times listed in the newsletter are the starting times for our programs. Please arrive prior to the start times to avoid program delays.

Blood Drive

October 19—9:00 am-2:00 pm
November 17—12:00-5:00 pm
December 28 – 10:00 am-3:00 pm

The blood drives will be held here in the lower level Terrace Room. Help others in need with your donation of blood or platelets!

American Red Cross (ARC)—1-800-733-2767 or online at www.redcross.org

WANTED:

Wii Bowling subs. Inquire at the senior center office.

Members Only Contest!!

Find the pumpkin! Let us know who you are and on what page you found it. Winner will be announced in next month's newsletter. **September winner is Joan Wegner. Stop by office to get your prize.**

Activities to do this Month...

Program Start Times

Please arrive prior to the start times to avoid program delays.

Bridge
Mondays @ 1:00 pm
Bridge continues to be a popular game among the experienced bridge players. It is played at 1:00 pm on Monday afternoons.

Euchre
Mondays @ 1:00 pm
Sundays @ 1:00 pm (Public)
Euchre is played at 1:00 pm. Members wishing to play are encouraged to participate.

500
Wednesdays @ 10:00 am
Come, learn and play 500 at 10:00 am! Whether you are a novice or an expert, everyone is welcome!

4 Handed Sheepshead
Wednesday & Fridays @ 1:00 pm
Sheepshead is played at the center at 1:00 pm, **arrive by 12:45 pm.** Members wishing to play are encouraged to attend.

Bingo
Thursdays @ 1:00 pm
Bingo is played at the center in Conley Hall at 1:00 pm. Admittance begins at 12:15 pm. The cost is 50¢ per card not to exceed $2.00. Non-members (>50) are invited, but pay a $1.00 activity fee.

Hand & Foot Card Game
Thursdays @ 1:00 pm
You are invited to play Hand and Foot at the center! The object is to use up all the cards in your possession and to make 1 red and 1 black book. Hope to see you there!!!

Dominoes/Mexican Train Dominoes
Fridays @ 9:00 am
You are invited to play Dominoes/Mexican Train Dominoes. See if you can get rid of your tiles and win! Hope to see you there!!!

Board Games
We have plenty of board games to choose from. Find a spot and play. There is no fee to play.

Scrabble
Mondays @ 9:00 am
Come and play Scrabble! "Tile" your competition and see how many triple words you can get! Mondays at 9 am. Bring a friend.

Bunco
Mondays @ 10:00 am
Bunco is a dice game played with 3 dice. Accumulate points by rolling dice for each round. It's a fun game!!!

5 Handed Sheepshead
Tuesdays @ 1:00 pm
Sundays at 1:00 pm (Public)
5 Handed Sheepshead is played at the center at 1:00 pm, **arrive by 12:45 pm.** Members wishing to play are encouraged to attend.

Water Color Club
Wednesdays @ 1:00 pm
Need a little color in your life? The Water Color Club meets on Wednesdays at 1:00 pm. Come and learn different techniques, exchange ideas, socialize and just enjoy painting.

Phase 10
Thursdays @ 9:00 am
Have fun competing to make the different "phases" or rounds. Person with the lease amount of points wins!!!

Beginner's Bridge
Thursdays @ 1:00 pm
Whether you are new to bridge or need to get the rust off, come and learn how to play this popular game!

Wii Bowling
The Wii Game is available for anyone wishing to learn or practice any of the games. Instruction is available. Feel free to come in and practice anytime.

Adult Coloring
Adult coloring books are available! Great for keeping your mind sharp and using your imagination! Feel free to stop in and color anytime, too!!

Card game activities are the least safe during COVID.

More Activities to do...

Monday with the Mayor
November 1 @ 10:00 am

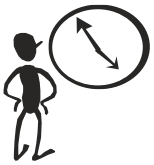
Join us for Monday with the Mayor! Meet Mayor Emily McFarland! She will open with updates on the city budget, city projects, such as road construction and the city ordinances. As always, questions are welcome! Please support our Mayor as she takes time out to meet with us!

They Are Back—Woodcarvers!
Wednesdays @ 1:00 pm

The Woodcarvers are back beginning Wednesday, October 6 through April 2022 at 1:00 pm in the Snack Shop. Come and whittle away at different projects! See the wonderful woodworks they create!

Breathe Salt & Sauna
November 2 @ 1:00 pm

Are you looking for a way to enhance your overall well-being? Staff from Breathe Salt & Sauna will be at the center to talk about how the healing properties of halotherapy (salt therapy) and infrared saunas can work for you!



Daylight Savings Time:
Don't forget to turn back your clocks on Sunday, November 7!

Stoughton Norwegian Dancers
November 17 @ 10:00 am

Come and see the Stoughton High School Norwegian Dancers! See the magnificent dances they can do! This performance is free and open to the public!

Watertown Food Pantry
204 N. 10th Street
New Hours
Monday—10:00 am—12:00 pm
Tuesday—1:00—3:00 pm
Wednesday—12:00—2:00 pm
Thursday—1:00—3:00 pm & 4:30-6:00 pm
Friday—10:00 am—12:00 pm

Financial Assistance

Watertown Family Aid
Call 920-285-3062
Tuesdays 2:00-4:00 pm
Wednesdays 3:00-5:00 pm
For assistance with food

Salvation Army
Call 920-297-0137
on Tuesdays
from 10:00 am-2:00 pm
For assistance with rent & utilities

Movie Matinees

"Bombshell"
October 11 @ 1:00 pm

In this fact-based drama, three whip-smart, ambitious, strong women who anchored one of America's most powerful news networks- becoming headlines themselves when they risked everything to stand up to the man who made them famous. This movie stars: Charlize Theron, Nicole Kidman, Margot Robbie, and Allison Janney. Movie is rated: **R** Movie runs: 1 hour 49 minutes.

"Midway"
October 25 @ 1:00 pm

The story of the Battle of Midway, six months after the attack on Pearl Harbor, between the American fleet and the Imperial Japanese Navy which marked a pivotal turning point in the Pacific Theater during WWII. The film, based on the real-life events of the heroic feat, tells the story of the leaders and soldiers who used their instincts, fortitude and bravery to overcome the odds. This movie stars: Ed Skrein, Patrick Wilson, Luke Evans, Woody Harrelson, Dennis Quaid, and Aaron Eckhardt. Movie is rated: **PG-13.** Movie runs: 2 hours 18 minutes.

The movies are free to members.
There is a $1.00 activity fee for non-members.
Refreshments will be available. Donations are always welcome!

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"Meals on Wheels"

The Jefferson County Meals on Wheels program is based out of the Watertown Senior & Community Center. It is an essential service and is still operating, delivering meals to homebound people in our community. If you would like to see if you qualify, please contact Patti at 920-728-1210.

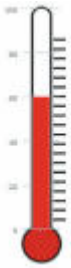
Volunteer Opportunities

With the center resuming normal scheduling, ***we are in need of receptionists, newsletter delivery, popcorn makers, and some program leaders.*** If you are interested, please call the Senior Center office at 920-262-8099.

Kwik Trip Gift Cards

The center has $20 Kwik Trip gift cards available. The cards can be used at any Kwik Trip store for gas or any store item. They make great gifts for any occasion. Support the center and purchase a Kwik Trip gift card in the office or at the receptionist counter. They make great gifts.

The River View is available online. Go to our City Website at *www.ci.watertown.wi.us* and download your copy today!



What's warm for one, is not for another! It is hard to maintain room temperatures to please everyone, so please bring a sweater.

"Birthday Thursday"

Happy Birthday to you!
Happy Birthday to you!
Happy Birthday to everyone born in October!

The following members have birthdays in September!! Reach out and wish them a Happy Birthday!

Anyone whose birthday was between April 2020 and now & received their "Birthday Thursday" free lunch coupon will be able to use when senior dining program reopens.

Tom Berham
Kenneth Boeder
Bonnie Bohlman
Marlene Buss
Mary Ann Carrillo
Duane Delestienne
Carol Demetropoulos
Gilda Dupre
Kathleen Evans
David Fairbrother
Mary Lou Giese
Myrtle Grosenick
Brian Gurnee
Claire Heine
Mary Heinen
George Henderson
David Hertel
Susan Kaap
Mary Katzner
Tom King
Renee Kohl-Ninmann

Geraldine Kuehn
Lynn Lambright
John Luby
Beverly Manke
George McFarland
Mary Ninmann
Philip Paulsen
Elmer Pitterle
Dolores Riedl
Jean Rupnow
Sheilah Schmeling
Ann Steckling
Pauline Sukow
Alice Theesfeld
Dale Vogt
Cheryl Walker
Jackie Walsh-McCabe
Debra Watson
Elvin Will
Marlene Zimmerman
Faith Zoellick

Watertown Farmer's Market

The Watertown Farmer's Market, a tradition begun in 1860, is held in Riverside Park every Tuesday from 7:00 am to 1:00 pm, May through October!

Hunger Task Force
Stockbox

Applications and Distribution
at Watertown Senior and Community Center
October 6, 2020
10:00 am – 11:00 am

Stockbox 2021 Dates:
Oct 6
Nov 3
Dec 8

Stockbox is still available for pickup

even though the center is closed. New and current participants should pickup their box by driving directly up to the truck in our parking lot. There is no need to enter the building.

What is Stockbox?

Stockbox is a free program that provides a box of healthy food every month to *seniors 60 years and older* to help improve their diet and nutrition,

*Monthly income before tax deductions for 1 person in a household is $1,316
*Monthly income before tax deductions for 2 people in a household is $1,784
*For each additional person in the household add $451

The box of the monthly food supplements may include items such as:

-Cheese
-Juice
-Peanut butter
-Canned fruits
-Cereal
-Canned meat
-Canned vegetables
-Canned and dry milk
-Rice, instant potatoes or pasta

Applications and distribution will occur monthly
at the center on Wednesdays, of the first full week each month.

To learn more call:
920-261-9220
121 Hospital Drive, Watertown, WI 53098
watertownhcc.com
WATERTOWN HEALTH CARE CENTER

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Johnson Creek

Rent the Center!

Do you need a place to hold a shower, graduation or birthday party? Don't want to clean for company? The Watertown Senior & Community Center has rooms available for your event. Prices start at $30/hr. Don't hesitate. Book early! Stop by the office or call us at 920-262-8099!

Resilient Wisconsin

We are in a stressful time for Wisconsin, and we recognize that stress is heightened for our parents and caregivers, people living with mental and behavioral health concerns, and mental and behavioral health providers. This is why Resilient Wisconsin provides tools, resources, and trauma-informed practices specific to these communities. Staying Safer at Home is important, but we know it is not easy. Resilient Wisconsin offers us a way forward as we all work towards a healthier Wisconsin.

For more information, please visit:
resilient.wisconsin.gov

Remember, it is OK to ask for help, and it builds resilience to reach out and connect. We are committed to building a healthier and more resilient Wisconsin.

Wanted: Your Email Address

We are looking for your email address, if you have one. We would like to invite you to some online events—online activities, meet Andrea online, etc. We also have received some online meetings through the county ADRC's that could be of interest to you! Please call us at 920-262-8099 to let us know what your email is if we don't already have it. Don't worry, we will not give out your email address without your permission!!!

Taxi Vouchers

The Watertown Senior Center is able to provide a Taxi Voucher (valued at $2.75) to seniors, 50 and above, that need a ride to or from the center to participate in programming. The center will split the cost with you! If you can get here, we'll get you home. Please contact the office for more details.

First Come, First Served Walking & Fitness Equipment Mondays - Fridays

Walk and exercise at the Watertown Senior & Community Center. No need to worry about the weather as you exercise inside! **NEW** Tread mill, recumbent bicycle, elliptical machine and spin bike are also available on a first come, first served basis.

She's Back!! Claire's Creations Mending & Alterations

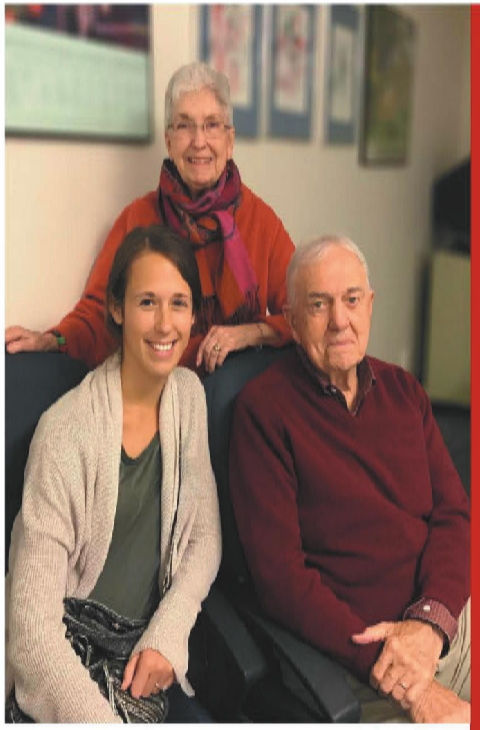
Do you need some pants hemmed or a zipper fixed? Claire Heine has her own business and has offered to do mending and alterations for our members. She will be at the center on the 2nd and 4th Tuesday of every month from 9-10:45 am. Call 262-8099 for an appointment.

Caring Crafters 2nd & 4th Tuesdays @ 10:00 am

Enjoy knitting, crocheting? Whether you know basic stitches or are an experienced crafter, come and join in the fun. The Caring Crafters group creates a variety of items for a variety of local charities! Bring a friend or make some new ones! You do not need to be a member of the senior center to be a member of Caring Crafters!!

Senior Fitness Classes

This class has a bit of everything to keep you fit and healthy and keep those "twinges in the hinges" at bay!! Light weight lifting for great strength and toning, cardio movements to get that heart pumping, and good old fashioned calisthenics for great muscles. Class registration forms are available in the Parks & Rec office.



New Friends

Pairing UW-Madison undergraduate and health professional students with individuals living with Alzheimer's disease or other memory issues

Provided by:

Wisconsin Alzheimer's Institute
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

What is New Friends?

New Friends pairs UW-Madison undergraduate, graduate, and health professional students with individuals living with Alzheimer's disease or other memory issues (mentors) for a year-long mutually enriching experience. Through meetings and shared activities (visiting museums, playing games, etc.), pairs develop friendships, while the student learns directly about the disease process and its effects on the person and their loved ones.

New Friends is a research study that will measure students' knowledge and attitudes about dementia and well-being of older adult mentors.

Who can participate?

STUDENTS: UW-Madison undergraduate, graduate, and health professional students. This includes students from the fields of medicine, nursing, social work, occupational, physical and speech therapies, and pharmacy.

PEOPLE LIVING WITH DEMENTIA (MENTORS): Individuals living with Alzheimer's disease or other memory problems.

20 to 30 students and 20 to 30 mentors will participate in the program.

What does participation involve?

- Students attend a 3-hour orientation session (students only)
- Students complete pre and post knowledge testing (students only)
- Attend match-luncheon (all)
- Attend monthly two hour-long educational sessions (students only)
- Attend February Friendship luncheon (all)
- Spend 1 hour per month together doing virtual activities of your own choosing, October through April (students and mentors)
- Complete brief activity journal after each meeting with your mentor (students only)
- Attend End-of-Year Gratitude luncheon (all)
- Complete program evaluation form (all)

Join New Friends!

Benefits to Students:

- Learn about Alzheimer's disease and other forms of memory loss outside of the classroom
- Meet service learning requirements
- Learn about the psychosocial and medical issues facing older adults with memory issues
- Gain confidence in communicating with older adults with memory issues and family members
- Grow professionally and build your resume

Benefits to Mentors:

- Educate future healthcare providers
- Share your experiences with dementia
- Participate in meaningful activities while making a new friend

"Even if you're not interested in geriatrics as a career, older adults will be a part of almost everyone's practice in some way, so I think it's important to understand both the medical as well as the psychosocial issues of older adults. I almost didn't do this program because I was worried about the time commitment during my first year of medical school, but I am so happy I did. It significantly enhanced my medical school experience as well as my quality of life."

-STUDENT PARTICIPANT, 2015-2016

For more information about New Friends, please contact:

Bonnie Nuttkinson
Wisconsin Alzheimer's Institute
UW School of Medicine and Public Health
608-265-3885 | bnuttkin@medicine.wisc.edu

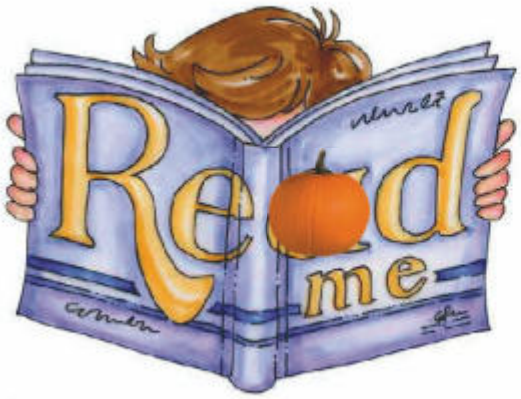
Click below for the application:
New Friends Mentor Application

Participants are free to withdraw from New Friends at any time, for any reason.

Subscribe to "The River View"

2021/2022 Subscription expires
on December 31, 2022
$12.00

Keep up to date with the activities at the Senior & Community Center. Relax and read your newsletter in the comfort of your home while relaxing in your recliner. Get the monthly newsletter, The River View, mailed directly to your home. For $12.00, the River View will be mailed directly to your home rain or shine. All subscriptions expire on December 31, 2022. Simply fill out the lower portion of this flyer and return it to the center with the $12.00 to cover postage and handling.



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2021/2022 Subscription to The River View

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Flute & Guitar Concert
October 5, 2021
1:00 pm

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November 2
1PM

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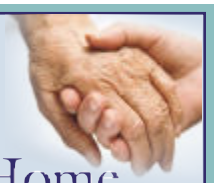
WisconsinSeniorMedicarePatrol

Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud

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.



Life@Home
Shorehaven is committed to helping seniors stay at home – right where they want to be.
Life@Home is a non-medical service which provides housekeeping, laundry, errands, shopping, grooming and dressing, personal hygiene, escorting to appointments and pet and plant care. Also serving as a referral resource, linking seniors and their families to area services.
Call 262-560-6960 or email jmilaeger@lho.org to learn more.
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Answer Page 18

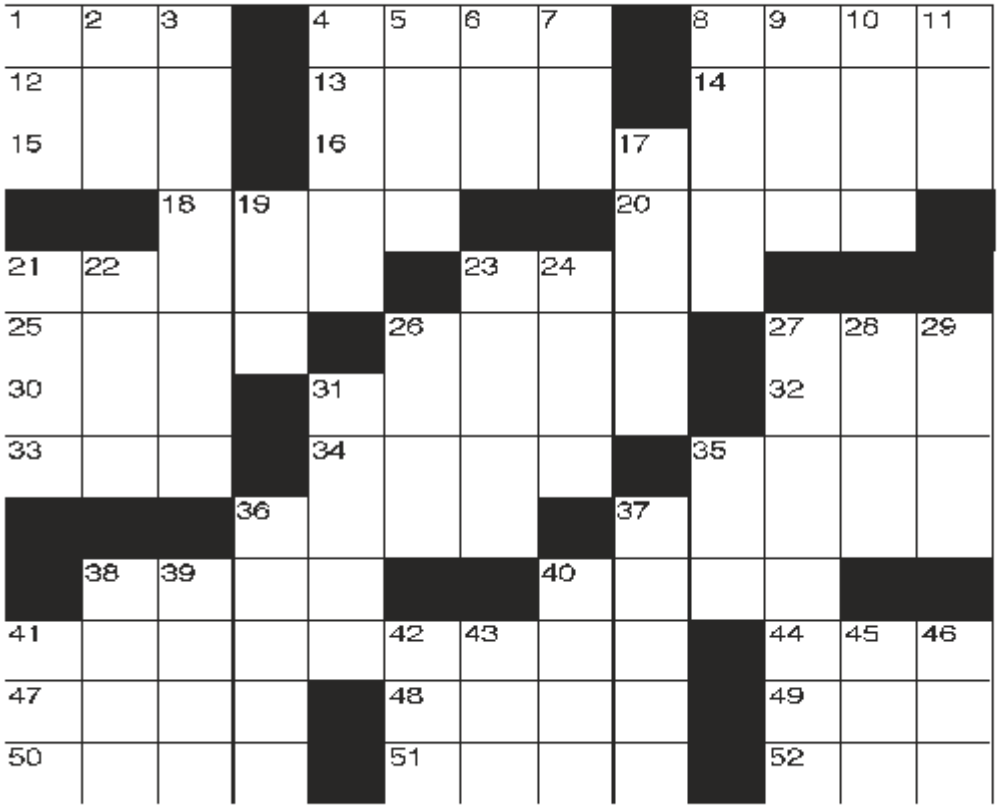
CROSSWORD PUZZLE

ACROSS

1 Fellow
4 Taro
8 Foot (suf.)
12 N.Z. fish
13 Black
14 Great Lake
15 Bachelor of Fine Arts (abbr.)
16 Medal (2 words)
18 Prison: Brit.
20 Ceremonial entrance
21 Belt
23 Palm starch
25 Indian camel
26 Vast
27 Palestine Liberation Organ. (abbr.)
30 Master of Business Administration (abbr.)
31 Cheek bone
32 King (Fr.)
33 Ten decibels
34 Variation (pref.)
35 Ice
36 Scientific name (suf.)
37 Aquarium fish
38 Christmas song
40 Egypt. evil god
41 Saga (2 words)
44 Belonging to (suf.)
47 Silver-iron ore
48 Javanese poison tree
49 Monkey
50 Indo-Chin. people
51 Man's name: abbr.
52 Talk

DOWN

1 Apronlike cloth
2 Television band abbr.
3 Bias
4 Anglo-Saxon assembly
5 Son of Adam
6 Botanical (abbr.)
7 Feminine (suf.)
8 Five of trump
9 Viking
10 Plate
11 Mouse-spotter's cry
17 Beer
19 Or (Lat.)
21 Crest
22 Rounded projection
23 Forage herb
24 Hamitic language
26 Wholesome
27 Augur
28 Circle
29 Unctuous
31 Twin crystal
35 Shorten
36 Father of Jason
37 Alluvial deposit
38 Son of Lamech
39 Killer whale
40 Thick slice
41 Nat'l Park Service (abbr.)
42 Caucasian wild goat
43 P.I. volcano
45 Amer. Automobile Assn. (abbr.)
46 One who is (suf.)



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A60

Mark Your Calendars!!

Monday with the Mayor:
Monday, Nov. 1—10:00 am

Breathe Salt & Sauna Presentation:
Tuesday, Nov. 2—1:00 pm

November Bingos: 1:00 pm -
Thursday, Nov. 4
Tuesday, Nov. 9
Thursday, Nov. 18
Tuesday, Nov. 23

Movie—1:00 pm:
Tuesday, Nov. 16—TBA
Tuesday, Nov. 30-TBA

Norwegian Dancers:
Wednesday, Nov. 17—10:00 am

Blood Drives:
Wednesday, Nov. 17—12:00-5:00 pm
Tuesday, Dec. 28—10:00 am-3:00 pm

Advisory Board Meetings: 9:00 am
Wednesday, December 15

Holiday—Center Closed:
November 25-26—Thanksgiving
December 23-24—Christmas
December 30-31—New Year's

Memory Screening:
Tuesday, Nov. 30 (make appt)

Available Resources

Family Aid—920-285-3062
(food assistance) located at the Senior Center,
Mondays & Wednesdays 2:00-4:00 pm

Loaves & Fishes
Every non-Holiday Monday 4:15-5:30 pm
Watertown Moravian Church (510 Cole Street)

Bread & Roses
Every non-Holiday Thursday 4:30-6:30 pm
Immanuel Ev. Lutheran Church (204 N. 10th Street)

Personal Essentials Pantry
Every non-Holiday Thursday 1-3 pm & 4-6 pm
Immanuel Ev. Lutheran Church (204 N. 10th Street)

Safelink
Safelink Wireless is a government supported program that provides a free cell phone and airtime each month for income eligible customers.
www.safelink.com or 1-800-378-1684

Social Security Office-Waukesha
1-866-220-7885

Watertown Food Pantry
Immanuel Lutheran Church
204 N. 10th Street 920-261-7226

Jefferson County Meals on Wheels
920-728-1210

Dodge County Meals on Wheels
1-800-924-6407

Senior Dining Program
920-728-1210 (call a serving day prior to dining)

Shuttle Service (Out of Watertown Only)
Dodge County Residents: 920-386-3832
Jefferson County Residents: 920-674-8104
C & W Med Rides LLC: 920-397-7624
Matt: 920-285-1853

Salvation Army-920-297-0137
Assists with rent and utilities, etc.
Tuesdays from 10 am-2 pm

Your Friends In Action
Volunteer programs for Seniors includes:
shopping & errands, transportation, and friendly visits.
Call 920-674-4548

Lifeline
Puts you in touch with a Lifeline Monitor who talks to you to find out what kind of help you need.
Call 920-261-7108 for more information.

Home Instead
Caregivers & Companions for the Elderly and Disabled
920-219-9832

Visiting Angels
Up to 24 hour Senior Homecare
920-568-1051

Watertown Transit—TAXI
920-261-RIDE (7433)

Energy Assistance Program:
1-800-506-5596

National Pizza Week

R O S E M A R Y G A R L I C O O S U
P E S T O S O L I V E S H C O M T P
H L A E L P Z U C C H I N I O C I T
E P L E P R O S C I U T T O H Z I N
I P A N C H O V I E S A R I Z L T N
E A M M E H T H I N R H C A O I T I
C E I E M A A R I T S K S C L N A N
U N U E T O R R X U E E C I F O L N
A I A H S O Z E M N O O S E C R U F
S P R C E T M Z I I R A T O R E G E
S G T A E I U A A B B A C O N P U N
R R I N L A R F T R S I B V C P R N
E O C I H A M I F O E E I C O E A N
P U H P A N R B Q E E L S S R P T A
P N O S L D O C B F D S L E T U T S
E D K E A A R I B S A U S A G E S C
P E E G G P L A N T S H R I M P A T
C E C H E E S E T O P O T A T O N K

Word List:

PIZZA
TOMATOES
THIN
EXTRA
MUSHROOMS
BASIL
GROUND
ARUGULA
ARTICHOKE
POTATO
PEPPERONI
SAUCE
SAUSAGE
HAM
CHICKEN
ONION
BEEF
MOZZARELLA
PESTO
ROSEMARY
OLIVES
CRUST
BACON
PINEAPPLE
BBQ
SPINACH
STEAK
SHRIMP
ZUCCHINI
EGGPLANT
PEPPERS
STUFFED
CHEESE
ANCHOVIES
GARLIC
BROCCOLI
FETA
SALAMI
PROSCIUTTO

Sudoku 1

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

2			5				3	
			4				9	
					2		8	6
3		6						
5	9			6				
		8					1	
6		2			5			
	8		3		9			2
		9				4		

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DIFFICULTY: ★★☆☆

Sudoku 2

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	1			6				
7		9				8		
	6							
3								4
			1	3	6			7
9				8	7			6
	9		5				3	
		8				4		
1					4	9		

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DIFFICULTY: ★★★★

Answer Page 18

Pizza Ranch
SENIOR DISCOUNT
$9.26 Lunch Buffet
$10.79 Dinner/Weekend Buffet
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Medicare Open Enrollment

October 15th – December 7th

Time to review your Medicare Part D Prescription Drug Plan!

Remember, every year insurance companies can change their formularies, premiums and deductibles!

For Assistance with Plan Comparisons contact:

Aging & Disability Resource Center
Of Jefferson County: Benefit Specialists
1541 Annex Road, Jefferson, WI 53549
920-674-8734

ADRC
Aging & Disability Resource Center of Jefferson County

ship state health insurance assistance programs
LOCAL HELP FOR PEOPLE WITH MEDICARE

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my choice WISCONSIN

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

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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

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Julia Chidley • Christopher J. Koppes
Crystal Johnson-Manz

138 Hospital Drive: Suite 100 Watertown, WI 53098 • www.blcklaw.com

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Watertown Housing Authority

201 North Water Street • Watertown, WI 53094
920.261.7795 | tkasten@wttnhsg.org

Affordable Multi-Family Housing
24-hour Emergency Maintenance Service

Johnson Arms Apartments
- 62+ and/or disabled housing
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Family Housing
- 2, 3, 4, & 5-bdrm units for families w/children
- Single family houses & townhouses - utility allowance
- Large greenspace and activity-filled playground
- Off-street parking
- Located on west edge of Watertown

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920.262.2176 | www.riversidednt.com

Memory Screening

A Closer look at Memory Changes

A **Memory Screen** is a wellness tool that helps identify possible changes in memory and cognition; it creates a baseline of where a person is at so that future changes can be monitored.

It's **Free** and only takes 15 minutes!

Call the ADRC of Jefferson County for an appointment

Dementia Care Specialist:
920-675-4035

Early detection is important
Treatment is possible. Stay in control of your life.

Get immediate results!
You may keep them for yourself and, if you request, we will fax them to your physician.

Early detection is important!
Just as blood pressure, cancer, diabetes, or stroke screening contribute to prevention and better treatments, so does a **Memory Screen**.

Treatment is possible!
Some types of dementia are reversible, like those caused by nutritional and vitamin deficiencies, depression, thyroid issues, and more.

Knowledge means you have more control!
Dementias that are not reversible can often be treated with medications that could slow down the progress and preserve quality of life for a longer period of time.

ADRC
Aging & Disability Resource Center of Jefferson County

Memory Screening Event:
Watertown Senior Center
514 South 1st Street Watertown
November 30, 2021
9:00a.m.-3:00p.m.
15 minute sessions per person
Call 920-675-4035 to register

RIVERVIEW COMMONS

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- *Walking Distance to Shopping and Restaurants*
- *Appliances*
- *Enjoy Holiday Activities*
- *Cheerful Attentive Staff*
- *Wonderful One Bedroom Apartments*
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Enjoy our Community Room and Outdoor Deck Overlooking the Rock River

APPLICATIONS NOW BEING ACCEPTED!
Call today for this opportunity to live a carefree lifestyle.
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Johnson Creek, WI 53038
Phone: 920-699-1275
Fax: 920-699-1277
www.SunsetRidgeJohnsonCreek.com

SUNSET RIDGE
JEFFERSON

816 Reinel Drive
Jefferson, WI 53549
Phone: 920-541-3536
Fax: 920-541-3538
www.SunsetRidgeMemoryCare.com

Answers

1

Answer to Sudoku

2	6	1	5	9	8	7	3	4
8	5	3	4	7	6	2	9	1
9	7	4	1	3	2	5	8	6
3	1	6	7	8	4	9	2	5
5	9	7	2	6	1	8	4	3
4	2	8	9	5	3	6	1	7
6	4	2	8	1	5	3	7	9
7	8	5	3	4	9	1	6	2
1	3	9	6	2	7	4	5	8

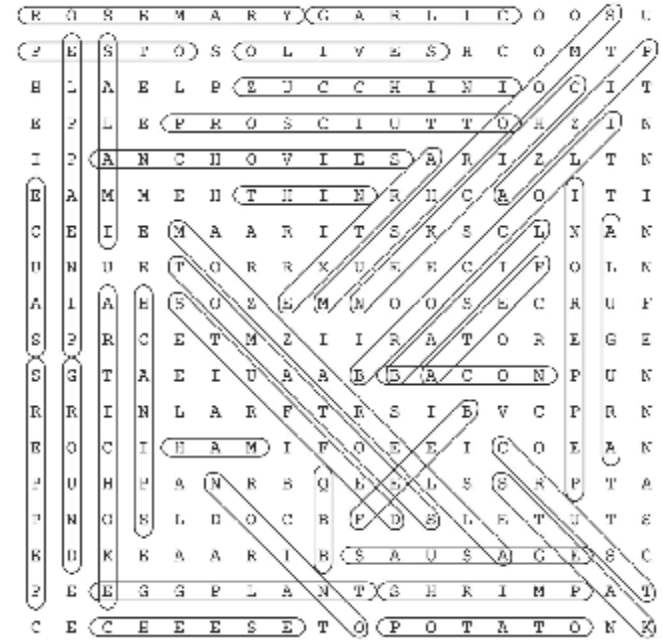
B	U	D	■	G	A	B	I	■	P	E	D	E
I	H	I	■	E	B	O	N	■	E	R	I	E
B	F	A	■	M	E	T	A	L	D	I	S	K
■	■	G	A	O	L	■	■	A	R	C	H	■
C	L	O	U	T	■	S	A	G	O	■	■	■
O	O	N	T	■	H	U	G	E	■	P	L	O
M	B	A	■	M	A	L	A	R	■	R	O	I
B	E	L	■	A	L	L	O	■	C	O	O	L
■	■	■	A	C	E	A	■	G	U	P	P	Y
■	N	O	E	L	■	■	S	E	T	H	■	■
N	O	R	S	E	T	A	L	E	■	E	A	N
P	A	C	O	■	U	P	A	S	■	S	A	I
S	H	A	N	■	R	O	B	T	■	Y	A	K

2

Answer to Sudoku

5	1	2	8	6	9	7	4	3
7	4	9	3	5	2	8	6	1
8	6	3	7	4	1	2	5	9
3	7	6	2	9	5	1	8	4
2	8	4	1	3	6	5	9	7
9	5	1	4	8	7	3	2	6
4	9	7	5	1	8	6	3	2
6	2	8	9	7	3	4	1	5
1	3	5	6	2	4	9	7	8

National Pizza Week



Senior Dining

Fellowship. Food Fun

JEFFERSON COUNTY SENIOR DINING OCTOBER 2021

See back side of this menu for locations and contact information.

Call 9:30 - 11 a.m. one serving day before to make reservations or for cancellations.

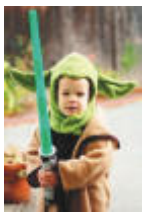
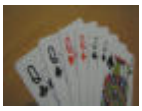
Menu is subject to change without notice. ***Ixonia & Johnson Creek receive meals M-W-F only.**

ADRC Aging & Disability Resource Center of Jefferson County

MONDAY	TUESDAY*	WEDNESDAY	THURSDAY*	FRIDAY
"In October, a maple tree before your window lights up your room like a great lamp. Even on cloudy days, its presence helps to dispel the gloom." – John Burroughs				1 Chicken Breast Mashed Potatoes Green beans Sundae Cup Pineapple Tidbits Sliced Bread
4 Salisbury Steak Mashed Potatoes Mixed Vegetables Chocolate Cloud Torte Pear Slices Sliced Bread	5 Escalloped Potatoes and Ham Casserole Tossed Salad Apple Slices Peanut Butter Cookie Dinner Roll	6 Pork Jaegerschnitzel Mashed Potatoes Pickled Beet Salad Butterscotch Pudding Peach Slices Sliced Bread	7 Chicken Marsala Baked Potato Copper Penny salad Birthday Cake Honeydew Melon Dinner Roll	8 Hawaiian Meatballs Calico Bean Casserole Broccoli Cuts Petite Banana Cookie Sliced Bread
11 Roast Port Loin Mashed Potatoes Baby Carrots Applesauce Spice Cake Sliced Bread	12 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Ambrosia Dessert Apricot Halves Dinner Roll	13 Glazed ham Sweet Potato Bake Cole Slaw Tropical Fruit Salad Cinnamon Roll Sliced Bread	14 Crispy Fish Fillet German Potato Salad Winter Blend Vegetables Orange Sherbet Apple Slices Rye Dinner Roll	15 Beef Stroganoff Spinach Salad with Raspberry Vinaigrette Cantaloupe Slice Cream Sicle Torte Sliced Bread
18 Roast Turkey Mashed Potatoes Squash Cranberry Gelatin Vanilla Pudding Sliced Bread	19 Lasagna Casserole Mixed Italian Salad Key Lime Pie Pear Slices French Bread	20 Meatloaf Baked Potato Corn Chocolate Chip Cookie Fruit Cocktail Sliced Bread	21 Orange Chicken Baby Red Potatoes Broccoli Cuts Petite Banana Tapioca Pudding Dinner Roll	22 Hamburger on a Whole Wheat Bun Baked Beans Green Beans Honeydew Melon Fudge Brownie
25 Honey Mustard Meatballs Brown Rice California Blend Vegetables Sugar Cookie Fruited Gelatin Sliced Bread	26 Baked Chicken Twice Baked Style Potatoes Peas/Cheese Salad Applesauce Cake Peach Slices Dinner Roll	27 Pork Steak White Bean Salad Swiss Spinach Cantaloupe Slice Chocolate Pudding Sliced Bread	28 Beef Stew Tossed Salad Ice Cream Cup Tropical Fruit Salad Cheddar Biscuit	29 Chopped Steak in Burgundy/Mush. Sauce Mashed Potatoes Peas and Carrots Pumpkin Cake Apple Slices Sliced Bread

Pick Up ONLY- Call Patti at 920-728-1210 for reservation.

Activity Calendar — October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 **9:00 Dominoes** **1:00pm Sheepshead**
3 **1:00 Public Euchre** **1:00 Public Sheepshead**	4 **9:00 Scrabble** **10:00 Bunco** **10:00 Jeff Cty Benefit Specialist** **1:00 Bridge** **1:00 Cribbage** **1:00 Euchre**	5 **1:00 5-Handed Sheepshead** **1:00 Flute/Guitar Concert**	6 **10:00 500** **10:00 HT-Stockbox** **1:00 4 Handed Sheepshead** **1:00 Watercolor** **1:00 Woodcarvers**	7 **9:00 Learn Phase 10** **9:00 Wii Bowling Lg** **10:00 Learn Euchre** **1:00 Begin Bridge** **1:00 Bingo** **1:00 Hand & Foot** **7:00 Public Euchre**	8 **9:00 Dominoes** **1:00pm Sheepshead**
10 **1:00 Public Euchre** **1:00 Public Sheepshead** 	11 **9:00 Scrabble** **10:00 Bunco** **10:00 Jeff Cty Benefit Specialist** **1:00 Bridge** **1:00 Cribbage** **1:00 Euchre** **1:00 Movie: Bombshell**	12 **9:00 Claire's Mending** **9:30 Caring Crafters** **10:00 Elder Life Talk** **1:00 5-Handed Sheepshead** **1:00 Medicare 101** **6:00 Medicare 101**	13 **10:00 500** **1:00 4 Handed Sheepshead** **1:00 Watercolor** **1:00 Woodcarvers**	14 **9:00 Phase 10** **9:00 Wii Bowling Lg** **1:00 Bingo** **1:00 Begin Bridge** **1:00 Hand & Foot** **7:00 Public Euchre**	15 **9:00 Dominoes** **1:00pm Sheepshead** 
17 **1:00 Public Euchre** **1:00 Public Sheepshead**	18 **9:00 Scrabble** **10:00 Bunco** **10:00 Jeff Cty Benefit Specialist** **1:00 Bridge** **1:00 Cribbage** **1:00 Euchre**	19 **9:00am-2pm Blood Drive** **1:00 5-Handed Sheepshead**	20 **9:00 Adv Bd Mtg** **10:00 500** **1:00 4 Handed Sheepshead** **1:00 Watercolor** **1:00 Woodcarvers**	21 **9:00 Phase 10** **9:00 Wii Bowling Lg** **1:00 Bingo** **1:00 Begin Bridge** **1:00 Hand & Foot** **7:00 Public Euchre**	22 **9:00 Dominoes** **1:00pm Sheepshead**
24 **1:00 Public Euchre** **1:00 Public Sheepshead** 	25 **9:00 Scrabble** **10:00 Bunco** **10:00 Dodge Cty Benefit Specialist** **1:00 Bridge** **1:00 Cribbage** **1:00 Euchre** **1:00 Movie: Midway**	26 **9:00 Claire's Mending** **9:30 Caring Crafters** **10:00 Coffee w Cop** **1:00 5-Handed Sheepshead**	27 **10:00 500** **1:00 4 Handed Sheepshead** **1:00 Watercolor** **1:00 Woodcarvers**	28 **9:00 Phase 10** **9:00 Wii Bowling Lg** **1:00 Bingo** **1:00 Begin Bridge** **1:00 Hand & Foot** **7:00 Public Euchre**	29 **9:00 Dominoes** **1:00pm Sheepshead**
31 **1:00 Public Euchre** **1:00 Public Sheepshead**					