

MARCH 2022



THE RIVER VIEW

Watertown Senior & Community Center

514 SOUTH FIRST STREET • WATERTOWN, WISCONSIN 53094 • 920-262-8099

Coffee with a Cop March 8 @ 10:00 am



Join us for Coffee with a Cop! Meet Police Chief Robert Kaminski! Ask him questions about the Police Department, voice your concerns, learn what they do, and get to know the men and women in blue! This presentation is free and open to the public!

Finding Help, Hope and Happiness in Your Time of Grief Presentation Wednesday, March 16 @ 1:00 pm

Rev. Ray Bezanson will be at the center to talk about ways to find help, hope and happiness in times of grief. It's hard to deal with grief after a loved one passes. Learn ways to cope with the stages of grief and how to find happiness again!



Medicare Workshop March 8 @ 1:00 & 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!

Geology Bingo-Virtual Presentation Friday, March 18 @ 1:00 pm

Join the UW-Madison Geology Museum in a fun Geology Bingo adventure! The bingo cards will feature pictures of beautiful rocks, fossils and crystals from their museum. This will be a virtual tour of their exhibits



Bookworms Book Club

Monday, March 14 @ 1:00 pm

Watertown Senior Center is teaming up with the Watertown Public Library for a new book club! The book club will meet every second Monday of the month. **March's book is "All the Light We Cannot See" by Anthony Doerr.** Each month a new book will be handed out and discussed at the following meeting! We hope to see you at the next meeting!!!



Immunity & Wellness

Monday, March 21 @ 10:00 am

The healthcare team at Pine Hill Farms will be at the center to help you learn more about your immune system. How to boost it naturally, nutritional and supplement options for enhancing health.



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

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 2022 new membership fees: \$10.00 for city residents and \$15.00 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

Larry Crouch

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

Rana Jenkins, Office Aide

Dale Tietz, Maintenance Custodian

Jefferson County Benefit Specialist

A Jefferson County Benefit Specialist will be at the center the 1st and 3rd Mondays of the month. Appointments are required. 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.

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.

The Center Is Closed

April 15—Good Friday
May 30—Memorial Day



Please remember to turn
in your 2021
Volunteer Timesheet
to the office
as soon as possible!!

Birthday Thursday is Back

The center is offering Birthday Thursday on the first Thursday of your birthday month. Please call the Senior Center Office, 920-262-8099 to reserve your spot in your birthday month. This program is for Senior Center members only.

WANTED:

Volunteers to decorate the Center & call bingo.
Inquire at the Senior Center Office.

Members Only Contest!!



Find the shamrock!! Let us know who you are and on what page you found it. Winner will be announced in next month's newsletter. **February winner is Gilda Dupre. Stop by the 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. **Please bring \$1 bills.**

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 2 red and 3 black books. 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

2nd & 4th 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

2nd Wednesday of Month @ 1:00 pm

Have fun competing to make the different "phases" or rounds. Person with the least amount of points wins!!!

Beginner's Bridge

Thursdays @ 1:00 pm

If you are beginner to bridge or need to get the rust off, come and play!

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...

Lunch Program Volunteers Needed

Volunteers are needed to help pack for the Jefferson County's Meals on Wheels program and to help serve and clean up for in house dining when the meal site resumes. Please contact Patti at 920-728-1210 and leave a message with your name and telephone number. Patti will get back to you as soon as possible. There are various times and days available, so we can work around your schedule.



Advisory Board Openings

The advisory board plays an important role in the managing and decision making processes of the Senior Center. There are two (2) positions up for election in May. Members interested in becoming part of the Senior Center Advisory Board should contact the office as soon as possible.

Voting begins in April.

Daylight Savings Time

Sunday, March 13
Don't forget to turn
your clocks
FORWARD

Meals for 1 or 2 & Downsizing Tuesday, April 12 @ 1:00 pm

Dennis Bries will be at the center to do a presentation on various ways you can cook for 1 or 2. Whether you live in an apartment or in a house, he will give you tips on how you can work with various food items (cans, boxes, etc.) to make them work for your downsized household.

He'll also discuss ways to help you downsize from your house to an apartment/condo. What items do you keep or get rid of? It's hard to part with things.

Tax Season is Here

Face Masks Will Be Required per AARP

AARP will be offering free tax assistance at the Senior Center. Trained preparers will be available to complete federal and state returns, as well as Homestead Credit. All ages are welcome. Please note that preparers are not trained to complete complex returns such as farm, business, or rental property returns. Please contact a local tax preparation service, an accounting firm, or attorney for complex returns. ***You can sign up for an appointment at the front desk, or call 920-262-8099.***

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!!



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.



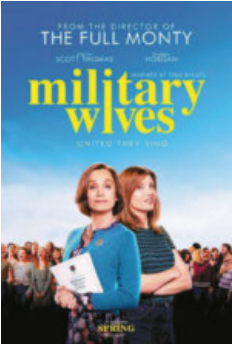
Watertown School Supplies & Bingo

In January, we began collecting school supplies for Watertown schools. Please bring supplies to the reception desk at each bingo. These supplies help students unable to get their own supplies.



Movie Matinees

“Military Wives” March 8 @ 1:00 pm



Faced with their loved ones' absences, a group of women from different backgrounds whose partners are away serving in Afghanistan, come together to form the very first military wives' choir. Helping each other through some of life's most difficult moments, and quickly finding themselves on an international stage. This movie stars: Kristin Scott Thomas, Sharon Horgan and Jason Flemyng. Movie is rated: **PG-13**. Movie runs: 1 hour 52 minutes.

“Dark Waters” March 22 @ 1:00 pm



Inspired by a shocking true story, a tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. In the process, he risks everything-his future, family and his life-to expose the truth. This movie stars: Mark Ruffalo, Anne Hathaway, Tim Robbins and Bill Pullman. Movie is rated: **PG-13**. Movie runs: 2 hours 7 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 home-bound 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 decorators, newsletter delivery, popcorn makers, and program leaders.*** If you are interested, please call the Senior Center office at 920-262-8099.



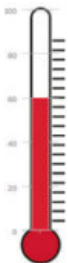
Kwik Trip Gift Cards

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 March!**



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

Kathy Adams
Delores Allen
Patricia Bachler
Denise Baldwin
Lois Bartelt
Shirley Bendall
Andy Benisch
Florence Bingner
Ron Braden
Neil Cole Sr
Pat Cowen
Vera Dockstader
Darlene Donahue
Bob Eckert
Patti Ellenbecker
Teddi Flahive
Lori Fort-Hoerig
Carol Griep
Gayle Height
Donna Harshbarger
Inge Hartung
Susan Heintz
Janeen Heller
Tim Heller
Cheryl Hemiller
Karen Huhn
Michael Jansen
Raymond Kittel
Carol Kittel



Caroline Kohlhoff
Kay Kopplin
Bonnie Langer
Carol Lenius
Louise Lins
David Melcher
Nancy Meyer
Stanley Mundro
Connie Mundt
Jerry Novenski
Karen Radtke
Patricia Rosental
Wendy Sanders
Arthur Schaefer
Judith Schlesner
Karen Schmidt
Jeanie Schoen
Dennis Schoenike
Nancy Schultz
Harland Schumann
Delores Schwartz
Rita Shaffer
Al Shumaker
Mary Shumaker
Robert Stark
Marge Stratman
Catherine Ufferman
Joan Warsinksi



If the weather is bad and driving is dangerous, call the Center for cancellations. Senior dining, programs, and activities may be cancelled. The center will remain open.



Hunger Task Force Stockbox

Applications and Distribution
at Watertown Senior and Community Center
March 9, 2022
10:00 am – 11:00 am

**Stockbox
2022 Dates:**
March 9
April 6
May 4
June 8
July 6

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



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

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Johnson Creek

Blood Drives

April 25—10:00 am—3:00 pm (ARC)

May 3—11:00 am—5:00 pm (ARC)

May 13—11:00 am-4:00 pm (Versiti)

May 18—1:00-6:00 pm (ARC)

May 31—1:00-6:00 pm (Versiti)

The blood drives will be held at the center 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

Versiti Blood Center of WI— 1-877-232-4376 or online at www.versiti.org

2022 Election Days:

April 5

August 9

November 8



***Not sure where you vote?
Call City Hall at 920-262-4000.***

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.

If you didn't renew your membership, your name will not appear on the sign in sheet at the receptionist desk. Please remember to renew your membership to avoid any issues.



Anytime Pizza

Ingredients

- 1/4 mini baguette or Italian bread (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
- 1/4 cup green pepper (chopped)
- 1/4 cup mushrooms (fresh or canned, sliced)
- vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

Directions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Source:

Pumpkin Post and Banana Beat Newsletters
University of Massachusetts Extension
Nutrition Education



The Wisconsin Senior Nutrition Program turns 50 this year!!!

To celebrate, the senior nutrition program would like to hear from you!!!

Please share stories or favorite menu items with the Senior Center Office and we'll send to the Wisconsin Senior Nutrition program. These items will also be shared with the National Senior Nutrition Program, too! How exciting!!!



SENIOR NUTRITION PROGRAM
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Wisconsin Parkinson Association presents:

Movement & Music: Parkinson Disease Exercise

Weekly on Tuesdays | 10:45 am
Starting in January 2022

Instructor Joy Cochran will lead this FREE class for people with Parkinson disease. The class incorporates stretches, strength training, posture, balance and walking drills, as well as vocal exercises. Manage your Parkinson's symptoms and improve the quality of your daily life while having fun!

Modifications will be provided to ensure a safe and effective setting for all participants.

To register, email
joyexplorations@gmail.com
or call 307-631-3414

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TRIP PAGE!

Additional trip flyers and reservation forms are available at the Center. Trips are open to the public! You do not have to be a member of the Center to participate! Gift Certificates are available.

UW Spring Concert April 2022

While we are waiting for the details to be released, get on the interest list so you will be the first to know about our UW Spring Band Concert Trip which will include motor-coach transportation, dinner and reserved bowl seating for the UW Spring Band Concert! Cost is: TBA. Call Happy Times Tours at 1-414-867-2727.

Getting Sara Married-Dubuque, IA Sunday, April 24



Enjoy a day in Dubuque, Iowa! We'll start our day with tasting and lunch at Stone Cliff Winery. After our meal, we'll make our way to the Bell Tower Theater to see "Getting Sara Married." Sara Hastings is an unmarried lawyer in her mid-thirties, and she is much too busy for romance. Her eccentric Aunt Martha has decided to take matters into her own hands and find Sara a husband. Call Happy Times Tours at 1-414-867-2727. Cost is \$115/person.

A Mighty Fortress is Our Basement-Fireside Theatre Sunday, May 15

In this installment of The Church Basement Ladies Series, the year is 1960 and a reformation is underway. All the main characters have something new going on!! Against the changing tide, these "bulwarks never failing" stand strong in their faith, friendships, crazy antics, songs and more lessons learned. Included is a matinee brunch! Call Happy Times Tours at 1-414-867-2727. Cost is \$129/person.

Avoid Cancellations. Register Early!

To avoid trip cancellations, please register for trips prior to the deadline printed on the trip flyer! Most trips require about 40 participants to go and have a deadline about a month prior to the actual trip date.

Please register early!!

Stunning South Dakota May 22-27, 2022



Enjoy 2 nights at the Royal River Casino. On our trip we'll go sight-seeing with a stop at Lewis & Clark Welcome Center, view "Dignity" the 50-foot Native woman who gracefully wears a Native Dress, we'll stop at Mount Rushmore, visit Crazy Horse Memorial, drive through the Wildlife Loop of Custer State Park, see Devil's Tower and Wall Drug before heading home! Call Happy Times Tours at 1-414-867-2727. Cost is \$799/double, \$999/single.

Cape Cod & the Islands August 13-20, 2022

Fly with us to Boston! Enjoy a Boston City Tour and see many historical sites including Plymouth Rock and Boston Commons. Enjoy a scenic ferry ride to Martha's Vineyard. We'll travel along the Cape Cod National Seashore which features pristine sandy beaches, pond and diverse wildlife and lighthouses. We'll visit a traditional cranberry bog and learn about harvesting. Next, we'll travel to Newport, Rhode Island. We'll drive by the Touro Synagogue (oldest synagogue in America), tour The Breakers Mansion, then follow the "Ten-Mile-Drive" along the magnificent rocky coast, which boast exquisite estates from the early 1900's. We'll also visit the Nantucket Whaling Museum before returning home! Cost is: \$2975/double, \$3725/single. Call Happy Times Tours at 1-414-867-2727.



Financial Assistance

Watertown Family Aid

available by phone **ONLY**

Call **920-285-3062** on

Monday & Wednesdays 2:00-4:00 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

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.



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

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!

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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.



Life@Home

Shorehaven is committed to helping seniors stay at home – right where they want to be.

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Word List:

APPLIQUE	ARROWHEAD	STITCH	BUMP
BASTING	BACK	BLANKET	BULLION
CHAIN	CHENILLE	COUCHING	DEGRADE
EPAULETTES	FROGGING	FLY	GILT
GOLDWORK	HARDANGER	HERRINGBONE	IKAT
INTERLACED	JACOBAN	LUNEVILLE	MONOGRAMMING
MOORISH	NEEDLES	POUNCING	PATCHES
QUILTING	QUEEN	PURL	RUNNING
SPANGLES	TAMBOUR	TWILL	UNPICKING
UNDERLAY	YARN	HOOP	

Mark Your Calendars!!

Daylight Savings:

Sunday, March 13—spring ahead 1 hour
Sunday, November 6—fall behind 1 hour

Voting:

Tuesday, April 5
Tuesday, August 9
Tuesday, November 8



April Bingos: 1:00 pm -

Thursday, April 7
Thursday, April 14
Thursday, April 21
Thursday, April 28

Downsizing & Cooking: 1:00 pm

April 12

Movies—1:00 pm:

Tuesday, April 19— TBA
Monday, April 25— TBA

Holiday—Center Closed:

April 15—Good Friday
May 30—Memorial Day

Advisory Board Meetings: 9:00 am

Wednesday, April 20
Wednesday, June 15

Rain Barrel Workshop: Time TBD

April 23

Blood Drives:

Monday, April 25—10:00 am-3:00 pm
Wednesday, May 18—1:00-6:00 pm

Indoor Plants Presentation: 1:00 pm

April 26

Mayor Meet Up: 10:00 am

Tuesday, May 17
Tuesday, August 23
Tuesday, November 15

Funeral Planning: 1:00pm

Tuesday, May 10

Volunteer Awards: **NEW DATE**

May 24, Entertainment TBD



Available Resources

Family Aid—920-285-3062 (food assistance)
Call on 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

CROSSWORD PUZZLE

ACROSS

- 1 Game fish
- 5 Gr. Mars
- 9 Sheep's cry
- 12 Voucher
- 13 Jaguarundi's color phase
- 14 Compass direction
- 15 Otary (2 words)
- 17 Girl Scouts of America (abbr.)
- 18 Handwriting on the wall
- 19 Broad structural basin
- 21 Old Gr. coin
- 24 Baptism font
- 27 Political action committee (abbr.)
- 30 Dayak people
- 32 Cost-of-living adjustment (abbr.)
- 33 Guido's note (2 words)

- 34 River of Rome
- 36 "___ Abner"
- 37 Needle case
- 39 Irish nobleman
- 40 To (Scot.)
- 41 Cubic decimeter
- 43 Moselle tributary
- 45 "Dies ___"
- 47 Stall
- 50 Chief executive officer (abbr.)
- 52 Ramadan (2 words)
- 56 Pointed (pref.)
- 57 Detonator
- 58 Yemen capital
- 59 Public vehicle
- 60 Executive (abbr.)
- 61 Trolley



DOWN

- 1 Before common era (abbr.)
- 2 King of Israel

- 3 Father
- 4 Office worker's skill
- 5 Bronze Roman money
- 6 Cereal grain or grass
- 7 Part of QED
- 8 Amer. shrub

- 9 Electric unit
- 10 Able-bodied seaman (abbr.)
- 11 Literary collection
- 16 Account entry
- 20 Resin
- 22 Fetish
- 23 Eucharist spoon
- 25 Lamb
- 26 Death rattle
- 27 External covering
- 28 High (pref.)
- 29 Wary
- 31 Tiber tributary
- 35 Arena
- 38 Comparative ending
- 42 Triangular topsail
- 44 Perch
- 46 Water (Fr.)
- 48 Growl
- 49 Old heating apparatus
- 50 Civil Aeronautics Board (abbr.)
- 51 Five-franc piece
- 53 Compass direction
- 54 Detective
- 55 Brother of Shem

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15				16						17		
	18						19		20			
			21		22	23		24			25	26
27	28	29		30			31		32			
33				34				35		36		
37			38		39					40		
41				42		43			44			
		45			46		47		48	49		
50	51			52		53	54					55
56				57						58		
59				60						61		

Sudoku

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

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

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1

Sudoku

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

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

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2

Answer Page 18



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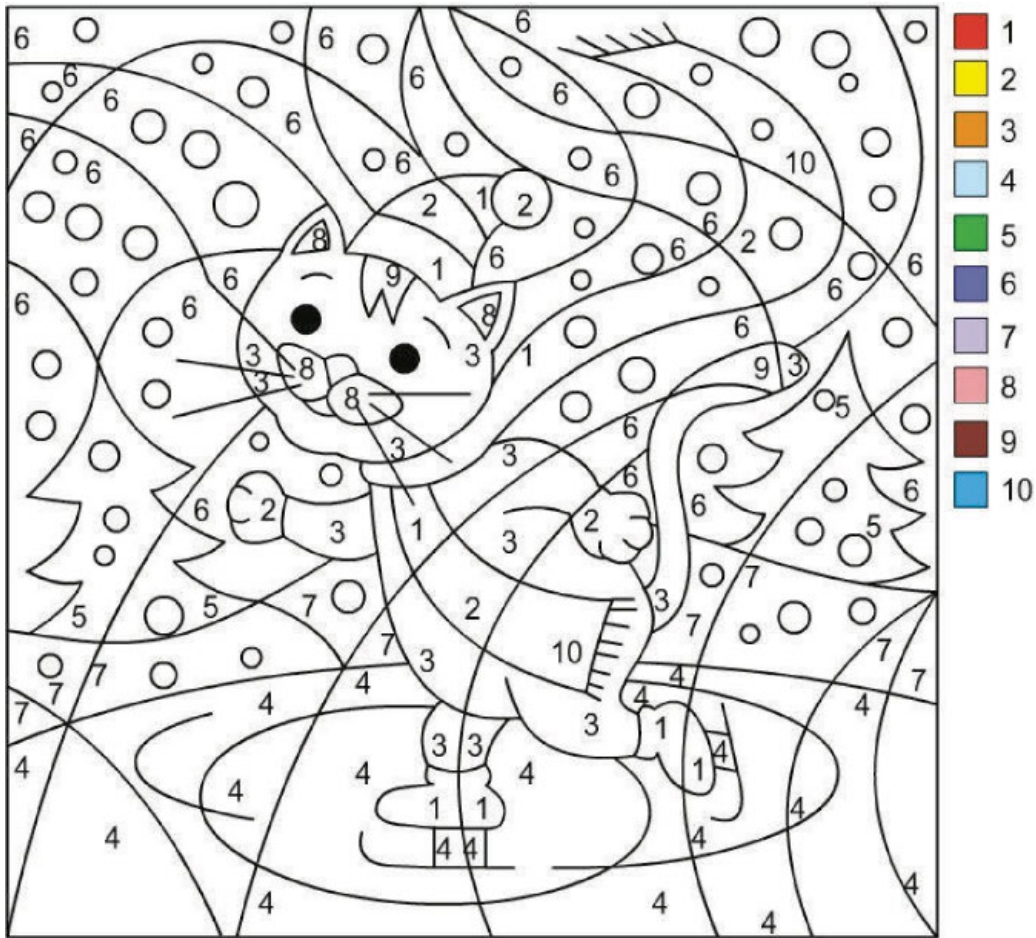
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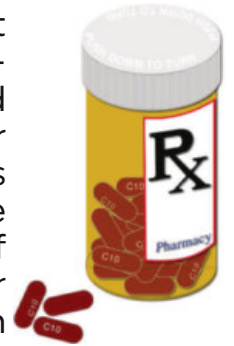
Mental Exercise is Important!



There are a great number of older adults that experience a loss of cognitive skills and abilities to different degrees. Just as your body needs physical exercise to keep fit, the brain needs mental exercise to stay active and alive. Mental exercise stimulates the brain, providing long-lasting positive effects regarding thinking, reasoning skills and memory. A fun way to get your dose of mental exercise is through playing games. The Senior Center offers a wide variety of games and challenges such as: Euchre, Mah-jongg, Scrabble, Bridge, Bingo and more. There is always a jigsaw puzzle waiting to be tackled in the library or shuffleboard in the Terrace Room. Please, check the calendar for dates and times. Remember you can gather a few friends and play at the center anytime.

Disposing of Drugs

The Watertown Police Department, in cooperation with UW Health Partners-Watertown Regional Medical Center, has established a permanent drop-off site for unwanted or expired pharmaceutical drugs. The drop-off container is located in the lobby of the Watertown Police Department, 106 Jones Street, Watertown. Public access to the drop off containers is available 24 hours a day. Drugs must remain in the original containers with the name and prescription number crossed off. Participants using the drop box are asked to leave the name of the drug on the container so the pharmaceutical can be disposed of properly.



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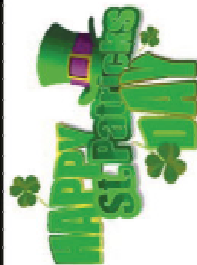


For ad info. call 1-800-950-9952 • www.lpicommunities.com Watertown Senior Community, Watertown, WI

F 4C 01-1332

Menu is subject to change without notice.







*Ixonla & Johnson Creek receive meals M-W-F only.

MONDAY		TUESDAY*		WEDNESDAY		THURSDAY*		FRIDAY														
7  Roast Pork Loin Mashed Potatoes Baby Carrots Ice Cream Cup Applesauce Sliced Bread	1 Roast Beef Mashed Potatoes Peas and Carrots Butterscotch Pudding Fruited Gelatin Dinner Roll	2 Breaded Fish Fillet German Potato Salad Broccoli Cuts Raspberry Sherbet Cantaloupe Slice Sliced Bread	3 Chicken Teriyaki Baked Potato Three Bean Salad Birthday Cake Apple Slices Dinner Roll	4 Vegetarian Lasagna Casserole Mixed Italian Salad Sugar Cookie Petite Banana French Bread	8 Beef Stroganoff Casserole Broccoli Cuts Choc. Rasp. Torte Peach Slices Dinner Roll	9 Liver and Onions Garlic Mashed Potatoes Corn Tapioca Pudding Fruited Gelatin Sliced Bread	10 Bratwurst on a Bun Baked Beans Health Slaw Chocolate Chip Cookie Petite Banana	11 Macaroni & Cheese Tossed Salad Green Beans Cantaloupe Slice Fudge Brownie Sliced Bread	14 Chicken Breast Mashed Potatoes Mixed Vegetables Dream Sicle Torte Apple Slices Sliced Bread	15 Beef Stew Spinach Salad with Honey/ French Dressing Applesauce Cake Fruited Gelatin Cheddar Biscuit	16 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Oatmeal-Raisin Cookie Orange Sliced Bread	17 Corned Beef Baby Red Potatoes Cabbage & Carrots Key Lime Pie Pear Slices Dinner Roll	18 Tuna Casserole Broccoli Cuts Ambrosia Dessert Petite Banana Sliced Bread	21 Ham Roll Sweet Potato Bake Cole Slaw Orange Sherbet Fruit Cocktail Sliced Bread	22 Country Fried Steak Mashed Potatoes Swiss Spinach Cinnamon Roll Peach Slices Dinner Roll	23 BBQ Meatballs Red Beans & Rice Winter Blend Vegetables Vanilla Pudding Cantaloupe Slice Sliced Bread	24 Orange Chicken Baby Red Potatoes Tossed Salad Snickerdoodle Pineapple Tidbits Dinner Roll	25 Salmon Loaf Baked Potato Peas & Pearl Onions Spice Cake Tropical Fruit Salad Sliced Bread	28 Salisbury Steak Mashed Potatoes Carrots Chocolate Pudding Applesauce Sliced Bread	29 Baked Chicken American Potato Salad Calif. Blend Vegetables Peanut Butter Cookie Pear Slices Dinner Roll	30 Pork Steak Mashed Potatoes Corn Fudge Brownie Apple Slices Sliced Bread	31 Honey Mustard Meatballs Baked Beans Broccoli Cuts Chocolate Sundae Cup Honeydew Melon Dinner Roll

APRIL 2022						
M	T	W	Th	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Activity Calendar

March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>10:30 Parkinson's Exercise</p> <p>1:00 5-Handed Sheepshead</p>	<p>2</p> <p>10:00 500</p> <p>10:00 Hearing Screenings</p> <p>1:00 4 Handed Sheepshead</p> <p>1:00 Watercolor</p> <p>1:00 Woodcarvers</p>	<p>3</p> <p>9:00 Wii Bowling Lg</p> <p>1:00 Begin Bridge</p> <p>1:00 Bingo</p> <p>1:00 Hand & Foot</p> <p>7:00 Public Euchre</p>	<p>4</p> <p>1:00 Sheepshead</p> 
<p>6</p> <p>1:00 Public Euchre</p> 	<p>7</p> <p>9:00 Scrabble</p> <p>10:00 Bunco</p> <p>10:00 Jeff Cty Benefit Specialist</p> <p>1:00 Bridge</p> <p>1:00 Euchre</p>	<p>8</p> <p>9:00 Claire's Mending</p> <p>9:30 Caring Crafters</p> <p>10:00 Coffee w Cop</p> <p>10:30 Parkinson's Exercise</p> <p>1:00 5-Handed Sheepshead</p> <p>1:00 Movie - "Military Wives"</p>	<p>9</p> <p>10:00 500</p> <p>10:00 HT-Stockbox</p> <p>1:00 4 Handed Sheepshead</p> <p>1:00 Phase 10</p> <p>1:00 Watercolor</p> <p>1:00 Woodcarvers</p>	<p>10</p> <p>9:00 Wii Bowling Lg</p> <p>1:00 Begin Bridge</p> <p>1:00 Bingo</p> <p>1:00 Hand & Foot</p> <p>7:00 Public Euchre</p>	<p>11</p> <p>1:00 Sheepshead</p>
<p>13</p> <p>1:00 Public Euchre</p> <p>1:00 Public Sheepshead</p> 	<p>14</p> <p>9:00 Scrabble</p> <p>10:00 Bunco</p> <p>1:00 Book Club</p> <p>1:00 Bridge</p> <p>1:00 Euchre</p>	<p>15</p> <p>10:30 Parkinson's Exercise</p> <p>1:00 5-Handed Sheepshead</p> <p>5:00 Meal of Hope</p>	<p>16</p> <p>10:00 500</p> <p>1:00 4 Handed Sheepshead</p> <p>1:00 Grief Support Presentation</p> <p>1:00 Watercolor</p> <p>1:00 Woodcarvers</p>	<p>17</p> <p>9:00 Wii Bowling Lg</p> <p>1:00 Begin Bridge</p> <p>1:00 Bingo</p> <p>1:00 Hand & Foot</p> <p>7:00 Public Euchre</p>	<p>18</p> <p>1:00 Geology Bingo</p> <p>1:00 Sheepshead</p> 
<p>20</p> <p>1:00 Public Euchre</p>	<p>21</p> <p>9:00 Scrabble</p> <p>10:00 Bunco</p> <p>10:00 Jeff Cty Benefit Specialist</p> <p>10:00 Wellness Talk</p> <p>1:00 Bridge</p> <p>1:00 Euchre</p>	<p>22</p> <p>9:00 Claire's Mending</p> <p>9:30 Caring Crafters</p> <p>10:30 Parkinson's Exercise</p> <p>1:00 5-Handed Sheepshead</p> <p>1:00 Movie "Dark Waters"</p>	<p>23</p> <p>10:00 500</p> <p>1:00 4 Handed Sheepshead</p> <p>1:00 Watercolor</p> <p>1:00 Woodcarvers</p>	<p>24</p> <p>9:00 Wii Bowling Lg</p> <p>1:00 Begin Bridge</p> <p>1:00 Bingo</p> <p>1:00 Hand & Foot</p> <p>7:00 Public Euchre</p>	<p>25</p> <p>1:00 Sheepshead</p>
<p>27</p> <p>1:00 Public Euchre</p> <p>1:00 Public Sheepshead</p> 	<p>28</p> <p>9:00 Scrabble</p> <p>10:00 Bunco</p> <p>10:00 Dodge Cty Benefit Specialist</p> <p>1:00 Bridge</p> <p>1:00 Euchre</p>	<p>29</p> <p>10:30 Parkinson's Exercise</p> <p>1:00 5-Handed Sheepshead</p>	<p>30</p> <p>10:00 500</p> <p>1:00 4 Handed Sheepshead</p> <p>1:00 Watercolor</p> <p>1:00 Woodcarvers</p>	<p>31</p> <p>9:00 Wii Bowling Lg</p> <p>1:00 Begin Bridge</p> <p>1:00 Bingo</p> <p>1:00 Hand & Foot</p> <p>7:00 Public Euchre</p>	