

Verona Senior Center Chronicle - June 2021



****Any information is subject to change****

Verona Senior Center
108 Paoli Street, Verona WI 53593
Phone: (608) 845-7471

Website: [friendsofveronaseniorcenter.org](https://www.friendsofveronaseniorcenter.org)

YouTube channel: <https://www.youtube.com/channel/UCW6bZcgqolC9BhuMgSEyDEQ>

Updates from the Director

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Registration required for all programs.

VSC Green Team

Do you enjoy nature? Do you love digging in the dirt and soaking up the sun?

The Senior Center is looking for members to start a Green Team to help expand the gardening options on our property.

If you are interested, please email Stephanie at stephanie.ehle@ci.verona.wi.us

We are so excited it's June!!



We have so many great programs and we look forward to seeing more members at the Senior Center.

Please pay close attention to the details of your favorite program choices. Some programs are virtual only and some are a hybrid of virtual and in-house. We appreciate your patience as we continue to navigate this uncharted territory and find our new normal at VSC.



NEW!!!

Facebook Five
with Alasa & Steph

Mondays, 9 AM - Facebook Live

Looking for an easy way to stay connected and find out what's going on at VSC?

Join Alasa and Stephanie for a five minute weekly overview on Facebook. They'll share all the upcoming events as well as a few surprises! See you soon!

Friendly Reminder

All programs still require reservations. For in-house and outdoor programs, please stop at the front desk when you arrive to check in.

Be well,
Stephanie Ehle, Director

NEW!!! Online Sign Ups

The Verona Senior Center now offers online program sign ups. For details visit page 22.



Virtual and In-House Programming

If you are interested in participating, please call 845-7471 or sign up online.

Outdoor Concerts in June!

Sock Hop with DJ Todd **Thursday, June 3,** **6 - 7 PM**

Join DJ Todd Kocher owner of Nice-T Music for three Sock Hop Dances this summer. Please keep your dancing shoes on! Todd will provide tunes from big bands, pop, rock, r&b, country, Motown and instrumental hits from the 1950s and 1960s. *Future Sock Hop dates will be July 1 and August 5.*

Casey and Greg **Thursday, June 10 - 6 - 7 PM**

Casey and Greg are primarily a duo acoustic group that performs songs from the 1950's through the 1970's. They play acoustic guitars, along with their friends Jeff on bass, and Tom on drums. They are known for their three-part vocal harmonies and quality musicianship.

Harpist Shari Sarazin **Thursday, June 17 - 1:30 - 2:00 PM**

Shari Sarazin, singer, songwriter, and Celtic harpist, will be performing her music program, "Celebrating June & The Beginnings of Summer-time." This will be full of musical fun and sunny memories!

****Board Sponsored Event!****

Gaines and Wagoner Blues and Jazz **Friday, June 25 - 6 - 7 PM**

Based in Madison, the award-winning husband and wife duo of Mary Gaines (cello, guitar, bass, vocals) and Chris Wagoner (violin, mandolins, lapsteel, ukulele, guitar, accordion, vocals) play an eclectic mix of Americana—original and classic tunes ranging from folk to jazz, bluegrass, blues, and honky-tonk. Local pizza included for attendees.

Please bring your own chair to these events.
Concerts will take place in back parking lot.

Prostate Health **Thursday, June 3 - 10 AM** **Virtual and In-House**

Join us for this educational presentation that will focus on common issues involving the prostate such as an enlarged prostate and prostate cancer.

Dr. Wirtz is a Family Medicine doctor at the UW Verona Clinic. He is a Midwest native who recently returned to the area after serving in the Navy Medical Corps.

His practice includes patients of all ages and encompasses a wide variety of acute and chronic conditions.

Initial Consultations for Elder Law & Local Estate Plans **Tuesday, June 8 - 1- 3 PM** **Virtual and In-House**

As a service to the community, Attorney Bailey B. Lagman, who primarily practices elder law and estate planning, is offering 30 minute virtual or in-person meetings at the Verona Senior Center. To schedule an appointment please call 608-662-0440 or email info@dfgrams.com



Bingo is Back! **Wednesdays, June 9 and 23 - 1 PM** **In-House**

Come on over and play a few rounds of bingo!
The cost is one dollar per card.

Bingo!



Virtual and In-House Programming

If you are interested in participating, please call 845-7471 or sign up online.

Agrace 101

Thursday, June 10 - 1 PM

Virtual and In-House

Come and learn more about the philosophy and practices of Agrace's continuum of care and how each of the services differ. We'll discuss what makes a person eligible and appropriate for each service, and explain the guidelines for and process of making a referral to Agrace.



Feeding Your Grandkids – What You Need to Know

Monday, June 21 - 1 PM

Virtual

They say you can't raise your grandkids, but you can influence them. This presentation will help you be the grandparent who offers the fun foods (ice cream and cookies!) while still encouraging healthy habits (for you and the kids!).

Join Kara Hoerr to learn what phrases to avoid saying, how to respond to frustrated kids, and practical tips to help at the table.

Virtual Meditation

Monday, June 14 - 10:30 AM

Please join Robert McGrath licensed Psychologist at University Health Services for virtual meditation. Robert will share some of his expertise he uses when providing mind/body wellness care.



Hidden Gems with the DNR

Thursday, June 24 - 2 PM

Virtual

Discover beautiful locations you can visit to bond with nature. Missy VanLanduyt, Recreation Partnership Section Chief for the Wisconsin State Park System, will show participants what our wonderful state parks, forests and trails have to offer - from favorite places and hidden gems, to outdoor recreation opportunities. We'll take a trip around the state and explore remote beaches, wooded campgrounds, serene nature trails, and picturesque vistas.



Dairy Carrie



Running the World While Ignoring the Dishes

Thursday, June 17 - 3 PM

In-House

Join Dairy Carrie local dairy farmer, blogger, and Wisconsin Ag Women's Summit Advocate of the Year for a fun and educational discussion to celebrate National Dairy month.

As a sales and marketing guru turned dairy farmer, Carrie will share her wild adventure, her passion for supporting local farmers and what it's like to own a farm in 2021.



A Behind the Scenes Look – Rough Draft to Publication

Monday, June 28 - 10:30 AM

In-House

Author Nancy Dearborn's picture book, *Hugga Loula*, was released in March 2021. Come and hear about Nancy's journey to becoming an author!

Nancy's presentation will include the initial idea behind the book, writing the rough draft, and the self-editing process.

In-House Crafts

Simple Wire Earrings Wednesday, June 16 - 2 PM In-House

Join your friends in a safe environment while making a pair of wire earrings.



All ear wires are nickel free and a large selection of beads will be available.

No experience needed. Each class will have a drawing for a free pair of earrings. Cost is \$2 for each set of earrings.

If you are interested, please call 845-7471 or sign up online.

Card Making Group Tuesday, June 15 - 10 AM - 12 PM In-House

Make your own cards for all kinds of events using Stampin' Up products.



Supplies needed: scissors, bone folder and your favorite adhesive.

The cost for the class is \$13 to make 6 cards.

To sign up, please contact Terry Schultz by May 4 at 608-712-0572, or via email sraschultz0924@yahoo.com.

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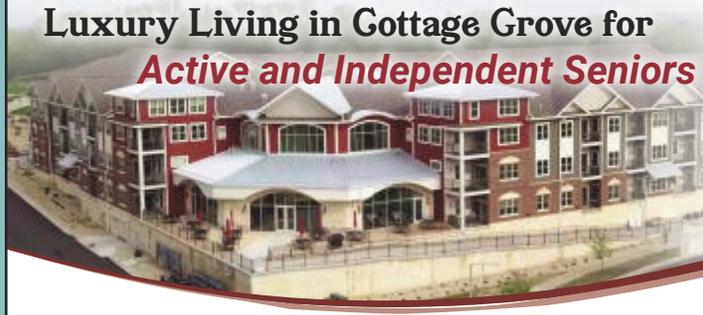
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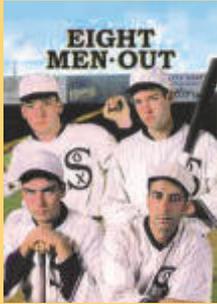
Verona Area Active Adults, Verona, WI A 4C 01-1435

In-House Programs

**Please RSVP by calling 845-7471 or sign up online.

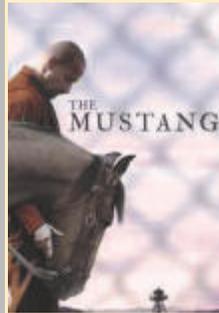
Movies in June

Eight Men Out Wednesday, June 2 12:30 PM



A dramatization of the 1919 major league baseball scandal involving the Chicago White Sox. The Sox are conned into throwing the 1919 World Series. Eight players are indicted.

The Mustang Wednesday, June 30 12:30 PM



Roman Coleman (Matthias Schoenaerts), a convict in prison who struggles to escape his past, rediscovers his own humanity in gentling an especially unbreakable mustang, Marcus.



New Great Courses: DVD Series! Starting June 14 Mondays 2 - 3:30 PM



Understanding Greek and Roman Technology: From Catapult to the Pantheon

Famed for great thinkers, poets, artists, and leaders, ancient Greece and Rome were also home to some of the most creative engineers who ever lived. Many of their feats have survived; others have disappeared into the mists of time. But modern research is shedding new light on these renowned wonders—impressive buildings, infrastructure systems, and machines that were profoundly important in their own day and have had a lasting impact on the development of civilization.

Rendever - Virtual Reality Live Tours: Thursdays, June 4 and 29 - 1 PM

Visit and explore special places from our world and beyond! Computer technology can create the simulated environment of your dreams. Rendever staff will guide you through an immersive 360-degree virtual reality experience.

June 4: You Pick the Topic!



June 29: Dolly Parton



Crumbl Cookies Drive Thru!

Wednesday, June 23

11-11:30 AM

Crumbl Sampler - \$10



At Crumbl, they are all about the cookies!

Crumbl claims to have the best gourmet cookies in the world and they can handle any cookie craving! Baked fresh daily, they offer a rotating menu with 120+ specialty flavors in addition to their chilled sugar and award-winning milk chocolate chip cookies.

Please order your box of cookies by Monday, June 21 before noon.

The box of cookies comes with four cookies in the following flavors:

(1) Chocolate Chip, (1) Pink Sugar Cookie, (1) Classic Peanut Butter, (1) Chocolate Oreo



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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For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021



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Shareholder, Attorney



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70200



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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Verona Area Active Adults, Verona, WI B 4C 01-1435

Let's Bake! Word Search

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

Word List:

CUP
 SUGAR
 CREAM
 CAKE
 ROLLS
 CHOCOLATE
 WHIP
 COOKBOOK
 CRUST

TEASPOON
 MILK
 BUTTER
 COOKIE
 PASTRY
 DOUGH
 BAKE
 SALT

TABLESPOON
 BUTTERMILK
 OVEN
 CUPCAKE
 FROSTING
 BATTER
 VANILLA
 YEAST

FOUR
 EGGS
 COOKIESHEET
 BREAD
 ROLLINGPIN
 STIR
 LOAF
 PIE

From the Clutter of My Old Office Corner VII

(A Continuing Saga of a Cluttered Office)
Submitted by an anonymous Verona resident

Take me out to the ballgame; take me out to the crowd ...

In the old beer case (bookcase) there is an official baseball program for a Chicago Cubs/ Milwaukee Braves game at the famed Wrigley Field. The price is 10 cents while the game's ticket stub, dated June 30, 1956, was for Grandstand seats, Section 136, with a price of \$1.24 + .01 tax for a \$1.25 total. I don't recall attending the game so I wonder how the program found its way to my desk.

The teams' rosters and numbers were listed; but I don't know who played that day because the batting order was not penciled in. With any luck at all, fans could have watched four future Hall-of-Famers. For the Braves there were Warren Spahn, Eddie Mathews and Hank Aaron. Ernie Banks represented the Cubs team. What a treat it would have been able to see those stars!

The program included a list of snacks at Wrigley Field. Peanuts and popcorn, but no Cracker Jacks. Just the same, can't you hear Harry Caray leading the fans in singing "Take me out to the ballgame..." during the 7th inning stretch? The ballgame staple of a hotdog and beer was 60 cents. Coke sold for 15 cents. Imagine a day at the ballpark now for under \$2.00. Wow!

I had to look up who won the game that day. It was the Braves with a 4-3 victory. That Braves' team made Wisconsin even prouder the next year by winning the World Series. Unfortunately, they left Milwaukee nine years later.

Resting upright next to the program is a Rand McNally classroom atlas with a copyright date of 1950. It offers an interesting trip through time when one looks at all the countries that were in existence then. I recall how we had to learn those names and locations while in school. Somehow the older names seemed a bit easier to remember than today's many new-name revisions.

I pulled two "Sports Afield" magazines from the bookcase, dated October 1936 and June of 1994. Even with a nearly 60-year span, they remain similar in content regarding hunting and fishing. However, it is hard to miss the contrasts between the two. The early version has all black and white ink versus the other in color, its ads are much smaller as opposed to full-page spreads. Of course, a price change would be expected: 15 cents vs \$2.50.

While tobacco continued to be advertised in both issues, years ago canned, cut tobacco reigned. While paging through the older issue, I came upon an ad for Prince Albert cut tobacco. Seeing this rectangular metal can brought back a flood of memories. That tobacco can became a prize possession as it fit perfectly into the back pocket of jeans. As soon as school was out for the summer, I would spend hours fishing. The can with its flip-top lid was an ideal container for worms and night crawlers. With Prince Albert in my back pocket, a jackknife, a small Bayer aspirin tin for extra hooks, and a tube of split shot with an extra leader wrapped around it in my jeans front pocket, I would grab my pole, jump on my bike and head for the river.

Good luck fishing in your pond of memories...remember, it's good for you.

The Ol' Pack Rat



Monday	Tuesday	Wednesday
<p style="text-align: center;">June 2021 Activity Calendar</p>	<p>1 9:00 - 12:00 Exercise Room (L) 9:00 - 1:30 Table Massage (L,F) 10:00 Caregiver's Group (L) 1:00 Card Group (L) 1:00 Bladder Health (L,F) 4:00 - 4:30 Meal Pickup (F)</p>	<p>2 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 12:30 Movie: Eight Men Out (L) 3:00 Ageless Grace (L,F)</p>
<p>7 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 9:00 - 11:30 Foot Care (F,L) 9:30 Core Class with Alasa (V) 2:00 Great Courses (L) 6:00 Guts and Glutes with Rachel (V,F)</p>	<p>8 9:00 - 12:00 Exercise Room (L) 9:00-12:00 Chair Massage (L,F) 1:00 Bladder Health (L,F) 1:00 - 4:00 Initial consultations elder law or estate planning (L,V) 4:00 - 4:30 Meal Pickup (F)</p>	<p>9 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 10:00 Book Club (V) 1:00 Bingo (L,F) 3:00 Ageless Grace (L,F)</p>
<p>14 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 9:00 - 11:30 Foot Care (F,L) 10:30 Virtual Meditation (V) 2:00 Great Courses (L) 6:00 Guts and Glutes with Rachel (V,F)</p>	<p>15 9:00 - 12:00 Exercise Room (L) 9:00 - 1:30 Table Massage (L,F) 10:00 Caregiver's Group (V) 10:00 - 12:00 Card Group (L,F) 1:00 Bladder Health (L,F) 4:00 - 4:30 Meal Pickup (F)</p>	<p>16 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 9:30 Board Meeting – Everyone Welcome (L) 2:00 Simple Wire Earrings (L,F) 3:00 Ageless Grace (L,F)</p>
<p>21 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 9:00 - 11:30 Foot Care (F,L) 9:30 Core Class with Alasa (V) 12:00 Crumble Cookie Orders Due 1:00 Feeding Your Grandkids (V) 2:00 Great Courses (L) 6:00 Guts and Glutes with Rachel (V,F)</p>	<p>22 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Diabetic Foot Care (F,L) 9:00 - 1:30 Table Massage (L,F) 1:00 Bladder Health (L,F) 4:00 - 4:30 Meal Pickup (F)</p>	<p>23 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 11:00 - 11:30 Crumble Cookie Event (L,F) 1:00 Bingo (L,F) No Ageless Grace</p>
<p>28 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 10:30 A Behind the Scenes Look – Rough Draft to Publication (L) 2:00 Great Courses (L) 6:00 Guts and Glutes with Rachel (V,F)</p>	<p>29 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 1:00 Bladder Health (L,F) 1:00 Rendever Live: Dolly Parton (L) 4:00 - 4:30 Meal Pickup (F)</p>	<p>30 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 12:30 Movie: The Mustang (L) 3:00 Ageless Grace (L,F)</p>

Thursday	Friday
<p>3 9:00 - 12:00 Exercise Room (L) 10:00 Prostate Health (V,L) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V,F) 6:00-7:00 Outdoor Concert Sock Hop (L)</p>	<p>4 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 11:00 Tai Chi with Jody (V,F) 1:00 Rendever Live: You Pick the Topic (L)</p>
<p>10 9:00 - 12:00 Exercise Room (L) 11:00 - 4:00 Reiki (L,F) 1:00 Agrace 101 (V,L) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V,F) 6:00 - 7:00 Outdoor Concert: Sun Dance with Casey and Greg (L)</p>	<p>11 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 11:00 - 4:00 Foot Reflexology (L,F) 11:00 Tai Chi with Jody (V,F) 12:00 Virtual and in-house cooking class (L,V)</p>
<p>17 9:00 - 12:00 Exercise Room (L) 1:30 - 2:30 Outdoor Concert: Harpist Shari Sarazin (L) 3:00- Running the World While Ignoring the Dishes (L) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V,F)</p>	<p>18 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 9:00 Coffee with a Cop (L) 11:00 - 4:00 Foot Reflexology (L,F) 11:00 Tai Chi with Jody (V,F)</p>
<p>24 9:00 - 12:00 Exercise Room (L) 11:00 - 4:00 Reiki (L,F) 2:00 Hidden Gems with the DNR (V) 4:00 - 4:30 Meal Pickup (F) 6:00 Strength & Cardio with Rachel (V,F)</p>	<p>25 9:00 - 12:00 Exercise Room (L) 9:00 - 12:00 Mobile Library (L) 11:00 - 4:00 Foot Reflexology (L,F) 11:00 Tai Chi with Jody (V,F) 6:00 - 7:00 Outdoor Concert: Gaines and Wagoner Blues and Jazz (L)</p>
<div data-bbox="203 1717 979 1921" data-label="Complex-Block"> <p>NEW!!! Online Sign Ups The Verona Senior Center now offers online program sign ups. For details visit page 22.</p>  </div>	



Saturday Yoga Flow (V,F)



Saturdays - 10 AM

June 19
June 26

What are people saying about Yoga?

“Rachel's classes have been wonderful. She is choosing exercises that seem to be specific for our aging bodies. We are targeting muscles that help us with our posture and everyday movements.”

Trish, yoga participant

Please RSVP!

Registration required for ALL programs.

To sign up please call 608-845-7471.

(L) - Activity offered live at the Senior Center

(V) - Virtual Program

(F) - Fees may apply

Virtual and In-House Exercise Classes

Guts and Glutes with Rachel (V)

Mondays, June 7, 14, 21, 28 - 6 PM

\$12 for the month or \$4/class

Please register by calling the Senior Center.

Join Rachel for an exciting new floor-based class. This class will target your core, hips and glutes.

"Guts and Glutes has been especially helpful. The way I do everyday tasks has changed since I started taking her classes— I'm using my core instead of my back and shoulders and I'm less prone to injury." Trish, participant

Core Class with Alasa (V)

Mondays, June 7, 21 - 9:30 AM

Register by calling the Senior Center.

Build a stronger core with cardio, mat work, and weights. Modification exercises always offered. This is a free class but donations are accepted. Mat and hand weights needed.

"Class with Alasa is so fun much. We get a really good and well needed work out!" Sally, participant

Ageless Grace: Neuroplasticity (L)

Exercises almost anyone can do!

See page 26 for more information.

Wednesdays, 3 - 4 PM

June 2 - July 14 (no class June 23)

\$15 for six weeks

These low impact, seated exercises are designed to stimulate the five primary functions of the brain. The exercises will be spontaneous and organic and will help with flexibility, balance, upper body strength, and coordination.

Strength and Cardio with Rachel (V)

Thursdays, June 3, 10, 17, 24 - 6 PM

\$12 for the month or \$4/class

Please register by calling the Senior Center.

Join Rachel for an upbeat and energetic cardiovascular workout. After working up a sweat you'll finish the class with some strength training and stretching.

Tai Chi Balance with Jody (V)

Fridays, June 4, 11, 18, 25 - 11 AM

Please contact: Jody Curley

jodycurley@gmail.com

\$5 per class contribution suggested; feel free, however, to contribute what you can, and if you can't contribute, just come!

"Jodi offers a very calming and relaxing class that is very peaceful and effective for my balance." Sandi, participant

Yoga Flow with Rachel (V)

Saturdays, June 19, 26 - 10 AM

\$6 for the month or \$4/class

Please register by calling the Senior Center.

Join Rachel for a relaxing yoga class. Move through seated and standing poses that enhance flexibility, posture and balance.



Diabetic Foot Care



Foot care is an essential part of diabetes care because of the increased risk for foot problems such as infection, ulcers, and deformities.

Cheryl Franz RN, BSN, is a registered nurse who has worked for 25 years as a diabetes nurse educator/specialist. She retired from UW Health in 2019 and started Franz Foot Care LLC. Cheryl developed her passion for foot care during her years working with diabetes patients. Cheryl is now offering diabetic foot care at the Senior Center. For more information see pg 13.

Self-Care Opportunities

To schedule an appointment please call 845-7471. Please make checks payable to the provider.

Foot Care Clinic - \$20

Mondays, June 7, 14, 21 - 9 - 11:30 AM
15-minute appointments; please bring two towels. Provider Bobbi Lester.

Diabetic Foot Care- \$25

Tuesday, June 22 - 9 AM – NOON
20-minute appointments; please bring two towels. Non-diabetic clients welcome for \$20. Provider Cheryl Franz.

NEW!! Reiki

See details below.

Foot Reflexology

Fridays, June 11, 18, 25 - 11 AM - 4 PM
\$30 for 30 minutes, \$60 for 60 minutes
Provider Traci Hertzler.

Massage Therapy

Chair Massage: Tuesday, June 8
9 AM - 12 PM

\$30 for 30 minutes

Table Massage: Tuesdays, June 1, 15, 22
9AM - 1:30 PM

\$65 for 60 minutes

Provider Deb Trieloff.

Check out our FREE exercise classes on YouTube!

<https://www.youtube.com/channel/UCW6bZcgqolC9BhuMgSEyDEQ>



What is Reiki?

Reiki comes from the Japanese words “rei” (meaning universal) and “ki” (meaning life energy).

Reiki is an energy healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient’s body and restore physical, mental, emotional and spiritual well-being.

Benefits:

- Reduces stress and tension
- Reduces depression and anxiety
- Promotes better sleep and relaxation
- Improves focus and clarity of mind
- Increased energy
- Reduces pain and increases range of motion
- Balances body, mind, emotions and spirit
- Supports and energizes the body's natural healing ability

Technique: This is done with the individual fully clothed and laying down. If an individual is not comfortable being touched, this can be done using a hands-off method where the hands are placed slightly above the body.

Thursdays, June 10, 24 - 11 AM - 4 PM
\$30 for 30 minutes, \$60 for 60 minutes

Traci Hertzler is a certified Reiki Master and practitioner of the Energetic Healing Arts.

Case Management - Decluttering Our Lives

When you hear the word “declutter” what comes to mind? Some will respond with an eye roll or a look of disgust. Others perk up with a smile at the thought of cleaning and organizing. When I meet with someone and this subject comes up, I am always interested to see their response. Decluttering your spaces can have many benefits! Check out this list adapted from www.simplyfiercly.com.

Six Powerful Benefits of Decluttering:

1. **A decluttered home is easier to clean.** Less stuff, less to clean. Vacuum without moving stuff first. Keep up with the laundry!
1. **Focus on what matters.** Clutter makes people feel overwhelmed. More stuff means more demands on you and your time.
2. **Save time and money.** Declutter and spend less time cleaning and taking care of your stuff. Save money by not purchasing duplicates of things you can't seem to find.
3. **Less stuff, less stress.** What do you see when you look around your home? Piles of stuff? Cords that you “might” need some day? Clothes you haven't worn in years? That “stuff” is all weighing on your stress level.
4. **Decluttering creates confidence.** We don't need “stuff” to prove our self-worth. Let me say that again. We don't need “stuff” to prove our self-worth. Purging things we don't need builds our self-confidence!
5. **Learn to make intentional choices.** By going through a decluttering process we are making choices about each item. Declutter your home and you will become a pro!

Can you see how decluttering may improve your quality of life? There are many styles of decluttering and dozens of books on how to declutter effectively. The best way to declutter is to choose a style and follow it from beginning to end. Several years ago I came across a book that changed my way of thinking about decluttering. At the time I was decluttering my home in a way that I now refer to as “the cycle of not decluttering”. I'd come up with a plan, spend hours going through “stuff” and often get side-tracked by things I found in the process. A picture I hadn't seen in years, a project I never finished, or things I planned to sell or give away but hadn't gotten around to it. At the end of the day, I had looked at a lot of stuff and filled a few boxes to donate, but I hadn't really finished decluttering anything. Then, I discovered the book The Life-Changing Magic of Tidying Up by Marie Kondo. This book explores life without clutter, enjoying the items you own, and taking control of your space. This quick read provides an easy to follow guide on how to get there. Marie Kondo has designed a fool-proof method of decluttering that goes category by category versus room by room. So instead of moving clutter around your home, you can actually declutter your space. This book will instantly motivate almost anyone to start the process!



Summer is here which means we have more daylight, fresh air to enjoy, and it appears that we may have more options of things to do this summer compared to last. If after reading this article you are inclined to start a summer decluttering project, give me a call or send me an email (contact info on back page) and let me know how it is going! I'd love to talk to you about the process. Be well, Julie Larson, Case Manager

Case Management



Case management can provide seniors, their families and their caregivers with information as well as short-term support or ongoing case management support and services. Case management provides confidential needs assessments and referrals to appropriate resources.

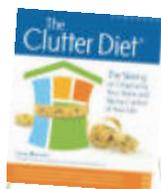
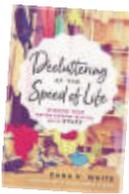
Case Managers can answer questions about and/or make referrals for:

- Nutritious meals, including home-delivered meals
- Transportation
- Personal care
- Hospice services
- Health insurance
- Drug coverage / Medicare Part D
- State and county programs - resources and eligibility
- Elder abuse or neglect
- Caregiver support and resources
- Social and recreational programs
- Scam prevention
- Tax assistance (referrals only)

For assistance and support, contact Julie at 608-848-0440 or julie.larson@ci.verona.wi.us

Eight Books to Declutter Your Life:

1. *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo
2. *Decluttering at the Speed of Life: Winning Your Never-Ending Battle with Stuff* by Dana White
3. *The Power of Less: The Fine Art of Limiting Yourself to the Essentials in Business and in Life* by Lea Babauta
4. *The Joy of Less: A Minimalist Guide to Declutter, Organize, and Simplify* by Jay Francine
5. *Unstuffed: Decluttering Your Home, Mind, and Soul* by Ruth Soukup
6. *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown
7. *The More of Less: Finding the Life You Want Under Everything You Own* by Joshua Becker
8. *The Clutter Diet: The Skinny on Organizing Your Home and Taking Control of Your Life* by Lorie Marrero



Community Resources / Triad

Food Resources:

Badger Prairie Needs Network food pantry is open for curbside pick up. If you are new please bring an ID for each member of your household and proof of address in Dane County. Those using the food pantry can drive up to the front door where a volunteer will bring food to you and load the food into your car. If you have special dietary restrictions, call ahead. Arrive as early as possible and plan to wait. If you need transportation please call 608-845-7471.

Curbside Pantry Hours:

Tuesday 10 AM - 12 PM Friday 10 AM - 12 PM
Thursday 11 AM - 6:30 PM Saturday 10 AM - 12:30 PM

Dane County Delivers: Senior Grocery Solutions

Free grocery deliveries to seniors 60+ and individuals with disabilities in Dane County. Call 608-294-8747 to order essential groceries. Payment will be accepted by check or credit card. Donations are accepted.

Transportation Solutions:

Transit Solutions offers rides within Verona, Monday-Friday, from 9:30 AM-2 PM
(Last ride must be completed by 2 PM)

Call 845-7471 by 12 PM the day before to schedule rides. Rides are first call, first serve.

Need a ride to get your vaccine?

If you are 65+ and have exhausted all options and still need a ride to get your vaccine please call NewBridge Madison for a free ride: 608-512-0000, ext. 3. Older adults who live independently are eligible.

Back in June! Out of Town Shopping Friday, June 11 from 10 AM - 1:30 PM

Call the Senior Center to make an appointment. Transit Solutions will give you a ride to West Target, West Towne Mall, or Aldi's Grocery Store.



Working together to improve safety
in our homes and communities

Coffee with a Cop Friday, June 18 - 9 AM In-House

Come enjoy coffee and donuts! This will be an outdoor event. Bring your own chair and coffee mug!
To register call: 608-845-7471.

Getting to Know You: A Conversation with Shon Barnes, Madison's new Chief of Police. Wednesday, June 23 - 10 AM Virtual

To register email:
triadevents@rsvpdane.org

Active Attacker Preparedness Wednesday, July 28, - 10 AM Virtual

This training will be presented by Deputy Josalyn Longley and retired Deputy Cindy Holmes, both of the Dane County Sheriff's Office.
To register email:
triadevents@rsvpdane.org

Additional Programs available: The following recorded programs are available on the Triad of Dane County YouTube Channel:

https://www.youtube.com/channel/UCY8omTbTZ_VZIRxRzZsPbhA/featured

- 9-1-1: How It Works; When to Call
- What's Up with Falling Down?
- External Surveillance
- It Takes a Village: A Unique Model for Aging in Place

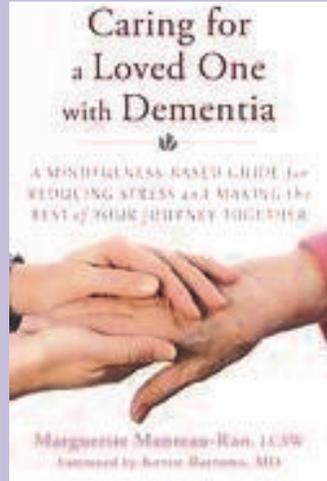
Caregivers Information

Verona Caregivers Group

meets informally at
10 AM on the 1st & 3rd
Tuesdays of the month.

We are here to support you!

Call 608-845-7471
for more information.



Mindfulness & Dementia Care Support Group

Connect with others and learn mindfulness strategies to help you cope with your caregiver journey. Books are provided.

2nd Tuesdays at 6 PM

Online via Zoom

For more information and to RSVP contact Joy Schmidt at
schmidt.joy@countyofdane.com

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Verona Library and Loan Closet

A Friendly Reminder

Verona Senior Center Loan Closet



Due to the Covid-19 pandemic, we are not accepting any donations of equipment.

If you you in need of assistive equipment call the senior center at:
608-845-7471

Sorry for any inconvenience!

Curbside PICKUP

The Verona Public Library is now open!

We are excited to announce the library is now partially open with limited hours and programs. They will also continue to offer curbside pick-up. For updates visit: www.veronapubliclibrary.org.

Appointments for curbside pick-up can be scheduled online or by calling the library at 608-845-7180. Materials can be returned in the outdoor book return at any time. The library is offering free WIFI in their parking lot.



VERONA
public library

Virtual Book Club Wednesday, June 9 - 10 AM

The book we will be reading for June is: *The House on Mango Street* by Sandra Cisneros.

For more information, please call the library at (608) 845-7180 or check out their website at:

<https://www.veronapubliclibrary.org/>

Books can be picked up at the Verona Library.



Having a Difficult Time Getting to the Library?

Do you enjoy reading large print books or listening to audio books but have a difficult time getting to the library?

Dane County Library Service's Outreach Service program supplies books to individuals, living in Dane County, who are unable to use the library due to an on going physical condition. The large print and audio books are sent postage free and may be returned the same way. To learn more, call the Outreach Librarian Mary Driscoll at 266-4419 or email: driscoll@dcls.info.

Mobile Library is Back!

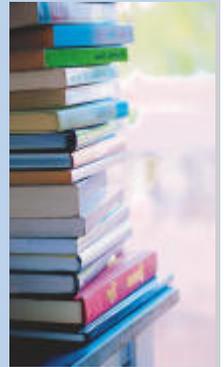
Beginning this month, the Verona Senior Center will carry a selection of large print books from Dane County Library Service. The selection of books is rotated on a monthly basis. No worries about overdue fees; enjoy the materials at your leisure.

Looking for something special? Give Dane County Library Service a call at 266-4419 and they will do their best to accommodate your requests.

Book browsing is available Mondays, Wednesdays, and Fridays from 9 AM - 12 PM.

Please sign out the books, CD's, and/or DVD's you are borrowing. When you are done reading, return them to Verona Senior Center, not the public library.

Please check in at the front desk.



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Verona Area Active Adults, Verona, WI D 4C 01-1435



June \$6 Drive Up Menu

Week of June 7-11

Deadline - Wednesday, June 5 - 12 PM

TUESDAY, JUNE 8

- ◇ Beef stroganoff, egg noodles, green beans, tropical fruit, oatmeal raisin cookie
- ◇ BBQ chicken wrap, pretzels, banana, German chocolate cake



NEW DAY!!! WEDNESDAY, JUNE 9

- ◇ Biscuits and gravy, roasted potatoes, grapes, apple pie



THURSDAY, JUNE 10

- ◇ Scalloped potatoes and ham, carrots, pineapple, cherry pie
- ◇ Crispy chicken Caesar salad, fruit fluff salad, sugar cookie



Week of June 14 -18

Deadline - Wednesday, June 9 - 12 PM

TUESDAY, JUNE 15

- ◇ White chicken lasagna, salad, applesauce, marble cake
- ◇ Egg salad croissant, cucumber salad, melon, monster cookie



NEW DAY!! WEDNESDAY, JUNE 16

- ◇ Tuna casserole, peaches, macadamia cookie

THURSDAY, JUNE 17

- ◇ Baked cod, roasted red potatoes, coleslaw, pears, lemon crinkle cookie
- ◇ Roast beef and cheddar on sourdough, potato salad, grapes, pumpkin bar



Week of June 21-25

Deadline - Wednesday, June 16 - 12PM

TUESDAY, JUNE 22

- ◇ Meatloaf, baked potato, peas, peaches, double fudge cake
- ◇ Chicken fajita salad, tortilla chips, salsa, orange, chocolate chip cookie

NEW DAY!! WEDNESDAY, JUNE 23

- ◇ Penne with meat sauce marinara, salad with ranch, melon, lemon cake

THURSDAY, JUNE 24

- ◇ Chicken stir fry, white rice, mandarin oranges, snickerdoodle bar
- ◇ Club wrap, potato chips, banana, peanut butter cookie

Week of June 28 - July 1

Deadline - Wednesday, June 23 - 12PM

TUESDAY, JUNE 29

- ◇ BBQ ribs, cheesy potatoes, three bean salad, melon, M&M cookie
- ◇ Garden salad with chicken, ranch, pineapple, yellow cake with frosting

NEW DAY!! WEDNESDAY, JUNE 30

- ◇ Beef lasagna, Caesar salad, fruit cocktail, raspberry crumb bar

THURSDAY, JULY 1

- ◇ Tater tot casserole, broccoli, peaches, lemon meringue pie
- ◇ Chicken salad wrap, pasta salad, apple, brownie

Name _____ Phone _____

Circle your menu choices and return to VSC by order deadline. Orders may be called in (608-848-0438), emailed (nutrition@ci.verona.wi.us) or dropped off in person.

****If you receive Home Delivered Meals on Wheels you do not need to submit an order.****



Virtual & In-House Cooking Class

Friday, June 11 - Noon

Fruit Salsa

What you need:

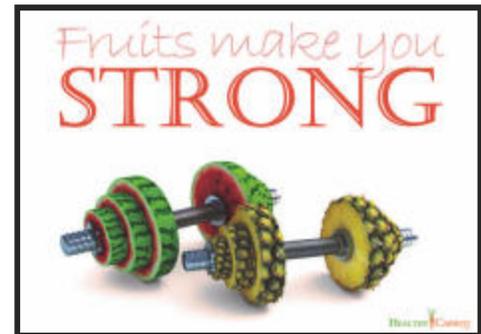
- 8 oz strawberries
- 2 kiwis
- 1/2 mango
- 1 tsp lemon juice
- 1/2 - 1 tbsp sugar
- 1 tsp cinnamon
- 6 tortillas 6 - inch size
- 1/4 pineapple

Instructions:

1. Preheat oven to 400 degrees. Set aside 2-3 large baking sheets.
2. Wash and cut all fruit into same size pieces.
3. In medium bowl, add all fruit, then add lemon juice on top.
4. Chill the fruit in the fridge.
5. Cut the tortillas into triangles and place them on a cookie sheet.
6. Add a few drops of water to the tortillas.
7. Sprinkle 1 tsp cinnamon and 1/2 tbsp sugar evenly over chips.
8. Bake 3 minutes per side, flipping halfway through.
9. Serve the fruit salsa with baked cinnamon sugar chips and enjoy!

Join Alasa and Stephanie
to learn how to make
Fruit Salsa with Cinnamon Chips

Please RSVP by calling 845-7471
or sign up on line.



Now offering
Drive Up Meals
on Wednesdays!

Drive Up Meals from TNT Catering

NEW!!! Starting in June we will be offering
Drive Up Meals three days a week!!

Meals are now available on Tuesdays, Wednesdays and Thursdays; pick-up 4 - 4:30 PM. The cost is \$6.00 per meal. You may preorder meals for the entire month and there are no limits on the number of meals per person.

All orders are due by noon on the Wednesday before. Unfortunately, orders received after the deadline cannot be honored.

****Gluten free, dairy free, vegetarian/vegan meal options now available!
Call for more information; additional fees apply.**

Please bring exact cash or check as change will not be available.

How To Sign Up Online

1. Start by going to Friends of Verona Senior Center: [https:// friendsofveronaseniorcenter.org/](https://friendsofveronaseniorcenter.org/)

2. Click on Activities.

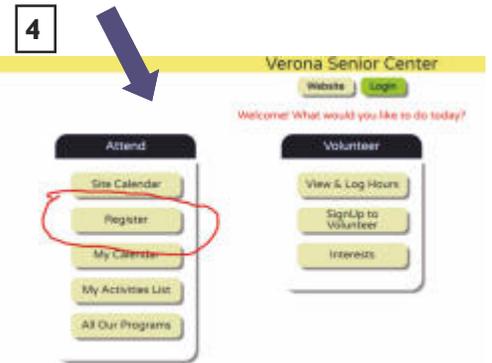


3. Scroll down and click on the link "Schedules Plus Web Site".

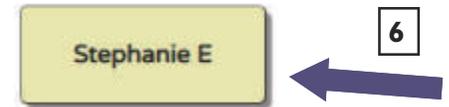


Click here to check out the [Schedules Plus Web Site](#)
(Not all functions are active, but the daily [activity schedule](#) is current.)

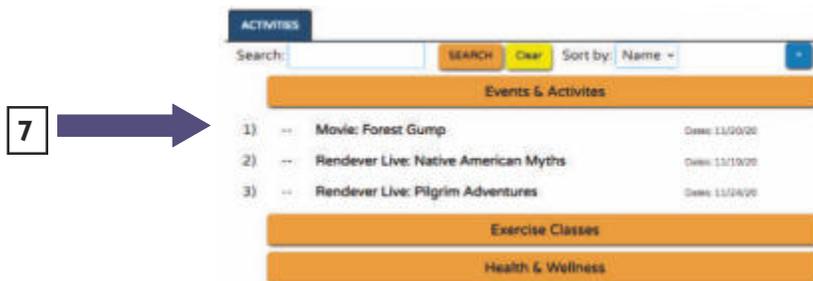
5. Use the phone number you used to register with the Senior Center. (There is an option to add yourself if you haven't registered before.)



6. Click on your name. This will take you to the scheduling page.



7. Click on one of the bars to see what activities are available and if seats are available. Click the activity you are interested in.



8. Click on the "add to cart" to add it to your cart. You can repeat steps 6-8 to add other events.



9. Next click "checkout".

10. Click on "save and proceed to final review".

SAVE and PROCEED TO FINAL REVIEW

11. Finally, click on "complete my order".

COMPLETE MY ORDER

12. Log out when you are done.



Volunteer Opportunities at VSC

VOLUNTEER



Board Members

Do you like a variety of clerical work, or helping with fundraising activities? The Verona Senior Center is looking for a few board members. Duties include attending a once a month board meeting, helping with fundraisers, promote or deliver program notices to businesses. This opportunity would vary from week to week.

Kitchen Helpers

Do you enjoy working with food? The Senior Center is looking for a couple volunteers to help prepare the Meals on Wheels and Drive Up meals. This opportunity would require standing for 2-3 hours and the ability to lift up to 10 pounds.

Loan Closet Managers

Do you like working with people and offering assistance in finding resources? The Verona Senior Center is looking for 2-3 volunteers to maintain inventory in our loan closet and schedule appointments with people who want to borrow or donate items.

Front Desk Volunteers

Do you love customer service? The Senior Center is looking for a few volunteers to provide a welcoming face at the front desk. Duties include answering phones, greeting visitors, and registering people for programs using the computer. This opportunity would have a set weekly schedule, and shifts would be 3 - 4 hours a day.



Cleaning Assistants

Is cleaning your thing? Then we have an opportunity for you! The Verona Senior Center is looking for a few volunteers to help staff clean tables and chairs after in-house programs. This opportunity would be flexible and would vary from week to week.



“Service to others is the rent you pay for your room here on earth.” - Muhammad Ali

Contact us!

If any of these opportunities interest you, please reach out to Program Manager Alasa Wiest at 845-7471 or alasa.wiest@ci.verona.wi.us

How to Support the Verona Senior Center



Looking for an easy way to support the Verona Senior Center? Look no further! AmazonSmile is a simple and automatic way for you to support the Verona Senior Center every time you shop, at no additional cost to you.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know....the same products, same prices, same service.

Step 1 - Visit <https://smile.amazon.com/ch/39-1374614>

Step 2 - Purchase your products.

Step 3 - VSC receives 0.5% donation of all eligible purchases!

For more information, please contact our Board of Directors.

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Nutrition for Optimal Health

No matter your age, making healthy food choices is key in maintaining optimal health and overall wellbeing. The body changes throughout each stage of life and nutrient requirements do as well. The following list some tips from the National Institute on Aging to help choose food and beverages to promote a healthy lifestyle.

Drink plenty of fluids

Aging has been known to cause loss of thirst, so it is important to track water consumption throughout the day to ensure fluid requirements are being met. In addition to water, here are some other good choices:

- Low or fat-free milk
- 100% juice – no added sugar
- Limit beverages containing added sugars and sodium



Meal planning and portion sizing

Meal planning helps make preparing meals easier and builds a healthy routine. This, when coupled with portion sizing, promotes adequate calorie intake and optimal health.



Vary veggie intake

Eating vegetables is not always everyone's favorite thing to do, but including a variety of different colored, flavored, and textured veggies can make things more interesting. Vegetables are low-calorie, nutrient-dense, and full of fiber. Aim to include a serving of vegetables at each meal and who knows, you might even discover a new favorite!

Read nutrition labels

Reading and understanding nutrition labels is an important part of healthy eating. When choosing packaged foods, pay special attention to key nutrients:

- | | | |
|---|--|---|
| <ul style="list-style-type: none">• Calories• Fats (<i>limit saturated/trans fats</i>)• Protein (<i>ensure recommended intakes are met</i>) | | <ul style="list-style-type: none">• Carbohydrates (<i>ensure recommended intakes are met</i>)• Sodium (<i>limit</i>)• Sugars (<i>limit</i>) |
|---|--|---|

Always check with your doctor about your specific nutrient requirements as they can provide you with intakes to best suit your health needs.

Keep food safe

Food-related illnesses can be life-threatening for older individuals. Be sure to properly store and date food (*all non-shelf-stable foods should be used within 5-7 days*) and cook/reheat all foods to proper temperatures. The biggest threats when undercooked are:

- Eggs
- Sprouts
- Fish/shellfish
- Meat/poultry



Detailed information on meal planning/portion sizing, recommended nutrient intakes, reading nutrition labels, and food safety can be found at:

<https://www.myplate.gov/life-stages/older-adults>

<https://www.nia.nih.gov/health/healthy-eating>

Take care of
YOURSELF ♡

Torie Beckwith, BS
VSC Nutrition Coordinator

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For more information, please visit: www.agelessgrace.com



Your instructor is Gail Doty. Gail has 30 years of experience as a Physical Therapist, most recently working in the area of Home Health, where she developed a passion for facilitating wellness in aging. She is excited to bring the benefits of Ageless Grace to YOU!

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limitations

Caregivers working with
special populations

Wednesdays - 3 - 4 PM

June 2 - July 14 (No class June 23)

\$15 for 6 weeks

This program will take place at the Verona Senior Center. To sign up please call 845-7471.

Friends of Verona Senior Center

Board of Directors

If you would like to contact a Board Member, please call the Senior Center at 845-7471.

The Friends of Verona Senior Center raise funds to support the programs and services of the Verona Senior Center. They provide on-going financial support for music at the birthday-anniversary party, food for special events, Veterans Group, Caregivers' group, Parkinson's group and exercise equipment needs. Thank you!

Linda Kaiser, *President*
Rich Bartlett, *Vice President*
Alyce Kocal, *Secretary*

Pat Nardi, *Treasurer*
Nancy Mendoza
Patricia Eggen

Jim Zelem
Violet Konrad

Hello Seniors!

The Board has been doing quite a few lunches this year, so we are taking a break and looking at other opportunities for fundraising. We will be sponsoring an outside concert sometime this summer and are continuing to think of ideas.

Thank you to all who participated in our lunches and generously donated. Thank you too, to all the various donations we have received over the past months. To date we have raised \$1,324!

Hang in there and never give up the things that make you smile!

Linda Kaiser, President
Board of Directors



DONATE TODAY! FRIENDS OF VERONA SENIOR CENTER

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Senior Center Staff

Director, Stephanie Ehle
608-848-0430, stephanie.ehle@ci.verona.wi.us

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Nutrition Line: 608-848-0438

Transportation Services provided by
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Verona Senior Services Committee

Voting Members: Christine Posey, Phil
Hoehst, Katie Kohl - City of Verona Alders

108 Paoli Street, Verona WI 53593

Phone: (608) 845-7471

Fax: (608) 848-2784

Website: friendsofveronaseniorcenter.org

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