



The Senior Sentinel



A Publication of Middleton Senior Center, 7448 Hubbard Avenue, Middleton, WI 53562

January 2021

Happy
New
Year

AARP Tax Assistance Will Be Available in February!

Due to the pandemic, AARP Tax Assistance will be conducted with two short appointments for each person: the first appointment is for scanning documents; and the second appointment is for reviewing the return and providing a printed copy. Most of our volunteers will be working remotely using the scanned documents and communicating with each person by telephone. More details to follow in the February newsletter...



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8:00 – 4:30, Monday - Friday

608-831-2373



Find us on:
facebook

www.facebook.com/MiddletonSeniorCenter

Age Requirement

You must be at least 55 years of age to participate in senior center programming.

Notice

Middleton Senior Center does not endorse the agencies that offer programs. Participants should always be cautious when entering into any type of business deal or using the services listed or presented. If it sounds too good to be true, it usually is. Do your homework, ask questions, and never sign anything if you have any doubts about what you're signing.

Commission on Aging Members

Mike Lester, Stacy Austin-Li, Richard Brye, Peg Martin, Jim Schwartz, Gladys Simon, Emily Kuhn, Kenneth Markart, and Stephen Small Commission meets the third Monday of each month at 4:00.

Agendas and minutes: posted on the senior center bulletin board.

Newsletter Information

Did you know you can help us with mailing costs by getting the newsletter online? Visit www.ourseniorcenter.com to sign up.

You can also find the newsletter on the City of Middleton website at www.ci.middleton.wi.us

Are you moving or going out of town for an extended time?

Please notify us to change your address or pause your deliveries.

Otherwise, your newsletter gets sent back to us and we are charged the return fee. If that occurs, your name will be removed from the mailing list.

How can my business place an ad in this paper?

Call Alex Nicholas at **1-800-950-9952 ext. #2538**.

Class & Trip Policies

Be sure to pick up the senior center class and travel policies when participating in these events. The senior center does not pro-rate classes. Travel refunds are not issued unless we can fill your spot.

Key Cards

When you visit the senior center for an activity, drop in, or have lunch, please make sure you check in at the front desk with your key card. If you do not have a key card, please stop by the front desk, fill out a form, and one will be made for you. Key cards allow us to keep track of who is in the facility every day and how many people are using the senior center throughout the year.



Several activities, programs, and support groups are offered online. Look for this logo scattered throughout the newsletter.

Subject to Change

Activities at the senior center have been very limited for several months, and they will continue to be limited through January. The plan is to proceed with caution, and we hope to start the process of slowly reopening again in the coming months. As always, everything is subject to change and will be reassessed regularly.

With a little luck (and compliance with emergency orders), we can weather the storm and get back to some sense of “normal” soon.

There are some activities listed for February. They are not available for registration for another month (**starting Jan. 21**), but we wanted to let you know we are being intentionally optimistic about our chances to begin looking forward again soon. If the plan changes (again), you will see it in the February newsletter.

Thank you for your patience and understanding! We are hopeful that short-term sacrifices will lead to long-term benefits for everyone.

Stay well!

Zoom Time Coffee with Tammy



Wednesday, January 13 at 10:30

Grab your coffee (or other morning beverage of choice) and join us for a live chat via Zoom! We will discuss what is happening at Middleton Senior Center and the upcoming plans. Please email Director Tammy Derrickson at tderrickson@ci.middleton.wi.us no later than **January 12** and she will send you instructions.



Have your questions and comments ready, and join us on Zoom!



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B 4C 01-2063

JANUARY 2021

1 - Friday

SENIOR CENTER
CLOSED

4 - Monday	5 - Tuesday	6 - Wednesday National Bean Day	7 - Thursday	8 - Friday
Sloppy Joe Kidney Bean Salad Mixed Vegetable Pears Lemon Bar MO: Chickpea Joe NCS: Pineapple Tidbits	Honey Baked Chicken Broccoli Yams Banana Blueberry Cobbler MO: Veggie Honey Chick'n NCS: SF Cookie	Spaghetti Noodles w/ Meat Sauce  Wax Beans  Mixed Greens Peaches Cake	Lemon Dill Baked Fish Baked Potato Fruit Cup Sugar Cookie MO: Black Bean Burger NCS: SF Cookie	*Italian Sausage Oven Roasted Potatoes Stewed Tomatoes Orange Ice Cream Cup MO: Veggie Hotdog NCS: SF Ice Cream
11 - Monday Clean Off Your Desk Day	12 - Tuesday	13 - Wednesday	14 - Thursday	15 - Friday
Sweet & Sour Chicken Brown Rice Peas  Mandarin Oranges Cookie Bar MO: Egg Salad NCS: SF Cookie	*BBQ Pulled Pork Chickpea Salad Carrots Fruit Cocktail Pudding MO: Black Bean Burger NCS: SF Pudding	Chicken Stew Broccoli Tropical Fruit Brownie MO: Veggie Stew NCS: Applesauce	Egg Salad Split Pea Soup Apple Sauce Peach Pie Bar MO: N/A NCS: SF Jell-O	*BBQ Ribs Baked Potato Peaches Cookie MO: Garden Burger NCS: SF Cookie
18 - Monday Martin Luther King, Jr.	19 - Tuesday	20 - Wednesday	21 - Thursday	22 - Friday
Chicken and Gravy Over Bread Carrots Green Beans  Fruit Cocktail Pudding MO: Veggie Chick'n & Gravy NCS: SF Pudding	Fish Sandwich Yams Coleslaw Fruit Cup Lemon Italian Ice MO: Multigrain Burger NCS: SF Ice Cream	*Meatballs in Marinara Over Penne Carrots Banana Mixed Greens Salad Brownie MO: Veggie Meatballs in Marinara NCS: SF Pudding	*Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables Mandarin Oranges Cookie MO: Hummus Wrap NCS: SF Cookie	Hearty Chicken Noodle Soup Mixed Green Salad Pears Pumpkin Bar MO: Tomato Soup NCS: SF Jell-O
25 - Monday	26 - Tuesday	27 - Wednesday	28 Thursday	29 - Friday Curmudgeons Day
Cheeseburger 4 Bean Salad 4 Way Veg. Blend Warm Spiced Apples MO: Black Bean Burger NCS: N/A	Turkey in Gravy Mashed Potatoes Broccoli Pineapple Tidbits Cake MO: Garden Wrap NCS: SF Cookie	Beef Stew Biscuit Green Beans Chunky Apple Sauce Cake MO: Tomato Cheese Sandwich NCS: SF Jell-O	Traditional Meatloaf Sweet Potato Cinnamon Apple Sauce MO: Veggie Meatballs NCS: N/A	Sloppy Joe Carrot Coins Black Eyed Pea Salad Pineapple Pudding  MO: Hummus/Pita NCS: SF Pudding



Meals provided by: Dane County Consolidated Food Service
All menu items are prepared in kitchens that are not allergen-free.
We cannot guarantee that food allergens will not be transferred through cross-contact.
No substitutions allowed.

MO: meatless option *contains pork SF: sugar free NCS: no concentrated sugar

Senior Dining



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Modeling COVID-19 Scenarios for the United States

Published October 23, 2020 by Nature Research

<https://rdcu.be/cbYUS>

Mask use has emerged as a contentious issue in the United States with only 49% of US residents reporting that they ‘always’ wear a mask in public as of 21 September 2020. Regardless, toward the end of 2020, masks could help to contain a second wave of resurgence while reducing the need for frequent and widespread implementation of Social Distancing Mandates (SDMs). Although 95% mask use across the population may seem a high threshold to achieve and maintain, on a neighborhood scale this level has already been observed in areas of New York; and on a state level, reported mask use has exceeded 60% in Virginia, Florida and California. In countries where mask use has been widely adopted, such as Singapore, South Korea, Hong Kong, Japan and Iceland among others, transmission has declined and, in some cases, halted.



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Pantry Staples

By Alyce Miller, MS, RDN, CD
Registered Dietitian and Healthy Aging Coordinator
Area Agency on Aging of Dane County

With the cold weather rolling in, now is a good time to take inventory of what's in your pantry and stock up on a few staples you may be missing. Keeping your pantry full of healthy, shelf-stable foods will allow you to create nutritious meals regardless of bad winter weather. Here is a list of some pantry "must-haves:"

Canned items (always look for "low-sodium")

Canned Protein: canned salmon, chicken, tuna, black beans, pinto beans, white beans, kidney beans, chickpeas, and lentils

Soups and broth: Adding vegetables and protein to canned broth or stock can make a quick and easy meal when in a pinch. Canned soup is a convenient and inexpensive way to create a warm, filling meal in no time!

Vegetables: Canned tomatoes, corn, green beans, peas, carrots, peppers, and beets allow you to consume servings of vegetables without needing fresh options on hand. Strive to consume 2-2½ cups of vegetables per day.



Fruit: Canned fruit such as pineapple, mandarin oranges, peaches, or fruit cocktail are all great options. Make sure to look for canned fruit in 100% juice or water instead of syrup. Applesauce and dried fruits such as raisins, cranberries, prunes, and dates are also great ways to consume your recommended 1½-2 cups per day.

Grains

Brown rice, quinoa, oats, whole grain pasta, crackers, rice cakes, and boxed dry cereal such as Raisin Bran are grains that offer energy, B vitamins, and fiber.



Whole foods

Potatoes, garlic, and onions can last in your pantry for weeks maybe even months! They are easy to incorporate in a variety of meals and offer a great source of fiber, vitamins, and minerals.



Oils, Vinegars & Sauces



Extra virgin olive oil, canola oil, apple cider vinegar, balsamic vinegar, mayonnaise, marinara sauce, low sodium soy sauce, ketchup, mustard, peanut butter, and honey. Having these oils, sauces, and vinegars on hand allows you to create dressings, marinades, or toppings for any dish.

Spices

Mrs. Dash, dried herbs, garlic powder, chili powder, cumin, cinnamon, and turmeric are just a few go-to spices that can elevate flavor in any meal!



Keeping your pantry well-stocked allows you to have choices when you can't make it to the grocery store. *It also makes cooking fun and easy!*

Need a Winter Project?



9

Do your clothes seem tighter after the holidays? We have a program for you called TOPS!

TOPS is a Real People, Real Weight Loss® program. TOPS has been around since 1948 and it is a non-profit program. The program has 100,000+ members and many chapters.

TOPS focus is not on a quick fix. It is about changes in behaviors, attitude, exercise, habits, and nutrition. TOPS focuses on losing weight for your health. The program is by word-of-mouth, not advertising or having a celebrity promote the group.

Our Middleton Chapter (WI1573) offers a weekly meeting (Zoom during Covid) to help each other stay on track. We share information within the group, encourage each other, and help each other develop lifestyle changes. Volunteers run the meeting and we have guest speakers based on what information the group is wanting.



With your yearly membership of \$32.00, you receive:

- A TOPS magazine each month; and
- Access to the TOPS website, (TOPS.org) which houses meal plans, healthy recipes, and inspirational resources.

You can attend your first TOPS Zoom meeting for free to check out the group. It is fun and supportive, and our chapter has lost over 300 pounds in the last 3 years!

Do you have a closet full of clothing that is a little snug? Let's work on this winter project together. If interested, contact Mary Rismeyer at mary.rismeyer@gmail.com

Hello from Camela!

I'm your new Volunteer Coordinator and I can't wait to meet you all – and I can't wait until I actually have lots of volunteers to coordinate after Covid!

About me: I have a varied background, including everything from publishing to teaching to farming to running a shop, and I hope all that experience combined will make me useful in helping everyone at the Senior Center to keep planning, running, and enjoying all of the many programs you count on and look forward to.

I grew up mostly on the East Coast, but I've been in Wisconsin for 23 years. I am raising my family (ages 11,12,13,15) here in Middleton, where we absolutely love hiking and biking in the Pheasant Branch, kayaking in Lake Mendota, and enjoying all the rest the city and state have to offer.

I'm a devoted reader, camper, crafter of all things fabric, yarn, and paper, and love to cook and bake. I look forward to sharing stories, recipes, ideas, and more when I meet you, whether by phone, email, and eventually in person.



Bringing the Fun to You!



The Middleton Senior Center has partnered with the Middleton Public Library to deliver free books, magazines, and DVDs to anyone who is interested in receiving them.



Note: This service is not connected to the materials that are normally available for check out with a library card.

If you would like to take advantage of this opportunity, please call the senior center at **608-831-2373**. We shall ask you a few questions about what you enjoy reading and/or watching. This information will be passed along to library staff, who will do their best to find materials for you.

About one week after your requests have been received, a volunteer errand runner will retrieve your items from the library and deliver them to you.

The rest is up to you. Happy reading and viewing!



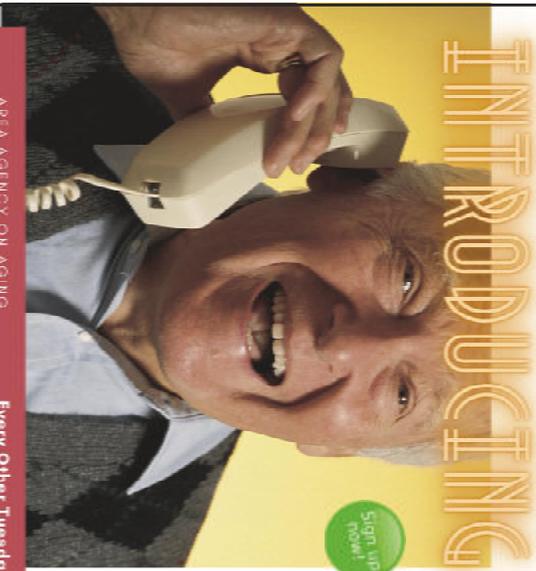
Procedures for All Programs:

- All programs require registration (Newsletter Assembly, Wii Sports, Puzzles, etc.), no matter how small. Please call or email in advance to make sure you're on the list!
- All programs will have limits - until they don't.
- All instructors, participants, and volunteers must sign in via key card at the front desk.
- No walk-ins (yet) for programs. We need to know who is coming and going, just in case...

Programs that are available for registration now (look for the green buttons):

- Bringing the Fun to You!
- Caregiver Support Group
- Coloring
- Commission on Aging
- Easy Yoga Plus (online)
- eReader Assistance Appointments
- Essential Tremors Support Group (online)
- Exercise Equipment
- Gadget Guru (online & by phone)
- Home Delivered Meals
- Line Dancing (online)
- Mindfulness & Dementia Care Support Group (online)
- Movie - twice!
- Mystery Book Club (online)
- News Call (phone)
- Newsletter Assembly
- Nimble Fingers
- Puzzles
- Senior Center Writing Group (online)
- Spanish Classes
- **TOPS (online)**
- Video Lecture - twice!
- Wii Sports
- **Zoom Time Coffee with Tammy (online)**

Note: New programs for this month are in bold and underlined.



NEWS CALL

AREA AGENCY ON AGING
OF DANE COUNTY
Nutrition Education and Wellness Social Call
10:30 AM to 11:30 AM
Dial-In (215) 446-5656
Dial-In Toll-Free (888) 363-4734
Access Code: 9400768

Every Other Tuesday
December 8, 2020
December 22, 2020
January 5, 2021
January 19, 2021

Join this conference call to learn all things nutrition, wellness, healthy aging and more! The December 8th call will focus on healthy holiday nibbles and recipes.

SEVERE WEATHER CLOSING FOR THE MIDDLETON SENIOR CENTER

Normally, Middleton Senior Center closes for severe weather when Middleton-Cross Plains School District closes. This year we will be following the National Weather Service (NWS). Middleton Senior Center closes when the NWS issues one of the following warnings to go into effect **PRIOR TO NOON**:



- Winter Storm Warning
- Blizzard Warning
- Wind Chill Warning
- Ice Storm Warning

If a warning goes into effect prior to noon, home delivered meals **WILL NOT** be delivered.

If a warning goes into effect at **12:00 p.m. (noon) or later**, meals **WILL** be delivered as usual and Middleton Senior Center will not be closed.

If you have any questions, please call the senior center at **608-831-2373**.



Mindfulness & Dementia Care Support Group

Connect with others and learn mindfulness strategies to help you cope with your caregiver journey. We will read the book shown here. Books are provided.

**2nd Tuesday of Each month
6 p.m.**

Beginning January 12th, 2021

Online via Zoom
RSVP to
SchmidLJoy@countyofdane.com



MondayTuesdayWednesdayThursdayFriday

JANUARY

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>4</p> <p>11:00 Spanish</p> <p>12:30 Wii Sports</p>	<p>5</p> <p>9:00 Video Lecture</p> <p>10:00 Women Embracing Change (online)</p> <p>10:30 News Call</p> <p>11:00 Spanish</p>	<p>6</p> <p>8:30 Nimble Fingers</p> <p>10:00 Mystery Book Club (online)</p> <p>10:00 Easy Yoga Plus (online)</p> <p>11:00 Spanish</p>	<p>7</p> <p>10:00 Mary on Piano</p> <p>10:30 TOPS (online)</p> <p>12:30 Nimble Fingers</p>	<p>8</p> <p>10:15 Video Lecture</p> <p>1:00 Movie #1</p> <p>1:00 Easy Yoga Plus (online)</p> <p>4:00 Line Dance Video (online)</p>
<p>11</p> <p>11:00 Spanish</p> <p>12:30 Wii Sports</p>	<p>12</p> <p>9:00 Video Lecture</p> <p>11:00 Spanish</p> <p>6:00 Mindfulness & Dementia Support Group (online)</p>	<p>13</p> <p>8:30 Nimble Fingers</p> <p>10:00 Easy Yoga Plus (online)</p> <p>10:30 Essential Tremor (online)</p> <p>10:30 Coffee w/ Tammy (online)</p> <p>11:00 Spanish</p> <p>1:00 SC Writing Group (online)</p>	<p>14</p> <p>10:00 Mary on Piano</p> <p>10:30 TOPS (online)</p> <p>12:30 Nimble Fingers</p>	<p>15</p> <p>10:15 Video Lecture</p> <p>1:00 Easy Yoga Plus (online)</p> <p>4:00 Line Dance Video (online)</p>
<p>18</p> <p>11:00 Spanish</p> <p>12:30 Wii Sports</p> <p>4:00 Comm. on Aging</p>	<p>19</p> <p>8:00 Newsletter Assembly</p> <p>9:00 Video Lecture</p> <p>9:00 eReader</p> <p>10:00 Women Embracing Change (online)</p> <p>10:30 News Call</p> <p>11:00 Spanish</p>	<p>20</p> <p>8:30 Nimble Fingers</p> <p>10:00 Easy Yoga Plus (online)</p> <p>11:00 Spanish</p>	<p>21</p> <p>10:00 Mary on Piano</p> <p>10:30 TOPS (online)</p> <p>12:30 Nimble Fingers</p>	<p>22</p> <p>10:15 Video Lecture</p> <p>1:00 Easy Yoga Plus (online)</p> <p>4:00 Line Dance Video (online)</p>
<p>25</p> <p>11:00 Spanish</p> <p>12:30 Wii Sports</p>	<p>26</p> <p>9:00 Video Lecture</p> <p>11:00 Spanish</p>	<p>27</p> <p>8:30 Nimble Fingers</p> <p>10:00 Easy Yoga Plus (online)</p> <p>11:00 Spanish</p>	<p>28</p> <p>10:00 Caregiver Support Group</p> <p>10:00 Mary on Piano</p> <p>10:30 TOPS (online)</p> <p>12:30 Nimble Fingers</p>	<p>29</p> <p>10:15 Video Lecture</p> <p>1:00 Movie #2</p> <p>1:00 Easy Yoga Plus (online)</p> <p>4:00 Line Dance Video (online)</p>
<p>1</p> <p><u>CLOSED</u></p>				

12 Volunteer Opportunities

As we progress down the path of the pandemic, we shall call volunteers to let them know their roles when they return to their volunteer positions. There are many changes at the senior center, including wearing masks, wearing gloves when handling money, and staying six feet apart. The City is doing an excellent job of cleaning and sanitizing the buildings, so there will be a safe environment in which to volunteer. We are missing all our volunteers and seniors, and we hope to be able to see everyone again in the near future.

High School Students in Need of Volunteer Hours To Graduate

High School Seniors are available to help!



Phone Buddies

Visit with you once a week



Interested? Call us at **608-831-2373**.

Volunteers Wanted for Foot Care

We are looking for volunteers to fill tubs with water and to wipe feet. ~~The volunteers will not be cutting nails or providing hands on care for clients.~~



Call us at **608-831-2373** if you have any questions or would like to volunteer.

Fill-In Volunteers Needed for Ongoing Sanitation



We need volunteers to disinfect all high-contact surfaces in the senior center. Ideally, this would be done for 3-4 hours every day we are open, and it will continue for as long as there are pandemic-related restrictions in place.

This cleaning allows us to keep the senior center open for the limited programs we are able to offer. Please lend a hand if you can.

Call us at **608-831-2373** if you would like to volunteer.

Rides for Medical Appointments



To ensure the safety of all of our volunteer drivers during the COVID-19 pandemic, the RSVP Executive Committee has suspended all Driver Escort rides. If a senior needs a ride for an essential medical appointment, please call Dane County Transportation Center at **608-242-6489**.

All are welcome here.
TODOS SON BIENVENIDOS AQUÍ.
جميع هي موضع ترحيبه نا.

Class Registration and Payment Policies

- * Middleton Senior Center will not pro-rate classes. The full rate will be charged for registrations after the sign up deadline.
- * A refund will be given only if the vacated class spot is filled.
- * Class payments are due two weeks before the first class begins. Non-payment will result in removal from the class list.
- * Registration for classes begins two calendar days after the newsletter is mailed. Normally, the mailing occurs on the third Tuesday of the month and class sign up would begin the following Thursday. Please consult the newsletter for specific class registration dates when available.
- * When registering for a class, all participants must provide full names and phone numbers.
- * Participants must be at least 55 years of age to participate in classes. An exception is for participants' caregivers, who should notify staff in advance of registering for the class. Children are not allowed in classes or on bus trips.
- * Middleton Senior Center contracts with outside agencies who have their own guidelines and refund policies. Those policies take precedence over senior center policies.

These policies were adopted and approved by the Commission on Aging.



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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.

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Authorized Provider SafeStreets

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Blood Pressure Screenings

First Tuesday and Third Thursday

To be announced...

**Caregiver Support Group**

Date: January 28

Time: 10:00

Registration required.

For information, contact Carmen Sperle at **608-819-0033** or carmen.sperle@hcr-manorcare.com

**eReader Assistance Appointments**

Date: January 19

Time: Third Tuesday at 9:00-12:00

By appointment only

Personalized Tablet and eReader Training Sessions. One-on-one sessions lasting 15-60 minutes will be conducted by staff from the Dane County Library Service. Call **608-831-2373** to set up an appointment.

**Foot Care (Nail Care - Toes and Fingers)**

SSM Health at Home and Middleton Senior Center offer foot care several times each month. The cost is \$22.00. This service is NOT covered by Medicare. Emergency care is available for \$10, and requires a separate appointment. For an appointment, call **608-831-2373**.

**TOPS Meetings**

Thursdays at 10:30 via Zoom

Taking Off Pounds Sensibly (TOPS) is a weight loss program based on members helping and supporting each other. Annual membership is \$32.00. Contact Mary Rismeyer (mary.rismeyer@gmail.com) for more information.

AI-Anon - To be announced**Sober Today - To be announced****Case Management Services**

Contact us if you are in need of case management services. Call **608-831-2373** for an appointment.

Home Delivered Meals

You may qualify for home delivered meals (aka Meals on Wheels) during Phase 2 of the Forward Dane re-opening plan. Call one of our case managers at **608-831-2373** to learn more.

Essential Tremor/Dystonia Support Group

Date: Tentative (confirm at email below)

Time: 10:30

For more information, e-mail madmidet@charter.net

Women Embracing Change

Dates: January 5 & 19

Time: First & Third Tuesday at 10:00

This group's mission statement is to provide a forum for women to share and discuss the changes we experience as we age, while continuing to grow in a positive way.

Forget-Me-Nots

Dates To Be Announced

Time: First & Third Wednesday at 10:00

A partnership with St. Luke's Lutheran Church, this group is for those in the early stages of memory loss. These 90-minute sessions include individual and group brain games, music, gentle exercise, and time for socialization.

Note: Call one of our case managers at **608-831-2373** to register for the group.

Gadget Guru Appointments

From Dave: "Since in-person teaching is not practical to do while maintaining reasonable safety precautions, only remote help will be available for the foreseeable future. During this time, as a way to help out the community, I am not charging for my services. Feel free to call **608-301-5602** to schedule an appointment."

Mending Appointments

Dates To Be Announced

Time: First & Third Thursday at 1:00-3:20

By appointment only

Bring only two items and please make sure the items are clean when you bring them in for mending.

Call **608-831-2373** for an appointment.

Loan Closet

The loan closet is available by appointment. If you need something, you must call to make an appointment.

- Available: wheelchairs, canes, walkers, undergarments, and crutches.
- Not Available*: commodes, raised toilet seats, bed rails, foam wedges, and used electronic devices.

*Note: If you borrowed it from us, you can bring it back.

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anicholas@lpiseniors.com
 or (800) 950-9952 x2538



16 Movie #1

A Beautiful Day in the Neighborhood

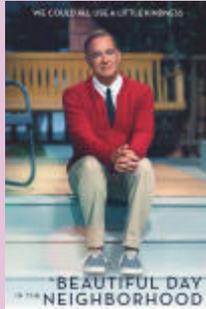
Friday, January 8 at 1:00

PG, Drama, Biography, 1h 47m

Tom Hanks, Matthew Rhys, Chris Cooper, Susan Kelechi Watson

Limit: 10 Participants

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Rogers' empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.



Registration required. Call 608-831-2373

Movie #2

Indiana Jones and the Last Crusade

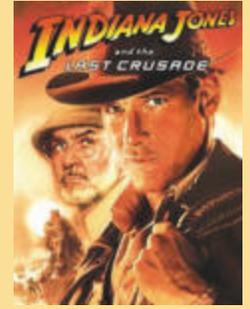
Friday, January 22 at 1:00

PG-13, Action, Adventure, 2h 7m

Harrison Ford, River Phoenix, Sean Connery, Julian Glover, Denholm Elliott, Alison Doody

Limit: 10 Participants

An art collector appeals to Jones to embark on a search for the Holy Grail. He learns that another archaeologist has disappeared while searching for the precious goblet, and the missing man is his own father, Dr. Henry Jones. The artifact is much harder to find than they expected, and its powers are too much for those impure in heart.



Registration required. Call 608-831-2373

iPad Available

Do you have an upcoming video medical appointment, but no computer, tablet, or phone to use? We are here to help with an iPad that is available to use for medical appointments, Wi-Fi to connect online, and private spaces. Call 608-831-2373 to find out more.



Chair Yoga

Cost: To Be Announced

Instructor: Sue Carpenter, RYT

Dates: To Be Announced



More Trips to Come in 2021. Stay tuned...



Video Lecture Series:

Great Ancient Civilizations of Asia Minor

Fridays at 10:15

January 8-29

Perhaps no other region of the world has played so many different roles in culture, religion, and politics, for so long a period of time, as the peninsula of Asian Turkey, known to the Greeks as Anatolia and to the Romans as Asia Minor. Though today we call it Turkey, that name dates back only to the Middle Ages.

The plan is to use the four Fridays in February to attempt to finally finish this course.

Note: registration is NOT available for new participants for this course.



Video Lecture Series:

Great America's Long Struggle against Slavery

Tuesday at 9:00

January 5 - April 13

30 30-minute lectures - 2 lectures/week

Cost: \$20, plus \$25 for optional transcript

Deadline to Register: February 2

Limit: 10 Participants



Many historical views of American slavery look only at small parts of this enormous struggle, focusing on single events or just a small segment of well-known figures. To understand America - to fully understand our country today - one must examine the whole history of struggle, oppression, and resistance, not only by more famous figures like Abraham Lincoln and Harriet Tubman, but also by an enormous and often unfamiliar cast of characters.

Registration is required, so call 608-831-2373 to reserve your spot today!

Strength & Flexibility

Cost: \$45 (or \$80 for both)

Instructor: Paul Novak

Class Limits: 5-7 participants

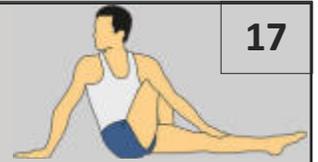
Wednesday: 9:00 (February 3-24)

Friday: 8:30 (February 5-26)

Strength & Flexibility is a movement class that includes some work on yoga mats and other exercise elements. These classes utilize Tai Chi and Qi Gong principles and can be tailored to individual levels. All fitness levels are encouraged to join. Call the senior center at **608-831-2373** for more information or to sign up.

Note #1: Participants will be required to provide their own mats. If a participant cannot acquire a mat, one may be borrowed from the senior center for the duration of the class.

Note #2: The start time for the Friday sessions has been moved to 8:30.



17

Easy Yoga Plus (via Zoom)

Cost: Free (Donations Appreciated)

Instructor: Ellen L. Millar, RYT

Wednesday at 10:00

Friday at 1:00

A yoga program designed for the aging body, with focus on improving balance, muscle strength, and flexibility. Enjoy the camaraderie of like-minded older adults eager to become more aware of how the mind, body, and spirit work together to improve your quality of life. During 2021, areas of concern will include low back pain, falls prevention, osteoporosis, and other issues facing us as we age.

The class is taught by Ellen L. Millar, Registered Yoga Teacher and a graduate of Duke Integrative Medicine Master Class, Yoga for Seniors.



To register, follow the link: <https://thewonderofyoga.com/contact>



Tai Chi for Beginners

Cost: \$15

To Be Announced

Wednesday at 2:30

Certified Instructor: Bob Harrington

Class Limits: 4-7 participants



This class will give participants the option to sit or stand. The class is limited to 30 minutes of exercise, so it's perfect for the beginner. It's a great class for anybody with arthritis or wanting greater flexibility.

Exercise Equipment Available to Use!

One hour time slots are available by reservation only. Please call at least one day in advance. Participants are required to wipe down machines after they are done using them.

Call **608-831-2373** to make a reservation.



Line Dancing

Cost: Free!

When: Every Friday

Instructor: Sandy White

Cinematographer: Ray White



Every Friday afternoon, line dancing videos will be uploaded to Middleton Senior Center's YouTube channel! These videos will star our very own Sandy White, who will be taking viewers step-by-step through several line dances.

Note: Registration is **not** required.



YouTube link: <https://www.youtube.com/channel/UCn7BU5KYyosOjgJ4OQgioVQ>

A signed liability waiver is required for all participants for every series of exercise classes.

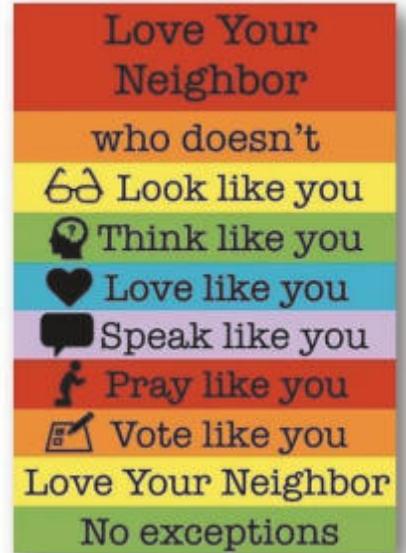


Middleton Senior Center recommends that you consult a physician prior to joining an exercise program.

Transportation

Transportation options to Middleton residents each week are listed below. You **MUST** contact the senior center at **608-831-2373** no later than the day before you wish to use these valuable services.

Transportation to the meal site and local grocery shopping is by donation. The suggested donation is \$1.00 round trip to the meal site and the suggested donation for local grocery shopping is \$2.00 round trip. The fee is based upon your ability to donate. No one will be denied rides for these purposes. These times are tentative and may vary depending on the route and number of people who participate.



Bus Schedule sign up now!			
Day	Destination	Pick Up	Drop Off
Every Monday	🔴 Lunch at Senior Center	10:30	12:30
1 st & 3 rd Monday	Hilldale & Madison Walgreens	11:30	1:30
2 nd & 4 th Monday	West Towne Mall	11:30	1:30
Every Tuesday	🔴 Lunch at Senior Center	10:30	12:30
Every Tuesday	Middleton Pick 'N' Save & Walgreens	11:00	1:00
Every Wednesday	🔴 Lunch at Senior Center	10:30	12:30
Every Thursday	🔴 Lunch at Senior Center	10:30	12:30
Every Thursday	Junction Road Pick 'N' Save & Target	11:30	1:00
Every Friday	🔴 Lunch at Senior Center	10:30	12:30

Notice!

For your safety, limited areas of the senior center building are now open. The first step in this process will be allowing only very small groups to use those limited areas. Ongoing cleaning efforts will be easier and it will allow us to proceed with caution. Thank you for your understanding and cooperation!



Watch the Lights!

If a program has a red light, that means it will NOT be available until at least the next newsletter is published.

If a program has a green light, it is available.

For ALL programs, please call ahead to verify that the program is indeed available. Also, be sure to register for ALL programs you would like to attend, please.

Thank you for your cooperation.



Video Surveillance: Public spaces at Middleton Senior Center are monitored by staff on video security cameras. Outdoor spaces are included. For your protection, participants and visitors are recorded while visiting our facility.

Reading and Writing

 **Hats & Tales**  
2nd Wednesday at 10:00 (Oct. - May)

A group of volunteers who reads at Little Red Preschool. Please contact Patty Nordhaus at 608-225-4663.

Mystery Book Club  
Wednesday, January 6 at 10:00 (Zoom)

Upcoming Books:

Jan. 6: "Let Me Lie" by Clare Mackintosh

Feb.3: "A Great Deliverance" by Elizabeth George

Senior Center Writing Group 
Wednesday, January 13 at 1:00 (Zoom)

A group of creative seniors that writes about a variety of topics in a variety of writing styles. Please consider joining this thriving group of writers. They meet the second Wednesday of the month. Each month a different member decides on the topics and styles of writing. Participants bring their homework to share with the class. 

The topics for the outside-of-class 10 minute writing will be:

1. Where do you do your best thinking (i.e. come up with your best ideas or do your best problem solving)?
2. Take any inanimate object and have it tell a story.
3. What have I accomplished in my life?

Call Joyce Waldorf at 608-833-0159

Music

Mary on Piano 
Thursday at 10:00

Middleton Jazz Band
Thursday at 9:00

Sing Along
Dates to be announced
1st and 3rd Tuesday at 10:00

Creating

Nimble Fingers 
Wednesday 8:30-11:30
Thursday 12:30-2:30

For the present time we are asking members to call ahead when visiting the senior center outside of the above listed times.

Sewing machines WILL be available to use during these times. There will be no formal meetings at this time.

Attendance will be limited to 10 people and EVERYONE must register at the front desk upon arrival.

Puzzles 
Registration required.

Stitchers
Tuesday at 1:00

Wood Carving
Thursday at 1:00

Newsletter Assembly 
Third Tuesday (Usually)

Information on Masks

Everyone who visits Middleton Senior Center will be required to wear a mask. If you need one, call 608-831-2373 and we shall arrange for a volunteer errand runner to deliver a mask to you.



Stuff We Need

- Sponsor entertainment or a program (average cost is \$175)
- Sponsor treats for a program
- Clorox wipes
- Kleenex
- Your ideas!

Weekly Cards and Games

- Bridge:** Monday at 12:30
- Cribbage:** Monday & Thursday at 10:00
- Euchre:** Wednesday at 1:00
- Mah Jongg-Bams - Beginners** Tuesday at 10:00
- Mah Jongg - Craks:** Tuesday at 1:30 - A group for new players
- Mah Jongg - Dots:** Tuesday at 12:30
- Mah Jongg - Jokers:** Tuesday at 10:00
- Open Cards:** Bring your own group
- Pinochle:** Monday & Friday at 12:30
- Scrabble:** Monday & Friday at 9:00
- Silver Divas Bridge Group:** Monday at 12:00
- Rummikub:** Friday at 9:00
- Wii Sports:** Monday at 12:30 

Coffee and the Economy

To Be Announced
2nd Tuesday at 9:00
 The discussion will be about market updates.



Bakery Items

Bakery items are distributed on **Monday at approximately 10:30**

Wearing a mask shows...



Kindness

Social Seniors



A brief pause is in order, but watch this space for a triumphant return!

MIDDLETON



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This is a long range fund for the future. Only the interest from this fund is spent. It is the gift that keeps on giving. The fund is held by The Madison Community Foundation.



THE MIDDLETON SENIOR CENTER ACCEPTS GIFTS IN THREE WAYS

ENDOWMENT FUND
WITH THE MADISON COMMUNITY FOUNDATION

THE FUTURE FUND
This fund can be used for Senior Center equipment needs, or to expand and update programs and activities.

THE FRIENDSHIP FUND
These funds may distribute directly to older adults in need at the discretion of the Senior Center staff. Scholarships can also be awarded from this fund.