



The Senior Sentinel

February 2022

AARP Tax Assistance Will Be Available in February

AARP 2021 tax return preparations will start February 14, 2022

Due to the pandemic, AARP Tax Preparation will be conducted with **2 short appointments on the same day:**

1) **Drop off** your documents; and 2) **Review** your return. (See Note #1 below.)

Volunteers will call you if they have questions, so please answer your phone that day. You (and your spouse) will be asked to sign a consent when your documents are dropped off. Intake forms and instructions will be available at Middleton Senior Center reception desk for you to pick up and fill out **prior** to your 1st appointment.

Essential Documents to Bring to the Tax Site

Government issued photo ID for the taxpayer (taxpayers)

Social Security cards or Social Security Statement for everyone named on your return

Last year's tax return (use this to organize this year's documents)

Income documents:

Wage statements - W2

Social Security statement - SSA 1099

Retirement statements - 1099-R

Unemployment - 1099-G

Other 1099 forms

Interest and dividend statements

Self-employment records

Brokerage statements

Amount of 3rd Economic Impact (Stimulus) Payments you received

Healthcare - 1095-A Health Insurance Marketplace

Mortgage interest paid

Property taxes

How much you paid in rent

Medical/dental expenses:

Amount you paid for medical/dental/drug/vision insurance

Amount paid for long-term care insurance

Charitable contributions - **cash contributions separate** from goods donated

Educational Expenses:

Form 1098-T

Other education expenses

Checking or Savings account information for direct deposit or direct debit



Call Middleton Senior Center at 608-831-2373 to make your appointment.

Note #1: The first appointment will be made with our reception desk staff. The second appointment will be made when you are meeting with tax preparation volunteers during your first appointment. All appointments will be conducted on Mondays and Thursdays.

Note #2: Appointments will be accepted via phone call, email, or in person beginning at 8:00 am on Thursday, January 20. Appointment requests or messages left with us prior to this time will not be accepted or returned, respectively.

Middleton Senior Center, 7448 Hubbard Avenue, Middleton, WI 53562

Table of Contents

| | |
|-------------------------|------------|
| Day Trips | this year? |
| Dining Center | 6, 7, 9 |
| Calendar | 10-11 |
| Classes & Activities | 3-19 |
| Volunteer Opportunities | 4 |
| Services & Support | 14 |
| Exercise | 17 |
| Bus Schedule | 18 |
| Ongoing Activities | 19 |

STAFF**Tammy Derrickson, Director**

tderrickson@ci.middleton.wi.us

Ted Quincey, Assistant Director

tquincey@ci.middleton.wi.us

Jill Schonenberger, Case Manager

jschonenberger@ci.middleton.wi.us

Stacey Baik, Case Manager

sbaik@cityofmiddleton.us

Jackie Kalal, Dining Center Coordinator

jkalal@ci.middleton.wi.us

Camela King, Volunteer Coordinator

cking@cityofmiddleton.us

Emily Schultz, Administrative Assistant

eschultz@cityofmiddleton.us

Olivia Kroll, Receptionist

okroll@ci.middleton.wi.us

Jim Wexler, Receptionist

jwexler@ci.middleton.wi.us

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, Emily Kuhn, Kenneth Markart, Stephen Small, Jolene Olson

Commission meets the **third Monday of the 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 call **608-831-2373** to 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 publication?

Call Alex Nicholas at **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.



Masks are required in this facility by order of the City of Middleton

One Year Ago in Pandemic News

Our Case Managers returned to working from the senior center on February 1, 2021, after more than ten months of working remotely.

Stamp Camp with Terry

Wednesday, Feb. 16, 1:00-4:00

Cost: \$16 (paid to instructor)

Limits: 6-12 Participants



Make your own cards for all kinds of events! The projects are great for beginning or advanced stampers. Anyone who loves to stamp is welcome, so bring a friend!

Cost includes materials for 6 cards and envelopes.

Supplies you need to bring: scissors and an adhesive.

Call 608-831-2373 to register.

Doc Mordecai Musical Challenge

3

Wednesday, February 9 at 10:00

Free!

It's February in Wisconsin. That means chills and spills. Let Doc Mordecai add some thrills! It's time for a Doc Mordecai Musical Challenge! This month's category: Movies and Musicals. Doc will play a tune on the keyboard. You will guess what show it is from, and for extra credit, the year and who starred (or performed) the song. Since it's February, expect some romance and horror. That's all the hints you're going to get. As you might expect, the person with the most correct answers gets nothing. Don't miss this!



Call 608-831-2373 to register.



One & two bedroom apartment homes for those 55+ looking for an independent, maintenance-free lifestyle.

Call for a no-obligation tour

608-836-5905

www.horizonseniorhousing.com
pheasantbranch@horizondbm.com

6430 Pheasant Lane | Middleton

Residential and Seniors Real Estate Specialist

Gladys Simon

Cell: **(608) 770-1514**

simong@firstweber.com

GladysSimon.FirstWeber.com



"Whether buying or selling, let my experience, professionalism and patience help guide you as you transition to your next lifestyle change."

Location, Location, Location... Mic Drop

55+ Premier Independent & Maintenance **FREE** Senior Living

We embrace a neighborhood that we've been a part of for over 20 years. We take pride in having started that trend, so come and discover a community of great neighbors.

JOIN OUR PRIORITY WAIT LIST AND RECEIVE A 1-2 NIGHT WEEKDAY STAY IN OUR GUEST ROOM.

Call **Jasmine** for the details.

I look forward to meeting you!

(608) 836-8900



Volunteer Opportunities



Needed:

Delivery Driver - each month we deliver our newsletter to several senior living complexes around Middleton. Currently the route is just six stops, but we're looking to expand that and would love to have a volunteer to help us. Our newsletter is assembled on the second to the last Tuesday of each month. If you are available monthly to make deliveries then or any time during that week, let us know. We will create a route for you.

Bingo? - I have a volunteer who would call Bingo, but it would be ideal if we could find a second person to share the duties. Also, we could use bingo players! Please let me know if you are interested in calling and/or playing.

Snow Shoveler - I can always use a dedicated snow shoveler until winter is through... I love winter, just very, very briefly. So here's to the shortest month of the year – and being one step closer to the end of winter!

In-House Library Volunteer - The South Central Library System delivers books to us once a month. We need someone on the third Thursday each month to pack up the current books on the shelf in our living room into totes for the library to pick-up, and on the third Friday afternoon to shelve the new selections provided.

Camela King at: cking@cityofmiddleton.us 608-662-0827 Hours: Mon.-Thur., 9:00-2:00

If you have to choose
between being kind and
being right, choose
being kind and you will
always be right.



Casual Chess

Tuesdays at 1:00

Are you interested in playing chess for fun? If so, come in Tuesday afternoons to play in a casual environment, where the emphasis is as much on enjoying your opponent's company as it is on enjoying the competition.



Dr. Mordecai's Marvelously Mysterious Mental Musings

Friday, February 11 at 12:30 - Sex, Drugs, & Rock 'n Roll

Friday, March 4 at 12:30 - Mental Health

It's spring and time to get back in shape! (You know who you are.) And it is incumbent on Dr. Mordecai to remind you not to neglect your most important bodily appendage: your brain! Mental Health! Alas... is mental health still possible in this world of outrage? Yes, it is and more important than ever. Do yourself a favor and come join Dr. M as he explores what it takes to be mentally healthy. (Hint: it's more than just crossword puzzles.)



Call 608-831-2373 to register.

Knitting Demo and Q&A

Tuesday, February 8 at 10:00

Free Demonstration!

Are you interested in joining a knitting group at the senior center? Laurie From has been knitting for over 50 years, she enjoys teaching beginners as well as those looking to improve their knitting techniques, AND she is willing to host a group! Laurie can help with specific projects, complicated patterns, or just getting you started on your very first stitch. Originally from Oregon, Wisconsin, she moved back to the area in 2019 with her husband and now resides in Middleton. She is looking forward to working with you!



Call 608-831-2373 to register.

**Concerned about Medicare fraud?
Give us a call...**

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities



Toll-free Helpline:
888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
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.



Direct Cremation
\$1,350*
No hidden fees.

Local Advanced Planning Specialist,
Jodi Johnston, Available by Appointment
jjohnson_4@charter.net 608-438-7437
Family Owned & Operated 24/7 Service
80 Years of Trusted Service
At Need Arrangements Completed Online

608-237-6116 www.cremationsocietyofmadison.com
*Online arrangement price. Does not include required cremation permit (Varies by county). Additional services are available, please contact us for our General Price List.

MIDDLETON SENIOR LIVING
FOR ADULTS 62+ AND/OR PERSONS WITH A DISABILITY

Voss Haus Apartments

1 & 2 Bedrooms
HEAT INCLUDED

Rent is Based on Income
www.meridiangroupinc.net

608-831-5990



Independent and Assisted Living

(608) 849-5016

801 Klein Dr. • Waunakee
www.waunakeemanor.com

SUPPORT OUR ADVERTISERS!



MARY KAY®

Pat Peters
Independent Sales Director
3223 Conservancy Lane
Middleton, WI 53562
(608) 290-6170
(608) 841-1784
patpetersmarykay@gmail.com
www.marykay.com/patpeters
Enriching Women's Lives™



**Feeling like you paid too much
in taxes this year?**

Contact your financial advisor today to learn about investing strategies that could benefit you.



Shannon Riley, CFP®, AAMS®
Financial Advisor
7448 Hubbard Ave Suite 110
Middleton, WI 53562
608-831-0988

www.edwardjones.com
Member SIPC





FEBRUARY 2022



| | | | | |
|---|---|--|--|--|
| MO: meatless option <i>*contains pork</i> SF: sugar free NCS: no concentrated sugar | 1 - Tuesday Chili Baked Potato Cornbread Warm Cinnamon Spiced Apples Cookie MO: Veggie Chili NCS: SF Cookie | 2 - Wednesday Chicken a la King Brown Rice Capri Blend Broccoli Salad Fruit Cocktail Cake MO: Soy a la King NCS: SF Pudding | 3 - Thursday Traditional Meatloaf Yams Broccoli Chunky Applesauce MO: Black Bean Burger NCS: N/A | 4 - Friday – National Wear Red Day Lemon Dill Baked Fish Baked Potato Coleslaw Cake  MO: Hummus Wrap NCS: SF Jell-O |
| | 7 - Monday <i>*Pork Loin in Gravy</i> Mashed Potatoes Peas Mandarin Oranges Lemon Bar MO: Egg Salad NCS: SF Cookie | 8 - Tuesday Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Peaches Brownie MO: Marinara w/Soy NCS: SF Pudding | 9 - Wednesday National Pizza Day <i>*Italian Sausage</i> Roasted Potatoes Stewed Tomatoes Mandarin Orange Ice Cream  MO: Multigrain Burger NCS: SF Ice Cream | 10 - Thursday Chicken Broccoli Rice Casserole Carrots Chickpea Salad Tropical Fruit Loaf Cake MO: Veggie Chick'n Broccoli Rice Cass. NCS: SF Jell-O |
| 14 - Monday Valentine's Day Garlic Parmesan Chicken Stewed Tomatoes Spinach Casserole Peaches Fruit Crisp  MO: Veggie Chick'n in Garlic Parm. Sauce NCS: SF Cookie | 15 - Tuesday Beef Stew Biscuit Corn Chunky Applesauce Banana Bar MO: Veggie Stew NCS: Spiced Pears | 16 - Wednesday Sausage Veggie Egg Bake Fruit Cup Oven Roasted Potatoes Orange Juice Cinnamon Raisin Bread MO: Veggie Egg Bake NCS: N/A | 17 - Thursday Chicken Strips Steamed Brussels Sprouts Kidney Bean Salad Mixed Fruit Cookie MO: Veggie Chicken NCS: SF Cookie | 18 - Friday Pot Roast in Gravy Garlic Herb Mashed Potatoes Carrots Pineapple Tidbits Pumpkin Bar MO: Garden Burger NCS: SF Pudding |
| 21 - Monday Presidents' Day <i>*Ham/Potato Casserole</i> Peas Peaches Jell-O with Pears  MO: Soy Potato Cass. NCS: SF Jell-O | 22 - Tuesday Chicken and Gravy Over White bread Carrots Broccoli Juice Cookie MO: Veggie Chick'n in Gravy NCS: SF Cookie | 23 - Wednesday Sloppy Joe Potato Salad Mixed Vegetables Banana Cake MO: Chickpea Joe NCS: Pineapple Tidbits | 24 - Thursday National Chili Day Chicken Stew Mixed Greens Copper Penny Salad Applesauce Pudding  MO: Veggie Chick'n Stew NCS: SF Pudding | 25 - Friday <i>*BBQ Ribs</i> Cheesy Potatoes Pickled Beets Warm Spiced Pears MO: Multigrain Burger NCS: N/A |
| 28 - Monday Cheeseburger Calico Beans Potato Salad Fruit Cocktail Cookie MO: Black Bean Burger NCS: SF Cookie | Meals provided by: Dane County Consolidated Food Service  <i>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.</i>  | | | |

Salad Options for February 2022

February 1 - Chicken Salad

Mixed greens topped with cranberry chicken salad, tomatoes, and cucumbers

February 8 - Hummus Platter

Pita wedges, hummus, roasted vegetables, and mixed green garnish

February 15 - Chicken Cranberry Bacon Bleu Salad

Mixed greens topped with diced chicken, bacon crumble, dried cranberries, bleu cheese crumbles, and croutons



February 22 - Tuna Salad

Mixed greens topped with tuna salad, tomatoes, and cucumbers

Middleton Public Library will be at Middleton Senior Center 12:15-1:00 pm on **February 10**.

They will offer a small collection of material related to "Nomadland," which will be available to borrow. Bring your library card, or get one before the movie begins.

Dining Center

7

Guidelines

Are you age 60 or over?

- ◆ Please donate what you can afford
- ◆ Suggested minimum contribution is \$4 per meal

Are you under age 60?

...and do not meet the nutrition program eligibility guidelines, you are required to pay the total cost of the meal (\$9.07*).

Questions?

Please ask a staff member.

Vegetarian Option

We offer a vegetarian (meatless) option every day.

Please make a reservation two days before.

If you would like to join us for lunch, call 608-831-2373.

* Total cost includes: food, staff, transportation, and building expenses.

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers

SENIOR AFFORDABLE
APARTMENTS AVAILABLE
NOW!



Point Place Apartments

One Bedroom
\$733-\$897

Two Bedroom
\$933-\$1078



CALL NOW!

608-210-3250

POINTPLACE@COMMONBOND.ORG

7945 TREE LANE
MADISON, WI 53717

VOUCHER
HOLDERS
WELCOME



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

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

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com



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

City of Middleton, Middleton, WI

C 4C 01-2063



FoodShare

is a monthly benefit deposited on a debit-like card, the QUEST Card, to help with food purchases, freeing up money for bills, medications and other necessities. You or someone you care about may be eligible.

Eligibility is based on income and certain expenses, so you can own a home and car and even have a savings account.

You may qualify if your household's gross monthly income is less than...

| | |
|---|----------------|
|  | \$2,148 |
|  | \$2,904 |
|  | \$3,660 |
|  | \$4,418 |
| For each additional member add \$758 | |

Income guidelines are valid through September 2022



Applying is fast, easy, and confidential!

Call Julia **(608) 807-9006 OR**

Call the FoodShare Helpline **Toll-Free (877) 366-3635**

The FoodShare Helpline is a service of Feeding Wisconsin and its member food banks. These institutions are equal opportunity providers.

Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.

\$20 or more for groceries each month

Most people receiving Social Security are eligible—even if they have a small pension.

You receiving benefits does not take away from others. Everyone who is eligible and applies will get benefits.

Dane County COVID-19 Aging Network Status

As we close out another year of the pandemic and all the challenges associated with it, let's embrace a fresh new year and plan for more successes. In collaboration with Public Health Madison & Dane County (PHMDC), the Dane County Aging Network has worked hard to ensure older adults continue to live safely and independently in their homes—focusing our collective efforts to provide COVID-19 vaccinations and boosters while providing food and combating social isolation. The good news: as of this writing, 75.7% of older adults (age 65+) have received a booster shot or a third dose after being fully vaccinated. However, our challenges continue and thus our patience is running thin as the pandemic has lasted much longer than ever expected. Although the virus keeps evolving and new variants keep emerging (ex. Delta, Omicron), we have more tools to fight the variant today than ever before. With emerging strains of SARS-CoV-2, it is essential to get vaccinated, get your booster when eligible, and continue public health practices. As you begin participating in the recently opened Focal Point activities, please keep in mind vaccination combined with public health practices (such as wearing a mask, testing, and staying home when sick) can help stop the spread of COVID-19.

PHMDC and the Dane County Aging Network will continue to band together to fight this disease. Please stay the course and be patient—wear face masks and get your boosters!

The idea of coming together as one by summer brings new hope for all.

Sincerely,

Cheryl Batterman
Area Agency on Aging Manager
Dane County

Sridevi Mohan
Epidemiologist
Public Health Madison & Dane County





Potassium is a mineral in our body with an electrical charge, making it an electrolyte. It works with other minerals, such as calcium, chloride, sodium, and magnesium to regulate heart rhythm, PH balance, energy level, brain function, and the movement of nutrients into cells and waste out of cells.

The recommended intake level for potassium for all adults is 4,700 milligrams per day. Unfortunately, many people do not consume enough potassium. Because your body is not able to produce its own potassium, the safest and easiest way to increase potassium intake is through the foods you eat. While animal products, such as meat, poultry, fish, and dairy contain potassium, fruits and vegetables have the highest concentration of potassium per serving. Good fruit sources include bananas, apricots, citrus fruits, kiwi, and melons. Vegetables sources would include broccoli, peas, tomatoes, squash, and potatoes.

Interestingly, it is not only that people do not consume enough potassium that causes deficiencies. The vast majority of deficiencies are also caused by the body getting rid of too much potassium, with urination being the most common cause. While certain kidney disorders can result in the loss of too much potassium, healthy kidneys in aging adults will naturally decrease in function as part of the aging process. This often leads to increased urination and potassium deficiency. Water pills (often prescribed for high blood pressure and heart disease), diarrhea, vomiting, excess sodium, and excessive alcohol use are all possible causes of low potassium levels. Additionally, certain medications, such as insulin, certain steroids, and some antibiotics, can negatively affect the body's ability to absorb and use potassium.

If you are concerned that you may have a potassium deficiency, known as hypokalemia, you should talk with your doctor. To treat a deficiency, the root cause of the deficiency must be found and addressed. **It is vitally important to note that you should not take any type of supplement to increase potassium unless it is prescribed by your doctor. Too much potassium can be very dangerous and cause racing heart and heart palpitations.**

Películas Culturales Latinoamericanas

El Laberinto del Fauno

Viernes 18 de febrero a las 1:00

País: México Año: 2006 Duración: 118 min.

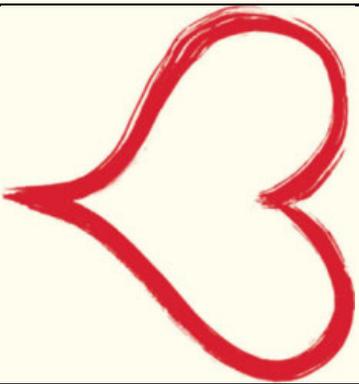
Dirección: Guillermo del Toro

Guion: Ivana Baquero, Ariadna Gil, Sergi Lopéz

Año 1944, posguerra española. Ofelia y su madre, Carmen, que está embarazada, se trasladan a un pequeño pueblo al que ha sido destinado el nuevo marido de Carmen, Vidal, un cruel capitán del ejército franquista por el que la niña no siente ningún afecto. La misión de Vidal es acabar con los últimos miembros de la resistencia republicana que permanecen escondidos en los montes de la zona. En la zona viven Mercedes, el ama de llaves, y el médico que se hace cargo del delicado estado de salud de Carmen. Una noche, Ofelia descubre las ruinas de un laberinto, y allí se encuentra con un fauno, una extraña criatura que le hace una sorprendente revelación: ella es en realidad una princesa, la última de su estirpe, y los suyos la esperan desde hace mucho tiempo. Para poder regresar a su mágico reino, la niña deberá enfrentarse a tres pruebas. desgracia.



Se requiere registro. Llame al 608-831-2373

11**Monday****Tuesday****Wednesday****Thursday****Friday**

| | | | | |
|--|--|---|--|---|
| | 1 | 2 | 3 | 4 |
| | <p>10:00 Mah Jongg-Bams</p> <p>10:00 Library Information</p> <p>10:30 Video Lecture</p> <p>11:30 Lunch</p> <p>11:45 BP Checks</p> <p>12:30 Open Cards</p> <p>12:30 Mah Jongg-Dots</p> <p>1:00 Casual Chess</p> <p>2:30 Tai Chi</p> | <p>9:00 Strength & Flexibility</p> <p>9:15 Social Seniors</p> <p>9:30 Al Anon</p> <p>10:00 Mystery Book Club</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch</p> <p>11:30 Foot Care</p> <p>1:00 Euchre</p> | <p>9:00 Middleton Jazz</p> <p>10:00 Cribbage</p> <p>10:00 ADAW Caregiver Support Group</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>12:30 Nimble Fingers</p> <p>12:30 Queen of Spades</p> <p>1:00 Stitches (online)</p> | <p>9:00 Strength & Flexibility</p> <p>9:00 Rummikub</p> <p>9:00 Scrabble</p> <p>10:00 Chair Yoga</p> <p>10:00 Doc Mordecai's Musical Mixture Elixir</p> <p>10:30 Video Lecture</p> <p>11:30 Lunch</p> <p>12:00 Poker</p> <p>12:30 Open Cards</p> <p>12:30 Pinochle</p> <p>1:00 Movie #1</p> |

| | | | | |
|--|---|--|--|--|
| 7 | 8 | 9 | 10 | 11 |
| <p>9:00 Carving</p> <p>9:00 Scrabble</p> <p>10:00 Bakery</p> <p>10:00 Cribbage</p> <p>10:00 Mary on Piano</p> <p>10:30 Chair Yoga</p> <p>11:15 AuerStone & The Warblers</p> <p>11:30 Lunch</p> <p>12:00 Silver Divas</p> <p>12:30 Open Cards</p> <p>12:30 Bridge</p> <p>12:30 Pinochle</p> <p>12:30 Wii Sports</p> | <p>10:00 Mah Jongg-Bams</p> <p>10:00 Knitting Demo</p> <p>11:30 Lunch</p> <p>11:45 BP Checks</p> <p>12:30 Open Cards</p> <p>12:30 Mah Jongg-Dots</p> <p>1:00 Mending</p> <p>1:00 Casual Chess</p> <p>2:30 Tai Chi</p> | <p>9:00 Strength & Flexibility</p> <p>9:30 Al Anon</p> <p>10:00 Doc Mordecai Musical Challenge</p> <p>10:30 Chair Yoga</p> <p>10:30 Essential Tremor Support Group (online)</p> <p>11:30 Lunch</p> <p>1:00 Euchre</p> <p>1:00 Foot Care</p> <p>1:00 SC Writing Group</p> | <p>9:00 Middleton Jazz</p> <p>10:00 Cribbage</p> <p>11:30 Lunch</p> <p>12:15 Middleton Library</p> <p>12:30 Open Cards</p> <p>12:30 Nimble Fingers</p> <p>12:30 Queen of Spades</p> <p>1:00 Movie #2</p> <p>1:00 Stitches (online)</p> | <p>9:00 Strength & Flexibility</p> <p>9:00 Rummikub</p> <p>9:00 Scrabble</p> <p>10:00 Chair Yoga</p> <p>10:00 Doc Mordecai's Music</p> <p>11:00 Gadget Guru</p> <p>10:30 Video Lecture</p> <p>11:30 Lunch</p> <p>12:00 Poker</p> <p>12:30 Open Cards</p> <p>12:30 Pinochle</p> <p>12:30 Dr. Mordecai's Musings</p> |

| | | | | |
|--|---|--|--|--|
| 14 | 15 | 16 | 17 | 18 |
| <p>8:00-4:00 Tax Appointments</p> <p>9:00 Carving</p> <p>9:00 Scrabble</p> <p>10:00 Bakery</p> <p>10:00 Cribbage</p> <p>10:00 Mary on Piano</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch</p> <p>12:00 Silver Divas</p> <p>12:30 Open Cards</p> <p>12:30 Bridge</p> <p>12:30 Pinochle</p> <p>12:30 Wii Sports</p> | <p>8:00 Newsletter Assembly</p> <p>10:00 Mah Jongg-Bams</p> <p>10:30 Video Lecture</p> <p>11:30 Lunch</p> <p>11:45 BP Checks</p> <p>12:30 Open Cards</p> <p>12:30 Mah Jongg-Dots</p> <p>12:30 Social Seniors</p> <p>1:00 Casual Chess</p> <p>2:30 Tai Chi</p> | <p>9:00 Strength & Flexibility</p> <p>9:30 Al Anon</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch</p> <p>1:00 Euchre</p> <p>1:00 Foot Care</p> <p>1:00 Stamp Camp with Terry</p> | <p>8:00-4:00 Tax Appointments</p> <p>9:00 Middleton Jazz</p> <p>10:00 Cribbage</p> <p>11:30 Lunch</p> <p>12:30 Open Cards</p> <p>12:30 Nimble Fingers</p> <p>12:30 Queen of Spades</p> <p>1:00 Stitches (online)</p> | <p>9:00 Strength & Flexibility</p> <p>9:00 Rummikub</p> <p>9:00 Scrabble</p> <p>10:00 Chair Yoga</p> <p>10:00 Doc Mordecai's Music</p> <p>10:30 Video Lecture</p> <p>11:00 Dane County Library Materials Delivered</p> <p>11:30 Lunch</p> <p>12:00 Poker</p> <p>12:30 Open Cards</p> <p>12:30 Pinochle</p> <p>1:00 Hispanic Cultures Movie</p> |

Class Registration and Payment Policies

- Middleton Senior Center will not prorate 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, and nonpayment will result in removal from the class list.
- Registration for classes begins two calendar days after the newsletter is mailed. Please consult the newsletter for specific class registration dates when available.
- 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. Minors 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.

Stepping Up Your Nutrition

Did You Know?

Malnutrition can cause muscle loss and dizziness and increase your risk of falls.

You may be at risk if you are: losing weight without dieting, not getting enough to eat, losing muscle strength, have two or more chronic conditions, or not drinking enough fluids.

Join us for a 2-hour virtual workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health



Identifying malnutrition risk among older adults is important.

- 1-in-2 older adults may be at risk for malnutrition
- Annual costs for disease-associated malnutrition are estimated at \$51.3 billion
- Although prevalent, malnutrition often goes unrecognized

Monday, March 14: 1:30-3:30 p.m.

Online via Zoom

Cost: FREE

Facilitator: Shannon Gabriel, RDN, CDN

Registered Dietitian Nutritionist & Healthy Aging Coordinator, Area Agency on Aging of Dane County

To Register Contact:

Shannon at 608-261-5678 or

Gabriel.Shannon@countyofdane.com

AVAILABLE FOR
A LIMITED TIME!

ADVERTISE HERE NOW!

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



It doesn't just feel like it.

It is *home.*

A new phase of life sometimes means moving to a new address. Even though it's a different place, it still has the comforts of your home with people who care about you.

► Come join our family.
Call **(844) 543-4142.**

Brookdale Madison West
Brookdale Middleton Stonefield
Brookdale Middleton Century Avenue
Brookdale Sun Prairie

©2019 Brookdale Senior Living Inc. All rights reserved. BROOKDALE SENIOR LIVING and BRINGING NEW LIFE TO SENIOR LIVING are the registered trademarks of Brookdale Senior Living Inc.



Bringing New Life to Senior Living®



brookdale.com

SUPPORT OUR
ADVERTISERS!



villa
at Middleton Village

Offering quality post-acute and long-term care. Tour today!

608.831.8300 | 6201 Elmwood Ave. | Middleton, WI 53562



**SUPPORT THE
ADVERTISERS**
*that Support
our Community!*



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

City of Middleton, Middleton, WI

D 4C 01-2063

SERVICES & SUPPORT

Al-Anon

Every Wednesday at 9:30

ADAW Caregiver Support Group

First Thursday (February 3) at 10:00

Dementia Support Meeting: For caregivers of loved ones with Alzheimer's or other dementia. Share support and help navigate the course of the disease.

Email if you have questions: niebjan@yahoo.com

Blood Pressure Screenings

Every Tuesday at 11:45

No appointment needed.



Caregiver Support Group

Last Thursday (February 24) at 10:00

Registration required

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



Senior Center Case Management Services

Contact us if you are in need of case management services. Call **608-831-2373** for an appointment. This is a free service, but donations are always welcome.

Dane County Library Materials

Third Friday (February 18) morning (11:00-ish?)

Delivered to Middleton Senior Center.

eReader Assistance

Fourth Tuesday (February 22) - 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.



Essential Tremor/Dystonia Support Group

Wednesday, February 9 at 10:30

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



FREE

Free Undergarments

We received a donation in the form of numerous packages of undergarments (similar to Depends), so we are going to be passing along as many as we can to anybody who needs them. Call **608-831-2373** to find out what is available.

Foot Care

Every Wednesday beginning at 1:00



Cheryl Franz (Registered Nurse of Franz Foot Care) and Middleton Senior Center offer foot care several times each month. The cost is \$20 for regular, \$25 for diabetic, and \$10 for hands. This service is **NOT** covered by Medicare. For an appointment, call **608-831-2373**.

Note: Please bring 2 hand towels with you.

Gadget Guru Appointments

Second and Fourth Friday (Feb. 11 & 25) at 11:00

Dave, our gadget guru, is available to assist you with your devices, cell phones, tablets, electronic readers or laptops. Call **608-831-2373** to schedule an appointment.

Home Delivered Meals

You may qualify for home delivered meals (aka Meals on Wheels). Call one of our case managers at **608-831-2373** to learn more.

Loan Closet

Medical equipment available to borrow:

- Walkers
- Canes
- Crutches
- Wheelchairs
- Transport chairs
- Knee scooters
- Unopened incontinence products



We accept donations of items from the above list as well.

Mending

Every Other Tuesday (February 8 & 22)

Appointments beginning at 1:00.

Rides for Medical Appointments

RSVP's Driver Escort Program is up and running again! There are some new policies in place for drivers and riders due to the pandemic, including proof of vaccination for both drivers and riders.

Please contact us with questions and to schedule a ride as needed and available. **Please call at least three business days before a ride is needed.**

Note: Because of the limited number of drivers currently available, we can honor only 2 rides per person per week.

noel manor & *noel manor*
 RETIREMENT LIVING THE LEGACY

**INDEPENDENT, ASSISTED LIVING
 & CLOSER CARE CAMPUS**

Our mission is to take care of our loved ones with compassion and grace.



Call For A Tour 608-620-6010

471 Prairie Way Blvd. • Verona, WI
 608-620-6010 • noelmanorliving.com



Custom
 Care
 Plan

Free
 Assessment

Visits from 3
 hours to
 24/7



Age in place with the help of

Visiting Angels
608-819-0665

www.VisitingAngels.com/MadisonWI



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

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021



8309 Greenway Blvd,
 Ste 100, Middleton
 608-836-7220

info@midwestopenmri.com
www.facebook.com/Midwest-Open-Mri

Is the thought of an MRI keeping you up at night?
 Midwest Open MRI is the only "true" open MRI scanning solution
 Celebrating over 20 years of serving patients
 in Greater Dane County since 1999!
 Find out what makes us so special!
www.MidwestOpenMRI.com



**Fitchburg Family
 Pharmacy**

ALL INSURANCES ACCEPTED:

GHC, Humana, Express Scripts,
 Quartz, Navitus, Forward Health
 and all Medicare D Plans.

3050 Cahill Main Street, #6
 (Corner of High Ridge Tr. and Fish Hatchery Rd.)

- **Shingrix Available Now**
- **Free Home Delivery**
- **Weekly Medication Packaging**

**BECOME PART OF THE FAMILY,
 NOT JUST ANOTHER CUSTOMER.**



WhatAGreatPharmacy.com

(608) 274-3784

Insurance Accepted
 Discount Pricing

advertis 12/14/16



**Cardinal View
 SENIOR LIVING**
...because the journey matters

**Opening
 September
 2021**

Welcome home to 55+ luxury living.

3820 Tribeca Drive
 Middleton

Reserve your apartment today!

6808 University Ave, Suite 100
 Middleton

608.820.8325

cardinalviewseniorliving.com



Independent Plus | Assisted Living | Memory Care



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

City of Middleton, Middleton, WI

E 4C 01-2063

16

Library Information

Tuesday, February 1 at 10:00

Free!

Amy Perry, Community Engagement Librarian of Middleton Public Library, and Mary Driscoll, Outreach Librarian of Dane County Library Service, will be stopping by Middleton Senior Center. Amy and Mary (who are really cool and a lot of fun!*) will talk about free library services that are available for seniors. Keep up with what the latest happenings are at Middleton Public Library and new "not to be missed books." There might even be candy!



Call **608-831-2373** to register.

* 4 out of 5 dentists agree.



Video Lecture Series:

The Renaissance, the Reformation, and the Rise of Nations

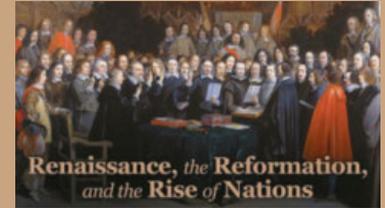
Fridays at 10:30

March 4 - July 1

36 lectures - 2 lectures/week

Cost: \$25 (\$25 for optional transcript)

Registration Deadline: February 14 (February 4 if ordering a transcript)



In this course, you will explore the political, social, cultural, and economic revolutions that transformed Europe between the arrival of the Black Death in the 14th century and the onset of the Age of Enlightenment in the 18th century.

Registration required. Call 608-831-2373

Video Lecture Series:

Earth at the Crossroads

Tuesdays at 10:30

February 15 - June 14

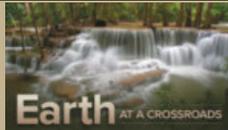
36 lectures - 2 lectures/week

Cost: \$25 (\$25 for optional transcript)

Registration Deadline: March 3 (February 21 if ordering a transcript)

In this compelling 36-lecture course, behavioral ecologist Eric G. Strauss of Boston College provides a comprehensive overview that is a hallmark of the study of ecology. Professor Strauss investigates the remarkably complex workings of Earth's biosphere and explores the myriad forces that shape the world's habitats.

Registration required. Call 608-831-2373



Movie #1

Sling Blade (1996)

Friday, February 4 at 1:00

R, Drama, 2h 15m

Billy Bob Thornton, Dwight Yoakam, J. T. Walsh, John Ritter, Lucas Black, Natalie Canerday, James Hampton

Karl Childers, a simple man hospitalized since his childhood murder of his mother and her lover, is released to start a new life in a small town.

Registration required. Call 608-831-2373



Movie # 3

Respect (2021)

Friday, February 25 at 1:00

PG-13, Biography, Drama, 2h 25m

Jennifer Hudson, Forest Whitaker, Marlon Wayans, Tituss Burgess

Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, RESPECT is the remarkable true story of the music icon's journey to find her voice.

Registration required. Call 608-831-2373



Movie #2 - Encore! (x4)

Nomadland (2021)

Thursday, February 10 at 1:00

R, Drama, 1h 47m

Frances McDormand, Gay DeForest, Patricia Grier, Linda May

A woman in her sixties who, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad.

Registration required. Call 608-831-2373



Strength & Flexibility

Cost: \$60 (or \$110 for both days)

Instructor: Paul Novak

Class Limits: 8-12 participants

No classes Mar. 30 and Apr. 1



Wednesday (Mar. 2 - Apr. 27) and Friday (Mar. 4 - Apr. 29) at 9:00

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: 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.

Strong Spirits Chair Yoga

Cost: \$55 each, \$90 for two, and \$125 for all three

Class Limits: 8-12 participants

Instructor: Sue Carpenter, RYT, Certified Yoga for Arthritis Instructor



Mondays at 10:30 (Feb. 14 - Mar. 28)

Wednesdays at 10:30 (Feb. 16 - Mar. 30)

Fridays at 10:00 (Feb. 18 - Apr. 1)

If you are new to chair yoga, please arrive 15 minutes early.

Chair yoga is for those wanting to continue to increase balance and strength, and for those living with arthritis, chronic pain, or stiffness. It is also a safe, gentle way to increase flexibility, strength, and range-of-motion. Breath, movement, and mindful transitions are used to explore simple seated and standing postures. **Class can be done completely seated, as well as having the option to explore standing poses.** Guidance and modifications are offered in order to address the unique abilities and strengths of each person. Class ends with guided relaxation.

Tai Chi for Beginners

Cost: \$25 **Tuesdays at 2:30, Mar. 1 - Apr. 26 (except Mar. 15 & April 19, 7 classes)**

Certified Instructor: Bob Harrington **Class Limits:** 5-11 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.

Line Dance

Classes will resume in the coming months.

In the meantime, feel free to review their videos on YouTube...



<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.

18 Don't Let the **FLU** Bug You!




Protect yourself and those around you this season

GET YOUR FLU SHOT TODAY

No February Primary

Because no office had enough candidates to require a primary election, there won't be a primary election on February 15th. Our next election will be the Spring Election, April 5, 2022. There also are some changes in Middleton's polling places since the last election. You can find your polling place at <https://www.Myvote.wi.gov>



Bringing the Fun to You!



Middleton Senior Center has partnered with Middleton Public Library to deliver free books, magazines, and DVDs to anyone who is interested. Note: these items do NOT need to be returned.

Transportation

Transportation options to Middleton residents each week are listed below. You MUST contact the senior center at **608-831-2373** no less than 3 days 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. A person who is unable to make a donation will NOT be denied a ride for this service. These times are tentative and may vary depending on the route and number of people who participate.



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 Camela, our Volunteer Coordinator, at **608-662-0827**. She will ask you a few questions about what you enjoy reading and/or watching, and this information will be passed along to library staff. They will do their best to find materials for you.

Bus Schedule

| Day | Destination | Departure Pick Up | Return Pick Up |
|--|--------------------------------------|-------------------|----------------|
| Monday—Friday | 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 | Middleton Pick 'N' Save & Walgreens | 11:30 | 1:00 |
| Every Wednesday | Junction Road Pick 'N' Save & Target | 11:30 | 1:00 |
| Every Thursday | Middleton Outreach Ministry | 11:45 | 1:15 |

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



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

All are welcome here.

TODOS SON BIENVENIDOS AQUI.

جميع هي موضع ترحيبه نا.

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

1st Wednesday (Feb. 2) at 10:00

Upcoming Books:

February 2: "A Study in Scarlet Women" by Sherry Thomas

March 2: "Hostage" by Clare Mackintosh

April 6: "The Crossing Places" by Elly Griffiths

Senior Center Writing Group

2nd Wednesday (Feb. 9) at 1:00

At Middleton Senior Center

A group of creative seniors that writes about topics in many writing styles. This group of thriving writers meets on 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. Joyce Waldorf will be leading in February, and the topics for outside writing will be:

1. Five things (or more) that have changed during your lifetime.
2. Take a nursery rhyme & embellish it.
3. Write your own obituary.
4. Tell about some of the experiences you've had with your children.

If you are interested in joining the group, contact Joyce Waldorf at **608-833-0159**.

Stuff We Need

- Sponsor entertainment or a program (average cost is \$175)
- One Lombardi Trophy (used is okay)
- Your ideas!

More Trips to Come in 2022?

Stay tuned...



Creating

Nimble Fingers

Thursday at 12:30

Sharing and working on projects...

Through the creative efforts of Nimble Fingers, many local charities receive comforting lap robes, shawls, blankets and other needed items.

Please join us!

Puzzles

Any time

Stitchers

Thursday at 1:00 (online)

Wood Carving

Monday at 9:00



Social Seniors

February 2 - 9:15

Breakfast planning meeting at HyVee on Whitney Way

February 15 - 12:30

White Elephant Bingo at Middleton Senior Center - bring a wrapped gift!

February 22 - 12:30

Lunch at Sport Bowl

All are welcome!

Call **608-831-2373** to register.



Newsletter Assembly

February 15 at 8:00

Bakery Distribution

Monday at 10:00



Weekly Cards and Games

Bridge: Monday at 12:30

Casual Chess: Tuesday at 1:00

Cribbage: Mon. & Thu. at 10:00

Euchre: Wednesday at 1:00

Mah Jong - Bams - Beginners

Tuesday at 10:00

Mah Jongg - Dots: Tuesday at 12:30

Mexican Train Dominoes:

Thursday at 1:00

Open Cards: 12:30, except Wed.

Pinochle: Monday & Friday at 12:30

Poker: Friday at 12:00

Queen of Spades: Thur. at 12:30

Rummikub: Friday at 9:00

Scrabble: Monday & Friday at 9:00

Silver Divas Bridge Group:

Monday at 12:00

Wii Sports: Monday at 12:30

Learnin'

Coffee and the Economy:



No meeting in February

Discussion about market updates

Dr. Mordecai's Marvelously Mysterious Mental Musings:



Friday (Feb. 11 & Mar. 4) at 12:30

Exploration of interesting topics concerning the human brain.

Music



AuerStone & The Warblers - February 7 at 11:15

Doc Mordecai's Musical Mixture Elixir - Friday at 10:00

Mary on Piano - Monday at 10:00

Middleton Jazz Band - Thursday at 9:00

Robert on Piano - Monday at 11:15

MIDDLETON



SENIOR CENTER

7448 Hubbard Avenue
Middleton, WI 53562
Phone: (608) 831-2373
Fax: (608) 831-4923

Find us on:
facebook

Accredited by 
National Institute of Senior Centers

ADDRESS SERVICE REQUESTED

PRSR STD
U.S. POSTAGE
PAID
MADISON, WI
PERMIT NO. 4003

Planned Giving / Leave a Legacy

Endowment Donation Form

Name _____

Address _____

Amount _____

Please make check out to: "The Middleton Senior Center Fund."

Donations can be mailed or dropped off at the senior center front desk.

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.

Middleton Senior Center Accepts Gifts in Three Ways

The Endowment Fund

Held by the Madison Community Foundation

The Future Fund

Used for Senior Center equipment needs or to expand and update programs and activities.

The Friendship Fund

Distributed directly to older adults in need, at the discretion of senior center staff. Scholarships can also be awarded from this fund.

