



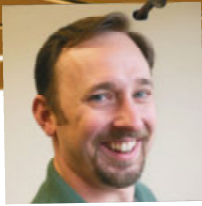
The Senior Sentinel

March 2022

SPRING IS IN THE AIR!

FREE!

\$20



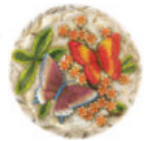
History of Baseball

Thursday, March 31 at 12:30, FREE!

Our guest speaker is Ron Lindow, who will share his passion for the rich and storied history of baseball, from its earliest days to how it is played today.

Another passion of Ron's is home health care, so he should be able to answer any questions you may have.

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



Spring Garden Stone Class

Wednesday, March 30 at 1:30, \$20

From Tammy Derrickson: "Looking for a small activity to get out of the house? Make your own garden stone, and have some Spring decorating fun. Each participant will get their own kit that includes a mold that you can take with you to create additional stones at home. Participants will work from three suggested designs or create their own in this fun class. The best part is the fun you'll have seeing how creative the other participants are with their project. No two stones ever turn out alike. You'll enjoy placing this in your garden this summer and the fact that you made it. Don't have a garden? No problem, give it as a gift to someone who does, and they will love it! If your tired of looking at the four walls this class is for you. We are keeping the class very small with only five participants, and everyone will be socially distanced. Masks are required."

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

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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.

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. These items do **NOT** need to be returned.



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.

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!

Calling All Poker Players!

3

Our Friday afternoon (12:00-3:00-ish) poker group is hoping to add some new victims 😊 players to the mix. It's dealer's choice, so there is likely to be more than one flavor available.

Registration is not required, but a strong desire to have a good time is.



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 your reservation.



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Call **Jasmine** for the details.

I look forward to meeting you!

(608) 836-8900



Middleton Glen



4 Video Lecture Series:

Earth at the Crossroads



Tuesdays at 10:30

February 15 - June 14

36 lectures - 2 lectures/week

Cost: \$25

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

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: March 3 (February 21 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

Doc Mordecai Musical Challenge

Wednesday, March 9 at 10:00

Free!

It's now March, which means March Madness is here. Perfect. This month's category: Movies and Musicals Part 2. Just like last month only different. Doc plays a theme on the keyboard. Listeners guess the movie or musical that it's from and other pertinent information. Bring popcorn. Show us what you've got. Take the challenge! I double-dare you.



Call 608-831-2373 to register.

Movie #1

Cruella (2021)

Friday, March 11 at 1:00

PG-13, Adventure, Comedy, 2h 14m

Emma Stone, Emma Thompson, Joel Fry, Paul Walter Hauser, John McCrea, Emily Beecham



A live-action prequel feature film following a young Cruella de Vil., from Dodie Smith's 1956 novel "101 Dalmatians."

Registration required. Call 608-831-2373

Middleton Public Library will be at Middleton Senior Center 12:15-1:00 pm on March 11. They will offer a small collection of material related to "Cruella," which will be available to borrow. Bring your library card or get one before the movie begins.

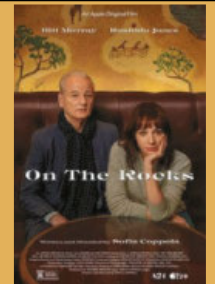
Movie #2

On the Rocks (2021)

Tuesday, March 15 at 1:00

R, Comedy, Drama, 1h 36m

Bill Murray, Rashida Jones, Marlon Wayans, Jessica Henwick, Jenny Slate, Liyanna Muscat



A young mother reconnects with her larger-than-life playboy father on an adventure through New York.

Registration required. Call 608-831-2373

Movie #3

Moon (2009)

Friday, March 25 at 1:00

R, Drama, Mystery, Sci-Fi, 1h 37m

Sam Rockwell, Kevin Spacey, Dominique McElligott, Rosie Shaw



Astronaut Sam Bell has a quintessentially personal encounter toward the end of his three-year stint on the moon, where he works alongside his computer GERTY.

Registration required. Call 608-831-2373

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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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City of Middleton, Middleton, WI

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MARCH 2022



MO: meatless option *contains pork SF: sugar free NCS: no concentrated sugar	1 - Tuesday National Pig Day *Meatballs in Marinara Over Penne 4 Bean Salad Peaches Brownie  MO: Veggie Meatballs NCS: SF Pudding	2 - Wednesday Fish Sandwich Yams Peas Pears Loaf Cake MO: Black Bean Burger NCS: SF Cookie	3 - Thursday Rustic Tomato Bean Soup Caesar Salad Pineapple Jell-O MO: Veggie Tomato Bean Soup NCS: SF Jell-O	4 - Friday Bone-in BBQ Chicken Baked Potato Banana Apple Pie Bar MO: Veggie BBQ Chick'n NCS: Cinn. Applesauce
7 - Monday	8 - Tuesday	9 - Wednesday	10 - Thursday National Popcorn Day	11 - Friday
Chicken a la King Brown Rice Capri Blend Broccoli Salad Fruit Cocktail Cookie Bar MO: Soy a la King NCS: SF Jell-O	Roast Turkey in Gravy Cranberry Stuffing 3 Beans Salad Yam Bake Pears Frosted Pumpkin Bar MO: Veggie Chick'n in Gravy NCS: Pineapple	Chili Baked Potato Cornbread Warm Cinnamon Spiced Apples Cookie MO: Veggie Chili NCS: SF Pudding	Traditional Meatloaf Baked Potato Casserole Broccoli Applesauce  MO: Garden burger NCS: N/A	Lemon Dill Baked Fish Baked Potato Coleslaw Loaf Cake MO: Multigrain Burger NCS: SF Cookie
14 - Monday National Pi Day	15 - Tuesday	16 - Wednesday	17 - Thursday St. Patrick's Day	18 - Friday
*Pork Loin in Gravy Mashed Potatoes Peas Mandarin Oranges Fruit Crisp  MO: Veggie Meatballs NCS: Applesauce	Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Peaches Brownie MO: Marinara Sauce with Soy NCS: SF Cookie	Chicken Broccoli Rice Cass. Carrot Coins Chickpea Salad Tropical Fruit Loaf Cake MO: Veggie Chick'n Broccoli Rice Cass. NCS: SF Jell-O	Corned Beef Carrots and Cabbage Roasted Potatoes Fruit Cup Cookie  MO: Black Bean Burger NCS: SF Cookie	*Meatballs in Gravy Mashed Potatoes Mixed Greens Mixed Fruit Pudding Cup MO: Veggie Meatballs NCS: SF Pudding
21 - Monday	22 - Tuesday	23 - Wednesday	24 - Thursday	25 - Friday
Garlic Parm. Chicken Stewed Tomatoes Spinach Casserole Peaches Lemon Bar MO: Veggie Garlic Parm. Chick'n NCS: SF Pudding	Beef Stew Biscuit Corn Chunky Applesauce Banana Bar MO: Veggie Soy Stew NCS: Banana	Sausage Veggie Egg Bake Fruit Cup Oven Roasted Potatoes Orange Juice Cinn. Raisin Bread MO: Veggie Egg Bake NCS: N/A	Chicken Strips Steamed Brussels Sprouts Kidney Bean Salad Mixed Fruit Cookie MO: Veggie Chick'n NCS: SF Cookie	Pot Roast in Gravy Mashed Potatoes Carrots Pineapple Tidbits Frosted Pumpkin Bar MO: Garden Burger NCS: Peaches
28 - Monday - Respect Your Cat Day	29 - Tuesday	30 - Wednesday	31 - Thursday	Senior Dining
*Ham and Potato Casserole Peas Peaches Jell-O with Pears  MO: Soy Potato Cass. NCS: SF Jell-O	Chicken and Gravy Over White bread Carrots Broccoli Orange Juice Cookie MO: Veggie Chick'n and Gravy NCS: SF Cookie	Sloppy Joe Potato Salad Mixed Vegetables Banana Loaf Cake MO: Chickpea Joe NCS: SF Pudding	*BBQ Ribs Cheesy Potatoes Pickled Beets Warm Spiced Pears MO: Black Bean Burger NCS: N/A	 

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.

Salad Options for March 2022

March 1 - Chicken Salad

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

March 8 - Hummus Platter

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

March 15 - Chicken Cranberry Bacon Bleu Salad

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

March 22 - Tuna Salad

Mixed greens topped with tuna salad, tomatoes, and cucumbers

March 29 - Harvest Salad

Mixed greens topped with beets, garbanzo beans, cucumber, red onion, and feta



Dining Center

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.



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

Casual Chess

Tuesdays — 1:00-3:00

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.



A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall



Stepping On has been researched and proven to reduce falls by 30%!

Middleton Senior Center
7448 Hubbard Ave., Middleton

Fridays, April 15 – May 27 from 9am – 11am

Cost: \$35 for workshop series (includes healthy snack and handouts)

To Register, contact the Middleton Senior Center at (608) 831-2373



A person with a COVID booster is less likely than an unvaccinated person to test positive, be hospitalized, and die from COVID.

Unvaccinated **7 times more likely** to test positive compared to boosted



Unvaccinated **57 times more likely** to be hospitalized compared to boosted



Unvaccinated **58 times more likely** to die compared to boosted



Data from December 2021
Source: Data snapshot, 1/20/2022
publichealthmdc.com/coronavirus

Survey, Pandemic Style (yeah, still...) - 2022

Please tell us how we're doing. Your feedback is what lets us know how to make the senior center better for everyone. Note: if we don't get enough responses, there is a very real chance that "Uncut Gems" will be shown again. 😊

Questions #1 and #2 are related to our handling of the pandemic:

1) What have we done well?

2) What can we do better?

Questions #3 and #4 are related to the times before and after (some day, right?) the pandemic:

3) What have we done well?

4) What can we do better?

Please return surveys to: Middleton Senior Center, 7448 Hubbard Ave., Middleton, WI 53562. Thank you!

Upcoming Election

Our next election is coming up soon - **Tuesday April 5, 2022**. You can check your voter registration, see your ballot (usually 21 days before the election), and find your polling place at the Myvote website <https://myvote.wi.gov>. Key dates for the election are:



Wednesday March 16, 2022, is the last day to register to vote by mail or online at the Myvote website. You can also register to vote in person at the polls on Election Day or in person at the clerk's office until 5:00 p.m. **Friday April 1, 2022**. You must provide proof of residence to register.


Thursday March 31, 2022, at 5 p.m. is the last day to **request an absentee ballot** by mail or online at the Myvote website. The last day to request an absentee ballot in person at the clerk's office is 5:00 p.m. **Friday April 1, 2022**. You must provide an acceptable photo ID when requesting an absentee ballot if one is not already on file at your clerk's office. Indefinitely-confined voters do not need to provide a photo ID when requesting an absentee ballot.

Tuesday April 5, 2022, Election Day is the last day to return absentee ballots by mail. Hand-delivered ballots must be returned to the clerk's office by 4:30 p.m. on Election Day or to your polling place by 8:00 p.m. The City of Middleton Drop Box (in the Library parking lot) is closed on Election Day.

Friday April 1, 2022, Early In-Person Voting in the clerk's office ends. Contact the Middleton City Clerk for hours and dates of Early In Person Voting.

For additional information, call the Middleton City Clerk (**608-821-8350**), the Wisconsin Elections Commission Helpline (**866-868-3947**) or the Dane County Voter ID Coalition Helpline (**608-285-2141**).

VOTE! VOTE! VOTE! VOTE! VOTE!

21 8:00-4:00 Tax Appointments 9:00 Carving 9:00 Scrabble 9:00 Spanish 9:30 Bakery 10:00 Cribbage 10:00 Mary on Piano 10:30 Chair Yoga 11:30 Lunch 12:00 Silver Divas 12:30 Open Cards 12:30 Bridge 12:30 Pinochle 12:30 Wii Sports 4:00 Commission on Aging	22 9:00 Spanish 9:00 eReader Appointments 10:00 Mah Jongg-Bams 10:30 Video Lecture 11:30 Lunch 11:45 BP Checks 12:30 Open Cards 12:30 Mah Jongg-Dots 1:00 Casual Chess 1:00 Mending 1:00 Genealogy 2:30 Tai Chi	23 9:00 Strength & Flexibility 9:30 Al Anon 10:30 Chair Yoga 11:30 Lunch 12:30 Puzzles & Podcasts 1:00 Euchre 1:00 Foot Care 1:00 Spanish	24 8:00-4:00 Tax Appointments 9:00 Middleton Jazz 10:00 Cribbage 11:30 Lunch 12:30 Open Cards 12:30 Nimble Fingers 12:30 Queen of Spades 1:00 Stitches (online)	25 9:00 Strength & Flexibility 9:00 Rummikub 9:00 Scrabble 10:00 Chair Yoga 10:00 Doc Mordecai's Music 10:30 Video Lecture 11:00 Gadget Guru 11:30 Lunch 12:00 Poker 12:30 Open Cards 12:30 Pinochle 1:00 Movie #3
28 8:00-4:00 Tax Appointments 9:00 Carving 9:00 Scrabble 9:00 Spanish 9:30 Bakery 10:00 Cribbage 10:00 Mary on Piano 10:30 Chair Yoga 11:30 Lunch 12:00 Silver Divas 12:30 Open Cards 12:30 Bridge 12:30 Pinochle 12:30 Wii Sports	29 9:00 Spanish 10:00 Mah Jongg-Bams 10:30 Video Lecture 11:30 Lunch 11:45 BP Checks 12:30 Open Cards 12:30 Mah Jongg-Dots 1:00 Casual Chess 2:30 Tai Chi	30 9:30 Al Anon 10:30 Chair Yoga 11:30 Lunch 1:00 Euchre 1:00 Foot Care 1:00 Spanish	31 8:00-4:00 Tax Appointments 9:00 Middleton Jazz 10:00 Cribbage 10:00 Caregiver Support Group 10:00 Social Seniors 11:30 Lunch 12:30 Open Cards 12:30 Nimble Fingers 12:30 Queen of Spades 1:00 Stitches (online)	

**Middleton Senior Center Closes for Severe Weather When
Middleton-Cross Plains Schools Close.**

Once a decision is made, it is posted on the local TV and radio stations. The announcements will state the Middleton-Cross Plains Schools are closing. It will not state that Middleton Senior Center is closing, but when the Middleton-Cross Plains Schools are closed Middleton Senior Center is also closed.

In the event Middleton Senior Center is closed, all classes and activities scheduled at this location are cancelled and meals are not delivered.

Middleton Senior Center will make every attempt to reschedule any programs or classes cancelled due to the weather.

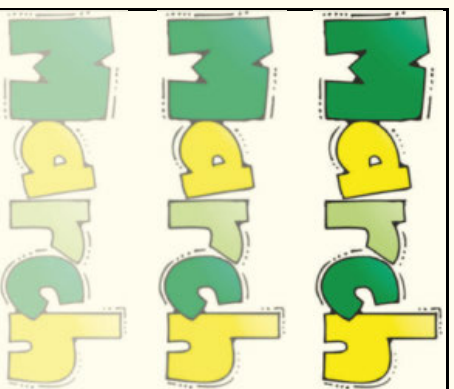
01



**WEBSITE: We use
cookies to improve
performance.**

ME: Same.

11

MondayTuesdayWednesdayThursdayFriday

1	9:00 Spanish 9:00 Social Seniors 10:00 Mah Jongg-Bams 10:30 Video Lecture 11:30 Lunch 11:45 BP Checks 12:30 Open Cards 12:30 Mah Jongg-Dots 1:00 Casual Chess 2:30 Tai Chi	2	9:00 Strength & Flexibility 9:30 Al Anon 10:00 Mystery Book Club 10:30 Chair Yoga 11:30 Lunch 11:30 Foot Care 1:00 Euchre 1:00 Spanish	3	8:00-4:00 Tax Appointments 9:00 Middleton Jazz 10:00 Cribbage 10:00 ADAW Caregiver Support Group 11:30 Lunch 12:30 Open Cards 12:30 Nimble Fingers 12:30 Queen of Spades 1:00 Stitchers (online)	4	9:00 Strength & Flexibility 9:00 Rummikub 9:00 Scrabble 10:00 Chair Yoga 10:00 Doc Mordecai's Musical Mixture Elixir 10:30 Video Lecture 11:30 Lunch 12:00 Poker 12:30 Open Cards 12:30 Pinochle 12:30 Dr. Mordecai's Musings
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7 8:00-4:00 Tax Appointments	9:00 Scrabble 9:00 Spanish 9:30 Bakery 10:00 Cribbage 10:00 Mary on Piano 10:30 Chair Yoga 11:15 AuerStone 11:30 Lunch 12:00 Silver Divas 12:30 Open Cards 12:30 Bridge 12:30 Pinochle 12:30 Wii Sports	8	9:00 Spanish 10:00 Mah Jongg-Bams 10:30 Video Lecture 11:30 Lunch 11:45 BP Checks 12:30 Open Cards 12:30 Mah Jongg-Dots 1:00 Casual Chess 1:00 Mending 1:00 Genealogy 2:30 Tai Chi	9	9:00 Strength & Flexibility 9:30 Al Anon 10:00 Doc Mordecai Musical Challenge 10:30 Chair Yoga 10:30 Essential Tremor Support Group (online) 11:30 Lunch 1:00 Euchre 1:00 Foot Care 1:00 Spanish 1:00 SC Writing Group	10	8:00-4:00 Tax Appointments 9:00 Middleton Jazz 10:00 Cribbage 11:30 Lunch 12:30 Open Cards 12:30 Nimble Fingers 12:30 Queen of Spades 1:00 Stitchers (online)	11	9:00 Strength & Flexibility 9:00 Rummikub 9:00 Scrabble 10:00 Chair Yoga 10:00 Doc Mordecai's Music 10:30 Video Lecture 11:00 Gadget Guru 11:30 Lunch 12:00 Poker 12:15 Middleton Library 12:30 Open Cards 12:30 Pinochle 1:00 Movie #1
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14	8:00-4:00 Tax Appointments 9:00 Carving 9:00 Scrabble 9:00 Spanish 9:30 Bakery 10:00 Cribbage 10:00 Mary on Piano 10:30 Chair Yoga 11:30 Lunch 12:00 Silver Divas 12:30 Open Cards 12:30 Bridge 12:30 Pinochle 12:30 Wii Sports	15	8:00 Newsletter Assembly 9:00 Spanish 10:00 Mah Jongg-Bams 10:00 Social Seniors 10:30 Video Lecture 11:30 Lunch 11:45 BP Checks 12:30 Mah Jongg-Dots 1:00 Casual Chess 1:00 Movie #2	16	9:00 Strength & Flexibility 9:30 Al Anon 10:30 Chair Yoga 11:30 Lunch 1:00 Euchre 1:00 Foot Care 1:00 Spanish 1:00 Stamp Camp with Terry	17	8:00-4:00 Tax Appointments 9:00 Middleton Jazz 10:00 Cribbage 11:30 Lunch 12:30 Open Cards 12:30 Nimble Fingers 12:30 Queen of Spades 1:00 Stitchers (online) 1:30 Ageless Grace Demo	18	9:00 Strength & Flexibility 9:00 Rummikub 9:00 Scrabble 10:00 Chair Yoga 10:00 Doc Mordecai's Music 10:30 Video Lecture 11:00 Dane County Library Materials Delivered 11:30 Lunch 12:00 Poker 12:30 Open Cards 12:30 Pinochle 1:00 Hispanic Cultures Movie
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Puzzles & Podcasts

Fourth Wednesday (March 23) — 12:30-1:30

Join staff from Middleton Public Library on the fourth Wednesday of every month **beginning March 23** for the new Puzzles and Podcasts program. Enjoy a variety of large-piece puzzles - either solo or with others - while listening to fun podcasts. Puzzles will be provided.

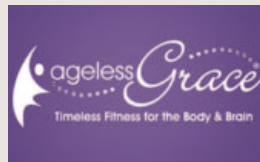
If you've been curious about podcasts, this a great way to find out what they are.



Registration required. Call 608-831-2373

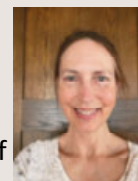
Free Demonstration - Ageless Grace

Thursday, March 17 at 1:30



Coming soon is a free introduction to Ageless Grace, a fitness and wellness program based on the cutting-edge science of neuroplasticity (the ability to

change the form and function of the brain). Ageless Grace is a seated exercise program making it accessible to anyone of any age or ability. It engages the body and the brain through the use of 21 Simple Tools for Lifelong Comfort and Ease, developed by Denise Medved. These activities are done to a great mix of music and utilize fun, experimentation, imagination, and spontaneity. To put the practice of Ageless Grace in a nutshell: "We don't stop playing because we get old; we get old because we stop playing." -George Bernard Shaw (1856-1950), Irish Author and Playwright. Don't stop playing!!



Certified Instructor: 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!

Registration required. Call 608-831-2373

Stamp Camp with Terry

Wednesday, Mar. 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 six cards and envelopes.

Supplies you need to bring: scissors and an adhesive.

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



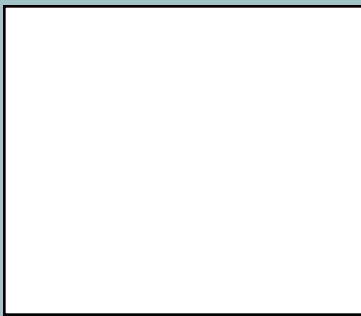
Volunteer Opportunities

Gardening Group - Spring is hopefully around the corner, so I am touting our small gardening group this month! Last year we created some beautiful plantings in our two raised beds and our ambitious members (3 plus me!) have big plans for 2022, including adding to the area between those planters all along the parking lot. If you have a green thumb, we'd love to get your ideas and advice. If you don't have a green thumb, you can still help us out by volunteering to water, mulch, weed, and more as needed. We are good teachers! 2021 saw a LOT of watering (thank you, climate change!), which is really a favored task. First thing in the morning, you'll see hummingbirds, honeybees, bunnies, and more. Come join us to help and learn, from surprising tips to new plants, and stay to enjoy the space as much as we do.



Informal Genealogy Group – consider joining this newly-formed and growing group. You can come to a meeting every 2nd and 4th Tuesday afternoon at 1:00 by the fireplace. We have a few people with a lot of experience to share. We just need consistent attendees! Feel free to show up, or contact me so I can share your information with the group if you're interested.

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



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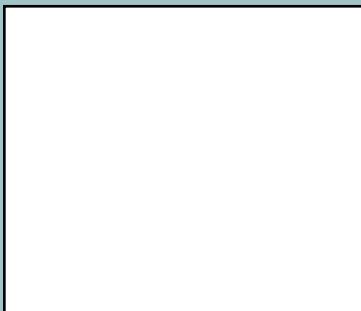
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City of Middleton, Middleton, WI

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SERVICES & SUPPORT

Al-Anon

Every Wednesday at 9:30

ADAW Caregiver Support Group

First Thursday (March 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.

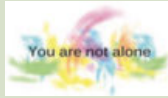


Caregiver Support Group

Last Thursday (March 31) 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 (March 18) morning (11:00-ish?)

Delivered to Middleton Senior Center.

eReader Assistance

Fourth Tuesday (March 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, March 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 (March 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 (March 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.

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DHS Approved 4/22/2021



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City of Middleton, Middleton, WI

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Kalal's Korner: Have You Ever Wondered . . .?

Are yams and sweet potatoes the same? Nope, they are not. Yams have rough, dark brown skin that is often compared to tree bark, and their flesh is dry and starchy like a regular potato. Sweet potatoes have smooth reddish skin, softer flesh (when cooked), and a sweet flavor. You don't have to worry about mixing them up while you're shopping because true yams are rarely found in American grocery stores. The popular canned yams that you see around the holidays are technically sweet potatoes.

If you still aren't sure whether you have a yam or a sweet potato, an easy trick to tell the difference is to look for eyes on the skin. Yams develop eyes or buds just like a regular potato, but a sweet potato does not. Instead, sweet potatoes may have fine roots on their skin, just like beets or carrots.

Both vegetables grow underground and are the part of the plant called a "tuber." Sweet potatoes, members of the morning glory family, are the plant's edible root tuber, while yams, members of the Dioscoreaceae family (related to grasses and lilies), are the edible stem tuber. Sweet potatoes are grown mostly in the southern United States, with North Carolina producing about 60 percent of all sweet potatoes grown in the country. Yams are native to Asia and Africa, with the majority (95%) grown in Africa.

Finally, sweet potatoes and yams differ in their size. While sweet potatoes can be various sizes, most are short with tapered ends. Yams, on the other hand, can be anywhere from the size of a sweet potato to 5 feet long and can weigh up to 100 pounds! So, next time you're told you are being served yams, you will know that you likely have a sweet potato on your plate.

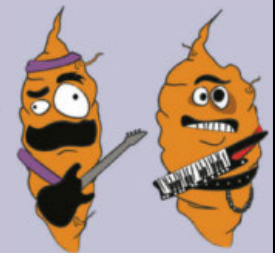


"I yam what I yam!"



"I'm not...."

Members of the famous Yam Band "We Ain't Potatoes, Sweet or Otherwise" ---->



Películas Culturales Latinoamericanas

La Historia Oficial

Viernes 18 de marzo a las 1:00

País: Argentina Año: 1985

Duración: 1h, 52m

Dirección: Luis Puenzo

Guion: Norma Aleandro, Héctor Alterio, María Luisa Robledo



La historia transcurre en 1983, en el ocaso de la última dictadura cívico-militar argentina autodenominada "Proceso de Reorganización Nacional" (1976-1983).

Alicia Marnet de Ibáñez (Norma Aleandro), una profesora de Historia, vive en Buenos Aires con su marido Roberto Ibáñez (Héctor Alterio), un empresario que se ha enriquecido recientemente haciendo negocios con la dictadura, y su hija adoptiva, Gaby.

Alicia, como otros miembros de la clase alta argentina, no parece ser del todo consciente del terrorismo de estado y las desapariciones que se han estado cometiendo en el país, e ingenuamente cree que solo se arresta a personas culpables.

Se requiere registro. Llame al 608-831-2373

One Year Ago in Pandemic News

March 2, 2021

The Wisconsin Department of Health Services (DHS) announced today that the U.S. Food and Drug Administration (FDA) has authorized a third COVID-19 vaccine to be distributed for use, expanding vaccine supply nationwide. FDA issued the emergency use authorization (EUA) for the Johnson & Johnson COVID-19 vaccine.

Spanish Class Schedule

Cost: Each class is \$5.00/week

Limit: 6 students/class

Mondays - Introduction - 9:00

Tuesdays - Conversation 9:00, 10:00, 11:00

Wednesdays - Open - 1:00, 2:00, 3:00

Please call 608-831-2373
for more information.



Strength & Flexibility

Cost: \$60 each or \$110 for both

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 or \$90 for both

Class Limits: 8-12 participants

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



Mondays at 10:30 (April 11 - May 23)

Wednesdays at 10:30 (April 13 - May 25)

6-week series, no classes May 2 & 4

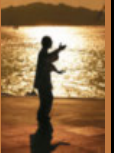
If you are new to chair yoga, please arrive 15 minutes early.

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 May, but first there will be a demo session to remind everyone how much fun line dance is. Stay tuned...



<https://www.youtube.com/channel/UCn7BU5KYosOjgJ4OQgioVQ>

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.

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.
- 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.

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.



Bus Schedule (*effective March 1, 202)

Day	Destination	Departure Pick Up	Return Pick Up
Monday— Friday	Lunch at Senior Center	10:30	12:30
1 st & 3 rd Monday	Wal-Mart & Woodmans	11:30	1:30
*2 nd Monday	*Hilldale & Walgreens	11:30	1:30
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	Middleton Outreach Ministry	11:45	1:15

Dr. Mordecai’s Marvelously Mysterious Mental Musings

Friday, March 4 at 12:30
Mental Health
Friday, April 1 at 12:30
April Fools’ Day

April Fools’ Day is the one day set aside during the year to pay tribute to the human race. And you thought it was a day for practical jokes. Wrong! It is a day to recognize that humans are the victims of the biggest trickster of all – our brains. Why in the world do we do the things we do? If we know better, why don’t we do better? It turns out we are all irrational, but in totally predictable ways. Celebrate your foolishness with Dr. Mordecai and his musings on what cognitive science tells us about the ultimate April Fools - us.

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

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 (Mar. 2) at 10:00

Upcoming Books:

March 2: "Hostage" by Clare Mackintosh

April 6: "The Crossing Places" by Ely Griffiths

May 4: "Daughter of Time" by Josephine Tey

Senior Center Writing Group

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

At Middleton Senior Center

A group of creative seniors that writes about a variety of topics. This group meets on the second Wednesday of the month. Each month a different member decides on the topics and writing styles. Participants bring their writing to share with the class. Joyce Folgart will be leading in March, and the topics for outside writing will be:

1. Write about being cold - without using the word cold.
2. Write the beginning and middle of a short story and have members of the writing group finish the story.
3. Write about your memories of walking in the woods. Was there a tree that spoke to you?
4. If you could "live" in any book you've read - what book would it be and what character would you be?

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

**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

March 1 - 9:00

Breakfast planning meeting at LaBrioche 2862 University Ave.

March 15 - 10:00

Tour of WKOW or Middleton Police, then lunch at Nonno's

March 31 - 10:00

Tour of Bruce Company, then lunch at Culver's

All are welcome!

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

Newsletter Assembly

March 15 at 8:00

Bakery Distribution

Monday at 9:30



Stuff We Need

- Sponsor entertainment or a program (average cost is \$175)
- Your ideas!
- Omicron to be the last Greek letter we have to learn this year

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: 

Meetings will resume in May. 

Discussion about market updates

**Dr. Mordecai's Marvelously
Mysterious Mental Musings:** 

Friday (Mar. 4 & Apr. 1) at 12:30

Exploration of interesting topics concerning the human brain.

Music



AuerStone & The Warblers - March 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 

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